

Modern Arnis Hong Kong

International Modern Arnis Federation Philippines - Hong Kong

4th Basic Modern Arnis Seminar

Modern Arnis Hong Kong (IMAFP-HK), one of the international chapter of the International Modern Arnis Federation Philippines (IMAFP) launched their 2008 opening salvo of the Free Basic Modern Arnis Seminar on January 13, 2008 at High Court vicinity, Admiralty, Hong Kong. It was the 4th edition of their offering to the Filipino community in Hong Kong and twenty seven (27) out of forty (40) registered participants showed up in the seminar and most of them have a touch of Arnis skills during their school days in the Philippines on their Physical Education classes.



A brief introduction of the Modern Arnis profiles, history and structures started the seminar followed by the Modern Arnis traditional stretching and warming-up exercises to revive joints and muscles of the participants. Stick twirling on both forward and reverse direction was also performed before proceeding to actual execution of the Standard Basic striking techniques on a stationary and with body coordinated movements. Basic blockings and disarming techniques were also part of the seminar.

Guro Rene V. Sorezo, MAHK (IMAFP-HK) President and Guro Eric T. de Leon, Vice-President and Chairman on Training and Seminars demonstrated to the group the proper execution of basic striking, blockings and disarming techniques which was followed by the participants with the assistance from the regular members. Single “Sinawali” single stick, a head and knee strike pattern was also learned and performed which refresh the high school memories of some participants and aroused their interest to join the modern arnis group on their regular training every Sunday.

The seminar was concluded by distributing Certificate of Attendance to the participants and taking souvenir pictures with the MAHK members.

Modern Arnis Hong Kong is inviting interested individuals and OFW Organizations on their Free Basic Modern Arnis Seminar and be a part of our culture.



Guros, Members and Participants

For Seminar Arrangement and details please call:

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