



Modern Arnis Hong Kong

International Modern Arnis Federation Philippines - Hong Kong

“2nd Basic Modern Arnis Seminar”

Modern Arnis Hong Kong (IMAFP-HK) has successfully launched their 2nd Free Basic Modern Arnis Seminar on October 28, 2007 at High Court, Admiralty. This is in fulfillment to the pledged and commitment of Guro Rene V, Sorezo, MAHK (IMAFP-HK) President and Guro Eric T. de Leon, MAHK (IMAFP-HK) Vice President, to the Filipino community in Hong Kong in promoting Filipino Culture, Arts, Sports and Heritage. It also in response to the numerous requests of those who missed the opportunity to participate in the First Free Basic Modern Arnis Seminar last September 16, 2007.

The Free Basic Modern Arnis Seminar started with the introduction of the Modern Arnis History, its disciplines and principles, followed by the step by step teach-in on the actual execution of the basic strikes both on stationary and body coordinated movements on different vital points of the opponent, basic blockings and basic disarming techniques has been also shown and performed by the participants. Single Sinawali drill on single stick and double stick were also introduced and learned by the participants on the second part of the seminar. All participants received Certificate of Attendance from Modern Arnis Hong Kong (IMAFP-HK) after successfully completed the seminar and was offered the privilege and welcome to join the group in their regular training practice.

Guro Rene and Guro Eric expressed their thanks and appreciation to all participants and to the Modern Arnis Hong Kong (IMAFP-HK) members who showed up during the seminar and extend their valuable assistance on this event.

Modern Arnis Hong Kong (IMAFP-HK) will continue to conduct “Free Basic Modern Arnis Seminars” to interested individuals and Filipino organizations in Hong Kong to continuously promote and embrace our own culture. We must be proud to be a Filipino.

For Seminar Details and Arrangements
Contact Modern Arnis Hong Kong (IMAFP-HK) at:

E-mail : imafphongkong@yahoo.com

Or Call : Guro Rene V. Sorezo (852) 6198-9661
President, MAHK (IMAFP-HK)
IMAFP Coordinator, Hong Kong

Guro Eric T. de Leon (652) 9687-2584
Vice President, MAHK (IMAFP HK)
Chairman, Training & Seminars



Modern Arnis Hong Kong

International Modern Arnis
Federation Philippines - Hong Kong



Participants and Members of Modern Arnis Hong Kong (IMAFP-HK)



Participant from Black Commando



Participant from Black Eagle



Step by step teach-in on Basic Strike techniques



Participant from WOMA USA
(Fitness Center)



**2nd BASIC MODERN ARNIS
SEMINAR**
October 28, 2007, High Court, Admiralty, HK

Seminar Participants with Guro Rene
and Guro Eric