

Complete Sinawali: Filipino Double-weapon Fighting - Reynaldo S. Galang

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Complete Sinawali is the definitive guide to the intricate and highly-refined Filipino double-weapon fighting. The martial art of Sinawali has developed multiple-weapon fighting to an exceptionally high degree of sophistication. Preserved in Filipino dance as well as martial form, Sinawali employs sinuous, polyrhythmic movements, creating an almost impenetrable shield against attack. In Complete Sinawali, Reynaldo Galang details the theory behind the forms and presents an orderly progression of drills designed to teach the ambidexterity, quick and exact footwork, and special hand techniques that are the foundation of this exceedingly powerful martial art. Author: Galang, Reynaldo S. Publisher: Tuttle Publishing Illustration: N Language: ENG Title: Complete Sinawali: Filipino Double-Weapon Fighting Pages: 00112 (Encrypted EPUB) On Sale: 2012-08-21 SKU-13/ISBN: 9780804831567 Category: Sports & Recreation : Martial Arts & Self-Defense

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