



South Bay

FILIPINO MARTIAL ARTS CLUB Newsletter

March 2011

www.southbayfmaclub.com

There are three sides to Modified Pangamut these are Sticks, Hand to Hand fighting and Blades. In this article I will focus on stick work as it relates to foot work.

The stick teaches you how to move with your feet and hands. When you are practicing your stick work on a heavy bag or tire bag you should be doing this with your strikes say 1,2, 3 & 4 and then doing a hand check. Make an X or star on the ground with tape or chalk to show you where you should be moving in and out as well as off side. Practice this at least 10 times, you should be moving either left off side or right off side. If you start with a fore hand strike on the fourth strike you should be check then moving to left side and check at the same time.



The South Bay Filipino Martial Arts Club has gone through some big changes since the start of this year. We now have three recognized instructors with their own groups. These are Milo Cudanes with Ohana Martial Arts Lawndale, Eric Jue with the OC JFD Academy and Boris Fritz with El Segundo Park Crew. The main school moved from 15405 Crenshaw to 15403 Crenshaw. Basically just next door. Please come by and see us as we are settling in with Shugokan Karate School. Hours are still Wednesday night's 6-7pm, Saturday Mornings 8-9 and 9-10 am. Monday nights by request now.



Looking back at our Public events
Hey do you know these people? 2009!

Basics of Knife Work

The use of knife is one weapon that is constantly talked about. A knife is just a cutting tool. It will cut you just as simple as someone else. Learn to work with a big knife like a hunting or fishing knife first. Then go to pocket knife or tactical knife trainer. Train with it like you do with the stick. The targets in Modified Pangamut are the same general area as the stick. Instead of using it as an impact weapon use it for cutting soft areas of the body. Practice your Meda strikes -10 and thrust 1-3. There is no need to buy someone else's DVD on knife when you have a great system already. This you can practice at home on a hanging bag, with a partner on focus pads or even a tree in the backyard. Use your wooden or metal trainer making combinations like strikes -1,2 and thrust # 3, then practice your hand checking motions. Practice your footwork getting out of the way as well. Use the Elastiko methods.



Special Workshops available such as:

- **Women's Self Defense**
- **Introduction to Arnis single stick method**
- **Basic Knife offense & defense**
- **Filipino Hand to Hand Fighting**
- **Improvised Weapons for the Street**

Contact: Punong Guro Marc Lawrence for more information.

sbfmaclub@gmail.com

(310) 961-1266 or (310) 420-7062