



South Bay

FILIPINO MARTIAL ARTS CLUB Newsletter

www.southbayfmaclub.com

Fall 2012

Promotions

Many things have happen since the last news letter from the summer 2012, we have had two promotion by Guro Boris Fritz of the El Segundo Park crew. Guro Boris has promoted Kevin Buchbinder to Green Belt and Mike Mclverson to Yellow Belt. Temecula Group Leader Jason Olsen was promoted to Green Belt and his group has been growing to 10 now.



Kevin Buchbinder - Guro Fritz



Mike Mclverson - Guro Fritz

New Items

Recently the SBFMA Club has gained some daytime students in two different groups, one is a weekday group of elderly Filipino men and women who join me for my Filipino Tai-Chi, the other are private student who due to their work need special tactical style training. This has allowed be to focus on some of the areas of the curriculum these being knife and empty hands. I am now offering individually just the empty hands portion and knife upon special request.



Punong Guro Lawrence - Jason Olsen

Community Events

We did our annual performance at the FPAC festival in San Pedro in September. This event was supported by Guro Boris and his student Mike Mclverson, Jesse DeCastro and his sons: Jesse & James, Mathew Lawrence, Joseph of the USMC and Group Leader Eric Jue.



Visits to other Groups and Clubs

When I went to Hawaii, I stayed and visited Master Albert Rosario and his family of Advanced Kempo, Kona Kailua, Hawaii. I conducted a workshop on Arnis, and did special private lessons with Master Albert.

Last month I went to AMOK's gathering in Camarillo, and met Tom Sotis, who I would describe as the Master of the Short Knife. Tom has interesting method of teaching, by starting with fight first, and cleaning it up with methods as he goes, he also took a leaf out Guro David Gould's book of training hard with hard impacts when training. This does lead to a lot of small injuries so his method is not for everyone, but his drills are very good. I enjoyed hearing his methods and concepts; I did take notes and concepts which I will share with the group.



Knives and Sticks

I have been making special order sticks and wooden knives for other clubs. Jedokan Martial Arts has been using our sticks for his fitness/self defense class. Guro Jeff has been using the custom wooden knives, he designed in his class. Grandmaster Leo Fong and his people have been using our sticks for his Modern Eskrima classes. Guro Lee Leelio has said that our sticks are the best around.

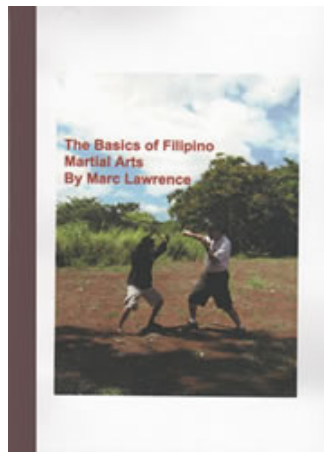


Closing Thoughts

My message to all of you is to practice with what I have shared with you and mix it with your own experiences and knowledge to make it personal. Mix it up try other weapons (sticks, staffs, Nunchukas, short swords, long swords, blending in punching and kicking while doing your stick work and knife work. Break each part down and practice it each by itself. Do not forget to practice with your internal energy to build your Chi.

The Basics of Filipino Martial Arts

By Marc Lawrence



Master Marc Lawrence Academy of Masters Hall of Fame - Life Time Award, developed this book based upon information gathered over years from 37 different Grandmasters, Masters, Guros and Instructors of what makes up the basics of the Filipino martial art known as Arnis, Eskrima, or Kali. The book contains photographs, diagrams and detailed information that explains what makes the basics any of the Filipino Martial Arts styles is use today. This book serves as companion to any Filipino martial arts style and this information will enhance their skill.

(92 pages)

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