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Balintawak Eskrima

Sam L Buot

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Eskrima stick fighting is indigenous to the Philippines and in the 1950s one of the most popular styles emerged: Balintawak. To appreciate Anciong Bacon's Balintawak Eskrima, you have to understand set-ups, anticipation, the art of outwitting through ruses and lures; economy and simplification of motion, sans lavish and squandered movements; effective strikes fused and bonded with speed, power, elegance and grace. That is the essence of Anciong's Balintawak and these are the methods Sam Buot explains and demonstrates in this book. Written from the author's half-century of personal experience and hard-earned knowledge, Balintawak Eskrima presents the art from origin to modern times, as a fighting art, as cultural tradition and a means of personal development. Illustrated with nearly 700 historical and instructional photographs, this book is a must-have for all martial artists and those interested in the history of a people and their fight art.

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Sharon Rowe:

Playing with family in a park, coming to see the sea world or hanging out with friends is thing that usually you may have done when you have spare time, subsequently why you don't try factor that really opposite from that. 1 activity that make you not sensation tired but still relaxing, trilling like on roller coaster you are ride on and with addition of information. Even you love Balintawak Eskrima, you are able to enjoy both. It is great combination right, you still desire to miss it? What kind of hang type is it? Oh can happen its mind hangout guys. What? Still don't understand it, oh come on its known as reading friends.

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