



# Filipino Martial Arts: Cables Serrada Escrima

*Mark V. Wiley*

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## **Filipino Martial Arts: Cables Serrada Escrima** Mark V. Wiley

In this detailed work, Mark V. Wiley describes the basic strikes, blocks, counters, and disarms of this dynamic fighting system. A highly effective, well-rounded warrior art, Serrada Escrima uses basic stick-fighting movements that are equally applicable in both unarmed and knife fighting. Profusely illustrated, this text describes not only the techniques but also the history and philosophy of the Filipino fighting arts and their relevance in the arts today. Filipino Martial Arts: Cables Serrada Escrima is an essential addition to any martial arts library.

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