



Giron Escrima: Memories of a Bladed Warrior

Leo M. Giron

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Due largely to its effectiveness, Escrima is one of the world's most popular martial arts systems. Grandmaster Leo M. Giron designed this method to overcome a larger and stronger opponent in life-or-death encounters. Giron's Escrima contains many ingenious exercises and strategies while remaining the essence of simplicity. Giron's Escrima knowledge has been in great demand by thousands of Escrima, Arnis, and Kali students from all over the world— and now for the first time, the original work of Grandmaster Giron is brought to the public with the most comprehensive information ever published in an Escrima book. Packed with photos taken with painstaking care to assure correct positioning and execution, this volume covers all of the fundamental and advanced principles as taught by the late Grandmaster Leo M. Giron.

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