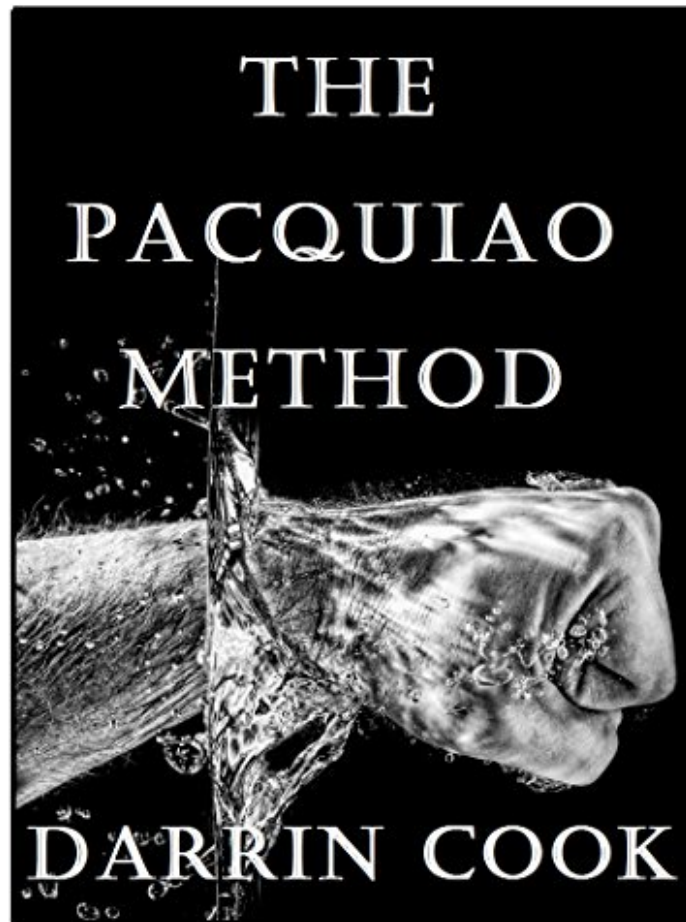


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The Pacquiao Method: Dynamic Boxing and Espada y Daga (English Edition)

Von Darrin Cook

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Von Darrin Cook : The Pacquiao Method: Dynamic Boxing and Espada y Daga (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised The Pacquiao Method: Dynamic Boxing and Espada y Daga (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. Great idea nd interesstingVon Mr. MagnusO.K. first I was surprised: Boxing and Espada y daga how does this go together ?Also the normal way of Darrin Cook is more something like close quarter with small items etc.What was always missing was some kind of long range weapon.And here we are from the studie of boxing to using this with some simple defences for self defence. Boxing as a kind of fencing. And then going to espada y daga with a pencil and a torch.Again the author was able to use the Filipino martial arts and simplify them and modernise theme to reach a

everyday and everybody usage. I like his ideas of improving Escrima to the today use, just because I trained a stile of Arnis for some years !!!

Kurzbeschreibung Fight like Pacquiao! Manny Pacquiao is the first and only eight-division world boxing champion, in which he has won ten world titles, as well as the first to win the lineal championship in four different weight classes. These historic achievements don't come by talent or blind luck, but by superior technique. MMA fighter Holly Holm used these same techniques in her surprise, totally dominating upset of the seemingly invincible Ronda Rousey. The aim of this book is to teach you Pacquiao's revolutionary boxing method, and furthermore, to apply that method to wield weapons in the style Filipino martial artists call "espada y daga." The result is a dominant, dynamic style that can be applied armed as easily as empty-handed. "The Pacquiao Method" is photo illustrated.

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