



Arnis: Reflections on the History and Development of Filipino Martial Arts (Tuttle martial arts)

Mark V. Wiley

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***Arnis: Reflections on the History and Development of the Filipino Martial Arts* is an intriguing collection of essays on Filipino martial arts.**

Featured are insightful essays by Filipino martial artists:

- Krishna K. Godhania
- Antonio E. Somera
- Abner G. Pasa
- Dr. Jopet Laraya
- Felipe P. beano, Jr.
- Rene J. Navarro

For centuries, Filipino martial arts have played integral and often momentous roles in the history of the Philippines and in the survival of the Filipino people. But what are these arts? Where do they come from? How have they developed? Where are they headed? And what inner dimensions do they offer their practitioners? These questions, among others, form the basis of *Arnis: Reflections on the History and Development of the Filipino Martial Arts*.

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