



# South Bay

FILIPINO MARTIAL ARTS CLUB Newsletter

www.southbayfmaclub.com

Summer 2012

## The Modified Pangamut System

The Modified Pangamut system continues to grow and be used by all kinds of people in all kinds of situations. This year several workshops have done for seniors groups for basic self defense. A Introduction to stick fighting was held in Torrance at the Kaizen Dojo, run by Sensi W.C. Ford. A special workshop was held at Shoyuza Kung Fu on the introduction to full contact stick sparring as part of the summer program.

**Promotions:** Ray Melchor has worked very hard and has passed all of the requirements for Blue Belt Level -5, Ray worked on all of the requirements and training needed including Basic Fire Arms, Basic Environmental combat , Multiple Opponents, the Gauntlet and other tough challenges. Ray is now just one level behind Matthew Lawrence and Gilbert Jose



## Club Updates:

Well to start off the South Bay FMA club located in Torrance, at the Karate School in Gardena, finally had to close due to low attendance and lack of funds. As the South Bay FMA club came out a park and backyard group the Torrance group has returned to their roots of Alondra Park. This has not stopped the club and its affiliates.

- The Lawndale Group under Milo Cudanes Ohana Club has grown and is at full capacity and is not taking new members.
- The El Segundo Park Club is still going with Guro Boris Fritz; he

has a new student and has been working with him.

- The Temecula Club under Jason Olsen has active with its members, they been doing environmental training in the mountains above Temecula.

- The Orange County JKD academy under Eric Jue went and visited long time friends Adam James and Leo Fong, both Eric Jue and Marc Lawrence received certificates for their training in all three of Grandmaster Leo Fong's Arts: Chi-Fong, Weikundo, and Modern Eskrima.

**Visits:** The South Bay FMA Club was privileged to have Joseph a member of the Armed Forces, the United States Marine Corp, come to visit us for an evening at the park, while on leave. Being a Filipino American, he wanted to get some training in FMA. He got the 1 hour condensed course: 2- Largo strikes, 8- Basic Meda Strikes, and one Korto strikes, plus the blocks and the basics of V-steep footwork. He was sent back with some presents from our club to show support for our Armed Forces and their service to our county.



**Workshops:** Mataw Guro Marc Lawrence and his son Matthew taught at the Legacy Seminar in July on board the Queen Mary. The Seminar was put together by Kidd D. Jason and Grandmaster Daren Tibon. The Seminar was well attended. Guro Boris Fritz came and helped teach with Punong Guro Steven Dowd of Arnis Balite to the group of students.



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**Training Concepts:** V-Step footwork Drill  
This drill idea comes from Master Adam James and Grandmaster Leo Fong, using the corner of a building, with your hands in the guard position practice checking with your lead hand and lead foot, then switch to your opposite side: foot and hand. As you switch your feet, they are done in a shuffle, no pausing in between; the shuffle is in sync with the hands and feet. Then practice this shadow boxing with hands, knives and sticks.

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### Special Events:

Sensi William Christopher Ford (a friend of the South Bay FMA Club) and Sensi Milo Cudanes (a long time student of SBFMA club), were inducted into the Masters Hall of Fame. It is very rare for a teacher to have one of his students get the same honor of that the teacher. Sensi Milo was honored for this work in the Hawaiian Arts. We commend Milo Cudanes for all of his hard work. Another long time friend Coach Kidd D Jason was made an Ambassador this year for that organization.



**R-L:** Jayson Mancia, Marc Lawrence, and Milo Cudanes. Jason received his award for his father who could not make it.