



Jun Fan Gung Fu: Seeking The Path Of Jeet Kune Do

Kevin R. Seaman

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Kevin Seaman will share his experience of nearly 40 years of study in various martial arts systems in this highly informative text on Bruce Lee's Jun Fan Gung Fu and the art and philosophy of Jeet Kune Do. Included in this volume are core techniques with detailed descriptions and numerous drills to help you develop the essential framework for success in Jeet Kune Do. This realistic, modern training approach cultivates strong physical, mental and emotional development. Considered by many to be one of the best books on Bruce Lee's fighting method. In the words of Dan Inosanto, "Kevin, I think your book is just as valuable as the Tao Of Jeet Kune Do." (The top selling book on Jeet Kune Do in the world.)

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