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Journal and Step by Step Guide

**A Guide to Panantukan (the Filipino
Boxing Art): Rick Faye ...**

Panantukan is an empty hands aspect of the Filipino Martial Arts and is at its core a boxing art. It is different from the Western boxing that most are familiar with. In Panantukan you use every part

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of you body as a tool to strike just about every part of the opponents body.

Panantukan - Filipino Dirty Boxing: The empty hand aspect ...

The Filipino empty-hand art of Panantukan is a highly efficient street fighting method that uses the entire body as a weapon. There are no rules on

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the street - eye gouges, headbutts, groin attacks, biting, whatever it takes to walk away with your life. This course is the heart of DFA Kali and the Filipino Martial Arts.

Panantukan (Filipino Dirty Boxing) | DFA Kali

Filipino Panantukan Drills & application

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for real street survival - Panantukan
Drills. Drills to cultivate Filipino
Panantukan skills & a Killer Application

...

Panantukan Drills - Drills to cultivate Filipino ...

Panantukan techniques is a term for
Filipino boxing. Other terms used include

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suntukan , pangamot , and kamut-kamut . As is common, in the Filipino martial arts, the term used varies according to the language or dialect from which the speaker learned it.

Panantukan Techniques - Filipino Boxing: Great Self ...

Filipino Dirty boxing or Panantukan is

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the art of hitting your opponent while unbalancing him and or unbalancing him while hitting him it comes from the Filipino word Suntokan meaning brawling (hitting) , it employs knees, elbows, Head butts ,low kicks, treading on the feet, stamping on the legs, hitting with the shoulder, crook of the arm and many more brawling and so called dirty

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tactics as well as jabs, hooks, crosses and uppercuts, it is a very effective empty hand fighting system.

Filipino Dirty Boxing Panantukan - Grandmaster Angelo ...

Panantukan Silat Combatives is a fighting system aimed at maximum efficiency, uses the whole body and

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consists of upper and lower body striking techniques such as punches, elbows, head butts, shoulder strikes, low-line kicks and knee strikes to the legs, shins, and groin. Panantukan is not a sport, but rather a street-oriented fighting system.

Panantukan Silat Combatives | Filipino Boxing

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Sometimes called 'Dirty Boxing', Panantukan (Filipino Boxing) (pannan-too-can) is the Filipino Boxing system. This method is traditionally used as a back up system for the weaponry. The self defense skills are obvious from the first day.

Kali & Panantukan (Filipino Martial

Download Ebook A To Panantukan The Filipino Boxing Art Rick Faye Arts)

Panantukan - Filipino Boxing The basic progression in the art is to start with footwork, punching, elbows then defences to the punches eventually progressing on to one to one drills usually practiced in rhythms of three. There are six essential footwork movements as below followed by a

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footwork link exercise.

Panantukan - Filipino Boxing - Warriors Eskrima

Characteristics Weaponry. Even though
suntukan is designed to allow an
unarmed practitioner to engage in both
armed and unarmed...

Arnis/Eskrima/Kali. Suntukan is also a

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key component of Arnis. It is theorized to have evolved from Filipino weapons... In Western boxing. A number of Filipino boxing ...

Suntukan - Wikipedia

Panantukan Concept. is a close-combat fighting system and is also known as "street boxing" or "dirty boxing" since

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there is no fixed set of rules. It is a fighting system which is aimed at maximum efficiency. In contrast to "normal" competitive boxing and kickboxing, street boxing uses the whole body as a weapon.

Panantukan Concept

1. Panantukan is a historical method that

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goes way back in the Phillipines. It is empty hand work based upon the use of a knife, and therefore emphasizes evasiveness and lots of movement. Around the turn of the century western boxers were exposed to Panantukan and picked up on its biomechanics.

Panantukan Book Review |

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BladeForums.com

Grandmaster Angelo Baldissone -
Originator Of The Filipino Kyusho
System. This website is dedicated to all
martial artists with the intention of
promoting good quality martial arts ,
Self Defense, Karate, Pressure Points,
Dim Mak, Kung Fu, Kyusho, Panantukan
(Filipino Boxing) and Pressure points in

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particular to foster a spirit of helping each other to improve not only in the arts but also ...

Grandmaster Angelo | Filipino Kyusho, Martial Arts DVDs ...

The videos cover Filipino Boxing -Panantukan from the basics right up to the higher aspects. A uniquely functional

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art. It comprises the best of traditional boxing but mixed in with techniques from knife fighting, Kali and Silat. Limb destruction (defanging the snake), sectoring and manipulation are integral as are locks trips sweeps and throws.

**Panantukan-Dirty Boxing bundle -
4D Combat online**

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"Panantukan is a Boxing Art. We are using the term "Boxing" in the broadest sense. In the historical sense of Filipino Martial Arts the empty hand arts were mild compared to their weapon counterparts. However, these boxing methods are not "safety" oriented. The fist was covered with Hemp rope or left bare.

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