



The Secrets of Kalis Ilustrisimo: The Filipino Fighting Art Explained (Tuttle Martial Arts)

Antonio Diego, Christopher Ricketts

Download now

[Click here](#) if your download doesn't start automatically

The Secrets of Kalis Ilustrisimo: The Filipino Fighting Art Explained (Tuttle Martial Arts)

Antonio Diego, Christopher Ricketts

The Secrets of Kalis Ilustrisimo: The Filipino Fighting Art Explained (Tuttle Martial Arts) Antonio Diego, Christopher Ricketts

The Filipino martial art of ilustrisimo hails from Cebu, Philippines, where martial arts are still considered a matter of life-and-death survival—rather than sport or exercise.

Named after Antonio "Tatang" Ilustrisimo, the master who taught the style to both of the authors of this book, the art of kalis ilustrisimo has been in the Ilustrisimo family for more than five generations. Based on traditional Philippine stick and sword fighting methods—and refined by Antonio Ilustrisimo's vast personal experience in challenge matches—it offers a powerful, flexible, dynamic, and effective fighting style.

The Secrets of Kalis Ilustrisimo is the first book to deal with the techniques and theories of this very effective system of personal combat including the history of kalis ilustrisimo and structure of the system, the fundamentals of practice, the defensive movements and applications, and the training techniques used to prepare for actual personal combat. It also includes hundreds of photographs showing the essential movements and techniques of this martial arts style.

Sections include:

- **KALIS ILUSTRISIMO IN PERSPECTIVE**—History and Development; Structure of the Ilustrisimo System
- **FUNDAMENTALS OF PRACTICE**—Preliminaries (Weapon Length; Weapon Grip; Combat Ranges); Stances and Footwork; Methods of Striking
- **DEFENSIVE MOVEMENTS AND APPLICATIONS**—Fundamental Fighting Techniques; Methods of Disarming
- **THE COMBATIVE ENCOUNTER**—Combative Sign Language; Spiritual Fortitude; Fighting Principles and Strategies
- **AND MORE!**

 [Download The Secrets of Kalis Ilustrisimo: The Filipino Fig ...pdf](#)

 [Read Online The Secrets of Kalis Ilustrisimo: The Filipino F ...pdf](#)

Download and Read Free Online The Secrets of Kalis Ilustrisimo: The Filipino Fighting Art Explained (Tuttle Martial Arts) Antonio Diego, Christopher Ricketts

From reader reviews:

Donald White:

Book is to be different for each and every grade. Book for children until eventually adult are different content. To be sure that book is very important for all of us. The book The Secrets of Kalis Ilustrisimo: The Filipino Fighting Art Explained (Tuttle Martial Arts) had been making you to know about other knowledge and of course you can take more information. It is quite advantages for you. The e-book The Secrets of Kalis Ilustrisimo: The Filipino Fighting Art Explained (Tuttle Martial Arts) is not only giving you a lot more new information but also to be your friend when you feel bored. You can spend your spend time to read your book. Try to make relationship with all the book The Secrets of Kalis Ilustrisimo: The Filipino Fighting Art Explained (Tuttle Martial Arts). You never feel lose out for everything in the event you read some books.

Suzanne Cicero:

Do you one of people who can't read gratifying if the sentence chained inside straightway, hold on guys this specific aren't like that. This The Secrets of Kalis Ilustrisimo: The Filipino Fighting Art Explained (Tuttle Martial Arts) book is readable through you who hate the straight word style. You will find the details here are arrange for enjoyable reading through experience without leaving even decrease the knowledge that want to provide to you. The writer of The Secrets of Kalis Ilustrisimo: The Filipino Fighting Art Explained (Tuttle Martial Arts) content conveys objective easily to understand by most people. The printed and e-book are not different in the information but it just different available as it. So , do you even now thinking The Secrets of Kalis Ilustrisimo: The Filipino Fighting Art Explained (Tuttle Martial Arts) is not loveable to be your top record reading book?

David Betancourt:

Do you one of the book lovers? If so, do you ever feeling doubt while you are in the book store? Try and pick one book that you never know the inside because don't judge book by its include may doesn't work at this point is difficult job because you are afraid that the inside maybe not as fantastic as in the outside search likes. Maybe you answer is usually The Secrets of Kalis Ilustrisimo: The Filipino Fighting Art Explained (Tuttle Martial Arts) why because the excellent cover that make you consider regarding the content will not disappoint you actually. The inside or content is fantastic as the outside or perhaps cover. Your reading sixth sense will directly make suggestions to pick up this book.

Sylvester Perkins:

A lot of guide has printed but it is unique. You can get it by web on social media. You can choose the very best book for you, science, witty, novel, or whatever by simply searching from it. It is called of book The Secrets of Kalis Ilustrisimo: The Filipino Fighting Art Explained (Tuttle Martial Arts). You can include your knowledge by it. Without causing the printed book, it may add your knowledge and make an individual happier to read. It is most significant that, you must aware about publication. It can bring you from one

location to other place.

Download and Read Online The Secrets of Kalis Ilustrisimo: The Filipino Fighting Art Explained (Tuttle Martial Arts) Antonio Diego, Christopher Ricketts #DPO1CFBEHMZ

Read The Secrets of Kalis Ilustrisimo: The Filipino Fighting Art Explained (Tuttle Martial Arts) by Antonio Diego, Christopher Ricketts for online ebook

The Secrets of Kalis Ilustrisimo: The Filipino Fighting Art Explained (Tuttle Martial Arts) by Antonio Diego, Christopher Ricketts Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Secrets of Kalis Ilustrisimo: The Filipino Fighting Art Explained (Tuttle Martial Arts) by Antonio Diego, Christopher Ricketts books to read online.

Online The Secrets of Kalis Ilustrisimo: The Filipino Fighting Art Explained (Tuttle Martial Arts) by Antonio Diego, Christopher Ricketts ebook PDF download

The Secrets of Kalis Ilustrisimo: The Filipino Fighting Art Explained (Tuttle Martial Arts) by Antonio Diego, Christopher Ricketts Doc

The Secrets of Kalis Ilustrisimo: The Filipino Fighting Art Explained (Tuttle Martial Arts) by Antonio Diego, Christopher Ricketts Mobipocket

The Secrets of Kalis Ilustrisimo: The Filipino Fighting Art Explained (Tuttle Martial Arts) by Antonio Diego, Christopher Ricketts EPub