



Balintawak: Lessons in Eskrima

Rad Maningas

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The most popular form of indigenous self-defense in the Philippines continues to be Balintawak eskrima-and for good reason. The martial art was created by Anciong Bacon, and he taught the fighting technique to Ted Buot. In this guidebook, author Rad Maningas shares what he learned while training with Buot from 1979 to 2006. During those sessions, no other students were present, and the author learned the tradition, techniques, and history of Balintawak. Now he passes down those teachings to other students and aspiring students so that they can appreciate and use this simple-looking, beautiful, and effective form of self-defense. Buot taught the technique just as it was taught to him by Anciong, which is believed by many to be the purist line of Balintawak. The style differs from other forms of eskrima in key ways, including relying on the left hand to lead. Whether you are a beginner or advanced eskrimador, this guidebook will help improve your eskrima and take it to another level.

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Typically the book Balintawak: Lessons in Eskrima has a lot of knowledge on it. So when you make sure to read this book you can get a lot of benefit. The book was written by the very famous author. Tom makes some research previous to write this book. This kind of book very easy to read you can obtain the point easily after reading this book.

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The book untitled Balintawak: Lessons in Eskrima contain a lot of information on it. The writer explains her idea with easy way. The language is very clear and understandable all the people, so do definitely not worry, you can easy to read that. The book was published by famous author. The author will take you in the new age of literary works. You can easily read this book because you can keep reading your smart phone, or product, so you can read the book within anywhere and anytime. In a situation you wish to purchase the e-book, you can open up their official web-site and order it. Have a nice read.

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