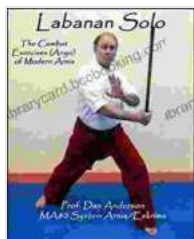


The Combat Exercises Anyo Of Modern Arnis: A Comprehensive Guide



Labanan Solo: The Combat Exercises (Anyo) of Modern Arnis by Dan Anderson

★★★★★ 5 out of 5

Language : English

File size : 22664 KB

Screen Reader : Supported

Print length : 667 pages

Lending : Enabled

X-Ray for textbooks : Enabled



The Combat Exercises Anyo Of Modern Arnis is a comprehensive guide to the anyo, or combat exercises, of Modern Arnis. These exercises are designed to develop the skills and techniques necessary for effective self-defense.

The book begins with an overview of the history and development of Modern Arnis. It then provides a detailed explanation of the basic principles of the art, including the use of the stick and the empty hand. The book also includes a comprehensive guide to the various anyo, or combat exercises, of Modern Arnis.

The Combat Exercises Anyo Of Modern Arnis is an essential resource for anyone interested in learning more about this dynamic and effective martial art. The book provides a wealth of information and instruction that will help

readers to develop the skills and techniques necessary for effective self-defense.

Benefits Of Training In Modern Arnis

There are many benefits to training in Modern Arnis, including:

- Improved self-defense skills
- Increased confidence and self-esteem
- Improved physical fitness
- Stress relief
- A sense of community

If you are interested in learning more about Modern Arnis, I highly recommend checking out *The Combat Exercises Anyo Of Modern Arnis*. This book is an excellent resource for anyone interested in learning more about this dynamic and effective martial art.

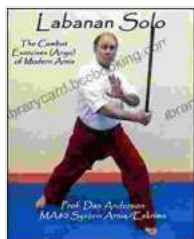
About The Author

The Combat Exercises Anyo Of Modern Arnis was written by Remy Presas, the founder of Modern Arnis. Presas was a renowned martial artist and instructor, and he developed Modern Arnis as a practical and effective self-defense system.

Presas's book is a comprehensive guide to the anyo, or combat exercises, of Modern Arnis. The book provides a wealth of information and instruction that will help readers to develop the skills and techniques necessary for effective self-defense.

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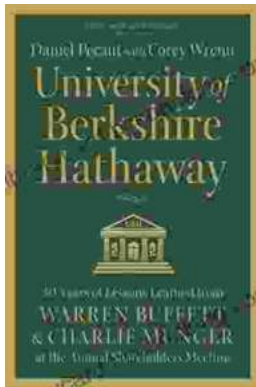
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