

## **John Chow's trip to Beijing, China - October/November 2005 Part 2**

Written by John Chow of Tao of Tai Chi Chuan Institute, Melbourne, Australia.

### **Kalis Ilustrisimo in Beijing**

Part 2 is about the 2 weekend Arnis/Eskrima workshops on Kalis Ilustrisimo I taught in Beijing. Each Arnis workshop was 4 hours long. The workshop dates were 29 & 30 October, and 5 & 6 November 2005.

This is my first time in China, so I do not know what to expect, except to expect the unexpected. I was told most of the participants have a martial arts background, and some of them are already instructors. So, if they want to test me during the workshop, would I oblige? I said, "We will see. When it happens, we will know. I will handle it when the time comes." I was told some of them have asked awkward questions. Never mind, I will deal with the matter when it arises.

I was mindful that tens of thousands of foreigners, including well known names, travel to China to learn martial arts every year, but I am going there to teach. This is totally opposite. Maybe the locals may not like it? Hhhmmmm..... Never mind. I will do what I must do. I will try not to create any problems in china. It is my motherland, and I come to benefit the people there.

First hassle. The venue is not fixed yet. My host, Lucian Yao, has been trying to fix a venue, but some cost a bit much. He has a venue ready in the Capital Institute of Sport that we can get at a cheaper rate, but need me to approve it. When I tested the place out, I determined that the floor was too slippery for the safety of the participants. We decided to look for the next venue - an open space area just outside of the Beijing Institute of Sports. This looks good, so I approved it. Here we go!

Then I requested Lucian Yao to get a legal waiver for injuries that may occur during the workshop. Most participants do not know English so it is useless asking them to sign my legal tender, so Lucian Yao had to struggle to translate my legal terminology. We decided to have a single common piece of document and the participants just sign that in common.

Saturday 29 October. Even Lucian Yao is not familiar with every participant, but we managed to get the registration done.

We went thru the warm ups.

Then I taught the basic Kalis Ilustrisimo footwork:- shuffle, male triangle, female triangle, hakbang paiwas, etc.

Then I introduce the basic concept of abeirta and cerada, and the basic on-guard positions associated with them. Then I taught the 12 angles of strikes. I talked briefly about the categories of strikes:- binahagi, tuloy tuloy, combinasi, labo labo.

Then we started on some basic Kalis Ilustrisimo techniques, being careful to perform both the abeirta and cerada sides for each:-

Sombra, Boca y Lobo, Crossada, Vertical, Media Fraile, Sampal, Estrellia, Dukot, Abanico etc.

Then I taught the basic disarms for sticks. Then disarms for knife. The participants seem enthusiastic for empty hands disarms against knife. I later learnt that there has been an increase in crimes with weapons such as the knife – it seems that the knife and extendable baton are very popular items in the streets!

I was told that some participants are from outside of China:- Hong Kong, Shanghai, Hunan, Hupei, Shenyang, Mongolia. I felt bad that I made them come all the way. So, I asked Lucian Yao to tell them that I will give an extra 2 hour lesson to this foreigner group.

Most of the participants are practitioners of San Da, Muay Thai, Jujitsu, Jeet Kun Do, etc. I noted that there were a few instructors amongst the participants.

I told the participants that I would return next year (probably mid October – to catch the Autumn), and would like to teach in more cities to get a larger following so that I may bring my master Tony Diego to China. Sponsors from other cities are welcome to contact me.

My wish is to bring Tony Diego to China, Malaysia and Australia for workshops. Anybody who wishes to, and is capable of sponsoring this, please contact me.



John Chow in group photo with most of the participants.



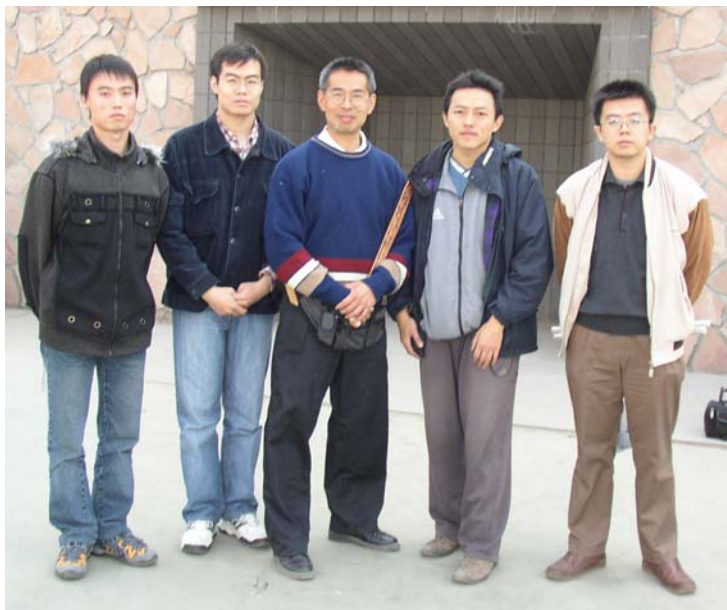
John Chow in group photo with most of the participants.



John Chow with some of the participants. This particular group practises San Da, Muay Thai and Jujitsu.



John Chow with the non-Beijing participants some of whom flew in from as far as Hong Kong and Shanghai



John Chow with private tuition students.

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