

Silat Instructional Manual

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Schools and Instruction Silat Martial Arts Information

but with a hint of silat and other arts thrown in the mix. Abenir himself was a student of Reyes and Diego, among other known teachers in Manila. Impressed with his basic approach to the art, I reached out to Bong to see if he ' d be interested in writing a book on Eskrima for use on the street—as

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