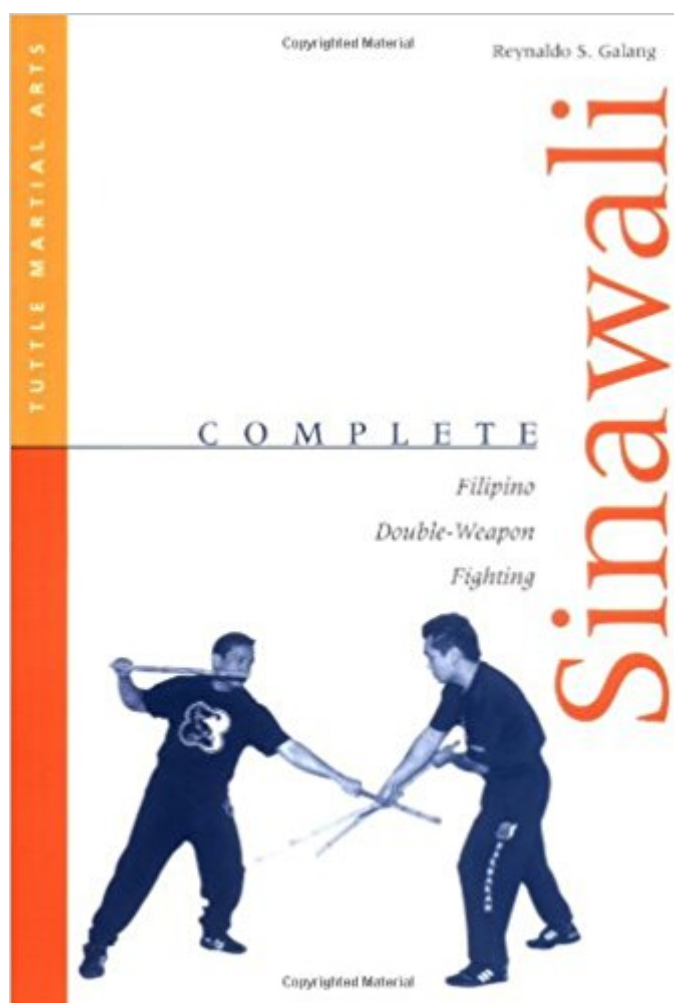


The book was found

Complete Sinawali: Filipino Double-Weapon Fighting (Complete Martial Arts)



Synopsis

Complete Sinawali is the definitive guide to the intricate and highly-refined Filipino martial art of double-weapon fighting. The warriors of the Philippines have long been respected as fierce, courageous, and effective fighters, and the martial art of Sinawali has developed multiple-weapon fighting to an exceptionally high degree of sophistication. Preserved in Filipino dance as well as martial form, Sinawali employs sinuous, polyrhythmic movements, creating an almost impenetrable shield against attack. In Complete Sinawali, Filipino martial artist Reynaldo Galang details the theory behind the forms and presents an orderly progression of drills designed to teach ambidexterity, quick and exact footwork, and special hand techniques that are the foundation of this exceedingly powerful martial art. Chapters include: The Origin of Sinawali, The Fighting Arts of Bakbakan International, Bakbakan Training Structure, Stances and Footwork, Warm-up Exercises, Lakbay Sinawali: The Central Form of Sinawali, Dakip-Diwa, Laban-Sanay (Free-Style Sparring). Whether readers are interested in Sinawali for exercise, hobby, or as a means of self-defense, Complete Sinawali is their definitive guide.

Book Information

Series: Complete Martial Arts

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Average Customer Review: 4.4 out of 5 stars 25 customer reviews

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Customer Reviews

Reynaldo S. Galang, one of the most experienced instructors of the martial arts of the Philippines in the West, has been a protégé of many well-known teachers of Filipino martial styles. He has been studying and teaching the arts for more than thirty years.

Most FMA practitioners only know one form of Sinawali/Sinuwali. This book shows you 18 techniques in detailed instructions on how to execute them from steps to drills to tips. They are accompanied with illustrative photos. Once mastered you can combine them to create your own sayaw or anyo. This book is indispensable it should be in your stick bag. Highly recommended for all FMA practitioners from novices to experts.

I practice Kalis Ilustrisimo in a park with some other escimadors. We started sinawali (double stick fighting) early this year and I ordered this book. This is an excellent book to learn and study sinawali. The written instructions are very clear and the pictures, albeit small, very clearly depict what the technique should look like. Each picture clearly shows the progression of movements. It gets straight to the point. The book delivers its promise of teaching distance, timing, angle of attack and footwork. All of the drills in the book tie together to create a complete sinawali drill called Lakbay Sinawali. If you practice Arnis/Escrima then I highly recommend this book.

I purchased this book hoping to add to my knowledge of double-stick movement and fighting patterns to my existing base in escrima. If you have base knowledge in the fundamentals of single and double baston work, then this book is really helpful in advancing your art further and looking to see how two sticks can be used effectively in coordination. The illustrations, although may be confusing to somebody new, but by reading the text and thinking through the movements, you can more or less figure it out, and maybe this is one of the best ways to learn and to initiate deep cognitive learning - other than a teacher showing you movements in a class. Although two sticks may not be practical in combat in this day and age, the ability to coordinate and work both hands at the same time in the various striking patterns illustrated I believe has helped my single stick and knife work due to my ability to use my left (non-dominant) hand almost as well as my right even in sparring - useful in combat if your dominant hand is rendered useless for example. All in all, I found this book does the job it was meant to do and shows you the many patterns found in sinawali in a methodical and logical order for learning.

so much book space was devoted to the history of the Philippines, particularly Pampanga province and also the elite Bakbakan organization. well over 35% of the book went on these alone, interesting but frustrating. the book should get 4.5 to 5 stars based on the remaining 60+% content but unfortunately it lacks pictures to illustrate what the author is trying to portray. also, the pictures and text are far apart from each other. this book is okay but definitely needs revisions with more

pictures and less babbles.

Super. Great information. Helps a beginner to see what is involved with this form of art and self defense power.

...guide by Rey Galang. Though short it is full of great instructional information. Probably written as a companion guide to formal Bakbakan training, it is still very useful to those unable to take advantage of local teachers. Fairly clear pictures to follow, but great textual instruction of the Lakbay Sinawali Form (Odyssey of Two Weapon Fighting). Easily usable/valuable by/to a slightly experienced Eskrimador.

Fantastic book on double stick drills

AMust have

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