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Entries In Filipino
Martial Arts Rhonda
Byrne discusses THE
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arts of Inosanto,
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Presas Guro Inosanto
- Filipino Martial Arts
Demo at the
Smithsonian

Combining Your
Strikes In Filipino
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Cabales Serrada ng
Escrima: Southpaw

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Sparring (Strikes 1- 2-
3- 4) GLOVES OFF

with Professeur

Buitrón show 405#

With Master Jeffrey

Finder of Serrada

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Block / Cabales

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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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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.

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several martial arts
over the years, I
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Serrada

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Dedicated to the art
of Cabales Serrada
Escrima.

Cabrales Serrada
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Escrima. The system

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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

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(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

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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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