

# FMA

# Informative

Propagating the Filipino Martial Arts and the Culture of the Philippines

## Locks

## of

## Derobio Escrima

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Each issue features practitioners of martial arts and other internal arts, other features include historical, theoretical and technical articles; reflections, Filipino martial arts, healing arts, the culture of the Philippines and other related subjects.

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The FMA Informative was lucky to catch up with Grandmaster Dan Medina. A very busy practitioner, especially with his book "The Secret Art of Derobio Escrima" which came out at the beginning of 2015. The FMA Informative has not been able to get ahold of Grandmaster Medina since the FMA Informative did the; FMA Informative Issue 19 - Majapai Derobio Escrima, recommend downloading it and learn more about Grandmaster Medina and the art of Derobio Escrima.

In this issue Grandmaster Medina shared a couple of the locking techniques of Derobio Escrima, which are not in his book. Also the FMA Informative with the permission of Tambuli Media shows just a sample of Grandmaster Medina's book "The Secret Art of Derobio Escrima." So it is recommended that if you the reader does not have the book yet, what are you waiting for?



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## Derobio Escrima

Sometimes Derobio is misunderstood, people believe that this is a single bolo style and that it's all just passing but in reality it does both. Derobio Escrima includes Sa Gang Sa Gawas (Outside) and Sa Gang Sa Sulud (Inside) blocks as well as a la contra (force to force). The style encompasses the use of double weapons along with the use of the staff and spear.

Majapai Majapai is unique in its movement due to its absorption and redirection of energy. Majapai is not exclusively a passing system, it also incorporates force to force or uses force to force to redirect to a passing response. This is confusing and unpredictable to the opponent. It also allows the practitioner to redirect the opponent's strength and energy to the practitioners' advantage and momentum.

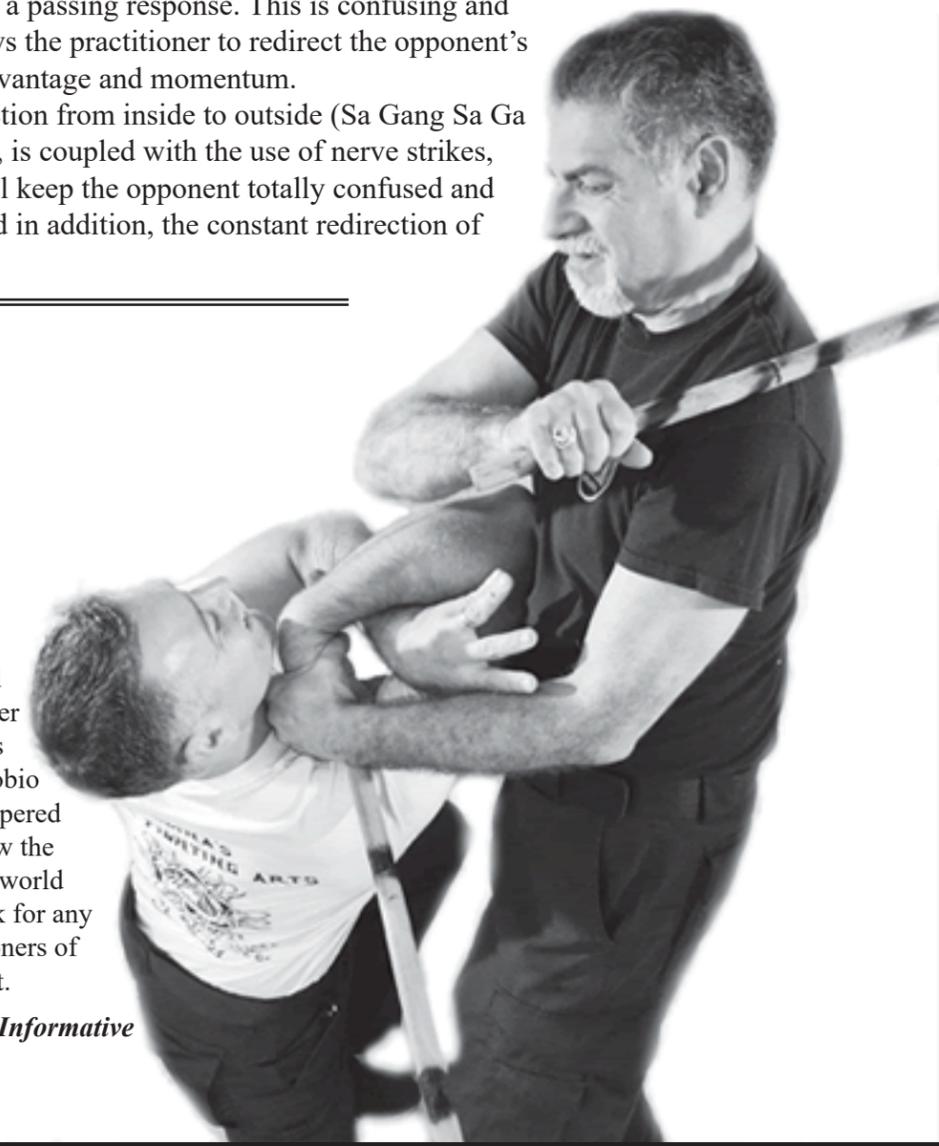
The use of constant change of direction from inside to outside (Sa Gang Sa Gawas and Sa Gang Sa Sulud) and vice versa, is coupled with the use of nerve strikes, joint manipulation, sweeps and throws, will keep the opponent totally confused and unable to predict what the next move is and in addition, the constant redirection of movement will disorientate the opponent.

## The Secrets of Derobio Escrima

By Dan Medina

Master Dan Medina a highly respected Filipino martial arts practitioner has put together a book that is historical in the fact that it brings to light the art of Braulio Pedoy. The art of Drobio Escrima brought from the Philippines and prospered and grown in Hawaii is a demonstration on how the Filipino martial arts has grown throughout the world by men of this nature. This is a must have book for any and all martial arts enthusiast whether practitioners of the Filipino martial arts or any other martial art.

*FMA Informative*



## Introduction

In recent years there has been a lot written about Derobio Escrima. Today, he would like to introduce you to the famed locks to which there are 144 counters and counter to the counter locks. Sound complicated? It can be. Or, it can be second nature to the true practitioner.

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## Before we begin...

Over the years, I have done many things associated with fighting. Dan Medina has fought in full contact Kali and Escrima tournaments, Karate tournaments and European sword fighting. All of which have left their toll and the aches and pains remind him of each battle fought. Dan's love for the art, his passion for the fight and his thirst for knowledge has kept him working through the pain. The reason Dan is sharing this with you is simple; while learning and mastering painful locks and counter locks, take care of your body and don't do the damage that will linger for years. Know when to tap, know when to say when and even though you should always train hard, and know your limits. If you are defending your life or loved ones, by all means - go the distance but for training purposes, don't overdo it. These locks can be devastating to the ligaments, joints and tendons. Choose your training partners wisely.

Know who has the control needed to stop before the damage begins and equally, don't let ego or pride stop you from tapping or verbally communicating to your training partner (often you don't have free hands to tap).

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## The Locks and Counter Locks of Derobio Escrima

In the art of Derobio Escrima, the famed locks and counters are reserved for the advanced student and not taught to beginners who lack the understanding of the human body and its limits, nor do they possess the control needed to execute and train correctly. With that in mind, Dan Medina urges caution and control while attempting the locks he will be sharing with you today.

*"Some of the most intricate locks I've seen" - Guru Dan Inosanto*

(after showing him a few of these locks after one of his seminars in the early 1990's)

Many systems in the martial arts use locks, but not all locks are created equal. As with many locks, they all have a key that can unlock them and often there is more than one kind of key. Some practitioners have but a single key while a few others may have a skeleton key that will unlock a several, but we are always in search of that elusive "Master Key" that will unlock them all. In truth, there is no single movement, secret or combination that will unlock any joint lock applied. The true Master knows that the key to unlocking any and all locks is a concept or understanding gained through knowledge; feeling your opponent, and predicting his movements. If you are looking for the way out, it's already too late. It has to be instinctual and without hesitation. Positioning and sensitivity are your greatest weapons in reacting and countering painful, bone breaking locks.

**Great Grandmaster Pedoy would always say;**

*"It's like being in a cave with no lights,  
but if you know all the twist and turns in the path,  
you will not get lost".*

This was his way of explaining that the key to the understanding locking and counter locking is simply in knowing all the possibilities and "feeling" which one is appropriate for the moment.



*"At first you see the many paths, tunnels, nooks and crevices of the cave,  
which is confusing and overwhelming. But if you make the journey enough times,  
then you will know the way without thinking about it, and not get lost."*

The locks of Derobio Escrima can be applied from any angle. Below you will see some examples of locks but using your Escrima skills, once mastering the lock, try applying them from any angle, eyes open, eyes shut, with a weapon, without... become familiar with the concept and don't get hung up on the step by step. This is how you find your Master Key, or as Great Grandmaster Pedoy would say "find your way through the cave".

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## Example Locks of Derobio Escrima

### Demonstration # 1

1. Sequence # 1 starts with me striking an angle # 1 (or angle 12).
2. The defender deflects and counters with a back of the hand check into a wrist type grab where the meaty part of the thumb and stick are grabbed together. This is what I call the snake that bites.
3. This is all done while the defender is simultaneously counter striking with an angle #1 or 12.
4. Using my left hand, I redirect his strike and place it in the crook of his elbow while I bring my elbow up and around. You will also notice that I have let go of my opponents hand and grabbed his fingers while at the same time, I pull my weapon out and crank the fingers back.

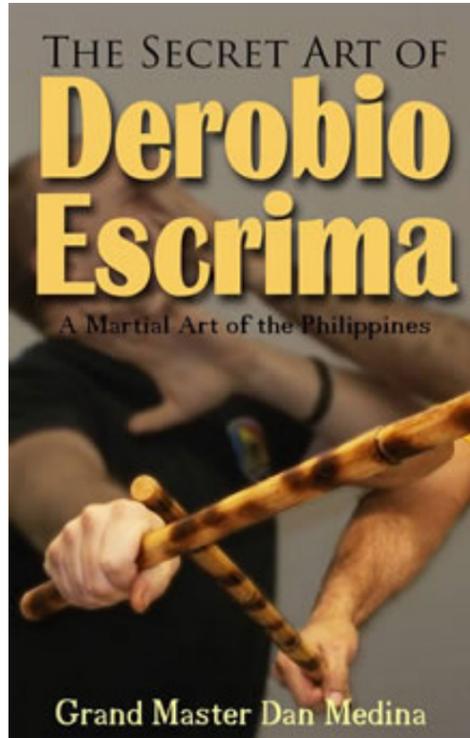


## Demonstration # 2

1. Start with a #1 or #12, again, the “snake that bites” is applied while counter striking with an angle # 5.
2. Move your body out of the way and redirect the strike and trap it under your arm.
3. While this is happening, open your right hand thumb and grab the index finger, and your opponents stick with the back of your left hand, rotating clockwise to an elbow break or arm bar and finger lock combo.



**The Secret Art of Derobio Escrima**  
By Dan Medina



In The Secret Art of Derobio Escrima Grandmaster Dan Medina will take you on a journey into the lives and history of two of Leyte's Legendary Men. One was considered to be one of the Philippines most dangerous rebels, a leader of the Pulahan Movement who later became a patriot, General Faustino Ablen (aka Papa Ablen). The other was his disciple, Grandmaster Braulio Tomada Pedo, who is not only remembered for his kindness and physical and spiritual healing skills, but also for his great ability in Filipino martial arts. In this book, Dan Medina sheds light into the deadliness of this bone and joint crushing art.

The Secret Art of Derobio Escrima is the first look into this amazing battle tested art. Not only does it take you through the basics of Derobio Escrima, it also gives you a glimpse into the art's inner workings of countering. This book is written with the student in mind and will take you beyond the basics. It's designed to walk you through the principles and theories behind striking, blocking, counter attacks and locks. Of great interest is the counter to counter movement of Derobio Escrima, which sets this art apart from other arts. It's like the standup grappling of the Filipino martial arts with weapons. It teaches you how to move with the opponent's force, taking and using their energy and flow against them. The stick locks which have made this system famous will make you want to jump out of your skin.

Visit [Tambuli Media](#) and select the merchant you wish to purchase this book from - [Click Here](#)

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The FMA Informative with the permission of Tambuli Media brings you just a little look at the publication of Dan Medina book "*The Secret Art of Derobio Escrima*"

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**Chapter 8 (page 133)**

***Introduction to Derobio Counter Locks***

Until recently, Derobio Escrima has been a relatively unknown martial art outside the Philippines and the Hawaiian Islands. The martial arts community has, with great respect, welcomed this newly discovered and extremely devastating art form. One of the many things that set this martial art apart from others is its counter-to-counter concept. Many martial arts, to some extent, have counters and locks that appear impossible to counter, but this is where the counter-to-counter locks of Derobio begin.

Derobio has taken this ability to new heights. Teaching the concepts of body structure, movement, and the chess-like prediction of the opponent's next move.

The art of Derobio has 144 counter locks which are unique to the system. The locks and counter locks in Derobio Escrima are very complex in their simplicity and work at medium to very close range. These locks are applied to the joints, tendons, muscles, nerves and pressure points, effectively shutting down the opponent's ability to think about anything but the pain.

This knowledge was generally reserved for the most advanced students due to the amount of experience and control needed to practice these methods. Until recently very few outside of our schools have seen these locks, much less known of their existence.

In the next few pages, I would like to show you just a few of the 144 counters unique to Derobio. Each one teaches a lesson beyond the obvious. You can learn step 1, 2, 3 and so on, but the real lesson is in why it works and how the body responds to it.

**A Few Samples (page 135 - 137)**

**Counter to Counter Angle 1**

Angle 1 is countered with a passing motion. Defender applies a snake that bites to the attacker's weapon hand, re-counters with his own Angle #1. This is then redirected into the crook of the opponent's elbow, while at the same time your elbow is brought up and forward over your opponent's forearm. Now apply downward pressure. This technique can be used as pain compliance or as a totally destructive technique that can cause tendon and ligament tears and joint dislocations.

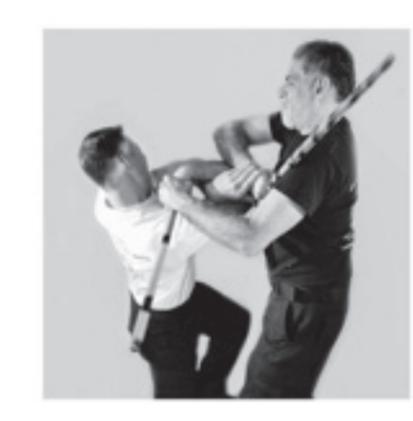
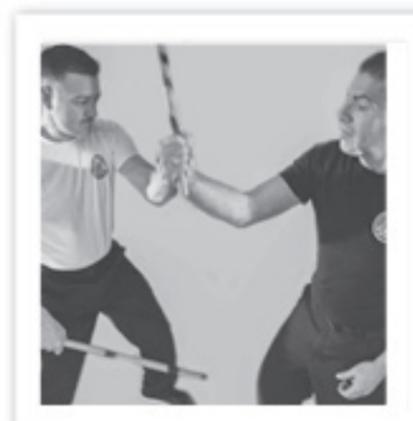
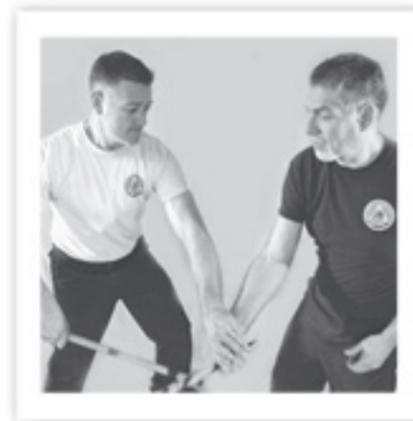


## Counter to Counter Angle 2

Angle 2 is countered with a passing motion from right to left, locking the opponent's weapon hand with your empty hand with a palm up lock. Defender counters with their own Angle 2 strike. This is where you shoot your left hand, palm down, like a snake at the approaching weapon. Now circle your opponent's weapon over your head and down in front of you. Release the weapon as you pin it under your right armpit, as you simultaneously shoot your left arm forward under your opponent's elbow causing a hyperextension or break, this happens as you reach for your opponent's hand and peel it off your hand. This is where a Z-lock is applied. Now insert your weapon under the opponent's arm and then apply downward pressure.



Counter to Counter Angle 3



### ***School Submission***

The schools listed teach Filipino martial arts, either as the main curriculum or an added curriculum.

If you have a school that teaches Filipino martial arts, or you are an instructor that teaches, but does not have a school, list the school or style so individuals who wish to experience, learn and gain knowledge have the opportunity.

Be Professional; keep your contact information current. - [Click Here](#)



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### ***Article Submission***

Finished manuscripts should be accompanied by color or black and white photographs. Though we take care of materials, we can not be responsible for manuscripts/photographs and accept no liability for same. Every photograph or graphic must be accompanied by a caption Carefully key photos to caption information with a letter or number.

We reserve the right to use any photo(s) as cover material or additional compensation. We also reserve the right to edit material and to crop photographs.

We reserve the right to use articles or parts of articles that are given and approved from time to time as needed to promote the Filipino martial arts and the Culture of the Philippines.

Physical manuscripts should be typed in black, double spaced, and set to 1-1/2 margins (right and left).

Emailed manuscripts should be typed in Ariel or Times Roman, on programs such as Notepad, Wordpad, Microsoft Word, Word Perfect and can be sent as an attachment. Photo(s) can be sent as a .jpg, .gif, .bmp, or .tiff - to submit material for either the FMA Informative Newspaper or an Issue [Click Here](#)

We welcome your article, ideas and suggestions, and look forward to working with you in the future.