



South Bay

FILIPINO MARTIAL ARTS CLUB Newsletter

www.southbayfmaclub.com

Spring 2015

South Bay FMA Club at the 2015 Wilmington Karate Friendship Tournament

March 2015

The South Bay FMA club went to the 18th annual Wilmington Karate Tournament held at Banning's Landing in Wilmington CA. we had four fighters compete in the tournament in all three divisions. Because the SBFMA club has belt system it's students allowed to compete in the different divisions. John Hazard a green belt in our system of Modified Pangamut fought in the empty hands division and did well. It was his first tournament. It is not often you see FMA Empty Hands applied in the ring. One of our students from Scholar Warrior class- Chloe a black belt in Kung Fu fought and won a gold medal in the teenage girl's division for padded weapons with kick and punch, Matt a Brown Belt in our system of Modified Pangamut fought in the padded weapons division. He fought two grown men in the adult division holding his own, he won a gold medal being able to apply kick and punch with mixed padded weapons.

Yes the rumors are true; Mataw Guro Marc Lawrence came out of retirement as fighter and competitor! He competed in forms showing his family's traditional roots and showed a sword form and took a Silver medal. He fought in the Master's division in mixed padded with kick and punch with total of eight rounds against a large variety of padded weapons. There was everything from a pole arms to sickles! He told a gold medal in that division.

Here are some of the fighters from the event from our club- Matt Lawrence, Marc Lawrence and Chloe Louie, missing is Jon Hazard.



Matt Lawrence Promotes to Black Belt April 19, 2015



Matt Lawrence has trained with Mataw Guro Marc Lawrence since he was 5 years old. Upon turning 16 and having met all of the requirements for the levels learning required he was promoted to Black Belt Level 8, and given the Rank of Guro. His ten years of work, shows in his abilities when teaching and in fighting with mixed weapons. Matt's promotion was witnessed by Sensei Welder from Wilmington Karate, Guro Rick Morales of IMB academy and Guro Ramses Sison of Modern Arnis Bellflower.

Left-Right – Guro Matt Lawrence and Mataw Guro Marc Lawrence

Home Invasion Seminar at United Studios of Self Defense in Rolling Hills, CA, April 2015

Mataw Guro Marc Lawrence was invited by one of his students Richard an instructor at the school to attend the Home Invasion Seminar. This class was geared towards women having to defend themselves and their children in the home. This program was taught Sensei Dave Johnson, his son Max and Richard. Sensei Johnson asked Mataw Guro Marc Lawrence to share his combative methods with Women in the class. The class had video training portion on sizing up your home for defense, situational awareness; method used by criminals to gain entry, how to respond to a home invasion. The combative methods used in Filipino Martial Arts are well suited for women as they are simple to learn, using everyday motion. Sensei Dave Johnson has for the last 20 years also studied in the Filipino Martial Arts.

We incorporated everyday motion and household items like metal pens, pencils, small knives, garden tools like machetes and hatchets. The women were taught how to use a door as shield, barricade and trap for counter attack methods. The women were taught to hit and run the hit again with weapons much like the tactics used by the Bolo brigades of WW-2 in the Philippines. The women were taught how to do the maximum damage to soft body targets using concepts of Pangamut. The class also focused on how to escape from being tied up, duct taped and zipped tied. We practiced escaping and counter attacking and fighting with your feet and hands tied in front.

Instructors (Left-right Max, Richard, Dave, and Marc) of the Home Invasion Seminar held in Rolling Hills at the United Studios of Self Defense.



One of the student escaping from Tip-ties using Para-cord in the class



Attendees and instructors at Home Invasion Seminar at United Studios of Self Defense Rolling Hills CA.



IMB Invitational Tournament May 2015

The IMB academy hosted its second invitational tournament at dojo in Torrance, CA. Sigung Richard Bustillo the owner and former student of Bruce Lee had Guro Richard Morales the chair of the Tournament committee organize this year's event. Invited to attend the tournament was the South Bay Filipino Martial Arts Club from Torrance, CA, House of Champions from Van Nuys, CA and 12 Original from Mt Sac College, Walnut CA.



Sigung Richard Bustillo administering the Oath of Good Sportsmanship to the fighters and their coaches.

There were 20 fighters that came to compete in both padded and hard stick fighting. All fighters were matched up based upon weight, age and skill level. This year was the first time using padded stick fighting with its own system of rules. These rules were similar to the Bunal rules but were still different like disarms did not count points for hitting and not getting hit within 2 seconds afterwards, if you went out of the ring and got hit you could get hit but not score points, the point could be a tap versus strike and the center referee was only one counted the score. There were no corner judges. There were prizes given to all 1, 2 & 3rd place winners.



Jon Hazard receiving his award after hard stick fighting matches

Hard stick fighters fought using a similar version of WEKAF rules that was modified. Some of the changes were disarms countered as point taken away from the other fighter and you could have 4 disarms as still be able to fight. No clinching or holding was allowed. No Thrust or upward thrust allowed. Only checking, blocking and



End of the day South Bay FMA Club members who came and supported and fought. Some of the club members who had to leave did not get into the picture!

hand block was allowed. No strikes below the waist. All hard stick competitors got an award. All of the awards were Cold Steel products. The kids got the plastic trainers!

The South Bay Filipino Martial Arts club had three fighters compete, Jon Hazard fought in the padded stick and in the hard stick. He took a 1st place in hard stick and 2nd place in padded stick. His first and second place trophies were Cold Steel Machetes. Matt Lawrence fought well but did not place. Andy Trinidad fought well also but did not place. All the competitors got certificate participation. Members of the club came down to support their team members. Mataw Guro Marc Lawrence helped judge and center referee. He was given a custom rattan stick by Sigung Richard Bustillo for his support.

Open Mat Mixed Weapon Sparring at South Bay Filipino Martial Arts Club host by Kaizen Dojo

Every other week the South Bay FMA club has padded weapon sparring or live stick sparring. We post this and other events on our meet-up site (www.meetup.com/South-Bay-Filipino-Martial-Arts-Club). Since the being of 2015 the club changed from Saturday mornings to Sunday mornings for sparring from 8-9am. The club trains under the concept and principles that Arnis de Mano is weapons platform. Using this concept to learn how to fight with whatever is in your hand. This allows our fighters to learn to use a host of weapons, try them out and then find what works well for them.



Mixed Weapon sparring crew at Kaizen Dojo

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On April 19th we decided to invite a number of other schools to our dojo to spar in mixed padded weapons. We had three other schools come to play. We had the Modern Arnis School from Bellflower, Wilmington Karate club and IMB academy come. Each club brought their collection of padded weapons and fighters got a chance to try all kinds of weapon versus all kinds of other weapons. We had Okinawan Weapons brought by Sensei Fred Welder these were the BO, SAI, TONFA, NUNCHAKU, KAMA, SWORD, NUN-TIBO, SURUJIN, TRI-SECTIONAL STAFF. SBFMA club had Bastons, Sabers, Katanas, staffs, 5-foot Spears, 6-foot Naginatas Tong Fas, Nunchukas, Tomahawks, long knives, short knives, shields and bucklers. IMB brought Eskrima sticks aka Bastons staffs spears and shields.

We all had a great time sparring. The challenge was we all had to agree upon a set of rules and judge by. We had used USFMAF point sparring rules with judges in all four corners and a center referee. The majority in agreement would say what side said who got the point. There were no points given for clashes, no points given for short strikes. Points were only given to clean strikes. We played to five points or three minutes whatever came first. As with all good things we only had limited amount of time and before we all knew it the time slot was up. We all agree to do this again soon.



Two fighters ready to meet on the mat



Padded stick verse padded stick



Double padded stick verse double padded stick



Padded Naginata verse sword and shield



Saber and shield verses long and short sword



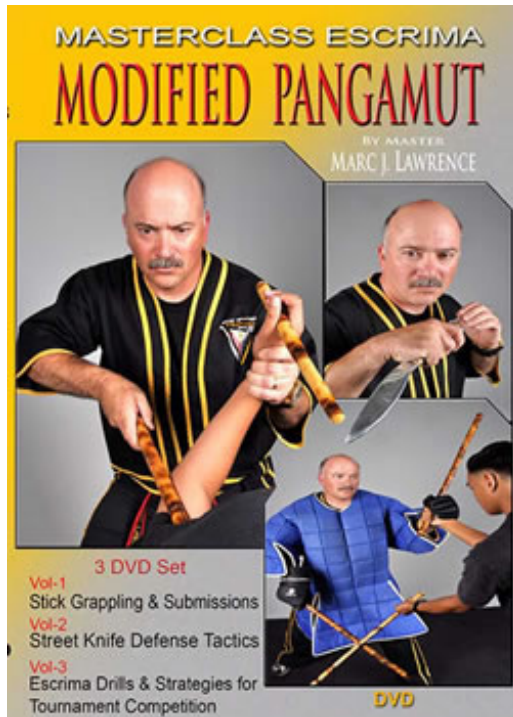
Tomahawk and Stick verses Tomahawk and stick.



Staff verses Stick and shield

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.

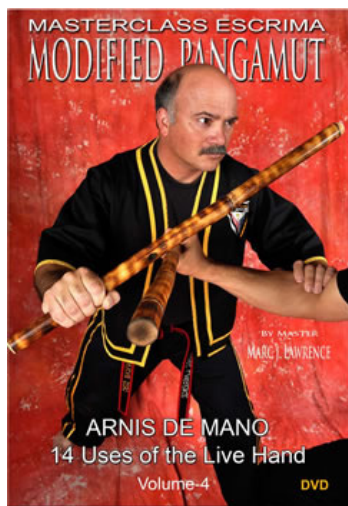
Volume 1: Stances & Footwork, Finger Locks, Sitting Position, Floor Defense, Disarms and Submissions...

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](#)

