

Vital Point Strikes The Art And Science Of Striking Vital Targets For Self Defense And Combat Sports

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Gatka Wikipedia

February 14th, 2019 - Gatka Punjabi ਗੱਟਕਾ • گٹکا Urdu گٹکا is the name of an Indian martial art associated with the Sikhs of the Punjab region It is a style of stick fighting with wooden sticks intended to simulate swords The Punjabi name gatka properly refers to the wooden stick used The word originates as a diminutive of Sanskrit gada mace The style originated in later 19th century out of

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