

# Filipino Martial Arts Instructor to Offer Fitness and Self Defense Seminar in San Diego

Michael Pearse May 14, 2013



**Filipino Martial Arts Instructor Jeremy Heath will be holding a self-defense seminar in San Diego. The seminar will introduce San Diego residents to Pekiti-Tirsia Kali, the lifestyle and combat system that inspired the Bourne films and countless military and law enforcement personnel.**

(Newswire.net -- May 14, 2013) San Diego, CA -- In an effort to promote physical health and confidence in San Diego Jeremy Heath, Pekiti-Tirsia Kali Global Organization recognized instructor, is holding a daylong seminar. Recent communications with potential students has shown an increased

interest as a result of growing interest in the internationally renowned close combat system, Pekiti Tirsia Kali and Filipino Martial Arts in general.

The Filipino martial art system has recently come into prominence for two reasons. The first is that Matt Damon used Pekiti Tirsia Kali in the Jason Bourne films and the second is that it is the only close-up system of fighting that is taught to the armed forces in the Philippines.

The use of blades, sticks, empty hands, and fast footwork increase strength, dexterity and speed over a period of time, and it is no accident that students have experienced added fitness, confidence, health, and weight loss in as little time as six weeks to two months.

"I lost 15 pounds during my first month and a half of training," said Heath's newest student who wished to remain anonymous. The student went on to credit the aggressive foot work drilling and conditioning exercises of each training session.

The fighting style includes both long-range and close-quarter fighting techniques. However it is the efficacy of the up-close action that has brought recognition from the Jewish Karate Federation, the United States Karate Association, and the United States Karate Federation. In the 1998 'Battle of Grandmasters' tournament in which there were no rules, no protective clothing, no time limit, and unpadded sticks as weapons, the only grandmasters willing to partake were Pekiti-Tirsia fighters.

"Our emphasis on foot work develops the confidence and speed needed (in our students) to participate in contact sparring without protective clothing," said Jeremy heath when asked about the 1998 Battle of Grandmasters.

The [martial art](#) was, initially, a secret system owned by the Tortal family of Panay Island in the Philippines, and it was used to protect the family in days when the world was a bit younger than it is now. Norberto Tortal founded the system in the late nineteenth century and based it on centuries old techniques used by sword fighters and other blade users.

Jeremy Heath has been a Pekiti Tirsia practitioner for a decade. He has been certified as an instructor by the Pekiti Tirsia Kali Global Organization, of which Leo Tortal Gaje Jr., the great grandson of the founder, is currently the grandmaster. Entry to the day-long seminar will be \$30.00. The seminar will be held at 10890 Thormint Rd Suite B in the West Coast Martial Arts Academy building.

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