
Filipino Martial Arts Serrada Escrima

filipino martial arts (fma) glossary - modern arnis - s1 filipino martial arts (fma) glossary (all terms in tagalog, unless incated otherwise) abanico - lit. "fan," lateral (side to side) motions performed with a **year 2011 us martial arts hall of fame inductees** - year 2011 - us martial arts hall of fame inductees alaska michael a. abels.....aikido ... **year 2005- us martial arts hall of fame inductees** - year 2005- us martial arts hall of fame inductees charles scott grand master of the year **eskrima street defense 2 - tambuli media** - foreword 1 foreword over the last 30 years i have met many of the old-timers and new-comers in the filipino martial arts society. among the new crop of teachers making their mark is fernando abenir. known as "bong" to his friends and **inosanto lacoste kali - sbss** - inosanto lacoste kali the backbone of the filipino empty hand skills are derived from that of the knife. in a knife fight your entire body if utilized, you can kick

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