

FILIPINO MARTIAL ARTS

A man with short grey hair, wearing a black t-shirt with a white eagle logo, is shown from the chest up. He is holding a long, light-colored wooden stick vertically in his right hand. His left hand is raised, palm facing forward, with fingers slightly curled. The background is dark with a large, faint eagle logo.

COMPOUND 90 DEGREE
REBOUNDED STRIKES

INSIGHTS EDITION

PETER A. H. LEWIS

FILIPINO MARTIAL ARTS EXPLORING SINGLE STICK

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A project by Bakbakan International - UK Chapter

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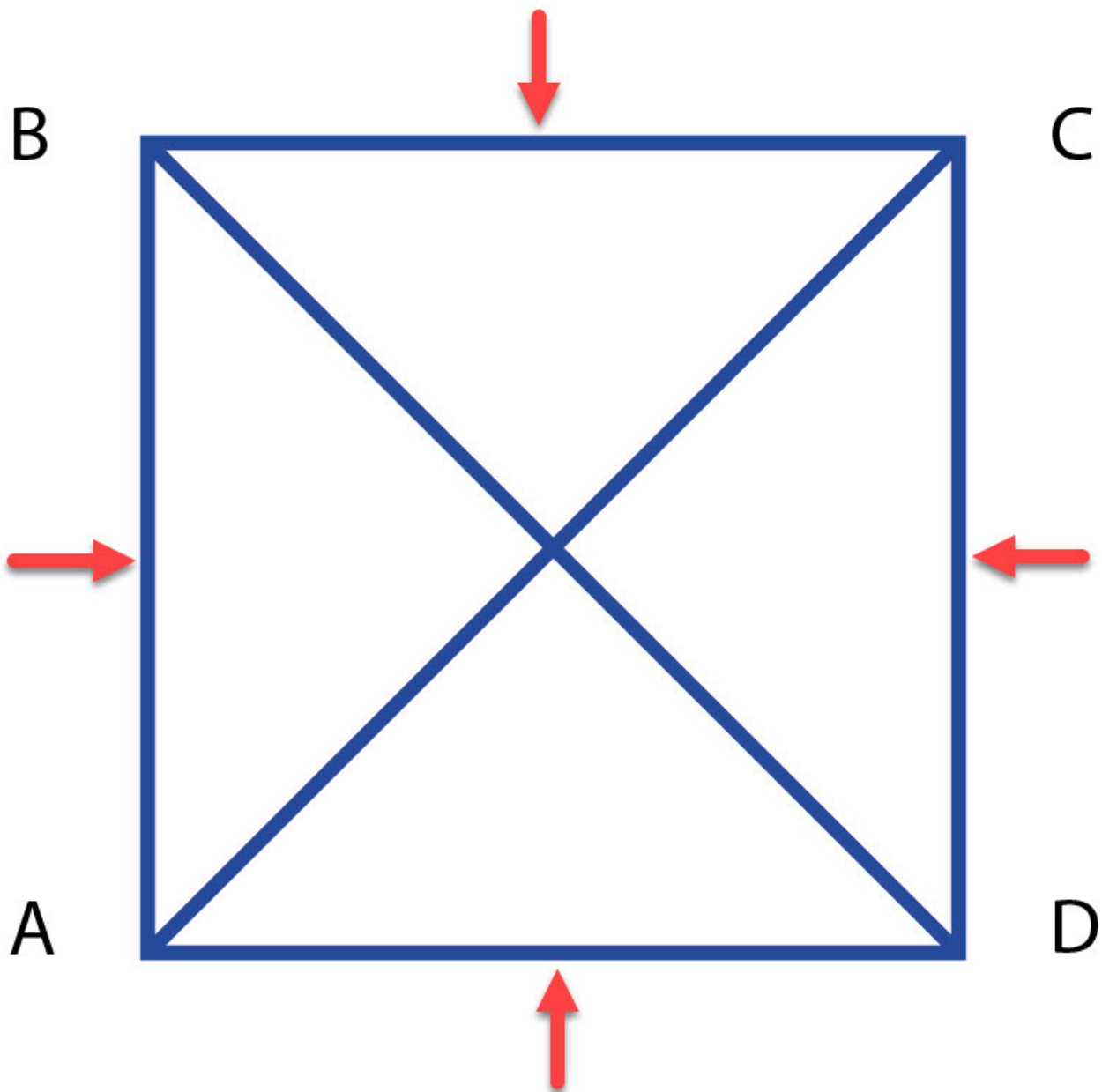
The first Insights Edition of Filipino Martial Arts: Basic 90 Degree Rebounding Strikes introduced the concept of a trained response to a block by rebounding to a target at 90 degrees to the original and finishing with a full strike. A four-cornered approach was used to explore a wide range of opportunities that are available to the Filipino martial artist.

In this Insights Edition, the concept of 90 degree compound rebounding strikes sequence is explored. This version of the 90 degree rebound utilises two rebounding strikes before adding a third full strike as a finishing technique. Again, the four-cornered approach is used to determine the range of options that are accessible to the practitioner.



EXPLORING SINGLE STICK COMPOUND 90 DEGREE REBOUNDING STRIKES

The concept of compound 90 degree strikes facilitates a fast and explorative strategy that is both deceptive and destructive. It comprises two rebounding (or bouncing) strikes aimed at targets that are 90 degrees apart, before adding a final third full strike at a different target. The diagram below illustrates the four-corned approach to understanding rebounding strikes and the red arrows indicate opportunities for the third, finishing power strike.





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



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



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



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



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



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



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



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



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



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



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



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

NEXT STEPS

LOOKING BEYOND THE BASICS

Compound 90 degree rebounding strikes provide a strong platform for ongoing development with conceptual and strategic advantages.

Some further opportunities include:

Double Sticks - using both weapons to create a destructive opportunity

Pangamut - Powerful empty hand combinations



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EXPLORING SINGLE STICK

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

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