

FILIPINO MARTIAL ARTS

A man with short, graying hair is shown from the chest up, looking slightly to his left. He is wearing a black t-shirt with a white circular logo on the left side. He holds a long, light-colored wooden stick vertically in his right hand. The background is dark with a large, faint, stylized bird logo, possibly a Garuda, behind him.

BASIC 90 DEGREE
REBOUNDED STRIKES

INSIGHTS EDITION

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FILIPINO MARTIAL ARTS EXPLORING SINGLE STICK

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A project by Bakbakan International - UK Chapter

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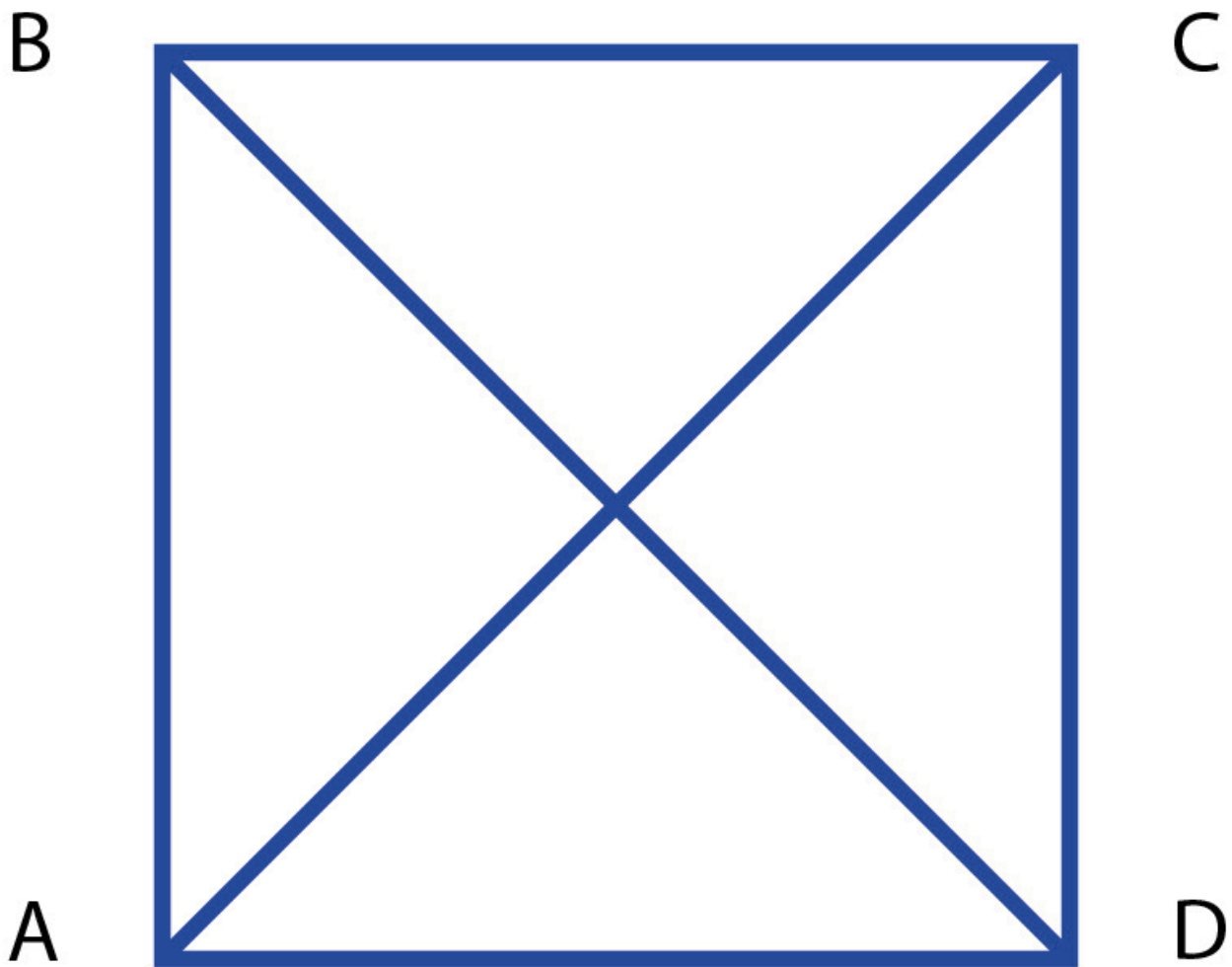
In this first Single Stick Insights Edition, the technique of De Cuerdas (Rebounding strikes) is introduced as a method of gaining a strategic advantage by understanding potential openings when the opponent blocks or parries an attack.

Understanding and the effective application of rebounding strikes can produce a strong strategic advantage both in the tournament and combat arenas. In practical terms, De Cuerdas can be applied as a counter to the opponent's defence, as a Enganyo (feint) to draw a defensive action from the opponent, or as a block and counter strategy for the practitioner.



EXPLORING SINGLE STICK BASIC 90 DEGREE REBOUNDING STRIKES

To understand the concept and application of De Cuerdas (Rebounding Strikes), a four-cornered approach is applied as shown in the diagram below. An attack to point A, for example, would draw a defensive response that would leave points B, C or D open to a counter attack. In practice, the strike a target rebounds off a block to redirect towards a different available open target. This introduction to De Cuerdas will review rebounding to a target that is 90 degrees to the original.



The Four-cornered Approach to understanding Rebounding Strikes



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



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



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



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



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



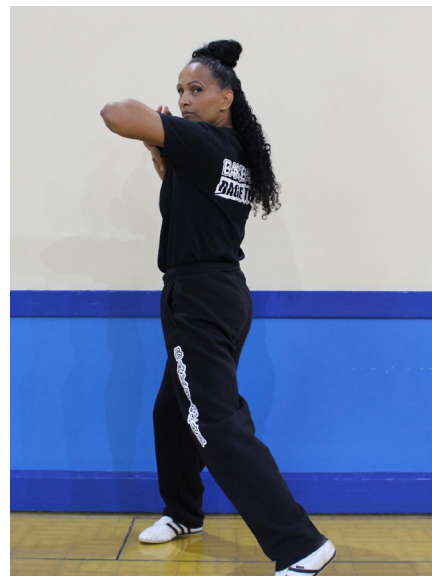
De Cuerdas Strikes From Points D to C
Abierta (open side) Boklis (Rebound)
Abierta (open side) Bagsak (Full Strike)

NEXT STEPS

EMPTY HAND OPPORTUNITIES



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



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

NEXT STEPS

LOOKING BEYOND THE BASICS

Rebounding strikings provide a strategic advantage because of their fast, direct and often unpredictable nature. Some opportunities for progressive development include:

Double Sticks - Alternate sticks rebound and complete the full strike

Power Development - Striking the heavy bag or large diameter rope

Sparring - To develop timing, range and accuracy



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*"PUNONG GURO PETER LEWIS IS A
VERY EXPERIENCED MARTIAL ARTIST
AND A WORLD-CLASS INSTRUCTOR
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*GRANDMASTER YULI ROMO
BAHAD ZUBU*

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