

VEE ARNIS JITSU DEFENSE AGAINST A ONE HAND GRAB

Last Modified: 28th March, 2017, 12:01 PM

Brother Matt found this one. “Commonality of Technique” in action.

I always say that if you actually **train** long enough and hard enough instead of just “practicing” the same stuff then you will see that most serious “martial arts” actually overlap. This clip of [Vee Arnis Jitsu](#) is a great example.

Look at how many things he does that are similar to our methods.