



Jeet Kune Do: The Arsenal of Self-Expression

Teri Tom

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Apply the combat science of Bruce Lee's revolutionary martial art!

In a natural progression from the author's earlier work: *The Straight Lead: The Core of Bruce Lee's Jun Fan Jeet Kune Do*, Teri Tom takes the mechanics and strategies covered in that book and applies them to the rest of the JKD repertoire. With a foreword by Ted Wong, Bruce Lee's protege, *Jeet Kune Do: The Arsenal of Self-Expression* continues to fill instructional gaps found between Lee's *Fighting Method* series and *Tao of Jeet Kune Do*.

Often referred to as Ted Wong's "top student," Teri presents many details that Wong observed during his time with Bruce Lee, and also describes his research into the how and why of Jeet Kune Do techniques.

Author Teri Tom guides you on this journey by revealing the science behind the moves in Jeet Kune Do repertoire. You'll learn how to protect yourself from injury, and maximize the effectiveness of the following core techniques and their variations: Straight Lead; Rear Cross; Hook; Uppercut; Straight Kick; Hook Kick; Side Kick; and Spinning Back Kick.

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