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The basic strikes of Panantukan - boxing, elbows, kicks, and dirty

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Panantukan is an empty hands aspect of the Filipino Martial Arts and is at its core a boxing art. It is different from the Western boxing that most are familiar with. In Panantukan you use every part of you body as a tool to strike just about every part of the opponents body. The fact that the Filipino martial arts are known

for their skills with bladed weapons is seen in Panantukan as the movements mimick the movement of the blade.

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Panantukan techniques is a term for Filipino boxing. Other terms used include suntukan, pangamot, and kamut-kamut. As is common, in the Filipino martial arts, the term used varies according to the language or dialect from which the speaker learned it.

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### **pdf the filipino boxing art A guide to panantukan**

1. Panantukan is a historical method that goes way back in the Phillipines. It is empty hand work based upon the use of a knife, and therefore emphasizes evasiveness and lots of movement. Around the turn of the century western boxers were exposed to Panantukan and picked up on its biomechanics.

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martial arts, and is known in the Visayas as Pangamot. It consists of upper-body striking techniques such as punches, elbows, Headbutts and shoulder strikes. Page 11/25

### **Where To Download Panantukan Manual**

Suntukan is the fist-related striking component of Filipino martial arts. In the central Philippine island region of Visayas, it is known as Pangamot or Pakamot. It is also known as Mano-mano and often referred to in Western martial arts circles of Inosanto lineage as Panantukan. Although it is also called Filipino Boxing, this article pertains to the Filipino martial art and should not be ...

### **Suntukan - Wikipedia**

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The following is taken from the introduction of Rick Faye's Book On Panantukan: A Guide to Panantukan (the Filipino Boxing Art) It is available to all from the MKG. (Please tell them you saw it here!) "Panantukan is a Boxing Art. We are using the term "Boxing" in the broadest sense. In the historical sense of Filipino Martial Arts the empty hand arts were mild compared to their weapon counterparts.

### **Panantukan - Tripod**

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### **Panantukan - The FMA Database**

Panununtukan means "the art of fistfighting". The Visayan terms pangamot and pakamot ("use of hands") come from the Cebuano word for hand, kamot. Due to Cebuano language pronunciation quirks, they are also pronounced natively as pangamut and pakamut, thus the variation of spelling across literature.

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