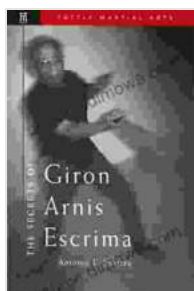


Unlock the Martial Arts Secrets of Giron Arnis Escrima: A Comprehensive Guide to Stick Fighting, Empty Hands, and Close Combat

Giron Arnis Escrima is an ancient Filipino martial art that has been passed down through generations. It is a comprehensive system of stick fighting, empty hands, and close combat, and it is known for its effectiveness in both self-defense and combat sports.



Secrets of Giron Arnis Escrima (Secrets Of The Martial Arts) by PJ Selinski

★★★★☆ 4.6 out of 5

Language : English
File size : 4677 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 154 pages



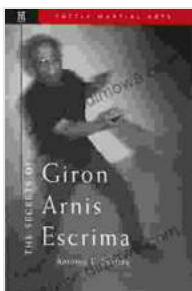
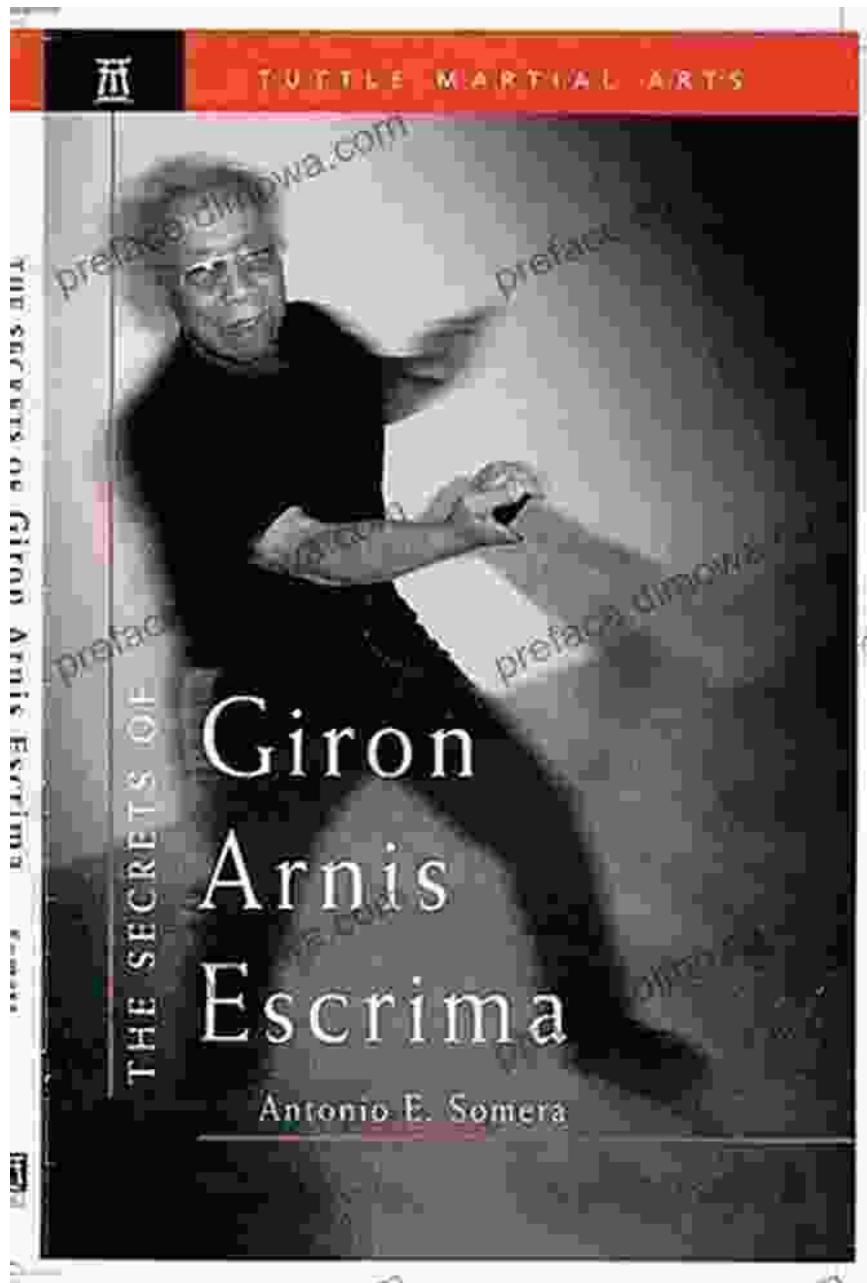
In this book, you will learn the secrets of Giron Arnis Escrima from one of its leading masters, Grandmaster Ernesto Presas. Grandmaster Presas has been teaching Giron Arnis Escrima for over 50 years, and he has developed a unique approach to the art that is both effective and accessible.

In this book, you will learn:

- The basic principles of Giron Arnis Escrima
- The different weapons used in Giron Arnis Escrima
- The techniques of stick fighting, empty hands, and close combat
- How to apply the principles of Giron Arnis Escrima to real-world situations

Whether you are a beginner or an experienced martial artist, this book is the definitive guide to Giron Arnis Escrima. With its clear instructions, detailed photographs, and insights from Grandmaster Presas, this book will help you master the secrets of this ancient martial art.

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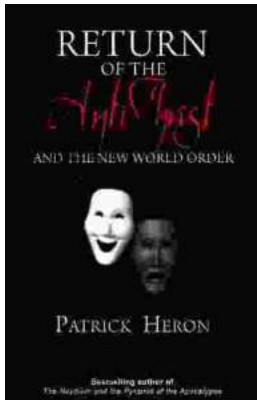
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