

# **Balintawak: Lessons In Eskrima By Rad Maningas**

**By Rad Maningas**

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Rad Maningas is the author of Balintawak (4.00 avg rating, 1 rating, 0 reviews, published 2015)

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Rad Maningas Releases BALINTAWAK. "Balintawak: Lessons in Eskrima" About the Author Rad Maningas was born and raised in the Philippines.

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The most popular form of indigenous self-defense in the Philippines continues to be Balintawak eskrima and for good reason. The martial art was created by Anciong

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Rad Maningas was born and raised in the Philippines and now lives in the United States. He learned Arnis under Lamberto Ticsay and Balintawak eskrima from Ted Buot

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To be clear, Astig Balintawak is NOT a new system. It is an updated, modernized way of teaching Anciong Bacon s system. Facebook; Twitter; Google; RSS;

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