



South Bay

FILIPINO MARTIAL ARTS CLUB Newsletter
May - June 2011

www.southbayfmaclub.com

Promotions

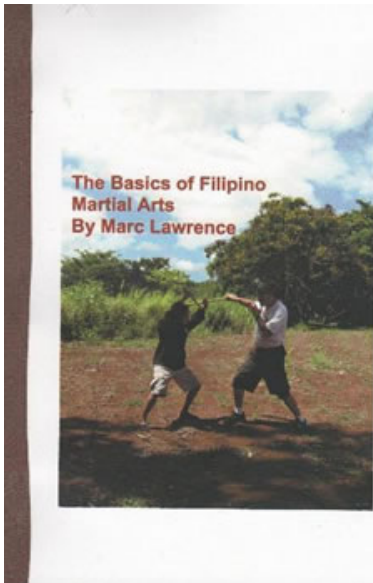
The last two months have been busy. We have had some testing of skill by members and they have done well. Jesse De Castro has earned his Green belt. Eric Jue has Green belt. The first one was Ray Melchor, good job Ray on leading the way! Please congratulate them. That makes the Torrance-Gardena club now have 1 Mataw Guro, 1 Guro with his own park crew, 2 instructors with affiliate schools, 1 Brown belt, 5 Green Belts, 3 Orange Belts and 3 yellow belts. Some folks who need to test still. Not a bad job for our small club. We have gained three new members: Will in the adult class, Brandon and Matthew in the kids class.



Visits

Some of our club visited on June 28th the Grand Opening of the Martial Arts History Museum in June. The Museum is located in Burbank. Please see their website for more information. We had good time visiting meeting some celebrities and taking pictures.

I went to Wilton California and participated in the Wilton War Games. I had great time again. Our club has been invited to come up next year and support it I would like to bring four of up to play.



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.



Training thoughts Angles of Attack and Angles of Defense

The terms "angles of attack", "angles of defense" and re-angling are used extensively in FMA training. These terms when used with term re-angling of an attack can leave a student quite confused if not properly explained. To understand these concepts the teacher must separate into manageable pieces, remember you can eat a karabow one bite at a time!

There are ground angles this involves footwork positions of you and your opponent. This best explained with the concept of the male and female triangle and the circle. Re-angling is done in footwork positions. There are body angles this involves angles of attack and defense. This is better explained as angles of strikes and angles of blocks. Re-angling is done in angles of strikes also. This concept can be combined with footwork re-angling, making a complex attack that would difficult to defend against.

Summer time workout

I work in rural area that gets really warm, it was 94 during the day. I did my Sayaw with breathing techniques as Grand Master Leo Fong taught me. I have described this as Filipino Tai Chi to others. I found that if you do your stick motions slow and clean while moving and flowing and using the method of building Chi you will be greatly rejuvenated after a 1 hour practice. I will then do my empty hands motions as well. I visualized my opponent and then flow with it. It is not a common practice in the FMA world to slow down and do motions cleanly and flowing. I feel that is something that gets missed as many want to just hit hard but do not take the time to learn how to do it cleanly and flowing. This concept allows you to clean up the motion and form as well teaching you how to flow in and out of ranges and methods of offense and defense. Yes it is not spectacular to watch but much can be learned. These are just my thoughts.

Tournaments

Tournaments have been taking beating this year Disney reorganized and dropped FMA, Long Beach is under another group this year and they still have not sent out any rules. They will have it on Friday evening and all day Saturday this year. Gilbert Jose and Marc Lawrence went to the WEKAF Western Regional Tournament and did well, Gilbert got a Bronze and Marc got a Gold against other instructors.

We are looking at holding our own tournament in October; more news to follow on this it would be Karate & FMA tournament held here in the South Bay.

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

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