

# FMA

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The FMA Informative representative that visited the Philippines was not able to meet Maestro Miguel Tenorio however Maestro Tenorio is known for his dedication and hardship towards his dream and profession in the arts of Kickboxing and real fighting Mixed Martial Arts

The main focus of the Founder Maestro Miguel Tenorio and the Senbo Combative Alliance members, is learning and teaching street fighting situations, not sports but real fighting, real combat or literally self-defense. Maestro Tenorio always emphasizes the real fighting techniques so that the movements soon will be part of the practitioner's instincts, a way of life. Maestro Miguel Tenorio, still pursues learning other techniques to be more competent, to achieve success towards others and to maintain the strength of the system he has built himself, because he always believes that every man has a room for improvement.

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**Maestro Miguel Tenorio**

All of these System's techniques that I have learned are merged and combined in Senbo, where all techniques are modified to make it simplified and effective. Senbo is not a fixed martial art where it stops in the midst of polishing the techniques. Instead, it is an eclectic kind of street fighting system that adapts to survive, it improvises to take advantage and it overcomes to defeat. Senbo is a kind of Street Fighting System where it always hungry for new techniques, an art that always growing.

Why is Senbo a hybrid art? Because the techniques are merged into one concept or into one discipline to make it a broader, effective, and smarter art.

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## What is Senbo?

Senbo is a Filipino Hybrid Street Fighting System molded in streets and real combat situation. Senbo is most likely an MMA but street MMA without rules followed. Senbo means “The Art of Grappling” in Filipino “Sining Ng Pagbubuno/Fighting”.

Senbo being a hybrid system, merged/combined or mixed into one to have an all around fighting system which will be suited for whatever a practitioner faces. It came from a notable and respectable arts such as Taekwondo, Muay Thai, Yaw Yan (Filipino Muay Thai), Panantukan, Escrima,

“**Faith, Hope and Love**”, meaning,

**Faith:** “Have faith for everything you do, for whatever is it, tomorrow it has result. Have faith in hope and have faith in love.

**Hope:** Have hope on anything you do, tomorrow you will earn anything you hoped for. Have hope in faith and have hope in love.

**Love:** Love all things around you, all things you do and have, have love on faith and have love on hope.

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Training in the basics of Senbo beginners are given the knowledge of disarming techniques, for defense against knives guns, and other objects that can be used as weapons. Then students are taught to be aggressive and open their minds and senses, be alert and continuously observant to their surroundings.

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Pananjakman, Wing Chun, TRAC-MA, Jeet Kune Do, Gracie Jiujitsu, Japanese Jujitsu, Sambo, Greco Roman Wrestling, Judo, Aikido, Kendo, Kenjutsu, Wing Chun double knives, wing chun long staff fighting, Keysi Fighting Method, Pekiti Tirsia Kali, Krabi Krabong, Aikikenjutsu, Dumog and Buno.

It is not literally an all grappling art, its concepts also use striking, nerve striking, vital point striking, dislocating bones and breaking bones, joint locks, etc... Senbo dislocate bones and break bones either by pure grappling or wrestling (Dumog and Buno) or

by striking them. Grappling is also related for not only is the body grabbed but also grabbing something very dangerous or deadly and the body is a weapon.

Senbo is an eclectic kind of fighting system for it does not stop at the knowledge it has attained, but it is always hungry for knowledge and learning more techniques, Senbo adapts to survive, improvise to make something superior and overcoming it. Same as other martial art, we also have principles and our basic principles and will be our principles and way of life:

## Disarming

The Main principles in disarming is to be fluid, ready and confident whatever strikes the aggressor will do. The practitioner has to think and react on his movements before something else, think then counter.

In Senbo there is no offensive tactics, it is defensive tactics always. You will wait for your opponent to attack before your attack, in other words, you will help him to destroy himself. But if ever the opponent refuses to attack, it will be common sense, you have to provoke him to attack you.

The concepts are the same, but if we are talking about the discipline where it came from, it is hard to say which among the discipline Maestro Miguel Tenorio studied are dominant. Senbo uses the techniques of Dumog/Buno, Gracie Jiujitsu, Judo, Jujitsu, Aikido, Jeet Kune Do, Panantukan, Pananjakman, Pekiti Tirsia Kali and etc. It is hard to say which of them are dominant because Senbo is an eclectic kind of street fighting system, we don't stick to one techniques, instead we practice a lot of technique and variations so that if ever one of the attacks came out, we could do instantly and can react simply.

## Knife Defense

**Note:** *These Techniques illustrated are sample techniques that needs total reflex drills or continuous practice. Here are just the basic techniques for self-defense, every technique must have total attention on practicing. Practice it first slowly and then gradually increasing the speed until it reflects as your instinct.*

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### Bent Armlock (Standing)



1. The opponent take out his knife and search for a clean stab spot. (NOTE: if your opponent do this, have an instinct to think of what strike he will do first so you have a setting what to do first once he do his move. Remember be relax. Don't hesitate to your movements, always play the safe way.

2. Slightly bend your body sideward to have a wide range or blocking and to see how you will enter to his side.

3. Block his hand by your left hand, with your other hand crossing under his triceps. Foot advance forward beside his left foot.



4. Reach your left hand using your right hand to have a better control to his arm and trapping your hands downward using your forearms to avoid it getting out. And advance your left foot a little inward to maintain the control to his arms.

5. By his own strength and delivering his power back to his by bending his left arm backward. The chances of his grip will loose because of the pain he experienced at his arm, eventually he will drop the knife. If ever not, threaten him you will break his arm if he will not drop it.

## Bent Armlock - Full Control (*Standing*)



1. The opponents takes out his knife and find a clean spot to stab.
2. Measure the distance before blocking to avoid getting cut to your miscalculation distance.
3. Block his hand with your right hand, with your left hand waiting.
4. Advance your right foot forward until it reach like you are at his back and bent his arm backward to either bring his weight down or break his arm. Hold his forearm or wrist with your right hand over his arm and your left arm controlling his forearm too.



5. Bent his arm as far as you can. It will either brought him down or broke him down to release the tension to his arms and loosing his grip to his hands which cause dropping the knife because of pain.
6. Then place your left hand under his triceps reaching your other hand (right hand) with a monkey grip hold to have a full control to his arm. You can threaten him to break his arm or quickly escape as soon as the takedown is executed.

## Throwing Technique



1. The opponent surprise you at your back with a knife in your neck and his left hand holding your shoulder.
2. Quickly hold his right arm (arm with knife) with your two hands pressuring it away your body.
3. Go to your side by lifting your left foot to your left side, and dropping your waist slightly right downward, to execute a strike to the assailant's groin. (NOTE: maintain your pressure to his right hand (with knife) away from you).
4. Then after the groin strike, wrap quickly your right arm to his waist as quickly as possible and then shuffle your feet back again inside where it came from the first. After it, take out your butt or your hip outside or right side to lift him gently without noticing his weight. (NOTE: always maintain your left hand's pressure to your opponents' right hand, pushing it away to your body).



5. Lift him by leaning forward 45 degrees with your legs bent to carry his weight more gently and spring your legs straight to get him hang for a split seconds for the throwing momentum.
6. (NOTE: When you throw someone, always bend your legs and your butt pointed to his hips so that when you throw him, it would be effortlessly, and help to reduce more power when throwing. Spring straight your legs so you hang him, then pull his hands using your left hand and your right hand pushing it downward.)
7. After you throw your opponent, quickly disarm his weapon while he is on pain by Wrist Stretching.
8. After the weapon is disarmed, control his hand and twist it while maintain the wrist stretch or joint lock. Hold his tricep or shoulders to have a better control and by placing your right knee to his body.

## Revers Bent Armlock



1. Opponent tried to stab you at your left abdomen. Quickly block his arm downward together your body brought into your right side to have wider distance at the knife.
2. Quickly enter your right arm under his right arm and press it, and your left swim upward to have a better grip and control of his hand together with your left foot goes forward until it look like you are half way to his back.
3. As soon as the two hands have full control of the assailant's hand, go as soon as possible to his back and do the reverse bent arm lock by lifting his forearm or wrist upward to drop his knife.
4. Raise his hand until he taps or surrender. (NOTE: You can either threaten him to break his arm, if he does not respond and still fights, break him or stab him by his own hands).



1. Opponent will try to stab at your neck.
2. Go to his side and block his hand.
3. as soon as you block his hand, quickly grab it by your left hand and pivot as quickly as possible inside him with a follow up hand control (using your right hand holding his arm). Prepare the takedown technique by keeping your legs bent so you can carry him and throw him effortlessly.
4. Drag his body downward by using your two hands and your hip (bend your body forward), and spring your legs straight so he hands in the air and pull his hands until it reach at your side (left)



5. The takedown is finished, put away the knife with control to avoid getting slashed.
6. Alternate End: You can either do a straight arm lock at the ground to disarm the knife by threatening him to drop it or to break his elbows so he drop it.
7. Alternate End: Or you can set up closely related to straight armlock and disarm the knife or stab the knife to him if ever he refuse to surrender.



1. Opponent point the knife.
2. Slightly go backward to avoid and to have a wider sight how to grab his hands.
3. Grab his hands both arms.
4. Go to his side and wrap his hands with you arm.  
**Note:** under you "underarm" and arm itself)
5. Break his elbows if ever he still resist.





1. Opponent is aggressive.
2. He then started to stab you straight to your mid-section. Block his arm with your leading hand from outside (Downward Block).
3. Quickly grab his hands by your left hand.
4. And switch your grip like you are holding a sword to have a full control to his hand.
5. Break his elbow if ever he still resist.



1. Opponent surprised you with his knife beside you.
2. Block his knife at the same time strike his face with your right elbow (elbow strike) to have a split seconds to get off with your position.
3. Twist his arm both of your hand and bring it up.
4. Grab his arm like you are holding a sword.
5. You can either throw him, break him or disarm his knife.

## Grappling

In the Grappling concept of Senbo, You have to be smarter than your opponent, you have to think before executing techniques, you have to conserve your energy, in short you have to be conservative in grappling and grappling is a mind game.

The principles are easy, conserve and be smart, Senbo is created to give a chance to the weak to destroy and defeat bigger and stronger opponents by using correct techniques, but of course if

you want to be more than that and be prepared for bigger opponents you can add more drills and exercise to make yourself stronger: by lifting weights and etc.

The grappling concepts we use in Senbo are Dumog/Buno, Gracie Jiujitsu, Judo, Jujitsu, Aikido, Greco Roman Wrestling, and Sambo.

What Senbo practitioners keep in mind when it comes from the techniques they use is simple: Do as simple technique as

you can, it is like the great people says “Don’t fear a man who can do 10,000 techniques, fear a man who can do one technique 10,000 times”.

In gaining an opponent it will be in the mind will be the first set, if you fail in the mind, you will fail the rest. To control an opponent you have to be smarter than the opponent, which means you have the technique to finish him even he is bigger than you.

## Ground Escapes

**Note:** The techniques are done in slow motion so they can understood. In real fight, it must be faster than the usual demonstration and must be done as quickly as possible. So practice these techniques before jumping into other lessons. Initial instinct must be powerful more than a thinking mind.

### Punching Variation Escape



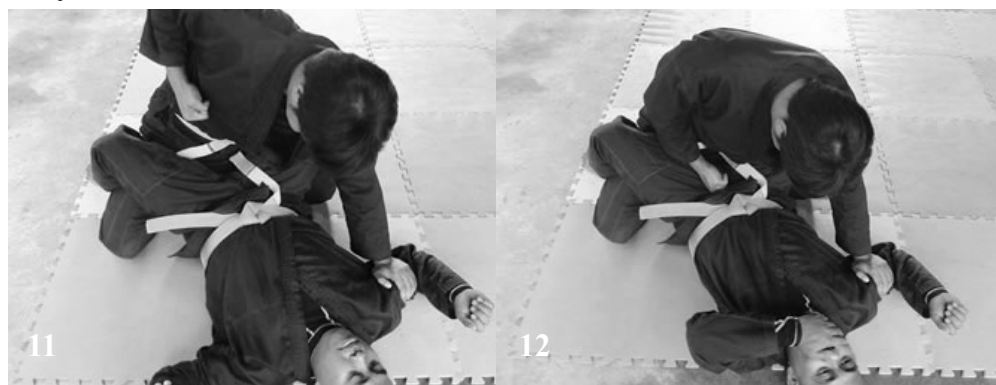
1. The assailant took you down on a fight. First angle your hands upward, like covering your entire face to avoid getting hit.
2. As soon as he launches his punch, move your body sideways to have wider range of eluding and block his punches either outside or inside block. (NOTE: moving your waist sideways and lifting him up using your hips will decrease his aim and balance on the top.).
3. As soon as you blocked his punch outside and you got his hand crossed, GET his body and grab your hands tightly. (NOTE: use monkey grip to have better and stronger and tighter control without using large amount of effort or energy).
4. After you got his body, quickly get him down closely into yours while maintaining your grip, and always keep your head beside his head to avoid getting hit by his punches. (NOTE: use your lats muscles to keep him close to you, not your forearms or arms only, eventually you get tired if you do arm or forearm control).



**5.** After waist control, quickly place your hands both sides of his shoulders, to shrink him down and have better control if incase he attempted to punch you either while you are in the waist control or in this shoulder control.  
**6.** Before the roll escape. The important details is you have to place your foot beside his (trapping technique to have gentle and effortless rolling and lifting technique) to avoid having balance if incase you roll him out. And hands wrapping the opponents arms to have full control on his arm and to loose his balance.  
**7.** After the key details before rolling. Use your hips and feet to lift him 12 o'clock (to loose his balance so you can move gently without putting much effort for escaping).



**8.** By using proper leverage techniques you can lift him effortless. To have successful roll escape, use your other hand like you are reaching the other ground.  
**9.** The ground escape is finished. Maintain your body shrinks down to his while maintaining the control to his arms to avoid punching. If he attempt to move aggressively, maintain your position until he catch his breath or he tires out.  
**10.** If the opponent tires out or by your behaviour, look for a right time to hold his arms to have control of his body.



**11.** Prepare your attack and your escape plan.

**12.** Punch his groin as powerful as you can, so he loses his concentration when he fights you. Then look for escape plan.

## Choking Variation Escape



**1.** Opponent tries to choke you with his two hands.  
**2.** Quickly hold his right hand with your right hand crossing under his left hand and your left hand at his triceps like holding a glass.  
**3.** Trap his right foot by putting your left foot beside his. And tense your neck muscles to partially release the pressure to your neck while he chokes you.  
**4.** Trapping technique to have better control to your opponents balance.  
**5.** Lift him up by using your hips and foot 12 o'clock and roll him at your left.  
**6.** Maintain your hold to his hand and triceps while you are attempting to find a better position.  
**7.** Maintain your hold to his left arm while executing your punch.  
**8.** Hit as powerful as you can to loose his concentration.

## Ground Finish: Bent Arm Lock (Americana Bent Arm Lock)



**1.** If ever one of the ground escapes are executed and the opponent tried to punch you as soon as you stood up. Block his punch and seek for a bent armlock.

**2.** As soon as you got his hand by your both hands putting it on the ground. Use a monkey grip to have a better control.

**3.** As soon as you have the control to your right hand using the monkey grip hold, use your left hand and crossed it under your opponents biceps to reach your other hand holding your opponents wrist.



**4.** Then execute the bent armlock like a paint brush, brushing the fingers on the ground. It is up to you to make him surrender or finish his hand broken or dislocated.



**3. Close Up:** When the two hands already have both monkey grip hold. Place your head on the top of your right hand and shrink your weight into his to avoid getting countered.

## Over the Top Variation



**1.** Opponent tries to punch you after went to the ground. Block his leading right punch with your left foot while searching to his feet.

**2.** Right after you found and grab his feet, quickly push his feet close to you or sweep it upward then kick his arm or chest so that he loose his balance.

**3.** Maintain your hold to his ankle to avoid getting kick by his feet while swinging your weight towards him. (Note: be alert, if ever he punch block it)

**4.** After you roll, maintain your grip to his feet. If ever he stand ups, use your left foot to kick him down.

**5.** Then punch his groin to loose his concentration.



### ***School Submission***

The schools listed teach Filipino martial arts, either as the main curriculum or an added curriculum.

If you have a school that teaches Filipino martial arts, or you are an instructor that teaches, but does not have a school, list the school or style so individuals who wish to experience, learn and gain knowledge have the opportunity.

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