

**EFFECTIVE METHODS OF BRUCE LEE: THE  
DEVELOPMENT OF THE PHENOMENAL STRENGTH OF  
MUSCLES**

**Amanda Rossiter**

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Lee decided to develop a system with an emphasis on "practicality, flexibility Military, as well as most local and national law enforcement agencies. Lee began teaching martial arts in the United States

in  
The two developed a friendship—a relationship from which they benefited as  
far the most impressive of all of Lee's body parts was his  
abdominal muscles, which he trained daily.