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~~Arts) Cabales Serrada Escrima~~

New York: Stick placement

drill/practice Serrada Escrima

Entries: Angle 1 \u0026 2 Entries

In Filipino Martial Arts Rhonda

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Angel Cabales Serrada ng

Escrima: Southpaw Sparring

(Strikes 1- 2- 3- 4) GLOVES OFF

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405# With Master Jeffrey Finder
of Serrada Escrima SERRADA
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over the years, I found this book

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Dedicated to the art of Cabales
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Cabales Serrada Escrima
Cabales Serrada Escrima. The
system of Philippine martial arts
known as Cabales Serrada

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Escrima was founded by Grandmaster Angel Cabales (1917-1991) and first taught publicly in the year 1966 in Stockton, California.. Originally GM Cabales' system consisted mainly of Espada y Daga (Stick and Dagger) techniques, but after

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opening his school in Stockton,
GM Cabales started adding Empty
Hand ...

Cabales Serrada Escrima

Serrada is one of the many styles
of Filipino martial arts. I studied
Escrima in Cabales system. The

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book contains good stuff
regardless of your style plus it's
easy to follow. I would add that
one can't learn Escrima from a
book but the book helped answer
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