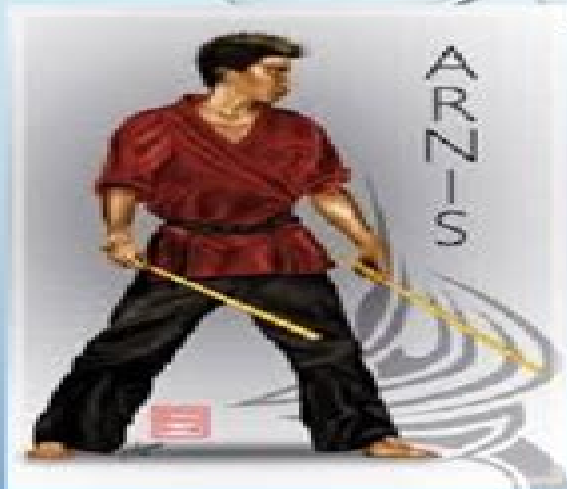




ARNIS

LARONG PINOY



OUTLINE OF THE TRAINING

- I. ARNIS HISTORY**
- II. ROLES OF COACH**
- III. HOW ATHLETES LEARN**
- IV. PRACTICAL TRAINING**

I. ARNIS HISTORY

Arnis Training Manual

Jiyuan Zhang



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