



# South Bay

FILIPINO MARTIAL ARTS CLUB Newsletter  
July - August 2011

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

## New Affiliate Club The Fight Lab

This month many things happen with the club first we gained an affiliate club in Temecula, CA. We welcome MMA Instructor Jasen Olsin and The Fight Lab of Temecula, CA. to the Modified Pangamut Family. Jasen came on board after meeting us at Long Beach International while we were working the Tribal Fight Wear Booth. Jasen and his sons supported the 4 hour Women's Self Defense seminar held at the Rincon Reservation Fire Station.

*My family and I went to the Big Island of Hawaii. I found that there was only one person still teaching FMA in Kailua-Kona side. I was amazed to learn that no one was teaching it in Hilo any more. While we were there, I taught a 3 hour seminar on the Basics of FMA at Advanced Kempo. We met Assistant Instructor Albert Rosario of Advanced Kempo of Kailua- Kona. We were able to help provide information to help rebuilding Albert Rosario's family style. I was able to spend another 4 hours with Albert and his family's system. This allowed me to share a lot of FMA one on one. Albert and his student bought all of my books from me as well. As my father-in-law came from Kona and he was the one who introduced me to a basic FMA system, I was honored to share with locals FMA fighting system with them so that FMA would not be forgotten & lost in the sands of time.*

## Environmental Training

This year we offered environmental training while my family had its camping trip up in Ventura County. We held the training at the state beach and in the cove. We used the sand beach to practice stick fighting and sand flinging while fighting. Many great lessons were learned from this environment. We then worked on stick fighting in the tunnel with restricted overhead and limited access again some great lessons were learned from this special environment. Last but not least was the woods trail. Each person had to make it up the trail through the woods with only the forest path to travel. This was great learning tool for all of the participants. This training can be set by request with a minimum of at least two people for the training evolution.



### **Guro Boris Fritz's Birthday**

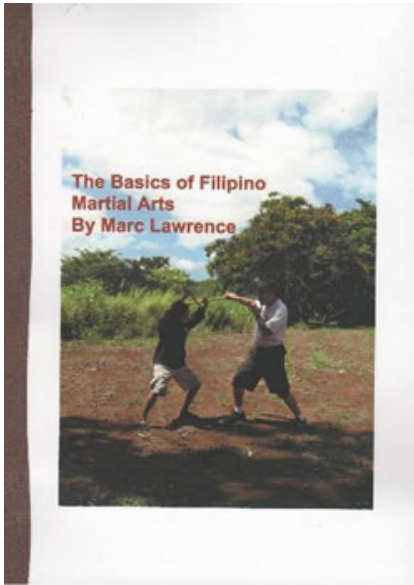
Guro Boris Fritz had his 62nd birthday in July. He was presented with a one of a kind hand carved Daga made Mataw-Guro Marc Lawrence. This hand carved wooden Daga was made while we had our annual camping trip. Wish him a Happy Birthday when you see him.



### **Workshop**

#### **Leo Fong's Boxing Workshop**

We attended Leo Fong's Old Time Boxers Knockout Punches workshop. We support our brother in FMA Grandmaster Leo Fong and Learned a lot of great tricks for boxing about punches, combos, defensive footwork and body movement. We worked on MMA style light contact play as well. It was great 3 hours of stick boxing targets blocks and working your hands. Jasen Olsin discovered that Grandmaster Leo could still deliver a solid shot at 82 years old. Grandmaster Leo was delivering his chi-punches as always. It was great time and we all walked away with things learned.



*The Book "The Basics of Filipino Martial Arts by Marc Lawrence" is out and for sale for just \$10.00 including available at class or by mail. A number of club members have their pictures in it.*



### **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](mailto:sbfmaclub@gmail.com)

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

