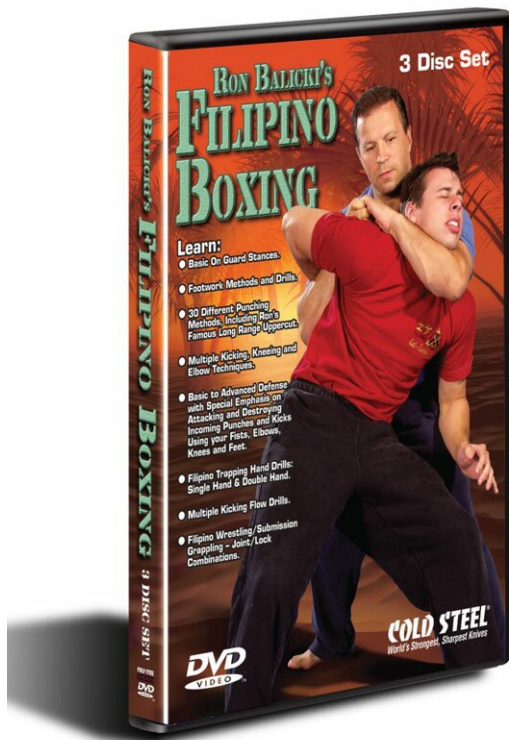


DVD Cold Steel Ron Balicki's Filipino Boxing

Category:



Product ID: VDFB

Manufacturer: Cold Steel

Price: 80.00 EUR

Availability: Out of stock

Cold Steel is a world known maker of knives, swords and other edged weapons and tools, all products are made of best available materials. Company was founded in 1980 by company president, Lynn C. Thompson. The company's products include fixed blade knives, folding knives, swords, machetes, tomahawks, kukris, blowguns, walking sticks, and other martial arts-related items.

[See it in our store.](#)

In this DVD series you will learn the traditional Filipino boxing method using empty hands instead of gloves. Developed during the heyday of bare-knuckle boxing, it has surprised and confounded the traditional "western style" boxer for more than a century. This is because it is not just a fist-oriented art, it teaches you how to use your whole body to subdue or drive off an attacker. These instructional DVD's will take you where no other video boxing training has attempted to go before. Whether you're a novice or experienced fighter, this video series has something of great value for you.

Ron Will Teach You:

- Basic On Guard Stances
- Footwork Methods and Drills
- 30 Different Punching Methods, Including Ron's Famous Long Range Uppercut
- Multiple Kicking, Kneeing and Elbow Techniques
- Basic to Advanced Defense with Special Emphasis on Attacking and Destroying Incoming Punches and Kicks Using your Fists, Elbows, Knees and Feet. (Worth the price of the series for this instruction alone!)
- Filipino Trapping Hand Drills - Single Hand & Double Hand
- Multiple Kicking Flow Drills

Product parameters:

- Qty.: 1 DVD

Movie: http://www.youtube.com/watch?v=Tt8JBwVOT_Q