

Jogo do Pau: The ancient art & modern science of Portuguese stick fighting

MSc Luis Preto



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Jogo do Pau: The ancient art & modern science of Portuguese stick fighting MSc Luis Preto As Jogo do Pau is progressively getting more well known internationally, this book offers an extremely comprehensive analysis of this fine art, including: • How it has been Influenced by: o Portugal's history o The distinct social dynamics of rural and urban environments • How it has been preserved by a long lineage of extremely dedicated instructors • The different techniques and tactics employed within: o Outnumbered and single combat o Double and single handed weapons • The author's take on what makes up competent teaching, as well as an introduction to his innovative and scientifically based teaching methods for martial skill development

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