



Fisherman's Hall

Vancouver, Canada
Master Roger Agbulos
September 2, 2006
By Michael Macro

Saturday morning at the fisherman's hall, Ladner, Delta, British Columbia, the start of the last long weekend of the summer, "sigh". But the start of seminar season Woo-Hoo! A select few of dedicated determined Filipino martial arts practitioners took part on the fundamentals of ASTIG LAMECO by Master Roger Agbulos.

I have been to many seminars (and by no means do I profess to be an expert in all things martial-just a layman observing) over the years and have been lucky to rub shoulders with excellent highly skilled individuals and talented masters in the Filipino martial arts. Each Masters system has aspects, which are scientific and applicable for street defence. However, due to the teacher's personality and preference, the tutorial instructed will differ.

Seminars are usually a hard format to instruct, a set amount of time to get as much as possible across to the people who are gathered.

"What do I want to share"?

"How can I instruct this concept"?

Are usually the questions, which flicker across the Guro's mind.

The fundamentals of fighting can be broken into many modalities. The most common tend to be Body mechanics, tactile awareness drills (hoo-bud etc), Reflex (grouping systems etc), and Lines of force (pressure). There is one more fundamental of fighting and that is of timing, cadence and rhythm. This is usually left to the student to discover, as this concept is less tangible than the others. Those of us who are not as gifted as natural athletes struggle to understand and apply this paradigm.



ASTIG LAMECO Master Guro Roger Agbulos instructs in a relaxed manner with excellent comic timing, which is a nice segway back to the modality of timing. Guro Roger's concept of instructing body mechanics with high cardiovascular combative intensity (sub maximal of anaerobic training/anaerobic training) is not uncommon as it can be found in the sports science arena. Natural ability only goes so far and every training concept will be used to enhance the athlete's skills. The striking patterns and footwork combinations are designed to illicit responses from your foe. This in turn forces your opponent to act instinctively.

The cardio-combative striking combinations and footwork are internalized on sub conscious level because of the high heart rate. This anaerobic threshold training is indicative of a fight or flight episode. Training in this manner will prep you for fight or flight reactions. Once intent is added with visualization the exercises are reinforce on a

“neuro-linguistic” as well as “neuromuscular” level. Guro Roger constantly reinforces the need to train how you fight and fight how you train.

I am looking forward to hosting Guro Roger again towards the end of this year all being well. For additional information of ASTIG LAMECO seminars in the Lower mainland of BC please contact me via my web site www.edg-ma.com