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through the history, tools, techniques and training methods of Panantukan. Recently revised & reprinted, it is now even easier to train from.

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## **A GUIDE TO PANANTUKAN THE FILIPINO BOXING ART PDF**

Panantukan is an empty hands aspect of the Filipino Martial Arts and is at its core a boxing art. It is different from the Western boxing that most are familiar with. In Panantukan you use every part of you body as a tool to strike just about every part of the opponents body.

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The term *suntukan* comes from the Tagalog word for punch, *suntok*. It is the Filipino term for a fistfight or brawl and for fist fighting or boxing. *Panununtukan* means "the art of fistfighting". The Visayan terms *pangamot* and *pakamot* ("use of hands") come from the Cebuano word for hand, *kamot*.

## **Suntukan - Wikipedia**

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, elbows, head-butts and

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shoulder strikes.

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1. Panantukan is a historical method that goes way back in the Phillipines. It is empty hand work based upon the use of a knife, and therefore emphasizes evasiveness and lots of movement. Around the turn of the century western boxers were exposed to Panantukan and picked up on its biomechanics.

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## **Panantukan Book Review | BladeForums.com**

Reviews of Faye's 'A Guide To Pananutukan' are very encouraging and make this book first choice out of the few available. As a novice trainee in the art I can only agree with the reviews. The information is particularly useful and well written, and comes from an experienced practitioner of the art who has established a great following for himself.

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Training in Panantukan can enhance your: Self Defense; Hand speed; Coordination; Conditioning; Sensitivity;

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Reaction speed; Rick Faye and the Minnesota Kali Group will lead you through basic exercises and guide to advanced concepts. If you want to expand your training and become proficient in Panatukan then this book is the answer

### **Panantukan - The FMA Database**

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### **9781900855020: A Guide to Panantukan (the Filipino Boxing ...**

Filipino Dirty boxing or Panantukan is the art of hitting your opponent while unbalancing him and or unbalancing him while hitting him it comes from the Filipino word Suntokan meaning brawling (hitting), it employs knees,



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elbows, Head butts, low kicks, treading on the feet, stamping on the legs, hitting with the shoulder, crook of the arm and many more brawling and so called dirty tactics as well as jabs, hooks, crosses and uppercuts, it is a very effective empty hand fighting system.

### **Panantukan 1 to 5 - Grandmaster Angelo | Filipino Kyusho ...**

Filipino Panantukan Elbow and Knee Sandwich - Dirty Boxing Close Range Combat by Warrior Arts Alliance. 3:02.  
Dan Inosanto on Bruce Lee's toughness by Dawud Bryant. 2:37.  
Panantukan Basics - Filipino Panantukan fundamental techniques & application by Warrior Arts Alliance.

### **Panantukan - YouTube**

"Panantukan is a Boxing Art. We are using the term "Boxing" in the broadest sense. In the historical sense of Filipino Martial Arts the empty hand arts were mild compared to their weapon counterparts. However, these boxing

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methods are not "safety" oriented.

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