



# Mastering Eskrima Disarms

By Mark V. Wiley

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In this comprehensive book you will learn the disarming techniques of over 30 different styles of Eskrima, Kali, Arnis and Kabaroan, including their essential principles, supporting structures, ranges and modes of engagement, positional gates, footwork methods, joint control strategies and grip release concepts. This masterful text contains 250 pages, 950 photographs, 140 techniques, 35 styles, and 70 legends and masters of Filipino martial arts. Don't miss your chance to see the art as performed by its legends.

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#### Review

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“We highly recommend that anyone who is serious about Filipino martial arts read Master Mark Wiley’s works and keep them at hand.” – British Council of Kali Eskrima Arnis Instructors

“Thank you so very much GM Dr. Mark V. Wiley, for once again producing an essential and revolutionary book of knowledge. – World Serrada Escrima Federation

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