

# **Bruce Lee's 1 And 3 Inch Power Punch By James W. Demile**

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## **Jeet kune do - the official bruce lee site | bruce**

(THE WAY OF THE INTERCEPTING FIST) Bruce Lee developed an art that was particular to him and he called it Jeet Kune Do (JKD). Translated Jeet Kune Do means the Way

## **James demile bruce lee & the speed timer -**

Jan 27, 2014 Speed is of the essence in combat. Bruce Lee and James DeMile, one of his original students, trained hard to improve their reaction times.

## **About us**

was founded by Sijo James DeMile and Senior Instructor Later James would write the best selling martial arts book called "Bruce Lee's 1 & 3 Inch Power Punch".

## **James w. demile (author of bruce lee's 1 and 3**

James W. DeMile is the author of Bruce Lee's 1 and 3 Inch Power Punch (3.88 avg rating, 32 ratings, 0 reviews, published 1980), Tao Of Wing Chun Do (3.67

## **Bruce lee's 1 and 3 inch power punch: james w**

By James Demile. #502. 5 X 8.5, 40 pages, paperback. ISBN #0-86568-112-0. James W. Demile is one of the few people to whom Bruce Lee ever taught the power punch; not

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James W. DeMile is one of the few people to whom Bruce Lee ever taught the power punch; not because it is difficult, but because Bruce wanted to keep it an exclusive

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Author(s): James W. Demile: Publisher: Tao of Wing Chun Do: Date: 1992

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Bruce Lee remains the greatest icon of martial arts cinema and a key figure of modern popular media. Had it not been for Bruce Lee and his movies in the early 1970s

### **Bruce lee - official site**

Resource for those seeking authentic information about Bruce Lee and his teachings. Founded by Bruce Lee s wife, Linda Lee Cadwell and daughter, Shannon Lee Keasler.

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This isn't really a book, but a pamphlet. James W. Demille, "one of Bruce Lee's original students," is writing about a technique which Bruce taught him called the

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