

How important is learning double sinawali technique in Arnis? Explain.

Single sinawali is a very good exercise and it is good in our health, in terms of practicing arnis but sadly it is very prone to injury when it comes to combat and sparring. The double sinawali shines when it comes to protecting, adding difficulty in daily routines and giving you double the exercise that you need. Double sinawali requires both your arms and that very little detail is very efficient if you want to train your non-dominant hand. Even if you do not have arnis if you have been practicing double sinawali, your body will gradually adapt to the environment and eventually you can practice it even without arnis; You can even use other weapons similar to arnis like polearms and long sticks.