



The Filipino Fighting Whip: Advanced Training Methods and Combat Applications

Tom Meadows

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This is a comprehensive guide for advanced whip training methods and combat applications as practiced and taught by the best fighters and whip practitioners in the world. It features chapters on the evolution of whips and their fighting techniques; the various types of whips, including the Western bullwhip, The Doce Pares rope whip and custom self-defense whips; manipulation skills and range-control techniques; self-defense theories and sparring drills; cracking and slashing with the whip; safe handling techniques; and construction, care, maintenance and repair of whips.

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