

PANANANDATA-MARINAS SEMINAR

WITH PUNONG GURO AMANTE P. -MAT- MARINAS

11-5PM, OCTOBER 13TH, 2007



Punong Guro Mat Marinas is one of the foremost instructors of Filipino martial arts in the world today, as well as the most prolific writer on the subject. PG Marinas and his son, Pananandata-Marinas heir Guro Mat Marinas Jr. will be instructing two stick (dalawag yantok) and stick and knife (yantok at daga), concentrating on self defense as well as sparring.

Early registration fee is \$65 at the door \$75. An instructor bringing 5 or more students will be admitted free. For registration info please email Guro Rob Mulligan at: panguro3@hotmail.com

*****Attendees under 18 MUST have a signed permission slip from a parent or guardian.*****

Punong Guro Amante P. "Mat" Marinas Sr. is the founder of *Pananandata-Marinas*[®], his family's fighting system. Marinas was introduced to *Pananandata* by his granduncle Inggkong Leon Marcelo when he was eight years old.

PG Marinas also holds black belts in shorin-ryu karate from the Commando Karate Club under Sensei Latino Gonzalez and Sensei Anselmo "Pop" Santos and in aikido from the Philippine Aikido Club under Sensei Ambrosio Gavileno.

He has authored eleven books and has written over one hundred magazine articles and is the worlds most published practitioner of the Filipino martial arts.

He has also made six instructional videotapes, and designed a throwing knife, the VM Bulalakaw which was marketed by United Cutlery Corporation. The knife carries his name.

PG Marinas is originally from Pambuan, a small village in Gapan, Nueva Ecija, in Central Luzon in the Philippines. He is a former professor of chemical engineering at Adamson University in Manila, Philippines, and is fluent in Tagalog and English. Today, Marinas lives with his wife Cheryl in historic Fredericksburg, Virginia.

Guro Amante Marinas Jr. is heir to *Pananandata-Marinas*[®]. He was born in Queens, New York, and started training in *Pananandata*[®] at the age of four.

Mat studied praying mantis kungfu with Sifu Spencer Gee when he was 5 years old until high school. In his senior year in high school, he studied capoeira with "El Diario" Ralph White. His study of capoeira came to a halt when he relocated to go to college. Both his instructors are students of *Pananandata*[®].

He ran track at Archbishop Molloy High School in Queens, New York and played rugby at Mary Washington University in Fredericksburg, Virginia. In his senior year in college, he started lifting weights and had not stopped since. Mat graduated from Mary Washington University with a degree in psychology.



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