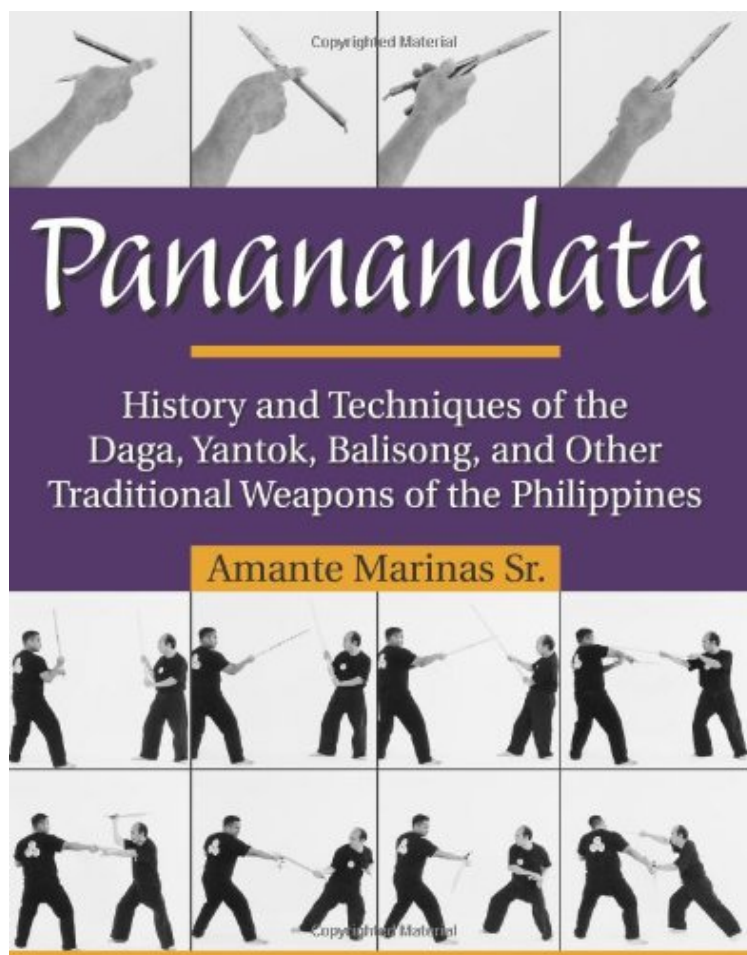


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## **Pananandata: History and Techniques of the Daga, Yantok, Balison, and Other Traditional Weapons of the Philippines**

**Amante P. Marinas : Pananandata: History and Techniques of the Daga, Yantok, Balison, and Other Traditional Weapons of the Philippines** before purchasing it in order to gage whether or not it would be worth my time, and all praised Pananandata: History and Techniques of the Daga, Yantok, Balison, and Other Traditional Weapons of the Philippines:

Filipino martial artist Amante Marinas Sr. brings the seldom-seen origins and techniques of a dozen weapons of the Philippine Islands together in one place in Pananandata: History and Techniques of the Daga, Yantok, Balisong, and Other Traditional Weapons of the Philippines. Not since Dan Inosantos out-of-print classic The Filipino Martial Arts has one book encompassed so many different aspects of the arts of the Philippines. Marinas uses clear instruction and

step-by-step photos to teach readers the fighting techniques of such weapons as the dikan (ring), hawakan (Philippine tonfa), latiko (whip), blowgun and tabak toyok (nunchaku), tracing these weapons from their origins as tools in the rural farmlands and demonstrating their deadly effectiveness today.

About the Author Amante Marinas Sr. was introduced to the art of pananandata when he was 8 years old. A native of Pambuan, a small village in the province of Nueva Ecija in Central Luzon in the Philippines, Marinas studied with his granduncle Ingkong Leon Marcelo. In addition to studies in the Filipino martial arts, he now holds black belts in aikido and shorin-ryu.