

Pankration Manual

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is the earliest known European martial arts manual.

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literally meaning "all powers" from

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Modern Pankration is reconstructed from ancient Greek images and whatnot. The first manual we have
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The pankration - cute dead guys

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The sheer amount of time Pankration was used in competition between the many city states of greater Greece tells us that this martial art was highly developed,

Pankration - armak pankration

Armak Pankration is an Internationally acclaimed academy with expertise in the study of Greek martial arts. We deliver an authentic Pankration curriculum that is

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