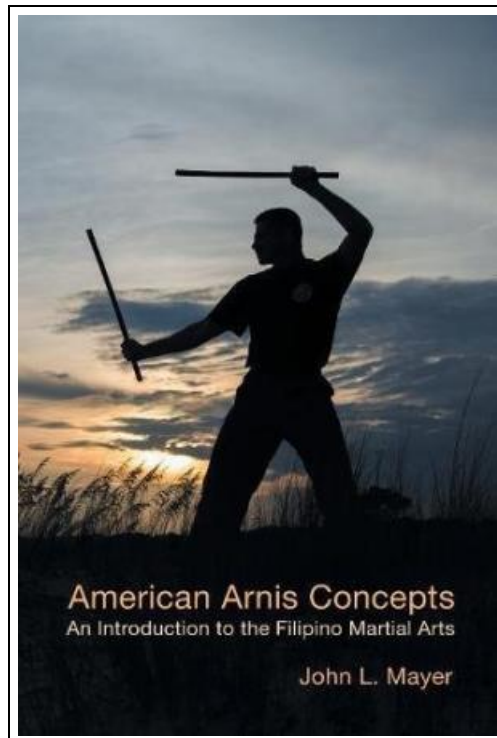


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Shihan Publications, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Martial arts expert, John L. Mayer, introduces to you American Arnis Concepts, a synthesis of Filipino combative techniques that includes empty hand, stick, and edged weapons. All three areas follow the same defensive concepts, allowing you to easily learn the techniques and quickly adapt-whether fighting someone armed with a weapon or simply striking with their fists. Filipino martial arts has enjoyed an unprecedented renaissance over the past few years, as demonstrated by Matt Damon in the Bourne series, Denzel Washington in The Book of Eli and Tommy Lee Jones in The Hunted. American Arnis Concepts is formatted so that whether a beginner to the martial arts or an expert with years of experience, you will still gain much from what is presented between these covers.



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