



The Secrets of Cabales Serrada Escrima

Mark V. Wiley

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A highly effective and well-rounded Filipino martial art, Cabaes Serrada Escrima uses basic stick-fighting movements whose applicability extends into both unarmed engagement and knife fighting. In *Secrets of Cabaes 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.

This revised and expanded edition of Mark Wiley's authoritative volume presents the heart of the Cabaes Serrada system in six clear parts: an outline of the history and development of the system, personal accounts of Grandmaster Angel Cabaes, discussion of the dynamics of body positioning and distance control, sections on the art's core single-stick and empty-hand defensive methods, as well as a comprehensive set of drills.

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