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Mano y Mano: The Weaponless Fighting Applications of Modern Arnis

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Mano y Mano: The Weaponless fighting Applications of Modern Arnis is the third book written in the "Modern Arnis encyclopedia" series and is the first book ever to be written on the translations of Modern Arnis stick actions. no book has ever addressed this aspect of Filipino Martial Arts. With nearly 200 pages and 1200 photos, this book covers basic offensive and defensive empty hand techniques and their stick origins, empty hand drills, empty hand stick disarms and much, much more. This 2014 edition has expanded data on unbalancing your opponent for throwing, motion application concepts for unlocking the functions of the anyos (forms), and a complete glossary of Modern Arnis terminology.

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