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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 the Philippines ("Filipino Martial Arts", or FMA) that emphasize weapon-based fighting with sticks, knives, bladed weapons, and various improvised weapons as well as "open hand" or techniques without weapons.

Arnis - Wikipedia

Silat is an Indonesian native martial art, and Pencak Silat is an umbrella term for the indigenous martial arts created in Indonesia. The leading organisation of pencak silat in Indonesia is IPSI (Ikatan Pencak Silat Indonesia meaning Organization for Indonesian Pencak Silat). The liaison body for international pencak silat is the International Pencak Silat Association or PERSILAT (Persekutuan ...

Sport in Indonesia - Wikipedia

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How To Street Fight: Close Combat Street Fighting and Self

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OrganizaÃ§Ã£o desportiva FederaÃ§Ãµes internacionais. Em 1968, a FederaÃ§Ã£o Internacional de Lutas Associadas (FILA) aceitou o Sambo como estilo internacional de luta, juntamente com a Luta Greco-Romana e a Luta Livre, modalidades estas jÃ¡ consagradas como olÃ­mpicas.. No ano de 1985, a comunidade de Sambo formou a sua prÃ³pria organizaÃ§Ã£o, a FederaÃ§Ã£o Internacional Amadora de Sambo (FIAS)

Sambo â€“ WikipÃ©dia, a enciclopÃ©dia livre

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