



The Secrets of Giron Arnis Escrima (Secrets of the Martial Arts)

By Antonio E. Somera



The Secrets of Giron Arnis Escrima (Secrets of the Martial Arts) By Antonio E. Somera

Learn about the history, culture and techniques of filipino escrima with this informative martial arts guide.

The history of the Philippines and her martial arts is a history of resistance and revolt. Born into this fertile time and place, Grandmaster Leo M. Giron became a child of revolution. He grew up in a time when martial arts training was a necessity, not a luxury. His system was taught to him by five renowned masters; his experience honed in the jungle warfare of World War II.

The Secrets of Giron Arnis Escrima is an engaging biography of Leo Giron, a renowned master of escrima and survivor of numerous hand-to-hand encounters in the Philippine jungles. It is also a visual and descriptive survey of Giron's fighting art—a classical weapons and empty-hand self-defense system applicable in today's modern society. Included is an overview of the twenty styles that make up the Giron system in general, and an analysis of the *de fondo* and *cadena de mano* styles in particular. Packed with over 300 historical and instructional photographs this book truly reveals the secrets of this Filipino martial art.

 [Download The Secrets of Giron Arnis Escrima \(Secrets of the ...pdf](#)

 [Read Online The Secrets of Giron Arnis Escrima \(Secrets of t ...pdf](#)

The Secrets of Giron Arnis Escrima (Secrets of the Martial Arts)

By Antonio E. Somera

The Secrets of Giron Arnis Escrima (Secrets of the Martial Arts) By Antonio E. Somera

Learn about the history, culture and techniques of filipino escrima with this informative martial arts guide.

The history of the Philippines and her martial arts is a history of resistance and revolt. Born into this fertile time and place, Grandmaster Leo M. Giron became a child of revolution. He grew up in a time when martial arts training was a necessity, not a luxury. His system was taught to him by five renowned masters; his experience honed in the jungle warfare of World War II.

The Secrets of Giron Arnis Escrima is an engaging biography of Leo Giron, a renowned master of escrima and survivor of numerous hand-to-hand encounters in the Philippine jungles. It is also a visual and descriptive survey of Giron's fighting art—a classical weapons and empty-hand self-defense system applicable in today's modern society. Included is an overview of the twenty styles that make up the Giron system in general, and an analysis of the *de fondo* and *cadena de mano* styles in particular. Packed with over 300 historical and instructional photographs this book truly reveals the secrets of this Filipino martial art.

The Secrets of Giron Arnis Escrima (Secrets of the Martial Arts) By Antonio E. Somera Bibliography

- Sales Rank: #412020 in Books
- Brand: Antonio Somera
- Published on: 1998-03-15
- Released on: 1998-03-15
- Original language: English
- Number of items: 1
- Dimensions: .35" h x .30" w x 6.00" l, .64 pounds
- Binding: Paperback
- 152 pages



[Download The Secrets of Giron Arnis Escrima \(Secrets of the ...pdf](#)



[Read Online The Secrets of Giron Arnis Escrima \(Secrets of t ...pdf](#)

Download and Read Free Online The Secrets of Giron Arnis Escrima (Secrets of the Martial Arts) By Antonio E. Somera

Editorial Review

Review

"This book is long overdue, and a welcome addition to my martial arts library."—Dan Inosanto, author of *The Filipino Martial Arts*

"Tony Somera has done a thorough job of describing the philosophy and techniques of Giron arnis escrima...a fitting tribute to Grandmaster Giron and his martial legacy."—Mark V. Wiley, author of *Filipino Martial Culture*

About the Author

Antonio "Tony" Somera lives in Stockton, California, the hub of escrima in the United States. He is the only person to whom Grandmaster Giron awarded the master's degree in the art of Giron arnis escrima. He is the presiding master of the Bahala Na Martial Arts Association, and his articles have appeared in *Free Voice* and *Martial Arts Legends* magazines.

Users Review

From reader reviews:

Yvonne Wagner:

Now a day individuals who Living in the era exactly where everything reachable by interact with the internet and the resources in it can be true or not need people to be aware of each information they get. How many people to be smart in obtaining any information nowadays? Of course the answer is reading a book. Studying a book can help persons out of this uncertainty Information especially this The Secrets of Giron Arnis Escrima (Secrets of the Martial Arts) book as this book offers you rich information and knowledge. Of course the info in this book hundred percent guarantees there is no doubt in it you may already know.

Teresa Raap:

This The Secrets of Giron Arnis Escrima (Secrets of the Martial Arts) are usually reliable for you who want to be considered a successful person, why. The reason of this The Secrets of Giron Arnis Escrima (Secrets of the Martial Arts) can be on the list of great books you must have is definitely giving you more than just simple studying food but feed you actually with information that probably will shock your prior knowledge. This book is actually handy, you can bring it all over the place and whenever your conditions in the e-book and printed versions. Beside that this The Secrets of Giron Arnis Escrima (Secrets of the Martial Arts) forcing you to have an enormous of experience such as rich vocabulary, giving you demo of critical thinking that could be useful in your day pastime. So , let's have it and enjoy reading.

Daniel Miller:

This The Secrets of Giron Arnis Escrima (Secrets of the Martial Arts) is new way for you who has interest to

look for some information mainly because it relief your hunger of information. Getting deeper you upon it getting knowledge more you know or perhaps you who still having little digest in reading this The Secrets of Giron Arnis Escrima (Secrets of the Martial Arts) can be the light food for yourself because the information inside this book is easy to get by means of anyone. These books build itself in the form that is certainly reachable by anyone, yeah I mean in the e-book form. People who think that in publication form make them feel sleepy even dizzy this publication is the answer. So there isn't any in reading a reserve especially this one. You can find actually looking for. It should be here for an individual. So , don't miss the item! Just read this e-book sort for your better life along with knowledge.

Alan Sours:

As a student exactly feel bored to help reading. If their teacher asked them to go to the library or even make summary for some guide, they are complained. Just small students that has reading's heart or real their interest. They just do what the educator want, like asked to the library. They go to at this time there but nothing reading critically. Any students feel that reading through is not important, boring and also can't see colorful pictures on there. Yeah, it is to become complicated. Book is very important for yourself. As we know that on this time, many ways to get whatever we would like. Likewise word says, ways to reach Chinese's country. So , this The Secrets of Giron Arnis Escrima (Secrets of the Martial Arts) can make you sense more interested to read.

**Download and Read Online The Secrets of Giron Arnis Escrima
(Secrets of the Martial Arts) By Antonio E. Somera
#KM0FQ87L95N**

Read The Secrets of Giron Arnis Escrima (Secrets of the Martial Arts) By Antonio E. Somera for online ebook

The Secrets of Giron Arnis Escrima (Secrets of the Martial Arts) By Antonio E. Somera 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 Giron Arnis Escrima (Secrets of the Martial Arts) By Antonio E. Somera books to read online.

Online The Secrets of Giron Arnis Escrima (Secrets of the Martial Arts) By Antonio E. Somera ebook PDF download

The Secrets of Giron Arnis Escrima (Secrets of the Martial Arts) By Antonio E. Somera Doc

The Secrets of Giron Arnis Escrima (Secrets of the Martial Arts) By Antonio E. Somera MobiPocket

The Secrets of Giron Arnis Escrima (Secrets of the Martial Arts) By Antonio E. Somera EPub

KM0FQ87L95N: The Secrets of Giron Arnis Escrima (Secrets of the Martial Arts) By Antonio E. Somera