



## Modern Agonistics (Paperback)

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By James Lafond

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Modern Agonistics is not a style, art or system. It is simply a format for training, experimentation and competition with weapons. The goals of the participants range from cross-training, self-defense and thrill-seeking, to craftwork [like weapon and armor fabrication] and attempts to reconstruct extinct fighting arts. Practitioners of over two-dozen fighting arts have utilized this format since 1998 without sustaining serious injury. Participants have been both male and female, and have ranged in age from 11 to 65; in size from 75 to 375 pounds, and in experience from novice to professional. Most participants have been males in their late teens and early twenties. We have no dues, rituals, traditions or barriers. This is simply a network for combat weaponry enthusiasts. We are just a curious group of fighters. If you want to participate you are welcome. Our motto is as real as you want it. Agonistics is an ancient Hellenic term that translates as contest-preparation. The root is Agon meaning contest. The English word agony was borrowed from the ancient Greek term for contestant s suffering referring to the trials of a...



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