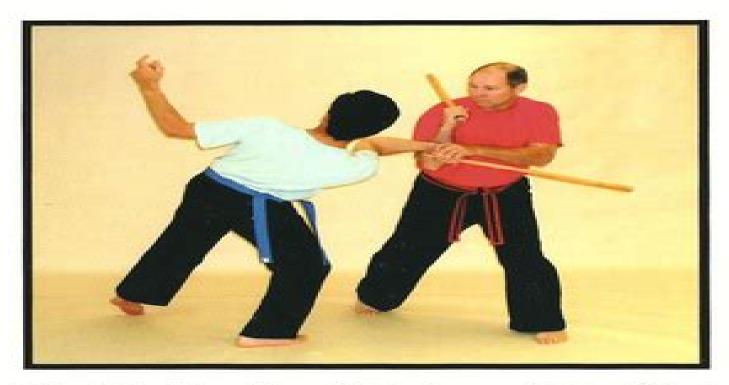
# TRANKADA

The Ties That Bind



The Joint Locking Techniques & Tapi-Tapi
Of Modern Arnis - Filipino Stick Fighting

by Dan Anderson Senior Master Modern Arnis

# Trankada The Joint Locking Techniques And Tapi Tapi Of Modern Arnis

**Sam Fury** 

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Presas passed away and left a void in the martial arts world A number of senior students both in the Philippines and the United States continue to carry the torch Prof Dan Anderson is one of them Prof Anderson began his training with GM Presas in 1980 and continues on to this day A US and world karate champion he has used his experience to formulate what he calls the MA80 System Arnis Eskrima The MA80 System Arnis Eskrima is unique as it takes influences not only from Modern Arnis but from Balintawak Eskrima and Integrated Eskrima as well This manual is the first of its kind as it details chapter by chapter the progression from beginner to Black Belt All the techniques exercises and drills needed to achieve full skill in this system are meticulously detailed within this book Hundreds of photos depict all the fighting ranges the corto close range medio medium range and the largo long range cane and empty hand disarming techniques cane dagger espada y daga footwork timing joint locking classical arnis styles and the Tapi Tapi capture and locking tactics and much much more This book of Dan s in your hand or any book written by Dan is a treasure chest of explorations and ways for you the reader to take part in these explorations They are truly users guides Bram Frank Black Belt Magazine Hall of Fame 2007 Weapons Instructor of the Year The Dan Anderson Encyclopedia of Modern Arnis Dan Anderson, 2016-07-02 The Dan Anderson Encyclopedia of Modern Arnis Vol 2 K Z is the second volume of the most complete work that has ever been done to date This work covers Modern Arnis techniques history stick fighting system derivatives and much much more The Dan Anderson Encyclopedia of Modern Arnis Dan Anderson, 2016-03-27 The Dan Anderson Encyclopedia of Modern Arnis Volume 1 A J is the first of its kind work It contains all the essential data of Remy A Presas lifetime work Modern Arnis the Filipino art of Modern Arnis Mano Y Mano Dan Anderson, 2022-03-04 Grand Master Remy A Presas was a complete stickfighting martial artist He was every bit as skilled empty handed as he was with a stick in his hand Modern Arnis Mano Y Mano Vol 1 The Empty Hand Applications of Modern Arnis is the most complete book ever to be written on the translations of Modern Arnis stick actions to the empty hand No other book has addressed only the empty hand Prof Dan Anderson has had over a half century training in the martial arts to compile and categorize the empty hand techniques taught by GM Presas This book covers such topics as Basic strikes defensive actions Empty hand joint locking Joint locking with the legs Pinning your opponent Small Circle Jiu Jitsu exercises Throwing Empty hand disarming against a stick and knife and A full array of empty hand development drills There is no other books like this on the market **The Art of Joint Locking** Arlo Welty, 2013 This is a diverse collection of Hapkido joint locks targeting the major joints of the human body In addition to demonstrating a wide variety of practical effective locking techniques Arlo Welty teaches you simple joint lock defences to escape common locks key wrist stretches and the correct use of footwork He also explains and illustrates the United States Hapkido Federation's Twenty Directions of Response the underlying principles for the locks taught in this book Learn how to efficiently apply joint locks from the same side or cross grip positions using the same hand as your opponent or switching hands This incredibly versatile system is an essential component of mastering Hapkido joint locks Finally put your skills together to practice joint

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