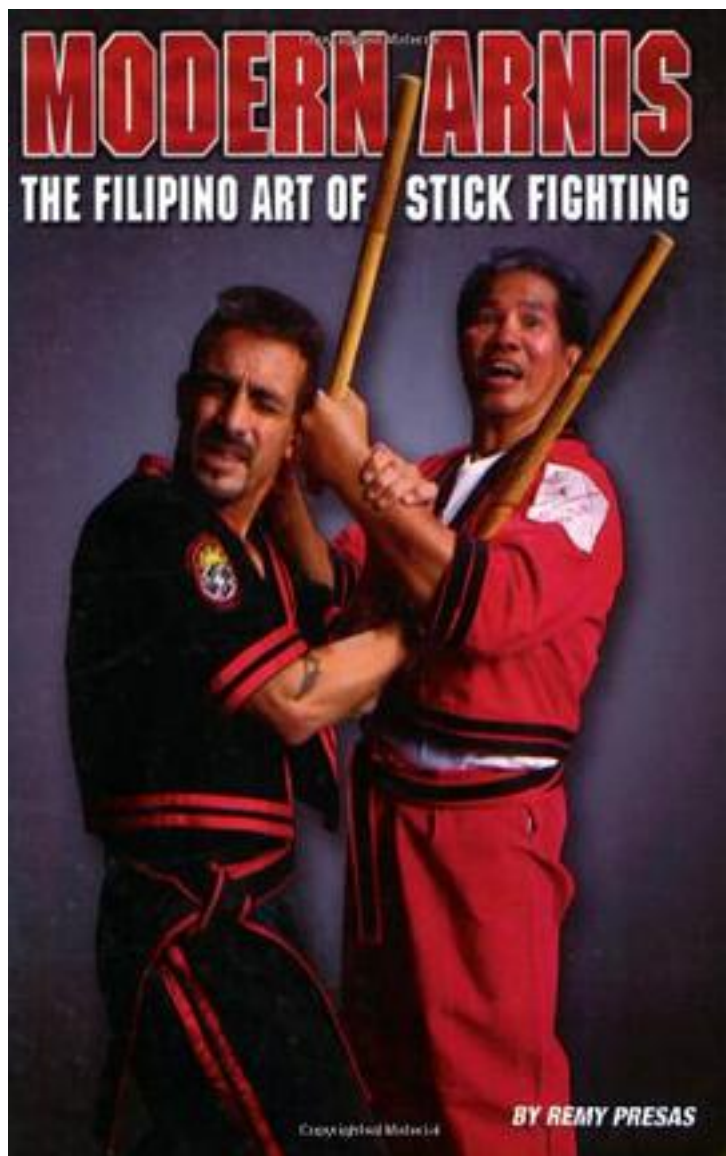


Modern Arnis



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Covering a variety of preparatory stretches and warm-up exercises, the 12-zone striking and defence systems, hand-to-hand combat ("trapping hands"), flow-practice drills, sinawali and redonda, this 160-page, fully illustrated text gives novices a tangible amount of self-defence skill through specific drills. For example, the sinawali is taught without sticks, in empty-hand fashion, to illustrate how its weaving motions can be easily translated into empty-hand movements for blocking, punching, and takedowns. He discusses the 12 important angles of attacks on the human body, 12 basic ways of dealing with each angle, plus stick and sword disarming techniques.

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