

Seattle Escrima Club presents
Filipino Martial Arts Concepts with
Rene Latosa

Filipino Martial Arts (FMA) Concepts and specifically, Latosa Escrima, focus on you working at your own capacity during seminars or classes. FMA Concepts facilitate critical thinking and provide the basic understanding of self-defense. An important benefit of the FMA Concepts is the seamless crossover training into all martial art styles as well as into your own lifestyle. This system does not emphasize being the ultimate, the deadliest, or the mother of all martial arts. Instead, FMA Concepts focus on guiding you and providing you with tools designed to help you rediscover and reinvent what you already know.



Double Weapons Use - Saturday, December 4th from 12-2:30
Yesler Community Center -- 917 E Yesler Way -- at Yesler & Broadway
<http://bit.ly/gmap-yesler-community-center>

A look at double weapons, the idea of the figure 8 within the context of double weapon use and outside of it, and transition of the ideas of double weapon use into empty hand and other weapons. The strategies and motion derived from double stick use are one of the defining characteristics of FMA and have important implications for both empty hand and long weapon use. \$60 general public / \$50 if affiliated with any Seattle area club

Getting there first -- Sunday, December 5th from 9-11:30am
SANCA in Georgetown -- 674 S. Orcas St
<http://bit.ly/gmap-sanca-georgetown>

One of the key concepts in Filipino martial arts is Speed/Timing/Distance. The three components of this concept are inseparable, and might be summed up as "getting there first." What is involved in developing speed, anyway? Bring your weapon of choice and prepare to learn how with it, you can optimize your speed, timing, and distance sense. \$60 general public / \$50 if affiliated with any Seattle area club. Lunch following.

Plus, Sunday afternoon small group session at private home in Seattle/Madrona -- ask for details!

contact@seattle-escrima.org or call Eric at 206-850-2788
www.escrima-concepts.com