

Bahala Na Multi-Style

Workshops, Clinics, Affiliate Programs

Filipino Martial Arts

Bahala Na Multi-Style workshops, clinics and specialized Train the Trainer Affiliate program are unique classes only available through certified Bahala Na Multi-Style instructors. Master Instructor has over 30 years experience and a combined instructor staff experience of 100 years in Filipino martial arts. Instructors are certified directly by GM Leo Giron, Master Instructor Dexter Labonog and Chief Instructor June Gotico.



The workshops offered below will give the student practical skills and knowledge from each discipline. Each course is led by a certified instructor. The learning pace is progressive with safety as a priority. Each workshop is traditional and designed to be completed in the time specified.

Upon each course completion the attending student will receive a certificate indicating the date, discipline and attending instructor(s) signature.

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| <p>Combate Adentro (Inside Fighting) 4hrs Sword against single Sword (or Stick) Sword against Sword and Dagger Dagger against Sword Dagger against Sword and Dagger Dagger against Dagger</p> <p>Largamano (Long Range Weapon) 4hrs Retirada Coconut Double Hits Elastico Practical Defense and Counters</p> <p>Disarms 6hrs Stick against stick Empty hand against stick Empty hand against Dagger Empty hand against empty hand and locks Largamano disarms</p> | <p>Abanico (Fan Technique) 3hrs Follow Drill Against and Follow drill Basic Defense and Counters</p> <p>Sinawali (Double Weapons) 4hrs Heaven drill Heaven and Earth drill Earth drill Basic Defense and Counters</p> <p>Combat Multi-Style (Free style Come What May) 6hrs Distance and gauging Blocking and counters Umbrella and roof block counters</p> | |
| <p>Decuerdas Intro 3hrs Vertical Blocking Closing Closing and counters</p> | <p>Espada y Daga Intro 6hrs De Cadena 8 count Blocking and counters Locking and Disarming</p> | <p>For more details and appointments contact Master Instructor Dexter Labonog at 916-601-5259 or web sites www.bahalana.com or www.bahalanamulti-style.com</p> |