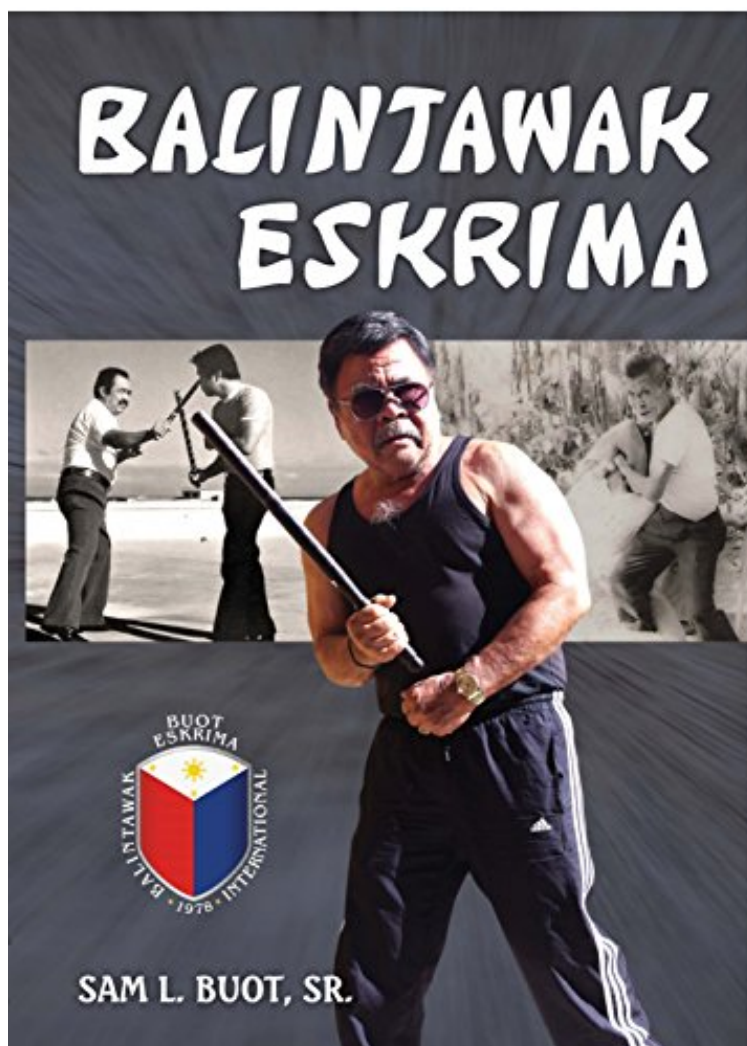


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Balintawak Eskrima (English Edition)



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Description :

Prsentation de l'diteurEskrima stick fighting is indigenous to the Philippines and in the 1950s one of the most popular styles emerged: Balintawak. To appreciate Anciong Bacons Balintawak Eskrima, you have to understand set-ups, anticipation, the art of outwitting through ruses and lures; economy and simplification of motion, sans lavish and squandered movements; effective strikes fused and bonded with speed, power, elegance and grace. That is the essence of Anciongs Balintawak and these are the methods Sam Buot explains and demonstrates in this book.Written from the authors half-century of personal experience and hard-earned knowledge, Balintawak Eskrima presents the art from origin to modern times, as a fighting art, as cultural tradition and a means of personal development. Illustrated with nearly 700 historical and instructional photographs, this book is a must-have for all martial artists and those interested in the history of a people and their fight art.Guro Sam Buot is the eldest surviving student of Anciong Bacons original Balintawak Eskrima group from Cebu, Philippines. He is a true enthusiast of Filipino martial arts and has

served as unofficial historian of the Balintawak style, having studied under the tutelage of Grandmaster Venancio Bacon, Jose Villasin, Teofilo Velez and Teddy Buot since the late 1950s. At 78, Sam is now retired and teaches eskrima in his backyard in Phoenix, Arizona. Presentation de l'diteur Eskrima stick fighting is indigenous to the Philippines and in the 1950s one of the most popular styles emerged: Balintawak. To appreciate Anciong Bacons Balintawak Eskrima, you have to understand set-ups, anticipation, the art of outwitting through ruses and lures; economy and simplification of motion, sans lavish and squandered movements; effective strikes fused and bonded with speed, power, elegance and grace. That is the essence of Anciongs Balintawak and these are the methods Sam Buot explains and demonstrates in this book. Written from the authors half-century of personal experience and hard-earned knowledge, Balintawak Eskrima presents the art from origin to modern times, as a fighting art, as cultural tradition and a means of personal development. Illustrated with nearly 700 historical and instructional photographs, this book is a must-have for all martial artists and those interested in the history of a people and their fight art. Guro Sam Buot is the eldest surviving student of Anciong Bacons original Balintawak Eskrima group from Cebu, Philippines. He is a true enthusiast of Filipino martial arts and has served as unofficial historian of the Balintawak style, having studied under the tutelage of Grandmaster Venancio Bacon, Jose Villasin, Teofilo Velez and Teddy Buot since the late 1950s. At 78, Sam is now retired and teaches eskrima in his backyard in Phoenix, Arizona.