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# Panantukan

**fcs curriculum 2014 - filipino combat systems** - panantukan template 1 (loop at 7) 12 count mano mano template (every section of the form need to be understood in base of the sub systems) • hunda of mano mano template meaning & application • 1&2 - sikaran and dumog • 3&4 - guntings • 5&6 silat • 7-10 - mano mano • 11 - punyo mano • 12 - silat joint locks and take downs **iimaia instructor handbook supplement - august 2003 jkd ...** - lacoste-inosanto system series #1 (panantukan) 4 points, 18 points lacoste-inosanto system series #2 (panantukan) 5 points, 5 points lacoste system sub-system #7 pangamut 8 series, 4-5 variations each breakdown for six sinawalli patterns 8 combinations basic training methods 7 points (repeat) elements in hugot-hubad-lubad 11 points **"filipino boxing" with guro josh prior** - "panantukan" is the filipino boxing system. this method is traditionally used as a backup system for weaponry. in this seminar you will see panantukan featured as the primary system. panantukan uses all possible portions of the hand and fist as well as the elbows, shoulders, hips, knees and feet for striking. **panantukan silat series by marc halleck - wordpress** - panantukan silat series by marc halleck description of product 18 digital video disks. panantukan silat combatives sequence, stages a single as a result of 10, now are provided with this kind of **a guide to panantukan the filipino boxing art rick faye** - a guide to panantukan the filipino boxing art rick faye 17fe3ea47b2f369988e437fd1871afab a guide to panantukan the suntukan is the fist-related striking component of ... **stance step work level 1 requirements - panantukan concept** - panantukan concept level 1 / 6 months ( 50 e ) level 1 requirements p a n a n t u k a n c o n c e p t . created date: 1/25/2015 11:36:36 am ... **gunting level 5 requirements arm locks sticky hand** - panantukan concept level 5 / 12 months ( 120 e ) level 5 requirements p a n a n t u k a n c o n c e p t positions long guard box serie set 5 boxing chain, hit the body, headbutt, explosive combinations gunting split gunting, outside gunting, inside gunting, vertical gunting, chain, **ksk martial arts panantukan & silat - t. kent nelson** - rank focus: 1. serak silat 2. bukti nagara silat 3. lacoste silat kick interceptions: (from panantukan) 1. tuck & tap **a guide to panantukan (the filipino boxing art): rick faye ...** - panantukan is the boxing component of filipino martial arts, and is known in the visayas as pangamot. it consists of upper-body striking techniques such as punches panantukan - the fma database rick faye's kali/jeet kune do notebook guide series. a guide to panantukan (the filipino boxing **publisher - all about martial arts - usadojo** - - panantukan / sikaran (filipino boxing / kickboxing) - dumog (filipino wrestling) - largo mano (long range or long sword) - espada y daga (sword and knife) - sibat / bangkow (spear / long staff) - trangkada (joint locks and pressure points) - silat kuntao & silat sarong **ksk martial arts panantukan & silat - t. kent nelson** - rank focus: 1. serak silat 2. bukti nagara silat techniques: (root techniques) 1. inside footsweep "sapu dalem" 2. outside footsweep "sapu luar" 3. inside backsweep "biset dalem" - outside footsweep **world combat martial arts federation filipino mano-mano ...** - phase one:filipino empty hand command and mastery c & m 1) hand/arm/kick and blocks/passing basics these are the basic hand strike and blocksese should be practiced standing, kneeling, and on **sifu samuel spence kali jkd silat muay thai panantukan ...** - sifu samuel spence kali jkd silat muay thai panantukan seminar registration seminar will be held saturday september 8 2018 pre-registration \$30 by september 1st! \$40 after september 1st escrima sticks and training blades will be on sale at seminar!

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