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Dedicated to the art of Cabales
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Cabales Serrada Escrima
Cabales Serrada Escrima. The system of Philippine martial arts known as Cabales Serrada Escrima was founded by Grandmaster Angel Cabales (1917-1991) and first taught publicly in the year 1966 in Stockton, California.. Originally GM Cabales ' system consisted mainly of Espada y Daga (Stick and Dagger) techniques,

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but after opening his school in Stockton, GM Cabales started adding Empty Hand ...

Cabales Serrada Escrima

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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