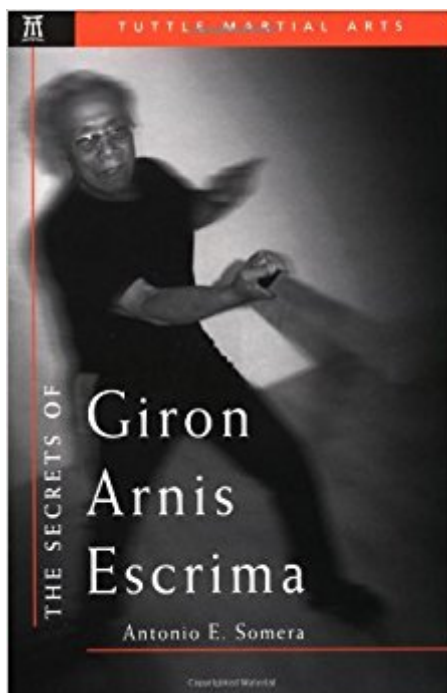


The book was found

The Secrets Of Giron Arnis Escrima (Secrets Of The Martial Arts)



Synopsis

Learn about the history, culture and techniques of Filipino escrima with this informative martial arts guide. The history of the Philippines and her martial arts is a history of resistance and revolt. Born into this fertile time and place, Grandmaster Leo M. Giron became a child of revolution. He grew up in a time when martial arts training was a necessity, not a luxury. His system was taught to him by five renowned masters; his experience honed in the jungle warfare of World War II. *The Secrets of Giron Arnis Escrima* is an engaging biography of Leo Giron, a renowned master of escrima and survivor of numerous hand-to-hand encounters in the Philippine jungles. It is also a visual and descriptive survey of Giron's fighting art—•a classical weapons and empty-hand self-defense system applicable in today's modern society. Included is an overview of the twenty styles that make up the Giron system in general, and an analysis of the *de fondo* and *cadena de mano* styles in particular. Packed with over 300 historical and instructional photographs this book truly reveals the secrets of this Filipino martial art.

Book Information

Series: Secrets of the Martial Arts

Paperback: 152 pages

Publisher: Tuttle Publishing; 1st edition (March 15, 1998)

Language: English

ISBN-10: 0804831394

ISBN-13: 978-0804831390

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 11 customer reviews

Best Sellers Rank: #1,037,342 in Books (See Top 100 in Books) #150 in [Books > Biographies & Memoirs > Sports & Outdoors > Boxing, Wrestling & MMA > Martial Arts](#) #417 in [Books > Sports & Outdoors > Individual Sports > Boxing](#) #1363 in [Books > Sports & Outdoors > Coaching > Training & Conditioning](#)

Customer Reviews

"This book is long overdue, and a welcome addition to my martial arts library."—Dan Inosanto, author of *The Filipino Martial Arts*
"Tony Somera has done a thorough job of describing the philosophy and techniques of Giron arnis escrima—a fitting tribute to Grandmaster Giron and his martial legacy."—Mark V. Wiley, author of *Filipino Martial Culture*

Antonio "Tony" Somera lives in Stockton, California, the hub of escrima in the United States. He is the only person to whom Grandmaster Giron awarded the maaster's degree in the art of Giron arnis escrima. He is the presiding master of the Bahala Na Martial Arts Association, and his articles have appeared in Free Voice and Martial Arts Legends magazines.

Great book on the history of one of the great Stockton escrimadors. I grew up a few blocks from this man. He was a bladed warrior with proven fighting skill. Please reference Memories ride the ebb of tide by Leo M. Giron. It might be hard to find but well worth the search. The book details the history of Leo's larga mano style. It also recounts his WW2 sword to sword battles as well as a detailed timeline of instructors. Secrets of Giron Arnis escrima is a beginner's view into the Bahala Na escrima system.

ÃfÂ Ã ÅÃ â ^Ã Â•ÃfÂ Ã ÅÃ Â•Ã Â

Shipment of the product was great and fast. The book is an interesting read, though a bit difficult to follow the picture diagrams as to the actions.

Full of knowledge

Awesomeness

Grandmaster Leo Giron is one of a handful of key figures in the history of Filipino Martial Arts in America and this book preserves a snapshot of his teaching style and philosophy along with a visual record of how Giron himself performed fundamental techniques in his system. You will not learn Giron Arnis Escrima from this book alone, but I've found dozens of little bits of information in here that supplement the training I receive in my FMA class. This book is most valuable to the student or interested observer who wants to find out more about how a Master's philosophy of life colors his martial arts practice. This is bare-bones information -- less about 'secrets' as things that the master tries to hide from the public and more about 'secrets' that are subtle elements of the art that one only gets from observing someone who has achieved Giron's level of quiet competence in any situation. It's also one of the only records we have of this grandmaster's method and emphasis in his practice studio that was done while Leo Giron was still alive and teaching. It captures something

that would otherwise be lost as his teaching is passed on and evolves from teacher to student. Somera is a competent and functional writer and the book is laid out in a logical manner. The photos don't show all that is going on in the techniques, but they do capture the most critical elements and are enough for a student to piece the techniques together with just a bit of qualified training and a patient and willing training partner. If you are interested in an engagingly written history of FMA in general then you would probably do better with one of Mark Wiley's books like *Â Filipino Martial Culture (Martial Culture Series)*. If you are more interested in Leo Giron's life and how his combat experience in the Philippines during WWII helped to shape his art or details about the birth of American FMA in Stockton, CA during the '60s then you would be more interested in Somera's other book *Â Giron Escrima: Memories of a Bladed Warrior*, which covers Giron's life story in more depth and also talks about the cultural environment that led people like Giron and Cabales and LaCoste to open their schools. But none of these books offer a no-nonsense record of Giron's legacy of instruction the way that this book does.

I really liked this book. I know it was not as deep in technique and theory as many would have liked, but for the price it is a great introduction. I would like to see a more in-depth version, akin to Jun Fan/Jeet Kune Do the text book, or something as nice as either of the new Gracie Books. I am still waiting for the Filipino book that gives real grasp to the newbie, but still has a lot for the experienced player. In short I am looking for some thing with the thought and grace of Brazilian Jiu-Jitsu Theory and Practice, or Brazilian Jiu-Jitsu Self-Defense, or maybe a book as comprehensive in its coverage as is Simco's Brazilian Jiu-Jitsu: The Master Text. Never the less it is still good to see old Giron, moving around and swinging a stick. Nice job.

This book provides the reader with a very good taste of Grandmaster Giron's system of self-defense. It is particularly strong in the largo-mano or long range area, with clearly photographed techniques using sticks, knives and empty hands. In addition to the techniques, he puts his system into an ethical framework. The only part I would have liked to see more of was the excellent empty hands techniques present in the Filipino martial arts, including guntings and limb destructions. Nonetheless, this will make an excellent addition to anybody's library with interest in the subject matter.

[Download to continue reading...](#)

The Secrets of Giron Arnis Escrima (Secrets of the Martial Arts) MMA Training: The Ultimate Beginners Guide To Mixed Martial Arts (Including Drills & Tactics) (MMA, Martial Arts, Self Defense,

BJJ) Parting the Clouds - The Science of the Martial Arts: A Fighter's Guide to the Physics of Punching and Kicking for Karate, Taekwondo, Kung Fu and the Mixed Martial Arts Martial Arts for People with Disabilities (Martial and Fighting Arts) Martial Arts for Athletic Conditioning (Martial and Fighting Arts) Martial Arts for the Mind: Essential Tips, Drills, and Combat Techniques (Martial and Fighting Arts) Martial Arts for Children: Winning Ways (Mastering Martial Arts) Martial Arts for Women: Essential Tips, Drills, and Combat Techniques (Martial and Fighting Arts) Martial Arts for Children: Essential Tips, Drills, and Combat Techniques (Martial and Fighting Arts) Martial Arts for Women: Winning Ways (Mastering Martial Arts) Martial & Fighting Arts (Martial and Fighting Arts Series) Fight Like a Physicist: The Incredible Science Behind Martial Arts (Martial Science) Practical Escrima Knife Defense: Defending Yourself against Knife Attacks (Vortex Control Self-Defense Book 2) Filipino Martial Culture (Martial Culture Series) Mental Combat: The Sports Psychology Secrets You Can Use to Dominate Any Event! (Martial Arts, Fitness, Boxing and MMA Performance) The Art of Shaolin Kung Fu: The Secrets of Kung Fu for Self-Defense, Health, and Enlightenment (Tuttle Martial Arts) Secrets of Kalis Ilustrisimo: The Filipino Fighting Art Explained (Tuttle Martial Arts) Splits: Stretching: Flexibility - Martial Arts, Ballet, Dance & Gymnastics Secrets To Do Splits - Without Leg Stretching Machines or Cables (Splits, Stretchers, ... Leg Stretching Machine, Cables, MMA Book 0) Ultimate Warrior Workouts (Training for Warriors): Fitness Secrets of the Martial Arts Essential Anatomy: For Healing and Martial Arts

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)