



Balisong: The Lethal Art Of Filipino Knife Fighting

Gary Cagaanan, Sid Campbell, Sonny Umpad

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Follow the path of the Filipino knife fighter and the blinding blur of the deadly balisong in motion--its whirlwind lethality--can be yours. Three experts, having combined their knowledge of the balisong, martial arts and self-defense, show you the basics of techniques perfected in the Philippines over the course of 400: concealing, drawing, flipping and gripping the balisong; checking and rolling; and the four main phases of training.

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