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Health-oriented. Many martial arts, especially those from Asia, also teach side disciplines which pertain to medicinal practices. This is particularly prevalent in traditional Asian martial arts which may teach bone-setting, herbalism, and other aspects of traditional medicine.. Spirituality-oriented. Martial arts can also be linked with religion and spirituality.

Martial arts - Wikipedia

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Martial Arts Techniques for the Cane and Short Staff. By Michael P. Garofalo. Martial Cane Concepts. By Michael Janich. A Realistic System of Walking Stick Self Defense.

Cane Exercises and Self-Defense: Guides, Bibliography

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