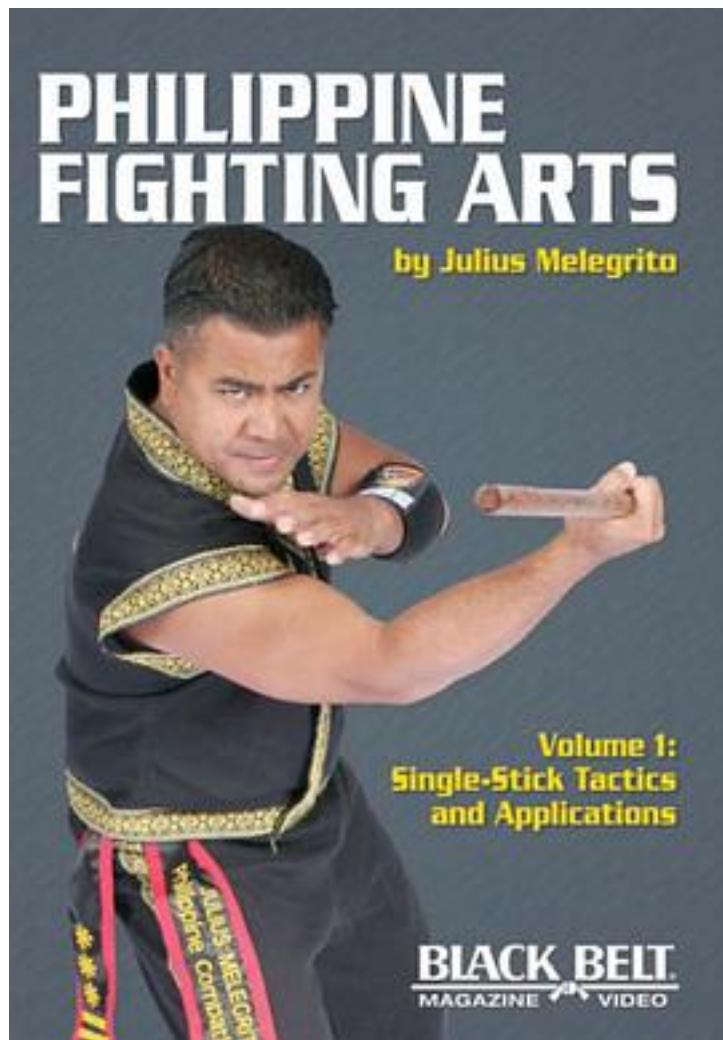


# Philippine Fighting Arts, Volume 1



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出版者:

出版时间:

装帧:

isbn:9781581334487

Providing in-depth theory and practical application of the Philippine arts of arnis, kali,

and escrima, this series demonstrates an engaging array of self-defense methods. Topics covered include both single and double-stick tactics, knife applications, proper holds, applied footwork, blocking and counterstrikes, and coordination drills. Each volume also features high-energy sequences that clearly correlate Philippine fighting techniques with real-world scenarios such as car-window attacks, ATM assaults, chokes from behind, and many more.

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