



South Bay

FILIPINO MARTIAL ARTS CLUB Newsletter

www.southbayfmaclub.com

Christmas Party



Our Holiday Christmas party was held on Sunday, Dec. 11th this year at La Rameria Park Recreation Hall in Torrance. It was catered by Diana's Catering located in Carson (310-989-2625) she is Jesse De Castro's cousin and has provide food for use for 3 years now. Great Filipino food as always, Yum! This year we invited all of our affiliate schools to join us. We had Milo Cudanes Ohana Martial Arts School join with us for a joint celebration. We had Eric Jue and family of the Orange Jeet Kune Do School attended and Boris Fritz with the El Segundo Park group as well. Our Temecula School -The Fight Lab was unable to attend due to family

emergency. The kids like the gift game we had as usual; the parents seem to really enjoy the Kris Cringle gift game as well. There was some gift picking, gift trading and some of stealing of gifts that caused many laughs.

Special Christmas gift

A special Christmas gift was given to all of those who have been training with me this year. In my travels I met Robert Olip Sr. & Jr. of Olip blades from Northern California. They worked long and hard to make the training blades that I gave out as gifts this year. This was aluminum copy of the wood knife I have designed for the club. This was a limited production of them.

South Bay Club General News

Well this is the end of 2011 and many things came to pass in this year. Our Club has celebrated its 3rd year @ Shugokan Dojo. With it moving into the larger unit next door some things changed. The owner the school has been focusing the school more on Karate and less as an Academy. So we have not been able to have our plaque & weapons display or banner up to let people know we are there. This had hurt our ability to be seen and recruit new members to the club. Still we have continued with growth, we gained several new members and lost some too.

Promotions

Eden Bara has been with our club for several years and has worked hard to promote up to Orange belt. She has shown herself in skill and in combat on the mat to be worthy of the rank. Jasen Olson, Group leader of The Fight Lab from Temecula completed his testing as well. He showed his skill and ability as well on the mat and with his skill in teaching. He now is certified Basic Instructor and holds the rank of Orange Belt.

Membership

With the New Year we need to increase our numbers in the South Bay club, I would like for each of us to invite someone to come attend a class. This year we did several workshops in Rincon & Temecula. I would like to do community outreach here in the South Bay with some women's self-Awareness Self-defense workshops. If you have group that would like us to come out please forward that information so we can set up a workshop. Also if you know of a School that would like to become an affiliate please have them contact me about training.

Reiki Healing

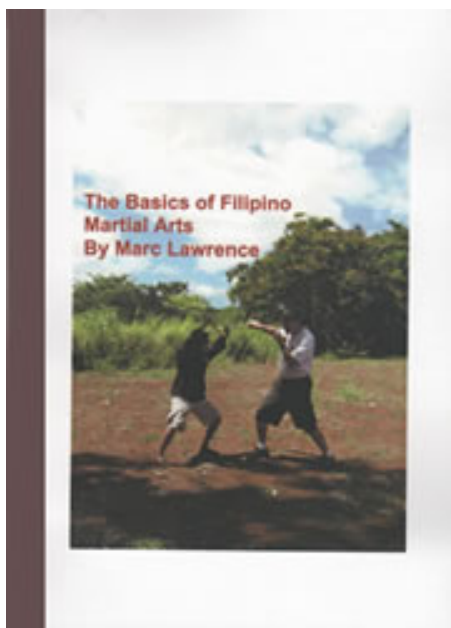
I have had several people contact me for Reiki Therapy. They had good sessions and the Reiki therapy has helped them with their conditions. If you or someone you know needs Reiki therapy, please have them contact me so I can schedule a session.

Winter Break Workshops

With the winter break I will be some limited room special workshops on some of the items from the curriculum with students on my days off from work. I am covering the Introduction to Firearms from the Filipino Martial Artist and First Aid for the Martial Artist from an Eastern & Western Medicine view point, if you are interested please contact me ASAP as the space is limited.

The Basics of Filipino Martial Arts

By Marc Lawrence



Master Marc Lawrence Academy of Masters Hall of Fame - Life Time Award, developed this book based upon information gathered over years from 37 different Grandmasters, Masters, Guros and Instructors of what makes up the basics of the Filipino martial art known as Arnis, Eskrima, or Kali. The book contains photographs, diagrams and detailed information that explains what makes the basics any of the Filipino Martial Arts styles is use today. This book serves as companion to any Filipino martial arts style and this information will enhance their skill.(92 pages)

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