

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, also known as dirty boxing, is the empty handed boxing component of Filipino martial arts. Many of the techniques and movements are derived from Eskrima

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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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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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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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