



Tournament Competition Training IPMAF USA HQ

Inside Club One Fitness Center
4460 Hacienda Dr.
Pleasanton, CA.
September 9, 2006

Coaches: Masters Ed Farris, (retired) **IPMAF** Chief Instructor for the U.S. and Rick Lafrades

From 10am to noon, Master Ed Farris and Master Rick Lafrades instructed participants in the importance of Tournament Competition in the use of footwork, angles, and baston usage. Starting with the development of proper stance, then footwork, then moved into angles of attach, and the ways to obtain the best in defending and striking the opponent.

This was an excellent training opportunity for those who attended. The FMA Digest interviewed both Masters and in a future issue the readers will find out the experience that they have compiled throughout the years. Subscribers to the digest can read about the experiences that the two have compiled.



Master Ed Ferris



Master Ed Farris



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Master Rick Lafrades



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