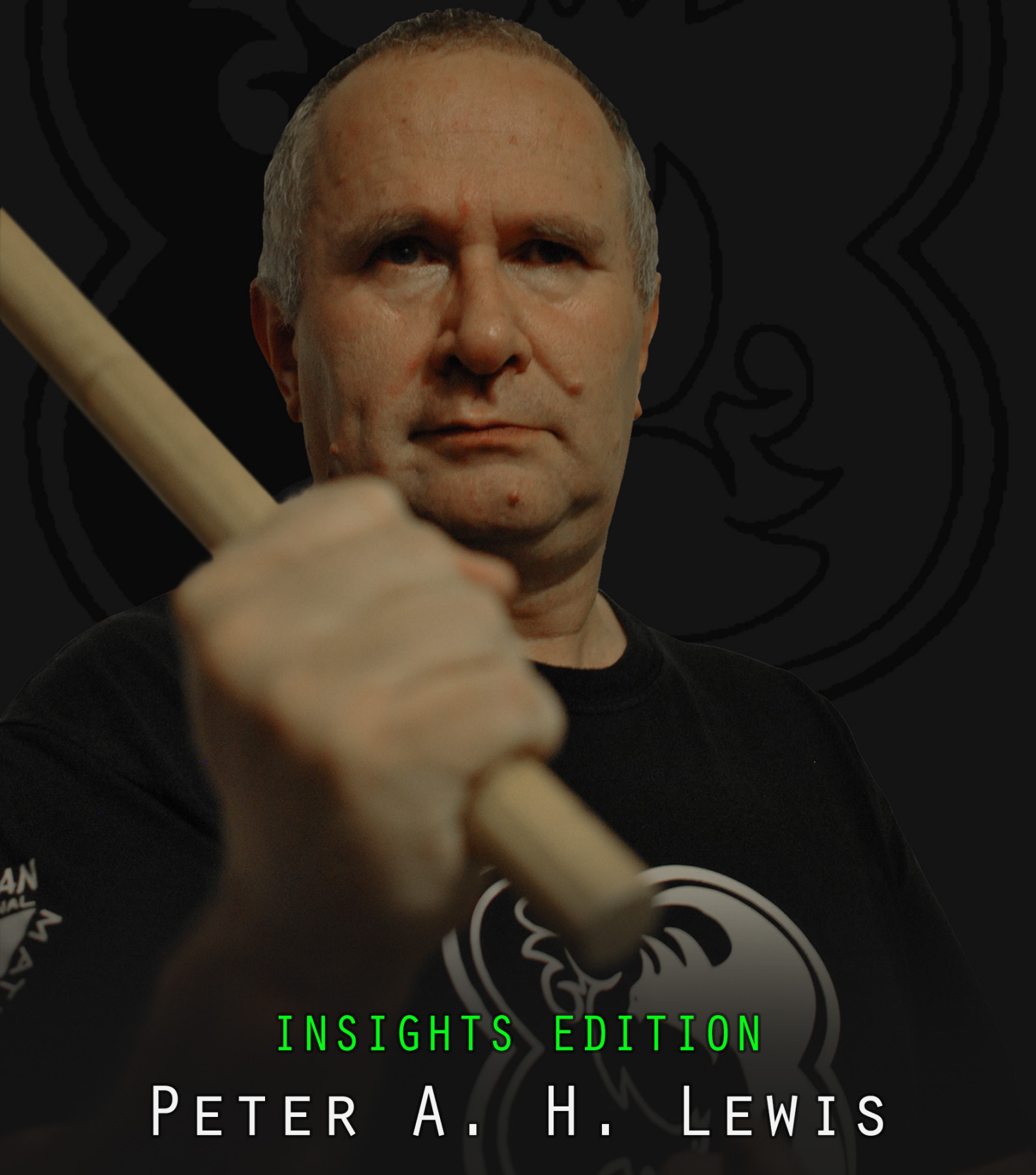


# FILIPINO MARTIAL ARTS

PROGRESSING THE MATRIX



INSIGHTS EDITION

PETER A. H. LEWIS

# FILIPINO MARTIAL ARTS PROGRESSING THE MATRIX

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A project by Bakbakan International - UK Chapter

[www.bakbakan.co.uk](http://www.bakbakan.co.uk)



The first Insights Edition of the Filipino Martial Arts: The Matrix Approach selected five techniques that commence from the Abierta (open) position. The process of technique selection then evolved the Matrix Framework by adding the counterpart techniques that start from the Serrada (closed) position. The selection of these ten individual techniques (eight strikes and two thrusts) provided a basis for understanding the Matrix Approach and a foundation for training 100 two-strike combinations.

The initial overview further alluded to the ability to transfer the 100 two-strike combinations across the following categories:

**Doble Baston** - Double Sticks

**Espada y Daga** - Sword and Dagger

**Tungkod** - Short Staff (two-hand end grip)

**Sunkod** - Long Staff (two-hand middle grip)

**Pangamut** - Empty hand striking and grappling

This solid foundation of the Matrix Approach can now progress to consider mini combinations that consist of two or three strikes and will be presented in the next section.



# PROGRESSING THE MATRIX

## SELECTING MINI COMBINATIONS

To facilitate the natural progression of the Matrix Approach to generate a further one hundred fluid combinations, that can readily be applied in combat scenarios, The five mini combinations that commence from the Abierta (open) position will be selected. this process is exactly the same as the selction process of individual strikes presented in the first Insights Edition. The following mini combinations are core to the Bakbakan Kali Ilustrisimo system and are presented for the purpose of demonstrating the progression of the Matrix.



**Abierta Bagsak Salok**  
**(Open side downward diagonal strike with scooping thrust)**





**Abierta Basbas Hudas**  
**(Open side treacherous blessing)**  
**(feint/opposite side diagonal downward strike/hooking thrust)**



**Abierta Planchada Doblete**  
**(Open side horizontal and vertical strikes)**



**Abierta Salok Saboy**  
(Open side scoop and throw - upward X)



**Abierta De Cuerdas Abajo Sima**  
(Open side low to high rebounding strikes with hooking parry)

The second phase of selecting mini combinations to complete the Matrix progression is to consider the counterparts that begin from the Serrada (closed) position. These five mini combinations are presented on the subsequent pages.





**Serrada Bagsak Salok**  
(Closed side downward diagonal strike with scooping thrust)



**Serrada Basbas Hudas**  
(Closed side treacherous blessing)  
(feint/opposite side diagonal downward strike/hooking thrust)





**Serrada Planchada Doblete**  
(Closed side horizontal and vertical strikes)



**Serrada Salok Saboy**  
(Closed side scoop and throw - upward X)





**Serrada De Cuerdas Abajo Sima**  
**(Closed side low to high rebounding strikes with hooking parry)**

The ten mini combinations are now paired and numbers as indicated below:

- 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**

	1	2	3	4	5	6	7	8	9	10
1	1-1	1-2	1-3	1-4	1-5	1-6	1-7	1-8	1-9	1-10
2	2-1	2-2	2-3	2-4	2-5	2-6	2-7	2-8	2-9	2-10
3	3-1	3-2	3-3	3-4	3-5	3-6	3-7	3-8	3-9	3-10
4	4-1	4-2	4-3	4-4	4-5	4-6	4-7	4-8	4-9	4-10
5	5-1	5-2	5-3	5-4	5-5	5-6	5-7	5-8	5-9	5-10
6	6-1	6-2	6-3	6-4	6-5	6-6	6-7	6-8	6-9	6-10
7	7-1	7-2	7-3	7-4	7-5	7-6	7-7	7-8	7-9	7-10
8	8-1	8-2	8-3	8-4	8-5	8-6	8-7	8-8	8-9	8-10
9	9-1	9-2	9-3	9-4	9-5	9-6	9-7	9-8	9-9	9-10
10	10-1	10-2	10-3	10-4	10-5	10-6	10-7	10-8	10-9	10-10

### **The Matrix Approach Diagram - 100 Combinations**

Applying the Matrix Approach Diagram to the newly selected mini combinations, 100 dynamic and explosive striking combinations can be developed. Some examples are suggested below:

**1-1 Abierta Bagsak Salok - Abierta Bagsak Salok**

**3-1 Abierta Basbas Hudas - Abierta bagsak salok**

**5-10 Abierta Planchada Doblete - Serrada De Cuerdas Abajo Sima**



# NEXT STEPS

## LOOKING BEYOND THE BASICS



The door is now open to explore opportunities beyond the 100 combinations generated from the five core mini combinations. Some areas of potential development include:

**Reverse Grip** - Holding the stick with the long end on the little finger side

**Doble Baston** - Double Sticks - mixed grips - left lead or right lead

**Espada y Daga** - Sword and Dagger

**Tungkod** - Short Staff (two-hand end grip)

**Pangamut** - Filipino Boxing

# FILIPINO MARTIAL ARTS

## PROGRESSING THE 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

EVOLUTION OF THE FRAMEWORK

PETER A. H. LEWIS