



Balisong: The Lethal Art Of Filipino Knife Fighting

By Gary Cagaanan, Sid Campbell, Sonny Umpad

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Follow the path of the Filipino knife fighter and the blinding blur of the deadly balisong in motion--its whirlwind lethality--can be yours. Three experts, having combined their knowledge of the balisong, martial arts and self-defense, show you the basics of techniques perfected in the Philippines over the course of 400: concealing, drawing, flipping and gripping the balisong; checking and rolling; and the four main phases of training.

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Editorial Review

About the Author

Sid Campbell is a leading authority on traditional Okinawan and Japanese martial arts and holds a 10th degree black belt in shorin-ryu karate. He is an artist, lecturer, inventor, scriptwriter, and World Martial Art Masters Association Hall of Fame inductee. He also supervises over 48 shorin-ryu branch schools around the world and had the opportunity to share martial arts knowledge with both Bruce Lee and James Yimm Lee when they visited his dojo in Oakland, California in the late 1960's.

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