



# mabuhay

JANUARY 2020

THAI SILK GETS  
A NEW SPIN IN  
**BANGKOK**

Islands full  
of wildlife are  
Davao's big draws

Why Tokyo's  
public baths are  
cultural treasures

Fun ways  
to get fit  
in the new year





## Learn the art of lightsaber combat in Singapore

Combining Filipino martial arts with a dose of Star Wars-inspired fantasy, this intense cardio workout is plenty of fun

On a cool, cloudy evening under elevated railway tracks in central Singapore, young men and women advance and retreat as they slash right and left through the air with lightsabers – the iconic weapon of the Jedi from *Star Wars*.

The Padawans (Jedi apprentices) are here for a class run by The Saber Authority, an outfit that teaches saber combat and organizes annual dueling tournaments for single saber, double saber and saber staff categories in the city.

"My partner Kong Ming Jie and I wanted to introduce sword-fighting in a fun, less-threatening yet serious environment," says co-founder and head coach Reza Emmanuel.

Though they promise plenty of Instagram-worthy moments, the training regimen and combat actions are grounded in Pekiti-Tersia Kali, a very specific style of Filipino martial arts that uses rattan sticks and footwork, striking mechanics and combat tactics.

Classes start with static warm-up drills,

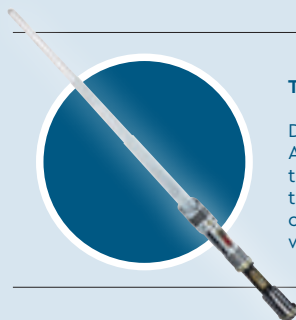
swinging the saber downward from behind the shoulders and then upward in smooth, arcing, hypnotic motions before moving on to legwork and eventually combining all the actions. A participant's coordination is tested when integrating the footwork with blade movements, and repetitions ensure arms and legs are thoroughly conditioned.

The approximately one-hour sessions – every Sunday or Wednesday – culminate in adrenaline-laced duels between participants wearing lacrosse gloves and fencing helmets for protection. The objective is to strike one's opponent on the hands and torso with the skills learned.

During these bouts, the techniques come to the fore as two combatants circle each other in a lyrical dance before launching into a multicolored, luminous whirl of swipes and slashes, as well as steps and dodges in a fluid choreography of agility, speed and spatial awareness.

**[thesaberauthority.com](http://thesaberauthority.com)**

– **Sanjay Surana**



### THE FORCE AWAKENS

Described as an interactive battling system, the Star Wars Lightsaber Academy by Hasbro is a lightsaber toy with Smart-Hilt motion capture technology. It connects to a training app via Bluetooth in order to track the angle, speed and accuracy of slashes and swishes. Budding Jedi can finesse their saber skills by following moves on the app or dueling with friends. **[shop.hasbro.com](http://shop.hasbro.com)**



Where to  
work out in...

**MANILA**



### Kerry Sports Manila

A sprawling venue at Shangri-La at the Fort, Kerry Sports Manila (pictured) boasts a NBA-grade basketball court, an outdoor lap pool, exercise classes that span yoga and boxing to martial arts, and spa treatments. **[kerrysportsmanila.com](http://kerrysportsmanila.com)**

### Rockwell Atletica

This club stands out with state-of-the-art training and cardio equipment by wellness company Technogym. Members also get access to regular events featuring a roster of celebrity personal trainers. **[instagram.com/rockwellatletica](https://www.instagram.com/rockwellatletica)**

### Saddle Row

Housed in rustic wood interiors, Saddle Row promotes indoor cycling and rowing as full-body workouts offering such benefits as mobility and strength. It also offers "realign" sessions incorporating float pods, yoga classes and one-to-one motivational talks. **[saddlerow.com](http://saddlerow.com)**