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Dedicated to the art of Cabales Serrada Escrima.

Cabales Serrada Escrima

Cabales Serrada Escrima. The system of Philippine martial arts known as Cabales Serrada Escrima was founded by Grandmaster Angel Cabales (1917-1991) and first taught

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publicly in the year 1966 in Stockton, California.. Originally GM Cabales' system consisted mainly of Espada y Daga (Stick and Dagger) techniques, but after opening his school in Stockton, GM Cabales started adding Empty Hand ...

Cabales Serrada Escrima

Serrada is one of the many styles of Filipino martial arts. I studied Escrima in Cabales system. The book contains good stuff regardless of your style plus it's easy to follow. I would add that one can't learn Escrima from a book but the book helped answer questions on what I was taught

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If you have the Secrets of Cabales

Get Free The Secrets Of Cabales Serrada Eskrima

Serrada Eskrima, this is basically the same book with a new/updated forward. I took a star away because I thought it was a new book and I already have The Secrets of Cabales Serrada Eskrima, which is a good book.

A highly effective and well-rounded Filipino martial art, Cabales Serrada Eskrima uses basic stick-fighting movements whose applicability extends into both unarmed engagement and knife fighting. In Secrets of Cabales Serrada Eskrima, Mark V. Wiley offers not only a clear presentation of the strikes, blocks, counters, and disarms unique to this style, but goes beyond mere self-defense techniques into the concepts underlying the fighting art, explaining

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how and why the moves work, and when best to use them. This revised and expanded edition of Mark Wiley's authoritative volume presents the heart of the Cabales Serrada system in six clear parts: an outline of the history and development of the system, personal accounts of Grandmaster Angel Cabales, discussion of the dynamics of body positioning and distance control, sections on the art's core single-stick and empty-hand defensive methods, as well as a comprehensive set of drills.

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Grandmaster Angel Cabales, one of the Philippines most famous Escrimadors, survived countless death matches to be the first to teach Escrima in the United States. This is the authorized manual to his deadly martial art style, Cabales Serrada Escrima, which he requested of his prized student, Mark Wiley. A highly effective self-defense technique, Escrima encompasses both armed and unarmed combat. Evolving from a clarification of the basic etiquette and techniques of this major Filipino martial art to a revelation of its most closely-guarded secrets, Filipino Martial Arts is an essential addition to any martial arts library.

Filipino Martial Arts illustrates the basic strikes, blocks, counters, and

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disarms of the Serrada Escrima fighting system. A highly effective, well-rounded warrior art, Serrada Escrima uses basic stick-fighting movements that are equally applicable in both unarmed and knife fighting. Profusely illustrated, this martial arts manual describes not only the techniques but also the history and philosophy of the Filipino martial arts and their relevance in the fighting and mixed martial arts world today. Filipino Martial Arts: Cabales Serrada Escrima is an essential addition to any martial arts library.

Learn about the history, culture and techniques of filipino escrima with this informative martial arts guide. The history of the Philippines and her martial arts is a history of resistance and revolt. Born into this fertile time

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and place, Grandmaster Leo M. Giron became a child of revolution. He grew up in a time when martial arts training was a necessity, not a luxury. His system was taught to him by five renowned masters; his experience honed in the jungle warfare of World War II. The Secrets of Giron Arnis Escrima is an engaging biography of Leo Giron, a renowned master of escrima and survivor of numerous hand-to-hand encounters in the Philippine jungles. It is also a visual and descriptive survey of Giron's fighting art—a classical weapons and empty-hand self-defense system applicable in today's modern society. Included is an overview of the twenty styles that make up the Giron system in general, and an analysis of the de fondo and cadena de mano styles in particular. Packed with over 300

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historical and instructional

photographs this book truly reveals the secrets of this Filipino martial art.

Eskrima, which is also known as Arnis (De Mano) or Kali, is the indigenous martial art of the Philippine Islands. Dynamic and flexible, with a wide range of training methods it can be practised by students of all ages and levels of fitness. Well known and respected as a highly practical weapons-based system, Eskrima is practised worldwide by civilians, law enforcement personnel and special units within the military. Eskrima uses training weapons (rattan sticks and daggers) from the earliest stages, alongside purely unarmed techniques. These training methods have been found particularly effective at increasing co-ordination and reflexes,

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providing a fast track to developing the qualities needed for practical self-defence. This fascinating book traces the history and evolution of this art form. It highlights Eskrima's essential principles and concepts. The instructional section illustrates how the Eskrimador is able to succeed in a wide range of combat situations involving fighting with both weapons and open-hands. Techniques, two-person flow drills, self-defence applications, training with specialized equipment, the philosophy of the art and 'self-defence and the law' are all covered in depth.

Complete Sinawali is the definitive guide to the intricate and highly-refined Filipino martial art of double-weapon fighting. The warriors of the Philippines have long been respected as fierce,

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courageous, and effective fighters, and the martial art of Sinawali has developed multiple-weapon fighting to an exceptionally high degree of sophistication. Preserved in Filipino dance as well as martial form, Sinawali employs sinuous, polyrhythmic movements, creating an almost impenetrable shield against attack. In Complete Sinawali, Filipino martial artist Reynaldo Galang details the theory behind the forms and presents an orderly progression of drills designed to teach ambidexterity, quick and exact footwork, and special hand techniques that are the foundation of this exceedingly powerful martial art. Chapters include: The Origin of Sinawali The Fighting Arts of Bakbakan International Bakbakan Training Structure Stances and Footwork Warm-up Exercises Lakbay

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Sinawali: The Central Form of Sinawali Dakip-Diwa Laban-Sanay (Free-Style Sparring) Whether readers are interested in Sinawali for exercise, hobby, or as a means of self-defense, Complete Sinawali is their definitive guide.

Master the art of filipino kalis with this illustrated martial arts guide. The Filipino martial art of ilustrisimo hails from Cebu, Philippines, where martial arts are still considered a matter of life-and-death survival—rather than sport or exercise. Named after Antonio "Tatang" Ilustrisimo, the master who taught the style to both of the authors of this book, the art of kalis ilustrisimo has been in the Ilustrisimo family for more than five generations. Based on traditional Philippine stick and sword fighting methods—and refined by

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Antonio Ilustrisimo's vast personal experience in challenge matches—it offers a powerful, flexible, dynamic, and effective fighting style. The Secrets of Kalis Ilustrisimo is the first book to deal with the techniques and theories of this very effective system of personal combat including the history of kalis ilustrisimo and structure of the system, the fundamentals of practice, the defensive movements and applications, and the training techniques used to prepare for actual personal combat. It also includes hundreds of photographs showing the essential movements and techniques of this martial arts style. Sections include: KALIS ILUSTRISIMO IN PERSPECTIVE—History and Development; Structure of the Ilustrisimo System FUNDAMENTALS OF PRACTICE DEFENSIVE

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MOVEMENTS AND

APPLICATIONS—Fundamental Fighting Techniques; Methods of Disarming THE COMBATIVE ENCOUNTER—Combative Sign Language; Spiritual Fortitude; Fighting Principles and Strategies AND MORE!

Master the terrifyingly effective Phoenix Eye Fist style of Chinese Kung Fu with this illustrated martial arts guide. The Secrets of Phoenix-Eye Fist Kung-Fu depicts an enormously potent art, also known as Chuka Shaolin, that does not depend on strength or size. Instead, it utilizes a special striking technique, the phoenix-eye fist, aimed at vital points on the opponent's body. Phoenix-Eye Fist Kung-Fu excels at close-range fighting—an area neglected in many other martial arts—and employs a

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variety of lightning-fast strikes and kicks. Due to its deadly efficacy, there is no sparring in Chuka Shaolin, but instead complex two-person practice forms are employed—both for empty-handed fighting and for fighting with weapons—in which the practitioners fight all-out, and are protected only by a precise knowledge of the form. With hundreds of clear photographs, *The Secrets of Phoenix-Eye Fist Kung-Fu* reveals: The fundamental techniques of the empty-handed art A complete breakdown of the two-person empty-hand practice forms Detailed instruction in Chuka Shaolin pole fighting, including the practice forms An overview of the other weapons used in Chuka Shaolin, including the sai, the twin knives, the spear, and the farmer's hoe Special forms of Chi Kung designed to increase striking

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power, increase vitality, and aid in
resisting and healing injuries

The oldest and most respected martial arts title in the industry, this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self-defense in the world - including techniques and strategies. In addition, Black Belt produces and markets over 75 martial arts-oriented books and videos including many about the works of Bruce Lee, the best-known marital arts figure in the world.

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