

The Texas LAMECO Series
October 27 - 28, 2007
Karate Works Family Fitness

“Guro Roger Agbulos has a way of not only demonstrating the technique but also explaining the technique so that every one understands exactly what he is trying to convey and why. He started us off in largo range (long) and had us work the Caballero footwork with some striking combinations such as bagsak and decadena. He then worked with us on defending and follow-up attacks against different striking angles. He covered the different set ups and attacks from Albierta (open), Centro (Center) and Serrada (closed) along with combination striking from each of these positions.



Warming up

different positions all while using the Caballero footwork.

The second day we picked up with the medio range and then moved into the corto range and spent a lot of time on the knife. We covered different defenses and follow up attacks along with set ups and attacks. We worked defending against the different striking angles using the plansada, crossada, sakay and bagsak. After spending some time working on these we then added the duslak(thrust) for the follow up. We also worked the parry hand to redirect our opponents attacking weapon as we did a follow up attack.

The close quarter material that Guro Agbulos taught us was very effective, efficient and practical and was demonstrated in a way that everyone could easily understand the reasons behind each move.

Guro Agbulos did not spend a lot of time working with us on the different disarms, instead he focused on teaching us to control the weapon with it still in our opponents hand. He had us work defending against diagonal strikes, horizontal strikes and thrusts. Our opponent would attack us with one of these angles using the knife and we would zone off slightly from the weapon and capture our opponents' weapon hand making it so he can not let go of the knife. Once we all felt comfortable doing this Guro Agbulos taught several different



Lots of drills and sparring.

finishing moves.



A pose at the venue before the seminar



A 'lil' souvenir pose with some of the attendees.



Bad Boys (wanna be) Lameco S.O.G.
Roger Agbulos and Cory Smith

Comments from the participants:

I can't go over everything he taught at the seminar or the knowledge he imparted to us, all I can do is encourage each one of you to make plans to attend the next seminar he does.”

Tim McFatridge

“One of the things that impressed me the most was the openness that Guro Roger gave us. He would show us the movements, explain the tactics behind the moves and spend time with each of us till we got it, fine tuning the small things that so very often get overlooked in seminar training. At the sametime still covering a great amount of material. Truly an honor to be

part of the LAMECO family and train with an S.O.G.”

Tracy Anthony

“I have been doing martial arts for a very long time and I have trained in a number of different systems as well as under different and diverse instructors. Each system and instructor has offered something new and different to my fight game and has improved me as a martial artist. Every now and then you are lucky enough to find the “needle in the haystack.”

I recently had the honor of training with Guro Roger Agbulos at a LAMECO Eskrima seminar and I was blown away the first day. He completely broke down the system with the footwork, the fighting stance, the live hand, how to strike using economy of motion and the difference between drilling the technique and the fighting aspect of the system.

I think that anyone regardless of their martial arts background or their skill level will come away with a better outlook and understanding of the Filipino Martial Arts and fighting after training with Guro Roger Agbulos.

In my opinion Guro Agbulos is one of the best Filipino martial arts instructors out

there and I will continue to train with him every chance I get.”

LaDell Elliott



Good food abounds in Forth Worth



jkdkali.com and Texas DFW Lameco Group Cory Smith, Tim McFatridge and Tracy Frost



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