

Vorwort von Großmeister Rene Latosa



LATOSA-ESCRIMA SYSTEM – Filipino Martial Arts
Grandmaster René Latosa

Forward:

The Latosa-Escrima System was developed and designed for students to achieve a higher level of training in the Filipino Martial Arts. A higher level means doing what your mind and body tells you to do in a dangerous situation and not to rely on techniques that may not correspond to the situation. This is essences of independent thinking, accessing the situation and assimilating to reach a successful solution. In Latosa-Escrima, the drills are used as a baseline, practicing muscle memory and a possible basic solution, however it is the individual who has to make the decision as to the final solution.

Marcus has spent hundreds of hours discussing and **grilling** me on my take of the Latosa-Escrima concepts. Constantly challenging and validating his interpretations and thoughts. This is what makes him a higher level instructor, his understanding of how the physical and mental transitive side of how the concepts works.

This book developed to challenge yourself as a martial artist. The understand of the book takes work to understand the concepts and how it will help you become a well rounded martial artist the Filipino Martial Arts or in system or style that you practice. This is not a picture book or a something you can just flip through and look at the picture and think you know the contents of the book. The book is basically a toolbox in which you can develop the right tools to do the job smartly, efficiently and effectively.

GM Rene Latosa

