



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

MSc Luis Preto

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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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