



# South Bay

FILIPINO MARTIAL ARTS CLUB Newsletter

www.southbayfmaclub.com

Fall 2013

## Matthew Lawrence

Promoted to Brown Belt Level Seven October 30, 2013  
Matthew Lawrence has completed all requirements to earn his Brown Belt level seven in our style. Matthew has been training since he was five in Arnis. Matthew Lawrence joins his brother Michael Lawrence in holding a Brown Belt in the Modified Pangamut System. Senior to Michael and Matthew Lawrence is Black Belt Guro Boris Fritz. We encourage all of those training with us and work to earn their belts to show their levels knowledge! We also train those who just want to increase their knowledge.



## Going to GSBA Nationals

Torrance, CA. November 9/2013

Our club went to the Global Stick and Blade Alliance National Tournament that was held in Torrance, CA. Club members Victor and Kyle Labarinto came and supported Matthew Lawrence in his quest for a Gold medal.



Matthew Lawrence took a Gold 1st place medal in padded stick fighting and fought in live single stick taking third. Like all tournaments it ran late with Matthew fighting his last match at 6pm and taking his Gold medal.



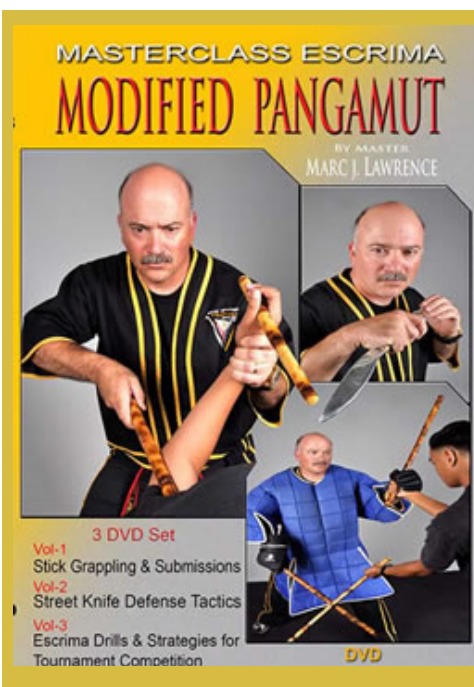
**Witness Matthews Fight**  
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## Martial Arts History Museum Honoring Mataw Guro Marc Lawrence

The Martial Arts History Museum located Burbank California, honored Mataw Guro Marc Lawrence for his long time support of the Martial Arts and the Martial Arts History Museum. The banquet and awards ceremony was held at the Burbank Holiday Inn Media Center on Sept. 7th 2013.

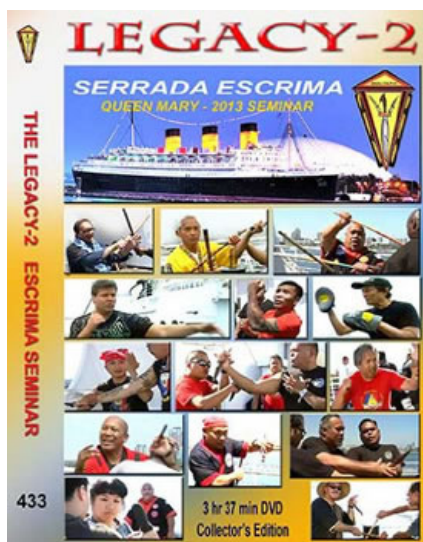
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### Video Productions with Empire Media

As many of you know this summer we have been working with Empire Media on producing Videos capturing many of Mataw Guro Marc Lawrence's concepts and ideas on the Filipino martial arts. We have produced five to date not including the Legacy Series Videos. The three currently available are Stick Grappling and Submissions, Street Knife Defense Tactics, Eskrima Drills and Strategies for Competition. The next due out soon are The 14 uses of the Live Hand in Single Stick fighting and The Basics of Cadena de Mano. The first three were shot with the great support and hard work by Kyle Labarinto and Matthew Lawrence. The next two were shot with great support from Sensi Jeff Jeds from Jedokan and Sensi William Christopher Ford of Kaizen Dojo. There will be more to follow so stay tuned for more information.

**To Order: [Click Here](#)**



### Legacy Event on the Queen Mary August 10, 2013

Working with Grand Master Daren Tibon, Angels Disciples, Sifu Kidd D. Jason and group of distinguished Filipino Martial Artists conducted an all day seminar on board the Queen Mary. Mataw Guro Marc Lawrence and Matthew Lawrence conducted one of the seminars as well participated in the event, while supporting other teacher's seminars. The concepts and methods of Olisi y Daga were taught by Mataw Guro Marc Lawrence and he was assisted by Matthew Lawrence.

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### The Golden Stick Award!

The Golden Stick award was given to me by Kidd D. Jason and his organization and Darren Tibon and his organization for all of the support and involvement that my family and I have done over the years. I have to thank Kidd and Darren for this opportunity and others they have shared with us!



### Basic Arnis Class at Kaizen Dojo Fall 2013

We are now in the last month of class#3 of the Basic Arnis Class being held at Kaizen Dojo. This class was originally requested by the owner of Kaizen dojo Sensi William Christopher Ford. This class has been we documents on its ideas, concepts and laid out in the FMA Informative.

**For those of you who missed this Informative Issue: [Click Here](#)**

┌ If you have not subscribed to the FMA informative please do so! ┐  
└ They are great supporter of our club! - www.fmainformative.info ┘

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## **Filipino Style Women's Self Defense Seminar held at Kaizen Dojo August 31, 2013**

The club supported a Women's Self Awareness & Defense Seminar at the Kaizen Dojo using simple everyday motions turned into fighting motions. The seminar was three hours long, with hands on training and was a low cost for materials. The women who attended this spoke very highly of our methods as said that we put on a better class then they had previously taken. This seminar is available upon request to church groups, women's groups and seniors for little to no charge.

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### **Twitter, Face Book and My FMA.net pages and other Internet information**

Did you know that we have a Twitter account and Mataw Guro Marc Lawrence has daily tweets posted for training and motivation for training posted there?

#### **You can follow him at:**

**Twitter:** [Twitter@filamfighter1](https://twitter.com/filamfighter1)

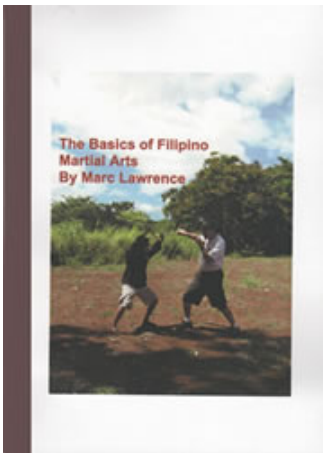
**Our club's FaceBook Page:** [www.facebook.com/groups/489979894405289](http://www.facebook.com/groups/489979894405289)

**MyFMA.net Page:** [www.myfma.net/group/SouthBayFMAClub](http://www.myfma.net/group/SouthBayFMAClub)

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## **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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