

## HTAI Arnis Fall Camp

Combative Arts of the Philippines

Bellevue Martial Arts Academy & Hufana Traditional Arnis International

Bellevue, WA.

November 18 - 19, 2006



[www.arnisador.com](http://www.arnisador.com)

Punong Guro Myrlino P. Hufana (HTAI) the founder and primary camp instructor. Had, as guest instructors Punong Guro Steven K. Dowd, Guro Scott Brennan and Guro John McCabe. Training was conducted in many areas of the Filipino martial arts. Laban Laro training was one of the camp's highlights. Laban Laro is a special training method, testing the practitioner's fighting and combative abilities - distance, reflex, coordination, timing, offensive, defensive, countering, and most importantly developing a heightened level of awareness through contact stick fighting.

**Guro John McCabe** of the Manaois Eskrima, Kali JuKune Do during the seminar trained the participants in Espada y Daga. His unique instruction took the participants through various concepts and drills bringing about realistic situations. Once the participants grasped the fundamentals, Guro McCabe had them work with other participants constantly changing partners. This led to understanding to concept to doing the techniques with others of different heights, weights and physical characteristics.



**Guro Scott P. Brennan** of Lucay Kali / Jeet Kune Do worked with the daga using Kali Ilustrisimo and Kali sail hand, which he learned from Guro Lucay and Guro Inosanto. This consisted of techniques which had hint of Pentjak Silat, where the empty hand supported the knife hand in striking and blocking, which Guro Lucay referred to in supporting the daga where it is pushed, shoved, and dragged with two hands using various grips.

**Punong Guro Steven Dowd** presented the basic concepts of Arnis Balite. First going through Unday Salag (swing blocks), and Kalasag Salag (shield blocks), Pitong Hampas (7 strikes), Limang Patusok (5 thrusts). Then moving on to the angles of offense and defense and countering. Putting the basics together and moving onto the theory of Huli Lusob, Punong Guro Dowd then demonstrated the basic applications against the strikes and thrusts. The students then took the basic concepts of Huli Lusob and adapted them to their personality and physical abilities. Using the theory of Arnis Balite Huli Lusob, the participants trained, baston vs. baston, empty hand vs. baston, empty hand vs. double baston.



**Punong Guro Myrlino Hufana** instructed the participants in a Combination of Sinawali Drills (Single and Double Sinawali, Rodonda and Rodonda X-Movement, Reverse Sinawali and Reverse Rodonda). Focusing on transitions and applications. Solo Baston Disarming and Locking Techniques. Focusing on transition, countering options and applications. Laban Laro training was conducted, testing the practitioner's fighting and combative abilities - distance, reflex, coordination, timing, offensive, defensive, countering, and most importantly developing a heightened level of awareness through contact stick fighting.



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