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Arnis Sticks Kombatan Arnis Hargrave is a full time self-defense skills teacher and writer of three martial-arts books, "Japanese Kempo Karate training Manual",

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This Training Manual on the Philippine Marine Corps Martial Arts System (Pekiti Tirsia Kali) was formulated through the efforts of the member of the Office of the

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The 2nd edition of our training manual is 99% completed and will be distributed to our instructors by the end of February.

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Arnis.org

Arnis.org is the original website that makes resources available for practitioners of Kenpo Karate, Tracy's Kenpo, weapons, grappling, kick boxing, groundfighting

Eskrima / escrima guide: a guide | inter martial

Learn Eskrima / Escrima, from the largest Martial Arts Guide on the net. Including instructional videos, legends, origins and more.

Labanan solo: the combat exercises of modern arnis

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Grandmaster Narrie Babao of Babao Arnis (audio) Submitted by FMA Admin | July 5, 2010 Minimalist approach to training . June 24, 2013 . The Traphand. September 23

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