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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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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 s. A highly effective and well-rounded Filipino martial art, Cabales Serrada Escrima uses basic stick-fighting movements whose applicability extends into both unarmed engagement and knife fighting.

The Secrets of Cabales Serrada Escrima by Mark V. Wiley

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student of several martial arts over the years, I found this book ...

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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 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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The Secrets Of Cabales Serrada Escrima Secrets Of Series

If you have the Secrets of Cabales 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.

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