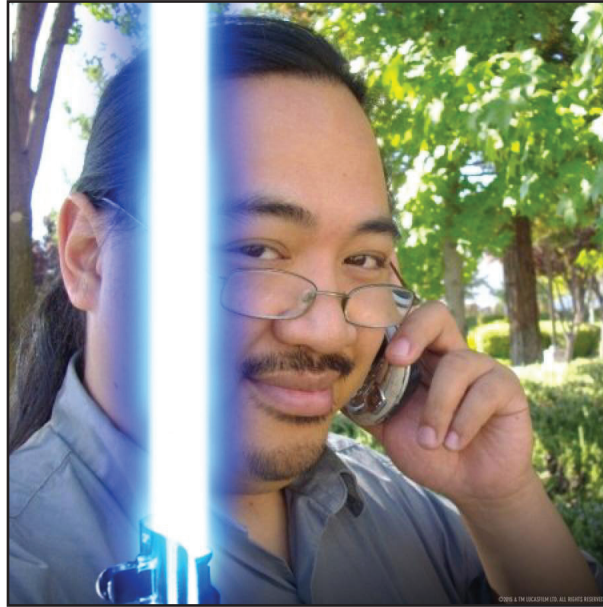




Rey Magdael



Rey Magdael has been studying several different martial arts for the past four decades. His background in both “hard” and “soft” styles has given him a rich appreciation of the ways that practice has touched his life and the lives of everyone he has the pleasure of practicing with. The War Room gives him the all-too-rare opportunity to keep his skills sharp and share his insight to anyone willing to return the favor.

Classes

Filipino Stick Fighting

The Philippines have a long, rich tradition of fighting with shorter, faster, weapons. This will be an introduction to the rich traditions of arnis, escrima, kali, and why they matter. We’ll cover both single stick and double stick styles and what you can expect when you’re faced with a practitioner of the Filipino Martial Arts.

Sticks provided. Gloves strongly recommended for a more rich experience.

Improvised Weapons

You can’t carry your armory with you. You won’t even always have the luxury of carrying a traditional self-defense tool with you. That won’t always stop ninjas, zombies, and generic-style bad guys.

This hands-on workshop will be based around two basic concepts: “Anything is a weapon if you’re holding it right”, and “If you know what you have near you, everything around you can be Anything”. 2022’s session had students showing up with scarves and serving trays. The instructor invites you to continue the tradition and bring something that can be defined as “not a weapon” to use as a weapon.

In addition, the instructor will be wearing protective gear so you’ll be able to practically exercise the techniques taught.