

# **Bruce Lee's 1 And 3 Inch Power Punch**

**By James W. Demile**



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### **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

### **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

### **DeMile James W. - Bruce Lee's 1 and 3 Inch Power -**

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### **James DeMile Interview Bruce Lee the fighter - -**

Jun 24, 2013 James DeMile, one of Bruce Lee's original students, talks about how they fought and trained. Was Bruce Lee the fines

### **bruce lee, Books | Barnes & Noble -**

Barnes & Noble Classics: Buy 2, Get the 3rd FREE; Pre-Order Harper Lee's Go Set a Watchman; Summer Tote Offer: \$12.95 with Purchase; Available Now: Grey: Fifty Shades

### **Bruce Lee - Wikipedia, the free encyclopedia -**

Bruce Lee was born on November 27, 1940, at the Chinese Hospital, in San Francisco's Chinatown. According to the Chinese zodiac, Lee was born in both the hour and the

### **Bruce Lee's 1 and 3 inch power punch (Book, 1978) -**

Get this from a library! Bruce Lee's 1 and 3 inch power punch. [James W DeMile]

### **One- inch punch - Wikipedia, the free encyclopedia -**

The one-inch punch is a from one of Bruce Lee's students. The conventional punch measured 325 generate further power at the end of a conventional punch.

### **How can i learn 1 inch punch? | Yahoo Answers -**

Sep 14, 2007 Ive seen Bruce Lee that can demonstrate 1 inch punch in Sifu James W. DeMile (one of Bruce Lee's original (s): One inch punch and short range power

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### **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.

### **Linda Lee -**

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### **Ambrose Academy - Books -**

Bruce Lee's 1 and 3 Inch Power Punch By James DeMile. In this specialized training manual, Sijo DeMile presents a simple but organized approach to one of Bruce Lee

### **Bruce Lee's 1 and 3 Inch Power Punch: James W -**

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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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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### **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.

### **The Official Bruce Lee site | Bruce Lee Clothing | -**

Bruce Lee's Biography; Martial Way; and Philosophy, and his children, Brandon & Shannon

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