

FILIPINO MARTIAL ARTS

BASIC DOUBLE STICKS



INSIGHTS EDITION

PETER A. H. LEWIS

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The practice of Sinawali (woven or to weave) is perhaps one of the most common and adaptable aspects of the Filipino martial arts. The use of double sticks to develop, maintain and enhance combat attributes is an essential feature of this practice that rapidly instills an ambidextrous capability within the exponent of the FMA.

The seemingly endless array of sinawali patterns provides a progressive structure for the FMA practitioner to follow in pursuit of combative excellence. This first Insights Edition considers some of the core training methods deployed when using double sticks. This foundation provides the platform for progressive evolution within the Art.



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DEVELOPING A STRONG FOUNDATION

A strong foundation in any aspect of training is essential if the practitioner is to attain combat effective techniques and strategies that develop skills way beyond simple repetition of movement. A good starting point is to categorise the many double stick patterns or sequences into three distinct groups:

1. Techniques that use one stick for two or more strikes
2. Techniques that use alternating strikes with both sticks
3. Techniques that simultaneously use both sticks to defend and strike

In application, it is possible for a technique to be located in more than one category because a chamber could be used as a block or parry, for example.



BASIC DOUBLE STICKS

SINGLE STRIKES WITH ONE STICK



Magbabayo - To Pound or Downward X



Baguhan - Novice or C Shaped Strikes

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TWO ALTERNATING STRIKES



Bukang Liwayway - Sun Rays



De Cuerdas - Rebounding Strikes

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THREE ALTERNATING STRIKES



Redonda - Whirlwind



Langit at Lupa - Heaven and Earth

BASIC DOUBLE STICKS SIMULTANEOUS TECHNIQUES



Tulay - Bridge Thrust



Palis Abaniko - Parry with Fan Strike

NEXT STEPS

LOOKING BEYOND THE BASICS

The scope of Double Stick training is massive and provides the practitioner with the ability to enjoy continual development. Some options that are worthy of further consideration include:

Sword and Dagger - The advanced format to facilitate range adjustment

Short Staff - Powerful combinations generated from the sinawali patterns

Long Staff - Fast and dynamic translations from double stick techniques



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

GRANDMASTER REYNALDO S. GALANG

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