

Practical Arnis Stick Fighting: Vortex Control Self-Defense Stick Fighting (Paperback)

By Sam Fury

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Highly Practical Modern Stick Fighting Practical Arnis Stick Fighting: Vortex Control Self-Defense Stick Fighting is the third volume in the Vortex Control Self-Defense Series. Kali Arnis is a Filipino martial art based on stick-fighting. This book combines methods learnt from a variety of Kali Arnis grandmasters and focuses on highly practical stick-fighting techniques and training methods. Written with the approval of Peter Sunbye (the creator of Vortex Control Self-Defense), Practical Arnis Stick Fighting covers everything you need to know in the stick fighting portion of Vortex Control Self-Defense. FREE BONUSES FOR A LIMITED TIME ONLY: Get this book TODAY and you will receive: Access to all the latest Survive Travel publications FREE! Bonus Chapter Vortex Control Self-Defense Principles including: The use of power angles for an unbreakable defense. Simple yet devastating fighting strategy following military principles of warfare. The concept of weaponizing to get the most damage out of all your movements. Harnessing gravitational forces to maximize power in all your strikes. and more! Practical Arnis Stick Fighting Includes The single best strike which will end 99 of street-based confrontations! Strike drills covering all angles of attack and all...



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