



South Bay

FILIPINO MARTIAL ARTS CLUB Newsletter

www.southbayfmaclub.com

Winter/Spring 2013

General News

Our group is moving along on many different fronts. In February we celebrated my 51st birthday. Yes I am really am that old now. Our group is still meeting in the park. We are now posting our Torrance group meetings on Meet-up; you can check it out at: www.meetup.com/South-Bay-Filipino-Martial-Arts-Club.

Our group is now offering a Basic Arnis class at Kaizen Dojo. This class is 12 weeks long and is based upon the curriculum of the Professor Armando Soteco at the University of Cavite. This class is 1 hour long and week meet for 12 lessons over three months. Check it out at: www.facebook.com/Kaizen.Dojo?fref=ts

We have had visitors from another group, the FMA Exchange group and we have visited them. We will be doing a sparring workshop in May at their location in Bellflower area. Please congratulate Guro Boris Fritz, Instructor Eric Jue and Assistant Instructor Ray Melchor on their hard work in supporting the South Bay FMA club's Arnis De Mano Class at the Kaizen Dojo. We went down to San Pedro in April and supported the 1st Thursdays Polynesian event in down town San Pedro with Beverly Lucaylucay's group.

Promotions



Please congratulate Instructor Eric Jue on his promotion to Blue belt. He has demonstrated all of the skills in the curriculum and survived testing in March 2013. Eric went through 3 on one Empty Hands verse three armed opponents and "The Five on One" with sticks random attack drill.

Pod Cast Interview

Recently your Punong Guro and Mataw Guro was featured on interview on a Pod Cast. The pod cast can be heard on: resultswillvary.com.

Please check it out and subscribe on I-tunes. I will be doing several more with Ernesto.

Movie Action

On April 8th Matthew Lawrence and Mataw Guro Marc Lawrence went to the Philippine Consulate in Los Angeles to support the Philippine Scouts Heritage Society (PSHS), Lt. Alexander Ninger Chapter here is link to the official pdf - www.philippineconsulatela.org/PRs%202013/049-2013PR-%20Araw%20ng%20Kagitingan.htm.

This film produced by Donald Palata and narrated Lou Diamond Phillips has won several awards. But what makes it special to our group besides the historical connections is that Matthew Lawrence, Michael Lawrence and Marc Lawrence are in scenes that were re-enacted.

Video

Our first video for sale will be out later this month. This video will cover the basics of Arnis De Mano class, use of the live hand and never before filmed how to fight from sitting down. This video with cost \$20.00 US and is 1 hour 10 minutes long. Has warm-up exercises, striking methods, blocking methods, footwork and more.

New Basic Arnis de Mano Class

The Kaizen Dojo is hosting another 12 week Arnis De Mano Class. It will be starting on April 27th, 2013. The cost is 40.00 per month. The dojo is located at 1824 West 182nd street, Torrance, Ca, 90504. If you know someone who has said I want to learn some Filipino martial Arts but does not want to commit to group this is good class. The class cover the eight basic strikes, eight basic blocks, introduction to Largo Mano, using of the live hand, basic disarming, working with knives, and Empty Hands against weapons.



L- R Back Row: Jay Takaki, Ray Melchor, Brandi Yamaguchi, Boris Fritz, Eric Jue
L- R Front Row: is Sensei WC Ford and Punong Guro Lawrence

Road Trip

Your Punong Guro went up to Stockton to support the 2013 Legacy Seminar and tournament. Our group did not have one person come up and attend the seminar or the tournament. There was legitimate grumble from the organizer. It was noticed by others; the Southern California does not come up and visit at seminars and tournaments. Hopefully in the future we can put another team together to go and visit Northern California.



Stockton Legacy Photo of Masters: Escrima Dax Int, Serrada Escrima, Del Mar Escrima, Derbio Escrima, Lima Lama Arnis, Pangamut Style, Latosa Escrima, Tres Mano Kalis, Bahala Na Eskrima Leo Giron, Two Brothers Of Cabaes Style, Kombatan Arnis Etc..

Upcoming Events

Next month we will be working with the FMA Exchange group on a Sparring clinic. It will be either May 11th or May 4th. We are looking at 2- 4 hours and will need all SBFMA club members to come sparring with the FMA exchange group to help them learn. Please make time on your calendars.

Thoughts for the Day

We have three enemies in the ring when we fight; they are fear, doubt, and confusion. We wish to in till fear in our opponent make them doubt themselves and make them confused by our attacks. We have no fear, because we clear our minds, we have not doubt because we have trained and we have no confusion as we know our skills like the back of our hands!

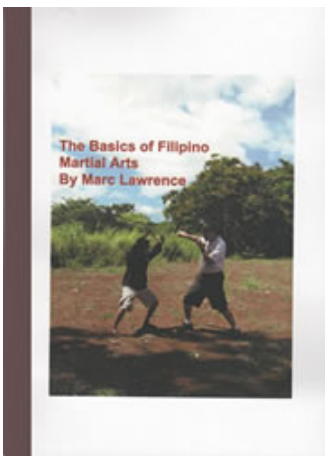
Knives and Sticks

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.



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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