



South Bay

FILIPINO MARTIAL ARTS CLUB Newsletter

www.southbayfmaclub.com

Winter/Spring 2014

Apache Knife Training

Your Mataw Guro Marc Lawrence went and cross trained with the Apaches! Yes it true that Mataw Guro Marc Lawrence went and trained with legendary Robert Red feather. He is now a Grand Master under the Soke Council. MG Marc did not know that he had signed up for the instructors program! This program consisted of long days, much hands on training, lots of full contact sparring and training with live blades. Yes he survived his experience to bring back what he learned to share with the club.



Visiting and Cross Training Adventures

Victor Labarantino's Visit to the Philippines

My cousin Vic just came back from the Philippines, while he was there he had the chance to share and try his Arnis de Mano training with locals from the town his mother lived in. Some of the relatives were very surprised at his skill. The local Barangay Tanod who is stationed across the street from his house, did some stick and knife play with him, they were very surprised at his skill, they asked if he was a Master, he said no just a student, which after they were even more surprised at! They asked when he was coming back so he could teach them some more he said it would be a while. I am very proud of my student and their skills, I glad to hear that our Filipino American Art holds its own well back the Philippines!

New Affiliates Schools

We have two new affiliate schools to the Modified Pangamut System of the South Bay Filipino Martial Arts Club. The first new school is ACE or better known as Absolute Combat Eskrima located in Long Beach Ca under Guro Jonathan Bengco and Guro Cesar Catamisan. Their contact phone numbers are (949) 777-6658 or (619) 534-7858. The other school is Scholar Warrior Kung Fu right here in Torrance, Under Sifu Nadine Shoyuza, the school has blended what they have learned from us in Arnis with their Kung Fu! Their contact information is (310) 617-3075.

Promotions

Andy Trinidad promoted to the rank of Orange belt on March 31, 2014, he completed his testing, passed his practical as well as sparring to defend his belt. Good Job Andy!



IMB Academy Seminar

Our club was invited to 4 hour seminar by one of the Manongs of FMA and legend in JKD martial arts, Sigong Richard Bustillo. Our group was Andy Trinidad, Thomas Elfmont, MG Marc Lawrence. We had great chance to see how IMB academy teaching their FMA. We played with double stick-Sinawali, single stick, Espada Y Daga, knife defense, Mano Y Mano and more.

Upcoming Event May 10th, 2014

Upcoming Inter School Tournament

The South Bay FMA club and its affiliates will be part of a free four school –inter school beginner’s tournament being held on May 10th, 2014 at the IMB academy from 12-4pm. The event will be the first time IMB has hosted such an event. Our club is support this event strongly as we believe it is good for all clubs and schools to practice what they learned. Our club is providing judges, referees, fighters and loaner equipment. Also we donated our surplus medals from 2010 to be given out to the winners of the divisions.

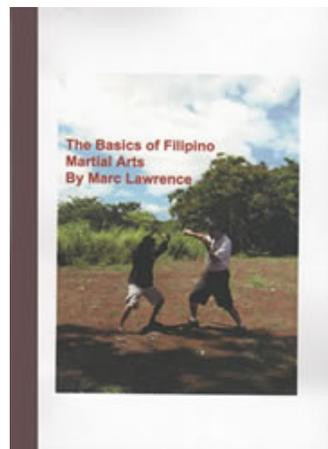
Knives and Sticks

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



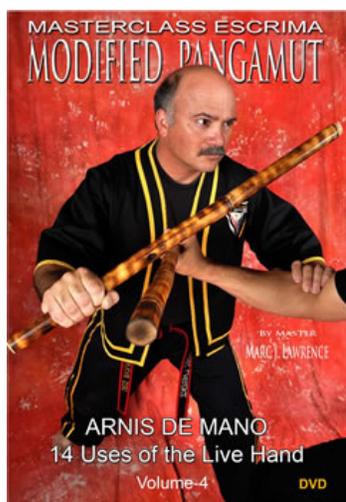
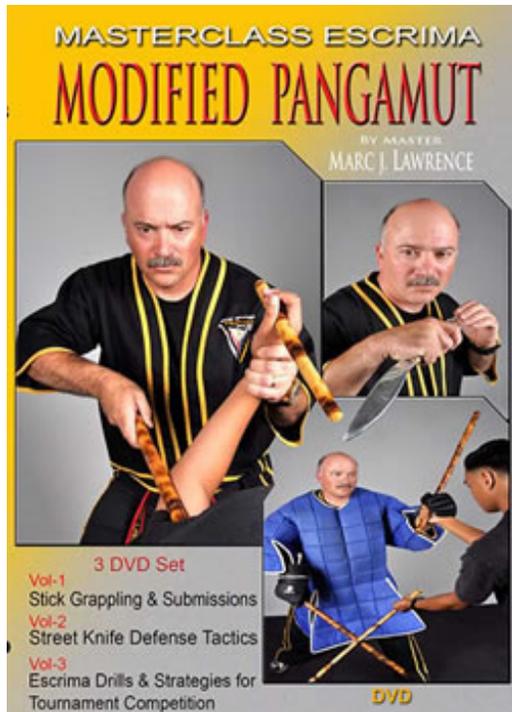
Master Marc Lawrence Academy of Masters Hall of Fame - Life Time Award, developed this book based upon information gathered over years from 37 different Grandmasters, Masters, Guros and Instructors of what makes up the basics of the Filipino martial art known as Arnis, Eskrima, or Kali. The book contains 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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Modified Pangamut (DVD Set Vol-1, 2 & 3)

By Master Marc J. Lawrence



The traditional arts are known as Kali, Eskrima or Arnis, stick, knife and hand to hand fighting was developed over a period of many centuries in the Philippines as her people fought for their independence from foreign invaders. Each skirmish with a new culture added to the Filipino Martial Arts as warriors developed techniques to combat foreign styles. Subsequently, more than 100 different Filipino Martial Arts styles developed, which can be grouped into three complete self-defense systems which utilize sticks, swords, empty hands and other weapons. Our core system is a Mountain Visayan fighting system bought to the USA by our system's Founder (Pundador) GM Felix Roiles. His Grandfather called it Pakamut also called Pangamut. This referred to having skilled hands in Cebuano, a Visayan dialect. He shared this with Marc Lawrence, his families fighting system. Marc Lawrence had his own FMA fighting system that he had learned in his travels. In his travels and fighting other systems he developed the Modified Pangamut System. This is what he teaches and fights with, Marc Lawrence is our Punong Guro (Head Instructor) and he is a National Champion in the Filipino Martial Arts.

Volume 1: Stances & Footwork, Finger Locks, Sitting Position, Floor Defense, Disarms and Submissions...

Volume 2: Controlling the Axis, Multiple Strike Strategy, Defenses & Disarming ...

Volume 3: Block and Counter, Drills and Disarms, Multiple Return Strikes Competition Drills, Learning to Defend by Zones, Tournament Disarms, Distractions & Disarms, Vining of the Stick, Fighting Mixed Weapon Tournaments, Concepts and Rules of Fighting, Choosing Fighting Greer, Competition Strategy, Point Fighting Strategies, Continuous Competition Strategies, What Wins A Fight, What shots Judges Look For...

Volume 4: Arnis De Mano '14 Uses of the Live Hand:' - 14 Uses of the Live Hand from the Arnis De Mano System when fighting with a single stick: Re-Enforce, Augment, Checks, Passes, Jams, Pushes, Pulls, Grabs, Hooks, Spreads, Punching, Blocking, Pinning...

Volume 5: Cadena De Mano 'The Chain of Hands' - Cadena De Mano basic principals of parry, check, counter strike on the inside and outside lines, including "V" footwork, body positioning, entry and advanced concepts of defeat.

Order from Punong Guro Marc Lawrence and receive a package deal plus his book **"The Basics of Filipino Martial Arts"**

To Order Masters magazine: [Click Here](#)