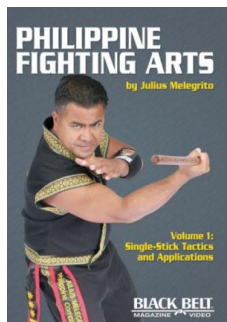


Find PDF

PHILIPPINE FIGHTING ARTS, VOLUME 1: SINGLE-STICK TACTICS AND APPLICATIONS



Black Belt Magazine Video, United States, 2008. DVD video. Condition: New. Language: English . Brand New Book. 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,...

Read PDF Philippine Fighting Arts, Volume 1: Single-Stick Tactics and Applications

- Authored by Julius Melegrito
- Released at 2008



Filesize: 2.73 MB

Reviews

The most effective publication i ever go through. It really is writter in simple phrases and not hard to understand. I am just easily will get a satisfaction of looking at a written publication.

-- **Ila Pfeffer IV**

Good electronic book and valuable one. It generally is not going to charge an excessive amount of. Its been developed in an remarkably straightforward way and is particularly simply following i finished reading this ebook through which really transformed me, change the way i think.

-- **Mr. Domenic Eichmann**

Related Books

- [Posie Pixie and the Torn Tunic Book 3 in the Whimsy Wood Series](#)
- [Weebies Family Halloween Night English Language: English Language British Full Colour](#)
- [Scala in Depth](#)
- [Why We Hate Us: American Discontent in the New Millennium](#)
- [The Mystery in New York City \(Hardback\)](#)