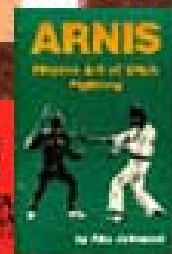
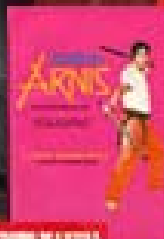
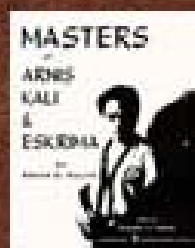
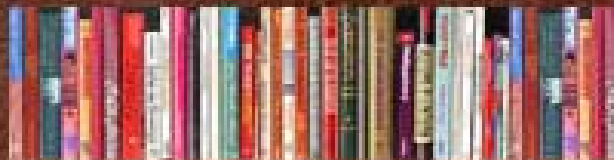


Filipino Martial Arts

Filipino Martial Arts Books

Digest

Special Edition
2005



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The FMAdigest is published quarterly. Each issue features practitioners of martial arts and other internal arts of the Philippines. Other features include historical, theoretical and technical articles; reflections, Filipino martial arts, healing arts and other related subjects.

The ideas and opinions expressed in this digest are those of the authors or instructors being interviewed and are not necessarily the views of the publisher or editor.

We solicit comments and/or suggestions. Articles are also welcome.

The authors and publisher of this digest are not responsible for any injury, which may result from following the instructions contained in the digest. Before embarking on any of the physical activities described in the digest, the reader should consult his or her physician for advice regarding their individual suitability for performing such activity.

From the Publishers Desk

Kumusta

Books, Books, and Books! Before there were videos there were books. Before Filipino martial arts practitioners hit the road to do seminars to share their styles, there were books. But in today's society, books are not looked upon as once they were. And who can blame some of the practitioners that believe that videos and seminars are the only way to go.

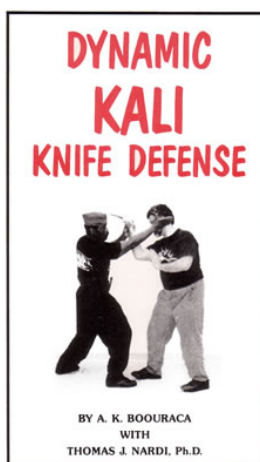
Well for one you do not learn the timing and rhythm of an art through a book. However through a book you learn about the philosophies, the basic movements, and a general overall aspect of the art being presented. Of course when looking at a book, sometimes one cannot grasp the full movements of techniques, especially if not written thoroughly. And there are books where when presenting a form and the pictures look as if the practitioner demonstrating the form is doing some kind of Japanese or Chinese form, but until the correct timing, and movement is actually seen in person, then that will be the way it is.

There is a saying that seems to be forgotten, and that is "a book is not as good as being taught in person." The book gives information to the reader. And if the reader is interested they will seek out further information and instruction to gain full appreciation of the style of martial art.

In this special edition are books, which in one way or another have influenced readers to seek out more information or instruction in the Filipino martial arts. And I am sure there are many more books, which are not here, that, are equally as great. One thing is for sure, once that video wears out or breaks or becomes unavailable, a book will still be around.

It is a shame that more Filipino practitioners do not write and publish a book on their style so people can find out about them and have an idea on all the different styles of the Filipino martial arts that are out there that are available. Even a small booklet, something so that their philosophies, and knowledge of their art will not be lost or changed once they pass away.

Maraming Salamat Po



Dynamic Kali Knife Defense

By A. K. Boouraca with Thomas J. Nardi, Ph.D.

A. K. Boouraca began his studies in the Filipino martial art of Petiki-Tirsia Kali as a first generation student of the art's founder, Grandmaster Leo T. Gaje, Jr. earning the rank of Guro. Guro Boouraca has also trained in the largo mano (long range) art of Pananandata under Grandmaster Amante Marinas.

Guro Boouraca also has a background in law enforcement, security work and bodyguarding. He was the co-instructor of the first NYPD Auxiliary Police Arnis training program. His background added to his understanding of the reality of combat and edged weapons defense.

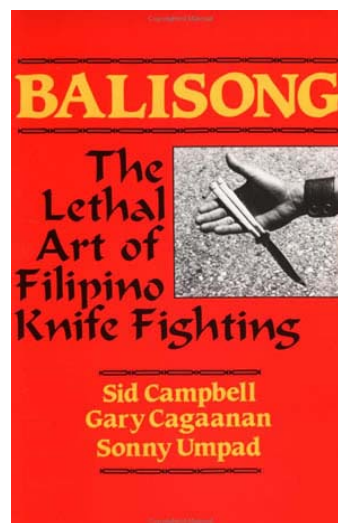
This book was to be a first in a series of books and videotapes on the fascinating and effective arts of the Philippines and Indonesia.

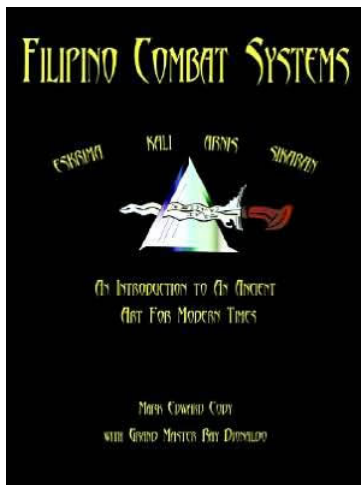
Balisong - The Lethal Art of Filipino Knife Fighting

By Sid Campbell, Gary Cagaanan, and Sonny Umpad

Three experts have combined their knowledge of the balisong, martial arts and self-defense to take you step by step through the four main phases of Filipino Balisong Knife Fighting.

Start with the basics of concealing, drawing, flipping and gripping the balisong; proceed to checking and rolling techniques, and then the four main phases of training - the seventeen angles of attack, ankla terradas, abaniko terradas and sinawali - which are first taught with sticks. Also included are sections on using the balisong as a fist load, knife defenses and tricks, and knife fighting in the streets with balisong defenses against a club, broken bottle, chain, larger knife and more.





Filipino Combat Systems: An Introduction to an Ancient Art for Modern Times

By Mark Edward Cody, with Ray Dionaldo

Filipino Combat Systems seems to be, on the surface, an overview of the Filipino martial arts. But, it is much more simply because it was written with what is believed to be the WARRIORS point of view.

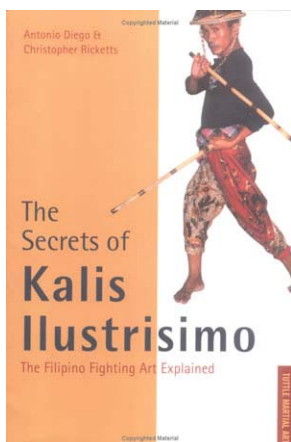
Filipino Combat Systems chronicles the creation, evolution and core concepts of one of the fastest growing martial arts in the world. It overcomes the shortcomings inherent in martial art instruction manuals by focusing not on technique, but on the strategy and philosophy of

movement behind the technique. The book includes the Kerambit, the Sarong and the expandable Baton.

Serrada Escrima “Explosive” Empty Hand Fighting

By Anthony Davis with Leo T. Fong

The purpose of this book is to present a brief biography of Grandmaster Angel Cabales and his art known as Serrada Escrima. The book includes interviews prior to his death and the core of the art, which is the Twelve Strikes, Blocks, and Counters. It is said that the twelve techniques seem basic and simple, but with a perceptive student it is the seed to develop and grow. With practice the movements reflect depth and emotional content. What makes the style of Serrada Escrima unique is the focus on free sparring. Not only is the Serrada system practical, it is adaptable.



The Secrets of Kalis Ilustrisimo

By Antonio Diego, Christopher Ricketts

Antonio Diego is a lifelong student of arnis who was a student of Antonio Ilustrisimo between 1976 and teacher's death in 1997. Christopher Ricketts began studying arnis in the late 1960s and became a student of Antonio Ilustrisimo in 1984.

This book documents the history and structure of the system, the fundamentals of practice, the defensive movements and applications, and the training techniques used to prepare for actual personal combat. It also includes photographs showing the essential movements and techniques of the style.

The art of Kalis Ilustrisimo hails from Cebu, Philippines. Named after Antonio "Tatang" Ilustrisimo, the master who taught the style to both of the authors of this book, Kalis Ilustrisimo has been in the Ilustrisimo family for more than five generations. Based on traditional Philippine stick and sword fighting methods - and refined by Antonio Ilustrisimo's vast personal experience in challenge matches - it offers a powerful, flexible, dynamic, and effective fighting style.



VOLUME 1

By Steven K. Dowd

Kuntaw – The ancient Filipino Art of Hand and Foot Fighting Volume1

By Steven K. Dowd

The first book ever published on the fundamentals of the Filipino martial arts known as Kuntaw. Grandmaster Carlito Lanada personally taught Steven Dowd while he was in the Philippines.

At the time of publication, this was the first of a three-volume set on the basic techniques and forms of Kuntaw.

Kuntaw – The Pilipino Art of Hand and Foot Fighting “Sayaw-An – The Dancing Techniques

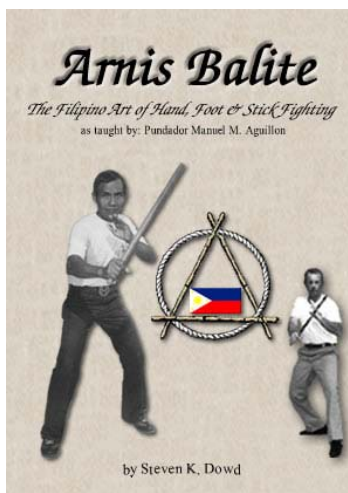
By Steven K. Dowd

In this book, the focus was on the Sayaw-An forms of Kuntaw. Sayaw-an form when correctly executed expresses the art of Kuntaw, the ritual movement and drilling of all techniques basic to Kuntaw and is comprised of balance, speed and rhythm.



SAYAW-AN
The Dancing Techniques

by STEVEN K. DOWD



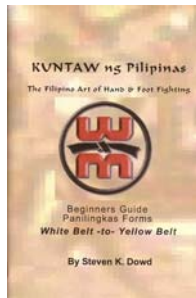
Arnis Balite - The Filipino Art of Hand, Foot & Stick Fighting

By Steven K. Dowd

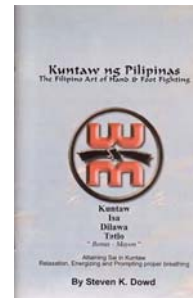
The book illustrates the Fundamentals and Basics of the art of Arnis Balite as taught by Pundador Manuel M. Aguillon. Though there is no replacement for personal physical instruction.

Arnis Balite has never been taught outside the Philippines and never to anyone other than a Filipino. Steven Dowd was the first and only non-Filipino to be taught the art of Arnis Balite while Pundador Aguillon was living and was promoted to instructor. And since Pundador's passing has inherited the art, per the family's request.

Booklets by Steven K. Dowd



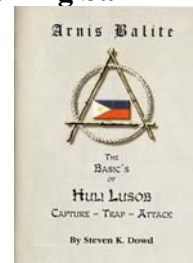
Kuntaw ng Pilipinas – Beginners Guide



**Kuntaw ng Pilipinas
Attaining Sai in Kuntaw**



**Kuntaw ng Pilipinas
Maya – Silangan - Singkilan**



**Arnis Balite
The Basic's of Huli Lusob**

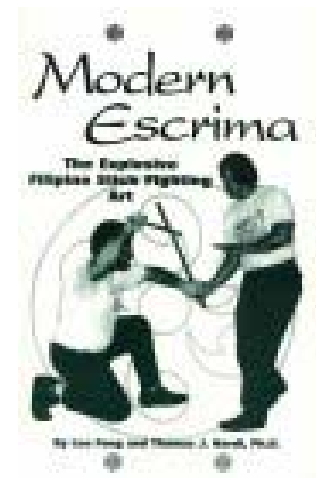
Modern Escrima – The Explosive Filipino Stick Fighting Art

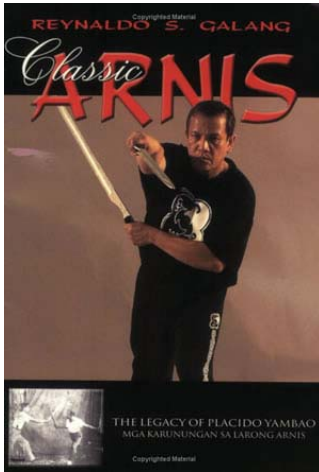
By Leo Fong and Thomas J. Nardi, Ph.D.

This book is in memory of Grandmaster Angel Cabales, who introduced Leo Fong to the world of Filipino martial arts and taught him Serrada Escrima. And to Bruce Lee, who showed Leo how to transcend boundaries of style and systems.

A truly combat-effective martial art is demonstrated to the contemporary martial artist to meet modern day needs. Modern Arnis is an intelligent synthesis of several styles of escrima, arnis and kali. In addition, proven combat effective techniques, tactics and strategies from other arts have been blended together in an easy to learn systematic way.

This is the first volume in a series on Modern Escrima. It sets the foundation which is built on the stances, the 12 basic strikes, blocks and counters. And also includes a chapter on disarming and a brief overview on defense against a knife.





Classic Arnis

By Rey Galang

Discover the secrets of Placido Yambao's Legacy, for nearly half a century; the work of Placido Yambao has intrigued the Filipino Martial Arts community all over the world.

Yambao's manuscript, "Mga Karunungan sa Larong Arnis", was the first widely released documentation of a popular, and at the same time, esoteric art. Written in archaic Tagalog, Placido Yambao's book remained an obscure resource understood and appreciated by only a selected few.

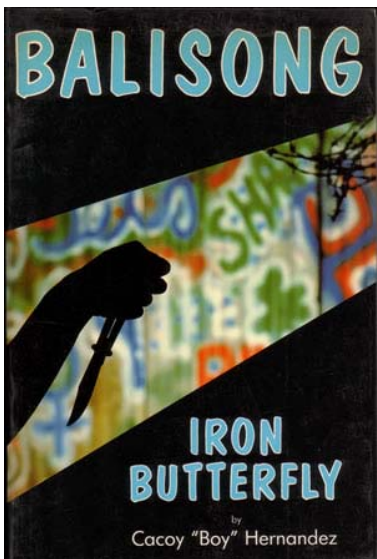
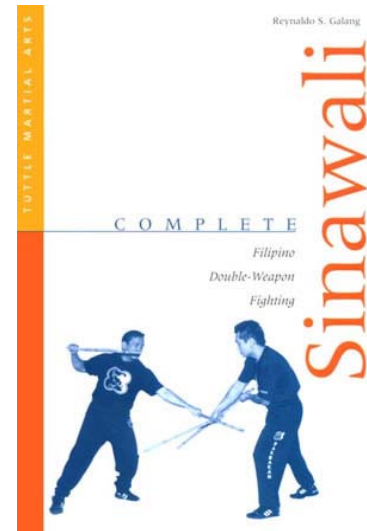
Now the enigma surrounding Yambao's art is unraveled as Master Rey Galang unveils the secrets of Placido Yambao's legacy.

Complete Sinawali: Filipino Double Weapon Fighting (Complete Series)

By Rey Galang

A definitive guide to the intricate and highly refined Filipino art of double weapons fighting. The warrior of the Philippines has long been respected as fierce, courageous and effective fighters, and the martial art of Sinawali has developed multiple-weapon fighting to an exceptionally high degree of sophistication. Preserved in Filipino dance as well as martial form. Sinawali employs sinuous polyrhythmic movements, creating an almost impenetrable shield against attack.

In this book great detail goes into the theory behind the forms and presents an orderly progression of drills designed to teach the ambidexterity, quick and exact footwork, and special hand techniques that are the foundation of this exceedingly powerful martial arts.

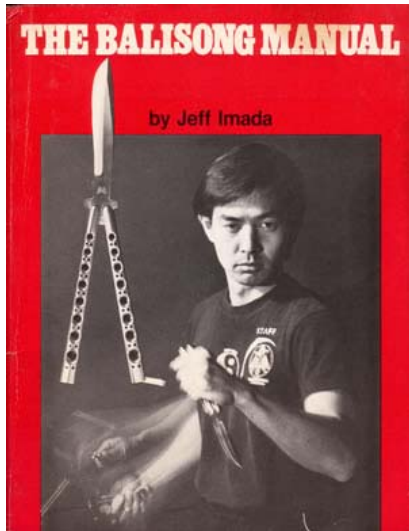


Balisong – Iron Butterfly

By Cacoy "Boy" Hernandez

Rarely is a book written by an author whose very existence is a tribute to his expertise. Cacoy Hernandez has fought and lived to tell the tale, his style may shock you, but everyone from a street fighter to the common person, cannot fail to be gripped by this guide to the balisong knife so splendidly intertwined with the author's autobiography.

The techniques in this book are combat proven. This book is intended as an educational and sociological study of one man's life. The Publisher decided to keep Master Cacoy Hernandez's unique writing style, with very little editing which they hope would best illustrate Hernandez's dynamic and devastating arsenal of techniques, gleaned from a lifetime's experience.



The Balisong Manuel

By Jeff Imada

One of the backbones of the Filipino martial arts is the knife and knife fighting. The difference between life and death rests solely on one's skill.

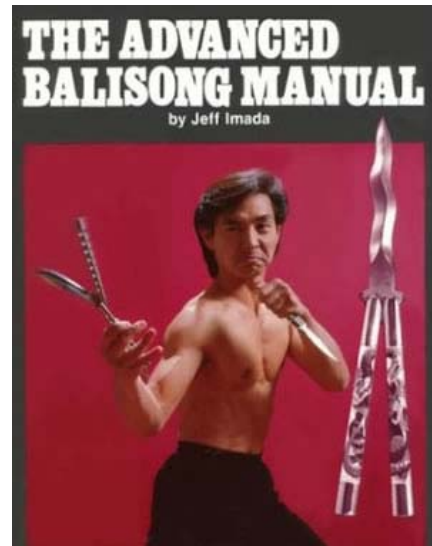
A product of the Filipino martial arts is the unique and flashy Filipino balisong knife. A lot of information has come forth on the balisong; in this book Jeff Imada sets the record straight with true facts and history of this exciting weapon.

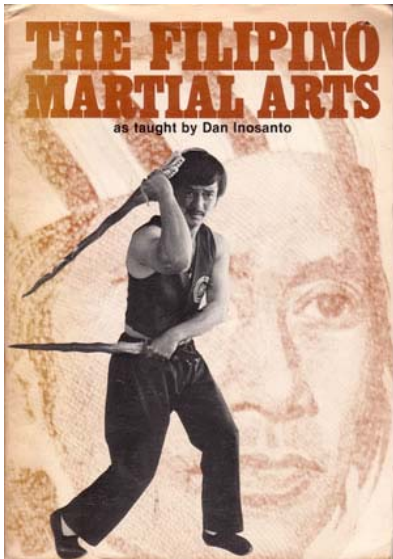
The Advanced Balisong Manuel

By Jeff Imada

Jeff Imada is considered the source for butterfly knife techniques. This book has got a great assortment of exercises, openings, closings, and everything else you need to become proficient at the balisong. Although learning this kind of material is difficult from a printed page (better to have video) this book does a good job in getting its point across. It's a great reference tool.

Jeff Imada has presented a solid text, everything one would want to know and more about the Balisong knife is presented here from knife care, manipulations (to swing blade in and out), self defense and combat tactics just to name a few. Imada really knows how to wield this weapon and a wealth of knowledge and many hours of practice is presented.





The Filipino Martial Arts

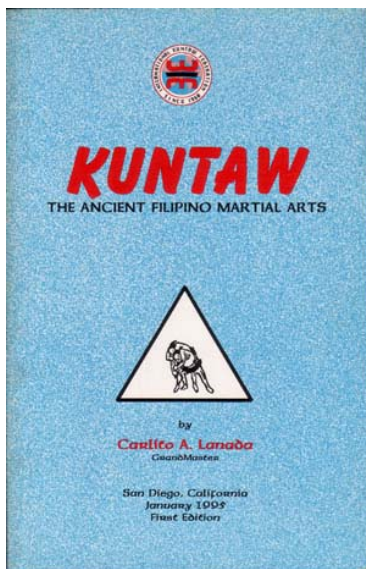
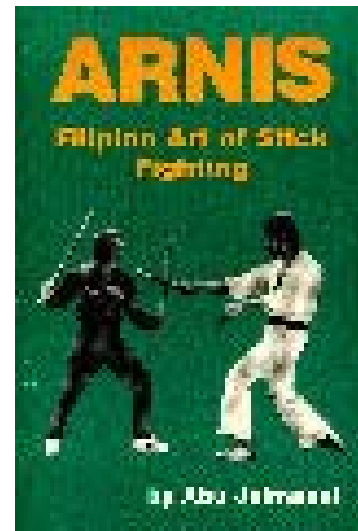
By Dan Inosanto

An obvious need for a book that coordinates and puts into perspective the roots and principals of the Filipino martial arts – a book that explains the relationships between weapons and empty hands, philosophy and history, assesses strengths and weaknesses, and finally, a book that liberates the mind from the classical way of thinking.

Arnis – Filipino Art of Stick Fighting

By Abu Jalmaani

A basic guide to Filipino stick fighting, Abu Jalmaani brings the basics of stick fighting to the reader. With what he has shown the techniques that are demonstrated are basic and easy to grasp and apply.



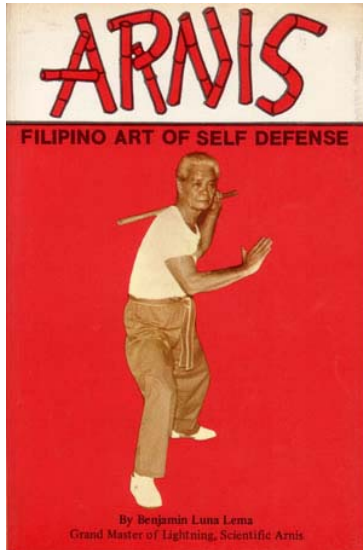
Kuntaw – The Ancient Filipino martial Arts

By Carlito A. Lanada

This book is not intended to be a dissertation of the history of Kuntaw martial arts. It was meant to serve as a comparative guide to the attitudes, strategies, and techniques.

To adopt the Kuntaw style, one must take an intelligent and progressive step that should provide physical and mental benefits, not only in the immediate future, but also for the rest of ones life.

The fundamental tactics and principles of the Kuntaw style are very practical and form the basis for each and every technique. It involves using the natural body movements to employ self-protection, using what you have “your hands and feet” to your advantage.



Arnis – Filipino Art of Self Defense

By Benjamin Luna Lema

Grandmaster of Lightning, Scientific Arnis, Benjamin Lema taught the art of Arnis for over 50 years. There are many forms of Arnis, some classical and some modern, but Benjamin Lema made it systematic and scientific.

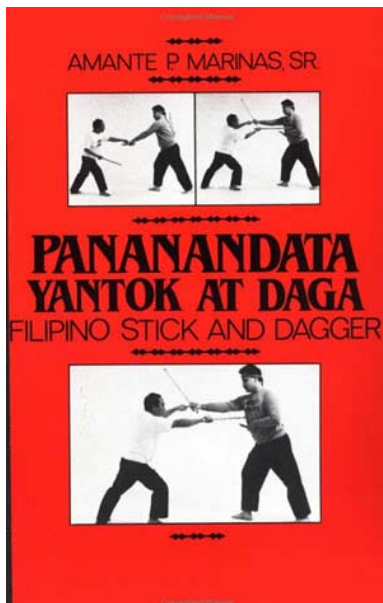
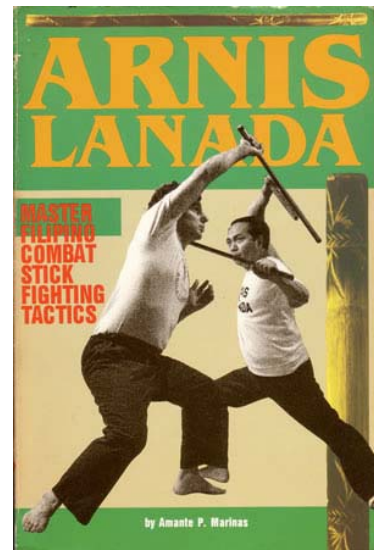
Through this book the effects were world wide in propagating Arnis to both Filipinos and foreigners. It brought realization of its significant features of its versatility as a form of self-defense, particularly it's potential in instilling discipline, proper physical conditioning, and homing mental agility.

Arnis Lanada

By Amante P. Marinas

Amante Marinas learned the strategies of Arnis Lanada from its founder Master Porfiero Lanada and present them here in an easy-to-follow form of photos and text.

The weapon of the practitioner is generally called a baston, however Marinas decided to drop that name and use, instead the word yantok (rattan). Marinas as much as possible, used traditional names for techniques in the book, where Spanish and Tagalog words existed, Tagalog was used. When no Tagalog name was available, Spanish terms were retained.



Pananandata Yantok At Daga: Filipino Stick And Dagger

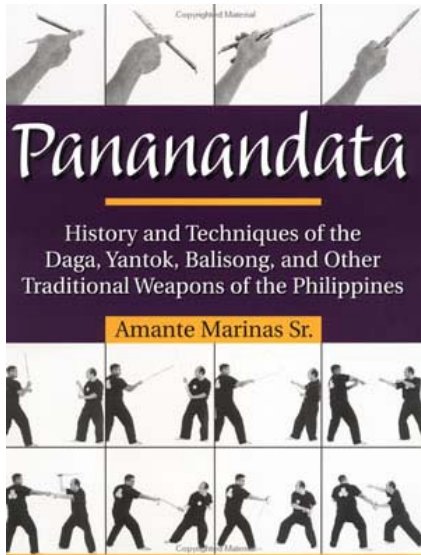
By Amante P. Marinas

Pananandata is a centuries old Filipino martial arts system which long remained secret until Master Amante Marinas, Sr., brought it from the Philippines to the world.

Here is revealed the Pananandata art of yantok at daga, or stick and dagger fighting. Know how to use them both together for the most effective self-defense method available. Asked why use stick and dagger, answer is when fighting an opponent who attacks with a long weapon, then stick is useful for defensive blocking, and for thrusting through your attacker's defense, while the

dagger is used only once you have bypassed the opponents defenses.

Pananandata yantok at daga used a sword in place of the stick centuries ago.



Pananandata: History and Techniques of the Daga, Yantok, Balisong, and Other Traditional Weapons of the Philippines

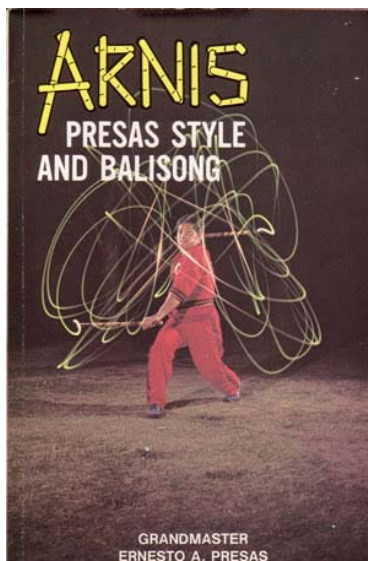
By Amante P. Marinas

Amante Marinas brings the seldom-seen origins and techniques of a dozen weapons of the Philippines. The only other book that brought together the different aspects of the Filipino martial arts was "The Filipino Martial Arts by Dan Inosanto".

Marinas uses clear instructions and a step-by-step photos and text to teach the reader the fighting techniques of such weapons as the dikan (ring), hawakan (Philippine tonfa), latiko (whip), blowgun, and the tabak toyok (nunchaku), tracing these weapons

from their origins as tools in the rural farmlands and demonstrates their deadly effectiveness.

Grandmaster Ernesto Presas first book came out in 1981. It was entitled "The Art of Arnis" which contains most of the basic forms of Philippine stick fighting. With the aid of his brother, he modified the antiquated arnis technique and introduced a new one called "Arnis Presas Style".



Arnis Presas Style and Balisong

By Ernesto A. Presas

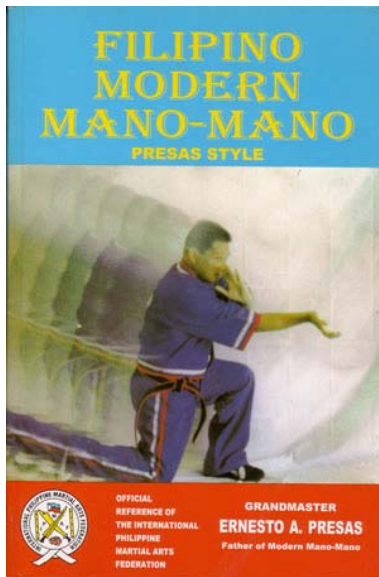
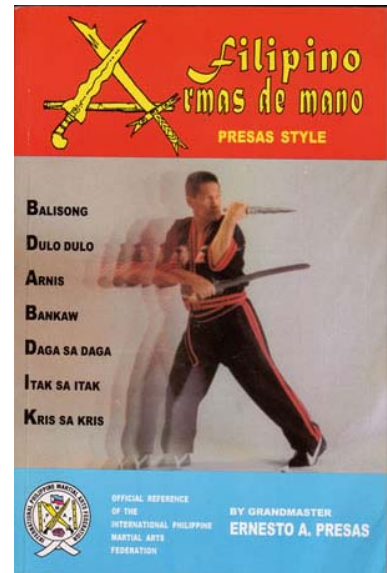
This book is not about to fill the missing historical synthesis. It rather attempts to provide the reader, by way of presenting Arnis in its traditional styles had in hand with its modern day modifications, an initial glimpse of the martial arts contemporary concepts, principles, and applications. Another indigenous Filipino martial art system utilizing the "Balisong" is also presented here at a significant length

Filipino Arnis de Mano – Presas Style

By Ernesto A. Presas

This book demonstrates how to flow with the attack. Students of Arnis or knife fighting will quickly see how blade movements translate to the hand-to-hand style. Martial artists of other styles will learn how to make their movements flow using the principles of Mano-Mano.

This book shows that Mano-Mano can be integrated into the bladed Filipino arts or can stand alone as a separate martial art.



Filipino Modern Mano-Mano – Presas Style

By Ernesto A. Presas

Modern Mano-Mano, strictly emphasizing and focuses on the empty hand aspects of Arnis. The art is a culmination of the various Arnis styles more commonly witnessed and seen by most, like Espada y Daga and other classical styles.

Modern Man-Mano is not a limited art but rather a limitless art. Practitioners are taught the 20 striking techniques equally from the left and the right sides, resulting in a balanced symmetry of defensive and offensive movements, totally utilizing open and closed palms, kicks, elbows; forward and reverse, takedowns, double blocks, frontal and side attacks.

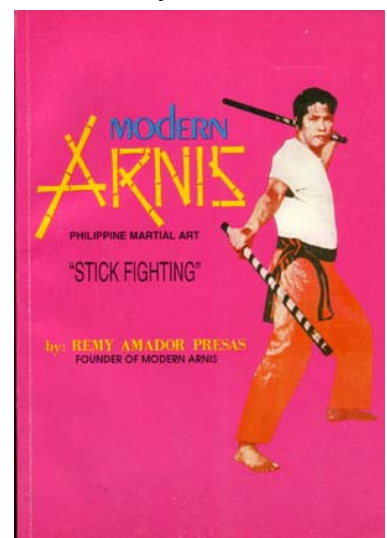
The footwork is traditional yet modern, for an example the Filipino fold dance known as Itik Itik provides the footwork techniques. Simple with double side step rhythms are used to demonstrate the flexibility and mobility.

Modern Arnis – Philippine Martial Art “Stick Fighting”

By Remy Amador Presas

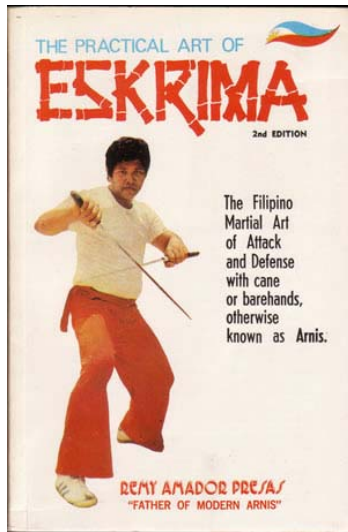
Known as the father of Modern Arnis. This book was written when the Philippine government was incorporating sports development programs in the curriculum of all schools.

It was with that atmosphere that Remy Presas wrote and published this book, in a modest effort to help develop



sports and strengthen the physical and moral fibers to those interested in Modern Arnis.

This book spells out in simple language the fundamentals, techniques, rules and applications of Arnis, and was a great benefit to the national program of sports development.



The Practical Art of Eskrima

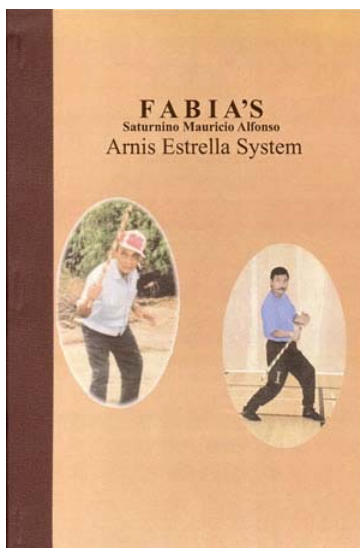
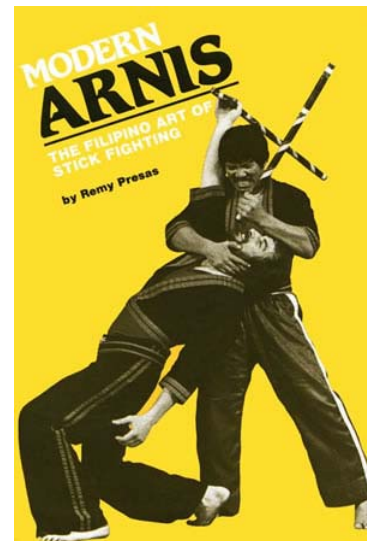
By Remy Amador Presas

Remy Presas was the author of the first book on Arnis ever written and printed in English and Pilipino. This was his third book on Philippine martial arts. His books were approved by the Ministry of Education and Culture for reference purposes in teaching as a prescribed subject in the elementary grades, high schools and colleges in the Philippines.

Modern Arnis – The Filipino Art of Stick Fighting

By Remy Presas

Printed by Ohara Publications, this book is a basic but not fully, copy of Remy Presas first book of Modern Arnis, with a better quality of photos. However some things are missing that were in his first book.



Fabia's – Arnis Estrella System

By Bernardo Salinas

Ama Maestro Bernardo Salinas is the successor of the family system of Arnis Estrella. Here you will learn of the family and the origin of the Estrella system, plus the striking angles, a numbering system used in the art, and the philosophy of the defensive maneuvers.

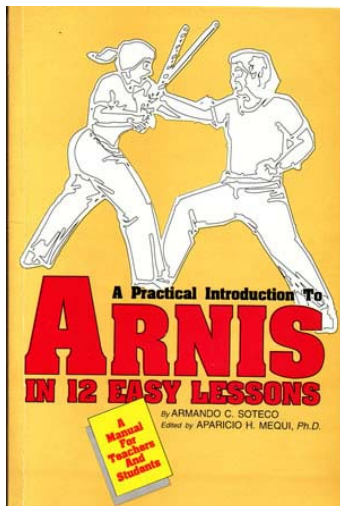
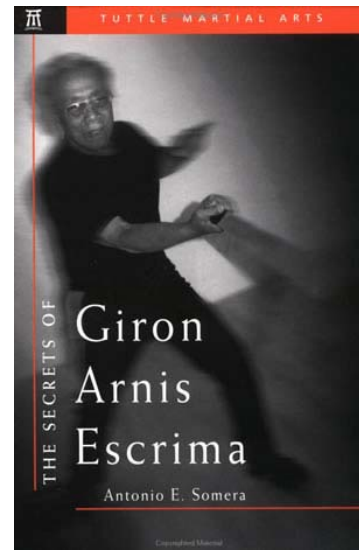
The Secrets of Giron Arnis Escrima

By Antonio E. Somera

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 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 senior master of escrima and survivor of numerous hand-to-hand encounters in the Philippine jungles. Also it is a visual and descriptive survey of Giron's fighting art, a classical weapons and empty hand self-defense applicable in today's modern society.

Included in this book is an overview of the twenty styles that made up Giron's system in general, and analysis of the defondo and cadena de mano styles in particular.



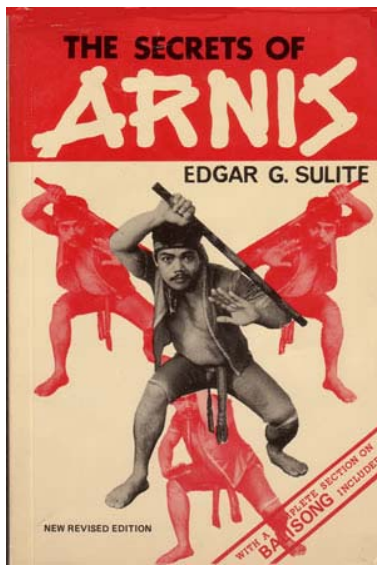
A Practical Introduction to Arnis in 12 Easy Lessons

By Armando C. Soteco

This was to be a first in a series of physical education and sports books, presenting in 12 easy step-by-step lesson plans the basic fundamentals of Arnis, which are the essentials for gaining mastery of the sport.

Written in a simple style utilizing familiar nomenclature, the prospective Arnis teacher or student of physical education will find the instructions easy to understand.

This book is a part of a growing professional publications designed to meet the need for quality educational materials for the use of teachers and students in the public and private schools.



The Secrets of Arnis

By Edgar G. Sulite

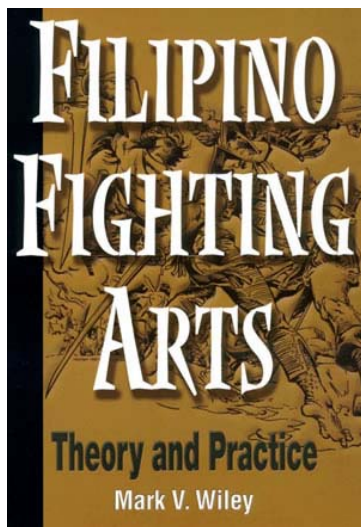
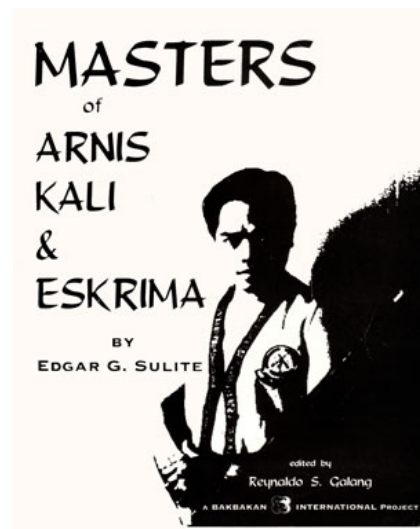
The secrets of Arnis, was written after several years of preparation and research by the author Edgar Sulite. Here he presents a thorough look into the popular art of Arnis. Exploring its ancient roots, it exposes the secret techniques of old grandmasters.

Masters of Arnis Kali & Eskrima

By Edgar G. Sulite

This book by Edgar Sulite is a must reading for everyone, whether a martial artist, a sportsperson, a patron of the arts or just a common man out to learn a very effective yet practical martial art.

This collection of people recognized as authorities in Filipino martial arts provides a fundamental basis for learning the art. This book gives the insight as to why the art of Kali is distinct in comparison to other martial arts. In-depth knowledge of the Grandmasters and their art is very rare information.



Filipino Fighting Arts – Theory and Practice

By Mark V. Wiley

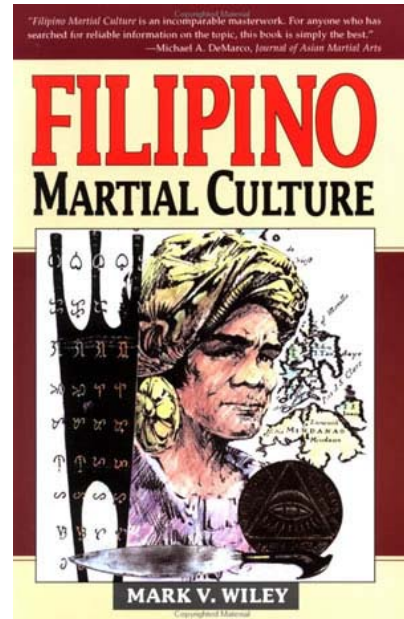
The fighting arts of the Philippines are so vast and dynamic that few are able to group the true scope and essence of their training methods, techniques and fighting strategies.

In this book Mark Wiley set out to write about Filipino systems that would offer a structured comparison of 27 Filipino systems in terms of their training methods and progressions, fighting concepts, theories and strategies.

Filipino Martial Culture

By Mark V. Wiley

Widely practiced but little understood the Filipino martial arts have a rich history and distinctive character that until lately has not been fully documented. Written here in the context of the Philippine history and culture, Filipino Martial Culture uncovers the esoteric components of the Filipino martial arts and the life histories of the men who perpetuate them.

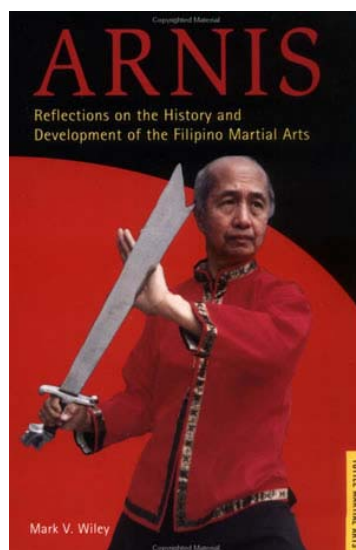


Arnis – Reflections on the History and Development of the Filipino Martial Arts

By Mark V. Wiley

This is an intriguing collection of essays on Filipino martial arts in general, and arnis in particular, written by some of the leading practitioners of arnis.

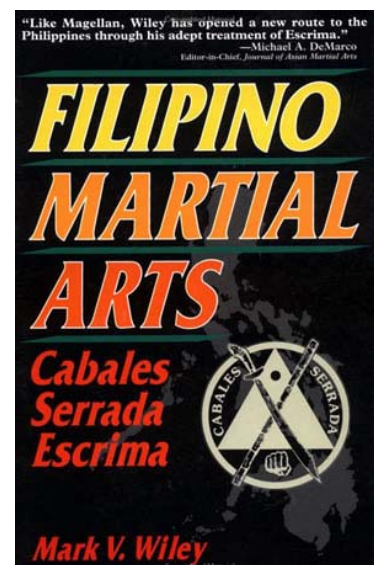
Forming the basis of this book are questions such as; For centuries, Filipino martial arts has played an integral and often momentous role in the history of the Philippines and the survival of the Filipino people. But what are these arts? Where do they come from? How have they developed? Where are they headed? And what inner dimension do they offer their practitioners.

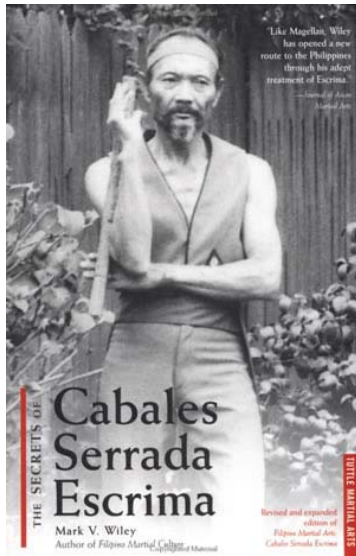


Filipino Martial Arts – Cabales Serrada Escrima

By Mark V. Wiley

Escrima, one of three major Filipino martial arts, is a complete system of self-defense, encompassing both armed and unarmed combat. The Cabales Serrada style was created by Grandmaster Angel Cabales, one of the Philippines most famous Escrimadors, survivor of countless death matches, and the first man to teach Escrima in the United States.





Cabales Serrada Escrima

By Mark V. Wiley

A highly effective and well-rounded fighting art, Cabales Serrada Escrima uses basic stick-fighting movements whose applicability extends into both unarmed engagement and knife fighting.

This is a revised and expanded edition of the "Secrets of Cabales Escrima", which presents the heart of the Cabales Serrada system in six clear parts: an outline of the history and development of the system, personal accounts with Grandmaster Cabales, discussion of the dynamics of body positioning and distance control, with also sections on the arts core of single stick and empty hand defensive methods, as well as a comprehensive set of drills.

Possible Shopping Websites

The following are places you can visit to see if you can obtain the Filipino martial arts book you desire. Even with some out of print, they do become available in the used sections of some companies.

Click and go shopping.

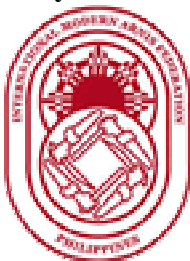
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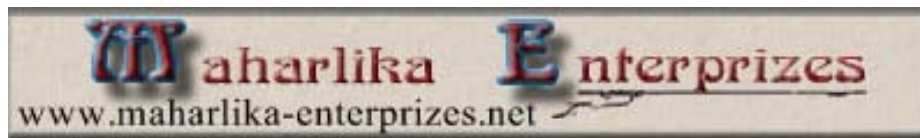
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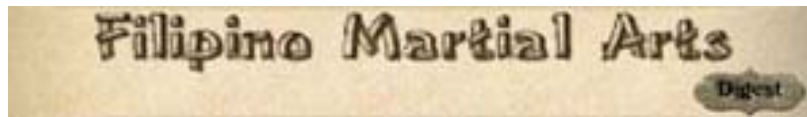
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