



YAW-YAN^{U.S.A.}

FERVILLEON

Martial Arts

12 – Palo (Strikes) of ArDigma [Arnis Pandigma ~ 2005]:

1. Masong Pababa
2. Masong Pataas
3. Pamutol Palabas
4. Pamutol Paloob
5. Kanluran
6. Silangan
7. Timog
8. Hilaga
9. Kidlat
10. Kulog
11. Pambali Paloob
12. Pambali Palabas