



# South Bay

FILIPINO MARTIAL ARTS CLUB Newsletter  
September - October 2011

[www.southbayfmaclub.com](http://www.southbayfmaclub.com)

## The 2nd Annual Mataw Guro Conference

As most of you know Boris Fritz and I attended the 2nd Annual Mataw Guro Conference in Washington DC area. It was truly great experience to go meet up with so many different Arnis practitioners for all over North American. If you wish to read about the trip in detail please read the Mataw Guro notebook available at ([www.matawguro.com](http://www.matawguro.com)). Or to Download the Issue - [Click Here](#)

But that is not what this article is about, this about our basics. I showed only 14 of the 24 uses of the Live Hand/Empty Hand. In the demo I lined up 14 people (13 of different styles) with only Boris starting it with a fore-hand strike, then have the other throw a what ever type of forehand or backhand strike, blocking their strike, then having the others to call out what I just did. What I showed were on some basic and intermediate methods mixed in (some locks). My point of this is that our systems basics are very good. I am always amazed when I find out that others do not have the same quality foundation I teach you with our system. I know that we just teach single stick, blade and empty hands fighting. But really how much more do you need just my thoughts on this subject.

### Women's Self Defense Seminar

One of our Associate schools the Fight Lab in Temecula, hosted a Women's Self Awareness/Self Defense Seminar on October 15th. It was well attended and supported Group Leader Jason Olsen and his sons. This class was sponsored by the Rincon Band Luiseno Indians Recreation Department. The class was 4 hours long covering the entire white belt level-1, and parts of the yellow belt level-2 material. It also included special material for situational street fighting scenarios. Part of the class I always enjoy is the comments by the students; one of the teenagers was taking a breather and said that she had never thought about these everyday motions being used as fighting motions, she said that she always thought that she would have to learn something complex or difficult. Another comment was from a middle age schoolteacher she said I am not sure if I like you. I replied I do not care my job is teach you how to fight back. This was the same person who asked when was the next class? An FYI on they has classes on Tuesdays and Thursdays.



### Christmas Party

Our annual Christmas - Holiday Part needs to be planned for December. The Dojo will have some work done during December we need to coordinate so we get in and have our party. I know my family and I are looking forward to the party as always.

## Workshop in Phoenix, AZ

The 6th Annual Arizona FMA gathering was organized by Michael Butts of Kana Anan Eskrima. There were about 40 plus people. I opened the event with our warm-up/stretch routine, and then we did 1.5 hours on the 14 uses of the live hand. There a large variety of styles there, this required me to keep this to keep it to just a forehand and backhand strike. We then went through the basic types of blocks we use, ridged, augmented, striking blocks, and parries. This was quite challenge as most of them did not know them. It was also a challenge to teach them the stick game. About half of them could not follow it and could not reverse the stick and use it with the other hand. This made me keep things very simple. One of the teachers there said that what I showed them needed to be made even simpler and show them how it applied to empty hands. It made me miss my students and members of our system. I was able later in the day to share with some of them our Filipino Tai chi using the Cinco Terros pattern. I also had one person who needed a healing session. I was glad to be able to provide this as well.



*Punong Guro Marc Lawrence, with Grandmaster Sam Bout and his son Ryan of balintawak and Guro Carlito Bonjac of Serrada and Largo Mano.*

## Reiki Healing

As many of you know I have completed my training and become certified as Reiki Master and now also provide healing sessions. Since completing my training I have a number of people needing care. If you need a healing session please let me know and one can be arranged separately from FMA training classes. I am also considering offering classes in Reiki Therapy at the Dojo. This would be on demand basis only.

## Hall of Fame

Members of the Mataw Guro Association nominated me, your teacher for a Hall of Fame with United Martial Artist Fellowship Hall of Fame. I received the Award of Excellence: "For The Propagation & Development of FMA Education in the USA", Inductee #2011-00260. This makes two Hall of Fames that your teacher has received now. I find it interesting to be recognized by the FMA and Martial Arts community for our activities for a small system that we are.



## Drills

Recently I shared an old drill that Michael and I developed when I was getting ready for the WEKAF Nationals. I did this drill with Jason Olsen. The drill goes like this: one person has one stick the other person has two sticks. The person with the two sticks strikes with each stick from open position using the 1-10 count and thrust -1-3. The person with one stick must block the strikes and thrusts. The person with two sticks using the one to closed pattern with a 1-10 count while the other person has to block and check the attacks. This is done while moving around and from side to side to build your skills.