

3rd Basic Modern Arnis Seminar

09 December 2007

High Court, Admiralty, Hong Kong

On December 9, 2007, the third “Free Basic Modern Arnis Seminar” was held in Hong Kong with twenty six (26) participants including Junior Arnisadors. The Basic Modern Arnis Seminar always 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 body, 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.



Members and participants.



Junior Arnisadors

The main objective of the seminar is to pass the culture on among the Filipinos working and living in Hong Kong and give them a clear understanding that “Arnis” is an authentic Filipino Martial Arts, and part of our Heritage.

A series of “Free Basic Modern Arnis Seminars” will be continuously offered to other different OFW organizations as the primary project and part of the Community Service of the newly revived Modern Arnis Hong Kong (IMAFP-HK) and

be an offering to the Filipino community specially OFWs.



Group picture of 26 seminar participants



Group picture seminar participants + members