



# Jeet Kune Do: The Arsenal of Self-Expression

*Teri Tom MS RD*

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**Jeet Kune Do: The Arsenal of Self-Expression** Teri Tom MS RD  
**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.

Bruce Lee wrote of "three stages of cultivation" that lie along the path to JKD mastery:

- **The Stage of Innocence**—this is the level of the absolute beginner.
- **The Stage of Art**—the student is immersed in the process of technical and physical training.
- **The Stage of Artlessness**—the stage of "highest art" in which the body is no longer hindered by the mind. As Bruce Lee would say, "It hits all by itself."

To reach the final stage, the student must progress methodically through the Stage of Art—there are no shortcuts! 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.

You'll also learn about

All techniques are traced to the original sources that inspired Bruce Lee, including the works of Jack Dempsey, Aldo Nadi, Jim Driscoll, Edwin Haislet, Roger Crosnier and Julio Martinez Castello. Direct influences on Bruce Lee are referenced to the page of their original sources.

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