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Filipino Martial Arts: Cabales Serrada Escrima by Mark V ...

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In Secrets of Cabales Serrada Escrima, 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 how and why the moves work, and when best to use them.

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The Secrets of Cabales Serrada Escrima. by Mark Wiley. Be the first to review this item. Escrima is a highly effective self-defense technique and one of the three major Filipino martial arts.

The Secrets Of Cabales Serrada

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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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Sinawali-meaning “woven”- is an intricate and devastating Filipino fighting system with ancient roots, perfectly suited to modern times, and its popularity is booming around the world. This fascinating stick and blade empty-hand defense employs a sinuous, polyrhythmic interweaving of leg and arm defenses and attacks, presenting a virtually impenetrable shield against potential attackers ...

The Secrets of Cabales Serrada Escrima book by Mark Wiley ...

Serrada Escrima is the fighting system and teaching methodology developed and used by the late Grandmaster Angel Cabales. Angel Cabales was the only known heir of Grandmaster Felisimo Dizon. The Serrada system was developed to produce competent escrimadors in 6 months to a year and master level practitioners in as little as three years.

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SERRADA - The Art & Style of GM Angel Cabales

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Filipino Martial Arts, Mark Wiley~Cabales, Serrada ...

From then onward, scores of other martial arts celebrities began seeking SGM Angel Cabales out in order to study the secrets of his art form in a more close-up fashion. Within the past several decades, countless martial artists worldwide have had the opportunity to train, and to discover the skills, wisdom, and the 'close-range' stick/knife fighting strategies of 'Serrada Escrima'.

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