

Freedman's Method Ketsugo Ju-Jutsu
Boston Arnis Club
July 5, 2006
Weare, NH
Arnis Balite Workshop



Punong Guro Steven Dowd presented the basic concepts of Huli Lusob. First going through Pitong Hampas (7 strikes), Limang Patusok (5 thrusts), Unday Salag (swing blocks), and Kalasag Salag (shield blocks). 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.



Guro Peter Freedman
working with his wife Pauline.



Guro's Michael and May Williams
from the **Martial Arts Research Institute**
dropped by for a visit and participated.



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