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Serrada is one of the many styles of Filipino martial arts. I studied Escrima in Cabales system. The 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 questions on what I was taught

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Mark V. Wiley is the author of Filipino Martial Culture (4.24 avg rating, 70 ratings, 8 reviews, published 1997), The Secrets of Cabales Serrada Escrima ...

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