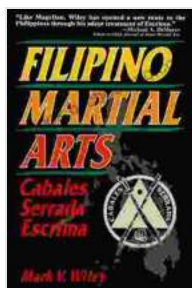


Filipino Martial Arts Cabales Serrada Escrima: The Ultimate Guide to Stick Fighting

Filipino Martial Arts Cabales Serrada Escrima is the definitive guide to the deadly art of stick fighting. Learn the techniques, strategies, and history of this fascinating martial art.



Filipino Martial Arts: Cabales Serrada Escrima

by Mark V. Wiley

★★★★☆ 4.5 out of 5

Language : English
File size : 6283 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 156 pages



What is Escrima?

Escrima is a Filipino martial art that uses sticks, knives, and other weapons to defend against armed and unarmed attackers. It is a fast-paced, dynamic art that emphasizes close-quarters combat and disarming techniques.

Escrima is a centuries-old art that has been passed down through generations of warriors. It is a practical and effective martial art that can be used for self-defense, combat, and sport.

The Cabales Serrada System

The Cabales Serrada system of escrima is one of the most popular and respected systems in the world. It was developed by Grandmaster Antonio Cabales, a legendary Filipino martial artist who was known for his skill with the stick.

The Cabales Serrada system is a complete system of self-defense that includes techniques for disarming, striking, grappling, and controlling an opponent.

The Techniques of Escrima

Escrima is a diverse martial art that includes a wide range of techniques. Some of the most common techniques include:

- **Striking:** Escrima uses a variety of striking techniques, including punches, kicks, elbows, and knees.
- **Disarming:** Escrima is known for its disarming techniques. These techniques can be used to disarm an opponent of their weapon, or to use their own weapon against them.
- **Grappling:** Escrima also includes grappling techniques, which can be used to control an opponent and take them to the ground.
- **Blocking:** Escrima uses a variety of blocking techniques to defend against attacks.

The Strategies of Escrima

In addition to its techniques, escrima also has a number of strategies that can be used to defeat an opponent. Some of the most common strategies

include:

- **The Angle of Attack:** Escrima uses the angle of attack to create leverage and power. The goal is to attack an opponent from an angle that they cannot defend against.
- **The Flow of Energy:** Escrima uses the flow of energy to generate power and speed. The goal is to move smoothly and fluidly, using your body's natural energy to your advantage.
- **The Control of Distance:** Escrima uses the control of distance to keep an opponent at bay. The goal is to stay out of reach of your opponent's attacks, while still being able to attack them.

The History of Escrima

Escrima has a long and rich history that dates back centuries. The art is believed to have originated in the Philippines, where it was used by warriors to defend themselves against invaders.

Over the centuries, escrima has evolved into a diverse martial art with many different styles and systems. Today, escrima is practiced all over the world, and it is considered one of the most effective martial arts for self-defense and combat.

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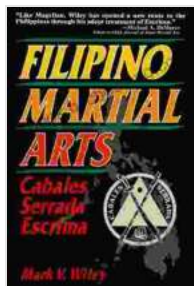
If you are interested in learning the deadly art of stick fighting, then Filipino Martial Arts Cabales Serrada Escrima is the perfect book for you. This book provides a comprehensive overview of the history, techniques, strategies, and weapons of escrima.

With over 300 pages of detailed instruction, Filipino Martial Arts Cabales Serrada Escrima is the most authoritative book on the subject. This book is a must-have for anyone who is serious about learning escrima.

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