



# **Arnis: History and Development of the Filipino Martial Arts**

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The Filipino martial tradition, its history, cultural perspective and technique, makes for a rich and fascinating story. This is the first book to delve deeply into that legacy, examining the different schools of arnis and contributions made by leading arnisadores through history. This book examines training regimens, fighting techniques and innovations, and provides an exhaustive bibliography of all the books ever written on the subject. With 125 remarkable photographs, Mark Wiley's groundbreaking study of arnis stands as an important source book for all serious practitioners of unarmed Filipino martial arts-as well as any serious student of martial arts as it is practiced worldwide.

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