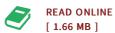




Philippine Fighting Arts, Volume 2: Double-Stick Tactics and Applications

By Julius Melegrito

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, chokes from behind, and many more.



Reviews

Simply no words to spell out. It can be rally fascinating throgh studying period of time. You will not really feel monotony at at any moment of your own time (that's what catalogues are for concerning if you ask me).

-- Dr. Isabella Turner

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