

# **A Guide To Panantukan (the Filipino Boxing Art): Rick Faye's Kali/jeet Kune Do Notebook Guide Series - For Use As A Training Journal And Step By Step Guide By Rick Faye**

**By Rick Faye**

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Panantukan is the boxing component of Filipino martial arts, A Guide to Panantukan, the Filipino Boxing Art, Rick Faye, Cambridge Academy Publishing, 2000

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Basic Panantukan Tutorial, [DAMAG-INC Kali-Panantukan 101 ] Basics of Open-handed 'Street boxing' (fr. Jab-Cross feed), Panantukan Basics, Martial Arts Drills: Basic

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This is Rick Faye's newly released book: "A Guide to Panantukan." He subtitles it "For use as a Training Journal and Step by Step guide", which is pretty accurate.

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Panantukan is the boxing component of Filipino martial arts, and is known in the Visayas as pangamot. It consists of upper-body striking techniques such as punches

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### **Kali Stick Techniques -**

Long stick sparring is practiced to improve long range (largo mano) techniques and foot work. When using a longer stick (regular sticks range somewhere between 24 and

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### **Kali Filipino Boxing Panantukan Indonesian Silat -**

kali filipino boxing panantukan indonesian silat Official website of rick faye's minnesota kali group. mkg offers classes in jun fan/jeet kune do, kali

<http://moviefeatures.com/features/kali-filipino-boxing-panantukan-indonesian-silat-youtube>

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Searching for a book specifically on Panantukan yields very few results. Reviews of Faye's 'A Guide To Panantukan' are very encouraging and make this book first

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### **Suntukan - Wikipedia, the free encyclopedia -**

Panantukan (often erroneously A Guide to Panantukan, the Filipino Boxing Art, Rick Faye, Cambridge Academy Publishing, 2000; See also . History of boxing in the

<http://en.wikipedia.org/wiki/Panantukan>