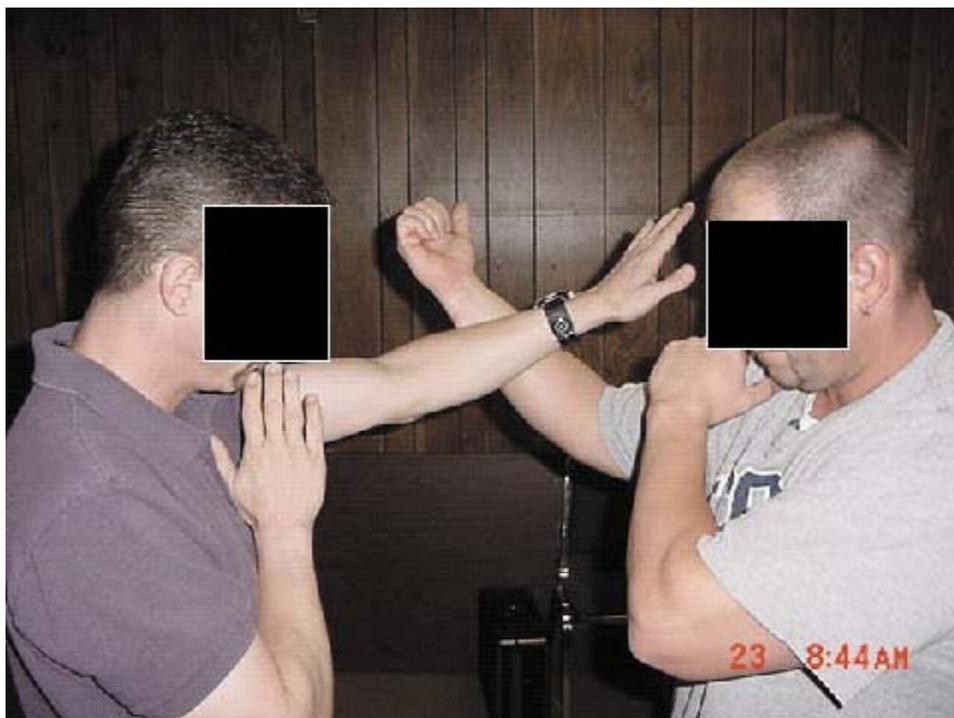




A Basic Hubud Drill



Often on this forum we throw words around that many may or may not know the meaning of. Often you will see the word “Hubud” used in conjunction with the word “drill”. Hubud is a Tagalog word meaning “to tie”, with “Lubud” meaning “to untie”.

Drills are nothing more than a predetermined pattern of movement, the purpose of which is to learn positioning, angles, and tactile sensitivity. Drills are also great for increasing hand speed and learning spontaneous reaction.

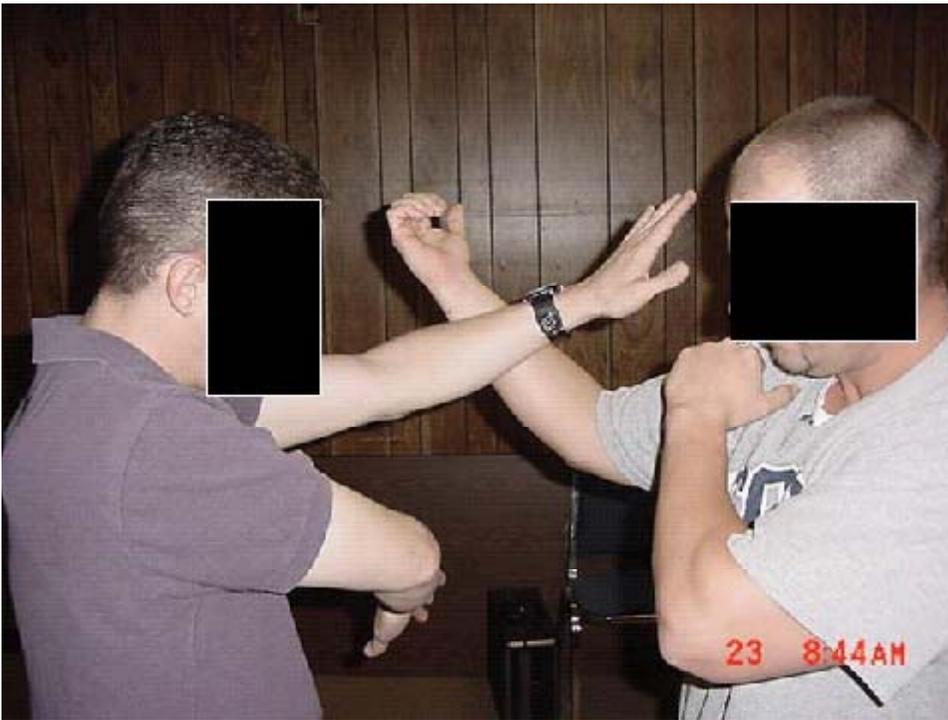
Drills are just that, drills. We

don't fight with a drill but we may use a little piece of a drill in a fight, or a concept from a drill in a fight. This is what is meant by “streamlining” FMA. Application, or actually fighting, should be the gist of training after a fundamental mastery of basic drills. This doesn't mean that you should learn drills before application. It just means that after a basic understanding, forget about them. Drills impart many attributes that are desirable, and once those attributes are acquired, we really don't need the drills as much because, hopefully the attributes are hard wired.

Onward.

This drill sequence is sometimes called Hubud along with others similar to it. The focus of this particular drill is inside line checking followed by high line passing. It goes back and forth from the one who “feeds” or initiates the drill to the one who receives.

The drill starts off with my opponent feeding a downward diagonal with his right hand which I check on the inside with my left. My right hand is kept close to my body (for the drill).



After checking his right arm with my left I will begin to pass his checked arm with my right. I do this by coming up and to the outside of his checked (right) arm with my unencumbered right arm. This is the beginning of the pass. I've opened up the angles and lines in this progression so everyone can see what's happening. In reality this drill can be much tighter and linear.



Pass in motion. I pass his arm across his body from my left to my right, or clockwise. Once I hit the center line of his body I will check his passed arm with my left hand, downward and into his center. This frees up my passing hand to feed him a downward diagonal of my own with my passing hand.



His passed arm is now checked and I've fed him a downward diagonal with my right hand which he has picked up on the inside with his left. So he is now in the position I started in at the beginning of the drill. At this point, he now follows the same sequence that I did by initiating a pass of my striking arm.



He now passes my right arm with his right arm upwards and across my body. This would be clockwise for him and counter clockwise for me.



His continued pass.



Once his pass hits my center line, he will check my passed arm downwards and in with his left hand and feed a downward diagonal with his right hand which I will check on the inside with my left. So we're right back where we started originally.

That's it. The drill goes back and forth in a give and take flowing rhythm. Don't work this rigidly or you won't get what the drill is trying to impart.

There are many different drills like this that I will show variations of in the future. This is just one.

Enjoy!