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Cover Graphic Art by: James Hough

**MICHAEL SCHWARZ
FILIPINO MARTIAL ARTS
SERRADA ESKRIMA**

TAEKWONDO

HAPKIDO



DEFENSIVE COMBAT INITIATIVES

Written by
Guro Michael Schwarz
Of

World Serrada Escrima Federation
<http://www.defensivecombat.com>

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should consult a physician before engaging in them.***

Message from the author

In 1979, I began instructing Tae Kwon Do/Hapkido (Moo Du Kwon) under Master Chang Hee Jhoon. It was thru my TKD/Hapkido training that I was able to develop unmatched body conditioning/hardening skills. While in the military I continued training within Moo Du Kwon and obtained my 2nd & eventually 3rd Degree Black Belts. My initial introduction to the FMA came in 1985.

Upon my return from the military in 1991 I continued study in Serrada Escrima under Pangulong Guro Chuck Cadell III, I achieved Pangisang Guro status. My empty hand, blade and stick/cane abilities increased under his instruction.

Most recently, I obtained the status of PANGULONG GURO (Master Instructor level) & Panginoon Guro (2nd Degree Master Instructor level) in the Davis/Cabales System of Escrima. Additionally, I have been asked to represent Martial Arts International & WSEF (World Serrada Escrima Federation) throughout the midwest and east coast. I also have recently been honored with becoming the Midwest Representative for the WMAU (World Martial Arts Union).

My credentials are certified by the WSEF/MAI (World Serrada Escrima Federation/Martial Arts International), USMA (United States Martial Arts Association), and the MMA (Midwest Martial Arts Association).



Acknowledgements

I would like to express my sincere gratitude and respects to all instructors who I have trained with from 1977 to the present.

A special thanks in particular to GM Anthony Davis, Master Chuck Cadell III, Phil Porter Sensei, Joe Finchen Sensei and late Master Chang Hee Jhoon.

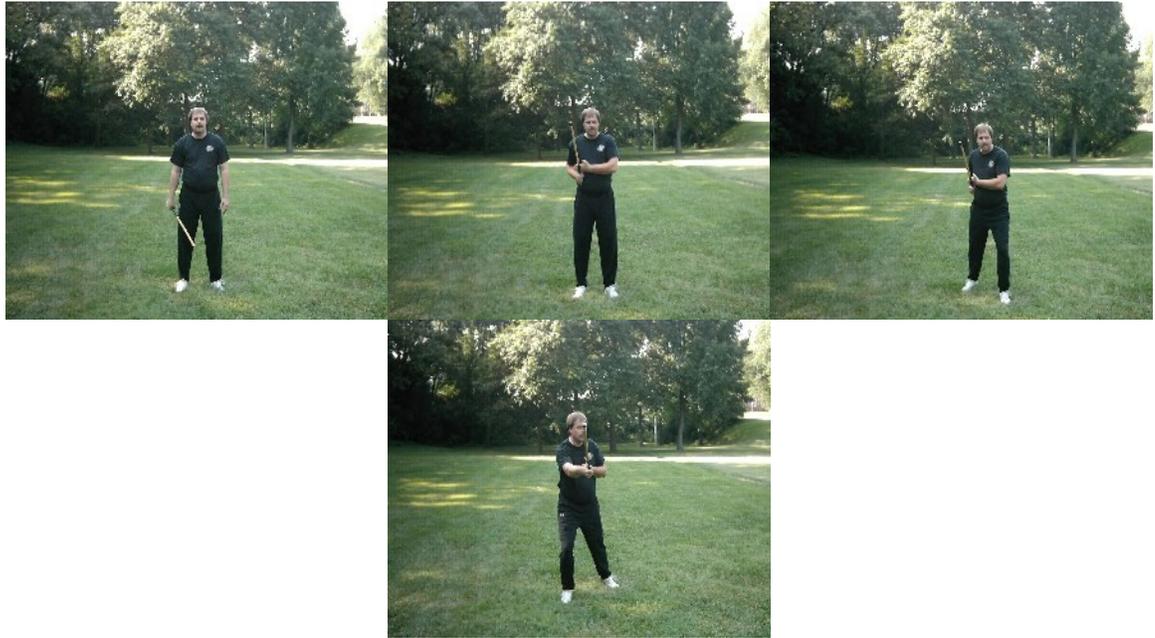
Special dedication to Grandmaster Angel Cabales. GM Cabales was a pioneer by his introduction of Serrada Escrima to non Filipinos in 1966.

The WSEF is dedicated to the proliferation and propagation of the combat style of GM Angel Cabales.

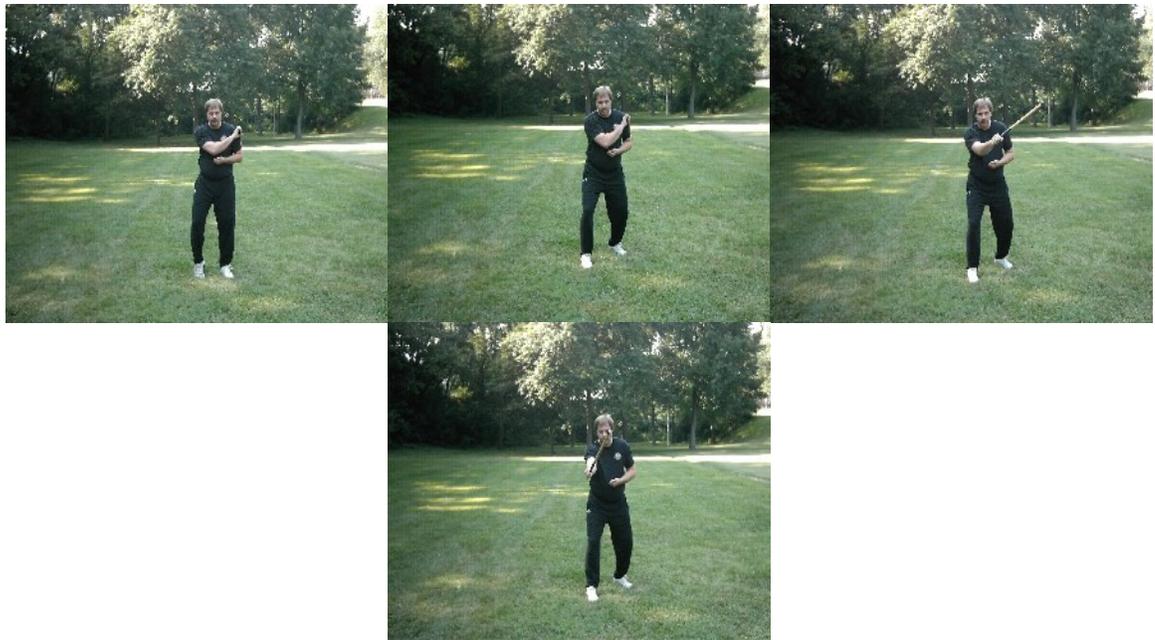
Salute



Angle 1 Stance/Position/Strike



Angle 2/Stance/Position/Strike



Angle 3/Stance/Position/Strike

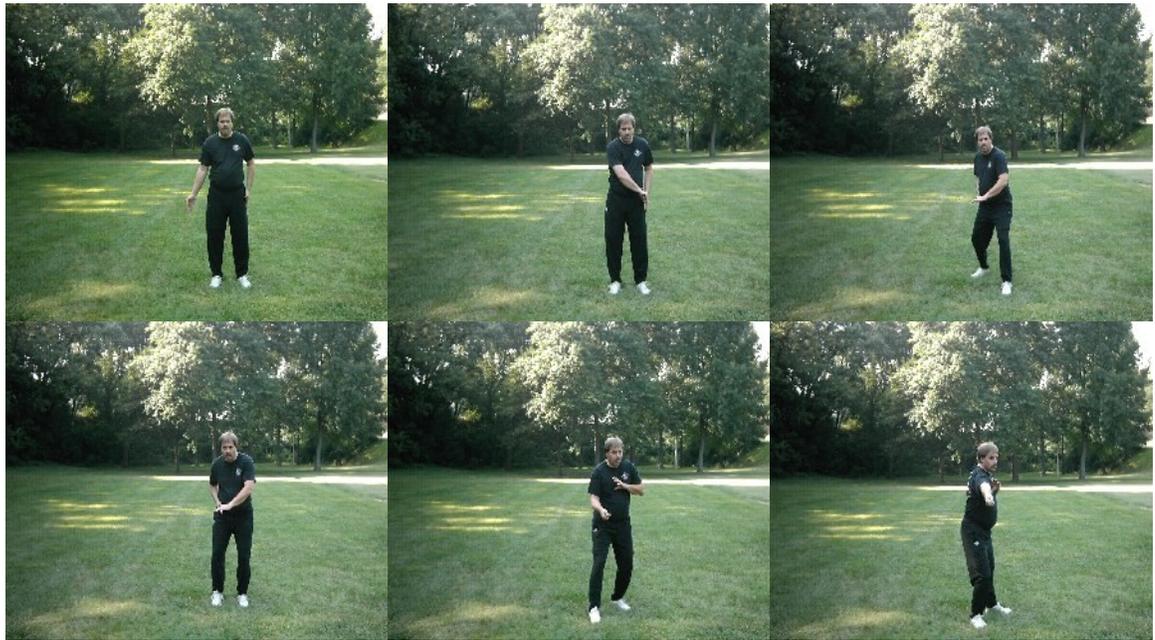




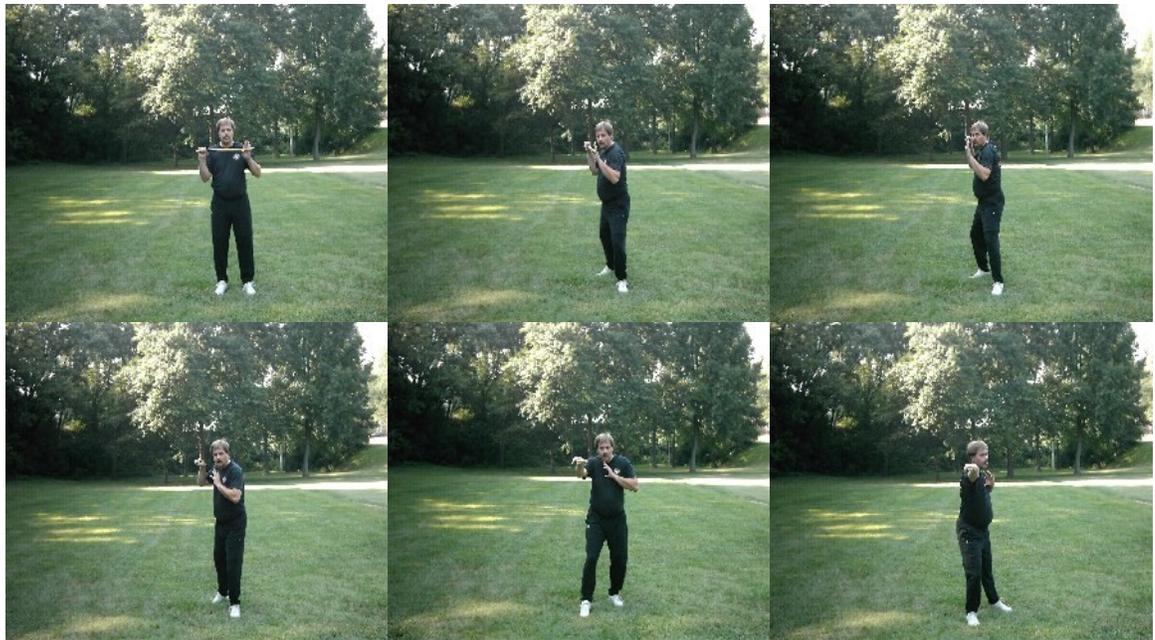
Angle 4/Stance/Position/Strike



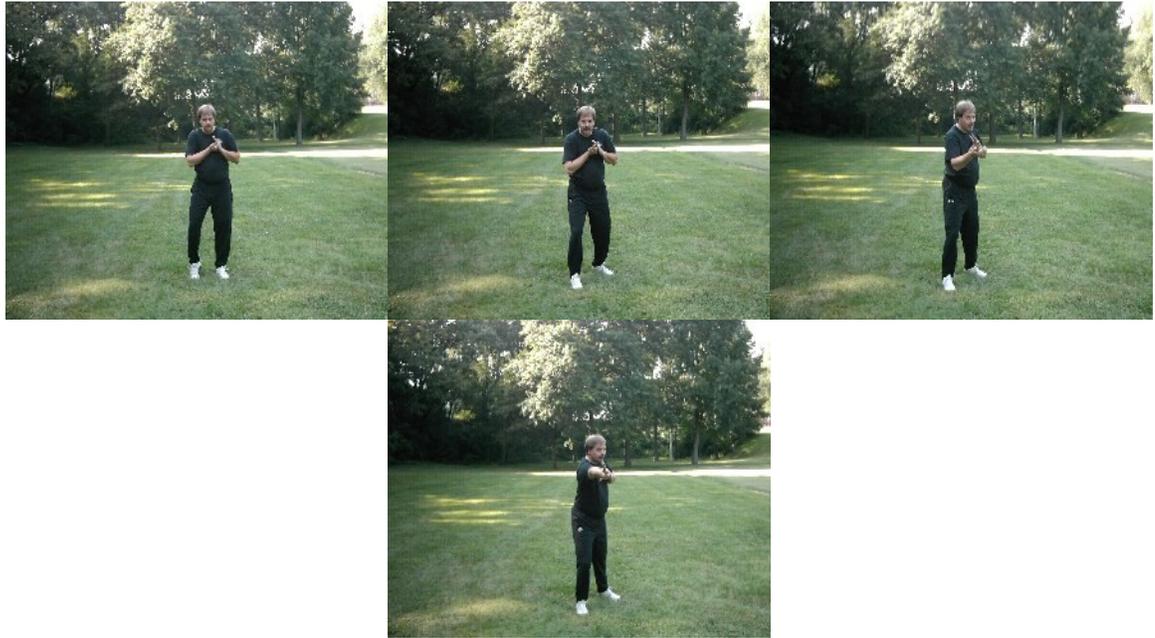
Angle 5/Stance/Position/Strike



Angle 6/Stance/Position/Strike



Angle 7/Stance/Position/Strike



Angle 8/Stance/Position/Strike



Angle 9/Stance/Position/Strike





Angle 10/Stance/Position/Strike



Angle 11/Stance/Position/Strike

Angle 12/Stance/Position/Strike

***Fundamental
Counters
Of
The
System
Of
Serrada
Escrima
Angles
1
Thru
3***

Angle 1/Outside Deflection

As #1 strike comes in, step to the outside with the left foot at a 45* angle, remaining compressed, quickly follow with the right foot, keeping shoulder distance between the two. While stepping out, pass the strike with the left C-hand and keep the stick tip pointing down in a vertical, shielding position.

Angle 1/Outside Deflection continued

With a vertical abaniko strike, hit the wrist or forearm with the tip of the stick. Then you will check/monitor the opponent's forearm with the 'checking' C-hand. Withdrawing the stick as if it were a hammer, immediately strike the wrist or forearm again in a downward motion. Imagine that you are striking a nail on its head with a hammer, and the strike will be efficient and powerful.

Angle 1/Outside Deflection Continued

With an abaniko action, check/monitor the opponent's arm again, this time with the stick. You will end of the counter by performing the 'lock out'; (the lock out motion is a dual movement, consisting of a thrust with the dagger or empty hand and a checking movement with the stick).

Angle 1/Inside Deflection

As the #1 strike comes in, immediately step forward with the right foot, towards the center of the opponents' footwork. Bring the stick up to meet the attacker's right hand, smothering the force of the strike. Simultaneously, reinforce this with the left lower forearm backing up the right hand holding the stick. It is important when stepping forward to remain compressed.

Angle 1/Inside Deflection Continued

Keep the left hand in checking/monitoring position, checking the opponent's weapon hand. With the stick, strike the opponents midsection (ribs). Bring the punyo (butt) of the stick to about the right hip, just below waist level into a thrust position. This keeps the opponent at bay. Then perform an uppercut with the stick to the attacker's right wrist/forearm.

Angle 1/Inside Deflection Continued

With the left hand, check/monitor the opponent's weapon hand again. Immediately strike the top of the opponent's wrist/forearm with the tip of the stick, in a 'hammering' action. Immediately, the defender checks/monitors the opponent's weapon hand/forearm again. The defender finishes by performing the lock out.

Angle 1/Cross Block Deflection

As the #1 strike comes in, compress while using a 'split step', move the left foot back and right foot forward simultaneously. Quickly greet the strike with the

stick at a slight 45* angle and reinforce this with the left forearm underneath the right wrist. Make certain your head is slightly tilted and out of the line of fire.

Angle 1/Cross Block Deflection Continued

While allowing the left elbow to drop slightly, allowing the stick to guide the opponent's stick in the same direction. As the empty hand checks/monitors the opponent's stick hand, bring the stick's tip upward, then strike down on the forearm of the opponent.

Angle 1/Cross Block Deflection Continued

Withdraw the stick to the right side, keeping elbows in tight, and the stick should be in a thrusting position near the right hip. Utilizing primarily the wrist, bring the stick up with an uppercut targeting the hand/wrist or forearm of the opponent.

Angle 1/Cross Block Deflection Continued

Check/Monitor the opponent's weapon hand with the left C-hand remaining compressed at all times. At this time, the lock out will complete this deflection.

Angle 2/Outside Sweep Deflection

As the #2 strike comes toward you, step in with the left foot, simultaneously sweeping out with the stick along the opponents arm and stick then checking/monitoring with the empty hand, utilizing the C-hand. Then draw the stick back slightly, and then strike downward on the opponent's forearm.

Angle 2/Outside Sweep Deflection

Check arm with C-hand. Perform a stick check on the opponent's forearm.

Angle 2/Shoulder (Wing/Shield) Deflection

As the #2 strike approaches, step at a 45* to the left slightly, draw the puny (butt) of the stick upward. Simultaneously utilize the free hand in a C-hand to check/monitor, the opponent's arm.

Angle 2/Shoulder (Wing/Shield) Deflection

Bring the stick into a #1 position and strike downward onto the opponent's forearm. Follow thru with C-hand check, stick check and lock out.

Angle 2/Cross Block Deflection

This counter is used against a 'combative' #2 strike, much as the cross is used vs. #1. Similar footwork is used. When greeting the stick, remembering to tilt the tip at a 45* angle. Again remember to reinforce the hand holding the stick with the left lower forearm.

Angle 2/Cross Block Deflection

Draw your left elbow toward the left side, guide the opponent's stick in that direction, checking (monitoring) the opposing weapon forearm with the C-hand.

Angle 2/Cross Block Deflection

Drawing the stick's tip upward to #1 position, then strike down on the opponents forearm, 'check' (monitor) again with the C-hand, strike the top of the forearm again, 'check'(monitor) and lock.

Angle 3/Cross Block Deflection

When the #3 strike begins, step forward and toward the opponent's center, remaining compressed. Simultaneously, bring the stick to greet the strike, with the tip pointed downward at a 45*, reinforcing the stick with the left forearm.

Angle 3/Cross Block Deflection

After striking the top of the forearm, bring the punyo (butt) of the stick to the top of the right hip, putting the stick in a #5 position. From the #5 position, perform an uppercut underneath the wrist/forearm with the stick tip. While retracting the stick, check (monitor) the opponent's weapon hand with your empty hand, or C-hand check/monitor.

Strike downward on top of the opponent's weapon hand/wrist/forearm, and then perform another hand check/monitor with your empty hand. Complete the counter by performing the standard lock out

Angle 3/One Step Deflection

As the #3 strike comes in, step back slightly with your left foot, drawing in the midsection, and lifting the empty hand and stick initially allowing the strike to pass thru.

As the strike passes thru, strike the opponent's wrist/hand.

Angle 3/One Step Deflection

***Perform a stick check (monitor) on the outside of the opponent's forearm.
Perform the lock out ending the counter.***

Angle 3/Two Step Counter

Just as in the 'One Step', immediately, as the #3 approaches, step back with your left foot slightly, raising your forearms slightly, and drawing the stomach in, allowing the strike to begin to pass.

Angle 3/Two Step Counter

Then step back with your right foot, slightly deeper. As the opponent's strike follows its path, bring your right foot parallel to your left, replacing it and then strike down with a #1 strike onto the opponent's hand/wrist/forearm.

Angle 3/Two Step Counter

Allow the strike to follow thru, attempting to strike the opponent's foot, and compress as you follow thru with the strike. Bring the stick back up to perform a stick check/monitor. Complete the counter by performing the lock out.

Fundamental Stick Disarms Of The System Of Serrada Escrima Angles 1 Thru 3

Angle 1/Outside Stick Disarm

As #1 strike comes in, step to the outside with the left foot at a 45* angle, remaining compressed, quickly follow with the right foot, keeping shoulder distance between the two. While stepping out, pass the strike with the left C-hand and keep the stick tip pointing down in a vertical, shielding position.

With a vertical abaniko strike, hit the wrist or forearm with the tip of the stick.

Slip your stick over the opponent's forearm by raising your wrist & butt of your stick, then thrust the tip of the stick downward towards the opponent's midsection. Twist your wrist/stick at a 270* angle, making the 2 sticks parallel & take the stick away.

Angle 1/Inside Stick Disarm

As the #1 strike comes in, immediately step forward with the right foot, towards the center of the opponents' footwork. Bring the stick up to meet the attacker's right hand, smothering the force of the strike. Simultaneously, reinforce this with the left lower forearm backing up the right holding the stick. It is important when stepping forward to remain compressed. Keep the left hand in checking /monitoring position, checking the opponent's weapon hand. With the stick, strike the opponents midsection (ribs).

Angle 1/Inside Stick Disarm

After striking the opponent's ribcage, take your stick & drive it upward against the opponent's elbow while simultaneously pulling slightly downward on the opponent's wrist. While restraining the opponent's wrist, pull your stick against the radial nerve of the opponent's arm & using the push/pull motion, remove the opponent's stick, finishing with a double stick striking finish.

Angle 2/Outside Sweep Disarm

As the #2 strike comes toward you, step in with the left foot, simultaneously sweeping out with the stick along the opponents arm and stick then checking/monitoring with the empty hand, utilizing the C-hand. Then draw the stick back slightly, and then raising your wrist/butt of stick thrust the tip downward toward the opponent's midsection.

When you're wrist to wrist with your opponent, quickly turn the tip of the stick upward in a clockwise motion 270* until both sticks are parallel.

Angle 2/Outside Sweep Disarm

With both sticks parallel, grip the opponent's stick pushing forward simultaneously pulling your stick toward the opponent's thumb, pincering it & twisting the opponent's stick away. After taking the stick away from your opponent, finish with multiple striking with both sticks.

Angle 2/Shoulder/Wing Shield Disarm

As the #2 strike approaches, step at a 45* to the left slightly, draw the punyo(butt) of the baston upward. Simultaneously utilize the free hand in a C hand to check/monitor, the opponent's arm.

Turn the check/monitor hand to the back of the hand/forearm & snake the opponent's arm, directing your hand straight down simultaneously disarming the opponent.

Angle 3/One Step Stick Disarm

As the #3 strike comes in, step back slightly with your left foot, drawing in the

midsection, and lifting the empty hand and stick initially allowing the strike to pass thru.

As the strike passes thru, hook the opponent's wrist/stick with your wrist/stick. Twist your wrist/stick at a 270* angle & use the pincering movement to take the opponent's stick away.

Finish by striking multiple times with both sticks.

Angle 3/Two Step Stick Disarm

Just as in the 'One Step', immediately, as the #3 approaches, step back with your left foot slightly, raising your forearms slightly, and drawing the stomach in, allowing the strike to begin to pass.

Then step back with your right foot, slightly deeper.

As the strike passes through hook the opponent's arm at the bend in the elbow, as the opponent's strike follows its path, bring your right foot parallel to your left; bringing your left forearm to opponent's forearm to force opponent into a hammer lock simultaneously pivoting on your left foot. Then finish.

***Fundamental
Empty Hand
Counters
Of
The
System
Of
Serrada
Escrima
Angles
1
Thru
3***

Angle 1/Outside Deflection Empty Hand Translation

As #1 strike comes in, step to the outside with the left foot at a 45* angle, remaining compressed, quickly follow with the right foot, keeping shoulder distance between the two. While stepping out, pass the strike with the left C-hand and keep the right hand pointed down in a shielding position. Then, with a vertical backhand, strike the opponent's wrist/forearm on the radial nerve. Immediately check/monitor the opponent's forearm with the 'checking' C-hand, then immediately strike the wrist or forearm again in a downward motion. Monitor the forearm with your forearm, attack the head & finish.

Angle1/Inside Empty Hand Translation

As the #1 strike comes in, immediately step forward with the right foot, towards the center of the opponents' footwork. Bring the right hand up to sweep the attacker's right hand, deflecting the force of the strike. Almost simultaneously, follow with a reinforcing & parrying left hand backing up the right hand. It is important when stepping forward to remain compressed.

With the left hand strike the opponent's rib cage, then execute an arm break by bringing the right hand down on the wrist & the left hand upward simultaneously to the opponent's elbow.

Angle1/Inside Empty Hand Translation

After breaking the opponent's arm finish with a backhand, forehand palm strike & uppercut palm strike.

Angle 1/Cross Block Deflection Empty Hand Translation

As the #1 strike comes in, compress while using a 'split step', move the left foot back and right foot forward simultaneously. Quickly greet the strike with both hands/arms in a cross block. Make certain your head is slightly tilted and out of the line of fire.

While allowing the left elbow to drop slightly, guide the opponent's stick downward in the same direction. The left hand checks/monitors the opponent's weapon hand, perform a backhand strike to the face with the right hand, and then strike forward to the opponent's face, following & finishing with an uppercut palm heel strike.

Angle 2/Outside Sweep Deflection Empty Hand Translation

As the #2 strike comes toward you, step in with the left foot, simultaneously sweeping out with the right hand/arm along the opponent's arm and checking/monitoring with the empty hand, utilizing the C-hand.

Then draw your right hand back slightly, and then strike downward on the opponent's forearm, check arm with C-hand.

Perform a forearm check on the opponent's forearm. Complete the counter with multiple strikes to the opponent's head.

Angle 2/Shoulder/Wing Shield Empty Hand Translation

As the #2 strike approaches, step at a 45* to the left slightly, draw your right elbow upward. Simultaneously utilize the free hand in a C-hand to draw the opponent's weapon hand to meet your elbow.

Strike downward onto the opponent's forearm with your right hand. Follow thru with C-hand check, and lock out.

Angle 2/Cross Block Deflection Empty Hand Translation

This counter is used against a 'combative' #2 strike, much as the cross is used vs. #1. Similar footwork is used. While allowing the left elbow to drop slightly guide the opponent's stick downward in the same direction. The left hand checks/monitors the opponent's weapon hand, perform a backhand strike to the face with the right hand, and then strike forward to the opponent's face following & finishing with an uppercut palm heel strike.

Angle 3/Cross Block Deflection Empty Hand Translation

When the #3 strike begins, step forward and toward the opponent's center, remaining compressed. Simultaneously, bring your right hand to greet the strike, and then follow with the left hand. Then bring the right hand up with a backhand strike, follow with a left palm heel strike & finish with an upper cut palm heel to the chin/nose.

Angle 3/One Step Deflection Empty Hand Translation

As the #3 strike comes in, step back slightly with your left foot, drawing in the midsection, and lifting the empty hands initially allowing the strike to pass thru. As the strike passes thru, strike the opponent's wrist/hand.

Perform a check (monitor) on the outside of the opponent's forearm. Perform the lock out with empty hand striking, finishing the counter.

Angle 3/Two Step Counter Empty Hand Translation

Just as in the 'One Step', immediately, as the #3 approaches, step back with your left foot slightly, raising your forearms slightly, and drawing the stomach in, allowing the strike to begin to pass. Then step back with your right foot, slightly deeper. As the opponent's strike follows its path, bring your right foot parallel to your left, replacing it and then strike down with a #1 strike onto the opponent's hand/wrist/forearm. Empty hand striking finishes.

***Fundamental
Empty Hand
Disarms
Of
The
System
Of
Serrada
Escrima
Angles***

1 Thru 3

Angle 1/Outside Empty Hand Disarm

As #1 strike comes in, step to the outside with the left foot at a 45* angle, remaining compressed, quickly follow with the right foot, keeping shoulder distance between the two. While stepping out, pass the strike with the left C-hand and keep your right hand pointing downward in a vertical, shielding position.

With a vertical abaniko strike, hit the wrist or forearm with the right hand knife edge strike

Slip your right hand over the opponent's wrist by, and then grab the opponent's wrist. Twist your wrist 270* angle, making the stick parallel to the ground & take the stick away.

Angle 1/Inside Empty Hand Disarm

As the #1 strike comes in, immediately step forward with the right foot, towards the center of the opponents' footwork. Bring the right hand up to sweep the attacker's right hand, deflecting the force of the strike. Almost simultaneously, follow with a reinforcing & parrying left hand backing up the right hand. With the left hand strike the opponent's rib cage, then execute an arm break by bringing the right hand down on the wrist & the left hand upward simultaneously to the opponent's elbow.

While restraining the opponent's wrist, pull your arm against the radial nerve of the opponent's arm & using the push/pull motion, remove the opponent's stick, then a stick striking finish.

Angle 2/Outside Sweep Empty Hand Disarm

As the #2 strike comes toward you, step in with the left foot, simultaneously sweeping out with both of your arms along the opponents arm and stick then checking/monitoring with the empty hand, utilizing the C-hand.

Then with your right hand grab the opponent's wrist, quickly turn the wrist upward in a clockwise motion 270* until both the elbow & wrist are pointed upward. Pushing forward with the opponent's stick, pincering the thumb & twisting the opponent's stick away. After taking the stick away from your opponent, finish with multiple striking with both sticks.

Angle 2/Shoulder/Wing Shield Empty Hand Disarm

As the #2 strike approaches, step at a 45* to the left slightly, draw your right elbow upward. Simultaneously utilize the free hand in a C-hand to draw the opponent's weapon hand to meet your elbow.

Turn the check/monitor hand to the back of the hand/forearm & snake the opponent's arm, directing your hand straight down simultaneously disarming the opponent.

Angle 3/One Step Empty Hand Disarm

As the #3 strike comes in, step back slightly with your left foot, drawing in the midsection, and lifting your hands initially allowing the strike to pass thru. As the strike passes thru, hook the opponent's wrist/stick with your hand. Twist the opponent's wrist/stick at a 270* angle & use the pincering movement to take the opponent's stick away. Push forward with the opponent's stick, pincering the thumb & twisting the stick away. Finish with multiple striking with stick maintaining control of the arm.

Angle 3/Two Step Empty Hand Disarm

Just as in the 'One Step', immediately, as the #3 approaches, step back with your left foot slightly, raising your forearms slightly, and drawing the stomach in, allowing the strike to begin to pass. Then step back with your right foot slightly deeper. As the strike passes through hook the opponent's arm at the bend in the elbow, as the opponent's strike follows its path, bring your right foot parallel to your left; bringing your left forearm to opponent's forearm to force opponent into a hammer lock simultaneously pivoting on your left foot. Then finish.

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[**Interview with the Author of Fundamentals of WSEF Serrada Escrima - Guro Michael Schwarz Of World Serrada Escrim Federation by Rick Kirkham**](#)

In this interview martial arts expert and author Guro Michael

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Schwarz shares with us information about the deadly Serrada Escrima proven bladed martial arts system. His picture driven and well described step by step book gives even the novice an opportunity to learn some of this devastating art of self-defense and combat....

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Interview with the Author of Fundamentals of WSEF Serrada Escrima - Guro Michael Schwarz Of World Serrada Escrim Federation by Rick Kirkham

In this interview martial arts expert and author Guro Michael Schwarz shares with us information about the deadly Serrada Escrima proven bladed martial arts system. His picture driven and well described step by step book gives even the novice an opportunity to learn some of this devastating art of self-defense and combat....



R: Aloha Guro Schwarz

Thank you for taking the time to grant me this interview. I know from conversations we've had what a busy schedule you have promoting both the martial arts and your martial arts and self-defense products and services. May I call you Mike sir?

M: Of course

R: Can you tell my readers how you first became involved in

martial arts?

M: My father was an old school boxer/golden gloves I believe. Although he had long given up his training due to family & professional obligations, he often encouraged my athletic pursuits, whatever they were.



It was shortly after I'd seen my 1st Bruce Lee movie of course, that I had initial interest in what martial arts was all about. But truthfully, it was the 1st Billy Jack movie that really peaked my desire.

I bugged the heck out of my mother & father till finally we found a TKD/Hapkido school in a near by town. Now you have to realize that I grew up in a very rural part of Southwestern Illinois & the nearest "big town" was 30 minutes away. By today's standard it is not far, but in 1974 - 1979 it was quite far. Although my father did not see the value in a "foreign combat art", my mother finally got him to concede, and the real "love of my life" was discovered.

R: Have you trained in more than one martial art?

M: My initial training as I indicated was in Moo Du Kwan Tae Kwon Do/ Hapkido/Judo. After 10 years within TKD/Hapkido, I pursued Goju Ryu Naha Te, Aikijitsu & then I came upon the arts which I have dedicated the past 25 yrs to in Filipino Martial Arts; 19 yrs of which have been dedicated to Cabales Serrada Escrima & it's propagation.

R: How long have you been training now?

M: Let's see I started training the fall of 1976, so 33 yrs.

R: Have you been in any situations where you've had to use your martial arts skills?



M: Yes I have had to utilize my skills on several occasions. As a former bouncer in drinking establishments, I've had to utilize my mental capacity & training as well as my physical ability. There have been instances outside of that work environment as well when it has been necessary to utilize my skill.

R: What is escrima?

M: Escrima means skirmish. Serrada Escrima means a closing skirmish. It is a mediam range to close quarter range blade based art of Filipino origins.

R: You belong to the World Serrada Escrima Federation. Does this mean there's different styles of escrima?

M: There are not only different systems/styles of escrima but also other segments or movements within particular systems/styles of escrima. These segments/organizations or movements are often dependent upon how the founder of the organization was authorized to represent that particular system of escrima or arnis for that matter.

R: You recently authored Fundamentals of WSEF Serrada Escrima. What prompted you to write this book?

M: I have been given a gift by my instructors with in Cabales Serrada Escrima, but we have all been given this gift by GGM Angel Cabales by his creation of this system. It is in recognition of this gift & my desire to promote & propagate the system that has driven me to write this & additional manuals, as well as produce instructional curriculum dvds.



R: I remember consulting with you on this book. I hope I was of some minor help. It's very picture driven. It must have taken you a long time to both write the text and get the pictures just the way you wanted them.

M: Indeed it did. Actually you were of great help & thank you very much. It was actually much easier to have the pictures taken, edit & compile them, rather than actually write the text. Writing the text actually required thinking about what I was doing...lol

R: Can you give us some details about Fundamentals of WSEF Serrada Escrima?

M: The (WSEF) is an international escrima federation that was founded in 2003, by Grandmaster Anthony Davis and Prof. Leo T. Fong for the purposes of preserving the combative, scientific, philosophical, and the spiritual applications of the late Great Grandmaster Angel Cabales. As stated by Prof. Leo T. Fong " Much of Angel Cabales' system of Escrima I have incorporated into my empty-hand system

called; "Wei Kuen Do". Additionally, Prof. Fong was one of Bruce Lee's and Angel Cabales' star students and personal friend. Grandmaster Anthony Davis began his studies in the field of martial arts at age 15. In 1984, GM Davis was extended a personal invitation from Great Grandmaster Angel Cabales to privately train under him in Stockton, California. Based upon the personal permission of GGM Angel Cabales, GM Davis has been keenly instrumental in spreading the "Davis/Cabales Serrada System of Escrima" aka "WSEF System of Serrada Escrima" worldwide. It is essential to note that the 'Serrada System of Escrima' as taught by Grandmaster Angel Cabales has extensively influenced several top notched Bruce Lee students such as; Leo T. Fong, Dan Inosanto and Richard Bustillo.

GGM Angel Cabales is responsible beginning in 1966, for the emergence of Filipino martial arts in America, and also, that he is officially considered to be the "Father of Escrima in America" as well. In 1991, GGM Angel Cabales was named by 'Black Belt Magazine' as "Weapons Instructor of the Year".



R: Mike I understand you've granted me permission give a preview of your book to my readers. I'd like to thank you for that as well as taking your time from your busy schedule to grant me this interview.

Download Information by Rick Kirkham

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earned picture worth a 1000 words driven book is available simply by becoming a free member of my martial arts health and fitness forum <http://newbieservices.com/MAForum/> You may then find your free sample of Fundamentals of WSEF Serrada Escrima by Guro Michael Schwarz in the members only section <http://newbieservices.com/MAForum/index.php/board,10.0.html>

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