

FMA

Informative

Propagating the Filipino Martial Arts and the Culture of the Philippines

Informative Issue No. 239

2016

Trece Grabes Piga-Piga System of Arms



Grandmaster Felix A. Guinabo

**Basics of Trece Grabes Piga-Piga System
Teaching By Example**



**Trece Grabes Piga-Piga System of Arnis
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Bangga Tomaro, Bacolod City, Philippines**

A long time coming. The FMA Informative representative met Grandmaster Felix A. Guinabo with the help of James U. Sy Jr., Grandmaster Guinabo is a quiet person, a very nice person with patience and a great attitude. However he is unique in that he is forth right, to the point, and a total professional with no games involved.

Grandmaster Guinabo states that the learning advantages of the Trece Grabes Piga-Piga System of Arnis is the unique setting point of the system in that it is classical and traditional for it is taught as it was taught in the past. For in the past no drills were taught, training was based on actual situations, no fancy movements, direct, to the point executions of techniques against the opponent.

In Trece Grabes Piga-Piga System of Arnis there are no fixed drills, training is on spontaneous action and reaction. The reaction at most times adapts to the movements of the opponent, but in certain circumstances a force to force execution is applied.

The basis of the style is a classical way of moving in close to the opponent, using both hands interchangeable, executing a stop or press (one hand is pressing, the other is stopping the continuation of the other hand presses and the other strikes).

Grandmaster Felix A. Guinabo is a simple man, with simple needs in life, this is the base of a true artist.

Grandmaster Felix A. Guinabo

The mindset of the student must be to prepare for the reality and being able to automatically react to actions, enabling the mind and body to coordinate and become one in movement.

Grandmaster Felix A. Guinabo says that people looking for a Filipino martial art to learn should seek out the real deal, not something that is made up, not a talker, not a marketer.

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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Basics of Trece Grabes Piga-Piga System

In the style of Trece Grabes Piga-Piga System of Arnis there are four strikes. The first is to the crown (or head area), second is to the opponents left side of the body from the shoulder to the ankle, the third is the opponents right side of the body from the shoulder to the ankle, and the fourth is a thrust to the abdomen (stomach).

In Trece Grabes Piga-Piga System of Arnis there are no fixed drills, training is on spontaneous action and reaction. The reaction at most times adapts to the movements of the opponent, but in certain circumstances a force to force execution is applied.

It is believed that the learning advantages of the Trece Grabes Piga-Piga System of Arnis is the unique setting point of the system in that it is classical and traditional for it is taught as it was taught in the past. For in the past no drills were taught, training was based on actual situations, no fancy movements, direct, to the point executions of techniques against the opponent.



The basis of the style is a classical way of moving in close to the opponent, using both hands interchangeable, executing a stop or press (one hand is pressing, the other is stopping the continuation of the other hand presses and the other strikes).

Essentially balance is maintained by using a semi type horse stance, weight is centered and then the body swaying side to side, going with the flow, while the hands are executing the defense or offense movements, Piga Piga.

Blocking the first being hitting the hand, the other by hitting the weapons arm depending on the angle of the strike.

The empty hand principles and concepts are the same as with a weapon, and there are no kicks per say, the movement of the feet and body are similar to boxing in angles and circular movements. There is locking, and takedowns but not throwing, for control of the opponent is paramount.





The ultimate goal is to disarm the opponent, the purpose of the pressing execution of the opponent striking to make an opportunity for a counter strike.





Teaching By Example



Grandmaster Guinabo teaches the system asks the student to execute strikes, immediately in the beginning as per say instead of going step by step. This demonstrates to the student applications and is thought to enable the student to learn and gain knowledge and skills faster, using follow through strikes so to get the true feeling of actual combat.

Grandmaster Felix A. Guinabo teaches the students the principles and concepts of the art and desires the student to be able to copy his movements to better understand the art.

Training is much shorter than other styles for teaching and training goes right to the meat of the matter of skill and knowledge.

The mindset of the student must be to prepare for the reality and being able to automatically react to actions, enabling the mind and body to coordinate and become one in movement.

Grandmaster Felix A. Guinabo says that people looking for a Filipino martial art to learn should seek out the real deal, not something that is made up, not a talker, not a marketer.

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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](#)



Event Submission

Submit your event whether - Seminar, Workshop, Training Camp, tournament, or Gathering - [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.