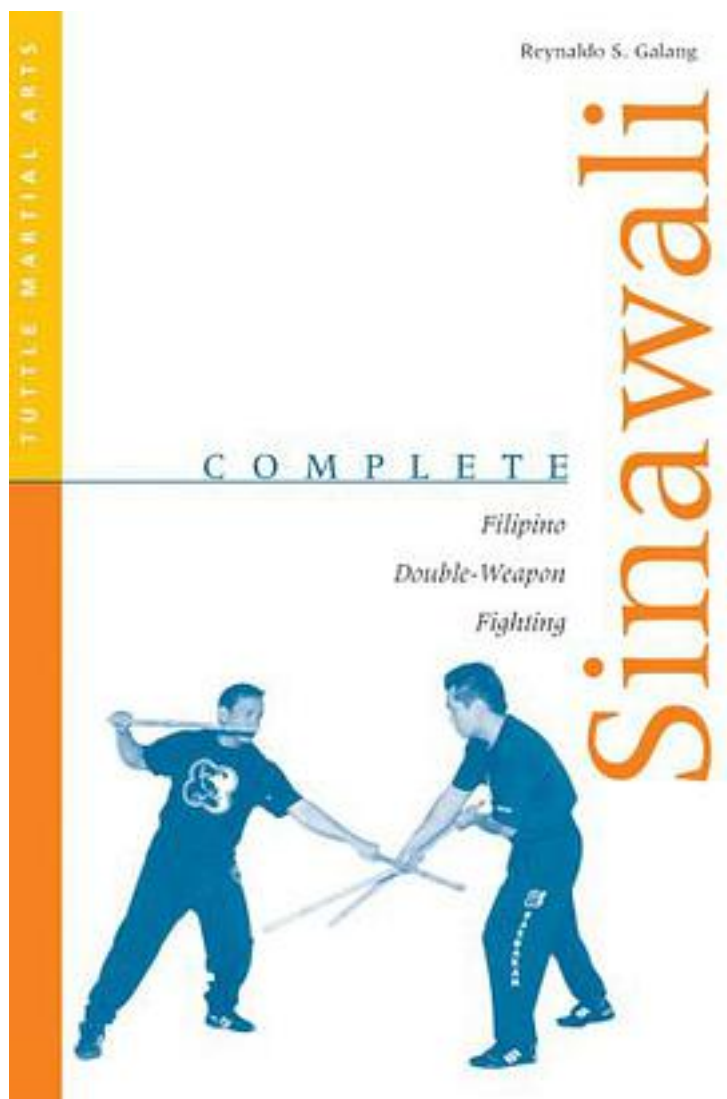


Complete Sinawali



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著者:Galang, Reynaldo S.

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Sinawali -- meaning "woven" -- is an intricate and devastating Filipino fighting system with ancient roots, perfectly suited to modern times, and its popularity is booming around the world. This fascinating stick and blade empty-hand defense employs a sinuous, polyrhythmic inter-weaving of leg and arm defenses and attacks, presenting a virtually impenetrable shield against potential attackers. Martial arts instructor Reynaldo S. Galang reveals the special hand techniques, the exact, quick footwork, and the working theory behind the art of Sinawali, through instructional text and clear photographs. Whether readers are interested in Sinawali for exercise, hobby, or as a means of self-defense, Complete Sinawali is their definitive guide.

作者介绍:

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