



FMA Education: The Fundamental Core of Arnis de Mano

Louelle C. Lledo Jr., Andy T. Sanano Jr.

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FMA Education: The Fundamental Core of Arnis de Mano Louelle C. Lledo Jr., Andy T. Sanano Jr. FMA Education correlates the techniques of Filipino martial arts and creates a basic standard of fundamentals from which all FMA style can be built. Most important are the small set of “classical maneuvers” from which all techniques are based, and the two “basic strikes” from which all strikes derive. With nearly 700 photos featured over 286 pages of text, this training manual merges the authors’ previous four handbooks into a single, newly expanded and comprehensive volume. The expectation of this book is to help develop the ability of teachers and students to present a consistent educational curriculum across all of the traditional systems and schools of FMA (Arnis/Eskrima) while understanding and respecting the variations among them.

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