



# South Bay

FILIPINO MARTIAL ARTS CLUB Newsletter

April 2011

www.southbayfmaclub.com

April has been busy month for several members of the SBFMA club. With hard work the kids of the SBFMA have promoted. Matthew Lawrence and Gilbert Jose have been promoted to Level-5 Blue belt. Jesse and James De Castro have been promoted to Level-3 Orange belt. In Adult class Eric Jue and Jesse De Castro Senior have completed the first half of the testing. They will complete the second half of the testing for their Green Belt-Level-4 on May 4th.



Jesse & James-Great Job!



Matt & Gil Great Job

**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**

*What does testing means in the SBFMA club? It means that someone can demonstrate all of the things with their level of knowledge which we express outward with belt. And they can show it on the mat against others to show they use what they have learned in a real life situation. It done in a controlled manner but still with stress applied to show they can perform.*

*Belts are never sold-there is no monetary cost-it is earned through sweat and bruises!*

Lapu-Lapu was the king of Mactan, an island in the Visayas, Philippines, who is known as the first native of the archipelago to have resisted Spanish colonization. He is now regarded as the first Filipino hero.

On the morning of April 27, 1521, Lapu-Lapu and the men of Mactan, armed with spears, and kampilan, faced Spanish soldiers led by Portuguese explorer Ferdinand Magellan. In what would later be known as the Battle of Mactan, Magellan, and several of his men were killed.

## Training Outline Level-4

Green Belt parts part-1

1. Learn and show curving strikes-Circulos, Arcos- horizontal and vertical, Sidewinders, Bartikal Redouble, Figure-8 -horizontal & vertical, Abanico, Witik-inside and out, Pitik, J-Hook, Payong, Bolo cut
2. Learn and show blocks, rigid, soft, parries- blade, tip and rebound, shield block upright and low.
3. Learn and show basic Punya strikes from blocks
4. Learn and show grab disarms for strikes 1-10 and thrusts 1-3
5. Learn and show basic fighting patterns of systems sweeping cuts/clearing the grass, x strikes, thrust and block. Cinco Terros, Tres Terros, Ocho Redondo, Cristo-the cross, Dali-Dali, diagonal strikes, Banda-Banda-spunk- spunk, Plancha, Meda punch, sweeping- parrying out leg shots
6. Introduction to Bolo fighting, flat hand block and parry, using flat and back of blade. Show strikes Largo 1-6 and Meda 1-10. Thrust 1-3. Checking of the weapon hand and arm
7. Show Bolo back of blade grab disarm for 1-10
8. Learn and show Empty Hands punch-kick hook & sweep combos four count- 1-10