



Bruce Lee The Tao of Gung Fu: A Study in the Way of Chinese Martial Art (Bruce Lee Library)

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This is a book that Bruce Lee began writing in 1964, but never completed. Lee's writing reveals his thoughtful analysis of the tapestry of Chinese martial arts, offering glimpses into the varied styles and his commentary on these arts. Lee's intense curiosity led him to accumulate this knowledge and expose the limitations of strict adherence to tradition, which inspired him to develop his cosmopolitan "way of no way."

The Tao of Gung Fu includes insights into various Chinese martial arts and training methodologies, sketches of martial arts techniques, Lee's personal scrapbook of his famous thesis, "The Tao of Gung Fu." Witness Lee's personal cultivation of excellence in martial arts. His application of philosophy to physical movements epitomizes the unification of mind and body—a genuine way of living for the martial artist.

Chapters include:

- **What is Gung Fu?**—An Introduction to Chinese Gung Fu, On Yin and Yang, and Bridging the Gap of Yin and Yang
- **Some Techniques of Gung Fu**—The Fundamentals of Gung Fu, The Basic Striking Points of Gung Fu, Introducing the Wing Chun Straight Punch, and The Practice of Forms
- **Taoism in the Chinese Art of Gung Fu**—On Wu-Hsin (No-Mindedness), On Wu Wei (Nondoing), and Centered Thoughts
- **Ideas and Opinions**—Traditions and Histories of Chinese Gung Fu, The Question of Psychic Center, and Bruce's view on Gung Fu
- **Appendices**—Bruce Lee's gung fu background at the time he wrote this book, Gung Fu terminology, and Letters and gung fu scrapbook

This Bruce Lee Book is part of Tuttle Publishing's Bruce Lee Library which also features:

- Bruce Lee's Striking Thoughts
- Bruce Lee: The Celebrated Life of the Golden Dragon
- Bruce Lee Artist of Life
- Bruce Lee: Letters of the Dragon
- Bruce Lee: The Art of Expressing the Human Body
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