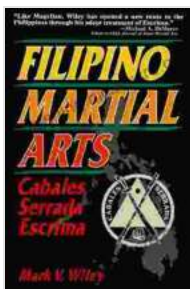


Cabales Serrada Escrima: A Comprehensive Guide to the Filipino Martial Art of Stick Fighting

Cabales Serrada Escrima is a Filipino martial art that specializes in stick fighting. It is a comprehensive system that includes techniques for disarming opponents, striking with sticks, and defending against attacks with bladed weapons. Cabales Serrada Escrima is a relatively young martial art, having been developed in the early 20th century by a Filipino martial artist named Eulogio Cabales.

Cabales Serrada Escrima is based on the traditional Filipino martial art of escrima, which is a generic term for any Filipino martial art that uses sticks or other weapons. Escrima is thought to have originated in the Philippines during the 16th century, when the Spanish conquistadors introduced bladed weapons to the islands. The Filipinos quickly adapted their own martial arts to incorporate these new weapons, and escrima was born.



Filipino Martial Arts: Cabales Serrada Escrima

by Mark V. Wiley

★★★★☆ 4.5 out of 5

Language : English
File size : 6283 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 156 pages

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Over the centuries, escrima evolved into a highly sophisticated martial art, and it is now practiced by people all over the world. There are many different styles of escrima, each with its own unique techniques and principles. Cabales Serrada Escrima is one of the most popular styles of escrima, and it is known for its emphasis on disarming opponents and its effective use of sticks.

Cabales Serrada Escrima is a disarming art. The goal of Cabales Serrada Escrima is to disarm your opponent and then control them with your stick. This is done by using a variety of techniques, such as trapping your opponent's weapon, disarming them with a strike, or using your stick to block their attacks and create an opening for a disarming technique.

Once you have disarmed your opponent, you can then use your stick to control them. This can be done by using your stick to strike your opponent, to grapple with them, or to hold them at bay.

Cabales Serrada Escrima is also an effective striking art. The sticks used in Cabales Serrada Escrima are typically made of rattan, which is a strong and flexible wood. This makes them ideal for striking, as they can deliver a powerful blow without breaking.

Cabales Serrada Escrima strikes can be used to attack any part of the body, but they are particularly effective against the head, neck, and arms. This is because these areas are vulnerable to being struck with a stick, and they can be easily disabled with a well-placed strike.

Cabales Serrada Escrima is a comprehensive martial art that includes techniques for disarming opponents, striking with sticks, and defending

against attacks with bladed weapons. It is a highly effective martial art that can be used for self-defense or for sport.

Techniques of Cables Serrada Escrima

Cables Serrada Escrima is a comprehensive martial art that includes a wide variety of techniques. These techniques can be divided into three main categories: disarming techniques, striking techniques, and defensive techniques.

Disarming Techniques

Cables Serrada Escrima disarming techniques are designed to disarm an opponent who is armed with a stick or other weapon. These techniques can be used to disarm an opponent with a single strike or with a series of strikes. Some of the most common Cables Serrada Escrima disarming techniques include:

- **Pakawit:** The pakawit is a hook-shaped strike that is used to trap an opponent's weapon and disarm them.
- **Sumbrada:** The sumbrada is a downward strike that is used to knock an opponent's weapon out of their hand.
- **Binakaw:** The binakaw is a two-handed strike that is used to disarm an opponent by breaking their weapon.

Striking Techniques

Cables Serrada Escrima striking techniques are designed to attack an opponent with a stick. These techniques can be used to strike any part of the body, but they are particularly effective against the head, neck, and

arms. Some of the most common Cabales Serrada Escrima striking techniques include:

- **Trisada:** The trisada is a straight thrust with the stick.
- **Ada:** The ada is a horizontal strike with the stick.
- **Habag:** The habag is a vertical strike with the stick.

Defensive Techniques

Cabales Serrada Escrima defensive techniques are designed to defend against attacks with sticks or other weapons. These techniques can be used to block an opponent's attacks, to evade their attacks, or to counterattack. Some of the most common Cabales Serrada Escrima defensive techniques include:

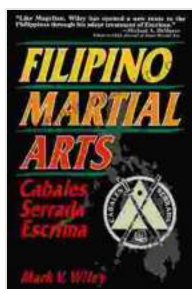
- **Sayaw:** The sayaw is a footwork pattern that is used to evade an opponent's attacks.
- **Sabangan:** The sabangan is a block that is used to block an opponent's attacks.
- **Kontrapelo:** The kontrapelo is a counterattack that is used to attack an opponent after they have missed their own attack.

Training Methods of Cabales Serrada Escrima

Cabales Serrada Escrima is a dynamic martial art that requires a lot of practice to master. There are a variety of training methods that can be used to learn Cabales Serrada Escrima, but the most common methods include:

- **Solo training:** Solo training is a great way to improve your basic techniques and to work on your own at your own pace.
- **Partner training:** Partner training is a great way to practice your techniques with a partner and to get feedback on your performance.
- **Group training:** Group training is a great way to learn from more experienced practitioners and to get a feel for the different aspects of Cabales Serrada Escrima.

Cabales Serrada Escrima is a dynamic and effective martial art that can be used for self-defense or for sport. It is a comprehensive system that includes techniques for disarming opponents, striking with sticks, and defending against attacks with bladed weapons. If you are interested in learning a martial art that is both effective and fun, then Cabales Serrada Escrima is a great choice.



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