

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 180 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

www.bakbakan.co.uk

This final Insights Edition explores the potential to develop the very fast and destructive 180 Degree Rebounding Strikes for a compound delivery that concludes with a third power strike.

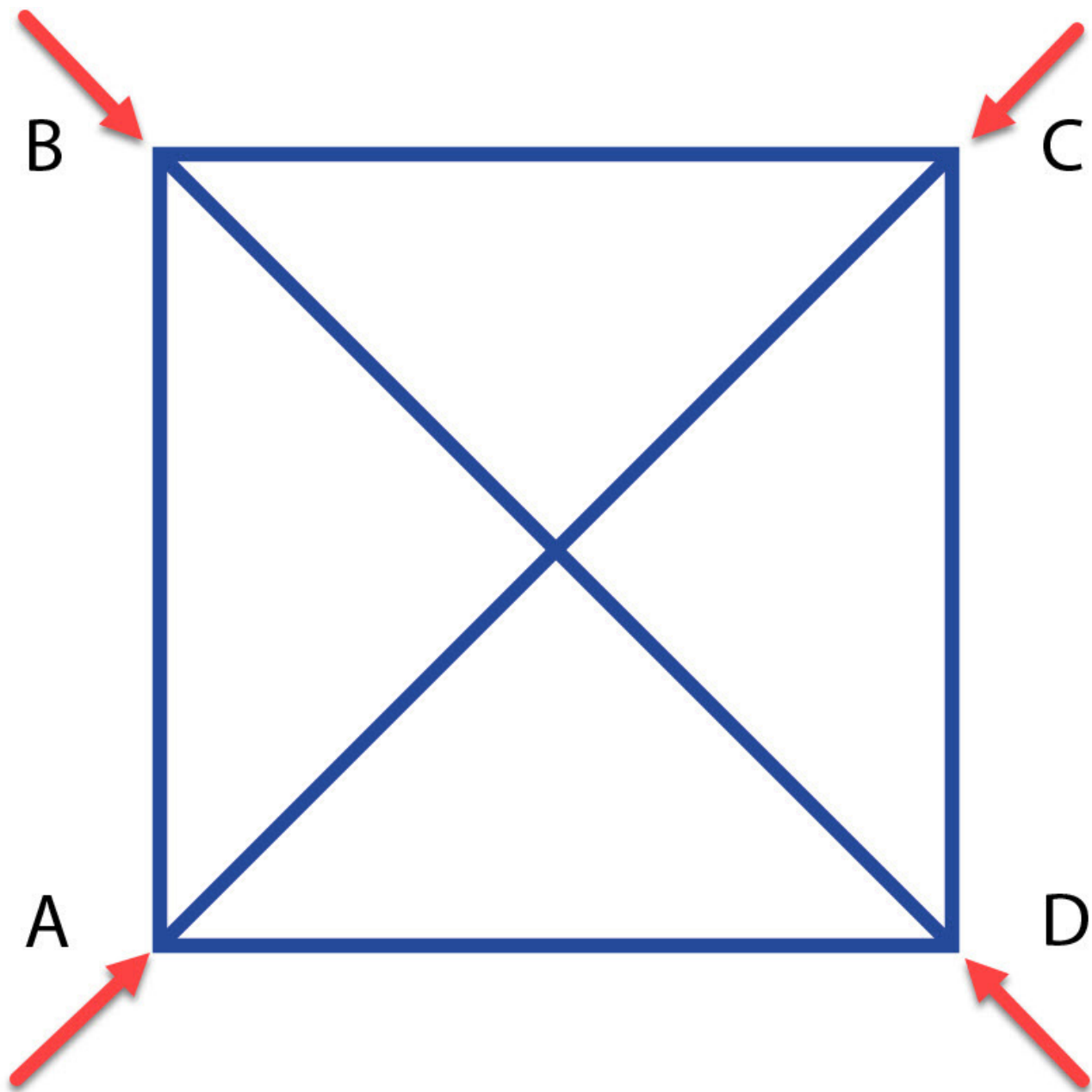
The first two techniques rebound from a block by the opponent to create an opportunity for a third full strike to a different target. The first and/or second strikes could also be used as a Enganyo (feint) to draw the opponent towards the target, subsequently creating an open target for the continued assault.



EXPLORING SINGLE STICK

COMPOUND 180 DEGREE REBOUNDED STRIKES

The concept of compound 180 degree strikes facilitates a fast, dynamic and very explosive strategy. It comprises two rebounding (or bouncing) strikes aimed at targets that are 180 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 arrow indicate opportunities for the third, finishing power strike.





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



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



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



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



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



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



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



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

NEXT STEPS

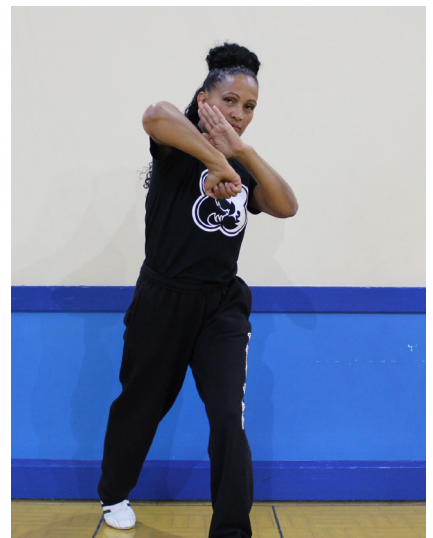
LOOKING BEYOND THE BASICS

Compound 180 degree rebounding strikes provide a strong platform for ongoing development with a wide range of benefits to be gained

Some further opportunities include:

Double Sticks - using both weapons to create a deceptive openings

Pangamut - Destructive empty hand combinations



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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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