

## **Eskabo Da'an - Portland**

November 15, 2006

Arnis Balite Seminar

It was the middle of the week, lots and rain and winds that went up to or over 50mph. However that did not stop some dedicated practitioners of the Filipino martial arts in attending the Arnis Balite seminar at the Eskabo Da'an school..

Punong Guro Steven Dowd presented the basic concepts of Huli Lusob. First going through Pitong Hampas (7 strikes), Limang Patusok (5 thrusts), Unday Salag (swing blocks), and Kalasag Salag (shield blocks). Then moving on to the angles of offense and defense and countering.

Putting the basics together and moving onto the theory of Huli Lusob, Punong Guro Dowd then demonstrated the basic applications against the strikes and thrusts.

The students then took the basic concepts of Huli Lusob and adapted them to their personality and physical abilities.



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