

FILIPINO MARTIAL ARTS

BASIC 180 DEGREE
REBOUNDED STRIKES

INSIGHTS EDITION

PETER A. H. LEWIS

FILIPINO MARTIAL ARTS EXPLORING SINGLE STICK

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A project by Bakbakan International - UK Chapter

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The single stick Insights series began by introducing the concept and strategy of a rebounding strike that recoils from a block by the opponent and redirects to another available target. The first Insights Edition reviewed the Basic 90 Degree Rebounding Strikes.

The second Insights Edition expanded the concept by considering the more progressive Compound 90 Degree Rebounding Strikes. This version rebounds from two targets at 90 degrees before concluding with a third powerful strike to a different target.

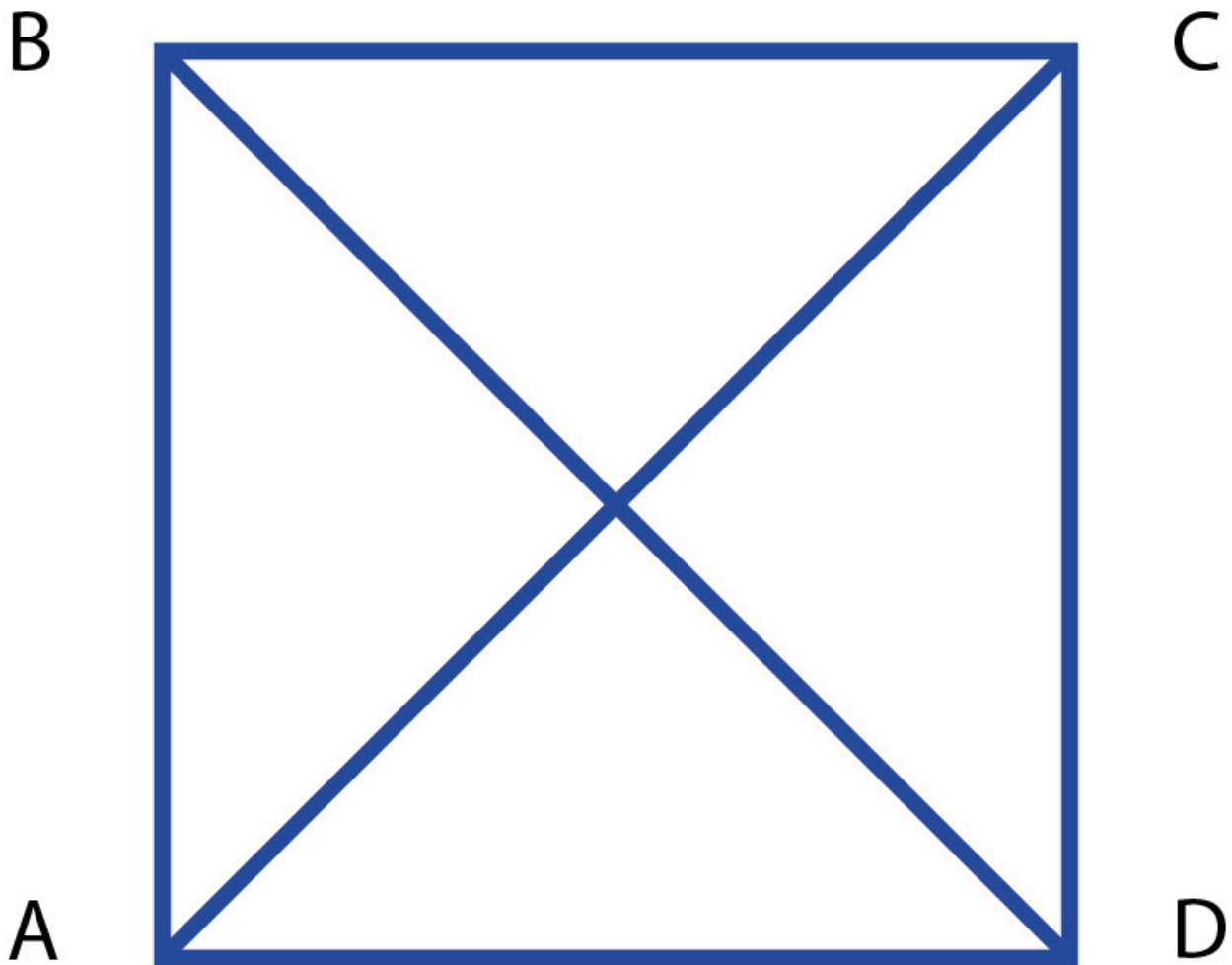
This third edition will offer some insights into the Basic 180 Degree Rebounding Strikes, which provide scope to access a target diagonally opposite to the original one. Utilising a natural wrist rotation, this version of rebounding strikes is fast and maximises the opportunity for success by accessing the most open target available.



EXPLORING SINGLE STICK

BASIC 180 DEGREE REBOUNDING STRIKES

Adopting the four-cornered approach, the Basic 180 Degree Rebounding Strikes target one corner of the body before bouncing to deliver a full strike to the opposite diagonal corner. The four corner present the scope to develop four fast and destructive versions of the 180 degree De Cuerdas technique. the diagram below will be applied to support the overview of this important concept.



The Four-cornered Approach to developing Rebounding Strikes



**De Cuerdas Strikes From Points A to C
Serrada (closed side) Boklis (Rebound)
Abierta (open side) Bagsak (Full Strike)**



**De Cuerdas Strikes From Points C to A
Abierta (open side) Bagsak (Rebound)
Serrada (closed side) Boklis (Full Strike)**



De Cuerdas Strikes From Points B to D
Serrada (closed side) Bagsak (Rebound)
Abierta (open side) Boklis (Full Strike)



De Cuerdas Strikes From Points D to B
Abierta (open side) Boklis (Rebound)
Serrada (closed side) Bagsak (Full Strike)

NEXT STEPS

REBOUNDING DOUBLE STICKS



De Cuerdas Strikes From Points A to C
Left Abierta (open side) Boklis (Rebound)
Right Abierta (open side) Bagsak (Full Strike)



De Cuerdas Strikes From Points C to A
Right Abierta (open side) Bagsak (Rebound)
Left Abierta (open side) Boklis (Full Strike)

NEXT STEPS

REBOUNDING SHORT STAFF



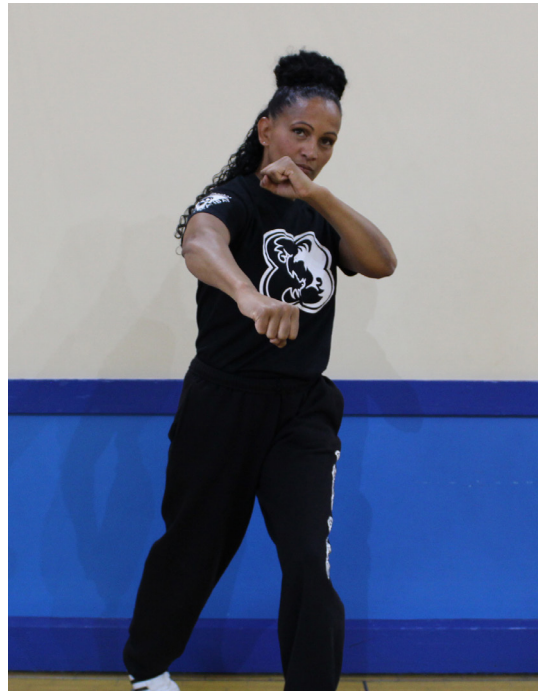
De Cuerdas Strikes From Points A to C
Left Abierta (open side) Boklis (Rebound)
Right Abierta (open side) Bagsak (Full Strike)



De Cuerdas Strikes From Points C to A
Right Abierta (open side) Bagsak (Rebound)
Left Abierta (open side) Boklis (Full Strike)

NEXT STEPS

REBOUNDING EMPTY HANDS



De Cuerdas Strikes From Points A to C
Left Abierta (open side) Boklis (Rebound)
Right Abierta (open side) Bagsak (Full Strike)



De Cuerdas Strikes From Points C to A
Right Abierta (open side) Bagsak (Rebound)
Left Abierta (open side) Boklis (Full Strike)

FILIPINO MARTIAL ARTS

EXPLORING SINGLE STICK

*"PUNONG GURO PETER LEWIS IS A
VERY EXPERIENCED MARTIAL ARTIST
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*GRANDMASTER YULI ROMO
BAHAD ZUBU*

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