



Me, Chi, and Bruce Lee: Adventures in Martial Arts from the Shaolin Temple to the Ultimate Fighting Championship

Brian Preston

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What happens when a self-styled wuss sets out to earn a black belt? Why have Eastern martial arts become so popular worldwide? Is the Ultimate Fighting Championship a beautiful fusion of East-meets-West martial technique, or shameless commercialization? These questions and more find answers in *Me, Chi, and Bruce Lee*, a rollicking journey through the world of modern martial arts.

Author Brian Preston's trek takes him from a kung fu school in his hometown of Victoria, Canada, to the storied Shaolin Temple in China, back to Canada to meet Brazilian Jujitsu legend Royce Gracie, and on to Vegas and the thrills of the Ultimate Fighting Championship. Along the way, Preston discovers a vast array of martial arts practices, theories, and controversies—when he's not too busy getting a beat-down from a 60-year-old woman. Sprinkled with reflective detours into serious subjects like the nature of violence and the state of modern China, *Me, Chi, and Bruce Lee* expertly blends a lively travelogue, a droll riff on the "innocent abroad" theme, and an informative introduction to global martial arts.

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