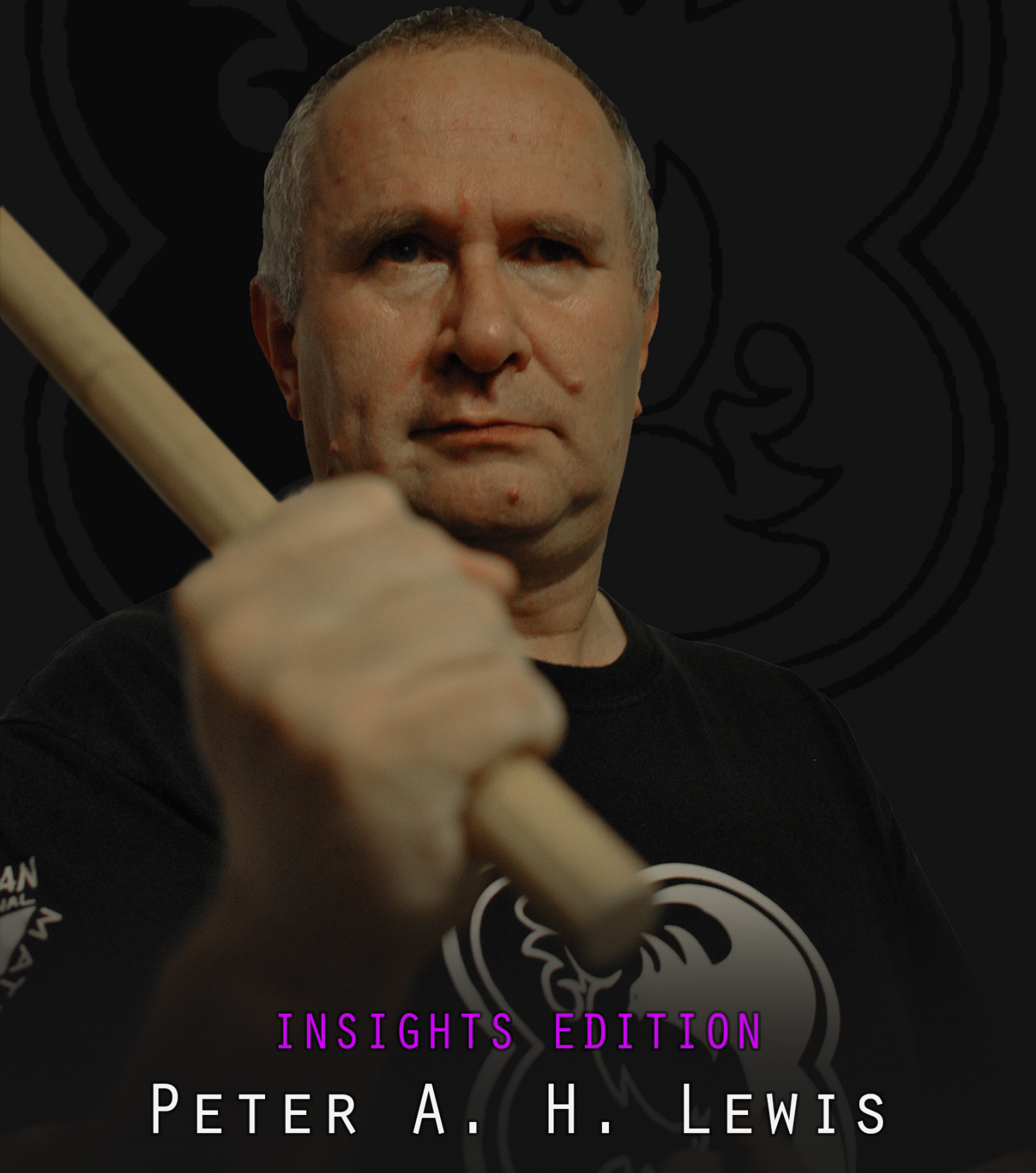


# FILIPINO MARTIAL ARTS

ADVANCING THE MATRIX



INSIGHTS EDITION

PETER A. H. LEWIS

# FILIPINO MARTIAL ARTS ADVANCING THE MATRIX

PETER A. H. LEWIS



A project by Bakbakan International - UK Chapter

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



The first Insights Edition of Filipino Martial Arts: The Matrix Approach provided a structural foundation and demonstrated the evolution of applying the Matrix by using five individual techniques that start from the Abierta (open) position and adding their five counterparts that commence from the Serrada (closed) chamber to generate 100 two-strike combinations.

In the second Insights Edition, Filipino Martial Arts: Progressing The Matrix, five core mini combinations that start from the Abierta position were applied in conjunction with their Serrada equivalents to develop 100 fluid and dynamic combinations using the Matrix Approach.

This Insights Edition reviews the scope for further developing the previously generated 100 options constructed from five core mini combinations of two or three strikes. Consideration will be given to adding extra moves before, during or after the Matrix combination and how to develop dynamic and explosive impact power in application.



# ADVANCING THE MATRIX

## ADDITIONAL OPPORTUNITIES

Exploring the many options to develop the Matrix combinations into highly effective methods that provide access and opportunities to deploy core strikes, some effective opportunities arise. One method is to select an additional strike or technique that could be applied before, during or after the Matrix combination. To demonstrate this evolutionary concept, the addition technique of Abierta Doblete (open side downward circular strike) will be applied to Matrix combination 1-1. The variations in this instance are:



**BEFORE - [Abierta Doblete](#) - Abierta Bagsak Salok - Abierta Bagsak Salok**





**DURING - Bagsak Salok - [Abierta Doblete](#) - Abierta Bagsak Salok**



**AFTER - Abierta Bagsak Salok - Abierta Bagsak Salok - [Abierta Doblete](#)**

The simple concept of adding a further technique before, during or after the Matrix combination can massively increase the scope of opportunity. The Matrix Approach generated 100 combinations from ten mini combinations (five from Abierta and five from Serrada) and now the addition of Abierta Doblete has increased the scope to 300 combinations. Some other single strike techniques that work effectively with the Matrix combinations include:

**Serrada Doblete - closed side downward circular strike**

**Abierta Boklis - open side upward diagonal strike**

**Serrada Boklis - closed side upward diagonal strike**

**Abierta Planchada - open side horizontal strike**

**Serrada Planchada - closed side horizontal strike**

Double strike techniques that also work well with the Matrix combinations are:

**Abierta Magbabayo - open side downward X**

**Serrada Magbabayo - closed side downward X**

**Abierta Baguhan - open side C strikes**

**Serrada Baguhan - closed side C strikes**



**Abierta Magbabayo - open side downward X**

# NEXT STEPS

## DYNAMIC IMPACT POWER

Once familiar with the Matrix Approach and how techniques quickly evolve into dynamic combinations, it is important to develop combat efficiency in application. One very important attribute to apply to the Matrix combination is that of explosive and destructive impact power.

This is an essential ability and can best be developed by hitting the heavy bag for impacting a solid target or the large diameter rope for impact power at speed. This type of hard impact training is best practiced in 'Rounds' and a Matrix combination can be selected for each round, as suggested below:

**Round 1 (2 minutes) - Combination 3-10**

**REST (1 minute)**

**Round 2 (2 minutes) - Combination 5-1**

**REST (1 minute)**

**Round 3 (2 minutes) - Combination 7-9**



# FILIPINO MARTIAL ARTS

## ADVANCING 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

PROGRESSIVE DEVELOPMENT

PETER A. H. LEWIS