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The Bruce Lee TRAINING SECRET by Grandmaster William Cheung (Australasian Blitz Magazine) Every martial artist would like to know how and what made Bruce Lee such a devastating fighter.

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201 75 Ibid. p. 208. 76 Excerpt from "Pierre Berton Show, "Bruce Lee: "Lost" Interview." 1971. Self-Knowledge and Personal Expression Lee said all types of knowledge ultimately mean self-knowledge. He realized in all learning, whether it is in the

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Way ahead of his time in terms of his physical training, Bruce Lee went against the grain of traditional martial arts to develop his own unique martial art, Jeet Kune Do. However, his art was much more than a physical fighting art, it was a philosophical way of life.

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