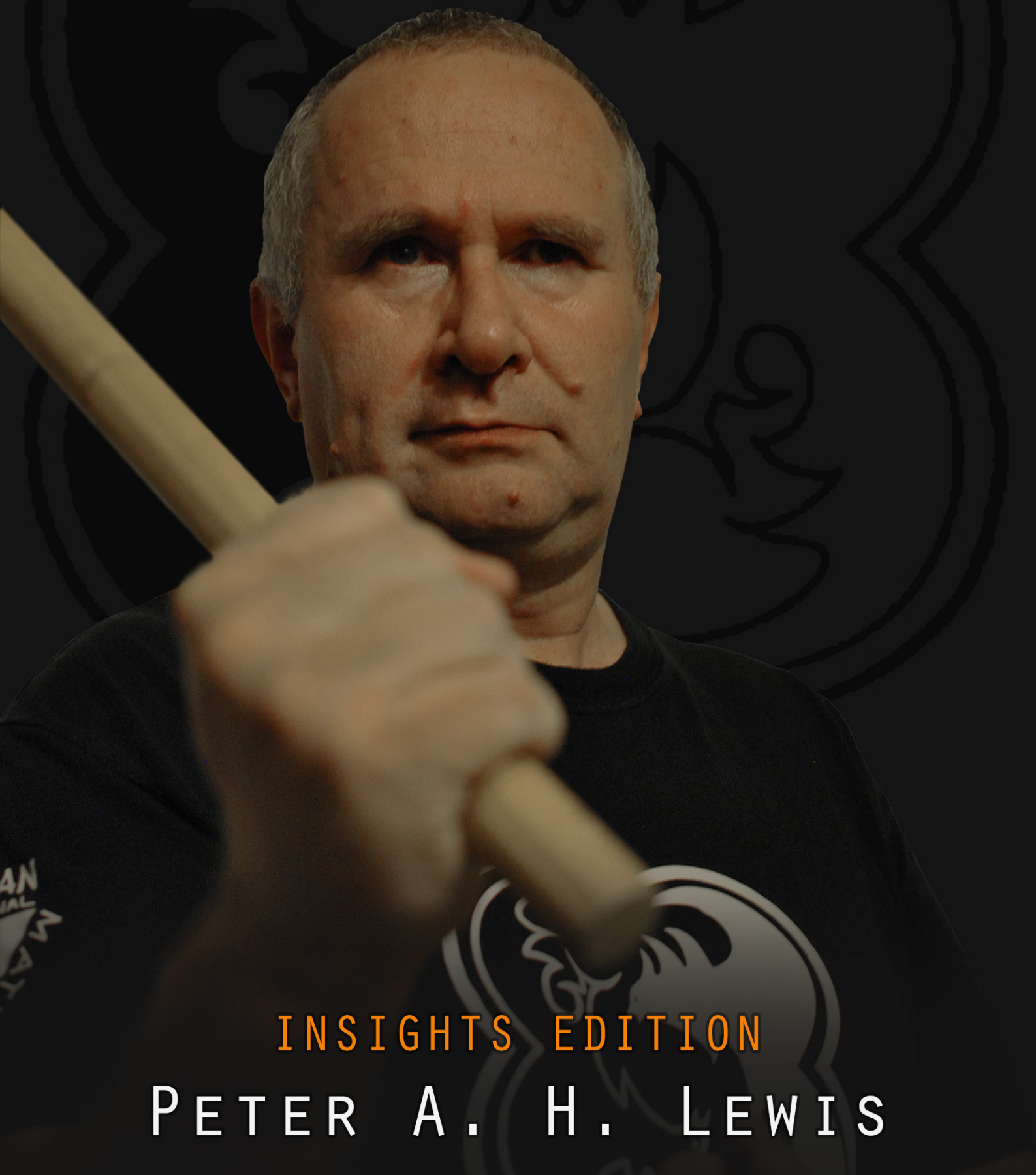


FILIPINO MARTIAL ARTS

THE ADVANCED MATRIX



INSIGHTS EDITION

PETER A. H. LEWIS

FILIPINO MARTIAL ARTS THE ADVANCED MATRIX

PETER A. H. LEWIS



A project by Bakbakan International - UK Chapter

www.bakbakan.co.uk

The first Insights Edition provided a structural foundation of the Matrix Approach by selecting five single strikes that start from the Abierta (open) position and the five counterparts that start from the Serrada (closed) position. This generated 100 two-strike combinations that provide full scope to analyse and access the core methods of the chosen Art.

In the second Insights Edition, five core mini combinations that start from the Abierta position were applied in conjunction with their Serrada equivalents to develop 100 fluid and dynamic combinations using the Matrix Approach.

The third Insights Edition extended the Matrix Framework by adding an extra technique before, during or after the Matrix combination. Suggestions were introduced to develop dynamic and explosive impact power in application.

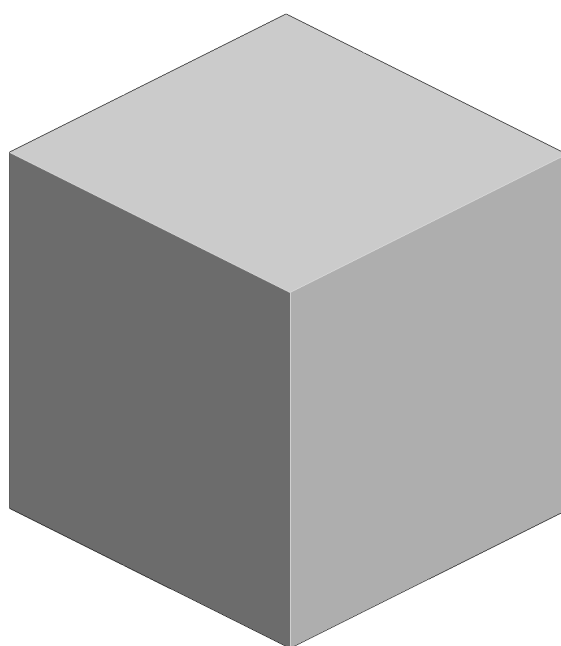
This final Insights Edition moves beyond the basic two-dimensional version of The Matrix to introduce a three-dimensional model that dramatically expands the scope of the analytical framework. Attribute development within the Matrix framework is further considered to maximise training results and skills development.



THE ADVANCED MATRIX

A NEW DIMENSION

With full familiarisation of the basic concepts and strategies of The Matrix Approach achieved, a further option becomes available in the form of the Cube Matrix. This three-dimensional framework now provides the opportunity to combine three single strikes or mini combinations. The Cube Matrix considers the five core techniques and their five counterparts in a '10 X 10 X 10' analytical model that will generate 1000 combinations of three strikes or mini combinations.



The Cube Matrix - Generating 1000 combinations of 3 single strikes or 3 mini combinations

The core mini combinations previous selected will now be applied to the Cube Matrix. These mini combinations are:

- | | |
|---|--|
| 1. Abierta Bagsak Salok | 2. Serrada Bagsak Salok |
| 3. Abierta Basbas Hudas | 4. Serrada Basbas Hudas |
| 5. Abierta Planchada Doblete | 6. Serrada Planchada Doblete |
| 7. Abierta Salok Saboy | 8. Serrada Salok Saboy |
| 9. Abierta De Cuerdas Abajo Sima | 10. Serrada De Cuerdas Abajo Sima |



Cube Matrix Combination 1-3-5
Abierta Bagsak Salok
Abierta Basbas Hudás
Abierta Planchada Doble



Cube Matrix Combination 8-10-5
Serrada Salok Saboy
Serrada De Cuerdas Abajo Sima
Abierta Planchada Doblete



Cube Matrix Combination 6-3-10
Serrada Planchada Doblete
Abierta Basbas Hudás
Serrada De Cuerdas Abajo Sima

DOUBLE STICKS



Cube Matrix Combination 1-3-1
Right Abierta Bagsak Salok
Left Basbas Hudan
Right Abierta Bagsak Salok

NEXT STEPS LOOKING BEYOND



The opportunity for continual development when applying The Matrix Approach is limitless and the only constraint is the imagination of the practitioner. Some considerations include:

Pangamut - using Matrix combinations for punching, striking and grappling

Padwork - using Matrix combinations to inform intensive padwork training

Dynamic Padwork - stick striking a moving focus pad

Sparring - themed sparring applying selected Matrix combinations

Sparring - freestyle sparring applying random Matrix combinations

FILIPINO MARTIAL ARTS

THE ADVANCED MATRIX

*"PUNONG GURO PETER LEWIS HAS
A DEEP UNDERSTANDING OF THE
FILIPINO MARTIAL ARTS AND
FILIPINO CULTURE.*

*HIS DEDICATION TO THE ARTS
HAS EARNED HIM THE RESPECT
OF MANY AND HE TEACHES TO
A VERY HIGH STANDARD."*

GURO ROGER AGBULOS LAMECO
ASTIG COMBATIVES

PINNACLE PERFORMANCE

PETER A. H. LEWIS