



Labanan Solo: The Combat Exercises (Anyo) of Modern Arnis

Dan Anderson

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labanan Solo - The Combat Exercises (Anyo) of Modern Arnis is the most comprehensive collection of solo exercises of Modern Arnis ever compiled. In this volume are the 8 empty hand (weaponless) anyos and cane anyos taught formally by Grand Master Remy Presas during his lifetime. Prof. Dan Anderson, a 20 year plus student of GM Presas, has compiled this collection as well as a number of additional anyos utilizing traditional Filipino weapons.

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