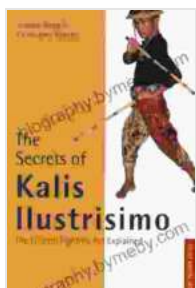


The Filipino Fighting Art Explained: A Comprehensive Guide to Eskrima, Kali, and Arnis



The Secrets of Kalis Ilustrisimo: The Filipino Fighting Art Explained (Tuttle Martial Arts) by Antonio Diego

★★★★☆ 4.5 out of 5

Language	: English
File size	: 8242 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 252 pages



The Filipino martial arts of Eskrima, Kali, and Arnis are a unique and fascinating blend of weapon-based and empty-hand techniques. These arts have been developed over centuries in the Philippines, and they have been used for both self-defense and combat.

The Filipino Fighting Art Explained is a comprehensive guide to these arts. This book provides a detailed history of Eskrima, Kali, and Arnis, as well as step-by-step instructions on how to perform the basic techniques.

History of Eskrima, Kali, and Arnis

The origins of Eskrima, Kali, and Arnis are somewhat obscure, but it is believed that these arts developed from the indigenous fighting systems of the Philippines. These systems were used by the Filipino people to defend

themselves against foreign invaders, such as the Spanish and the Americans.

Over time, Eskrima, Kali, and Arnis evolved into a sophisticated and effective martial art. These arts were used by the Filipino people during the Philippine Revolution and the Second World War.

Techniques of Eskrima, Kali, and Arnis

Eskrima, Kali, and Arnis are primarily weapon-based arts. The most common weapons used in these arts are sticks, knives, and swords. However, these arts also include empty-hand techniques, such as striking, grappling, and kicking.

The basic techniques of Eskrima, Kali, and Arnis are relatively simple to learn. However, these techniques can be combined in a variety of ways to create a wide range of effective fighting techniques.

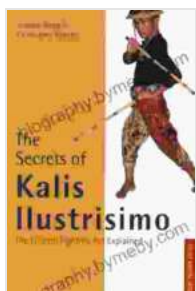
Benefits of Training in Eskrima, Kali, and Arnis

There are many benefits to training in Eskrima, Kali, and Arnis. These benefits include:

- Improved self-defense skills
- Increased confidence
- Improved physical fitness
- Stress relief
- Cultural enrichment

The Filipino Fighting Art Explained is the perfect book for anyone who is interested in learning more about Eskrima, Kali, and Arnis. This book provides a comprehensive overview of these arts, and it is written in a clear and concise style.

Free Download your copy of The Filipino Fighting Art Explained today!



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