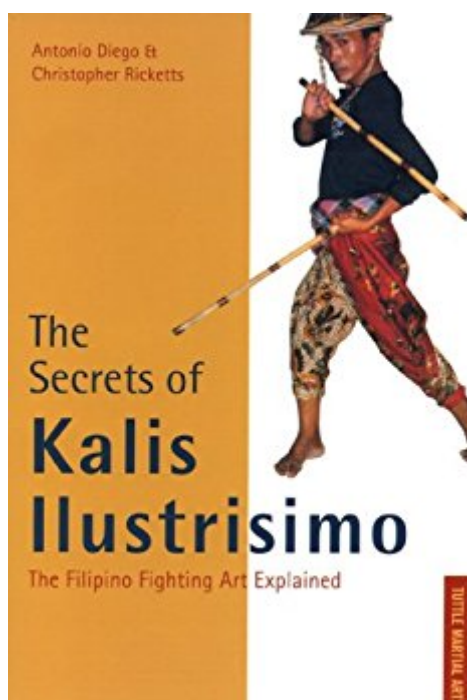


The book was found

# Secrets Of Kalis Ilustrisimo: The Filipino Fighting Art Explained (Tuttle Martial Arts)



## Synopsis

Master the art of Filipino kalis with this illustrated martial arts guide. The Filipino martial art of Ilustrisimo hails from Cebu, Philippines, where martial arts are still considered a matter of life-and-death survival rather than sport or exercise. Named after Antonio "Tatang" Ilustrisimo, the master who taught the style to both of the authors of this book, the art of kalis Ilustrisimo has been in the Ilustrisimo family for more than five generations. Based on traditional Philippine stick and sword fighting methods and refined by Antonio Ilustrisimo's vast personal experience in challenge matches, it offers a powerful, flexible, dynamic, and effective fighting style. *The Secrets of Kalis Ilustrisimo* is the first book to deal with the techniques and theories of this very effective system of personal combat including the history of kalis Ilustrisimo and structure of the system, the fundamentals of practice, the defensive movements and applications, and the training techniques used to prepare for actual personal combat. It also includes hundreds of photographs showing the essential movements and techniques of this martial arts style. Sections include: **KALIS ILUSTRISIMO IN PERSPECTIVE** History and Development; Structure of the Ilustrisimo System **FUNDAMENTALS OF PRACTICE**

## Book Information

File Size: 8438 KB

Print Length: 252 pages

Publisher: Tuttle Publishing; 1 edition (October 16, 2012)

Publication Date: October 16, 2012

Sold by: Digital Services LLC

Language: English

ASIN: B009K54L60

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #347,665 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #74

in Kindle Store > Kindle eBooks > Nonfiction > Sports > Individual Sports > Boxing #190

in Books > Sports & Outdoors > Individual Sports > Boxing #438 in Kindle Store > Kindle

## Customer Reviews

This book was not meant to be an exhaustive tour de force of Kalis Ilustrisimo (it says so in the Introduction). So it should not be assessed based on what it is not. I practice Lapunti Arnis de Abanico (lapunti.org) and I bought this book solely to have an understanding of the footwork of KI. Among the FMA styles, in my opinion, KI's footwork is very unique - it differs from the classical triangle based footwork of other FMA styles. I think this book will be a better value to those who practice other styles of FMA and wishes to incorporate some aspects of KI to their personal style. Those who spar regularly with KI practitioners will also find this book valuable ;-). Skip this book if you already practice KI with an instructor.

excellent covers all the basic plus some more advanced techniques, but you need to see it first hand or video to get the real feel of it from the Tatang Ilustrisimo.

Good reference material for those interested.

Not great. If you're a fan of the art, it doesn't have to be.

The pictures do not clearly present the essence of the techniques explained. Overall, provides an idea of what the system is.

Although it explains the Ilustrisimo style to some extent, it didn't really explain how the weapon techniques can be converted to empty-hand. Also most of the information is on the history of this martial art and not enough on actual instruction. Personally if you want to really get a full grasp of this style try finding a good teacher. On a lighter note this book will still teach fundamental and intermediate techniques which will help you get a small idea on how this martial art works.

A very good introduction of the system. Personally i love it! A must have for all FMA practitioners

Great book. Every serious escrimador, arnisador or kalista should have it as a reference on history and techniques. Gives great insights.

[Download to continue reading...](#)

Secrets of Kalis Ilustrisimo: The Filipino Fighting Art Explained (Tuttle Martial Arts) Filipino Cooking: for beginners - Basic Filipino Recipes - Philippines Food 101 (Filipino Cooking - Filipino Food - Filipino Meals - Filipino Recipes- Pinoy food) Welcome to Filipino Food World: Unlock EVERY Secret of Cooking Through 500 AMAZING Filipino Recipes ( Filipino Cookbook, Filipino Recipe Book, Philippine Cookbook) (Unlock Cooking, Cookbook [#27]) Martial & Fighting Arts (Martial and Fighting Arts Series) Martial Arts for People with Disabilities (Martial and Fighting Arts) Martial Arts for Athletic Conditioning (Martial and Fighting Arts) Martial Arts for the Mind: Essential Tips, Drills, and Combat Techniques (Martial and Fighting Arts) Martial Arts for Women: Essential Tips, Drills, and Combat Techniques (Martial and Fighting Arts) Martial Arts for Children: Essential Tips, Drills, and Combat Techniques (Martial and Fighting Arts) Complete Sinawali: Filipino Double-Weapon Fighting (Complete Martial Arts) The Art of Shaolin Kung Fu: The Secrets of Kung Fu for Self-Defense, Health, and Enlightenment (Tuttle Martial Arts) Ground Fighting Techniques to Destroy Your Enemy: Mixed Martial Arts, Brazilian Jiu Jitsu and Street Fighting Grappling Techniques and Strategy (Self-Defense Book 3) Filipino Martial Culture (Martial Culture Series) MMA Training: The Ultimate Beginners Guide To Mixed Martial Arts (Including Drills & Tactics) (MMA, Martial Arts, Self Defense, BJJ) Parting the Clouds - The Science of the Martial Arts: A Fighter's Guide to the Physics of Punching and Kicking for Karate, Taekwondo, Kung Fu and the Mixed Martial Arts Martial Arts for Children: Winning Ways (Mastering Martial Arts) Martial Arts for Women: Winning Ways (Mastering Martial Arts) The Complete Book of Tai Chi Chuan: A Comprehensive Guide to the Principles and Practice (Tuttle Martial Arts) Tales of Okinawa's Great Masters (Tuttle Martial Arts) Judo Formal Techniques: A Complete Guide to Kodokan Randori no Kata (Tuttle Martial Arts)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)