

FILIPINO MARTIAL ARTS

DOUBLE STICKS TO
SHORT STAFF



INSIGHTS EDITION

PETER A. H. LEWIS

FILIPINO MARTIAL ARTS DOUBLE STICKS TO SHORT STAFF

PETER A. H. LEWIS



A project by Bakbakan International - UK Chapter

www.bakbakan.co.uk

The first Insights Edition offered a brief outline of the core concepts and strategies of using double sticks in training and combat. This essential foundation enables the practitioner to further explore the wide range of weapon-based and empty hand opportunities derived from the practice of sinawali.

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 was explored.

In this Insights Edition, the opportunity to translate techniques using double stick to powerfully destructive short staff methods is introduced. Often overlooked or ignored, this aspect of sinawali facilitates the development of excellent body mechanics in generating maximum impact power when using the tungkod, or short staff.



TRANSLATING DOUBLE STICKS TO SHORT STAFF

The use of the short staff is an aspect of the Filipino martial arts which is often omitted or infrequently practiced to a standard that provides highly effective combative capabilities. Generally deployed using a two-handed end grip, the practice of using the short staff can be greatly enhanced through an understanding of the strategies, strike angles and techniques of sinawali. This Insights Edition seeks to provide a platform for understanding the relationship between using double weapons of equal length and the destructive potential of the short staff.



BASIC DOUBLE STICKS TO SHORT STAFF



Magbabayo - To Pound or Downward X



**Magbabayo - To Pound or Downward X
using the Short Staff**



Baguhan - Novice or C Shaped Strikes



**Baguhan - Novice or C Shaped Strikes
sing the Short Staff**

BASIC DOUBLE STICKS TO SHORT STAFF WITH THREE ALTERNATING TECHNIQUES



Langit at Lupa - Heaven and Earth



**Langit at Lupa - Heaven and Earth
using the Short Staff**

(Note: Strike 1 retracts, Strike 2 is a full strike and Strike 3 retracts)

BASIC DOUBLE STICKS TO SHORT STAFF ENDLESS OPPORTUNITIES



Tulay - Bridge Thrust



Palis Abaniko - Parry with Fan Strike

NEXT STEPS

LOOKING BEYOND THE BASICS

The translation of Double Stick techniques to the Short Staff category is very interesting and rewarding. There are many opportunities to further develop the skills of double weapons when using the short staff, such as:

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

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

Empty Hands - Translation from short staff to empty hand scenarios



FILIPINO MARTIAL ARTS

DOUBLE STICKS TO SHORT STAFF

*"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

POWERFUL AND DESTRUCTIVE

PETER A. H. LEWIS