



# Eskrima: Filipino Martial Art

*Krishna Godhania*

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**Eskrima: Filipino Martial Art** Krishna Godhania

**The history, evolution, and essential principles and concepts of the Filipino martial art**

Eskrima, also known as Arnis or Kali, is the indigenous martial art of the Philippine Islands and this fascinating book explains why Eskrima uses training weapons, such as rattan sticks and daggers, from the earliest stages, alongside unarmed techniques. Dynamic and flexible, with a wide range of training methods, the technique can be practiced by students of all ages and levels of fitness. Well-known and respected as a highly practical weapons-based system, Eskrima is practiced worldwide by civilians, law enforcement personnel, and special units within the military. These training methods have been found particularly effective at increasing coordination and reflexes, providing a fast track to developing the qualities needed for practical self-defense. The instructional section of the book illustrates how the Eskrima martial artist is able to succeed in a wide range of combat situations involving fighting with both weapons and open hands. Techniques, two person flow drills, self-defense applications, training with specialized equipment, and the philosophy of the art are all covered in depth.

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