

COLLEGE OF ARTS AND SCIENCES

# DEFENSE TACTICS



LEARNERS WORKBOOK 2024

# UNIVERSITY VISION

A premier national university that develops leaders in the global knowledge economy.



# UNIVERSITY MISSION

A university committed to producing leaders by providing a 21st century learning environment through innovations in education, research, and community engagement.

# QUALITY POLICY

Batangas State University is committed to providing quality service to all customers and satisfying applicable requirements through continuous improvement of all university processes.

# PROGRAM OBJECTIVES

- Enhance students' self-defense capabilities and knowledge of **defensive tactics** through practical training and theoretical instruction to equip them with the skills necessary for effective response to various law enforcement and security challenges.
- Develop students' physical fitness, agility, and mental resilience through rigorous training programs to ensure they possess the physical and mental attributes required for demanding law enforcement and security roles.
- Foster a strong sense of discipline, courage, integrity, and ethical conduct among students to instill the core values essential for upholding the law and protecting the community.

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# OVERVIEW

## FUNDAMENTALS OF MARTIAL ARTS

Training prepares the mind and body to fight back in a violent scenario. It also aids the body in fighting diseases, staying flexible, strong and energetic as individuals.

## ARNIS AND DISARMING TECHNIQUES

These techniques emphasize the use of stick weapons such as the Yantok to disarm opponents wielding sticks/clubs, knives, and other weapons.

## FIRST AID AND WATER SAFETY

The goal of first aid is to prevent damage and incapacity in the future. First aid may be required in critical circumstances to keep the person alive. On the other hand, water safety refers to the processes, precautions, and policies that pertain to water safety in, on, and around bodies of water.

## FUNDAMENTALS OF MARKSMANSHIP

Marksmanship training is designed to equip you with the necessary information and guidance so that you can become a safe and effective shooter.

# ARNIS AND DISARMING TECHNIQUES

## HISTORY AND ORIGIN OF ARNIS

According to Licaros (2021), Spaniards were exposed to local Filipino martial arts during the colonial period. The Spaniards admired Eskrima in its early years, but it was outlawed in 1596 because it was deemed too dangerous. By 1764, the practice had been completely outlawed. By burning books and prohibiting the use of the native alphabet, Baybayin, the Spanish intended to obliterate Philippine civilization. However, Filipinos have found means to preserve their culture by blending Kali movements into religious Moro-Moro dances and weaving Baybayin into needlework.

## THREE TERMS OF ARNIS

Licaros (2021) also highlighted that the oldest term for arnis is kali. It originates in the Philippines' southern region, where Cebuano is spoken. Kali derives its name from the word kamot, which means "hand," and the word lihok, which means "moving." A Kallista is someone who practices Kali. Eskrima is a Filipino martial art that evolved in the Philippines' central region. The word "esgrima" comes from a Spanish word that means "fence." Eskrima was a martial art that involved the use of sticks as weapons. Those who do eskrima are known as eskrimador (male) or eskrimadora (female). The third version, Arnis, was created as a result of this effort to preserve Filipino culture. To suppress the Filipino people, they banned the practice of these martial arts.

However, the Filipinos were resilient and found ways to continue practicing their martial arts in secret. To unify the different terms and styles, the Philippine government officially adopted the term "Arnis" as the national martial art of the Philippines.



## DEFINITION OF ARNIS

According to Sterling (2019), Arnis is the Philippines' national martial art. It is primarily a self-defense strategy designed to prevent harm while inflicting maximum damage on an opponent. This martial art involves the use of various weapons, attacks, and footwork. Traditionally, the stick or baton has been a popular weapon among Arnis practitioners. Arnis incorporates a total of seven different stances. Understanding these stances and their execution is crucial for mastering Arnis and its techniques.

## BASIC STANCES IN ARNIS

### READY STANCE

The ready stance in Arnis is a relaxed posture where practitioners stand with feet shoulder-width apart, toes pointing forward, knees straight, and body facing front. Hands are held at waist level, ready to grip the sticks. This stance is commonly used during breaks in training or competition.



Figure 2.1.  
Ready Stance

### ATTENTION STANCE

The attention stance in Arnis is characterized by a 45-degree angle between the feet, heels close together, and a straight body facing forward. Shoulders are relaxed, hands are at waist level, and knees are straight. This stance is primarily used as a preparatory position for bowing at the start of a sparring match.

### FORWARD STANCE

The forward stance in Arnis begins from the ready stance. Step one foot forward, aligning the knee with the toe, while keeping the body upright and balanced. Maintain equal weight distribution on both legs for optimal maneuverability. This stance is fundamental for executing frontal strikes and blocks, and can be performed with either foot leading.



Figure 2.2.  
Forward Stance

### OBLIQUE STANCE

The oblique stance in Arnis begins by stepping one foot forward at a 45-degree angle from the ready stance. Align the knee with the toe of the forward foot and keep the body upright. Distribute weight evenly between both legs. This stance is optimal for executing blocking and evasion techniques, and can be performed with either foot leading.

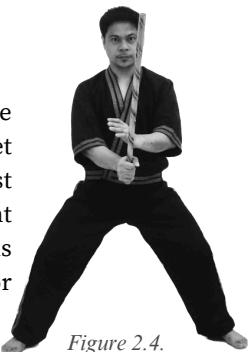


Figure 2.3.  
Oblique Stance

### STRADDLE STANCE

The straddle stance in Arnis is achieved by starting from the ready stance and stepping one foot out approximately two feet to either side. Both legs should form a wide, almost perpendicular position to the ground. Maintain an upright posture with weight balanced evenly between both feet. This stance, often likened to horseback riding, is primarily used for blocking lateral attacks.

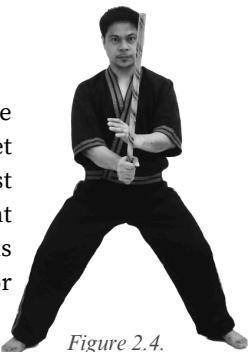


Figure 2.4.  
Straddle Stance



Figure 2.5. Side Stance

## SIDE STANCE

The oblique stance in Arnis begins by stepping one foot forward at a 45-degree angle from the ready stance. Align the knee with the toe of the forward foot and keep the body upright. Distribute weight evenly between both legs. This stance is optimal for executing blocking and evasion techniques, and can be performed with either foot leading.



Figure 2.6. Back Stance

## BACK STANCE

The back stance in Arnis involves stepping one foot backward at a 45-degree angle from the ready stance, creating an "L" shape with the heels. Maintain an upright posture and balanced weight distribution on both legs. This stance is primarily used for defensive maneuvers like blocking and backward evasion.

## DISARMING TECHNIQUES

Aside from striking techniques, the proper execution of these strikes is also emphasized. In Arnis, the 12 striking techniques are taught in a standardized manner. The exercise involves two partners facing each other, each holding an Arnis stick. One partner assumes a defensive stance with both hands firmly gripping the stick. The other partner systematically executes the 12 strikes, starting from number one and progressing to number twelve.

Sterling (2019) cited the 12 Striking Techniques in Arnis such as the following:

- |                                    |                      |
|------------------------------------|----------------------|
| 1. Left side of the head attack.   | 7. Right Chest Stab. |
| 2. Right side of the head attack.  | 8. Left Lower Leg    |
| 3. Left side of the body or torso. | 9. Right Lower Leg   |
| 4. Right of the body or torso.     | 10. Left Eye Poke.   |
| 5. Thrust to the Stomach.          | 11. Right Eye Poke.  |
| 6. Left Chest Stab.                | 12. Top of the head. |



Figure 2.6. Back Stance

# FIRST AID AND WATER SAFETY

## WHAT IS FIRST AID?

First aid is the immediate care given to an injured or ill person before professional medical help arrives. It involves basic procedures to stabilize a person's condition and prevent further harm. First aid is not a substitute for complete medical treatment. Many professions require first aid certification, which can be obtained from a wide variety of institutions.

## WHAT ARE THE BASICS OF FIRST AID?

First aid is as easy as ABC – airway, breathing and CPR (cardiopulmonary resuscitation). In any situation, apply the DRSABCD Action Plan.

**DRSABCD** stands for:

**DANGER** - always check the danger to you, any bystanders and then the injured or ill person. Make sure you do not put yourself in danger when going to the assistance of another person.

**RESPONSE** – is the person conscious? Do they respond when you talk to them, touch their hands or squeeze their shoulder?

**SEND FOR HELP** - call triple zero (000). Don't forget to answer the questions asked by the operator.

**BREATHING** - Is the person's airway clear? Is the person breathing? If the person is responding, they are conscious and their airway is clear, assess how you help them with any injury. If the person is not responding and they are unconscious, you need to check their airway by opening their mouth and having a look inside. If their mouth is clear, tilt their head gently back (by lifting their chin) and check for breathing.

**CPR (cardiopulmonary resuscitation)** - if an adult is unconscious and not breathing, make sure they are flat on their back and then place the heel of one hand in the center of their chest and your other hand on top. Press down firmly and smoothly (compressing to 1/3 of their chest depth) 30 times. Keep going with the compressions and two breaths at speed of five repeats in two minutes until you hand over to the ambulance officers or another trained person, or until the person you are resuscitating responds.

**Defibrillator**- for unconscious adults who are not breathing, apply an automated external defibrillator (AED) if one is available. They are available in many public places, clubs and organisations. An AED is a machine that delivers an electrical shock to cancel any irregular heart beat (arrhythmia), in an effort to get the normal heart beating to re-establish itself. The devices are very simple to operate.

## FIRST AID KIT

A first aid kit is a collection of supplies and equipment that is used to give medical treatment. Here is why it's time to get your First Aid Kit now:

**RESPOND WHEN THERE IS NO RESPONDER** - There is never a good place to get hurt but when help is out of reach, a first aid kit is your next best friend. You can't always count on others to help so be prepared.

**WE HAVE ONLY SO MUCH BLOOD** - Scary but true. If your injury involves blood loss, you only have precious seconds to get the necessary supplies to stop the bleeding. Keeping a first aid kit close by can provide the extra time you need to seek help.

**KIDS WILL BE KIDS** - You can count on kids getting hurt. Lack of experience or just plain recklessness all add up to someone getting hurt.

**LIABILITY** - nobody wants to think about being sued. Businesses are required by law to keep first aid supplies readily available when there is no first response within 10 minutes. Be sure your first aid kit is stocked with the required ANSI first aid items.

**PROTECT YOUR EMPLOYEES OR PEOPLE YOU CARE ABOUT** - When an injury occurs, a stocked first aid kit can save someone's life. Think about others who are risking injury while on the job and do the right thing.

**COST SAVINGS** - It is cheaper to clean a cut and put on a bandage than it is to travel to a clinic and seek first aid.

**ACCIDENTS ARE UNEXPECTED** - being prepared can reduce panic and provide the necessary aid. Always check your inventory monthly to make sure your first aid kit is ready to use when the unexpected takes place.

**TIME IS OF THE ESSENCE** - A first aid just that, "First Aid". Having one ready provides temporary aid until you can get help. No kit means no immediate help.

**SMALL INJURIES CAN BECOME BIG INJURIES** - The longer you wait for treatment, the more severe your injury can become. Immediate treatment can reduce risk.

**PEACE OF MIND** - Being prepared, doing the right thing and even being able to.

## FIRST AID GOLDEN RULES

- Calm and composed
- Your own safety first
- Emergency response system
- Comfort of the injured person
- Stopping any bleeding immobilizing a person with neck, head or back pain
- Keeping a first aid kit

## THREE P'S OF FIRST AID

The "Three P's" are the primary goals of first aid. They are:

- Preserve life
- Prevent further injury
- Promote recovery

These objectives may appear overly simplistic, but they are so on purpose. When someone is hurt, it's all too easy to become overwhelmed and forget what you need to do to help. The Three P's remind you of the fundamentals: do everything you can to save the person's life; do everything you can to keep them from suffering.

## WATER SAFETY

Water safety refers to the procedures, precautions and policies associated with safety in, on and around bodies of water, where there is a risk of injury or drowning. It has applications in several occupations, sports and recreational activities. Water Safety has three (3) important layers to reduce the risk of drowning in any swimming environment. The below layers should give you a summary of reasons why water safety is important.

**SWIMMING SKILLS** - Learning to swim is the most effective technique to avoid drowning. Swimming lessons have been shown to lower the risk of drowning by as much as 88 percent. You can scream for help if you know how to float on your back. Drowning is typically silent, and you may reach the bottom without anyone noticing. Being able to swim means: enter and exit the water safely, float and tread water for 1 minute, turn over and turn around in the water, swim at least 25 meters.

**BE SMART IN, AROUND, NEAR WATER** - Rule # 1 never swim by yourself. When you go swimming, always have a water watcher or a companion with you and check in on each other on a regular basis. Never leave children unsupervised near a pool, hot tub, or natural body of water. Just because your child can swim, it doesn't mean you don't need to supervise your child anymore. Olympic swimmers drown due to many reasons, that's why its mandatory to always have a buddy when you go swimming. Know how to call for help. Never make jokes if you don't need help, they might not help you next time, if you need help. Understand the risks of each water you are in, before you go inside, look for hazards. A pool has different risks than open water or a river.

**KNOW HOW TO HELP OTHERS** - If you are with children or weak swimmers in the water, stay close to them and supervise them at all times. It takes less than 30 seconds a child drowns. Learn cardiopulmonary resuscitation (CPR). Parents and child care providers should know CPR and First Aid. Know the signs when someone is drowning. Drowning goes fast and is mostly silent. It's important to know ways to assist safely a drowning person, without bringing yourself into danger. If you can't swim or are not trained on how to help a drowning person especially in open water, never go inside to help. "Reach or throw, don't go." Have an emergency number on your phone in case of an incident.

**NEVER SWIM ALONE** - Swimming should only be done in the presence of a lifeguard. Lifeguards are responsible for more than just keeping an eye on the individuals in the pool, lake, or ocean. They are also responsible for keeping an eye on the water and advising swimmers on any safety concerns or questionable situations that may occur. They've also been taught to react fast in the event of an emergency.

**SUPERVISE WHEN THEY'RE IN THE WATER** - We recognize that parents need to unwind as well. When your children are in the water, though, you must be cautious. A parent should always be within arm's reach of a young child as a basic rule of thumb. Whether they're swimming in a pool, lake, ocean, or bathtub, this regulation applies. Parents of older children should always be near by and keep an eye on their kids.

**DON'T PLAY BREATH-HOLDING GAMES** - Children should not hold their breath for an extended period of time while swimming, as this might result in drowning and other severe issues. Make sure your kids understand that competing to see who can hold their breath underwater, as well as other similar games, can be dangerous and should not be included in any water activities.

**ALWAYS WEAR A LIFE JACKET** - A Coast Guard-certified life jacket should be worn by young children or unskilled swimmers whenever they are near water. Water wings, floaties, pool noodles, and other goods that advertise to assist kids stay afloat are not a substitute for life preservers or lifesaving devices in an actual emergency. Use these products only when a parent or another responsible adult is within arm's reach of the child.

**ENTER THE WATER FEET FIRST** - When children jump or dive headfirst into shallow water, they can sustain serious injuries. Assure that your child understands how to enter and exit the pool properly. If they are interested in jumping and diving, make sure to teach them the proper technique and point out areas where it is safe to do so. If your pool does not have a designated diving area, do not allow diving, no matter how deep the water is.

**STAY AWAY FROM POOL DRAINS** - Children's hair, bathing suits, and even limbs have become tied up in broken or faulty drains, potentially resulting in drowning or serious injury. Teach children to avoid these areas in pools, especially if a drain lacks a cover or appears to be broken. If you notice one that appears to be malfunctioning, report it right away.

**STAY WITHIN DESIGNATED SWIM AREAS** - Swimming in a pool, ocean, or lake is dangerous unless you stay within the designated swim areas. Teach your children about ropes and why they are used to divide a pool. Never encourage a child to swim in water deeper than their abilities will allow, and, especially if swimming in a lake or ocean, always follow the guidelines established by local lifeguards.

**AVOID USING ALCOHOL** - This advice is primarily for older children and their parents. As children grow into teenagers, discussing alcohol with them becomes increasingly important. Alcohol impairs decision-making, coordination, and balance. It affects a person's ability to swim and can even cause a drop in body temperature. Images of teens and young adults drinking alcohol poolside are common on television and in movies, providing your real-life teens with a dangerous role model to emulate, so make sure your teens understand the truth about mixing water play with alcohol.

**LEARN CPR** - While we hope that your family follows all of these guidelines and stays safe in the water, the unfortunate truth is that accidents can happen. Learning CPR and first aid can be lifesaving in an emergency. Many community organizations offer CPR and first aid training courses. Taking the time to learn these skills could mean the difference between life and death.

# MARKSMANSHIP

## DEFINITION OF TERMS

**MARKSMANSHIP** - is the basic step in training the soldier to employ successfully the pistol or rifle in combat.

**MARKSMANSHIP TRAINING** - It is the basic technique of teaching of personnel on how to fire the weapon accurately and employ it in combat.

## FUNDAMENTALS OF MARKSMANSHIP

**AIMING** - aim the rifle by aligning the sight system.

**HOLDING** - proper breathing, hold breathe at any part of the breathing system.

**POSITIONS** - steady position to allow observation of targets.

**TRIGGER CONTROL** - trigger squeeze, movement of finger can disturb lay of the rifle.



Figure 3.1.

		Ready	Fire Aim	Follow-through Fire	Follow-through	Be aware
Body position	As comfortable as practical; allowing for an unforced point of aim; firm but not tense muscles, butt well into shoulder.	Final fine adjustments using knee if prone, allowing for movement due to breathing.	Steady, stable, firm hold, chamber a round.	Absorb recoil, continue steady hold, chamber a round.	Avoid flinching by not anticipating the recoil	
Sight	Clear, fills the eye-piece no crescent shading, target clearly visible	Slight reticule movement, point down target as breath in, focus back and forth at target and reticule	Crosshair comes to rest precisely on target, focus is on the reticule at instant of fire	Continue to focus on target looking for bullet strike, observe reaction to shot.	Keep the sight firmly on the target and follow through (that is, watch the bullet hit)	
Breathing	Normal cycle	Deeper inhale exhale	Hold	Back to normal	After exertion, pause before shooting to control breathing	
Trigger control	Safety off, tip of finger resting lightly on flat of trigger	Ease pressure on to take up slack, just top edge of trigger release	Straight squeeze exerting no side ways pressure	Leave finger lightly touching trigger	Squeeze, rather than pull the trigger	

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## MARKSMANSHIP PRINCIPLES

1. To sustain the rifle, the shooting position and grip must be sturdy enough.
2. Without exerting undue physical effort, the rifle should point naturally at the target.
3. The sight image and alignment of the eyes must be correct.
4. Without causing unnecessary disruption to the posture, the shot must be released and executed.

## FACTORS AFFECTING MARKSMANSHIP

1. Position, sight image, breathing, trigger pressure, and follow through are the essential marksmanship principles to understand and follow.
2. Know how to group shots in a variety of situations, especially after exercise, from various positions, and at various ranges.
3. Take only the shots you're capable of.
4. Know how far your rifle is zeroed and how far your shots will go at certain distances.
5. Estimate the range with as much precision as feasible. If available, use a range-finder or seek guidance.
6. Accurate shooting is made more difficult by poor lighting, mist, etc.

## COMPONENTS OF INTEGRATED ACTS OF SHOOTING

**Aiming-** In aiming the firer is concerned with correctly pointing his pistol or rifle so that the projectile will hit the target when he fires. To do the aiming, we must have the rear sight blade and the target or aiming point in their proper relation known as the correct sight picture.

**Steady Hold Factor-** is the technique of holding a weapon as steady as possible while aligning the sight in firing the weapon.

**Phases of Aiming Relationship between the eye and the sight -** The placement of the eye is called eye relief.

**Sight Alignment -** is the relationship between the front sight and the rear sight with respect to the firer's eye.

**Sight Picture -** is obtained when the front sight and rear sight are properly aligned to the target and aiming point is the correct relationship between the front sight blade.

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**Breathing and Aiming Process** - takes a normal breath, let part of it and hold the remainder by closing the throat. We should not hold our breath for more than approximately ten seconds, otherwise our vision may begin to blur and lung strain may cause muscular tension. Here also it must be emphasized that you must hold your breath while pulling the trigger.

**Aiming Practice** - is conducted before firing live rounds. During day firing, the soldier should practice sight alignment and placement of the aiming point.

**Flinching** - this is the firer reaction of the anticipates recoil of the exploding round.

**Bucking** - this is an attempt by the firer to take-up the rec.! just before the weapon fires by tensing his shoulder muscles and moving the shoulder forward.

**Jerking** - this is an attempt by the firer to make a rifle fire at a certain time by rapidly applying pressure on the trigger

#### Type of trigger for rifle

5.56 mm M16A1

A. Semi automatic fire trigger control

B. Automate fire trigger control

## FIRING POSITIONS

**PRONE POSITION** - A firing position where the shooter lies flat on the ground, offering maximum stability and accuracy.

**STANDING POSITION** - A firing position where the shooter stands upright, demanding superior balance and control for firing.

**KNEELING POSITION** - A firing position where the shooter supports the upper body on one knee, providing moderate stability.



Figure 3.2.  
Prone Position



Figure 3.3.  
Standing Position



Figure 3.4.  
Kneeling Position

## Rain safety precaution

- A. The bolt of all rifles must be opened always.
- B. All loading and unloading is executed on the firing line with the muzzle of the rifle or pistol pointing towards the target. Strictly no loading behind the firing line.
- C. No weapon is loaded until the command load is given.
- D. All firing must be controlled by signal commands will be given by the designated Range Officer/NCO. Do not fire until the command fire is given.
- E. At the command "cease fire" all trigger finger must be automatically removed from the trigger and shift to safe.
- F. No weapon is to be removed from the firing line until it has been accepted to see to it that it is clear with ammo and safely lever at safe, bolt must be open always.
- G. No person is allowed beyond the firing line for any reason for purpose. H No weapons carried in front of the firing line.
- H In case of malfunction or alibi do not immediate action of re-medial action which make the barrel pointing to the target if failed raise hand but alibi to assistant by D or coach.
- I. Anyone observing and safety act will immediately call his ceasefire.
- J. Consider the rifle or pistol loaded at all time even in the break areas never point the pistol or rifle to anyone you do not want to hurt.

## For calibre.45

- A. Never place a loaded magazine in the automatic pistol nor load the revolver until you have taken your place at the firing point.
- B. Always remove the magazine and unload the pistol before leaving the firing point.
- C. Always hold the loaded pistol at the position of raise pistol except while aiming.
- D. When firing ceases temporarily, lock the piece and hold it raise pistol. Do not assume any position accept raise pistol with-out first removing the magazine and unloading.
- E. If one or more cartridge re-main and unfired at the end of timed - fire, sustained - fire, or quick - fire score, the magazine and unload immediately.

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# PHOTOS

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