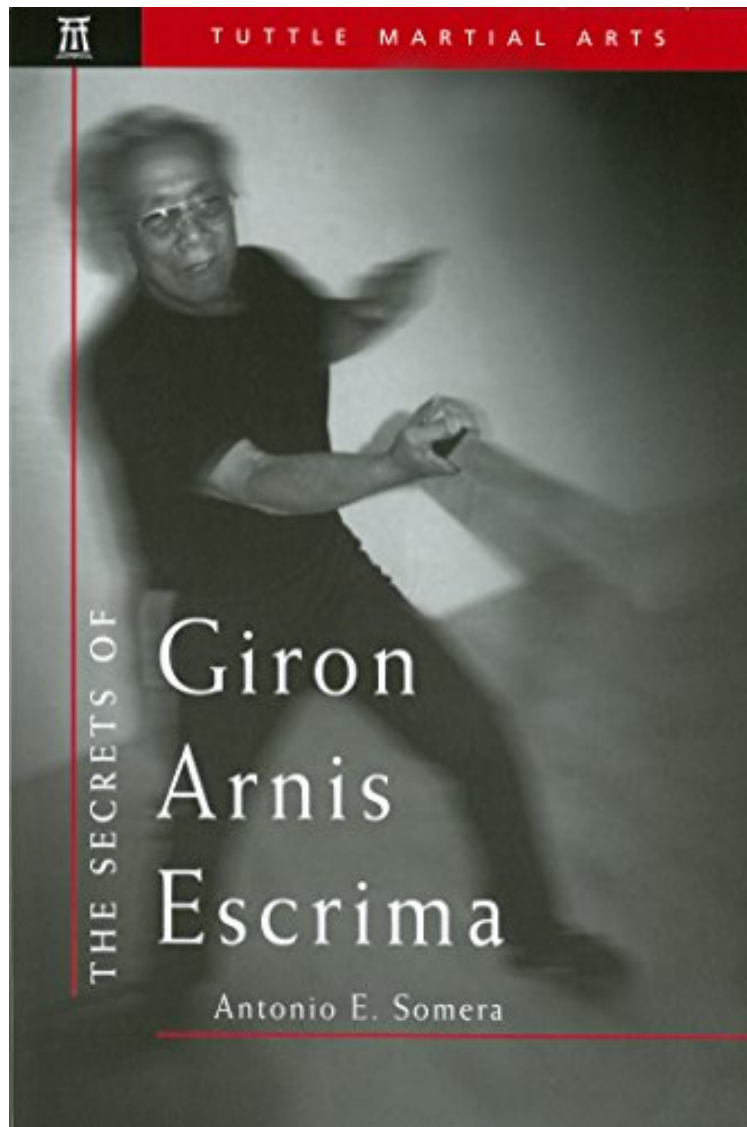


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Secrets of Giron Arnis Escrima (Secrets of the Martial Arts)

Von Antonio Somera

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Von Antonio Somera : Secrets of Giron Arnis Escrima (Secrets of the Martial Arts) before purchasing it in order to gage whether or not it would be worth my time, and all praised Secrets of Giron Arnis Escrima (Secrets of the Martial Arts):

KundenrezensionenHilfreichste Kundenrezensionen1 von 1 Kunden fanden die folgende Rezension hilfreich. A excellent overview of the Giron system of EscrimaVon S. SteinThis book provides the reader with a very good taste of Grandmaster Giron's system of self-defense. It is particularly strong in the largo-mano or long range area, with clearly

photographed techniques using sticks, knives and empty hands. In addition to the techniques, he puts his system into an ethical framework. The only part I would have liked to see more of was the excellent empty hands techniques present in the Filipino martial arts, including guntings and limb destructions. Nonetheless, this will make an excellent addition to anybody's library with interest in the subject matter.2 von 4 Kunden fanden die folgende Rezension hilfreich. General and shallow overviewVon zhorin@hotmail.comThis book is bad for beginner and practically useless for a master. There is no comprehensive description of training complexes, footwork drills and other important details, which were completely omitted. It gives just an overview of the system in general, so the reader can have some vague feeling of what Giron escrima is.

KurzbeschreibungLearn about the history, culture and techniques of filipino escrima with this informative martial arts guide. The history of the Philippines and her martial arts is a history of resistance and revolt. Born into this fertile time and place, Grandmaster Leo M. Giron became a child of revolution. He grew up in a time when martial arts training was a necessity, not a luxury. His system was taught to him by five renowned masters; his experience honed in the jungle warfare of World War II.The Secrets of Giron Arnis Escrima is an engaging biography of Leo Giron, a renowned master of escrima and survivor of numerous hand-to-hand encounters in the Philippine jungles. It is also a visual and descriptive survey of Giron's fighting arta classical weapons and empty-hand self-defense system applicable in today's modern society. Included is an overview of the twenty styles that make up the Giron system in general, and an analysis of the de fondo and cadena de mano styles in particular. Packed with over 300 historical and instructional photographs this book truly reveals the secrets of this Filipino martial art.Pressestimmen"This book is long overdue, and a welcome addition to my martial arts library."#8212Dan Inosanto, author of The Filipino Martial Arts"Tony Somera has done a thorough job of describing the philosophy and techniques of Giron arnis escrima...a fitting tribute to Grandmaster Giron and his martial legacy."--Mark V. Wiley, author of Filipino Martial Culture-This book is long overdue, and a welcome addition to my martial arts library.-#8212Dan Inosanto, author of The Filipino Martial Arts-Tony Somera has done a thorough job of describing the philosophy and techniques of Giron arnis escrima...a fitting tribute to Grandmaster Giron and his martial legacy.---Mark V. Wiley, author of Filipino Martial CultureKurzbeschreibungLearn about the history, culture and techniques of filipino escrima with this informative martial arts guide. The history of the Philippines and her martial arts is a history of resistance and revolt. Born into this fertile time and place, Grandmaster Leo M. Giron became a child of revolution. He grew up in a time when martial arts training was a necessity, not a luxury. His system was taught to him by five renowned masters; his experience honed in the jungle warfare of World War II.The Secrets of Giron Arnis Escrima is an engaging biography of Leo Giron, a renowned master of escrima and survivor of numerous hand-to-hand encounters in the Philippine jungles. It is also a visual and descriptive survey of Giron's fighting arta classical weapons and empty-hand self-defense system applicable in today's modern society. Included is an overview of the twenty styles that make up the Giron system in general, and an analysis of the de fondo and cadena de mano styles in particular. Packed with over 300 historical and instructional photographs this book truly reveals the secrets of this Filipino martial art.