
Jeet Kune Do The Arsenal Of Self Expression

thomas j. nardi. ph.d. - david elwood - introduction this book presents devastating jeet kune do fighting techniques. the techniques cover the three ranges of combat: long (or kicking) range, medium (or boxing) range, and close (or trapping/grappling) range. **el arte de expresarse con el cuerpo - paidotribo** - crado tras el incidente, bruce decidió incrementar su intenso entrenamien-to físico. un año más tarde, bruce se mudó a los Ángeles. de vez en cuando venía **il monaco guerriero - primoraggio** - 7 salvatorebrizzi il monaco guerriero sa che l'avversario è sempre solo una parte di sé. in realtà non c'è nessuno là fuori, non c'è nessuno oltre i confini della sua coscienza.

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