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*The Secrets of Cabales Serrada Escrima  
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Dedicated to the art of Cabales Serrada  
Escrima.

## *Cabales Serrada Escrima*

Cabales Serrada Escrima. The system of Philippine martial arts known as Cabales Serrada Escrima was founded by Grandmaster Angel Cabales (1917-1991) and first taught publicly in the year 1966 in Stockton, California.. Originally GM Cabales' system consisted mainly of Espada y Daga (Stick and Dagger) techniques, but after opening his school in Stockton, GM Cabales started adding Empty Hand ...

## *Cabales Serrada Escrima*

Serrada is one of the many styles of

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Filipino martial arts. I studied Escrima in Cabales system. The book contains good stuff regardless of your style plus it's easy to follow. I would add that one can't learn Escrima from a book but the book helped answer questions on what I was taught

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disarms unique to this style, but goes beyond mere self-defense techniques into the concepts underlying the fighting art, explaining how and why the moves work, and when best to use them.

## *The Secrets Of Cabales Serrada Eskrima Secrets Of Series*

If you have the Secrets of Cabales Serrada Eskrima, this is basically the same book with a new/updated forward. I took a star away because I thought it was a new book and I already have The Secrets of Cabables Serrada Eskrima, which is a good book.

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