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Suntukan is the fist-related striking component of Filipino martial arts. (The term "suntukan" however is most commonly known in the Philippines to simply mean punching or boxing). In the central Philippine island region of Visayas, it is known as Pangamot or Pakamot. It is also known as Mano-mano and often referred to in Western martial arts circles of Inosanto lineage as Panantukan.

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