

Filipino Martial Arts

Stick Grappling Workshop

Digest

Mini Issue

November 15, 2009
Gardena, CA.



*Punong Guro Steven Dowd - Arnis Balite
Grandmaster Felix Roiles - Pakamut*



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From the Publishers Desk

Kumusta

The stick grappling workshop was an experience to remember. Held with few practitioners due to limited space, and unfortunate absence of Master Instructor Ronald Manrique due to the flu was unfortunate.

Master Marc Lawrence did w fantastic job in hosting this workshop. All practitioners got a real taste of stick grappling from Punong Guro Dowd and Grandmaster Roiles. With limited participants this afforded the opportunity for a lot of one-on-one training.

Thanks to the ladies for preparing lunch, and all were certainly satisfied and it added energy for the participants to continue training.

Thank you to Sensei Prince Loeffler the schools owner who was very gracious and generous in supporting the workshop.

Knowing Master Lawrence, it is recommended to visit the school and train. He is a very generous, talented practitioner. Master Lawrence is the FMA Digest Competitor of the year for 2009.

Maraming Salamat Po



www.southbayfmaclub.com
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Gardena, CA. 90249

Mondays (Youth Class) 7:00pm -8:00 pm

Wednesdays (Adult night class) 6:00pm-7:00pm

Saturdays (Open Class) 8:00am -9:00am.

For more information: Contact Master Marc Lawrence at:

mjlawrence@sbcglobal.net

Call: (310) 961-1266 or (310) 420-7062

Stick Grappling Workshop

November 15, 2009

9am - 1 pm

South Bay Filipino Martial Arts Club

15205 Crenshaw Blvd

Gardena, California 90249

The workshop was supported by Punong Guro Steven Dowd of Arnis Balite, Grandmaster Felix Roiles Pakamut International, Master Marc Lawrence SBFMA Club-Pakamut, Master Kris Paragas; Guro Edwin Abo as well in attendance was Instructors John Preston and Tony Hoang of CSSDSC. The location was provided by Prince Loeffler of Shugyokan Shorin Ryu Dojo that shares space with the South Bay Filipino Martial Arts Club.

The South Bay Filipino Martial Arts Club hosted a workshop on Filipino Stick Grappling. The workshop was organized by Master Marc Lawrence of the South Bay Filipino Martial Arts Club to concentrate on this specialty area of Filipino martial arts. This idea came from his experiences training with the three different instructors he had invited. He had practiced previously with each of the three Masters with this method of fighting. Because of the dynamics of this kind of stick fighting, he felt that it would be great experience for the other members of the club.

The ability to controlling your opponent with a stick in the Meda and Korto ranges is something that many Filipino martial arts styles do not spend much time on. The idea was to have three different top US teachers that are known for their abilities to lock, grapple and throw with the stick. So the idea was put it into a workshop style so that all could interact and share their methods and experiences. It was organized for a 4 hour time block on a Sunday so that the most number of students could attend this focused training. The following instructors were



L-R: Master Kris Paragas, Master Marc Lawrence, Punong Guro Steven Dowd, and Guro Edwin Abo



Gathering before the seminar

invited to teach: Grandmaster Felix Roiles of Pakamut International Punong Guro Steven Dowd of Arnis Balite and Master Instructor Ronald Manrique of Eskrido USA.

With the large interest in this subject and limited space available the workshop was limited to only 15 people. Unfortunately, some people that had planned to attend got sick or had personal emergencies and called off that morning, so three people did

not show. It did free up some more mat space for those lucky enough to attend the workshop. Because the workshop was held at the SBFMA club's headquarters, some of the wives and girlfriends put together some homemade Filipino food. So halfway through the workshop a break was called to enjoy some homemade Pansut, Lumpia and fried chicken (Yum!, I get hungry again just thinking about it!)

Punong Guro Steven Dowd - Arnis Balite

Punong Guro Steven Dowd opened up the workshop with fast review of the concepts of Arnis Balite and then transitioned into Huli Lusob, Arnis Balite's methods of stick grappling control methods. He did a phenomenal job of showing how to integrate Arnis Balite and whatever other fighting system that the student already had. It was interesting to see the counterstrikes delivered a control method with the stick as well as the use of pressure points all at the same time. Punong Guro's experiences in Naval Law enforcement and in Filipino martial arts were shown in the practical application. Several of the members were law enforcement officers and saw the value of these methods.



Demonstrates Kalasag Salag - Shield Block



Explains after capturing and trap it is up to the individual to counterattack what is natural for them

All of the attendee's got a chance to get on the mat and practice applying these applications to each other. While Masters and Guros were there to walk around and help when someone had a question.



As Punong Guro Dowd explained Kali, Eskrima, and Arnis de Mano one of the sections of learning is disarming. Pundador Manuel Aguillon was no different in this. However as he explained to disarm one must be skilled and of course the opportunity must arise. Pundador Aguillon taught some of the basic disarming, but mostly taught what he called Huli Lusob {Capture/Trap - Attack}. He felt that opportunities were to come about more in this thought of mind and trained for it.



Explains and demonstrates capture and trap

The theory was to move in while defending limiting the opponents' power and use the opponents attack turning it into an advantage in hooking and then capture and trap the opponents' baston or arm, following up in countering with a strike or kick.

So when learning Arnis Balite blockings one would always have to demonstrate a counter attack in capturing and trapping the opponents' baston or hand/arm and then follow up with a counter attack. Of course it must be kept in mind that timing, coordination, and balance along with practice to sharpen and perfect the technique is required.

Using the footwork of a boxer in actual sparring there are two theories in Arnis Balite on movement that could be used separately or in combination. First was the 'X' movement, which with the center of the 'X' as the base, the other foot could move out at angles to defend or attack the opponent. The second is the 'O' movement that when moving the stationary foot from the 'X' circled around or away from the opponent, for another angle of attack or escape.

Punong Guro at Tagapagmana Steven Dowd commenced his training in the martial arts in 1971. He was appointed by the Aguillon family upon their fathers passing away on January 8, 1991 to represent the family art known as Aguillon Arnis. In 1998 in talking with the son and daughters of Pundador Aguillon it was proposed and accepted that the family art would use the name of Arnis Balite their fathers' nickname while he was a Champion Boxer before the war with Japan, which was Kid Balite.



www.arnisbalite.com

Master Instructor Ronald Manrique - Eskrido USA

Master Instructor Ronald Manrique of Eskrido USA was not able to attend due to an illness.



eskridoua.com

Grandmaster Felix Roiles - Pakamut

The PAKAMUT art of fighting that passed on to Grandmaster Felix Roiles from his humble grandfather Bagari Roiles. Once you learned the basic principle fighting with the sticks it will be very easy to apply in any edge weapon, weapons against empty hand even empty hand. This technique was proven very effective by law enforcement personnel, correction officers, security personnel, body guard and military. The few techniques Grandmaster Felix Roiles demonstrated were some of the techniques that he learned from the family.



Grandmaster Roiles explains and demonstrates moving in from long range to close range.

Grandmaster Felix Roiles of Pakamut was his usual energetic self showing the rapid application of stick grappling. Several members of the SBFMA club volunteered to be “Bob” the punching bag aka training dummy, so they could feel the application of the techniques by Grandmaster Roiles. Grandmaster Roiles shared his philosophy on stick grappling. He said it was not always necessary to beat someone into submission but to just control them with the stick. This came from his life experiences with the Barangay Tanod, years ago. He had found that deep pain from the control methods of stick grappling and stick locks was just an effective without causing permanent damage.



Everyone attending the workshop was completely impressed with his skills and how simple it was to apply them. Again; several of the LEO's (Law Enforcement Officer) liked what they saw and said that it would definitely help on the job when dealing with combative suspects. Grandmaster Roiles pointed out this type of fighting, due to its range is the most dangerous as your opponent can bring their natural weapons to bear as well as. Some of the techniques that Grandmaster Roiles showed were triangle locks, single stick throws, stick arm bars and others. All of the attendees of the workshop got on the mat and applied the techniques shown to them while Masters and Guro's walked around answering questions and show the techniques.





Grappling and to the ground

It was interesting watching Grandmaster Felix Roiles and Punong Guro Steven Dowd discuss shared concepts or the two styles and the synergistic affect it had on some of the techniques.



Handing out certificates to participants
Guro Edwin Abo, Master Kris Paragas, Grandmaster Felix Roiles, Punong Guro Steven Dowd, and Master Marc Lawrence



Master Marc Lawrence presents Grandmaster Felix Roiles, and Punong Guro Steven Dowd with certificates of appreciation.





Shugyokan Shorin Ryu Hombu Dojo

15205 Crenshaw Blvd
Gardena, California 90249
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alljapankarate.com

Shugyokan Shorin Ryu Dojo head instructor Prince Loeffler, began his path in the martial arts in 1985 when he took up training in Aikido under Mitsu “Mitz” Yamashita during his college years.

Over the years, Mr. Loeffler has had the honor and privilege of training with many masters and other black belts from various styles of karate. His past training experiences includes traditional Japanese Karate as well various system of Korean based martial arts. Furthermore, Prince has also trained in other traditional Japanese Budo and martial arts such as Judo, Aikido, Jujitsu, Kenjutsu, Hapkido and Aikijujitsu.

Mr. Loeffler has held several organizational positions from several martial arts federations. In the past, he has served as a west coast director for the International Traditional Taekwondo Alliance (ITTA) and was a representative for the Pakamut International Association; a traditional Filipino Stick fighting Organization under Master Felix Roiles.

He is also the vice-chairman for the Hokubei Okinawa Kenjinkai Martial Arts Committee (Okinawan Association of America). A group dedicated to establishing, promoting and educating the public interest of traditional Karate and Kobudo of Okinawa.

As the years progress, it is Prince’s desire to continue promoting Okinawan bugei and Matsubayashi Ryu karate of Shoshin Nagamine Sensei to the general public, while maintaining its purity and integrity for the future generations to come. As he fervently



Sensei Prince Loeffler
and Master Marc Lawrence - Tonfa vs. Baston



has mentioned before, “To me the practice of Matsubayashi Ryu Karate-Do and Budo is the blue print of how we should live life to its maximum potential”

Sensei Loeffler credits his teachings and training in Matsubayashi Ryu Karate- Do to his current mentor and teacher Art Ishii Sensei, a student of Shoshin Nagamine, the Founder of Matsubayashi Shorin Ryu Karate-Do.

As the years progress, it is Prince's desire to continue to promote Matsubayashi Ryu and the teaching of Shoshin Nagamine Sensei thru Ishii Sensei to the general public, while maintaining its purity for the future generations to come.

PAKAMUT - Level 1 Basic Fighting Manual

As Taught by Master Felix Roiles



Master Felix Roiles and Guro Marc Lawrence have completed the self-published Level 1 manual on the PAKAMUT fighting system. This was a 1 year long project, on the subject of the traditional style village based fighting system taught by the Roiles family in the Mountains of Mactan. The project was originally started by Master Felix Roiles in 1996 in an effort to record the knowledge passed on by his ancestors. Master Felix Roiles is best known for his 2-time world heavy weight championship titles in the WEKAF tournaments.

This book is designed to be basic training manual to continue the training system in traditional way utilizing the old ways with training starting with stick, transiting with knife and finishing with empty hands. This book loaded with practical tips, training methods, and to how make your own training aids!

The cost of the book is 10.00 US funds, shipping is extra.

To order your copy contact:

Master Felix P. Roiles

President/ Chief Instructor
PAKAMUT International Association
P.O. Box 65552
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U.S.A.
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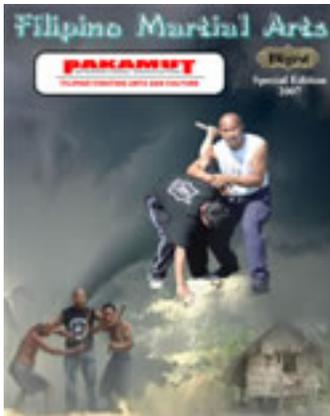
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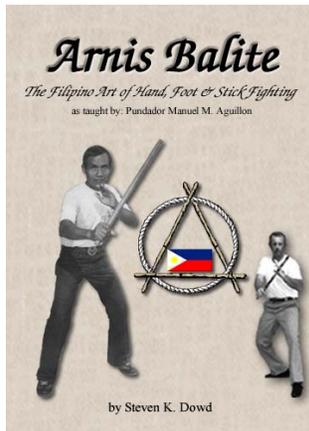
Email: felixflp@msn.com

Website: www.pakamut.com

Learn More about Pakamut



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Arnis Balite

The Filipino Art of Hand, Foot & Stick Fighting
As taught by Pundador Manuel M. Aguillon
By Steven K. Dowd

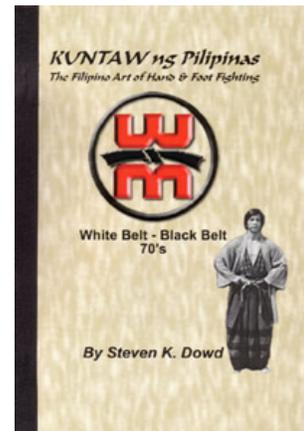
This book will give you the Fundamentals and Basics of the art of Arnis Balite as taught by Pundador Manuel M. Aguillon. Though there is no replacement for personal physical instruction.

Steven Dowd was the first and only non-Filipino to be taught the art of Arnis Balite and was promoted to instructor. And since Pundador's passing has inherited the art, per the family's request. - 100 pages - over 450 photos

Kuntaw ng Pilipinas

The Filipino Art of Hand & Foot Fighting
White Belt - Black Belt
70's
By Steven K. Dowd

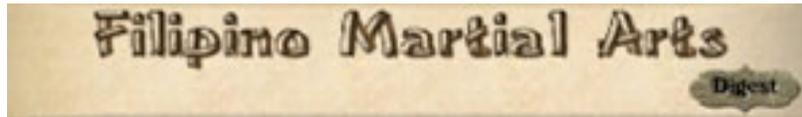
This book gives some of the history, fundamentals and all the forms that were required from White Belt through Black Belt in Kuntaw in the 1970's as the author learned them.



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