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The stick is king: The Shillelagh Bata or the rediscovery ...

The stick is king: The Shillelagh Bata or the rediscovery of a living Irish martial tradition By Maxime Chouinard, BA Abstract: This article is a research in the methods, history and culture of the Irish martial art of shillelagh bata This martial tradition has been transmitted from father to son for several

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I would suggest a very light weight stick for partner training (at least in the beginning) and a padded stick would be a nice addition if you or your partner are having difficulty in controlling strikes in the beginning A reasonable stick can be made from a piece of doweling wrapped in plumbing pipe insulation foam (just

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The Magic of Kali - Shiva Shakti

The Magic of Kali 3 10 According to some it means the ability to enter another's living body 11 KĒlikĒpurĒÛa, ch62, 107-108 this document is copyright Mike Magee 1995 my email address is now mikemagee@btinternetcom web site: wwwshivashakticom

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Modern Arnis Training Systems (MATS) Page 1 Level one Twelve angles of attack Control, pull back and follow through Block, check and counter with 2-step footwork, slice striking and cut striking Slap off-pull off drill All twelve angles Techniques from slap off Wrist wrench and ...

Filipino Martial Arts (FMA) Glossary - modernarnis.com

Dulo-Dulo - palm stick (dulo), spoken twice to indicate style of fighting with said weapon Dumog - "grappling," either in a clinch or on the ground Escrima - (alt eskrima) - synonymous with arnis (above) Espada y Daga - sword (espada) and dagger (daga) used together Sometimes also connotes the use of baton and knife in tandem

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