

## Me Chi And Bruce Lee Adventures In Martial Arts From The Shaolin Temple To The Ultimate Fighting Championship

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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, by neuroscience. It comes as no surprise then, that one of the areas of the brain that, based on current neuroscience, was probably highly developed in Lee is ...

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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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