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# Technology Of War

## Mr Trainors Page

~~Arnis Wikipedia~~

Arnis Wikipedia

June 23rd, 2018 - Arnis also known as Kali or Eskrima is the national sport and martial art of the Philippines The three are roughly interchangeable umbrella terms for the traditional martial arts of

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the Philippines Filipino  
Martial Arts or FMA that  
emphasize weapon based  
fighting with sticks knives  
bladed weapons and various  
improvised weapons as'

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