

Editorial

By Sifu Lars

Chief Instructor Weapons Combat Systems

The Newsletter has developed since the first issues and I think is beginning to take more shape. We now not only have account from seminars and list of next ones but also articles on technical and historical aspects of the systems. I hope that this development will continue. I will now have an editorial in the beginning of each. In this I tell a bit of how I see our world.

Instructor material for the whole Weapons Combat Escrima is finished

The instructor material for the 1st – 4th technician programs (Senior Instructor level programs) was finished in the last part of July.

The programs & instructor material will now no be changed for a least one year unless for actual faults and misunderstandings in the wording. In this period we will test and gather information for a larger revision based on this.

The work on the teaching structure and programs for Historical Weapons Combat has started and you will be informed on the progress through the Newsletters. Senior Instructor Bengt Abrahamsson will help in this work together with some of the senior students.

Seminar weekend in Malmo

August 4th - 5th was Weapons Combat Escrima weekend in Malmo, two seminars with Chief instructor Sifu Lars. Saturday a grading seminar and Sunday a Knife seminar. Considering the summer holidays both seminar was well attended.



Saturday evening many came together for a meal and a couple of beers (and a couple of bottles of Champagne to celebrate the finished Escrima syllabus) in Sifu Lars's hotel.

Next seminars with Sifu Lars in Malmo will be in November.

Weapons Combat Escrima grading- and instructor seminar in WTC

August 12th – it was WTC's turn to host a Weapons Combat Escrima seminar. This seminar was a combined grading and instructor seminar.

The instructor seminar concentrated on two groups of student grades, namely 4th – 6th student grade (Double sticks) and 7th – 9th student grades (Blades).

We went through the instructor material for the grades for better understanding and to weed out any misunderstandings in the written text.

In the end of the seminar Peter Tønder (Lange) was graded 10th student grade and officially instated as Assistant Instructor, Weapons Combat Escrima.

Congratulation to all those who got their grades.



As mention in an earlier Newsletter, we welcome questions. In this seminar one of the students asked how much he should concentrate on training the left hand or right for lefthanders – a very relevant question.

Angel Cabales (see mention of him later in newsletter) once answered the same question this way: "I would rather be 100% with one hand than 50% with two". I would not go as far. Train it when it becomes necessary but not so much that it becomes the only thing you train. As the training system is built it will slowly be introduced in the training. First with its own role to play and later as the double sticks starts, with a similar role as the other hand – but for a very few, it will never have the strength and ability as the "right" hand.

But the way you use it, will always be important.

Training with GM Rene in USA

By Chris Williamson
Senior Instructor Weapons Combat Systems

To keep the Weapons Combat Systems continuing on its forward march, we are always trying to look at forms of inspiration. I have recently been to private lessons with GGM Rene Latosa. After summer camp I went to Texas and then to San Francisco. I felt very inspired by the fact that he still thinks like we do in Weapons Combat Escrima. By getting back to our roots we have gotten back to what feels good, works well, and started to get WT and Weapons Combat Systems (Escrima) back to the partnership that once existed.

I started by meeting GGM Latosa at 7:00 in the morning. I showed him what our basic ideas where and he returned by showing some good ways to continue that line of training.



After I had a shower, breakfast and GGM Rene came back from a meeting, we started again in the afternoon. We started on some questions I had, which were provoked by the morning training session. We talked about ways of trained to work on making an offensive box (The Real Box) better. We worked on unarmed against armed applications as well as knife drills. Timing and short power are always a part of training with him as well as other subjects I will save for higher level discussions.

My visit with him ended, by us eating a meal together and talking how everybody is doing in Denmark and Sweden. We made an agreement that I would contact him whenever I was in the states on a family visit or working. I am looking forward to training in one of his clubs for 1 or 2 days each time to continue making contacts for our little fellowship.

In all, I was very happy with the trip. We have friend out in the world and we are moving forward. I feel very inspired every time somebody we used to work with contacts us or we contact them.

PS. Take a windbreaker to San Francisco no matter what time of year it is and remember to take your camera out so you are reminded to take a picture or two.

Tournament?

It has in many years been a tradition to have an Escrima Tournament in WT Center on the first weekend in November (on WT Center's birthday). It's not enough to want a tournament, we can't arrange one alone, it takes volunteers, we need fighters, referees (both head- and point), runners, timekeepers, announcers and more. Don't worry if you don't have any experience, we will teach you - so

If you want to help, please contact Sifu Lars or Senior Instructors Chris or Kenneth as fast as possible.

Your system needs you!

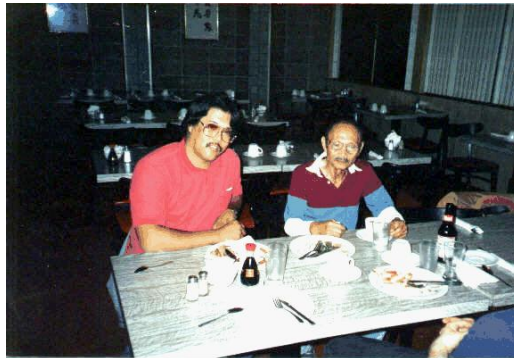
The roots of Weapons Combat Escrima 2

In the following we will name some of the persons who first of all have influenced GM Rene Latosa and thereby the development of Weapons Combat Escrima. These are masters and some even grandmasters in their own right. Later we will take a look on those who have influenced the next developments. The names of these persons and what they represent should be know be all Weapons Combat Escrimadors as they are all part of our heritage and history.

Angel Cabales

Angel Cabales did not realize how many people he had influenced during his life. As one of GM Rene's first instructor (1968), part of his legacy and influence will continue to live on in the Escrima Concepts System developed by Latosa.

Angel Cabales liked to teach each person individually. This is the way he was taught. He did not believe that a student could learn effectively in a group environment. Angel was a sincere instructor; he showed genuine interest in all his student's progress. He sacrificed his evenings, after working long and hard days at the farms. His drive was the pleasure of teaching. It was Angel's striving and rebellious attitude that inspired Rene. Angel, saddled with the pressure of the community and his peers not to open the art to non-Filipinos, persisted anyway. The Filipino community feared the possibilities of exploitation. When I visited Angel, we always ended up next door at Gong Lee's restaurant catching up.



Maximo Sarmiento

Maximo Sarmiento was Angel's partner in the Stockton Escrima Academy; he was the person responsible for persuading Angel to open the school. Max was proficient in various aspects of the Filipino arts. His specialty was knife fighting, single and double; and Cadena de Mano, empty hands. Rene spent long hours training both at the school and privately with Max. Rene achieved the only certification in Cadena de Mano as well as Serrada by the late Maximo Sarmiento. Max Sarmiento's style is evident in the compact and power structure of Escrima Concepts.

Dentoy Revilar

Dentoy Revilar was Angels most senior student. Dentoy taught Rene multiple hitting, speed, and body positioning. Dentoy was a brilliant role model for all the students at the Academy. While watching Dentoy's workouts, Rene realized that the concept of focus was a major tool of the Filipino arts. Dentoy was effective, smooth, quick and focused. This is a mandatory concept in the Escrima system.

Leo Giron

Leo Giron influence was more than exposing Rene to the Largo Mano system. Leo demonstrated that the length and the size of the weapon and the ability to work off line were an important and essential phase of the Filipino martial arts. His real life experiences and combative attitude toward what he practiced made his system a prime role model.

Extract from Grandmaster Rene Latosa's homepage. GM Rene was the first to introduce Filipino martial arts to Europe in the beginning of the seventies. GM Rene was Chief Instructor Lars Lind's first teacher and Grand Master and founder of Latosa Escrima.

Theory – The “POINT”

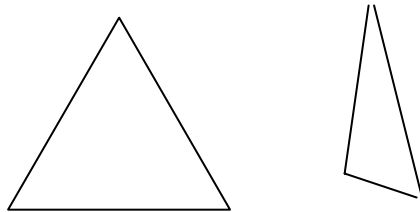
By Chris Williamson
Senior Instructor Weapons Combat Systems

What is point?

There have been a few people that have asked this question, justifiably so!

To start with THE POINT is where your weapon hits, if you stretch it out and touch your target. We like this point to be a few inches into an attackers head! This is best seen with the typical triangle that has its base in our shoulders and its tip in the poor sucker that wants to hit us.

The two triangles are two basic ideas which can be used to understand the “lines of attack” In the second triangle you can see the right foot is back farther than the left. If this person had one normal length weapon in his right hand and punched with his left hand, he would reach the end of the triangle. Inside the poor suckers head!



Now imagine the triangles moving forwards, moving backwards, rotating around the end while moving forwards or any combination you could imagine.

There is POINT FOOTWORK. Which contains a position in which both feet are side by side, (when teaching the idea of a point, in which we can move in all direction from), this “point” in the triangle is not THE POINT? It is a balance point in movement to be trained. Once the idea of using footwork to change the center line, while holding forward pressure is understood, it is not necessary to put ones feet together or close to each other.

There are ways to refine ones balance though working on different stages of weight transference. These points can be defined as points in weight transference along the attack lines. Not to be confused with THE POINT but having to do with POINT FOOTWORK.

If you think about weight transference and dividing your half step (= moving one foot a standard length) we can move our feet half way along the line of attack, a third, twice the normal or 2%. Once this is mastered any point along the lines of attack are points in weight transference from which to rotate and / continue an attack wave.

What is point training?

Put hitting to target with balance (remember the points in weight transfer?) and add working on timing. You are working on the point when you are improving your ability to do this all together and hit again at all times. The whole time being in balance, controlled and offensive

I'll save the idea of dividing hits into faces in the same way as we do with weight transference for another day. Time can be divided as well as force and movement. Think about that one!

Hitting an attacker can be simple or complicated, if you think it's simple and it works for you, keep doing it and we will use our ways of looking at you when you hit to help make you hit more accurately, faster and harder. In short keep it simple.

WEAPONS

Combat Systems™

Weapons Combat Systems™ weekend in Hammenhög in Sweden

Last year we spend a lovely weekend in Hammenhög in Sweden doing Historical Weapons. Now it's time again.

This year we have decided to extent this to the whole Weapons Combat system, so both Historical and Escrima will be taught simultaneously.

The price will be **SEK 1.000**, included in price are: all training, Breakfast, lunch and dinner in Tai restaurant, stay in shared double room.



Schedule

Saturday September 29th

00.80 – 09.00 - Breakfast

10.00 – 12.00 – Weapons Combat Escrima/Historical Weapons Combat

12.00 – 13.00 – Lunch

13.00 – 15.00 - Weapons Combat Escrima/Historical Weapons Combat

After training, we will visit some of the historical sights in the area.

Sunday September 30th

00.80 – 09.00 - Breakfast

09.00 – 12.00 – Weapons Combat Escrima /Historical Weapons Combat

12.00 – 13.00 – Lunch

Escrima and Historical will be taught simultaneously

Use this unique opportunity to meet with good friends and get a lot of training. It will be possible to be tested for grades, this time in both Historical Weapons Combat and Weapons Combat.

If you want to participate I need an e-mail from you before September 7th 2007, as we need to book in advance.

Please e-mail: lars.lind@siemens.com

Holiday

I will be on summer holiday August 18th – September 3rd; there will be normal classes in the HQ. In my absence Senior Instructor Chris Williamson (Monday's/Sunday's) and Instructors Kim Hansen (Friday's) and Peter Tønder (Wednesday's/Sunday's) will teach my classes.

In September

September 2nd – WT Center – Historic Weapons Combat seminar – Medieval Dagger seminar
This seminar will explore unarmoured dagger fighting and defenses shown in the German fight books from Liegnitzer to Meyer.

with Senior Instructor Bengt Abrahamsson



Medieval Dagger seminar

This seminar will explore unarmoured dagger fighting and defenses shown in the German fight books from Liegnitzer to Meyer.

with

Bengt Abrahamsson

Senior Instructor, Historic Weapons Combat™



Sunday September 2nd 2007
12:00 – 15:00

in

WT Center

Vesterbrogade 76, 2. floor

Price: 225 DDK

Prior knowledge of Historic Weapons Combat is not necessary for participation in this seminar

Bengt Abrahamsson

Bengt has trained weapons for more than 15 years and teaches weekly in Malmö, Sweden. He has translated *Sigmund Rönquist's* commentaries on Liegnitzer from German to Swedish. He holds a 1. TD in both Historic Weapons Combat and Weapons Combat. He has been a part of the European Historical Combat Guild for 4 years as Chapter Master Malmö. Bengt teaches monthly classes on Liechtenauer in WT Center in Copenhagen.

September 16th - WT Center – “Fight day” seminar with Senior Instructor Chris Williamson

September 22nd - 23rd - Hammenhög - Weapons Combat Systems weekend

See announcement of Hammenhög Weapons Combat System weekend in this Newsletter

In October

October 12th - 15th - Leeds, Royal Armouries - Kunst Des Fechtens seminar

October 21st - WT Center - Weapon Combat Escrima grading seminar

Seminars

We have finished the seminar plan for fall 2007, if any schools want to host seminars in Weapons Combat Escrima or Historic Weapons Combat it's now you should contact me!

You should also start thinking about seminars in 2008 – planning is half the job.

Questions on this letter, seminars or Weapons Combat Systems™ can be put to me personally on telephone 40 30 48 39 or by mail to escrima@privat.dk.

Sifu Lars, Chief instructor Weapons Combat Systems