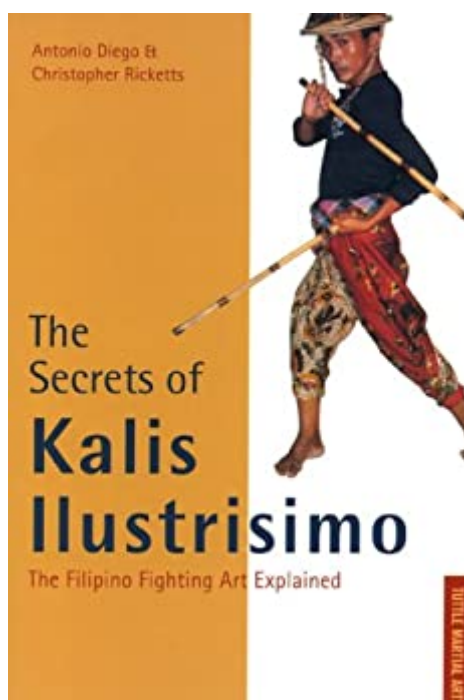


The book was found

Secrets Of Kalis Ilustrisimo: The Filipino Fighting Art Explained (Tuttle Martial Arts)



Synopsis

Master the art of Filipino kalis with this illustrated martial arts guide. The Filipino martial art of Ilustrisimo hails from Cebu, Philippines, where martial arts are still considered a matter of life-and-death survival rather than sport or exercise. Named after Antonio "Tatang" Ilustrisimo, the master who taught the style to both of the authors of this book, the art of kalis Ilustrisimo has been in the Ilustrisimo family for more than five generations. Based on traditional Philippine stick and sword fighting methods and refined by Antonio Ilustrisimo's vast personal experience in challenge matches, it offers a powerful, flexible, dynamic, and effective fighting style. The Secrets of Kalis Ilustrisimo is the first book to deal with the techniques and theories of this very effective system of personal combat including the history of kalis Ilustrisimo and structure of the system, the fundamentals of practice, the defensive movements and applications, and the training techniques used to prepare for actual personal combat. It also includes hundreds of photographs showing the essential movements and techniques of this martial arts style. Sections include: KALIS ILUSTRISIMO IN PERSPECTIVE History and Development; Structure of the Ilustrisimo System FUNDAMENTALS OF PRACTICE

Book Information

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Customer Reviews

This book was not meant to be an exhaustive tour de force of Kalis Ilustrisimo (it says so in the Introduction). So it should not be assessed based on what it is not. I practice Lapunti Arnis de Abanico (lapunti.org) and I bought this book solely to have an understanding of the footwork of KI. Among the FMA styles, in my opinion, KI's footwork is very unique - it differs from the classical triangle based footwork of other FMA styles. I think this book will be a better value to those who practice other styles of FMA and wishes to incorporate some aspects of KI to their personal style. Those who spar regularly with KI practitioners will also find this book valuable ;-). Skip this book if you already practice KI with an instructor.

excellent covers all the basic plus some more advanced techniques, but you need to see it first hand or video to get the real feel of it from the Tatang Ilustrisimo.

Good reference material for those interested.

Not great. If you're a fan of the art, it doesn't have to be.

The pictures do not clearly present the essence of the techniques explained. Overall, provides an idea of what the system is.

Although it explains the Ilustrisimo style to some extent, it didn't really explain how the weapon techniques can be converted to empty-hand. Also most of the information is on the history of this martial art and not enough on actual instruction. Personally if you want to really get a full grasp of this style try finding a good teacher. On a lighter note this book will still teach fundamental and intermediate techniques which will help you get a small idea on how this martial art works.

A very good introduction of the system. Personally i love it! A must have for all FMA practitioners

Great book. Every serious escrimador, arnisador or kalista should have it as a reference on history and techniques. Gives great insights.

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