

Charity Filipino Martial Arts seminar with  
**Gat Puno Abon “Garimot” Baet**  
to help the **Laguna Children’s Center**



**Garimot Arnis de Mano and Harimaw Buno**

Filipino method of stick, blade, and empty-hand striking and wrestling

**Saturday** **December 11** (10 am – 5 pm)

- Cinco Teros – Laban Cinco Teros fighting drills and applications.
- Harimaw Buno – simplified takedowns, ground control, and locks.

**Sunday** **December 12** (9 am – 4 pm)

- Moro-moro – double-stick *batayas* and applications.
- Harimaw Buno – simplified takedowns, ground control, and locks.

**Apex Training Center**

14406 South Outer 40 Rd.

Town & Country, MO 63017

**\$60 for one day, \$90 for both** – all proceeds will be donated to the Laguna Children’s Center for Community Development in Paete, Laguna, Philippines. Additional contributions are welcome.

For more information:

**web:** [www.garimot-stl.com](http://www.garimot-stl.com)  
[www.garimot.com](http://www.garimot.com)  
[www.apextrainingcenter.com](http://www.apextrainingcenter.com)

**contact:** Tim Rivera  
314.603.4470  
[tim.rivera@gmail.com](mailto:tim.rivera@gmail.com)