

Unlock the Secrets of the Fundamentals of WSEF System of Serrada Escrima Module and Master the Art of Self-Defense!

The Fascinating World of Serrada Escrima

Serrada Escrima is a Filipino martial art that dates back centuries, encompassing a rich history, culture, and tradition. Its techniques are deeply rooted in the art of self-defense, focusing on weapon-based combat using sticks, knives, and improvised weapons.

Introducing the WSEF System

The WSEF System of Serrada Escrima is a comprehensive training module that has gained popularity worldwide due to its effectiveness and practicality. Developed by the late Grandmaster Angel Cabales, this system combines the best aspects of different martial arts to create a well-rounded self-defense system.

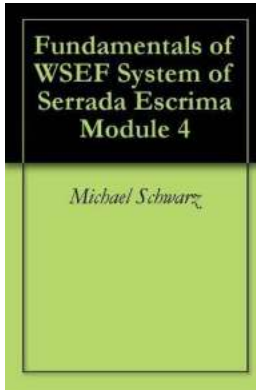
Understanding the Fundamentals

Mastering the fundamentals is crucial in any martial art, and Serrada Escrima is no exception. In this module, you will delve deep into the core principles and techniques that form the foundation of the WSEF System.

Fundamentals of WSEF System of Serrada Escrima Module 4 by Glynis Cooney (Kindle Edition)

★★★★☆ 4.7 out of 5

Language : English



File size	: 3332 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 412 pages
Lending	: Enabled
Screen Reader	: Supported



1. Stance and Footwork

Proper stance and footwork are essential for maintaining balance, stability, and mobility during combat. You will learn various stances, such as the forward stance, boxer stance, and triangle stance, which allow for quick and efficient movement.

2. Strikes and Blocks

Serrada Escrima emphasizes powerful strikes and effective blocking techniques to neutralize attacks and create openings for counter-attacks. You will become proficient in executing strikes like the forehand strike, backhand strike, thrust, and overhead strike, as well as different types of blocks to defend against incoming attacks.

3. Disarms and Locks

One of the distinguishing features of Serrada Escrima is its emphasis on disarming opponents and immobilizing them through locks and holds. You will learn intricate techniques to disarm an armed opponent and control their movements through joint locks.

4. Counters and Grappling

Combat scenarios often involve close-quarters grappling and counters. The WSEF System equips you with effective techniques to gain the upper hand in these situations. You will learn strategies to escape holds, execute throws, and immobilize opponents on the ground.

Mastering the WSEF System

As you progress through the WSEF System of Serrada Escrima, you will experience a transformation in your physical and mental abilities. Here are some key benefits you can expect when mastering this module:

1. Self-Defense Proficiency

With the WSEF System, you will develop the skills needed to protect yourself and others in real-life self-defense situations. You will gain confidence and peace of mind knowing that you can effectively defend against potential threats.

2. Enhanced Coordination and Reflexes

Practicing Serrada Escrima requires precise coordination and quick reflexes. Through consistent training, you will improve your hand-eye coordination, footwork, and reaction times, leading to enhanced overall physical coordination.

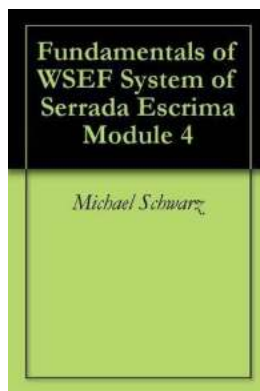
3. Mental Focus and Discipline

Training in Serrada Escrima demands mental focus and discipline. You will learn to remain calm under pressure and make strategic decisions in fast-paced combat situations. These attributes will extend beyond martial arts and positively impact other areas of your life.

4. Improved Physical Fitness

Serrada Escrima is a dynamic martial art that engages your entire body. The training involves cardiovascular endurance, strength, flexibility, and stamina, leading to improved overall physical fitness.

The WSEF System of Serrada Escrima is a comprehensive and practical self-defense module that offers much more than just combat techniques. By immersing yourself in the fundamentals of this ancient martial art, you will unlock a world of physical and mental development. Embrace the journey, and become a master of self-defense!



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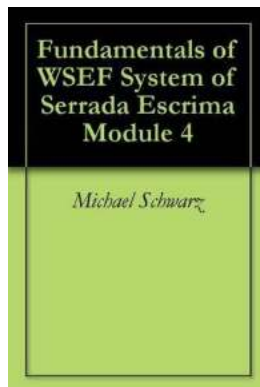
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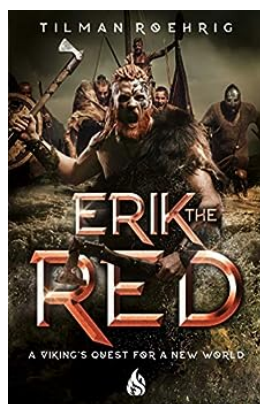
The book encompasses material of the 4th module of advancement within the WSEF System of Serrada Escrima. Once mastered, the student has the foundational knowledge to move on to the Basic Instructor Level within the WSEF System of Serrada Escrima. All techniques are provide with weapon techniqe, empty hand translation of the same, disarm with weapon & empty hand translation of the disarm. The activity & techniques in the manual are for

exercise & personal development. Great care should be taken when learning/practicing a martial art of any kind.



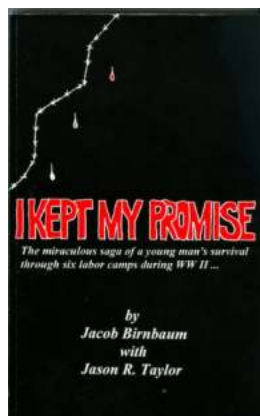
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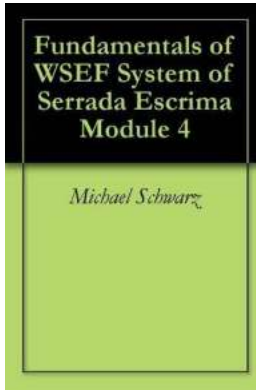
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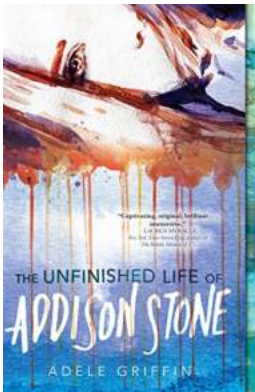
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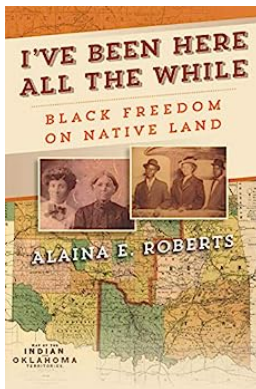
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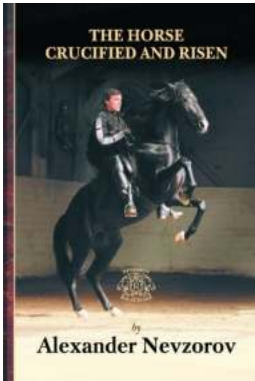
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