

Center for Practical Self Defense and ASTIG LAMECO

Combative Self Defense Workshop

October 20, 2007

By Doug Mazzacua



CPSD's Coach Lloyd Kennedy, Astig LAMECO's Roger Agbulos, Instructors Rudy Franco and Doug Mazzacua

On October 20, 2007, the Center for Practical Self Defense (CPSD) and ASTIG LAMECO joined forces to present their first joint Combative Self Defense Workshop in Riverside, California. The workshop was held in Master Rommel Dunbar's United Martial Arts Academy, 9960 Indiana Ave., Suite 13-14, Riverside, CA. 92504.

Guro Roger Agbulos of ASTIG LAMECO began the day with a seminar and workshop on Impact and Bladed Weapons Principles. After the

underlying principles involved in fighting with impact weapons and bladed weapons, Guro Agbulos led the participants in various drills involving both forms of combat. The participants learned offensive and defensive methods of both stick and knife fighting, and then obtained live practice against an opponent armed with a stick or a knife. The focus of this training was on real life combat situations.



Knife sparring tips from Guro Agbulos, also empty hand against knife.

Coach Lloyd Kennedy, assisted by CPSD Instructors Doug Mazzacua and Rudy Franco, led the afternoon training session in Filipino Fighting Methodology/Combat Jujutsu Street Applications. Coach Kennedy began by discussing various principles of real-life empty handed defensive situations, including appropriate responses to situations ranging from physical intimidation to muggings to life-threatening assaults. Participants in the CPSD workshop also learned and practiced various entries, joint locks, chokes, and practical applications of these techniques against a determined attacker.



Raymond De Jesus with Coach Lloyd - Coach Lloyd Kennedy with Instructor Doug Mazzacua

A lot of materials to cover...



Technique application during sparring.



Eric De Jesus with CPSD Instructor Rudy Franco.



Gigie & Jolu ready to rumble.



Guro Roger Agbulos getting some pointers from Coach Lloyd Kennedy



Kneeling center is owner Master Rommel Dunbar of United Brazilian Jiu-Jitsu.

Contact information for Coach Lloyd Kennedy, Guro Roger Agbulos, and Master Rommel Dunbar:

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