



The instructors which were featured and able to share their knowledge with participants were: Master Marc Lawrence - Modified Pangamut, Professor Leo Fong - Wei Kune Do, Punong Guro Steven Dowd - Arnis Balite, Grandmaster Felix Roiles - PAKAMUT, Grandmaster Narrie Babao - Babao Arnis System, Master Bradford Namahoe - Orlando / Villabrille Kali, Grandmaster Darren Tibon - Serrada Escrima

This event was the 3rd Legacy series that Grandmaster Darren Tibon put together promoting not only the Filipino martial arts but all martial arts. The event was held on the Queen Mary in Long Beach, California which Mr. Kidd Jason who holds martial arts classes during the week offered and arranged so the event was able to unfold into a fantastic event for 2012.

To commence Mr. Kidd Jason addressed everyone introducing each instructor, and making some observations in the spirit of the martial arts to come and work together sharing their knowledge to benefit all. Bring Leo Fong up, Leo told some of his history on how he got started in the fighting arts as a boxer, touch points

instructors throughout the day.

The FMA Informative asked each instructor to write up a little about what they taught so an issue could come forth to really inform those who were not able to attend could see what an excellent and memorable event this was.

Leo Fong first had this to say: *I want to take this opportunity to thank, Grandmaster Darren Tibon, for producing an amazing event. The seminar brought together a diverse group of martial artists that share freely their approach to developing traditional and non-traditional skills. The friendliness and the camaraderie among those attended were what we needed in a very diverse martial arts world. Often we have a tendency to "trash talk" those who are not*



in his life when gaining knowledge from the different practitioners that he gained knowledge from and how his life progressed throughout time.

It started out as an hazy day, however as time progressed the sun broke out and it was a very nice day. Also it might be mentioned that even though the event was to be held indoors, with such a nice day it was moved outside on deck. So with participants gaining knowledge, also you could say that the event became part of the Queen Mary's tour for people staying at the hotel and tour groups also were able to observe the different

of the same system or style. I was impressed with the spirit of sharing and respect for one another. Often these gatherings are not about the best way to beat someone or my style is better than yours and etc. The essence of these gatherings is a venue for unity in diversity. A mutual respect for each other's abilities and skills. I was humbled by the opportunity to share our own Wei Kuen Do journey with those in the Filipino martial arts. We felt privileged to be able to give the Seminar attendees a glimpse of our approach. Until next time, God bless. - Leo Fong

In brief what was taught by: Mataw-Guro Marc Lawrence Midified Pangamut

hands against stick. Mataw-Guro Lawrence had the students' pair up in rows, alternating one side defending and one side attacking.



Mataw-Guro Marc Lawrence

Mataw-Guro Marc Lawrence was asked to start the event as the first instructor teaching. Mataw-Guro Marc Lawrence of the Modified Pangamut System explained the 12 basic uses of the live hand when fighting single stick. He said that what he was teaching was not a style specific but these 12 basic uses of the live hand could be used by any of the Filipino martial arts practitioners that were attending. He and his son Matthew Lawrence demonstrated all 12 basic uses on the live or empty hand when fighting in Filipino martial arts. He utilized the Cinco Terros pattern as the majority of all Filipino martial arts systems have it in their style. He said that used correctly the live hand was as dangerous and the weapon hand. He went on to say that when coupled with proper footwork and counter attacks made it even more so.

The twelve basic uses of the live hand shown were the following: reinforce, augment, checking, passing, pinning, pushing, hooking, grabbing, pulling, spreading, vining, and punching. Mataw-Guro Lawrence showed the methods with stick and how it was also applied with the empty

While the students were practicing, he walked down the row stopping and helping each student and answering everyone's questions. One of the students (Jelmar Cabales son of Grandmaster Angel Cabales) brought a short training Bolo (Made of composite material by Jeff Finder) to work with. Mataw-Guro Lawrence showed how the techniques were used with Bolo verses stick, include where the traps and danger points were if done incorrectly. Due to the short amount of time of 45 minutes, the students could only get to practice six of the twelve uses of the live hand. All of students had a good time practicing their style and applying new knowledge on board the aft deck of Queen Mary.

Professor Leo Fong Wei Kune Do

Wei Kuen Do means the way of the integrated fist. It is my strong belief that "integration" is the key to high level skills. I have a saying about our martial arts practice, "Integration not Imitation". What our Black Belts, Adam James, Klein Buen and Anthony Vining, Jr. and I demonstrated with the three basic boxing punches was how



Leo Fong

simplicity is the key to depth. When we added the footwork, which was gleaned from Serrada Escrima, the punches from Western Boxing and the Inner Peace from our religious faith, we have a total approach to martial arts.

The depth of our faith has a deep impact on the mental edge, emotional discipline and Chi Flow, all necessary ingredients for inner growth. Without those inner skills; you are merely a physical shell. Physical fitness is incomplete without the mental edge, emotional discipline and Chi flow. One must have a strong mind and spirit as well as a strong body. It is in the mind and spirit that we are able to implement all the vital steps to proficiency. It is the inner skills that guide the outer skills. This is what Wei Kuen Do: The way of the Integrated Fist is all about.

Punong Guro Steven Dowd Arnis Balite



Punong Guro Steven Dowd

To commence Punong Guro Dowd briefly explained the history of Pundador Manual Aquillon and

his art of Arnis Balite. Punong Guro Dowd with the assistance of Boris Fritz of Pangamut, demonstrated and explained the philosophy and principles of limiting the power of strikes from the opponent and the use of angular positioning to move in to limit the opponents capabilities of countering and then continuing to execute Huli Lusob (capture, trap and attack).

Explaining the first concepts, (which each student since all individuals are different can use the basic concepts but adapt them to their own body mechanics) and then having the participants execute a simple exercise based on the principles they found that

it is mostly impossible to make the exercise into a routine since the concepts and personal body mechanics are constantly changing to due to the personality of the practitioner, and that while limiting the power of the opponent and moving into an angular position which makes the opponent finding it difficult to counter attack. This being done using the opponents movements and momentum to the practitioners advantage.

Grandmaster Narrie Babao Babao Arnis System

Grandmaster Narrie Babao's fifty minute seminar focused on Doble Baston or Sinawali. The topic was called "Breaking the Heaven", or break-down of the 'Heaven Sinawali', which are mostly head shots. He noted that in most Arnis-Eskrima tournaments that use the boxing's "Ten Must" system, Sinawali strikes to the helmets are just done in a robotic left and right baston strikes. In San

Diego, California, this movement is referred to as "Drumming". Anywhere else, it can be described as a "Hail Mary" Sinawali strikes.

During the 2012 Cacoy Doce Pares Tournament in Cebu City, Grandmaster Catherine "Kitty" Canete criticized the contestants' unrefined moves merely as "Swimming".

Everybody in their right minds know that the first two Sinawali strikes to the head usually determines the outcome of a street fight. The only exemption to the rule is when one is fighting somebody wearing a motor cycle helmet.

It is worth noting that in 1978, Grandmaster Babao was the first Filipino martial arts practitioner who used Sinawali techniques in the ring against opponents,

who used other Oriental weapons such as the Nunchaku, Bo, and Shinai. Hence, the techniques he was teaching were based more on experience rather than theory.

Grandmaster Babao explained, "You cannot preplan the outcome of a defensive posture, since you can only react to the opponent's moves. However, you can preplan your offensive attacks, and lure the opponent into the place where you want him to be." That was exactly the essence of his seminar.

During the second part of Grandmaster Babao's seminar, he taught how the same principle of "Breaking the Heaven" applies to



Grandmaster Narrie Babao

Note: Each practitioner provided a write up of what they taught.

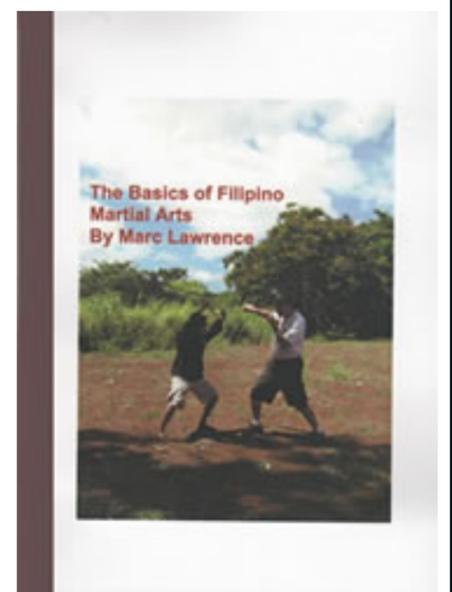
Photo's provided by: Klein Buen

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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Afternoon instructors

Seated (L - R): Master Bradford Namahoe, Grandmaster Narrie Babao, Grandmaster Felix Roiles, Grandmaster Darren Tibon and Hosted by Mr. Kidd Jason



Grandmaster Felix Roiles

Grandmasters Narrie Babao, Darren Tibon, and Felix Roiles



Master Bradford Namahoe,



The long beach Queen Mary Legacy Seminar was a great success and now only a fantastic memory and as the memory begins to fade and photos are no longer looked at the Masters magazine and em3 video will hit and all the great memories will come back as if it were a day ago. Every one who attended this event I thank you all and by all the great responses it gives me even more inspiration to continue the Legacy seminars and tournaments until the next event honoring our teachers and the release of the em3 legacy article and video thanks again for all your support

Highest Regards Darren G. Tibon