



Modern Arnis Hong Kong

International Modern Arnis Federation Philippines - Hong Kong

“5th Basic Modern Arnis Seminar”

Modern Arnis Hong Kong (IMAFP-HK) has successfully completed their 5th Basic Modern Arnis Seminar on March 9, 2008 at Admiralty Park, Admiralty, Hong Kong. This is in fulfillment to the pledged and commitment of Guro Rene V. Sorezo, MAHK (IMAFP-HK) President & 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.

The Basic Modern Arnis Seminar started with the introduction to Modern Arnis, its cardinal rules and principles, followed by the stances, body shifting & footwork, 12 striking techniques (stationary and with footwork), 6 basic blockings and 6 basic disarming techniques. Single and double sinawali drills on single stick and double stick were also introduced and learned by the participants on the second part of the seminar. All 13 participants received Certificate of Attendance from Modern Arnis Hong Kong (IMAFP-HK) 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.

For seminar details and arrangements, please contact:
Modern Arnis Hong Kong (IMAFP-HK) at:

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Or Call : Guro Rene V. Sorezo (852) 6198-9661
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Vice President, MAHK (IMAFP HK)
Chairman, Training & Seminars

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Seminar Participants with Guro Rene and Guro Eric



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

5th BASIC MODERN ARNIS SEMINAR
March 09, 2008 at Admiralty Park, Admiralty, Hong Kong