



Balisong: The Lethal Art Of Filipino Knife Fighting

Gary Cagaanan, Sid Campbell, Sonny Umpad

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Balisong: The Lethal Art Of Filipino Knife Fighting Gary Cagaanan, Sid Campbell, Sonny Umpad 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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