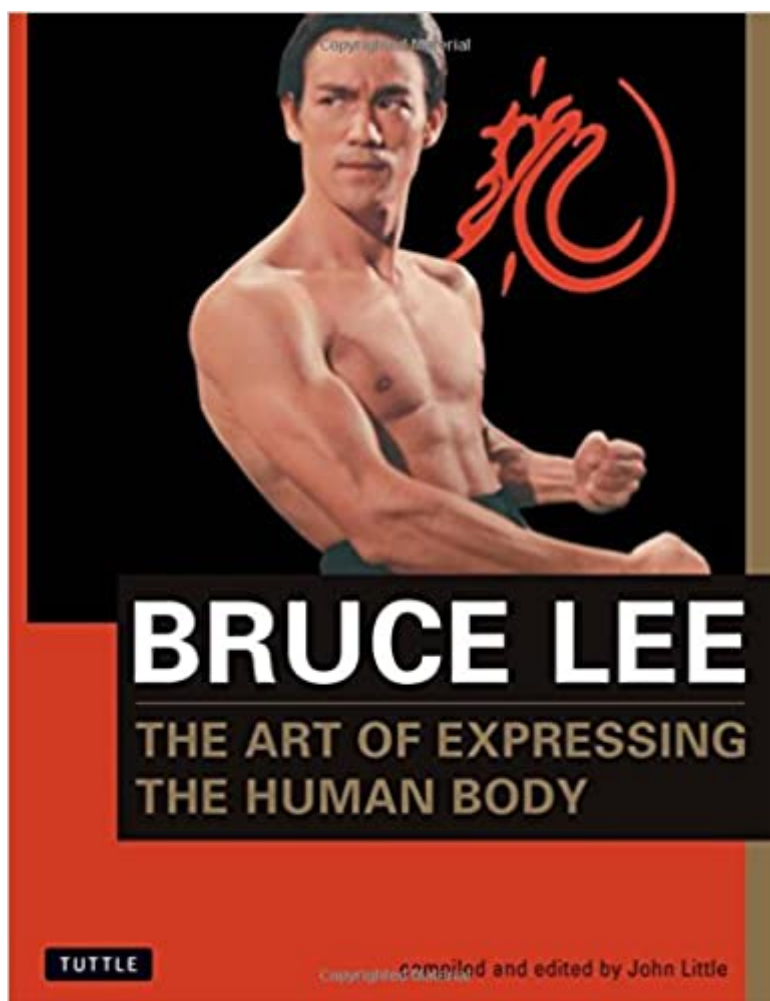


The book was found

The Art Of Expressing The Human Body



Synopsis

Learn the secrets to obtaining Bruce Lee's astounding physique with this insightful martial arts training book. *The Art of Expressing the Human Body*, a title coined by Bruce Lee himself to describe his approach to martial arts, documents the techniques he used so effectively to perfect his body for superior health and muscularity. Beyond his martial arts and acting abilities, Lee's physical appearance and strength were truly astounding. He achieved this through an intensive and ever-evolving conditioning regime that is being revealed for the first time in this book. Drawing on Lee's own notes, letters, diaries and training logs, Bruce Lee historian John Little presents the full extent of Lee's unique training methods including nutrition, aerobics, isometrics, stretching and weight training. In addition to serving as a record of Bruce Lee's own training, *The Art of Expressing the Human Body*, with its easy-to-understand and simple-to-follow training routines, is a valuable source book for those who seek dramatic improvement in their health, conditioning, physical fitness, and appearance. This Bruce Lee Book is part of the Bruce Lee Library which also features: *Bruce Lee: Striking Thoughts*, *Bruce Lee: The Celebrated Life of the Golden Dragon*, *Bruce Lee: The Tao of Gung Fu*, *Bruce Lee: Artist of Life*, *Bruce Lee: Letters of the Dragon*, *Bruce Lee: Jeet Kune Do*

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Customer Reviews

"All types of knowledge ultimately leads to self-knowledge. So, therefore, these people are coming in and asking me to teach them, not so much how to defend themselves or how to do somebody in.

Rather, they want to learn to express themselves through some movement, be it anger, be it determination, or whatever. So, in other words, they're paying me to show them, in combative form the art of expressing the human body." — Bruce Lee "I suggest you read this book and use it to motivate yourself to pursue whatever goals you strive for in life. Here is the record of a man who had to overcome his own obstacles in life, and who achieved success because he believed in himself. Perhaps you can use this inspiration to achieve your own success. Even now, I feel Bruce's presence and he still motivates me to this day. When I'm lifting weights I max out my workout by doing one more rep for the old man upstairs, and then do one for Bruce. It never fails!" — Allen Joe, from the Foreword "The Bruce Lee Library stands as a definitive presentation of Bruce Lee's magnificent legacy. Each volume belongs on the bookshelf of every serious martial artist." — Jun Fan Jeet Kune Do Nucleus "The Art of Expressing the Human Body, the fourth volume in Tuttle's Bruce Lee Library, is attributed to martial arts titan Bruce Lee, but he is referred to throughout in the third person. Editor John Little has, however, produced a fitness book based closely on Lee's own exercises and beliefs, illustrated with pictures of the master in action" — Publishers Weekly "Bruce Lee books are now also available in ebook format That's great, it's nice if you're traveling to take everything with you in one little small container so-to-speak." — Martial Thoughts Podcast "His teachings (some of which were captured in his book The Art of Expressing the Human Body) served as the basis for many subsequent popular training and fitness programs such as Tae Bo and P90X." — Bruce Y. Lee, Forbes

John Little is considered to be one of the world's foremost authorities on Bruce Lee. He's the only person who has ever been authorized to review the entirety of Lee's personal notes, sketches and reading annotations, giving him an insider's look at Lee's training methods and philosophies. He's shared this information with Lee's fans in his books published by Tuttle Publishing, including: Bruce Lee: Artist of Life; Jeet Kune Do: Bruce Lee's Commentaries on the Martial Way; Letters of the Dragon; The Tao of Gung Fu: A Study in the Way of Chinese Martial Art; Striking Thoughts: Bruce Lee's Wisdom for Daily Living and Bruce Lee: The Celebrated Life of the Golden Dragon.

This one is the yellow covered book (There's yellow covers and red covers out there). Bruce Lee is great, this book is great. We have the "Bruce Lee Complete Edition" and this book "Art of Expressing the Human Body". If you are looking to work out or build skill/techniques, this book is much better than the Complete Edition. Better figures, direct descriptions, workout/training notes

from Bruce. The pictures are ridiculously awesome too, they did not fake those punches :)

This is by far one of his best books that i'm adding to my collection, listen up to all my real martial artist when people say kung fu is fake or that's not real trust me if you follow all these steps and more you will succeed at being the best but you can't expect this book to get you there you have to keep searching for more truth practicing everyday stay dedicated stay humble and stay true many times I have read Bruce Lee's books or watched videos when people get interviewed and they would say that he is cocky! rule #1 you can never confuse cocky with confidence #2 boastfulness with self sufficient and by the way he knew these things and it's a hard road to travel i'm just sad to say that he didn't get a chance to reach his full ability, and he was right about one thing Kung Fu is the best I have never seen such a Martial Art that ask for so much of a person now I see why the monks study this art and I think he knew the same, I'm really glad that he started teaching this great art in the first place which was Wing Chun that we know of and then he mixed it with Kung Fu and no one never taught Kung Fu in the United States let alone Wing Chun these arts are sacred and it was never taught to the public but i'm glad that Shaolin Monks are teaching people from the west and all over the world because if it was me I will never want this art to be lost in time and forgotten. But remember one thing always have a good heart about what you teach make sure they have a good heart because people use these methods to oppress people and try to hurt the weak, but its made to defend the helpless protect the weak and protect the people with all this being said "I insistently warn you: be cautious when you are training never hurt anyone when you are practicing with them, train hard and train well may God Bless you all.

Great availability and price for completing my Bruce Lee Collection

A friend of mine on Twitter mentioned this book, it looked interesting, and so I got it. Although I've got a number of books on bodybuilding and fitness, this book really helped me make the resolution to lose an extra 40 pounds that I've been carrying around, and got me started on the path to doing it. I always thought of circuit training as something girls do, but I discovered it's actually a great way to maintain or gain muscle while losing weight. Although I've been lifting for about six months (I've lifted seriously at two points in the past) I found I had a visible change in my physique after two weeks of circuit training + a high protein and whole food diet with almost no added sugar. I like also that Bruce also explored some of the areas that often get overlooked in fitness programs, such as forearm development. (Most guys who work out at the gym have big biceps and triceps, and

scrawny forearms -- although I'm looking into other books to learn more, this book got me started on the path of doing something about it rather than just complaining about it.) This wouldn't be the only book you'd want to own about fitness, but it's the best one I own when it comes to motivating myself to get results and change my body.

Some people may be skeptical about Bruce Lee as a martial artist, bodybuilder, fitness enthusiast, etc. But in reality one need not be a fan to understand the brilliance to his methods. The book always emphasizes that Bruce was all about changing things, looking and trying all aspects, then deciding what stays and what is unnecessary. Like chiseling away the pieces of stone to carve a statue. After having done extensive research into bodybuilding, fitness, martial arts, Asian Medicine, Eastern Philosophy, exercise physiology, and dietetics I can honestly say that this book is very advanced. What I mean by this is that one has to do his/her own research to decide about the methods outlined. Indeed some of the research is outdated. For example the couplings of incomplete proteins and complete is slightly flawed in logic. However, you must not forget these methods were employed way before large advances were made in the way of sports nutrition and supplementation. In the training aspect any normal human would indeed be overtrained. But the body is a magnificent creation and can adapt to anything that it encounters. Shaolin Monks, Ultra Runners, Olympic Gymnasts... they all do things that would overtrain any of us normal people. But they are not overtrained. Indeed Bruce had trained long and hard to become as resilient as such. As someone who has done a little Personal Training I have to say that his development when he started lifting weights showed his ability to adapt. His body became very muscular very quickly. However, for those who think steroids were his thing... they were not. Not only did he believe in the natural way he also believed that a bulky body will decrease flexibility and overall speed and endurance. So he actually lost muscle for the sake of being a better martial artist. At this time the only available steroids were things such as testosterone and Dianabol. Bulking agents. (Yes, some steroids build mass and others build power. Some even build endurance by producing erythropoietin but they weren't invented until the mid 70s. The most famous came into vogue in the 80s.) The pills he was seen popping so often were often amino acid pills. My overall advice about this book? Get some training under your belt whether it's in body building, endurance running, martial arts, etc. Then read this book. It will bring you to the starting point to try and take your body to the next level. Anyone can be an armchair quarterback, but to get out there and try is much more practical. Keep using and changing the things that challenge you and make a positive difference. Take away the things that do nothing or take away from your goals. If you're a body builder maybe running two

miles a day every morning will be detrimental (Although for one who lives in Texas it actually helps keep him in the right shape to do his intense powerlifting/body building hybrid training). For an endurance runner perhaps having well conditioned forearms that enhance the hooking techniques of Wing Chun isn't necessary for running a marathon better. But for a martial artist perhaps a more conditioned midsection to enhance kicking and punching power might be of benefit to you. Or the added cardiovascular endurance to fight for 5 rounds instead of three. As for the nutrition... remember. The only part that you have to remember is to eat foods that benefit you towards your goal and not eat foods that don't. Moderation is key as well. (A few cups of tea a day can make a LARGE difference) As a personal experience... I used this book to not only increase the power of my midsection, but also to help lower my bodyfat, decrease my 2 mile time, strengthen my grappling ability, enhance my muscle mass, increase my energy, and also to re instill that feeling of wanting to experiment. To find what works and what doesn't. The book is the gateway and not the means to an end. After applying the principles that suit you... it is up to you to keep learning new ways to keep improving. If anyone is curious... I am a martial artist, body builder, dietician, Buddhist (born into the temple itself), scientist, and a sports nutritionist. And yes... I practice what I believe is necessary for improvement. Including the practice of taking a day off to eat anything, not train, not think, and just enjoy time with the people who matter in my life.

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