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Modified

Pangamut System

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Meaning that we modernized in what we do but at the same time keeping the traditional part alive as well.*



Modified Pangamut System

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www.southbayfmaclub.com

The Modified Pangamut System is a Filipino-American system that was Founded by Mataw-Guro Marc Lawrence in Torrance, CA. The definition of Modified Pangamut by Mataw-Guro Marc Lawrence means “Modernized Skilled Hands”. The system comprised of a Mountain Visayan style, a family style and the experiences of the South Bay Filipino Martial Arts Club with other styles and systems.

The Modified Pangamut system has both internal and external components of the Filipino martial arts. There is the physical conditioning for speed and strength with fighting which most arte familiar with. There is an internal component being internal meditation and healing. Mataw-Guro Marc Lawrence is a Reiki Master as well as Master of Arnis performs energy healing work, teaches meditation and internal energy work. The Chi building is done with moving meditation practices, breathing exercises and Arnis movements. Mataw-Guro Marc Lawrence developed this type of Filipino Tai Chi style while working with Grandmaster Leo Fong and learning his Chi-Fong. Grandmaster Leo Fong shared with him his concepts of his personal style of Tai Chi. These concepts were blending in classic Filipino Tradition to develop this style of Tai Chi.

Marc Lawrence is a Mataw-Guro or Master Teacher and a member of Mataw-Guro Association of the Philippines and the United States. The Arnis Professionals Association of the Republic of the Philippines certifies him as an Instructor. He is the founder and Punong Guro of the Modified Pangamut System. He is a Master is Pakamut Fighting Arts System. He is an Instructor in Arnis de Mano. He has received a life- time achievement award from the Academy of Masters. He is the 2011 President of the United States Filipino American Federation.

Books and Magazines Written: The Basics of Filipino Martial Arts, PAKAMUT-The Original Filipino Fighting System of Stick, Knife & Hand to Hand Combat, FMA Digest Special Editions PAKAMUT, Doce Pares, Homemade Training Aids, and articles on events.

The Modified Pangamut System has clubs and schools in Gardena, El Segundo, Lawndale, Temecula and Los Alamitos, California. Affiliate schools and clubs are welcome to join the system. There are seminars available upon request and these are:

- 14 uses of the live hand
- 16 different strikes of Arnis
- Introduction to Eastern and Western Medicine First Aid methods for the sick and injured
- Stick Grappling-locks and throws
- Introduction to Filipino Tai-Chi
- Reiki Therapy training levels I, II, III
- Empty hands fight Filipino martial arts style
- Improvised Weapons
- Women’s Self-Defense/self awareness 4- hour course
- Introduction to Mixed Weapon Sparring
- Introduction to competitive stick fighting for tournaments
- Basic knife and Bolo fighting and defense methods

Each issue features practitioners of martial arts and other internal arts, other features include historical, theoretical and technical articles; reflections, Filipino martial arts, healing arts, the culture of the Philippines and other related subjects.

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Modified Pangamut System

The Philosophy of Modified Pangamut is taking to heart the concept of modified or modernized skilled hands. This means that we modernized in what we do but at the same time keeping the traditional part alive as well. With that the meaning of skilled hands in what ever it is that we are doing. This is to be truly worthy of your weapon. It is the user of the weapon that is skilled not the weapon that is skilled. So it does not matter if it is a stick, knife, bolo, staff, gun or even a sweat shirt that you are using as a weapon.

Modified Pangamut being a Filipino American system has the unique challenge of being as one the student's put it of being in the jungle! You never know who you will have to fight, what they have been trained in and what they may be armed with! Because Sothern California has so many different martial arts taught in it you never know how many different style the other fighter has trained in. This makes the Modified Pangamut system have to be highly adaptable to any situation and environment.

In the Modified Pangamut System the basic core concept is it uses three areas, these being use of a single stick, use of blade and use of your hands and feet when fighting. This grows in its concepts in the higher levels of the system. It uses simple motions not complex motions allowing it to be learned naturally and quickly. It does not require a student to have special abilities or be in great physical shape to make it work! It uses ordinary motions and concepts to learn how to fight. Simple everyday things like: pound the table, turn the wheel, open the heavy door, squish the bug, scoop the rice, clean the fish, run by, flip the burger, hammer the nail and more.

The system also teaches a fighter that there are three weapons basic ranges: long range, medium range and close range and adding a split of two parts to the Korto or close range. This is being able to have the skill to fight or wrestle within the close range. The system teaches how to fight from the standing up, kneeling and from the ground in both offense and defense manner. It teaches fighters to fight from a variety of conditions and surfaces like in urban environments, surf, off the beach, in tunnels, halls, allies and wooded areas.

Training Concepts: A single rattan stick and the live hand in the Modified Pangamut are used to teach motion, striking points of the human body and footwork. This allows the user to train in timing,

rhythm and fluidity in the science of fighting. This starts at the basic level and continues from there through the advanced levels.

Levels of Learning: The system is comprised of (8) eight levels of learning (not rank) from the basic to advanced level. These levels are expressed as belts as the club also competes in Karate Tournaments. This goes from the simplest motions, builds on the basics to more complex motions that developed by a thorough understanding of the basics used in Filipino martial arts. In each level the students



Targeting with stick

have to show what they know and then promote via sparring that level and higher. Here is a summary of these levels. Again it is only a summary and there is more in the training outline found on the South Bay Filipino Martial Art club's website.

In Level-1 - the students are taught simple foot work, simple striking, simple blocking, and introduction to the use of the live hand while fighting with a single stick. The student is introduced to the use of the hunting knife and an introduction to hand and foot fighting AKA Empty Hands. They are taught the

basic striking areas of the body and why. They are taught their first fighting pattern Cinco Terros and more.

In Level-2 - the students' progress and are taught the basics stances or we like to call them Body Positions. They are shown their first disarms of sticks, the basic types of grips, the three classic ranges of Filipino martial arts. They are introduced to their first fighting strategies and more.

In Level-3 - the students are taught strategies for street fights and tournaments. They are taught about further use of the live hands, about counter strike methods. They are introduced to pressure points and how to target them. They are introduction to empty hands verse weapon fighting and more.

In Level-4 - the students are taught the use of curving strikes, the family of blocking and parrying methods. They are introduced to the use of the bolo. They learn the concepts of bobbing and weaving when fighting. They are taught how to perform pressure point knockout punches. They learn about how to fight multiple opponents. They are taught about stick grappling methods and more.

In Level-5 - the students can use their stick and knife work together their empty hands to work in Combat Flows. The students have learn how to fighting in multiple environments live at the beach, around trees and rocks, inside tunnels, and halls, through the woods. They can fight coming off the ground and around obstacles. They have learned multiple disarms of different kinds of weapons not

just sticks. They are taught about using improvised weapons like shoes, backpacks, pencils, hats belts and newspapers. They are introduced to simple firearms with basic firearm safety and marksmanship. They are introduced in to the building of Chi and the uses of internal energy. They learn about fighting against gang style multiple attacks and the defense strategies and more.

In Level-6 - the students are taught to fight against mixed weapons like long sword, short swords, shield and sword, spear, staff and Nunchukas. They have learned the four different basic knife systems used in the system. They have been introduced to projectile weapons like the Pana, Sumpot, sling shot, Bow and Arrows. They are introduced to the basics of the art of throwing edged weapons like knives, tomahawks/belt axe, and spikes. The students are taught basic first aid from an Eastern and Western Medicine. They are taught some basic home



Multiple Attackers

remedies, the use in internal energy when healing and more.

In Level-7 - the students are demonstrating their own Combat Flows. They demonstrate their own sparring combinations with their sticks, bolos, knives, and empty hands. They are applying their first aid skills. They have learned how to Coach and Handle a fighter. They can explain all the targets found in and on the human body. They can use repeating fire arms with proficiency. They can prove their ability against other fight systems like Karate Kung Fu, MMA and others. They practice Filipino Tai-Chi and do more.

In Level-8 - the students have learned to demonstrate the entire curriculum that is taught. They are able to lead group. They can perform healing methods. They have learned a comprehensive understanding of the human body. They understand the use of internal and external energy development. They can coach a fighter, judge a tournament and plan a seminar. They can demonstrate proficiency with whatever weapon handed to them against multiple skilled opponents and more.



Full Contact Sparring

Foot-work

Foot-work in Modified Pangamut is everything and at the same time it is nothing. What we mean is that the stances are not really stances but body positions that you transition through while applying your foot



work. The foot-work is built around the concepts of V-stepping and off-angling against an attack while re-angling. This is expressed with the use of ground angles when fighting. When two fighter meet one angles off, pivots and turns to reduce the number of weapons on the person's body and ones they are wielding at you. The system uses the classic V step, off-angling, circular typically found in an Arnis class. The stances or we call them body positions taught are Forward Stance, Deep Forward stance, diagonal stance left and right, deep diagonal Left and right, Natural stance, Diagonal stance Left and Right, Rearward diagonal stances Left and right, reverse stance, Deep Reverse Stance, Cat stance, hook, stance, Attention Stance, and Salutation Stance.

Live Hand

Empty Hand Work

In the live hand portion it teaches at basic level there are (14) fourteen uses of the live hand, and at the advanced level another (11) eleven. These are the ones taught at the basic levels in the system: 1. Re-enforcing the stick, 2. Checking the weapon hand, 3. Jamming the weapon hand, 4. Pulling your opponent, 5. Hooking your opponent, 6. Pushing, 7. Deflecting/

passing your opponent's weapon/hand, 8. Spreading your opponent, 9. Grabbing your opponent, 10. Punching, 11. Blocking, 12. Pinning you opponents weapon hand/arm, 13. Slapping you opponents weapon hand out of line, 14. Distracting your opponent.

In the Advanced levels there are an additional 11, some these are use of chemical sprays, use of stun guns, trapping, joint locks and more!

Weapon Hand Work

In the weapon hand portion of the training the system teaches the basic (16) sixteen different styles of strikes. It teaches how to use them, defend against them and counter strike them. By making the concepts of strikes are very simple, that is that there are only three basic kinds of



General Stick Concepts

The stick is taught two ways at the same time. One being a weapon in itself that is as an impact weapon, a lever/throwing device and a locking device and why its targets are different then that of a blade. Stick work a fighter learns how to pick the targets best suited to damage a structure with an impact weapon. This way a stick fighter can be highly effective and efficient when striking a target to stop their opponent. This based upon efficiency in motion and anatomy of the human body. The stick is also used to teach the concepts of blade work and why you would not want to just take a shot from the weapon.

strikes, a forehand, back hand and thrust. The student learns that all strike deliveries are just and angle thereof.

That being said there are many methods to deliver a strike. These are linear strikes, curving strikes, rotating strikes, butt strikes, punching strikes, thrusting and curving thrust strikes, re-curving strikes, hammer strikes and axe strikes. The student is taught to defend in a zone fashion like basket ball rather than having to learn how to defend against each play.

The Stick as a Levers

& Locking Device

In the system is taught that stick is used a more then an impact weapon as it is also a lever and a locking device. The system teaches that you throw a person by using the stick as lever and by disrupting



their base. When a limb or another part of the body is immobilized during a fight it can be used as fulcrum for a lever in which you can through a person. Because joints have limited ranges of motion in certain positions, this science is applied with the stick just as it is in wrestling creating locks. The system calls them stick control methods. These locks are basic ones like wrist locks, chicken wings, figure fours, arm bars, ankle locks, legs locks, chest bar, shoulder bars and chokes. These are taught throughout the training curriculum.

Blade Concepts

Blade training and philosophy in the Modified Pangamut System is based upon some simple concepts like steel beats flesh. The targets for a blade are different then those with a stick. Understand steel beat flesh concept means to cut your opponent before checking or controlling in offensive and on the defensive is to give injury or a distraction in before attempting a disarm. This is also the concept of defanging the snake. If you cut the hand or limb that controls the blade then your attacker can not use the blade with that limb. Another concept of the system is that blades are like motor vehicles, that is that size and con-

figuration effects maneuverability and function. To explain this more clearly here is an example: a pocket knife is like a motor cycle, a hunting knife is like a car and a bolo is like a delivery truck. Each travels down the road but each has different abilities to perform their functions. The blade is in three sizes these being: tactical blades/pocket knives, hunting/fishing knives and bolos/machetes this from an offensive and defensive manner. A pocket knife/tactical folder is great up close but has difficulty doing what a hunting knife does. A hunting knife/ fishing knife is very effective at cutting, peeling and carving but does not chop well. The Bolo or Machete chops & hacks well but does not



work well for close work and tight spaces. Because of these factors the Modified Pangamut System incorporated four different knife fighting styles in it

Empty Hands:

Hand & Foot Fighting the 10 Weapons of the Body

The hand and foot fighting in Modified Pangamut is taught with elements of Filipino Boxing/Panatukan, Dumog, Pangamut, Tapi-Tapi and Mano Y Mano. The motions from the stick work are

translated into the used of your arms and legs as the weapons. One the concepts of the system are that God gave you four sticks it is your job to learn how to use them. .In the system it is taught that every person is equipped with weapons at all times! Ok what this means is that you have the ten weapons of the body that you can use. These are the fists, forearms, elbows, feet, shins, knees hips and head. Your have these weapons with you at all times and you learn to use them in conjunction with the weapons you carry with you. These would be with stick & knives at the basic level through the advanced.

Combat Flows

The system has something most Arnis systems do not have. These are Combat flows, in which there are two person flows that teach a multiple skills application when fighting. These Combat flows allow a practitioner to combine stick fighting blade fighting and hand-to-hand combat in a variety of ranges and tactical conditions. Mataw-Guro Marc Lawrence developed these after a question asked by his youngest son and a student who is a Law Enforcement Officer of simply "this how does it all go together"?

Combat flows are not set in stone after learning the basics. The student is taught to fight in three mediums, these being the stick, the blade and against empty hands, this makes the fighter have no pauses or some call it the Oh S@#t moments and they are able to just flow from one to another without pausing or stopping. As the student progresses they start out with mixed bag of weapons, then they have to flow from one fighting medium to the

next. For example as flow would be sword and shield with kick and punch verses Espada Y Daga with kick & punch. If one fighter is disarmed, the fighter continues until a fighter is down and has tapped out.

Healing

Alternative Medicine

The healing portion is unique as it teaches the student basic first aid from a Western Medicine, Disaster First Aid, Native American and Eastern Medicine perspective. This is from the island concept of this (I have problem, what do have around me to solve it). This is what is known as to some as the island adaptation method. Within the healing portion is taught the targets and weakness portions of the body and the points and methods to heal them. This includes structures of the body, organs, basic pressure points and basic body systems. This al-

lows the practitioner the ability to recognized and target areas for offense and defense as well. There will be a more detail article on this subject in the future in the publication!

Traditional and

Improvised Weapons

Training

The traditional weapons portion teaches the basics of traditional usage like knife throwing, bagakey and spike throwing, Pana, sling-shot, bow and arrow, tomahawk/hand axe, spear, sword and shield. The modern weapons portion teaches the basics and safe usage of pistols, rifles, and shotguns. It has its own training outline developed for the Filipino martial arts practitioner as it was recognized that many Filipino martial arts people were around firearms.

In the improvised weapons portion

it teaches the use of, pens, pencils, books, shoes, belts, jackets, hats, water bottles, newspapers, backpacks, purses and other equipment as offensive and defensive weapons.

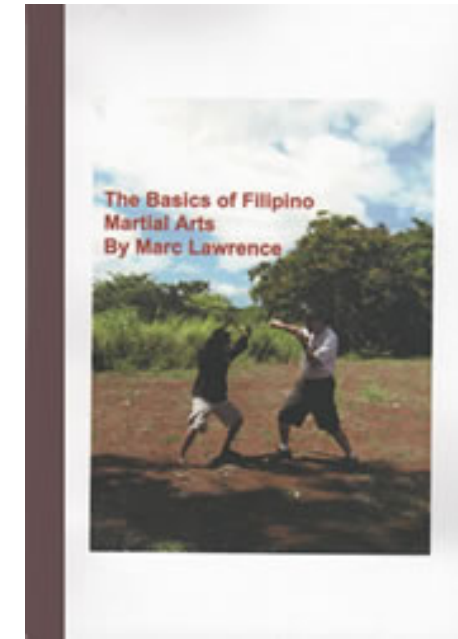
Firearms

Modern Weapons Training

Firearm training was brought in to the system, due to fact that firearms are commonly found around Filipino martial artist homes and families. This was so that martial artists were trained in the safe handing and use of firearms. It was also found that many Security and Law Enforcement personnel that were students had jus basic understanding of firearms so this was made to enhance their knowledge as well. This has also lead to the safe handling of ammunition for modern, obsolete and antique firearms in house and in the field.

The Basics of Filipino Martial Arts

By Marc Lawrence



Master Marc Lawrence Academy of Masters Hall of Fame - Life Time Award, developed this book based upon information gathered over years from 37 different Grandmasters, Masters, Guros and Instructors of what makes up the basics of the Filipino martial art known as Arnis, Eskrima, or Kali. The book contains photographs, diagrams and detailed information that explains what makes the basics any of the Filipino Martial Arts styles is use today. This book serves as companion to any Filipino martial arts style and this information will enhance their skill. (92 pages)

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Emailed manuscripts should be typed in Ariel or Times Roman, on programs such as Notepad, Wordpad, Microsoft Word, Word Perfect and can be sent as an attachment. Photo(s) can be sent as a .jpg, .gif, .bmp, or .tiff to **Article@fmainformative.info**

We welcome your article, ideas and suggestions, and look forward to working with you in the future.