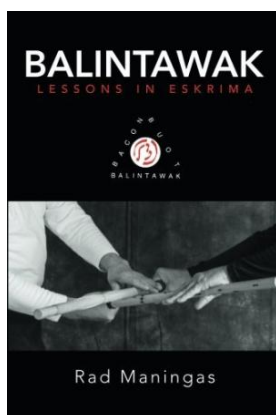


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# BALINTAWAK: LESSONS IN ESKRIMA



iUniverse, United States, 2015. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. The most popular form of indigenous self-defense in the Philippines continues to be Balintawak eskrima-and for good reason. The martial art was created by Anciong Bacon, and he taught the fighting technique to Ted Buot. In this guidebook, author Rad Maningas shares what he learned while training with Buot from 1979 to 2006. During those sessions, no other students were present, and...

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- Authored by Rad Maningas
- Released at 2015



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