



# OLA`A-NALO ESKRIMA

## **ANNOUNCEMENT OF SEMINAR**

**AUGUST 11(SAT) & 12 (SUN), 2007**  
**9:00AM-4:00PM**

**ST. LUTHERAN'S CHURCH GYMNASIUM**  
**2363 W. 3<sup>RD</sup> STREET, DAVENPORT, IOWA**  
**PRESENTED BY MIDWEST MARTIAL ARTS GROUP**

### **WHAT IS OLA'A-NALO ESKRIMA**

**Ola`a Nalo Eskrima** is a weapons based martial art drawing influences from various armed and unarmed fighting arts of the Pacific island jungles. The Philippine martial art of **Derobio Eskrima** is the foundation movement of Olaa-Nalo Eskrima. Derobio Eskrima is a several hundred year old combat system of blade movements that few modern day Escrimadors have been exposed to. **Do Not miss this opportunity to study one of the rarest forms of the Filipino Martial arts.**

### **CLASS WORK IN DETAIL ON THESE TOPICS**

**Basic & Advanced Stick & Knife Fighting Techniques** that focus on: 50-50 balance, body angle, range to target, striking accuracy, high-low position of hands and weapons. Right, neutral & left stance footwork will be covered. **Focusing on the 3 elements of Eskrima:** Rhythm, Timing and Fluidity. Learn how to utilize the movements of Ola'a-Nalo Eskrima and how they can save your life in a real weapons confrontation.

### **Combat-Street Proven Techniques**

Seminar cost \$60.00 1- DAY \$100.00 2- DAYS

(16 years and up)

For more information contact:

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### **WHAT YOU WILL LEARN**

**DEROBIO** offense & defense movements

Dobekada- Double Stick Gunting (scissor) defense

Effective stick grappling

Short and long blade offense and defense

How to be a more effective stick and blade fighter

History and Culture of Eskrima

### **CERTIFIED INSTRUCTORS**

Master Ron England has been training and teaching the Filipino Martial Arts in Hawaii for 27 years. Having trained for 12 years directly under GGM Brauilo Pedoy (founder of Pedoy Style Derobio Eskrima), Master England is recognized in the Filipino Martial Arts community as one of the most knowledgeable instructors in the movements of Derobio Eskrima today. Master England will be accompanied by a few of his Maestro instructors.

**TEACHING THE MOVEMENTS OF THE TRADITIONAL  
FILIPINO MARTIAL ARTS**