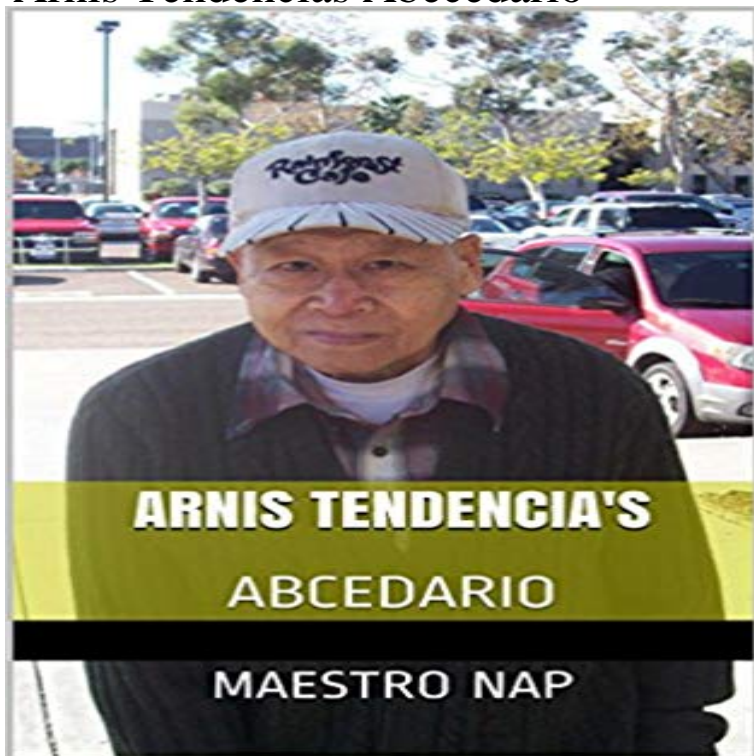


Arnis Tendencias Abecedario



This book is a must read for anyone interested in Filipino Martial Arts or Self-defense. If you are looking for information on the ins and outs of Arnis, Kali, Escrima, or information on Filipino Martial Arts you should definitely check out this book, its a source of invaluable information about Arnis and the Art of the Abecedario or The ABCs. Do you find yourself wondering if you could defend yourself from an armed or unarmed attack? Do you need help overcoming the fear of a past armed or unarmed attack? Clueless about Self-defense? Or interested in the Filipino martial arts? Then this book is for you. You will learn how all attacks fall into the 12 angles of attack. Discover ways in which to defend yourself from each of the 12 angles. By mastering the six essential techniques of the Abecedario (or the ABCs) which include Foot work, Striking, Blocking and Cocking Positions, Return Stoke patterns and transferring in between strikes. You will gain the confidence to defend yourself from most any threats. As you learned the Art of Abecedario you will find yourself overcoming these fears and the law of attraction that comes from having these fears. With this book you now have a fresh start on become a master of your thoughts, emotions and body. All in all, it is an inspiring, user friendly guide that will help you well on your way to becoming a Filipino martial arts practitioner. The Abecedario (or the ABCs) is highly underrated and an overlooked art in Arnis. There is one big problem with this; it is the base art that must be mastered. For without mastering the Art of Abecedario; it would be like knowing how to swimming under water without knowing how to hold your breath. If the tree grows without its base firmly rooted. The wind would blow it over. Or if you hit a home run and you never touch first base? It is really not a home run. I promise you to this day that if

the Supreme Master was still teaching; he would start by teaching you Abecedario and you would be practicing it for the duration of your training with him; whether you're training with him for 2 years or 20 years. Matter of fact; the late time I practiced with him in 2008 it was the first thing he pulled from his quiver. (See the beginning of the Abecedario chapter). The Art of the Abecedario is one of two Base Arts of Arnis Tendencia. It consists of a feeder and a defender. The feeder will strike at the defender the 12 Angles of Attacks; between every attack the feeder will leave his arm out for the defender to practice on. The Defender will have to block the attack, Cock his stick, use the correct Return Stroke Patterns to defend himself with then have to transfer to the next angle of attack to repeat to all the 12 angle of attack. As you begin to practice the art of Abecedario; Remember Slow and control transforms into speed and power. Be sure to use respect, etiquette, self-control, humility and discipline as you practice. The better you are versed in the Art of Abecedario; the better prepared you will be for the advanced Arts of Arnis. Be willing to take the time to perfect each and every aspect of the art of Abecedario.

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