

FILIPINO MARTIAL ARTS

DOUBLE STICKS TO
SWORD AND DAGGER



INSIGHTS EDITION

PETER A. H. LEWIS

FILIPINO MARTIAL ARTS DOUBLE STICKS TO SWORD AND DAGGER

PETER A. H. LEWIS



A project by Bakbakan International - UK Chapter

www.bakbakan.co.uk

The first Insights Edition considered the fundamental techniques, skills and knowledge of the use of double sticks in training and combat. This provides the essential strong foundation to explore further double stick techniques and to translate the acquired skills across weapon categories in the Filipino martial arts.

In the second Insights Edition, a brief overview of the translation of the double stick fundamental techniques to the advanced sword and dagger category. Opportunities, such as using the dagger for intermediate techniques, or replacing a stick strike with a knife technique are explored.



TRANSLATING DOUBLE STICKS TO SWORD AND DAGGER

The use of the sword and dagger combination is often considered to be the very backbone of the Filipino martial arts. There is a distinct difference in range adjustment when using two weapons of differing lengths when compared with using double sticks of the same length. Similar to the double stick categories, the use of sword and dagger can be broadly grouped as shown below:

1. Techniques that use one weapon to deliver two or more cuts
2. Techniques that use alternating cuts with both weapons
3. Techniques that simultaneously use both weapons to defend and cut



BASIC DOUBLE STICKS TO SWORD AND DAGGER FUNDAMENTALS



Magbabayo - To Pound or Downward X



**Magbabayo - To Pound or Downward X
with intermediate dagger technique**



Baguhan - Novice or C Shaped Strikes



**Baguhan - Novice or C Shaped Strikes
with intermediate dagger check -
this is collectively known as Bulalakaw - Comet**

BASIC DOUBLE STICKS TO SWORD AND DAGGER WITH THREE ALTERNATING TECHNIQUES



Langit at Lupa - Heaven and Earth



Langit at Lupa - Heaven and Earth

BASIC DOUBLE STICKS TO SWORD AND DAGGER WITH SIMULTANEOUS TECHNIQUES



Tulay - Bridge Thrust



Palis Abaniko - Parry with Fan Strike

NEXT STEPS

LOOKING BEYOND THE BASICS

The translation of Double Stick techniques to the Sword and Dagger category is both fascinating and rewarding. There are now many opportunities to further develop the skills of using double weapons, such as:

Partner Drills - Using set attacks and defences to enhance range adjustment

Free Flow - Random attack and defence flowing freely to develop timing

Empty Hands - Translation from weapons to empty hand scenarios



FILIPINO MARTIAL ARTS

DOUBLE STICKS TO
SWORD AND DAGGER

*"THE BROTHERHOOD OF BAKBAKAN
INTERNATIONAL CONGRATULATES AND
COMMENDS PETER LEWIS ON HIS
CONTINUING EFFORTS TO
PRESERVE AND PROMOTE THE
FILIPINO MARTIAL ARTS"*

GRANDMASTER REYNALDO S. GALANG

THE BACKBONE OF THE FMA

PETER A. H. LEWIS