

## **18TH Annual Festival of Philippine Arts and Culture**

September 12-13, 2009

SBFMA Club at the FPAC Festival

By Marc Lawrence

Our Baranggay, the South Bay Filipino Martial Arts club went and supported the FPAC festival on Sunday, September 13th. This year we did something that we only talked about before, we had illustrated kid books that had basic Arnis inside with Kid Hero story. (This booklet was project of my collection of stories and the great illustrations by Le Roid David of Kid Hero's and Lumpia film) We also offered to hold free 45 minute class for the kids and parents who came to out the Martial Arts village at the FPAC festival. One of our groups donated the cost of the sticks for the kids so the first 20 kids got a free rattan stick for coming to the class. Our group had planned to do a demo at the village, but the director of the Martial Arts Section felt that because we were sharing with the community we could have some stage time. On short notice we were told that we would have stage time on the big stage! With like five minutes to spar one of the stage crew came on got our group and took us to the big stage. Within 10 minutes we were up on stage filling a 20 minute time slot. I had my little kids come our spar on stage using padded sticks. Then I had one of my women student come up and perform a traditional Sayaw. Next was my bigger kids sparring each other. Then my older son and I show combat flow showing single stick, knife and empty hands flowing from one to another. Then I had three of my adult male students come out on stage and show what we call empty hands, three on one self defense. This is empty hands demo one Arnisador verses three armed opponents, one having a baseball bat, one with stick/club, and one with a knife. My students were really great about this getting take disarmed and taken down by their own weapons. We finished with my favorite demo my older son and myself showing bolo verses stick. This done with live steel and regular rattan stick. Afterwards we bowed and told a little bit about our group.

We made it back with just 15 minutes to spare before our kids class started. I thought maybe we would get 10-15 kids at the Martial Arts Village; we were mobbed by the kids and parents. We had 25 kids and 25 sticks and I had to maintain a 5-1 ratio for safety. We had the kids hit a BOB that we brought. We lined them up and showed them the five basic strikes. We showed them basic foot work. We used Cinco Terros and that was something that everyone knew and was not specific to any one style. It was the best generic Filipino martial arts we could show. Then after the kids were done hitting BOB we had them start learning to block. All of the kids and the volunteer instructor had fun. I love watch all the kids leave with their parents with a stick in one hand and small kids book on basic Filipino martial arts in the other. I was happy that we could share some of our heritage to the kids. I had a Lolo come up to and thank me latter and said that I had created 25 new Eskrimadors. I felt very happy that our group was able contribute to do this event.

