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Me, Chi and Bruce Lee (or Bruce Lee and Me) is a fun, light hearted piece of travel literature. Self professed wuss, our author, Brian Preston sets out to achieve a black belt in Kung Fu in a year... until he realises it is impossible.

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According to one anecdotal account, Bruce didn't even believe in chi, and if we're talking about the magical kind of chi then I don't believe in it either. Lee's "chi"—perhaps most famously demonstrated in his one inch punch—can instead be fully explained by biomechanics, and even more fundamentally than biomechanics,

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Bruce Lee: Inside the mind of the martial arts icon - CNN

Rare footage of Bruce Lee demonstrating Tai Chi Chuan (Tai Ji Quan). Found it while looking through a bunch of archival footage...

Bruce Lee demonstrating Tai Chi - YouTube

Bruce showed me how to harness some of what was raging inside me and summon it completely at my will. The Chinese call it chi; the Japanese, ki; the Indians, prana – it is the life force, and it is incredibly powerful. I was familiar with the concept of chi, but Bruce showed me how to direct it, to focus it for fighting.

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Book Review: "Me, Chi, And Bruce Lee" In 1963, writer George Plimpton, on a lark I presume, signed on for training camp with The Detroit Lions football team. A skinny thirty-six year-old, he totally sucked. He did however get some playing time, and got to hang out with the players, coaches and groupies.

Dojo Rat: Book Review: "Me, Chi, And Bruce Lee"

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