

## *Escrima Stick Fighting*

The martial art called "**Escrima**", at its core, has developed from the ancient art of sword fighting which evolved as far back as the stone ages. Centuries ago, the people of the Philippines used highly developed sword fighting skills and weapons such as the Kris, Bolo and Kampilan to defend themselves against Spanish conquistadors.

Though it is based on medieval Asian fighting techniques, its practice is completely relevant and beneficial within the context of modern daily life, in terms of improved coordination, greater body awareness and confidence, greater mental and physical focus, emotional/ energy control, situational judgment and stress control, great potential for real self-defense using natural not stylized techniques and movement, and improved general fitness.

Rattan sticks are used for training. The most common length of the sticks is between 24" - 36". Rattan is hard, durable and light weight, and does not splinter like other woods, which makes it a safe training tool.

Classes are 1 hour long, one day per week for 8 weeks, with more sessions to follow after the initial 8 week period.

Classes are taught in a safe, structured environment by a certified instructor.

**Call 401-949-3376 today to find out more information!**

