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Filipino Martial Arts: Exploring the Depths

Peter A.H. Lewis

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The indigenous martial arts of the Philippines archipelago are known by a variety of names, including Arnis, Arnis de Mano, Eskrima, or Escrima, and are widely respected for the development of combat-effective defensive strategies and skills. The Filipino martial arts are fast and dynamic and utilize a diverse range of training methods to augment the journey towards achieving advance abilities in defending against weapons-based or empty-hand encounters. This book explores the fundamental, intermediate, and advanced techniques of double and single stick categories across the Filipino martial arts.

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