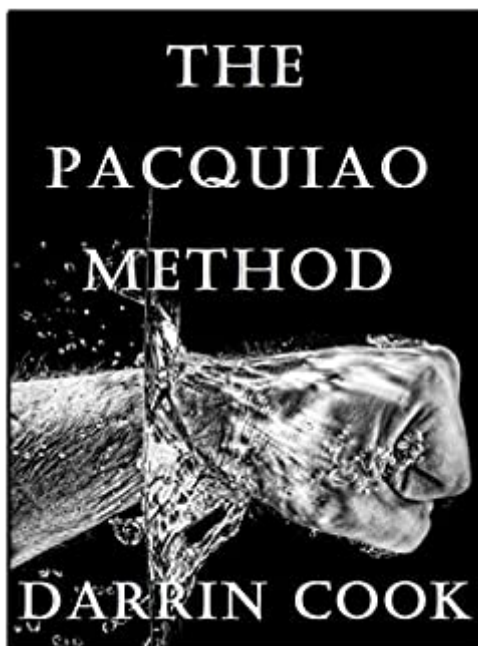


The book was found

The Pacquiao Method: Dynamic Boxing And Espada Y Daga



Synopsis

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.

Book Information

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Customer Reviews

Adapting Simplified Weapons and Empty Handed Techniques from more complex Filipino Martial Arts and from Spanish Fencing La Verdadera Destreza "The True Art".

The author gives very good strategic street defense ideas that I would also teach in my combative

classes and seminars. Strategies on strikes, angled attacks, empty hand and weapons (stick, knife, club etc...). I would like to see more illustrations for the less experienced. However, a very good write. Sifu Chris S Strelau, Ph.D. (2 time Hall of Fame Instructor of Balintawak Eskrima, Hung Kuen and Yang Tai Chi Chuan)

This book's words and illustrations clearly taught me what the author is trying to tell me. I have a eskrima stick and aluminum knife trainer and I got few pointers from this book that I can see being used by other both boxers and fighters . Especially from holly holm and pacquiao. Watch pac's old footages over and over and you will see the author's points ..

Darren's breakdown on Manny's secret weapon is superb! Also he applies his knowledge on knife and stick to match Pacquiao's techniques.

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