

DVD Cold Steel The Fighting Sarong

Category: » **DVD/CD movies**



Product ID: VDFS
Manufacturer: Cold Steel
Price: 80,00 EUR
Availability: In stock

See it in our store.

Ron Balicki will take you through a comprehensive look at the Indonesian and Filipino art of "The Fighting Sarong". To date this art is relatively unknown to the world. Ron has trained in Sarong fighting for over 20 years and is sharing his vast knowledge with you today. You will learn how to use the Sarong against an attacker who comes at you with punches, kicks and grappling. Learn what to do if your opponent tries to counter you or grab onto your sarong. Ron will also teach you how to use the sarong to defend yourself against a knife. In this series you will also get a special section taught by Martial Arts legend Guro Dan Inosanto.

DISC ONE:

Section One

Empty Hand vs. Empty Hand

Section Two

The Sash Method

Section Three

The Double Weave

DISC TWO:

Section One

The Double Weave

Section Two

The Single Weave

SPECIAL FEATURES

Dan Inosanto teaching the Sarong

The Sarong vs. The Knife

Movie: <http://www.youtube.com/watch?v=6e0i0S3sre0>

Cold Steel is a world known maker of knives, swords and other edged weapons and tools, all products are made of best available materials. Company was founded in 1980 by company president, Lynn C. Thompson. The company's products include fixed blade knives, folding knives, swords, machetes, tomahawks, kukris, blowguns, walking sticks, and other martial arts-related items.