

Philippine Martial Arts

Dekiti - Tirsia - Siradas

Digest

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**Breaking Barriers Through Arnis
Senior Master Smauel Dulay**

**The Battling Barung of
BaHad Zu' Bu**

Grandmaster Roberto A. Presas

Hinigaran Arnis De Mano

**Grandmaster
Benefredo "Bebing" Mamar Lobrido**

**Original Filipino Tapado
Long Stick Fighting Association**

WEDOSCAMAI

Grandmaster Bert Labaniego
Eskrima Labaniego
Traditional Espada y Daga

**Sikaran
Grandmaster Meliton Geronimo**

Publisher

Steven K. Dowd

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The ideas and opinions expressed in this digest are those of the authors or instructors being interviewed and are not necessarily the views of the publisher or editor.

We solicit comments and/or suggestions. Articles are also welcome.

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From the Publishers Desk

Kumusta

Well it is 2008 and the 5th year for the FMAdigest. The first issue of the year has a lot of great information for you the subscriber and all the readers.

Starting with the history of the Tortal family and Dekiti Tirsia Siradas Kali system as told by father and son, also Mr. Emmanuel Querubin has written a really good article on Sikaran. Grandmaster Bert Labaniero talks about Eskrima Labaniero which is a Filipino Martial Art that practices the deadly art of Espada y Daga Eskrima under his lineage and tutelage.

Another good article and an honor to have in this issue is Grandmaster Benefredo "Bebing" Mamar Lobrido, the current Headmaster/Instructor of Original Filipino Tapado Long Stick Fighting Association, Inc., also to have something on Grandmaster Roberto Presas who is the third and unknown brother of the Presas dynasty, and his art of Hinigaran Arnis De Mano. Learn about WEDOSCA and Master Sobrino who has been a leader in the martial arts and is the Founder of the WEDOSCA Martial Arts International.

Senior Master Samuel "Bambit" Dulay talks about breaking the barriers through arnis, and discover the battling barung of BaHad Zu'Bu. Learn about a new concept in training with the Whack Stick.

If you liked the Special Edition on boxing that the FMAdigest did, you will not want to miss "The Great Pinoy Boxing Era" documentary, the FMAdigest has a links to see this which was provided by mybarong.com.

And of course the FMAdigest is happy that mandirigma and FMAForum has decided to continue with their editorials in each regular issue for both have some very good information.

There is some great information on FMA past events, however some others did not send in what happened at their event so it will be a mystery if the event was successful and what went on unless you were there personally.

Well anyway hope everyone has a very prosperous 2008 and continues to progress in their training.

Maraming Salamat Po

Dekiti Tirsia Siradas Kali

By Genfil Villahermosa



Dekiti Tirsia Siradas Kali system is an ancient, authentic and unadulterated Filipino martial art indigenous from the island of Negros in the Visayan Region of the Philippines. This fighting art is very combative with emphasis on stick and bladed weapons as well as empty hand techniques and even forearms. It has been proven effective many times in actual combat, particularly during World War II.

At present it is used by many law enforcement and military agencies such as NYPD, Joint United States Military Assistance Group (JUSMAG), of the U.S. Embassy in Manila and the Philippine Army Counter Intelligence.

Meaning of the Name

The name of the system came from three words from the Ilongo dialect.

Dekiti: translated into the Tagalog dialect is “Malapit” of “Dekit”. In English it means very close or near. Its emphasis is on close quarters fighting in which you cornered the opponent in an area, to close and devastate him.

Tirsia: means “gua sa wala” or “sa tuo” or quartering in fighting, “pasulod”. It means to push the enemy to a corner or an area with three-corner side preventing him to escape or runaway from multiple deadly blows and thrusts.

Siradas: means to stop your opponent from getting in or out, for the opponent not to be able to penetrate in any angle of attack.

A Family Art and Its History

Dekiti Tirsia Siradas Kali is the family martial art system of the Tortal Clan. The Founder Supreme Master Balbino Tortal learned kali from his father Segundito Tortal and Grandfather Norberto Tortal. It was then created from the combined expertise of the Tortal brothers, Conrado, Balbino, Francisco, Teodorico.

During the heydays of youth the brothers, several incidents took place that tested Dekiti Tirsia Siradas Kali in actual combat. Their success made them a fearsome byword among Escrimadores and Bastoneros.

During the 1930s, a rich family tried to encroach on the 24 hectare land owned by the Tortal family in Tapi, Kabankalan, Negros Occidental, Philippines. That family with the help of their henchmen drove out the tenets. Two of the Tortal brothers positioned themselves in the mountains challenging the henchmen. When that family learned about this, they ordered their henchmen to leave the area.

Gambling along the roadside was very common during those days. The Tortal family against this would often whip the people who they found gambling. So when the

Tortal brothers, rode their horses along these roads, the people gambling fled in fear of being caught.

Conrado Tortal

Conrado Tortal was assigned as Chief of Police of Victorias, Negros Occidental, Philippine's during the Commonwealth Period. Victorias was a sugar plantation town and there were very frequent skirmishes among the Sacadas (sugarcane workers). Using their Espading (a straight, very sharp, medium length, flat and thin blade used to cut sugarcane), they would attack rival Sacadas and even the police. Being in charge of peace keeping, Conrado Tortal frequently relied on Kali to protect lives and property.

Don Gregorio Araneta from Bago City, Negros Occidental invited the famous and rated number one Bastoneros from Panay Island. Tansiong Padilla of Iloilo to a match against Conrado Tortal, elder brother of Balbino Tortal, the match was held publicly during the fiesta of Bago City. The rule was to have both fighters stand on coconut shells and their weapons (baston and daga), covered with charcoal dust, anyone marked with charcoal dust on their shirt would be the loser.

But Conrado was an expert in close quarter knife fighting. He threw an unconventional daga method of attack that shocked his opponent. Padilla froze for a couple of seconds giving Conrado an opportunity to penetrate. Conrado successfully penetrated the opponent's defense causing Padilla to lose the match.

Balbino Tortal



Balbino Tortal
with wife Barbara.

Balbino Tortal, younger brother of Conrado Tortal and father of Grandmaster Jerson Tortal Sr, was a member of the National Volunteer Citizens Army. Before the dark clouds of World War II loomed over the Far East, Philippine Commonwealth President Manuel L. Quezon, proclaimed the National Volunteer Citizens Army as a response to the growing threat of invasion by the Japanese Imperial Army.

War broke out and on Feb. 22, 1942 the National Volunteer Citizens Army was absorbed by Crusader Army. When the Filipino-American forces surrender to the Japanese, the Crusader Army continued to fight as a guerrilla force. The Crusader Army was disguised as the religious Organization, Moncado Divine Mission to protect the Japanese Imperial Forces. Balbino was a member and an asset to this underground resistance movement under Col. Quirino M. Tolentino, Commanding Officer of Crusader Army in Negros Occidental Area.

One very important and significant event took place at the closing of World War II. When Balbino Tortal and his family move to the town of Talisay, Negros Occidental, they encountered a group of Japanese soldiers. The family stopped then the soldiers took Balbino away. But his son Jerson still accompanied him.

The Japanese officer ordered Balbino to be killed. A soldier thrust his bayonet but Balbino side stepped and evaded it. The officer drew his katana (Samuria Sword) and

attacked but Balbino disarmed him and used the katana to attack him and rest the soldiers. Unfortunately during the fight he was trapped among coconut trunks and was shot. Jerson was also attacked but fortunately fell down a deep ravine where the soldiers could not find him. The rest of the family escaped to safety because of the heroism of Balbino Tortal.

From the family generation, the Dekiti Siradas is a combative perfect system. Supreme Grandmaster Balbino B. Tortal transfused (passed down) his knowledge and wisdom to his five inheritors (heirs); the five brothers, Samuel P. Tortal, Segundito P. Tortal, Jerson "Nene" Tortal, Ernesto P. Tortal and Melecio P. Tortal.

Grandmaster Jerson “Nene” Tortal Sr.



Grandmaster Jerson Tortal Sr. was born on June 13, 1937. Fondly called “Nene” (Nene was the common nickname for a little girl in the Philippines) because of his small stature but that did not stop him from becoming one of the legendary grandmasters of Kali. He started his training early at the tender age of seven by his father Balbino Tortal and later by his uncles Conrado and Francisco.

Even as a child, Jerson Tortal Sr. fought courageously for his country. During World War II, he accompanied his father, Balbino Tortal, a guerrilla fighter to the many meetings of the Crusader Army, an underground resistance movement against the Japanese Imperial Army in Negros Island. Being a small child, the Japanese did not suspect Jerson performed intelligence for the Crusader Army. He played near the Japanese garrison and befriended them by exchanging wild tomatoes for sugar, all the while gathering information for the underground resistance. He stood by his father to the last minute as they fought the Japanese.

Spreading the art of Dekiti Tirsia Siradas in the Philippines

Grandmaster Tortal was instrumental in teaching and organizing Kali particularly in Negros Island and in the Philippines in general. He first organized the Bastoneros in 1958, together with Professor Juan Lawan, Seferino Vasques, Leonardo Dionson, Amador Chavez, and other Arnis Clubs in Bacolod City. He mentored many military personnel, private officials and students. The following year his only son Jerson Tortal Jr. was born.

Founding the Lapu-lapu (Kali) Club on 1972, he organized clubs throughout the different towns around Negros. The next year he organized the Supreme Kali Martial Arts. Also he organized the first Provincial full contact stick fighting held in

The Bastoneros



One of the earliest
Filipino Martial Arts Clubs.



Grandmaster Tortal Sr.
with the Bastoneros.

West Negros College Gym, Bacolod City in the same year. In 1979, Grandmaster Tortal organized the first Kali tournament at West Negros. He also competed in the first national Kali tournament at Cebu and won the Grandmaster championship. In the same year, he was invited to the first Naraphil National Invitation Tournament.



Grandmaster Tortal Sr. in action at Cebu Tournament in 1979.

He served as Vice President of the Negros Arnis Association from 1980 – 1982 and then as President from 1983 to the



present. During his term, Arnis tournaments were continuously conducted at Bacolod city. He also authored the City Resolution Series 8 of 1986 making the 16th of May Arnis Day in Bacolod City, Negros Occidental. On May 1997, he together with his son was featured by Ms. Cory Quirino in a Citiline TV Program of ABS-CBN channel 2. Senator Joey Lina and General Bello awarded him the title of Grandmaster during the International Arnis Tournament at the University of Sto. Tomas, Manila. He and his son Jerson Tortal Jr. also trained literally thousands of Philippine Army (ROTC) Cadets from the various universities and colleges around Metro Manila including University of Sto. Tomas, Technological University of the Philippines, Philippine Normal College, Centro Escolar University and New Era University. He was also an instructor for Philippine Army Counter Intelligence and conducted mass training for the Public Safety College at Fort Bonifacio Army Camp (NCR) National Capital Region Makati City, Philippines and the U.S. Marines on duty for the Joint United States Military Assistance Group (JUSMAG) of the U.S. Embassy in Manila.

Grandmaster Jerson Tortal Jr.



Currently the Vice-President of the Philippine Arnis, Kali, Escrima Martial Arts Federation International, from the Island Negros, Occidental, Philippines you may think this was handed to him by his father Grandmaster Jerson “Nene” Tortal Sr., however this could not be further from the truth.

Throughout his life Grandmaster Jerson Tortal Jr. has made a life of the martial arts. At the age of 6 he, use to visit his fathers school the Bicol Martial Arts Club. Even at that age he would be playing with the nunchakus, knives, bolos and the other students. Even while he was growing up he experienced Okinawan Karate (1975-1976) and became a 1st Dan Black Belt, and Trovador Ramos Combat Martial Arts (TRACMA), (1978 – 1979).

However his heart never left home and he continuously trained in the family art of Dekiti Tirsia Siradas. Going to his fathers' school during classes and observing the class being put through their aces and then returning home to practice what he had observed.

Even at times he would train with the other students, but to return home to train with his father, getting refined in his skills in the family art.

Upon coming of age Grandmaster Tortal Jr. left home and traveled to Manila to find work. There he worked for a shipping company and was steady for 15 years, at the same time teaching his family art.

It was in the 1980's that his father was traveling outside the Philippines promoting and promulgating the family art. Grandmaster Tortal Jr. wanting to assist his father quit his job and took on a full time job teaching the family art.

It was in the year 2002, that Grandmaster Tortal Jr. first went to the United States with his father to assist in spreading the family art of Dekiti Tirsia Siradas. He went to Los Angeles, CA. Las Vegas, NV. Wyoming just to mention a few of the seminar stops. Grandmaster Jerson Tortal Jr. is following in his fathers footsteps, dedicated to the promotion of the family art of Dekiti Tirsia Siradas.

With thirty-five years of experience and being instructed by his father, Grandmaster Jerson "Nene" Tortal Sr., Grandmaster Jerson Tortal Jr. is relentless and untiring in his quest.



Grandmaster Nene Tortal and son Jerson Tortal Jr. conducting kali training to 5,000 Philippine Army (ROTC) cadets, Normal University, Manila, Philippines.



Spreading Dekiti Tirsia Siradas Internationally

Starting 1989, Grandmaster Tortal started to be recognized not only in the Philippines but also internationally. A businessman from Sha-Alam Malaysia invited him

to teach Filipino Martial Arts. The late Edgar Sulite featured him in his book “Masters of Arnis, Escrima and Kali” as one of the legendary masters. He was also featured in various martial arts magazine including Inside Kung Fu, Blackbelt and Filipino Martial Arts magazine. Grandmaster Tortal started traveling to the United States yearly to teach Kali at many martial art clubs, law enforcement and military academies including the Essex County Police Academy in New Jersey, Sheriff and Police Groups in Taekwondo School, Marietta, Georgia, Gold’s gym in Belleville, New Jersey and the NYPD. At present the fame of Grandmaster Tortal and his son continues to rise.

Mastering the Dekiti Siradas System Contra Siradas

The Dekiti Siradas is a combination of multiple combative techniques:

- Offense
- Counter offense
- Re-counter the Counter
- Counter the Re-counter

Required by using the following weapons:

- Rattan Stick/Wooden Stick/Short/Long Bladed
- Long/Medium/Close Range
- Arms and Unarms/Weaponry
- Guts/Speed/Timing/Power
- Strategy/Tactics

The Spirit of the Talibong and Ginunting as Kali Ilonggo blade prominent in Negros and Panay Island are essential elements of the Kali Warrior skills and expertise. After long tedious years of constant feel and partnership with the Talibong and the Ginunting, the chemical components of the metals and the body handle, there is a unique feeling of lightness with starting vibration of heart that invigorates the hand and travels with electrical energy to the whole system which propels the warrior to take an action ready for combative encounter. This unusual experience can truly be attained if there is a high level of concentration during the training executing the artistic art of the blade and the execution of the power impact blows to simulated targets.

Supervision by a generic grand master of the system who has the source of knowledge from generation to generation is essentially potential in disseminating the knowledge and wisdom which evolves under the Dekiti Siradas System, that make it a systematic method which evolves in the realm of ancient levels of knowledge updated into the present warfare of strategy and tactics.

- Contra-Tirsia-Siradas is the top echelon of all the methods within the Dekiti Siradas after progressively reached the level of the Contradas, Recontras, Recontradas, the Pasunod, Pasugat, Palipas and counter motions, deflections, and counter deflections, engaging and disengaging of both blades during contact, slashes and counter slashes, thrust and counter thrust, punyo and counter punyo, whizzing blows countered by the smoky florets.

- Contra Siradas is compact multiple aggressive attacks combined to anticipate any strikes with vertical diagonal or lateral attack. Contra means to counter within the perimeters of quartering distance. If the attack enters into the quartering zone, a volley of the multiple attacks will be delivered with unmerciful blows in full speed with timing and power directed into the sectionalized zone of triangle in small divided area expanded to greater triangle.
- Contra Siradas is a prepared set of strategies and tactics using the footwork as the basis of ranging, feigning moves using moves of ranging tactical infiltration by multiplying the volley of strikes into rapid slashes or thrust or combination of both.
- Contra Siradas defines the loading zone for each move preparing the different strategies for execution with devastating sequence. While there are movements from the enemies weapons, Contra-Tirsia-Siradas remains a counter-offensive technique to be released at the instance where the opening is found.
- Contra Siradas is a continuing technical progression escalated movement which divides the strategically structure to tactical killing zones.
- Contra Siradas can act independently, technique per technique, without sacrificing the vulnerable parts of the body.

It maintains the distance anticipation totally eliminating the rigidity of using the blocking principle by regulating the move into a finer realm of command control action.

Sikaran Grandmaster Meliton Geronimo

(The Fighting Art of the Filipino Farmer)

By: Emmanuel ES Querubin



All fighting arts have one common beginning. Defensive and offensive techniques were all born of man's natural reflex actions. Dictated by the need for a means to defend oneself, these reflexive actions were developed to techniques and then to systems of fighting. This instinctive common origin explains the similarity of the different fighting systems.

The Filipino fighting arts, a higher level physical manifestation of pure survival instinct, have a parallel but independent origin from arts of other countries and have a history that dates back before the Spanish colonization of the Philippines that started in 1521.

Scholars and historians suggested that what is now the Philippines has a history that goes back to 900 A.D. This came about with the discovery in 1989 of an artifact made of copper with Baybayin or Tagalog character on it and is now known as the Laguna Copperplate Inscription.

This discovery confirmed that the Filipinos had a written language, long before the coming of

the Spaniards and can therefore rightfully push back the history by at least another 600 plus years.

Questions were asked, however, why there is no written history of the country, much less the fighting arts. Dr. H. Otley Beyer, prominent anthropologist and scientist (Tekkites and Moon Stones) who made Philippines his home and married a native princess from the Mountain Province, in a book entitled "The Philippines before Magellan" wrote that "an overzealous Spanish friar boasted of having destroyed more than 300 scrolls written in the native character". It is possible that the Christian Spaniards tried to eradicate all traces of pre-Hispanic history because of their disdain for Philippine culture, which was based on paganism.

The history of Filipino fighting arts, both armed and unarmed, and the existence of schools where these arts were taught was mentioned, albeit too briefly, by the Spaniard Pigafetta in his chronicles of the exploits of Ferdinand Magellan. Word of mouth, which was passed on by the masters to their students and down the line to the present, filled in the missing parts to make up a loosely, sometimes even iffy, but generally accepted history of the Filipino fighting arts.

With commerce in the early history of the Philippines, the Sino-Japanese traders brought the fighting art of Kuntaw. Silat, an Indo Malayan art of Arabic origin, found its way to the country at about the same time and the same manner. Sometimes the arts were referred to in the active form as Kuntawan and Silatan. Both Kuntaw and Silat were a

mixture of armed and unarmed techniques. These arts further influenced and enriched the native arts of fighting.

Centuries before the Europeans were even aware of the existence of the island chain, later to be known as Philippines, the inhabitants were already adept in the combative arts, both armed and unarmed.

With the widespread Spanish domination of the Philippines, training in the armed fighting arts was banned. Possession of blades, customarily used for fighting, such as the *kalis*, *kampilan*, *bangkantuli*, *barong* and other curved blades, were strictly prohibited. But possession of limited types of implements used for food production purpose such as the straight edge *itak* or *gulok* was allowed with strict restrictions.

The confiscation and outlawing of weapons created a fertile environment for the development and propagation of *Sikaran*. The “Spanish authorities” viewed *Sikaran* as a pastime, using the empty hands and the bare feet rather than an armed system of fighting.

In the predominantly Muslim section of the country, in the island of Mindanao, the art of *Silat* continued to flourish as a secret form of combat exclusive to the royalty and virtually did not undergo any change.

Fanned by the trade winds, the art of *Kuntaw* found its way to the other trading centers around the country and was passed on to the proletariat of the country, disguised more as a pastime than a fighting system.

Kuntaw; greatly influenced the native system of *Buno* and *Sikaran*. *Buno*, a native form of wrestling, laid emphasis on the use of the hands and was popular among the fishermen of the coastal towns in the Visayan region. *Sikaran*, a foot-fighting system was popular among farmers of the big island of Luzon, particularly the province of Rizal.

This division was brought about by physiological and geographical influences. Fishermen, because of the very nature of their occupation, have greater upper body strength and therefore favored a physical activity that utilizes more upper body strength. Farmers, due to their more developed lower body, favored foot-fighting maneuvers. *Buno*, was never elevated into a formalized art. It became accepted more as a pastime rather than a sport or art. Interestingly, however, most Filipino wrestlers have their start from *Buno*. Another vernacular term for *Buno* is *Dumog* or *Barog*.

But *Sikaran* followed a different path. Using the bare hands and the feet, it adopted the striking, parrying, blocking and disarming techniques of *Arnis de Mano* and adding them to the off-balancing techniques of *Kuntaw*, *Sikaran* became a formalized unarmed fighting system.

But *Sikaran*, unlike *Arnis de Mano*, was not used in an organized manner of fighting the occupying forces of the Spaniards, the Americans and the Japanese. *Sikaran*, being an empty hand system of fighting developed by farmers, was utilized more for personal defense. On the other hand, *Arnis de Mano* was developed by warriors for warfare.

The Spanish authorities, armed with muskets and swords, did not consider *Sikaran* a threat because it was an unarmed system.

In the early 1900's, the art of *Ju-jitsu* was introduced by the Japanese military class, who started infiltrating the Philippines as part of Japan's long term plan of the Asian Co-prosperity Sphere. The art was *Pilipinized* and the term *ditso* became part of the Filipino language.

Having also been developed from natural reflex action, Ju-jitsu techniques had similarity with the two Filipino fighting systems; Arnis de Mano, the armed system of fighting and Sikaran, the unarmed system of fighting.

Sikaran is a fighting art developed by farmers for their own personal defense. Farmers, having well developed legs, favored and emphasized the use of the feet. They developed kicking techniques that were given descriptive and colorful names, such as biyakid (spinning heel kick), sipang kabayo (horse kick), tadyak ng kalabaw (carabao stomp), salpok ng bulik (jumping strike of a fighting cock), and dagit ng agila (an eagle swooping down on a prey).

Sikaran is a term derived from sikad (kick). In the active form of the Tagalog language, when the consonant is between two vowels the D is replaced with R, hence the term Sikaran. The term was used because the system relied heavily on using the feet for kicking. However, maneuvers using the hands for striking, joint reversals, take-downs and throws are much a part of Sikaran as kicking.

In present day Sikaran contests and competitions as in the olden days, the use of hand techniques is limited to blocks and parries. This led to the mistaken notion that Sikaran only uses the feet. This erroneous idea was brought about by the emphasis on foot techniques by the Hari's (champions) of old. However, in self-defense applications, where there are no rules, except to survive and win the fight, the hands are used extensively and form an integral part of Sikaran.

In Sikaran as an art of self-defense, the hands are used extensively for thrusting, punching and striking. The hands are also used for take-downs and throwing. But the use of the hands as an initial attack in Sikaran is not very common. A Sikaran fighter normally attacks with the legs. Hand techniques, are used mostly as a follow-up to leg techniques or as a continuation technique of a block.

Sikaran, as a sport enjoyed its golden age in the late 1800's and early 1900's. In the 1920's, Sikaran went into a decline. Exposure to western ideas and culture brought new interests. Younger men moved away leaving only the older men to carry on the tradition of the system.

When the Philippines was drawn in the war against Japan, several Masters of Sikaran who were also masters of Arnis de Mano joined the guerilla movement in defense of the Philippines. The hostilities further decimated the already dwindling number of Sikaran practitioners.

After the Second World War, the Filipinos were busy rebuilding their lives. American culture was replacing the Spanish and Japanese influences. Even in the Southern Tagalog Region, baseball was replacing the fighting arts. In the Visayan Region (Central Philippines) western boxing became the craze. Even now, most boxing champions come from the Visayan region. The onslaught of foreign domination in the psyche of the Filipino was such that the only place where Sikaran was still practiced was the town of Baras in the province of Rizal.

Present Day Sikaran

Sikaran was becoming obsolescent had it not been with the seeming intervention of divine providence.

Sikaran Masters and practitioners, out of patriotism and love of adventure joined the resistance and almost all became statistical part of the Second World War. It was probably only because it was a part of a grand plan that three of the survivors of the

Second World War were Cipriano Geronimo, Melencio Bigasin and Manuel Ocampo, all Sikaran Hari's of the 1930's.

Cipriano Geronimo came from a long line of Hari's and was the son of Hari ng mga Hari (Champion of Champions) Bonifacio Geronimo. Bonifacio Geronimo was said to have killed a carabao with a single biyakid. Pedro Castaneda, a contemporary of Geronimo, was said to have performed the same incredible feat. Another feat attributed to Bonifacio Geronimo, was his ability to break a coconut with a biyakid. A coconut will be thrown up in the air and Geronimo will jump up and with a biyakid break the coconut in half while in mid-air. Both feats, however, were passed on by word of mouth and can not be confirmed by an eye witness. Meliton Geronimo, however, had exceeded the latter feat. Instead of coconuts he kicked and broke concrete tiles and blocks.

But, the fact that Bonifacio Geronimo passed away unbeaten was attested to by his son Cipriano Geronimo and former Sikaran Hari's Manuel Ocampo and Meroncio Bigasin. It was a tradition in Filipino fighting arts to pass on his skill to a chosen successor and so it was with Bonifacio to Cipriano. It was only natural that Cipriano passed on his skill in Sikaran to his son Meliton Geronimo.

At a very young age, Meliton Geronimo displayed exceptional fortitude and courage by serving with distinction in the resistance movement with the Marking Guerillas during the Second World War.

In 1958, I met Meliton Geronimo and learned about Sikaran. Intrigued about the art I undertook a search for other practitioners as part of my duties as Director for Research and Standards of the Kapatirang Sikaran Pilipinas. After a painstaking search that took me up as far north as Batanes and as far south as Jolo, I ended back up in the town of Baras in the province of Rizal, hotbed of Sikaran. There I met octogenarians Cipriano Geronimo, Manuel Ocampo and Melencio Bigasin, all survivors of the Second World War and at one time Hari in Sikaran.

Further search for more Sikaran Masters or teachers proved fruitless. I was convinced that Cipriano Geronimo, Manuel Ocampo and Melencio Bigasin were the last three legitimate masters. However, I met some practitioners in the towns of Baras, Morong and Tanay, who trained in Sikaran at one time or another, but for one reason or another have not attained the status of Hari and therefore were not considered valid and legitimate teachers who can pass on Sikaran.

Cipriano Geronimo, Manuel Ocampo and Melencio Bigasin, who at one time were all Hari, were determined to resurrect the interest in Sikaran. They found a protégé in Meliton Geronimo, elder son of Cipriano Geronimo.

The three Hari's showed me Sikaran techniques. Even in their advance age, the trio, were still spry and full of fighting energy. The tales they told bordered the realm of exaggeration and fiction.

Manuel Ocampo also known as Maning Kabayo (Manuel the horse) claims to have downed a carabao (water buffalo) with a single sipang kabayo (back thrust heel kick) to the head.

Melencio Bigasin, who in his fighting days was known as lulod na bakal (shin of steel) showed me scars on his shin which he claims were marks of the many coconut husks that he broke with his shin. A coconut will be thrown up in the air and Bigasin will jump and with a Dambang sipa-kot (jumping roundhouse kick) break the coconut with

his shin in mid-air. Bigasin attributes this remarkable skill to his predecessor Alfonso Tesoro.

Cipriano Geronimo, known as Agila (Eagle) a moniker he shared with Perfecto Ballesteros, claims to be able to jump and kick the hat off the head of a person standing on the back of a carabao.

Although such feats seems too incredible to believe, especially in their twilight years and unable to perform such feats, I have no choice but to believe them after learning how they trained. Having seen Meliton Geronimo and his younger brother Jaime Geronimo "fly", I have no doubt that their father did what he claims he did.

Born on March 10, 1927, Meliton Geronimo is a man for all seasons. Aside from being Grandmaster of Sikaran, Geronimo is a military man, a movie actor and a politician.

In the 1950's Meliton Geronimo, already a budding Master of Sikaran and a non-commissioned officer in the Philippine Air Force, was sent to Japan and the United States as part of the Reparations Treaty Contingent from the Philippine Air Force. While in Japan, he met and became good friends with Master Koichi Kondo of the All Japan Karate Association. Meliton Geronimo, because of his skill in Sikaran, made black belt in Karate in a very short while. While in the United States, he was called Chief Geronimo, (the Native American chieftain of the infamous Little Bighorn massacre of George Custer and his troop) as a sign of awe and respect because of his fighting prowess.

Karate was gaining popularity, not only in the Philippines but in the whole world as well. In order for Sikaran to gain international acceptance, Geronimo found it advisable to use the subtitle Philippine Karate in reference to Sikaran.

Geronimo also realized that to gain recognition, it was expedient to make adjustments and modernize his approach to the practice of Sikaran.

Sikaran of old was a pure, exciting and effective fighting system. Techniques, both offensive and defensive were executed exactly how they were used in actual fighting. There are no "hidden techniques" concealed in Balangkas or pre-arranged patterns or formal exercises.

There were no formal exercises needed to advance in rank or standing. In fact there was no ranking or grading system in Sikaran. But there were four classifications: Hari (champion), guro (teacher), manlalaro (player), and nagaaral (student).

Manlalaro (player) and nagaaral (student) may be used interchangeably and most of the time synonymously.

A Hari (champion) may also be a guro (teacher), but a guro (teacher) is not necessarily a Hari (champion).

There are teachers who do not fight regularly to become a champion, so as not to risk being injured preventing them from performing their regular occupation. There are also players who do not fight regularly to become a champion for one reason or another.



Col. Meliton Geronimo
Philippine Air Force
(Retired)

And then there are those who are willing to demonstrate their feat of strength or skill but not fight.

Unless and until one becomes a Hari (champion) one is not taken seriously as a Sikaran fighter.

Filipinos' indifference and apathy to rituals and ceremonials, which they always associate with religion, carried over to Sikaran, hence the lack of formal exercises or pre-arranged patterns.

To make adjustments for purposes of International competition, Geronimo adopted the required choreographed formal exercises from Japan and Korea. However, to retain the distinctive origin of Sikaran, he also created and developed Sikaran's own personalized formal exercises.

He instituted in the curriculum of Sikaran the Batayang Balangkas (Basic form), the balangkas ng kampana (4-Direction pattern), the intermediate forms which were called Pani-langkas or Panimulang Balangkas, and the progressive forms called Maulangkas or Maunlad sa Balangkas, or Balangkas ng Sikaran.

Part of this adjustment was adopting other techniques, such as other stances and blocks. Ranking and belt system, as well as official white karate-gi (uniform), salutation and other protocols were also made part in the modern practice of Sikaran.

Meliton Geronimo's systematizing and organizing the techniques of Sikaran, effectively elevated Sikaran from a "foot-fighting system" to the "fighting art of the Filipino farmer."

While a non-commissioned officer in the Philippine Air Force, Meliton Geronimo formed the Eagle Sikaran (Karate) Club, which some say is in honor of his father Anong Agila. It was his by design that Meliton Geronimo will later be awarded the Order of the Eagle (Agila). It is not coincidental that his favorite technique is the dagit ng agila. The group was later renamed Sikaran (Karate) Brotherhood of the Philippines in 1958.

In early 1961, Geronimo communicated with Master Koichi Kondo of the All Japan Karate Association in an effort to join the Asian Karate Association. On 8 February 1961, affixing his seal on his response, Master Koichi Kondo acknowledged Geronimo's letter. Again, on 5 May 1961, Master Koichi Kondo sent a hand written response from Korea, to Meliton Geronimo.

In 1962, Master Koichi Kondo of the All Japan Federation, as a prelude for acceptance of Sikaran as a distinct Filipino empty-hand fighting art, named Meliton Geronimo, now a captain in the Philippine Air Force, Japanese Karate Grades Commissioner for the Philippines. Korean Karate Grandmasters Hwang Kee and Kwai Byung Yun of the Moo Doo Kwan and Jee Doo Kwan, respectively, accorded Meliton Geronimo the same reciprocal authority. This commission qualified that whatever grade or promotion Meliton Geronimo issues will be recognized and honored by the All Japan Karate Association and the Korean Karate Association.

Although it took a while, on 06 March 1963, Master Koichi Kondo confirmed his support for Meliton Geronimo and the Kapatiran Sikaran ng Pilipinas for membership in the Asian Karate Association and extended an invitation for the Philippines to participate in the Asian Karate Championship.

In an attempt to make it a regular part of the Asian Games, a uniform name for the sport was necessary. The original four member countries, Japan, China, Korea and the Philippines all agreed to use the collective name of Asian Karate Association.

In 1964, Meliton Geronimo led a team of Sikaran players in the First Asian Karate Championships held in Tokyo, Japan. It was the first time that Japanese Karate, Chinese Karate, Korean Tang Soo Doo, called Korean Karate and Sikaran referred to as Philippine Karate competed in an international tournament using a standard uniform rule of contest. The rules were almost made-to-order for Sikaran fighters. They were the matira ang matibay (survival of the fittest) kind of rules, the forte of Sikaran.

Meliton Geronimo's skill in Sikaran paid off when he was named "Most Courageous Fighter." It was his first international competition and the first honor for the Philippines in the field of empty-hand fighting. It also proved the flexibility and ability of Sikaran practitioners to adapt to different fight situations under a different set of rules of engagement.

In 1968, Jimmy Geronimo, younger brother of Meliton Geronimo, won a similar award as "Most Courageous Fighter", during the 5th Asian Karate Championship held in Seoul, Korea.

In subsequent Asian Karate Championships, several other honors were won under the leadership of Meliton Geronimo.

In the Second Asian Karate Championship held in Seoul, Korea, Bernard Belleza won the heavyweight Gold Medal, while Emilio Galicinao won the middleweight Gold Medal.

In the Third Asian Karate Championship held in Manila, Philippines, Jimmy Magbanua won the heavyweight Gold Medal while Ariston Bautista won the lightweight Gold Medal.

In the Fourth Asian Karate Championships held in Tokyo, Japan, Amando Diaz won the lightweight Gold Medal.

In the Fifth Asian Karate Championships held in Seoul, Korea, Antonio Ganiela won the heavyweight Gold Medal and Amando Diaz, now a bit bigger and heavier won the middleweight Gold Medal.

In 1966, on the occasion of the Third Asian Karate Championship, with the concurrence of the Asian Karate Association headed by Korea's Dr. Kwai Byeung Yun, Master Koichi Kondo of the All Japan Karate Association and Master Hwang Kee of the Korean Tan Soo Doo, Sikaran, as it is known and practiced presently, was accepted as a Filipino style of fighting with a distinct origin. Meliton Geronimo, who codified, organized and elevated Sikaran from a system to an art was awarded the rank of 10th Degree Red Belt as the Grandmaster of Sikaran. He was vested the Order of the Eagle (Agila), the highest award in the martial arts. Coincidentally, the largest breed of eagle, the monkey-eating eagle (an almost extinct species) can only be found in the Philippines.

In deference to the Asian Karate Association, Sikaran was still referred to as Philippine Karate as Tang Soo Doo was called Korean Karate.

Working with Meliton Geronimo and his younger brother Jaime Geronimo, with encouragement and wisdom of Sikaran Hari's Cipriano Geronimo, Melencio Bigasin and Manuel Ocampo and Arnis de Mano Grandmaster Daniel Rendal, Emmanuel del Espiritu Santo Querubin, formalized the techniques, terminology and teaching curriculum of Sikaran.

In 1969 Emmanuel del Espiritu Santo Querubin received the approval of the Institute of National Language and the Department of Education, bolstering the identity of Sikaran as an indigenous empty-hand fighting art of the Philippines.

From 1969 to 1975, Meliton Geronimo and his senior instructors, Jimmy Geronimo, Emmanuel del Espiritu Santo Querubin, Angeles Sanchez, Rodrigo Espiritu, Ramon Valdenor and Serafin Pangilinan, were assigned to train Republic of the Philippines President Ferdinand Marcos and the Presidential Security Command in SIKARAN.

In 1970, the Asian Karate Association was disbanded to give way to the creation of the World Union of Karate-do Organizations (WUKO). The Philippines ably represented by Meliton



Grandmaster Meliton Geronimo trains with his senior student Emmanuel Querubin.



Sikaran Grandmaster Geronimo, the only Filipino 10th Degree Red Belt, sanctioned and recognized by the Asian Karate Association.

Geronimo and Emmanuel del Espiritu Santo Querubin, became signatory members as Kapatirang Sikaran ng Pilipinas.

Shortly thereafter, Meliton Geronimo relinquished his position in the World Union of Karate-do Organizations and devoted all his time and energy in the propagation of Sikaran, which he propelled to its rightful place in the international martial arts scene and is now practiced in several countries in at least four continents.

After retiring from the Philippine Air Force, with the rank of Colonel, Meliton Geronimo was elected Mayor of the town of Baras in the province of Rizal. As Mayor, his first official action was to acknowledge Baras as the birthplace of Sikaran. A similar resolution was also

passed by the provincial government of the province of Rizal.

Geronimo also erected a monument of two Sikaran practitioners in a biyakid position, adjacent to the multi-purpose gymnasium that he also constructed to be home of Sikaran.

Sikaran and Meliton Geronimo are synonymous and nobody can rightfully claim to have learned the art unless they learned it from Meliton Geronimo or his students.

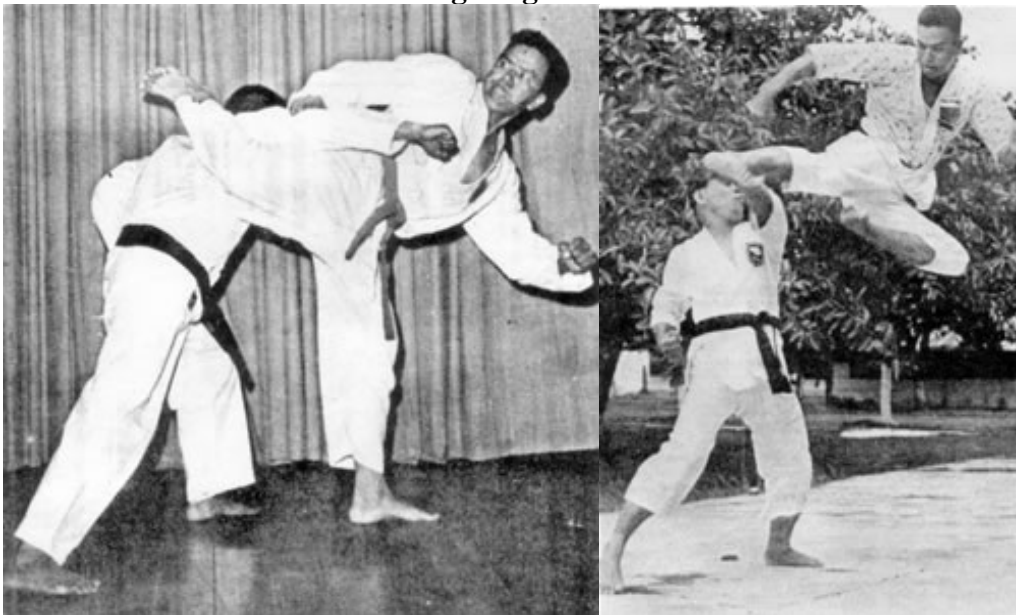
Unfortunately, a lot of unsuspecting people are being bilked by self-proclaimed grandmasters and masters, who after hearing about Sikaran, cleverly put together some hand and foot techniques and call their system Sikaran.

Meliton Geronimo, still actively oversees the affairs of the Kapatirang Sikaran ng Pilipinas (ruling body of sikaran) and the Kapatirang Sikaran Pandaigdig (World Sikaran Brotherhood), comprised of several affiliates from all over the world.

With Meliton Geronimo at the head his two most senior instructors stand by his side. Jimmy "Kano" Geronimo, his younger brother and second in command and a master in his own right attend to the technical affairs of Sikaran as an international sport and Emmanuel del Espiritu Santo Querubin, continue to research, innovate, propagate and chronicle SIKARAN as a fighting art.

There is only one Grandmaster of Sikaran and that is Meliton Geronimo. There is also only one 10th Degree Red Belt sanctioned and recognized by the original Asian Karate Association and that is Meliton Geronimo.

The Fighting Red Belt



Grandmaster Meliton C. Geronimo had revolutionized the whole attitude towards the Red Belt.

He partook in the exhausting and grueling training of his protégés.

Grandmaster Bert Labaniego
Eskrima Labaniego
Traditional Espada y Daga

Eskrima Labaniego is a Filipino Martial Art that practices the deadly art of Espada y Daga Eskrima under the lineage and tutelage of Grandmaster Bert Labaniego.

June 6, 1940, Mambusao, Capiz a day that shall not be forgotten, Bert Labaniego was brought into this world. Bert Labaniego; informally started learning Arnis at the age of 12 and has never stopped.



Grandmaster Labaniego started his journey in Eskrima under his father who taught him the Larga Mano System. During that time, Grandmaster Labaniego describes Arnis as a necessary tool for survival rather than as a mere hobby or sport. He states *“most of the people in my town carried bolos and knives regularly due to the nature of their work as farmers. Therefore, most disagreements always involved bladed weapons, putting a purely empty-handed method of defense at a disadvantage.”*

Grandmaster Labaniego describes the training under his father as being informal yet intense. Due to the lack of protective training equipment, he would regularly get hit, which would force him to react quicker or to accept the "controlled" hits of his father.

Early training in Arnis was more situational than structured. The object of each lesson was to counter any strike in the quickest and most effective way. It is this mentality of efficiency that Grandmaster Labaniego has structured and successfully taught to all his students.

It was sometime in the 70's that Bert Labaniego met the late Grandmaster Benjamin Luna Lema. He was very impressed with Grandmaster Lema's skill, which enticed him to study under his style.

It was under Grandmaster Lema's tutelage that Bert first experienced and eventually enhanced his core system of Espada y Daga. Arduous training became the trademark and characteristic of his lessons with Grandmaster Lema. Bert fondly remembers how they would break several rattan sticks by going at it with full power and full speed for hours.

Training would usually start after dinner and would last until the wee hours of the morning. It is this type of dedication that Grandmaster Labaniego brings to Arnis and it is also what he expects of his students.

Grandmaster Labaniego is a master of the traditional Espada y Daga system taught to him personally by the late Grandmaster Benjamin Luna Lema, together with his earlier knowledge in Arnis taught to him by his father, as well as his vast meetings and experiences with other great Masters of the art has led Grandmaster Labaniego to his very own unique expression of Eskrima. It is this powerful and dynamic brand of Eskrima that he personally teaches in his Labaniego Arnis Club.

Going against the usual practice of secrecy and holding back, Grandmaster Labaniego unselfishly teaches all of his students the true and proper way of his Eskrima.

Emphasizing; discipline, technique, and efficiency as the core of his system. Any person that has trained with Grandmaster Labaniego can attest to his keen eye for detail and his insistence on correct body positioning to generate tremendous amount of power and speed.



Because of his rather slim physique, many are caught unaware of the power Grandmaster Labaniego can generate as well as the speed by which he can generate it. He is a teacher that leads by example and whose mastery is evident not just in his skill with the olisi but in every aspect of his life as well.



www.eskrimalabaniego.com

Eskrima Labaniego
Grandmaster Bert Labaniego





Grandmaster Benefredo “Bebing” Mamar Lobrido

1st Inheritor and Headmaster of Original Filipino Tapado
Long Stick Fighting Association, Inc.

By: Narciso “Hansy” Alojado

“ . . . I was 10 years old when I started the study of the Filipino Martial Arts (FMA) under my late uncle, Grandmaster Romeo “Nono” C. Mamar, the founder of Original Filipino Tapado. I started teaching when I was 14 and went on to become the Chief Instructor of the Original Filipino Tapado Long Stick Fighting Association (OFTLSFA), Inc. ”

These are the words of Grandmaster Benefredo “Bebing” Mamar Lobrido, the current Headmaster/Instructor of Original Filipino Tapado Long Stick Fighting Association, Inc., as he related to us during our conversations during our practice sessions.

If one talks about Grandmaster Benefredo M. Lobrido, one has to mention his uncle the late Grandmaster Romeo “Nono” Mamar. The late Grandmaster Romeo “Nono” Mamar was born on August 19, 1938 at Maao, Bago City, Negros Occidental, Philippines. He was a rice farmer and was married to Wilceta Teriales and had 9 children.

When he was a teenager at the age of 12 or 13, he was already a master in arnis, baston and escrima under such Grandmasters as Alfredo Abendan, Jose Aguilar and Eleuterio Rivera. He asked his masters what is the best technique in arnis because no matter how proficient one is, one could get hit in the long run. One of his masters told him that if he can develop a technique that one can hit even though he is defending himself then that will be the best technique. So this is what motivated the late Grandmaster Nono Mamar in developing the long stick art of Tapado. With the help of his wife and close relatives (the father of Grandmaster



Grandmaster Romeo “Nono” Mamar



Grandmaster Lobrido and daughter Robie, taken at their residence at Purok Pina, Bata Subdivision Bacolod City.

Lobrido, Florencio Lobrido) developed the rudiments of Tapado. It was not until Grandmaster Bebing Lobrido was 10 years old that Tapado was fully developed with the help also of Grandmaster Lobrido. This was mentioned by the late Founder during his testimonial in one of the meetings of the association “*...His wife, Bebing Lobrido and some close relatives were very instrumental in the development of the Tapado techniques.*” (Secretary’s Report, page 2, December 30 1988)

Chief/Sir Bebing as he is being called by his students was born on June 28, 1950. The second son of eight siblings of Mr. Florencio Lobrido (deceased) and Ms. Consolacion

Mamar, his family are rice farmers in Purok Langka, Taloc, Bago City. In 1978, he married to Rosenda Legazpi and has 3 children, in which the eldest daughter is also a tapado practitioner.

The Late Grandmaster Romeo “Nono” Mamar always trusted his nephew to be his chief instructor when he was still alive. Once when one of Grandmaster Romeo “Nono” Mamar students tested Chief Bebing’s technique after a private session with the Founder and he could not even overpower the strikes of Chief Bebing, complained to the Founder that he could not overpower Chief Bebing’s strikes. The Founder told him that, “do not test Chief Bebing, his hands are my hands” meaning there is no difference between the founder and his chief instructors’ techniques. Even during his retirement when an enthusiast would seek his instructions, the Founder would tell the would-be practitioner that, “just go to Chief Bebing.”

Sparring session between the late Grandmaster Romeo Mamar and Chief Instructor Master Bebing Lobrido.



Tapado was at first a family art. But many people heard about the Founder and sought his instructions to the new art. Grandmaster Lobrido recalled that during the early 80's people from Bacolod would walk a kilometer and half from the highway just to seek out the Founder. People like Nelson Carmona, Joe Pamilangco, the late Rene Cornel, Gonzales Brothers (Eddie and Bukay), Hernani Django Rodrigazo, Mike Vasquez, Elmer Montoyo, the late George Gargalicano and many more martial artists.

The first Tapado demonstration was at the Colegio de San Agustin de Bacolod wherein the Founder, Grandmaster Bebing Lobrido and Rene Cornel did the exhibition. This was in the early 80's.

The Founder succumbed to a heart attack on February 15, 2005 and Grandmaster Bebing Lobrido became the first inheritor of the art. This was formalized during the burial of the Founder in a turnover ceremony witnessed by the family and Tapadistas from Bacolod and San Carlos.

At the end of our conversation, here is what Chief Bebing has to say.

"Now I'm 57 but I still enjoy the feel of the stick in my hands and the smell of coffee sticks when they collide. It gives me pride to be a Filipino. This fervor for the Filipino Martial Arts (FMA) was further intensified when my uncle passed away and I was tasked by his family to continue his legacy. In the early days, duels were a daily reality for Arnis professors and Tapado was no exception. Many wanted to learn but we kept the higher teachings within the family. But times have changed. We no longer fight duels and the arts have become more popular with the general public."

He would also like to recognize the efforts of those who are in the United States especially Mr. Joe Tan who proved to the world the effectiveness of the Tapado art.



Romeo "Tokong" Mamar Jr. handing over to Grandmaster Lobrido the Tapado stick of his late father, Grandmaster_Romeo "Nono" Mamar, during the burial of the late Founder.



Tapado Officers: Joe Conado, Nelson Carmona, Mike Vasquez, Ron Harris, Grandmaster Romeo Mamar, Joe Totsetora, and Chief Bebing Lobrido.



Original Filipino Tapado staff at Taloc:

Patro Mamar brother of Grandmaster Romeo "Nono" Mamar, Agi, Nelson Carmona, Ron Harris, Mike Vasquez, Chief Bebing Lobrido, and Joe Totsetora.



1st Annual Reunion Tapadistas the old guards and the new ones during the first annual reunion of OFTLSFAI at Punta Taytay Beach, Bacolod City.



Present core group: Sitting left to right - Master Elmer V. Montoyo and Grandmaster Bebing Lobrido. Standing left to right - Pastor Gumban, Jezrel Bugna, Jake Bugna, and Hansy Alojado. Not present in this picture is our photographer Mr. James U. Sy Jr. who is also a member of the association.

Grandmaster Benefredo “Bebing” Mamar Lobrido officially registered Original Filipino Tapado Long Stick Fighting Association, Inc. in the Security and Exchange Commission in December, 2005.



At present, Grandmaster Lobrido trains practitioners who are interested in Tapado. Sessions are being held every Saturday at YMCA Building, Burgos Street, Bacolod City, Negros Occidental, Philippines 6100. Also he holds training sessions at his home (Purok Langka, Taloc, Bago City) whenever some practitioners would like to have a private session.



Grandmaster Benefredo “Bebing” Mamar Lobrido
1st Generation Inheritor/Current Headmaster, Original
Filipino Tapado
President, Original Filipino Tapado Long Stick Fighting
Association
Member-Grandmasters Council, Intercontinental Federation
of Filipino Martial Arts Schools (IFFMAS)
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About the Author: *A college graduate in the University of St. La Salle, Bacolod City, Negros Occidental majoring in Economics. Narciso Alojado is a Judo and Aikido practitioner, also an instructor in Lapulapu Vinas Arnis, an Oido practitioner, and a Senior Instructor in Tapado.*

WEDOSCAMAI

“War Escrimador Death Offensive Sikad Combat Arnis Martial Arts International”

WEDO is an acronym of War Escrimadors Death Offensive, a fighting system that was used by Grandmaster Jesus Cosio Pallorina during the Second World War. Aside from the fact that the Grandmaster is one of the fierce Escrimador who signed up as a Guerilla (freedom fighter) that fought and survived the war, Tatay Jesus was a private under the 7th Infantry regiment under the command of Colonel Ernesto Mata. Tatay Jesus was given the task of training the soldiers using the bolo and itak.

The acronym “WEDO” produces the similar sound of the word “OIDO” when pronounced. OIDO is the core technique of Grandmaster Pallorina’s system. This is the very reason why he decided to use the Acronym to WEDO to regard his system.

OIDO being one on the fighting methods he learned from his father who happened to be a Master of the Filipino Martial Arts, is one of his personal favorites. OIDO is a free flowing movement that doesn’t have to follow any specific order of numbered movements. It has a fluidity, which allows it to instantly react at any attack from the opponent, with a blink of an eye OIDO can be used offensively and defensively which makes it the fastest strike ever created. But OIDO is just one of the techniques that complete the system of WEDO.

The WEDO fighting system teaches offensive and defensive techniques with the use of sticks, bladed weapons, and empty hands. But its best aspect lies on the bladed weapon techniques. This fighting method teaches an individual numerous figure or fighting techniques and flow drills that can help enhance hand and body coordination and sensitivity during an encounter. It also poses continuous attack to subdue an attack and completely dominate the opponent so that practitioners will be able to defend properly against any type of an attack be it armed or unarmed situations.

The main reason why the system is unique is because WEDO is characterized by split-second circular strikes aimed at the attackers hand or foot and then leading to other vital parts of the body. This is known as “offensive defense”, rarely found in other styles of Filipino martial arts.

Grandmaster Jesus Cosio Pallorina



It adheres to the principles of traditional combat, entirely distinct from all other arnis styles in that any encounter is immediately ended.

Master Josefino “Frank” Sobrino



Master Frank Sobrino with Lakan Robert Rodriguez executing Daga Y Daga technique.

For almost twenty eight (28) years, Master Sobrino has been a leader in the Martial Arts and he is the founder of the WEDOSCA Martial Arts International. Master Josefino Sobrino was taught by his father Cirio Sobrino Sr. and 48 other Grandmasters of Arnis. The young Sobrino re-invented the long forgotten heritage arts of his family.

Many years of training with different Grandmasters and having actual street encounters have helped Master Sobrino to develop the extremely practical Martial art named WEDO Sikad Combat Arnis. He wrote the first book (Traditional Secret of Baston WEDO I) organizing and outlining the style for the future generations of both young and old practitioners. Master Sobrino's goal is to propagate an actual and cultural form/style of Arnis in the Philippines.

He has been a practitioner in Karate, Jujitsu, Judo, Aikido, Panuntukan, Dumog, Sikaran, and any Arnis Styles in so many years. He was also a National Champion in Karatedo during the year 1980.

He became a trainer for the Special Action Force in Iloilo during 1986. He has also been a trainer for the CIAG (Citizen Intelligence Assistance Group) and the Narcotics Intelligence Assistance Group in 1988. He was also given the promotion as an Officer Insp. of CIAG. Master Frank Soberino who was promoted as a 10 Dan

Red Belt of Doble Rapillon in March of 2001 by Grandmaster Jose Joe Mina. He was also proudly recognized by the Philippine Tourism Authority as one of the Ambassador of Goodwill in Filipino Martial Arts as a Trainer and Promoter of Indigenous sports awarded on October 29, 2001 by President/Chairman Engr. Jose Dion D. Diaz of the Philippine Indigenous Games and Sports Savers Associations, Inc. (PIGSAI).

Master Sobrino is popularly known in the radio program “Larong Pinoy” in DZSR 918 KHz AM Band, which is a sports radio every Monday 7:15 to 8:30 pm as a promoter and commentator in indigenous sports all over the Philippines.

The organization believes in active non-violence and neutralization of crime in society by peaceful means. The WEDO training system inculcates such discipline and molding of character.

Mission and Vision:

To promote Traditional Arnis as part of over-all Filipino Cultural Heritage; and in both the short and long term consideration, to preserve the fighting system as a fiber of Philippine Society.

Specific Objectives:

Base on the Mission and Vision, are the following guiding aims:

- To spread the knowledge of Arnis through unselfish cooperation of local government units and law-enforcement authorities.
- To seek eventual recognition by the church, formative and educational sectors;
- To utilize the spirit of volunteerism among the youth and NGO sectors for promoting Arnis as an art; and
- To involve the recognition of Traditional Arnis as the legitimate Filipino Style, by all modern Arnis Schools.



Grandmaster Jesus Cosio Pallorina



Master Frank Sobrino

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The Unknown Brother Grandmaster Roberto A. Presas

Hinigaran Arnis De Mano

By Guro Kurtis Goodwin



Grandmaster Roberto Presas

Grandmaster Roberto Presas is the third and unknown brother of the Presas dynasty. Born in Hinigaran, Negros Occidental, Philippines in 1947, is one of 5 children and the youngest. You already know his brothers, Remy and Ernesto. What is interesting is that all three brothers are Grandmasters of Modern Arnis.

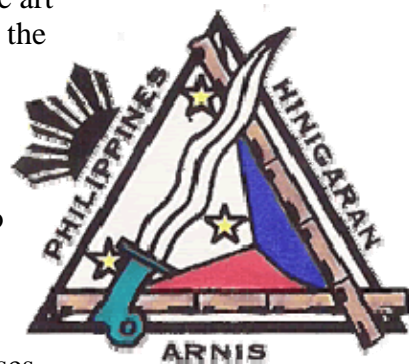
Grandmaster Roberto “Berting” A. Presas holds a lakan sampu (10th degree) ranking in Arnis and has taught martial arts to the Philippine Air force, AFP/PNP, U.P. Police and Marikina Police among others. On occasion he is contracted to teach the national martial art of Arnis to students in public and private schools of the areas in and around Hinigaran. Grandmaster Roberto Presas heads the Philippine Arnis Hinigaran

Association. Recently he was approached by the mayor of Hinigaran to demonstrate his art at public events sponsored by the City of Hinigaran.

Grandmaster Roberto wants everyone to know where the art came from. The origins of Modern Arnis came from Hinigaran, the home town of the Presas family. After the loss of both parents Grandmaster Roberto began training with his brother Remy. He said his brother Ernesto wasn’t interested in training in the beginning but eventually joined in and all three trained together. His brother Remy later took on a job relocating him to Cebu where he trained with a few different groups and later establishing his own path. This left Grandmaster Roberto training and working with his brother Ernesto. He spent years living with and training with his brother Ernesto, he taught classes for him in his school. Later Grandmaster Roberto left Manila and returned to Hinigaran.

Since the death of his brother Remy in 2001 Grandmaster Roberto Presas is the recognized highest ranking man in the IMAFP, followed by Grandmaster Cristino Vasquez, and then Grandmaster Rene Tongson.

He is no stranger to the challenges of life. Born with a cleft Palate and slight hearing loss Grandmaster Presas has had to work harder at communicating but seems to get his point across just fine. He has weathered the years. He has a rugged appearance and a gleam in his eye. Put a stick in his hand and he bursts into life. Don’t let his size fool you, at about 5’ tall he commands the floor with high energy. His footwork is quick and penetrating. He prefers the straight line Japanese style over the Okinawan half circle



approach used by his brother Remy. Chambered dynamic strikes allow him to take control of his surroundings.



Reverse grip attack



Mano Mano basic double hand block to reverse grip knife attack



Left side reverse attack



Basic double hand block to left side reverse grip attack



Rotating wrist into joint lock with disarm



Disarm resulting in wrist lock and arm bar with follow up cut waiting to go

Grandmaster Roberto's favorite weapons of choice are the Baston (cane) and the Nun Chaku. He was amazing to watch when in his younger days. He has slowed down a bit now with age and some health issues but still gets out and moves with authority on the workout floor. Grandmaster Roberto is the true embodiment of the family system, a genuine and absolutely the real deal.

The system of Hinigaran Arnis De Mano has more than one 12 strike count pattern. It has 4, 6, 8 and 12 count strike patterns. There are 24 Katas (forms) and both the "old style" and "modern style" are taught. The stances are low. It requires strength to use it well but you become stronger from the practice. Soon a student learns to move well from the stances while working the various patterns of strikes. Long and chambered strikes combined with a low stance and agile footwork gives the practitioner a unique advantage.

A lower stance helps increase distance from an opponent and accelerates movement when stepping forward or back. With a low stance one will notice that when a few steps are taken forward you get in quicker and closer. When needed taking a few steps back you get further away more quickly from a charging attacker. The strikes are high and this is for good reason, when you drop 6-8 inches into the low stance your opponents head/upper body are higher than you so the large chambered strikes are put into use. There are many facets of the footwork and the training familiarizes students with them through many drills with and without a partner. This is the art of the system. Grandmaster Roberto stresses upon his students that it is important to practice the art, without the art it is just fighting. Anyone can do that.

Over the years many people have laid claim to the name Modern Arnis. Grandmaster Presas said, *"I say to people when they ask that it is my system, my family style. I am not my brothers. I am unique and I want people to know Hinigaran Arnis De Mano is Grandmaster Roberto Presas."* That is important to him, he was born in Hinigaran and he said that is where the art was born. When this was said the question arose, why are people saying different things? Grandmaster Presas and his wife said, *"Because no one has ever come to us at our house to ask us. We don't know who some of these people are but they do not speak for us, you are the first ones ever to come to our house and hear our side of the story."*

His oldest sister Teresita was 8 years old when they moved into their house in Hinigaran. It is the family home and the home of Modern Arnis. Ask anyone in town where Grandmaster lives and they will tell you. Everyone there knows them.

The family home is historical by itself. It is of the last few buildings left of a Japanese garrison; in fact it is one of two left standing on that block. Many of the buildings were destroyed during the war and after. It has been added onto over the years. Grandmaster has his store in the basement.

Grandmaster Roberto has become very well known. During the last Kombaton training camp in 2007 Grandmaster Roberto was very popular with his brother's students. When he showed up to visit the camp he was surprised by the number of people that came up to him from all over the world with cameras wanting to get a picture with him. They all knew who he was and some wanted to know what he was teaching to his American student. They have seen him from the internet. Some had asked if they could train with him. He would not accept them as students because he did not want to cause family discord with his brother Ernesto.

Grandmaster Presas is unable to travel outside the Philippines. When asked he said, "We are not sure." He came to Portland, Oregon in the early 90's. When he tried to return years later his passport had expired and was not renewed making him unable to leave the Philippines. The times he has gone to renew his passport he has been denied.

The Grandmaster has a representative in the United States who is helping build Hinigaran Arnis De Mano by teaching and spreading the Art. He is Guro Kurtis Goodwin of the A.P.I. International Combat Arts Association in Portland, Oregon.

Guro Goodwin is training with Grandmaster Roberto Presas in Hinigaran. He leads training groups in the United States and has training camps in the Philippines. Right now if you want to train in the art outside of the Philippines you will



Hinigaran



Presas Beach Resort

have to work with Guro Goodwin or come train with Grandmaster Roberto Presas in Hinigaran. The art is spreading and growing quickly.



The training camps are held at the Presas Beach Resort a few miles from Hinigaran. There are Bungalows to accommodate around 80 people. A large pavilion in the center of the complex serves as the training area which overlooks the beach. Training camps are two weeks long and are every year. Lodging, meals and training are provided. And of course the flight is in addition to that. The next camp is scheduled for February 25, - March 7, 2008.

Breakfast is served followed by a morning workout session. There is a break for lunch and then an afternoon session. A hearty dinner is served and then relaxing for the evening. The food preparation is overseen by Teresita Presas, whom is a fantastic gourmet cook in her own right. The meals are impressive featuring the finest Philippine classic local dishes and pastries. Grandmaster Roberto's wife Merlyn is part of the food preparation adding her own special touch to the cuisine. The trip is worth it for the food alone!

Grandmaster Roberto Presas said, *"My wish is to spread my art to everyone interested and I am happy to share my family style."*

For more information on classes seminars and workshops contact Grandmaster Roberto Presas or Guro Kurtis Goodwin at:

A.P.I. International Combat Arts
Association
5347 NE Sandy Blvd.
Portland, Oregon 97213
(503) 287-4265
Email: gurukurtis@hotmail.com



www.kurtisgoodwin.com



Grandmaster Roberto Presas
and Guro Kurtis Goodwin

New Concepts in Filipino Martial Arts Training

By Instructor Scott Babb

Thirty minutes east of San Diego, near the shores of Lindo Lake, students at the Libre Fighting Academy are exposed to new and innovative methods of training.

Established in 2004, the Libre Fighting Academy has been researching and developing a variety of approaches to help cultivate the aspiring martial artists skills. Some of these methods are traditional, some are borrowed from other forms of combat such as boxing, and some unique to the school. These training aids, combined with a strong foundation of combat skills, tactics, and techniques, are producing some very talented martial artists.

One unique training tool is the Whack Stick. This is a common six-foot staff, modified to represent an attacker's arm, hand and weapon.

The first 28 inches of the staff are bare, representing the attackers weapon, the next six inches are wrapped in red tape, representing the attackers hand, a band of black tape signifies the attackers wrist, and fourteen inches of blue tape represent the attackers forearm.



The Whack Stick

Every practitioner of the Filipino martial arts is familiar with the concept of attacking the opponents' weapon hand. By providing a reasonable approximation of the attacker's weapon and striking limb, this tool allows the defender to practice fast and accurate full power blocks and counters to the striking hand, without fear of injuring the feeder.

Whack Stick Application:

1. The defender blocks a high backhand strike.
2. Draws her weapon back.
3. Then smashes the opponents' weapon hand

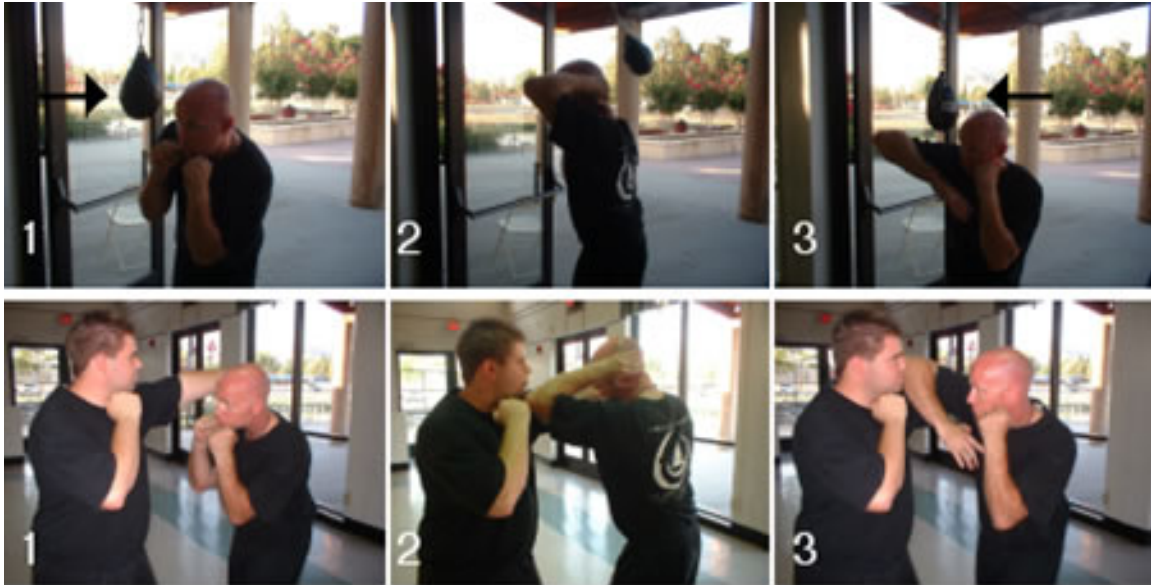


The **Slip Bag** is another training tool found at the Libre Fighting Academy. A “slip” is a valuable defensive maneuver found in every boxer’s bag of tricks. It is a simple angling of the upper body designed to evade an incoming blow with minimal effort. Perhaps the greatest slip artist of all time was a young Mike Tyson. Legendary boxing trainer Cus D’Amato honed Tyson’s slipping skills with a fist sized bag hanging from a chain. Tyson was taught to slip from side to side to evade the bag as it swung toward him, between slips Tyson would throw counters at his imaginary opponent. Over the last two decades this simple tool has become a staple in boxing gyms around the world.

Like many practitioners of the Filipino martial arts, students at the Libre Fighting Academy prefer close range combat when fighting empty hand. Eye gouges, knees, head butts, and of course elbows are the focus of much of their empty hand training. Learning to effectively slip a punch can place the fighter in their preferred range to counter with these vicious close range attacks.

Slip Bag Application:

1. The defender slips to the left, just enough to evade the incoming punch.
2. He then counters with a rising elbow to the attackers jaw.
3. And follows up with a right elbow to the face.



Tethered Sparring is another drill used to enhance empty hand skills. In this drill, two students stand close enough rest their hand on their partners shoulder. They are then tied together at the waist for the sparring session. Being bound together at close range enhances in-fighting skills and develops aggression. Students are forced to continuously block, cover, and counter, rather than move out of striking range.

Action is fast and furious, and must be carefully controlled by an instructor.

Environmental Training is another important element at the Libre Fighting Academy. In the winter the class travels to snowcapped Cuyumaca Mountains to spend the day training in the harsh winter conditions. Students learn to apply their skills in heavy and restrictive clothing, while the snow covered ground limits their footwork and mobility.

In the spring the class trains at one of San Diego's secluded beaches.

Free-flowing drills are performed in the surf, with the incoming tide constantly disrupting the practitioners balance. Students must continue to block, counter, and disarm as they are tossed about in the ocean. Being thrown around while training; prepares the student to defend themselves in crowded environments like concerts, night clubs, or even riots.

In the summer the class focuses on training in urban environments such as alleys and parking lots. Training is conducted at night, in street clothes, with focus on simulated muggings. Students must defend against incoming attacks in low-light conditions, often against multiple armed attackers. Students are also taught to use hard surfaces such as curbs and brick walls against their attackers. A strong emphasis is placed on deploying and using a blade while under attack.

Environmental Training:

1. The defender checks the punch to the inside and counters with an elbow to the face.
2. Then follows with a knee to the midsection.
3. Next he slams the attackers head into the wall.
4. And finishes with an elbow to the back of the neck.



Of course training tools and field training are not a replacement for putting in the hard work required to master the fundamentals of armed and unarmed combat. The whack stick, slip bag, tethered sparring, and environmental training only supplement rigorous training and conditioning. The vast majority of the students' time is spent in the training hall developing a strong foundation. There is no substitute for working with another person to prepare for a real-life encounter. It takes a living human being to adequately prepare one to defend against incoming attacks and respond appropriately. However, creative supplemental training can help take the students skills to the next level.



Libre Fighting Academy
 Head Instructor Scott Babb
 9924 Vine Street
 Lakeside, CA 92040
Email

LIBRE FIGHTING ACADEMY



STICK - KNIFE - EMPTY HAND

Breaking Barriers Through Arnis

Senior Master Samuel “Bambit” Dulay

Interviewed by FMAdigest



The heart of Modern Arnis is Tapi-Tapi, which means, "counter for counter." The idea is simple: no matter what your opponent does, be educated and prepared with a counter. When two practitioners work together, the counters continue back and forth until one partner "catches" the other.

Senior Master Samuel “Bambit” Dulay is what one would call a Master of Tapi Tapi, except in his humble way he continuously seeks more and more knowledge and skill in the movements and techniques, focusing on the use of the cane(s) and related weapons of the body. The intense mental contest that occurs in this type of training (especially when it is done competitively) creates a dynamic chess-like struggle, with Master Dulay working

hard to outwit his opponent. It requires a sharp mind and a good knowledge of technique, as well as the precise physical skill and combination of attributes that make the techniques effective. Additionally, it requires Senior Master Dulay’s ability to follow the opponent, using whatever energy the opponent gives him to use for his own advantage, and also to lead his opponent down a certain path, causing the opponent to choose techniques that he has prepared to counter. These advanced tactics bring efficiency, making victory closer and his opponents’ margin of error slimmer. All of these factors also develop a will to survive and a will to succeed despite the situation.

Using the classical theories of Palis system, Abaniko system, and the Krusada system Senior Master Dulay incorporates and manipulates the movements and theories to excel in Tapi Tapi.

The FMAdigest had the opportunity to talk with Senior Master Samuel Dulay, known to friends as ‘Bambit’.

On the beginning of a lifelong fascination with arnis.

FMAdigest: *Tell me how you got interested in Arnis.*

SMD: My lifelong fascination with Arnis dates all the way back in the early seventies when I was studying Judo, Karate and Dumog (Filipino wrestling) under Romy Lisondra, one of the first students of Professor Remy A. Presas, acknowledged as the Father of Modern Arnis. I was in High School then. One day, a full contact karate tournament was organized and my senior instructors demonstrated their skills in baston against multi-attacker using with real sharp blades. I got instantly hooked! I was so fascinated watching my instructors ward off their attackers using only their baston.

Way back in High School, the focus of teaching karate, wrestling and kickboxing was competition. Students were trained rigidly to fight in tournaments. It is a one-on-one fight situation with rules. Our seniors would train differently behind close doors because

arnis is only for adults. That's when I dreamed of learning arnis when I reach the age of maturity.

Arnis training is very different from what I learned then from other martial arts I studied during my teenage years. In arnis, your body is trained to move freely in an armed or unarmed combat. When we spar the mind set is always conditioned for a real fight and we never miss multiple attackers. The movements of Arnis are circular. It hones your peripheral vision and lets you see opponents from all side. It is mainly focused on quick reflexes and speed. And because Arnis has no rigid set of habit-forming rules, students are free to innovate moves adoptable to individual.



My real life experience with an actual street fight against multiple attackers armed with bladed weapon further convinced me the necessity of learning arnis, because where I come from, street survival is a must.

I formally trained under the Presas brothers: Roberto and Ernesto, and then later under Professor Remy Presas himself, who was not only an Arnis instructor, but a life mentor as well. Professor Presas taught me not only the Arnis techniques, but also

guided me on how I could live my life the best way possible.

Arnis is a holistic martial art. It is physical fitness, self-defense and character building rolled into one.

FMAdigest: *How do you feel about instructing? How's your unique teaching method style?*

SMD: Teaching Arnis to me is a passion and a commitment. As martial arts instructor since the seventies, we follow the same methodology that our instructor taught except, that we now teach Arnis to the kids aged 6 and above using different levels or teaching modules. In IMAFP we have 4 different modules:

1. Physical Education (includes Sports Arnis)
2. Cultural Aspect
3. Law Enforcement
4. Combative

(Smiling) I still have to work on my teaching skills because it is very hard to articulate instructions to my students especially when what I am demonstrating is a fluid and agile movement required by Arnis. Sometimes I just demonstrate the movements to them, showing agility and swiftness of movements. It captures their enthusiasm. The beauty of Arnis is that words are not as important as technique, and when your students are German, Chinese, Japanese, or American, action speaks louder than words. I call it "muscle memory". The highest intellect and strength of the experts and world champions cannot be measured nor expressed by words, rather by example and constant practice. This unwritten law is what binds physical educators and trainers alike.

Even the social and cultural aspect of Arnis requires minimum verbal articulation. It is teaching by example. Arnis imparts to students revered Filipino values such as

respect for elders, which is shown through pagmamano and saying po and opo (gestures of respect). Arnis also teaches humility, obedience, patience, and discipline. Of course, I have to teach the Filipino cultural heritage and here I am required to be a regular teacher. Arnis is a proud Filipino martial art, at par with the world's best. Teaching Arnis to the world is a way instilling pride in our cultural heritage. By teaching Arnis, we hope to bring back the Filipinos' confidence that has been shaken by colonial rule.

Note: Indeed, Senior Master Dulay, who's known for his "quick as lightning, cat-like" moves in arnis circles, is breaking cultural barriers through Arnis, and is a martial art's ambassador to the world. Senior Master Dulay continues to train Arnis aficionados all over the world, reaching places such as the US, Germany, Russia, Switzerland, Hong Kong, and Australia. If the world has taken a serious interest in Arnis, it is because Senior Master Dulay has taken it into his heart and made it his long-term vision to make Arnis as popular in the world as it is in the land of its origin. Through Arnis, Senior Master Dulay is set to prove that Filipinos can take their rightful place in the global arena of martial arts.

On his deep understanding of Tapi-Tapi (considered as the heart of Modern Arnis)

FMAdigest: *Can you tell us how it is you became known as the successor of the art of the Tapi-Tapi.*

SMD: Impressed by my dedication to arnis, Professor Presas appointed me as the chief instructor of the International Modern Arnis Federation Philippines (IMAFP) and was asked to continue the propagation of the art of Tapi-Tapi especially in the Philippines. Tapi-tapi means the Way of the Flow; Art within Art; counter for counter. It is the latest concept/style/system discovered by Professor Remy A. Presas and is considered as the heart of Modern Arnis.

The principle behind Tapi-Tapi could be likened to that of blitz game of chess: no matter what the opponent does, one must have a prepared and intelligent counter move. The moves must be quick because of the time limitation.

"Kuridas" is an old forgotten classic term system, which is commonly known as Free Style. It is composed of Dikitan, Palis, Abaniko, Krusada and many more classical style incorporated together to become the system of Modern Arnis. The original classical styles of long ago have long been neglected after Kuridas has been developed by Professor Remy A. Presas. The Kuridas is an Illonggo term (dialect of Western Visayas) meaning "to file or to arrange in an orderly manner". It is free flowing and adaptable to various Classical Arnis fighting styles.



Kuridas



The way I understand it, Tapi-Tapi is the merging of the Filipino Classic Art and the modern and innovative system or method developed by Professor Remy Presas. It is a demanding technique and requires an intense physical, mental, and psychological

struggle. The practitioner is required to everything he can to outwit and outlast his opponent.

As far as I know, the art of tapi-tapi was being taught here in the Philippines and all over the world only to selected individual, as personally instructed by Professor Remy A. Presas before he died. I am honored for the chance to know the method and be the mentor of this latest version of arnis. It is yet to be propagated among our practitioners and already I am excited.

On International Modern Arnis Federation (IMAFP)



FMAdigest: *As Chief Instructor of the International Modern Arnis Federation of the Philippines (IMAFP) you are keeping the Arnis tradition alive in the Philippines. What is your position in the IMAFP?*

SMD: I was elected as the external Vice President of IMAFP, and Chairman of Membership and Affiliation Committee. As chairman of Membership Committee of IMAFP, I work intensively with the Chairman of Training and Project Committee to gather new member for IMAFP as well as act as project or training director and an organizer of

IMAFP activities.

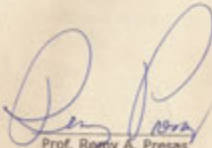
IMAFP regularly undertakes research and development programs which the Council of IMAFP Masters reviews before presenting to the IMAFP board for inclusion in the IMAFP program of instructions. The continued research, sharing, documenting and practicing of Classical Arnis customs and traditions, dissemination of cultural values, and continued exposition of the Modern Arnis lineage to the world helps keep the tradition alive. IMAFP's never ending program of activities is the biggest factor in preserving Arnis tradition. I only serve as a humble facilitator of all these activities. I help keep the burning embers alive.

International Modern Arnis Federation Philippines

To : All members
From : Prof. Remy Amador Presas
Father of Modern Arnis & Founder of International
Modern Arnis Federation
Re : Recognition of Members
Date : January 23, 2000

I Remy Amador Presas, Father of Modern Arnis and Founder of International Modern Arnis Federation do hereby recognized and acknowledge the appointments of the following board members and central executive officers to their respective positions to adhere to the rules and regulation set forth by the organization.

I am also authorizing the sole group under my supervision to use and carry the name of International Modern Arnis Federation Philippines with utmost discreet. And the propagation of Modern Arnis will be the primary objective.


Prof. Remy A. Presas
Founder and President
International Modern Arnis Federation
Philippines

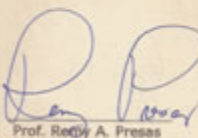
The following board members and central executive officers are :

Board Members

1. Allan "Shishir" Inocalla
National President and Chief Executive Director
2. Samuel "Bambit" Dulay
Chief Instructor and Overall Coordinator
3. Jojo "Eric" S. Latorre
Asst. Chief Executive Director
4. Engr. Jose Gion Diaz Jr.
Board Member
5. Rodrigo "Jigs" Zamora
Board Member
6. Joel Anajao
Board Member
7. Ronald "Gan" Ledesma
Board Member
8. Enrique "Iking" Lewis
Board Member

Central Executive Officers

- | | |
|--|-------------------------------|
| 1. Eden Chan
President | 6. Paulo Motita
Treasurer |
| 2. Ricky Donor
Internal Vice President | 7. Antonio Aguirre
Auditor |
| 3. Ramil Amparo
External Vice President | 8. Mitos Ballares
P.R.O. |
| 4. Rose Lozano
External Secretary | 9. Jovel Sanchez
P.R.O. |
| 5. Leonardo Togonon
Internal Secretary | 10. Francis Nagen
P.R.O. |


Prof. Remy A. Presas
Founder and President
International Modern Arnis Federation
Philippines

FMAdigest: *Can you tell the readers some of the local programs that you are responsible for as an IMAFP representative and how they went or are going?*



www.imafp.com

SMD: IMAFP has a designed program on Sports Arnis Competition as well as workshops and seminars all over the Philippines.

I considered IMAFP as the most active organization of Modern Arnis in the Philippines. Also, as one of the authors on the revised IMAFP Sports Arnis Rules in Competition, I have great concern on the development of arnis, as a sport, in the Philippines.

My contribution to the development of arnis is more on the foundation: the laying down of the basic rules and regulations as well as on its proper implementation. I see to it that seminar/workshop on Sports Arnis Rules of Competition are conducted professionally; that tournament events be properly managed; that there are designation of non bias officials; that proper evaluation of apprentice referees and judges be made; and that top rank official referees and judges on the final bout be designated.

The IMAFP Council of Masters has the confidence in handling the IMAFP Senior Guros Instructions. The management of IMAFP organization has already been institutionalized based on what the Masters of Councils agreed upon. The IMAFP Board Member must always approve the Program of Instructions before execution. Sensitive issues, especially technical matters and ethics, are always forwarded to the council of masters for review. The foundation has already been laid, thanks to all the members of

the organization. I am just doing what is required of me: to make sure that IMAFP's programs are well implemented.

I am a good follower of the basic rules of arnis: to be always prepared and to be quick with response no matter what. IMAFP's programs are year-round and will continue to be as long as we, as followers of the discipline, are willing to go the extra mile and be prepared.

Thanks to the diligent work of all the members of IMAFP with the leadership of Atty. Salvador Demaisip Chairman/Acting President who lead us to what we are now, from which I am a proud member. Modern Arnis Module is now being taught in all universities and colleges in the Philippines and is now being recognized internationally.

Learn more about the IMAFP



EXE PDF

2007 Organization of the Year



EXE PDF



The Way of the Blade

Philippine Knife Fighting

By Antonio Graceffo

Block, slash, stab, block slash stab... This is the rhythm of Philippine knife fighting. When the opponent stabs, you block and slash. Then you follow up with a stab. The slash is generally done on the forearm, to destroy the tendons. If done correctly, the slash will cause the

opponent to drop his weapon. The slash may also cause profuse bleeding, which would lead to death. Sometimes, the slash is done on the bicep, the idea here is to render the entire arm useless.

"It just seems so, you know, violent." I told my instructor, Dennis Santos, who is a black belt instructor in Modern Arnis, stick and knife fighting, as well as Kuntaw, empty hand fighting. Dennis was employed by Mayor Hagedorn of Puerto Princesa City to teach Philippine children their hereditary martial art. The mayor's hope is not only to preserve Philippine culture and instill pride and good health in the children, but also to promote Puerto Princesa as a sports center for the Philippines and the world. Puerto Princesa will host its first international martial arts competition in summer, 2008.

He reminded me that knife fights tended to be more violent than other pastimes one might engage in. “When you get good enough, I will teach you how to twirl the butterfly knives.” Said; Dennis.

Butterfly knives are the double sided folding knives invented in the Philippines, which advanced martial artists can whip around like nunchaku. “I will teach you to throw them up in the air open and catch them closed. You will be able to toss the knife from hand to hand, stab, and have the knife closed before it hits your training partner.” As impressive as this martial art was, it seemed like something children really shouldn’t try at home. “I’ll stick with the wooden practice knives.” I said, digging a splinter out of my finger.

Knife practice is the second step in the evolution of Philippine martial arts training. The first step is learning the double sticks. Next come the knives, and finally, open hand. The unique aspect of Philippine martial art is that the techniques and the drills learned in stick fighting are the same for knife fighting and the same for empty hand fighting. Stick fighting is practiced with a partner, drilling patterns, over and over again, until the patterns become second nature. Strike to the head, block, counter, reverse, strike to the leg, block, counter, reverses... The rhythm is the key to stick fighting, and the motto is “Go with the flow.” You must always move with the force, reacting in the right way, increasing your speed as you go, maintaining expert timing. Any slipup and you could severely injure yourself or your training partner.

The patterns a student learns at the beginning may have as few as two or three moves. Eventually the patterns will increase in complexity, adding attacks at all manner of angles. Attacks to the head, the legs, slash upward, downward, wrap around your head and hit the opponent, change hands with your stick. Disarm the opponent and strike him with his own stick. The patterns will build up to as many as ten movements, which each partner must perform with perfect timing. Then the drill begins again. After the patterns are mastered, they are further complicated by adding movement. The patterns are done moving forwards, moving backwards, side-to-side, and circling.



Some patterns are done with the classic block, strike, return. Others involve disarming. In these patterns, you block your opponent’s stick, and then take it away from him, usually by using some type of joint manipulation or grappling. These patterns can look very much like wrestling, as they are done at extremely close range and may include sweeps and throws, as well as locks and traps.

“Our two main goals in Philippine fighting are, take away your opponents eyes and take away his balance.” said Dennis. Dennis sets his knife aside and demonstrates a finger strike to the eyes. A finger strike to the throat will instantly paralyze an opponent, for a split second. But a split second is all you need in a knife fight. As painful as it is to get hit in the throat with a finger, I imagine it would be much worse to get hit in the throat with a stick or a knife.

“I don’t like to kick. The economical sweep is the most effective weapon.” Stated; Dennis. We square off in fighting position, each armed with a five-inch blade. Dennis, casually lays his knee against the side of my knee, then twists and leans in. The pain is excruciating. It is clear that if he put his full weight into it, my knee would have been ripped right out of socket. Apparently, the first rule of knife fighting is, fight dirty.

“We can destroy the knee with this technique. But we can also turn it into an economical sweep.” Dennis repeats his lean and twist on my left knee, but this time, he hooks his foot behind my heel and pulls forward. Now, instead of ripping the left knee he attacked, I feel a tear in my right knee, my base knee. Either way, I would have wound up on the ground, and possibly never fought again.

Knowing that I also study Muay Thai (Thai kick boxing), Dennis clinches with me. He sets his leg between my legs and begins striking the inside of both my knee with his knee. The technique is painful, but what he is actually doing is trying to change my balance. The second he feels my weight shift, he executes a sweep and takes me down.

Many of the disarming techniques for the stick feel a lot like hop kido. You begin by blocking, stick to stick, then, with your free hand, you twist the opponent’s wrist outward or upward, attacking the joint, once the joint is stressed, you push your opponents stick, toward his fingers, rather than toward his palm. The hand opens, and the stick comes free. The push can be done with your knee, your forearm, your hand or your stick. You can also disarm by grabbing the thumb, which is, of course, a joint, and bending it back toward the wrist. Then, you follow up by pushing the stick out of his hand. In some of the more complicated techniques, you wrap your arm around your opponent’s arm, like a snake, and your arm or shoulder winds up removing the stick as you tighten your grip on him. If you continue to apply pressure the opponent’s arm will break at the elbow. But even in these advanced techniques, the basic premise is the same, attack the joint then push the stick out of the hand by applying pressure towards the fingers, not the palm.



forearm. The opponent’s hand will be immobilized for a split second, which is enough time for you to slash him. The beauty of the slash is that when the opponent sees what you are doing, he will jerk his arm back, which of course will mean he is dragging it



With the knife, the techniques are the same. The important thing to remember with the knife, however, is that you must always push the dull side of the blade with your hand, forearm or knife. Obviously you don’t want to disarm someone by pressing your forearm against the sharp edge of the blade. A typical knife set works like this. The opponent stabs. You block his strike with your hand, placed on top of or under his wrist or

along the blade of the knife. His own instincts betray him at that point, and he does your work for you.

In some of the more Stephen Seagal-like techniques, you block the knife, twist the wrist, do a twist and flip and force the opponent to stab himself. Denis calls this one, “return to sender.”



When blocking the knife hand, it is important not to grab the hand or wrist. The second the opponent feels you grappling him, he will break loose. Your natural reaction would be to hold on. This could be bad for you. He could be pulling you off balance, or at least pulling you out of your stance and into a compromised position. But if you just block by putting your hand in the way of his forearm or wrist, he won't notice for a split second,

and that gives you time to slash. If he moves his hand away before you slash, it is no problem because you still have your balance and you are still in position. And remember, every slash is followed by a stab. In this way, if the opponent moves his arm and avoids getting slashed there is a high probability he is not ready to parry your thrust, and you could stab him, ending the fight.

Oh, yeah, and most importantly: Kids, don't try this at home. Someone could lose an eye.

Antonio Graceffo is an adventure and martial arts author living in Asia. He is a professional fighter and the author of four books available on amazon.com Contact him

Antonio@speakingadventure.com see his website **www.speakingadventure.com**

The Battling Barung of BaHad Zu'Bu

By: Punong Guro Michael D. Blackgrave

In the southern regions of the Philippine Islands live a people of great KALAG (spirit), these people are known as Moros to most but to those of us who embrace this culture and way of life with much respect refer to them as Tausug. The Tausug (people of the current) also known as Suluk primarily inhabit the Sulu Archipelago. The Tausug are a proud and noble people, they are great seaman as well as warriors. It is known fact that they as a people were never conquered even with the harshest of sanctions and numerous broken treaties thrust upon them by outside governments.



Tausug Datus



Within the Tausug ways there is a combat methodology known as Silatan (Tausug swordsmanship) it is simple, effective and deadly. The primary sword used in this method is known as the Barung, a leaf shape implement that comes in various lengths with a standard blade length of eighteen inches. The Tausug uses the blade for many purposes, as a field tool, a weapon, and as a symbol of hierarchy within the tribe.

Many people possess the Barung yet few truly understand the proper usage of the sword, some still refer to it as a barong (as in a barong Tagalog garment). The Barung like any sword has proper ways of usage that truly make the weapon come alive in the right hands.

Master Epifanio “Yuli” Romo Jr. is one of the few men who understand and can magnificently wield the Barung he has also taught me this methodology for which I am forever grateful. Master Yuli has spent the time with the Tausug warriors of the Sulu Archipelago and learned first hand the intricacies of the Barung little known elements such as proper carry, loaded and unloaded positions, using the Barung for more than simple cleaving.



Proper carry in loaded position



Draw from loaded position



First attack from loaded position

There are also cultural aspects to the Barung that the Tausug hold dear as does Master Yuli, things like the junggayan handles of the Barung. This is a greatly misunderstood aspect. Many believe that this part of the handle is to brace your arm against for support, this is an untruth, the junggayan holds combat and cultural significance, it is used as a hooking, trapping and striking element of the sword making it multi faceted. The cultural aspect is deeply rooted in Tausug hierarchy the more elaborate junggayan also meant reserved status with in the tribe. These highly decorative junggayan (usually containing gold) are extremely rare due to the economic conditions of the era they were produced and due to the Prophet Muhammad’s injunction for the usage of gold by males form personal adornment. The junggayan was modeled after the beautiful kakaktua bird which is highly revered for its beauty by the Tausug people.

BaHad Zu’Bu Mangtaas Baraw is the life work of Master Yuli Romo Jr. it is not a weapon specific art by any means but it seems most of us within the system gravitate toward the Barung as our primary weapon. When one trains with Master Yuli you begin to truly understand the nuances of wielding such a formidable blade, it is not a knife as

some suggest, nor is it wielded like one it has its strengths that must be adhered to too truly make it sing. One of the first things taught is the proper placement of the Barung on the human body, many people believe it is carried on the side of the individual like a cutlass this according to Master Yuli is wrong and severely limits the rapid deployment of the weapon. The proper carry method is across the left or right hip on the front side of the body (depending on the individual) when the edge is down he refers to this as the unloaded position meaning there is no enemy to be feared, when the edge is turned skyward it is ready for usage and means an enemy is close. This carry position allows for the too comfortably carry and access their weapon at a seconds notice even while doing the most mundane tasks.

Another significant misunderstanding of the Barung by some people is that it is just a cleaving weapon due to its weight and heft. While it does fare well in this realm it is far more than that. The Barung is only limited by the lack of imagination of the person wielding it, it can be as adaptable as you wish to make it and in Master Yuli's hands it takes on many personalities. Master Yuli uses his Barung as a slicing, cleaving, trapping, piercing, parrying slapping etc. etc. weapon limited by nothing his double Barung work is something to behold it literally is a labyrinth of steel that one must respect, if not certain doom awaits.



Punong Guro Blackgrave and Master Yuli Romo commence engagement.



Punong Guro Blackgrave delivers angle 1 attack...Master Romo angles off using live hand parry delivering BaHad ZuBu upward angle 2 cut.



Master Romo draws pulls the barung threw keeping a downward pressure on Punong Guro Blackgraves weapon arm.



Master Romo using the step drag now transfers to Punong Guro Blackgraves opposite arm with continuing motion of the barung.



Master Romo repositions keeping Punong Guro Blackgraves arm between them as a shield setting for the kill.



Master Romo now transitions from the back to Punong Guro Blackgraves weapon arm turning him directly into the downward thrust ending the confrontation.

Master Yuli also teaches the Barung from various positions, low work and high work, single and double, short and long always with simplicity and intent, as he says “Let the Barung do the work” this is a crucial element that is a must in mastering this living steel!



When one trains with Master Yuli these intricacies are taught at a deliberate pace and with live Barung the old way, the true way. Patience is a must and an open mind as well. Many folks only seek the physical but to train with Master Yuli you must be willing to venture into the cultural and at times the metaphysical realms within those lessons; lies the truth of the Barung and in an essence the truth within yourself as

it relates to the path you have chosen.

“There has been opposition to every innovation in the history of man, with the possible exception of the sword” *General Benjamin Dana*



Email
Website



Email
Website

"The Great Pinoy Boxing Era" By Corky Pasquil



"The Great Pinoy Boxing Era" documentary is a 30 minute journey back to the days of Pinoy greats: Dencio Cabanella, Pancho Villa, Speedy Dado, Small Montana, Little Dado, Ceferino Garcia, Dado Marino... and perpetual Pinoy contenders: Lil' Dempsey, Kid Java, Pablo Dano, Varias Miling, Johnny Efhan, Bernard and Maxie Docusen... and so many more! Through this compilation of championship fight footage, illustrative oral histories, rare photos, and historical research, you will experience the sights, sounds, emotions, and significance of what is undoubtedly one of the greatest eras of Filipinos in sports. You will see the rise and fall of the great era, from the introduction of boxing in the Philippines, to the days of Pinoy boxer dominance, to the gradual fading of the era with socioeconomic changes in America and the Philippines. You will come to know an unheralded group of Pinoy heroes who not only provided the Filipinos of the day with idols, but also gave them a sense of identity and hope for equality in an unwelcoming America.

You can watch it:

The Great Pinoy Boxing Era - Low Bandwidth Version: [Click Here](#)

The Great Pinoy Boxing Era - High Bandwidth Version: [Click Here](#)

Video information provided by MyBarong.com: www.mybarong.com or call toll free: 1-866-4BARONG (422-7664)

Visiting the Philippines

By Schiwa Niku

I was always interested in visiting the Philippines and one time I saw a making of the movie "The Bourne Identity". There they talked about Filipino martial arts and that Matt Damon - the actor - took Kali lessons at the Philippines. I always loved martial arts and fighting sports in general but I never found the right one for me. Here in Germany you have a lot of Karate, Taekwondo and Kick Boxing dojos and a lot more but they could never convince me of their effectiveness. As a woman you (normally) don't have the physical strength to beat a man so you depend on good working techniques. As I now know that Kali comes from the Philippines I searched for information on the internet and read a lot about kali, arnis, escrima and all the different styles. This caught my attention.

So when I made the decision to spend my holidays at the Philippines I tried to find some schools there. During this search I also found my current instructor Philipp Wolf who is a member of the **Worldwide Family of Modern Arnis**. I started to practice Modern Arnis in my home town and he helped me to find an instructor for my holidays in the Philippines.

I visited 3 Islands of the Visayas - Cebu, Negros and Siquijor. My Modern Arnis training was planned for my stay at Negros. At Cebu I was staying in Moalboal for diving. One day I talked to the staff of the resort and told them about my plans of training Arnis in the Philippines and suddenly one of them said, "Oh really, our neighbor, Max, he is an Arnis Grandmaster - if you like I can introduce you to him" - I was really surprised and happy and so he went to Professor Pallen's house - the Headquarters - and left him a message to come over if he is back.

A few days later - Professor Pallen just came back from Boracay - he came to the resort and invited me to practice Senkotiros together with his students later in the day. Of course I agreed and so I had the great opportunity to practice together with his students for one hour. As I only had one day left before my departure to Negros he offered me to train with him the whole next day.

This training was so great. The Professor is a very patient and dedicated teacher - he really loves what he does and his training is absolutely heartfelt. I learned a lot and I am very grateful that he sacrificed his time to teach me Senkotiros.

After my stay at Cebu I went to Negros and trained there in Arnis for a couple of days. I am still practicing Modern Arnis in Germany and hope to be able to go back to the Philippines soon.



Schiwa Niku training
with Professor Pallen



www.senkotirosphilippines.com

Senkotiros International Training Center

Basdiot, Moal Boal
Cebu, Philippines



Bram Frank
Black Belt Magazine
Weapons Instructor of the Year

December 2007

By E. Lawrence

Like many martial artists, Bram Frank began his training with traditional styles like karate-way back when Lyndon B. Johnson was president. As time went on, Frank gravitated to more diverse arts such as Hung Gar Kung Fu and finally Wing Chun, a system that later paved his way to Jeet Kune Do. Over the years, his ancillary studies have included Hapkido, Jujutsu, Shuri Goju-ryu and aikido.

His propensity for experimenting with a variety of styles ended in 1980 when he met the late Professor Remy Presas. It proved to be the most momentous meeting of Frank's career, and he eventually became a Modern Arnis instructor under Professor Presas. He also earned rank in a number of complementary Philippine fighting systems.

It was from all those arts that Frank drew when he began to develop his theories on edged weapons and impact weapons - two fields that have featured prominently in his teaching career. He set about designing knives with the features martial artists need. One of his best-known is the Spyderco Gunting, which sports a prominent horn that protrudes from the back of the blade and can be used for striking, trapping and pain compliance even when the folder is closed. To complement the weapon, he created a self-defense system for it based on modern arnis' sinawali application and dulo y dulo method.

Being a practical martial artist at heart, Frank recognized the need for variations on his theme, so he designed a training version for safe practice, as well as what he calls the Close Range Medium ImPact Tool, or CRIMPT. The latter is basically a nonlethal Gunting with a dull blade. And his newest brainchild, the Lapu Lapu Corto, is a folder that's similar to the Gunting, he says, but improved in many ways.

Frank didn't stop with folding knives. Among the other models he's hatched is the Abaniko, a larger fixed-blade version of the Gunting produced by Ontario Knife-works. It meshed perfectly with his arnis background, which entailed plenty of drills with fixed blades, especially machetes. While arnis is normally associated with sticks, the true art that he learned from Presas has a strong blade orientation, Frank says.

Even though he's perhaps best-known for his connection to modern arnis, his teaching extends far beyond one system. He serves as head instructor for Common Sense Self-Defense Street Combat and chief edged-weapons instructor for the S2 Institute. And he proudly works for the International Law Enforcement Educators and Trainers Association.



In his capacity as a tactical instructor for the government, he's taught his weapon skills to everyone from federal agents to Special Forces personnel. When he's not busy with those assignments, he's on the road conducting seminars in Europe and Southeast Asia, as well as in Israel.

Given these lofty accomplishments and pedigreed background, it's no surprise that Frank has won awards and accolades from numerous organizations, including the World Head of Family Soke-ship Council. And it's no surprise that he's been selected as Black Belt's 2007 Weapons Instructor of the Year.

About the author:

E. Lawrence is a freelance writer and martial artist.

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Note: The State of Israel and Dr Dennis Hanover known as "The Father of Israeli Martial Art: Dennis Survival" have formally recognized Bram Frank as the "Father of Israeli Knife Combatives" for over a decade of teaching Tactical Knife in Israel. Grandmaster Bram Frank received the award from the State of Israel and Dr Hanover in December when he traveled to Tel Aviv and Jerusalem for the formal acceptance.

Passing of Master Robert M. Du

On December 15, 2007 PAKAMUT representative in the Philippines Master Robert M. Du and one of the most senior student of Grandmaster Felix Roiles died passed away.

According to Mike, one of the students, that Robert has been ill since August due to some internal bleeding.

Master Du was doing a lot of seminars and private instruction in law enforcement under the guidance of Grandmaster Felix Roiles. Master Du's contribution to the development of PAKAMUT was very instrumental which made him travel to different countries for the sole purpose of promoting the system which he believed to be the origin of the fighting art in the Philippine Archipelago.

Our deepest condolence goes out from the Headquarters of PAKAMUT International Association and Council of Masters in the United States to his family and students.



Master Robert M. Du on the left in red,
Master Mel Geuio-geuio on the right in red.



Master Robert M. Du Left in front,
Master Mel Geuio-geuio right in front



www.PAKAMUT.com

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mandirigma.org

Searching for the Perfect Stick

By Arnold A. Noche

"I got the magic stick, I know if I can hit once I can hit twice..."

The Warrior Arts of the Philippines, generally known today as Kali, Eskrima and Arnis, is a complete system of self-defense techniques, which utilizes Filipino weaponry as extensions of the hands for maximum impact and reach. Primarily based on bladed movements and widely practiced by the Filipinos long before the coming of the Spaniards to the Philippines in 1521, up until recent times the live blade has been replaced with a rattan stick for modern training purposes. What makes the Filipino Fighting Arts unique is that it begins its training with the use of weaponry and then progresses to empty hand techniques. The training does not regress since it is believed that proficiency in weaponry first will mean perfection in empty hand techniques later. In short, the stick is complimentary to the movements, not supplementary. The stick is actually a misnomer as there are many items that can come in handy and can be used as a stick: a flashlight, a folded fan or umbrella, a golf club, a pen or ruler, a rolled-up magazine or newspaper, a tennis racket, a walking cane or stick and other items that may simulate a stick can be a fine substitute as the need arises.

The stick is said to travel ten times the speed of the empty hand. If you've been in it for a minute, you will notice that the sticks will break. Whether it be the finest rattan or some of the more intricate hardwoods from the Philippines such as Bahi, Kamagong and Nara or even some of the more exotic and expensive hardwoods from different parts of the world such as Ebony, Maple, Palm and Rosewood, it will break after repeated use. Though I still prefer rattan in its natural form, I do try to make it a habit of obtaining a "matched" pair, that is, a pair of sticks that were cut from the same pole. With that in mind, I can then further concentrate more on my development and training in the Filipino Fighting Arts as opposed to wondering which stick was going to break first and how I was going to find another identical stick with the same weight, feel and lifespan. If you're like me and spent countless hours in the past searching for the perfect stick to find one that was worthy of acceptance and admiration, try finding two.

If you're like me and found a source that can get you the rattan poles in it's purest, uncut form, try finding one that was also worthy of acceptance and admiration. Though I have no doubt in my mind that you will find it, you will have also spent an invaluable amount of time searching for the perfect stick instead of training with your perfect stick.

All Things Filipino, a division of ATF1898, Inc., released their latest product... the **got stick?** MS Series, which was designed by Batang Kamagong of Lameco SOG (Sulite Orihinal Group) and endorsed by Kapisanang Mandirigma. It is a multi functional, virtually indestructible stick that is backed with a 1-year limited warranty. It functions well in all weather conditions with 20% less density of steel and 70% less density of

aluminum. It has corrosion resistance against harsh elements and environments, stronger than structural steel pound for pound and has superior dimensional stability.

Quoting the designer, "I always wanted a stick that was not cumbersome, heavy and oversized or fragile, light and undersized. We tested this heavily in the backyard for over two years matching it up against some of the thickest rattan and other natural, exotic hardwoods and broke everyone of them. Don't let the color or the thickness of the got stick? MS Series fool you. It's a lot stronger than it looks which makes this product just as unique as the Filipino Fighting Arts itself. Now I just need to figure out how to replace the Cocobolo, Macassar Ebony, Purpleheart, Snakewood and Zebrawood sticks that I used to have in my prized collection. Don't even ask me about what happened to one of my pool cues... I have to replace that too."

Upon further discussions, I later found out that beta testing also involved exposing the got stick? MS Series to severely harsh elements and environments such as fire and snow, heat and cold and the stick still functioned as well as it was supposed to. When I asked about his selection for the grip, he replied, "I needed something that was made of a premium quality, rubber rich formula that didn't absorb moisture and unravel. We all remember that lightweight stick that the late Bruce Lee used in "The Game of Death" that resembled a yantok but we never knew where to get it. The one's that were lucky realized later that it wasn't as durable as depicted in the movie in his fight scene with Guro Dan Inosanto and to effectively use a thin stick like that required either an oversized grip or some really small hands. Regardless, the fight scene was well executed and it was, no doubt, still some of the earlier footages that the general public was able to witness the Filipino Fighting Arts reach the mainstream."

In conclusion, the got stick? MS Series was made for eskrimadors by eskrimadors. Multi functional, virtually indestructible and back with a 1-year limited warranty, it is an ancient solution for modern problems. It is quite simple to maneuver, unbelievably fast and light, incredibly easy to carry and handle, inconspicuous as a weapon and can be guised as a thing of utility (i.e. hiking stick, jogging stick, walking stick). Don't sleep on this product. Your search for the perfect stick may have just ended.





To find out more about this "perfect stick" please visit **www.allthingsfilipino.com** or write to All Things Filipino, a division of ATF1898, Inc., 1245 W. Gardena Boulevard, Suite 201, Gardena, California 90247-4825.



FMA Past Events

10th International Modern Arnis Summer Camp of DAV

50 Years Modern Arnis

August 6 - 12, 2007

Landessportschule Osterburg

Sachsen-Anhalt, Germany

Text and Translation: Philipp Wolf

Photos: Bastian Kinne, Detlef Rieger, Martin Kretzel, Oliver Haupt, Sven Barchfeld

Even before starting, the 2007 summer camp of DAV was likely to become a very special event. First of all, it had been an anniversary celebration - not only was it the 10th Summer Camp (held every two years) by DAV, it also fell into the 50th anniversary year of Modern Arnis (1957-2007). And it had been the first large international meeting of the founding members of the WFMA since it's founding 2006 in the Philippines.

Just as for the previous camp in Osterburg (2005), DAV was planning on inviting an international guest instructor. Due to some misunderstandings - which ended up being very lucky - it turned that we did not only have one but three international Grandmasters and Masters from the Philippines and the United States as guests teaching during the event.

Prior to the camp, DAV had to face many challenges and handled quite a number of problems to make the camp suitable for the large number of participants that were expected.



We are especially happy that we had 187 participants coming from 11 different nations. The participants came from Germany, Austria, Switzerland, France, England, Israel, the USA, the Philippines, the Czech Republic, Russia and China to train and celebrate the numerous anniversaries. Due to the great organization at the campsite, the comfortable accommodations and the almost perfect training facilities it had been decided to arrange the camp in Osterburg - as we already did two years ago. Compared to the previous camp, the sports facilities had improved further, to make our stay even better they had: for example finished building a swimming hall which could be used by the participants.

Since the room capacity of the location was not sufficient for the large number of registrations, DAV arranged, at its own expense, for extra accommodations in form of large mobile homes - after all, we did not want for anyone to miss this unique event! Also, some participants only registered for training and camped at the nearby campgrounds or made private arrangements in one of the local hotels for themselves and their families.

The instructors at the 2007 summer camp were:

- Grandmaster Rene Tongson, 8th Dan Modern Arnis, Grandmaster Abanico Tres Puntas, Philippines.
- Senior Master Dan Anderson, 8th Dan MA 80, USA.
- Grandmaster Bram Frank, Grandmaster CSSD/SC, USA.
- Senior Master Datu Dieter Knuettel, 7th Dan Modern Arnis, Dortmund/Germany, Chief Instructor of DAV.
- Master Hans Karrer, 6th Dan Modern Arnis, Ulm, Germany.
- Master Jorgen Gydesen, 6th Dan Modern Arnis, Ulm, Germany.
- Carsten Hemmersbach, 5th Dan Modern Arnis, Köln/Germany.
- Peter Rutkowski, 4th Dan Modern Arnis, Essen, Germany.
- Sven Barchfeld, 4th Dan Modern Arnis, Dresden/Germany, President of DAV
- Alfred Plath, 4th Dan Modern Arnis, Alpen, Germany.
- Helmut Meisel, 3rd Dan Modern Arnis, Plön, Germany.
- Philipp Wolf, 3rd Dan Modern Arnis, Höchst, Germany, Vice President of DAV



Instructors L-R: Peter Rutkowski, Senior Master Dan Anderson, Grandmaster Bram Frank, Senior Master Datu Dieter Knüttel, Grandmaster Rene Tongson, Sven Barchfeld, Philipp Wolf, Alfred Plath, Master Hans Karrer, Carsten Hemmersbach, Master Jorgen Gydesen, Helmut Meisel. 138 classes were taught in 32 sessions with different lessons about Modern Arnis and the Filipino martial arts. Most of the time, there had been a selection of 7 lessons at the same time.



The first day of the summer camp went by just as smoothly as the preparations for the camp. The sorting into the rooms / accommodations and the first run to the cafeteria to get lunch had been organized very well so there were no major complications. At the registration, every participant received a personalized button with his/her name, city/country and the languages he/she spoke. Also, everybody received a large wallpaper

and stickers with the logo of the summer camp. Those who pre-ordered also received their t-shirts and ball caps bearing the camp logo there.



Senior Master Datu Dieter Knüttel

After lunch we started with a 'get to know lesson' (taught by Datu Dieter Knuettel). During his lesson, the participants were able to meet old friends and started getting to know new ones. After that, the crowd spread to the different classes according to rank and/or topic covered by the different instructors.

After dinner there was another unified class for all

participants. During this session, comparisons and some introductions to what could be expected throughout the week had been shown. This class was taught by all participating grandmasters and masters together (Grandmaster Tongson, Grandmaster Frank, Senior Master Anderson, Senior Master Knüttel, Master Karrer and Master Gydesen). They all gave a personal taste of how they interpret the art of Modern Arnis by each showing a different defense to the same type of attack. It was great to see so many different interpretations of the art but still getting a glimpse of all of them going back to the same roots - no matter if they studied Modern Arnis in Germany, the US or in the Philippines.



Master Jorgen Gydesen



Carsten Hemmersbach



Master Hans Karrer

Throughout the rest of the week, training started at 8.45 am with a warm up session, followed by two classes taught by Instructors of DAV. After that, the participants went to rest and get lunch according to a prearranged schedule.

The afternoon classes had been reserved for the international guests. Dan Anderson taught 'the art of movement', 'power development', 'application of anyo' and 'signature throws of Modern Arnis'. His lessons had been very fighting oriented and dynamic. With his never ending humor and his extraordinary voice he even managed to keep the participants training outside during a heavy rainfall.



Senior Master Dan Anderson



Grandmaster Bram Frank

participants was his “cutting demonstration”, where he showed the effects of a blade touching a body. During this he effortlessly chopped up a chicken leg – including muscle, skin and bone by using just a flick of the wrist.

Grandmaster Rene Tongson also taught his favorite subject - the art of Classical Arnis. He started out by reviewing the basic classical styles taught in Modern Arnis. He then continued to introduce the Abanico Tres Puntas System to the participants. After laying a foundation, he continued teaching advanced techniques and combat applications of the Abanico Tres Puntas as well as the use of the Tres Puntas knife.



Grandmaster Tongson



Sven Barchfeld



Peter Rutkowski



Alfred Plath

After the lessons of the international guests, there was time for the participants to get some rest and get dinner to gather some strength for the evening classes which were again handled by the DAV instructors and lasted 90 minutes. Training ended at 9.15 PM with a cool down session.

After a hard days training it was time to get to the more comfortable and relaxing part of the summer camp. In the large common room of the sports facilities, there was time to tighten national as well as international Modern Arnis connections while enjoying some cool beverages. Special attention had been given to the stories of the international Grandmasters and Masters about training abroad in the US and the Philippines as well as those about Professor Remy Presas. There had been many questions asked and everybody took plenty of time to answer to the best of their knowledge and experience. Generally

the get together ended around 3.00 AM after even the most sleep-resistant arnisadores went to bed and tried to catch some sleep before the next day of training.

On the morning of the second day, rank-testing had been scheduled besides the regular training. 31 men and women faced the challenge to test for blackbelt / lakan isa or their next higher black belt rank (up to 5th Dan) in front of the international board of examiners.

There had been:

11 testing's for Lakan/Dayang Isa, 1st Dan:

Elmar Herrlich (Frankfurt), Marcus Rausch (Kiel), Olaf Hambach (Plön), Hans Wieser (Stuttgart), Renate Rommel (Stuttgart), Wolfgang Schaaf (Ulm), Katrin Schloßhauer (Bremen), Bastian Kinne (Bremen), Christoph Rußer (Plön), Julia Hake (Höchst) and Alexander Pisarkin (Ekaterinburg, Russland).

8 testing's for Lakan Dalawa, 2nd Dan:

Sidney Helgath (München), Detlef Rieger (Stuttgart), Steffen Uzler (Stuttgart), Holger Lindner (Stuttgart), Benjamin Weiß (Hamburg), Mark Broere (Frankfurt), Roland Laritz (Graz/Österreich) and Wolfgang Eipperle (Stuttgart).

5 testing's for Lakan Tatlo, 3rd Dan:

Andre Dawson (Paderborn), Florian Rosenkranz (Freiburg), Markus Mayer (Freiburg), Uwe Behrmann (Hamburg) and Sven S.

6 testing's for Lakan Apat, 4th Dan:

Ingo Hutschenreuter (Böblingen), Siegfried Derwisch (Kassel), Michael Naber (Wuppertal), Sven Barchfeld (Dresden), Mike Froidl (Berlin) and Siegfried Wittwer (Darmstadt).

1 testing for Lakan Lima, 5th Dan:

Carsten Hemmersbach (Frechen/Köln).

Also, 28 Arnis students tested for student rankings (white to brown belt). Everybody successfully passed their examinations.

The international board of examiners was quite impressed by the given demonstrations and praised the participating arnisadors as well as DAV for its high technical standards.

After lunch, the official ranking ceremony of the lakan / dayang students took place. At this time, Alfred Plath was given a special award by Grandmaster Rene Tongson for his continued effort and work in spreading and promoting the Filipino martial arts for over 20 years.

The following evening was reserved for the traditional DAV summer camp barbecue where especially those participating in the examinations earlier that day had a very good reason to celebrate.

On the third night, after another exhausting day of training, DAV arranged for a sauna night to give everybody the chance to relax their tired muscles. The first 'time off' from training for most participants was during the afternoon of the fourth day. At that time, Datu Dieter Knuettel taught a special class which was only open to participants ranking lakan/dayang tatlo (3rd Dan) and higher.

On Friday night the examinees sponsored a 'free drinks party' to celebrate their successful examinations once again - and also (very unfortunately) to say goodbye to those who had to leave the camp a day early. A presentation of pictures from the Philippines and a Russian documentary about Modern Arnis were displayed alongside the celebrations as a great add on to the night.

With the last day of the summer camp, another international surprise came about. During the first large international meeting of the Worldwide Brotherhood of Modern Arnis (WBMA), which had been founded the previous year in the Philippines, it was decided to change the name of the organization into 'Worldwide Family of Modern Arnis'. The following member-organizations and their representing commissioners had been present:

- IMAF-Philippines, GM Rene Tongson and Edessa Ramos
- DAV, Germany, Sven Barchfeld, Philipp Wolf and Datu Dieter Knuettel
- MA80, USA, Dan Anderson
- CSSD/SC, USA, Bram Frank
- RAF, Russia, Alexander Pisarkin
- Modern Arnis France, Laurent Hittler



www.wfma.info

The decision for the name change was not at last due to the great family like atmosphere that had shown throughout the camp.

Since, unfortunately, every camp must come to an end sometime, everybody gathered for a last unified session with all participants on Saturday night. At the end of the session, every participant received a certificate of participation, signed by the DAV council and all instructors of the camp.

Furthermore there had been the examination of 25 Arnisadores during the camp who completed the DAV instructor certification course - they also received their certificates and license at that time: Elmar Herrlich, Julia Hake, Philipp Wolf, Armin Lesche, Regina Speulta, Heiko Dervede, Michael Kieninger, Sandra Schink, Hans-Joachim Albrecht, Christoph Russer, Sidney Helgath, Henrik Stucke, Wolfgang Baeurle, Olaf Hambach, Claus Hillenbrand, Hans-Joachim Knoblauch, Jakob Michel, Ingo Balszus, Petra Sparrer, Markus Kenkmann, Peter Pfaender, Hartmut Roth, Hans Wieser, Oliver Oberle and Ferdinand Misko.

As a special surprise, there had been more awards and honors to be given that night: Datu Dieter Knüttel, Edessa Ramos, Dan Anderson, Bram Frank, Sven Barchfeld, Benedikt Eska, Alexander Pisarkin and Philipp Wolf received special awards from Grandmaster Rene Tongson for their continued work in spreading and supporting Modern Arnis, the Filipino martial arts and culture. The awarding of these honors had been a great and worthy end to an even greater summer camp.

The last day of the camp was departure day. Additionally, there had been a meeting of DAV's technical committee. During the meeting, there were discussions about the state of Modern Arnis in Germany, concerning curriculum and examination regulations as well as future goals to improve the technical level of DAV even more. The

result showed, that everybody is quite content with technical level DAV has achieved while at the same time, the tracks had been set to include some new and improve some other portions of training, teaching and testing curriculum. Through these changes, DAV is going to offer some promising and exciting developments throughout the next few years.

All together it had been a very successful week and the - so far - largest Modern Arnis Event ever to be held in Europe. We hope to welcome an at least equal number of enthusiastic participants from all over the world at our next camp and we are already looking forward to meeting you at the 11th DAV summer camp in 2009!



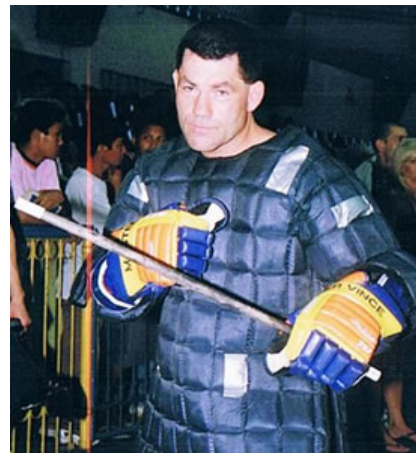
To see more pictures about the summer camp - **Click Here**, then click on "10th int. DAV summercamp". There you find the galleries about the camp.

75th Anniversary Cacoy Doce Pares World Federation 2007 Arnis/Eskrima World Championships

Jakarta, Indonesia
September 6 - 10, 2007
By Dr Andrea Wheatley

The Australian Team consisted of many players from Adelaide who train at the International Combative Martial Arts Academy at the club in Welland, South Australia. The stickfighters are the following - Master Vince Palumbo- coach/player Vlad Mihal, John Moore, Michael Harris, Gary Smith, Barry Jamieson, Joseph Scali, Andrea Wheatley, Vickie Simos, and Melissa Lopresti.

The Australians really dominated the tournament in every division of the event, and the Aussie Team went on to win most of the Gold medals in the entire tournament held there in Jakarta of Indonesia. Every member of the team won a medal, either Gold, Silver or the Bronze medal!



Master Vince Palumbo had an outstanding 20 fights in one day, and went on to win an amazing 10 Gold medals, 2 Silver medals, and a Bronze medal. (He was also named player of the tournament by Grandmaster Canete!).

Other World Champions from the Australian Team were the following: John Moore, Joseph Scali, Andrea Wheatley, and Melissa Lopresti. The Australian Team literally won the hearts of all the initially very hostile and unwelcoming Indonesian crowd of spectators that all just booed the Australian Team when they first marched out into the big stadium with all of the other countries in the parade of players when the games first started. This is when Master Vince Palumbo asked his team members *“Remain calm, and just keep marching on, and don’t worry, because they’ll love us in a couple of days!”* What he said was true, and in the second day of the big competition, every time an Australian team member won a fight, the whole team started to dance in the middle of the sports arena, and before they knew it, all of the Indonesian crowd were also dancing in their chairs, and it was a really great atmosphere, because everyone had fun, because all put politics and religion aside, and just treated each other with respect and warmth, says Palumbo.



Master Vince Palumbo and Grandmaster Ciriaco ‘Cacoy’ Canete

On the closing ceremony of the games, Master Palumbo was awarded with a certificate of 'Grandmaster 9th Degree Black Belt' status from the 88 year old Supreme Grandmaster Ciriaco Canete who is the highest ranked martial artist in the world, and who is the only living 12th Degree Black belt on the planet. This rank of advancement makes Palumbo who has won 10 World Titles and nearly a 100 bouts in the sport of Full Contact Stickfighting, one of the youngest legitimate 9th Degree Black Belt Grandmasters in the world now!

Master Vince Palumbo Receives the Title of Grandmaster, and he also gets awarded as World Champion in the World Stickfighting Titles in Jakarta in Indonesia 2007

Master Vince Palumbo recently attended the 4th Cacoy Doce Pares World Tournament for full contact stickfighting along with his Australian team-mates.

After several months of hard training Master Vince had a prepared a team of 9 other sport stickfighters also from Adelaide, all ready to fight in the championships action in the city of Jakarta.

Over the days of the World Stickfighting Tournament, Master Vince exhibited some real great refereeing skills, which is an attribute to his 23 years of experience as a fighter. As an observer it was an education to watch this man who was not afraid to get amongst the action in the “eye of the storm” when things were getting out of hand during the 2007 World Stickfighting Championship fights, and with his keen eye, he combined with his discipline and focus, and ensured that the fights in his ring were always clean bouts.

When it was time to get into the ring and to compete, that’s when Master Vince showed everyone why he had previously acquired the nickname “Master Blaster”.

Anyone who has experienced a blow from Master Vince's stick, knows exactly what it means to be struck by lightening, or as the Filipino's like to call it "Kilat". The man is a powerhouse and his opponents will be the first to testify to this with the "colored trophies" they acquire in the form of stripes and lines on their various body parts, (Even through the armour!). Master Vince's flurry of strikes frequently leaves his opponents feeling bewildered and wondering what exactly struck them, and then they wonder as to how and when will it be their turn to strike back?

Master Vince entered into several fight categories for the 2007 World Championships, and overall he hauled a swag of medals back to Australia (9 gold, 2 silver and 2 bronze!). Some of these medals were for the forms event, again demonstrating the diversity of skill which this man possesses, not only is he incredibly tough, but this man can be so smooth and graceful too!

On the presentation evening after the games, the Supreme Grandmaster Cacoy Canete then awarded Master Vince with the well-deserved title of 'Grandmaster', and he was also awarded the high rank of 9th Degree Black Belt in Cacoy Doce Pares Eskrima, and the 8th Degree Black Belt in Cacoy Pangamot Jujitsu as well!

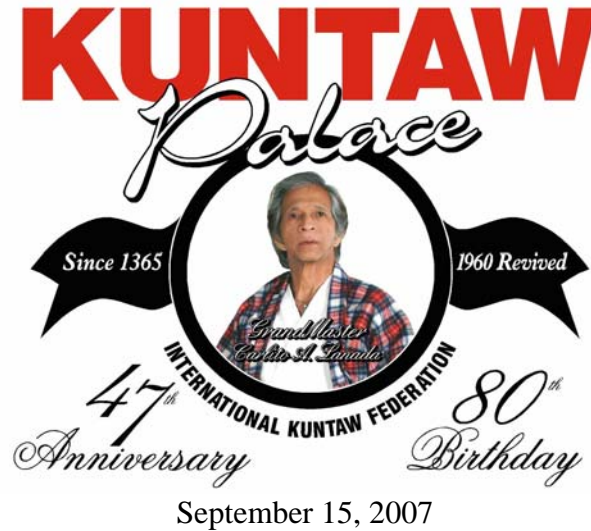
There is frequently a discussion in martial arts circles about whether or not Masters and Grandmasters should compete in these types of tournaments, and it is my own opinion as a martial arts student, and I don't think that there is nothing more compelling and inspiring than seeing the art of Stick Fighting in action from the hands of an experienced fighter.

It is an inspiration to see an instructor "walking his walk, and not just talking his talk!" The precision and finesse, not to mention speed, power and accuracy of each strike is a big step-up from the stick-work one witnesses at the beginner's level.

Grandmaster Vince Palumbo has now had in total over 200 fights in the combat sports fighting arena, and this includes his 100 stick-fights as well, so Grandmaster Vince must be complimented on his vast array of skill, as a gifted teacher (for adults and children), and as an International referee or judge, or even as a mentor for the lives of many that really look up to him.

The Australian team would like to congratulate Grandmaster Vince Palumbo on his real tremendous efforts over the many years that he has been involved in the martial arts. He's come a long way from the humble beginning of his training in 1974 as a junior boxing and gymnastics student!

I often hear Grandmaster Vince say the words: "*To dream is to believe, so go dream, do believe, and then try hard to achieve!*", and I must say that Grand Master Vince Palumbo is living testimony to this quote.



Grandmaster Bob Wall gave a brief seminar discussing his life experiences as a producer, actor, and martial artist, including his experiences making movies with Bruce Lee.

Grandmaster Ernie Cates living legend of Judo and Jiu Jitsu briefly discussed his experiences in the arts and as an Olympiad. He briefly demonstrated some locking and pressure points techniques.

Special guests arrived in style in a stretch limo. Musical entertainment was provided by the extremely talented "Scotti Stringz". He performed as a "one man band" playing the drums, guitar, and singing all at the same time and never missing a beat. He was impressive to say the least.



L to R: Carmel Lanada (Grandmaster daughter), Grandmaster Lanada, Chad Lanada (son of Carmel), Cassandra (our daughter), Alicia Kossmann (Grandmaster daughter), Bob Wall, Christine (Bill and Alice oldest daughter), Bill Kossmann, and Mrs. Lanada.



Cultural dance known as Malong, which refers to the circular garment that the men wear during the dance. The garment was originally used as a practical tool for everyday life: transporting goods, farming, pulling, etc.



Guro Bill Kossmann performing Mayon.

Picture by: Gray Whitley

Food was provided by members of Kuntaw Palace. Entertainment was also provided by members of Kuntaw Palace, featuring a cultural dance from the Philippines as well as many martial arts exhibitions through out the evening.

Grandmaster Lanada and special guest Grandmaster Bob Wall each received special "Living Legend" and "Lifetime Achievement" awards. Other special guests also received awards in recognition of their achievement.



Daughter Alicia speaks to the audience about her father Grandmaster Lanada.



L to R: Kneeling - Bill and Alice Kossmann; Standing- Carlos Echezuria, Mr. and Mrs. Nepassi Jr., Nick Burger, Scotti Stringz, Bill Roy, Grandmaster Bob Wall, Grandmaster Ernie Cates, Grandmaster Carlito Lanada, Tante Nepassi Sr., Marc DeLeon, Cassandra Kossmann, Kianna Ladada



Grandmaster Lanada and his wife



Grandmaster Lanada poses with a class of students at Kuntaw Palace.

Picture by: Gray Whitley



KUNTAW
Palace

122 S. Goldsboro St.

Wilson, NC 27893

(252) 206-7900

www.kuntawmartialarts.com

Arnis Balite Seminar

October 3, 2007

Karate Quest

Ferndale, Washington

Filipino Martial Arts Digest Publisher and Punong Guro at Tagapagmana Steven Dowd, does the first Karate Quest Seminar!

We have had a lot of excitement at the school since it opened just about three weeks ago. Well as if getting open and getting going wasn't exciting enough we were treated to a special visit by Punong Guro Steven Dowd who not only is the Publisher of the FMAdigest, but is also the current Inheritor of Arnis Balite. While the Karate Quest school; is brand new, with many students that have little or no martial arts training prior to joining Karate Quest as well as a handful of seasoned martial artist, Punong Guro Dowd taught a fantastic seminar covering the basics of Arnis Balite involving into the basic application of Huli Lusob.

Punong Guro Dowd learned about Karate Quest through our own Mr. Pat Armijo who is the senior most Modern Arnis instructor in the region having trained under Master Remy Presas and Remy Presas Jr. However, with Mr. Armijo's eclectic background as an advanced black-belt in Kenpo Karate among other arts he is always on the lookout for things that other accomplished martial artist are doing that he can learn from. That said, over the years Punong Guro Dowd and Mr. Armijo have struck up a friendship that continues to grow with the arts.



Guro Patrick Armijo, Mick Jolly
Punong Guro Steven Dowd





karatequest.wordpress.com

Karate Quest
1420 Pacific Pl. Suite B
Ferndale, WA. 98248
(360) 312-4110



www.arnisbalite.com

5th WFMAA Expo & Laban Laro

October 5 - 7, 2007

Embassy Suites Hotel - Bellevue
3225 158th Ave. SE
Bellevue, WA. 98008

This years WFMAA Expo & Laban Laro was a success with 3-days of events which included 16 hours of intensive instructions from the featured instructors, Luncheons, Awards Banquet and Stick-Fighting Competition.



Featured Instructors:

Guro Sonny Padilla - *Kali Academy*

Master Ramon Rubia - *San Miguel Eskrima/Doce Pares*

Master Jose V. Tan - *Modified Tapado*

Punong Guro Myrlino P. Hufana - *Hufana Traditional Arnis*

Ama Guro Rufino "Raffy" Pambuan - *Pambuan Arnis Tulisan Caballerro*

Grandmaster Lito Concepcion - *Concepcion Combative M.A.*

Grandmaster Robert Castro - *Eskabo Da'an*

Due to flight complications and personal emergency Grandmaster Conrad Manaois - Manaois Systems and Hari Osias C. Banaag - Global Sikaran Federation were unable to attend.

Punong Guro Steven K. Dowd - *Arnis Balite* and Guro John McCabe - MSI Academy filled in sharing their skills with attending practitioners to round out the seminar portion of the event.

Special Guests - Past Featured Instructors

Guro Scott Brennan - Brennan Blades / Lucay Lucay Kali, Friday Harbor, WA

Guro Chris Turla - *LESKAS* Seattle



L-R: Grandmaster Lito Concepcion, Guro Sonny Padilla, Ama Guro Rufino "Raffy" Pambuan, Punong Guro Myrlino P. Hufana, Master Jose V. Tan, Grandmaster Robert Castro

Download the Special Issue



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The I.C.M.A. Academy Team Gives Demonstration Clipsal Powerhouse Stadium, Australia October 6, 2007 By Simon Harrison

The I.C.M.A. Academy's team of 10 sport stickfighters went to give a demonstration of the full contact sport stickfighting at the Clipsal Powerhouse Stadium in front of a capacity crowd at half time during a derby basketball match.

The team members fought with and without armour, and they all fought for a very hard for a period



of 3x2 minute rounds with a 30 second break in between rounds.

When the I.C.M.A.'s team of ten stickfighters walked out onto the main basketball court to start their demonstration, the 5000+ crowd was very unsure as to what the fighters were going to do there, especially with the armour and headgear on, but when the announcer told the crowd that it was going to be an awesome demonstration of Filipino Sport Stickfighting, but then the crowd thought that the team was going to do a demonstration of something similar to Kendo. (They were wrong!)

But then when the crowd saw the speed of the sticks from all of the fighters present, they were quite freaked out, and they crowd roared with great approval and support for all the Filipino Stickfighting Team.



It was unbelievable to get such a massive and energetic response from a crowd that had never seen sport Filipino Stickfighting before, and they all just loved what they saw the I.C.M.A Academy Stickfighters do there during the basketball half time break, and they all gave a standing ovation of big applause when the demonstration was completed.

Mario Pastro acted as the announcer for the ICMA Stickfighting Team, and he explained the rules and regulations for Filipino Sport Stickfighting, and he told the crowd about the efforts of the Australian

Stickfighting Team at the World Stickfighting Titles held in Jakarta last month, and how the Aussie Team won most Gold Medals at the games.

Mario Pastro also spoke about Supreme Grandmaster Ciriaco 'Cacoy' Canete and the Cacoy Doce Pares Eskrima martial art system of Cebu City in the Philippines.

The demonstration team all consisted of the following full contact stickfighters from the International Combative Martial Arts Academy in the suburb of Welland, South Australia.

Grandmaster Vince Palumbo (World Champion)

John Moore (World Champion)

Andrea Wheatley (World Champion)

Vickie Simos (Silver Medalist at World Championships)

Michael Harris (Silver Medalist at World Championships)

Steven Sarkissian (From the Cacoy Doce Pares Eskrima School in the USA!)

Melissa Lopresti (World Champion)

Tony Salerno (South Australian Champion)

Vlad Mihal (Silver Medalist at World Championships for over 50's Division)

Barry Jamieson (Silver Medalist at World Championships for over 50's Division)

Both Grandmaster Vince Palumbo and John Moore did a demonstration of the 'KULATA' which is sparring without armour, and using a rattan cane covered with a thin

strip of foam, but it is still very painful on the unprotected body, especially over 3x2 minute rounds.

The 5000+ crowd was in absolute awe when they saw the red welts come up on the skin of John Moore and Grandmaster Vince's body during the fight, and all the crowd could really appreciate just how painful this type of sparring really was, so they gave a great applause of appreciation for the two fighters.

Andrea Wheatley and Vickie Simos fought with 2 sticks
Melissa Lopresti and Tony Salerno fought with 1 stick
Vlad Mihal and Barry Jamieson fought with 2 sticks
Mick Harris and Steve Sarkissian fought with 1 stick
Grandmaster Vince Palumbo and John Moore fought two rounds with a single stick, then the last round with 2 sticks in the KULATA.



Grandmaster Vince Palumbo and John Moore
the Filipino Sport Stickfighting and the **Cacoy Pares Eskrima** demonstrations in and around the city of Adelaide in South Australia.

A big thank you to Grandmaster Vince Palumbo and his team of Cacoy Doce Pares Eskrima Stickfighters from the I.C.M.A. Academy and for all the hard work they are doing to promote this fine Filipino martial art and sport thru out Australia!



Mick Harris and
Steve Sarkissian

This demonstration prompted so much positive feedback to the team of stickfighters from the I.C.M.A. school of martial arts.

Grandmaster Vince Palumbo's martial arts school is at Welland of South Australia, and there has been more appointments made for future demonstrations of



**International Combative
Martial Arts Academy**
Grandmaster Vince Palumbo
96A Grange Rd. Welland
Adelaide - 5007
08 8340-4588
Email

Open Kali Eskrima Arnis Tournament Mexico

October 7, 2007

Olympic stadium Juan de Barrera, Mexico City

Gazeta Marcial News

Mexico City, October the 7th, at the Olympic stadium Juan de Barrera, was held the Open Mexico City Kali-Eskrima-Arnis Tournament.

For the first time, we were backed up by the government of Mexico. There were several fighting areas appointed for the tournament where different Associations and Academies gathered for the event competed for the awards. Among there were:

"Sistemas Integrados de Combate" by Prof. Mauricio Sánchez, "Grupos Dragón" by Maestro Tomas García Noya, the "Academia de Artes Marciales WKB" by Professor Alberto Villanueva Hernández; the "Academia Wing Chun Kali Eskrima" by Sifu Héctor Becerril. As head of the competition charts, we had Professor Adán Castillejos "IMB Academy" from Tuxtla Gutiérrez Chiapas.



The whole event was carried out by "Artes Marciales Unidas C.D.P.W.F." under the watchful eye of Master Ángel Postigo who was appointed by el Instituto del Deporte del Distrito Federal (Federal District Sports Institute) Director of the tournament and representative of this discipline before the Government of Mexico.

Professor Fernando Olvera Betancourt coordinated the event, in which competitors from different parts of the country faced each other in a friendly atmosphere.

Artes Marciales Unidas "Cacoy" Doce Pares World Federation México showed its superiority by winning most of the prizes awarded at the competition. Special Certificates, plates and trophies, all of them backed up and sanctioned by the IDDF and sponsored by AP Artes Marciales, were awarded to all the competitors.



Master Jun Dacayana Seminar

October 12 - 14, 2007

By Marcie Harding

Friday the 12th October was the first of the series of Master Jun Dacayana 's four seminars. As I had foreseen, Jun's teaching once again proved to be of the very highest calibre and of course, the students loved him. They even learnt to smile and relax - two of Jun's mantras and two that I will make sure I maintain at my classes.



The Saturday sessions were also excellent, the morning session was a consolidation of the material we had covered on Friday and included the 12 Basic strikes and the first Five consecutive strike that are taught within the system. Most students managed the Dacayana footwork too.



The second Saturday session, the 'Open Seminar' was also very successful. I would like to extend our gratitude to both John Harvey and Jude Tucker (of Kapatiran Arnis UK) two real stalwarts and great guys who very kindly took the warm up before Jun returned to continue the seminar (after treatment for his back problem).. This was an unexpected and additional treat for everyone! The atmosphere and tone of the event was like the rest of Master Dacayana's stay - one of warmth, openness and fun all contributing and aiding the learning experience.

Sunday 14th was even more informal than the previous seminars. It was almost a long series of one-to-one teaching by Jun to all of the Sacred Spring and Malvern Eskrima Group students (and guests) who were there for all three days. A fair chunk of material was able to be shown, we even touched on some of the Olisi Kutselyo (Espada Y Daga) in the system and I will always remember the beauty and fluidity of the Form that Jun demonstrated to us all.



Senior students from Sacred Spring and one of Jun's students from France were also able to take advantage of an evening session and it proved to be a memorable and atmospheric training experience. I don't wish to be too clichéd in my description of this particular evening's training but there was a special energy felt by all. This was also experienced on the Monday following the seminar when other senior students including

those from Malvern Eskrima Group were invited to attend. Master Dacayana also found time during the first week to attend and teach both children and adults at Jo's dojo in Bedford. This was a class that none of the students would ever forget.

This account of the time Master Dacayana spent with us here in the UK cannot really portray my feelings and gratitude to him. I do not have the descriptive talent to really express in the narrative how much his visit meant to us all. I also suspect his visit will have extremely far reaching implications concerning the propagation of the Dacayana system in the UK and (I hope) Europe too.

Anyone interested in learning Dacayana Eskrima or school owners interested in becoming a coach for the Dacayana Eskrima System please feel free to contact Jo Biggs or Marcie Harding. Details can be found on the following websites:



Website

Master Alberto "Jhun" Dacayana Jr.

Cebu City, Cebu, Philippines

[63] [32] 413-4439

[0920] 846-7084

Email



Dacayana Eskrima System
United Kingdom

www.Dacayanauk.co.uk

www.MalvernEskrima.com

www.BedfordJujutsu.co.uk

**Pacific Island Showdown
Ultimate II Warrior
International Invitational Ultimate Full Contact
Stick Fighting Championship**

October 13, 2007
Filipino Community Center Ballroom
94 - 428 Mokuola St.
Waipahu, Hawaii



“Congratulations to all Tournament Warriors”
Official Tournament Results

Caranza / Sayaw (Forms) Division

Youth 10 yrs. old & under (Novice):

1st Place – Roy Matthew Dacuycuy (Delmar)
2nd Place – Cristen Kramer (Pedoy’s Nuuanu)
3rd Place – Roy Jr. Dacuycuy (Delmar)

Adult Men/Women (Advance):

1st Place – Chaz Siangco (Pedoy’s)
2nd Place – Ty Takahashi (Pedoy’s)
3rd Place – Marlene Pettit (Delmar)

Youth 10 yrs. old & under (Advance):

1st Place – Eric Marzan (FMA/Doce Pares)
2nd Place – Layne Fujioka (Pedoy’s Nuuanu)

Youth 17yrs. old & under (Advance):

1st Place – Joshua Siangco (Pedoy’s Maui)
2nd Place – Sarah Alegria (Pedoy’s)
3rd Place – Siana Siquig (Pedoy’s)



Solo Garrote / (Padded Stick Fighting Division)

Youth Boys 6-8 yrs. old (Novice):

1st Place – Jonah Piniol (Pedoy’s)
2nd Place – Desmond Laconsay (Pedoy’s)
3rd Place – Roy Matthew Dacuycuy (Delmar)

Adult Men’s Lightweight (Novice):

1st Place – Jared Muyco (Pedoy’s)
2nd Place – Travis Corrales (Dog Bros.)

Youth Girls 6-8 yrs. old (Novice):

1st Place – Reisia Siquig (Pedoy’s)
2nd Place – Denyelle Gubatan (Pedoy’s)

Adult Men’s Heavyweight (Novice):

1st Place – Roy Dacuycuy (Delmar)
2nd Place – Jeff Julian (Delmar)
3rd Place – Kevin Look (Dog Bros.)

Youth Boys 9-11 yrs. old (Novice):

1st Place – Eric Marzan (FMA/Doce Pares)
2nd Place – Anthony Almazan (Pedoy's)
3rd Place – Roy Jr. Dacuycuy (Delmar)

Youth Boys/Girls 12-14 yrs. old (Open):

1st Place – Nathaniel Angat (Delmar)
2nd Place – Sarah Alegria (Pedoy's)
3rd Place – Siana Siquig (Pedoy's)

Adult Women's Open (Advance):

1st Place – Rosana Siquig (Pedoy's)
2nd Place – Marlene Pettit (Delmar)

Adult Men's Middleweight (Advance):

1st Place – Ty Takahashi (Pedoy's)
2nd Place – Rodney Alesna (Dog Bros.)

Adult Men's Heavyweight (Advance):

1st Place – Michael Perry (Pedoy's)
2nd Place – Junior Raquel (Pedoy's)
3rd Place – Marc Behic (Dog Bros.)

2007 Solo Garrote Grand Champion

Award Shared By: Ty Takahashi (Pedoy's) and Michael Perry (Pedoy's)

Live Stick / Traditional Warrior Division**Adult Women's Open (Advance):**

1st Place – Marlene Pettit (Delmar)
2nd Place – Rosana Siquig (Pedoy's)

Adult Men's Lightweight (Advance):

1st Place – Ty Takahashi (Pedoy's)
2nd Place – Jesus Guittap (Hawaii Stickfighters)

Adult Men's Middleweight (Advance):

1st Place – Joe Budesky (Dog Bros.)
2nd Place – Nohea Heineke (Hawaii Stickfighters)

Adult Men's Lt. Heavyweight (Advance):

1st Place – Joel Marzan (FMA/Doce Pares)
2nd Place – Greg Leong (Pedoy's)
3rd Place – Junior Raquel (Pedoy's)



Live Stick / Ultimate Warrior Division

Adult Men's Lightweight (Advance):

1st Place – Ty Takahashi (Pedoy's)
2nd Place – Jesus Guittap (Hawaii Stickfighters)
3rd Place – Alberto Pita (Lontayao)

Adult Men's Heavyweight (Advance):

1st Place – Mike Tibbitts (Dog Bros.)
2nd Place – Robert Koenig (Dog Bros.)
3rd Place – Kawika Bennett (Dog Bros.)

2007 Ultimate Warrior Overall Champion

Ty Takahashi (Pedoy's School of Escrima)

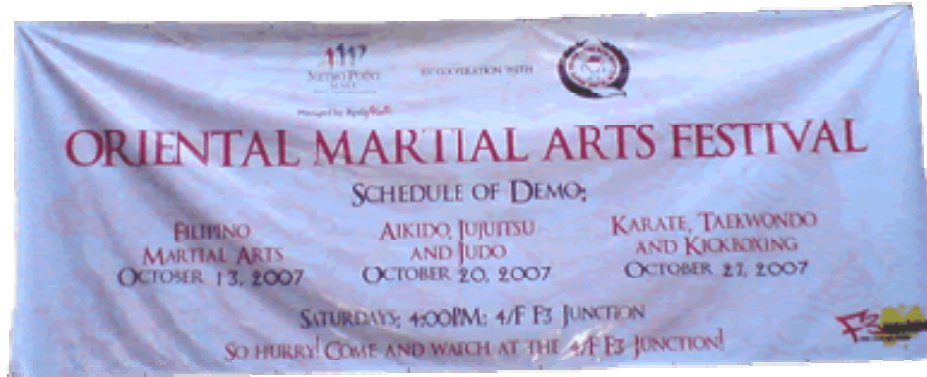


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Pedoy's Escrima Training Center

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Waipahu, HI 96797
(808)216-3211

Filcom Center
94-428 Mokuola St.
Waipahu, HI 96797



October 13, 2007
Metro Point Mall Pasay

Saturday October 13, 2007 at the Metro Point Mall Pasay in cooperation with Modern Arnis Mano-Mano Filipino Martial Arts International managed by Ayala Mall Group of Companies Proudly Presented "Filipino Martial Arts Festival and Demonstration"

Headed by:

Ms. Myrna Lynne Cruz Fernandez - Senior Division Manager
Katrina M. Barretto - Marketing Assistant
Rhobi-Zen Ignacio - Deputy officer-in-Charge
Patricia Cristina Zaide-Redondo - Officer in Charge



Sponsored by: Dimsum Fried

List of Participants:

1. Lakan Ronaldo Aduca
2. Lakan Ceasar Turingan
3. Lakan Erwin Javier
4. Lakan Nino Quine
5. Dayang Mizha Nicolas
6. Dayang Joesie Ignacio
7. Guro Romeo Solatorio
8. Jeffrey Tarangco
9. Kevin Santos
10. Lakan Rogelio Vasquez



Headed by Punong Lakan Garitony Nicolas Founder - Modern Arnis Mano-Mano Filipino Martial Arts

Special Guest



Peachie Baron-Saguin and Professor Soteco

Pastor Jun Sunga - Opening Prayer
Professor Armando Soteco (Guest Speaker)
President, Arnis Professional
Professor, National College of Physical Education
Peachie Baron-Saguin (Opening Remarks)
Bakbakan International , NFMA
Master Rolly Dela Cruz
Defenders Martial Arts Club



Bangkaw against stick sinawali application of two sticks against Bangkaw.



Sinawali - Application of two sticks in Sinawali





Daga sa Daga system application



MAMFMA

Pabgasisan Chapter - Cakca Martial Arts

19 Rizal Ave.

Malasiqui Pangasinan

(0910) 215-0955

Website

Professor Amante Marinas Seminar

Arnis De Mano and Pananandata Weapons Techniques

October 13, 2007

By Karl Swass



Professor Marinas and Spencer Gee demonstrate siniwali fighting techniques.

Saturday the 13th of October was a great day in NYC. The Fighthouse (www.fighthouse.com) in NYC hosted a seminar taught by Professor Amante Marinas. The Professor taught Arnis De Mano as well as Pananandata weapons techniques at the seminar. The seminar was filled with beginner and skilled practitioners alike; this made for a great learning experience. There were also practitioners from other systems present. It was interesting to see how Professor

Marinas integrated his knife techniques into some of the other practitioners stick fighting systems. Arnis De Mano as taught by the Professor is based on Cinco Teros or 5 strikes. Some practitioners of other systems used a 12 strike method. The Professor explained how to integrate a cut with the blade after each strike with the stick then interchange the strikes or slashes with the stick and cuts of the blade. This teaches the practitioner how to use both the left and right side of the body as well as how to insert cuts after strikes and vice versa. Other single, double stick as well as stick and knife techniques were also covered. There was an amazing demonstration of stick and balisong as well as the whip and balisong by Spencer Gee one of Professor Marinas' top students. I had the pleasure of training with him as well as many other skilled practitioners at the seminar. Hands on instruction, was given by Guro Rob Mulligan, Guro Spencer Gee and Professor Marinas himself.

I was privileged to train with Sezar, the first student taught by Professor Marinas in the United States. We worked a Yantok at daga technique that involves checking the attackers hand with the stick while simultaneously cutting the attackers weapon yielding hand with the daga. Other techniques covered were footwork and movement, integrating footwork, and a rarely shown shuffle technique that integrates feints and broken rhythm to throw off the opponents timing which in turn opens the opponent up for strikes. Professor Marinas was presented with an award by the knife throwing hall of fame at the seminar as well. This was a surprise and quite an historic event. One of the top 5 knife throwers in the world came to NYC from PA to present Prof. Marinas with the award. All in all it was a fantastic day of learning and training. As an Arnis De Mano practitioner myself taught by one of Amante Marinas' students' (Sensei Bob Malvagno) student (Sensei Paul Harris), many of my questions on technique, power and timing were answered. The 6 hour seminar was packed with drills, sparring and discussion. Two of Guro Mulligan's students fought a full contact match. At the end of the match they were both presented with 4 year Pananandata certificates, a great achievement. I would like to thank Guro Rob Mulligan, his lovely wife, Fight Club and all those who assisted them in orchestrating such a wonderful event. I would like to thank Guro Rob Mulligan, Guro Spencer Gee and especially Professor Marinas for the time they spent with me helping me refine my technique. I would also like to thank all that attended. Please make sure you attend the next seminar, you will be glad you did. Look out for the next article. I will break down some of my favorite techniques taught at the Marinas seminar step by step.



Sezar, Professor Marinas' first U.S Student



www.fighthouse.com



pananandata.net

2007 NARAPHIL Arnis Tournament
“A New Kind of Arnis Tournament”
(Cultural Presentation Exhibition/Competition)
October 14, 2007
Island Cove Resort
Kawit, Cavite, Philippines



Cavite has been a memorable place to start with NARAPHIL activities not only of the beautiful places that abounds it or the rich historical background of the province but the very birth place of the NARAPHIL's one organizational pillars - the Liping Maharlika.

She has been the forefront in sponsoring arnis activities and became an ardent partner of NARAPHIL in almost all of its endeavors. Their broad base professional background and management skills and experiences is what made it stood to the

test of time.



The Organizing Committee

Standing from Left: Instructor Mike Dela Cruz of LALS; Ms. Jopay Rabosa (Secretariat); Alex Dela Cruz (NARAPHIL Chief Instructor); Instructor Rey Postrado of QCMAC.

Sitting from Left: Cmdt. Junch Martinada (Secretary General); Rene Feranadez (Treasurer); Capt. Rick Sarte (NARAPHIL Exec. VP); Col. Bong Del Camat (Auditor); Instructor Benjie Silo. NOT in the picture Engr. Rodel "Bong" Rogacion (NARAPHIL Board Member).

These dedicated ladies and gentlemen who find time to promote arnis with their stature is something I can only say - what a noble cause! They were the same breed of people who pioneered the very first non-contact type of arnis team tournament twenty-eight years ago at Rizal Memorial Sports Complex gymnastics arena. Their primary objective was to bring the different NARAPHIL affiliate clubs closer thru

a competitive arnis sport that emphasizes on the cultural aspect of it.

As years passed, that non-contact type became of what is today's full contact team tournament which was held annually until 1997.

This 2007, we are bringing back that concept into reality for people who would like to see a different kind of arnis tournament that emphasizes on the cultural nature of arnis. By inviting different groups and styles, we hope that our fellowmen will learn to appreciate it and help preserve each of their own styles. Each group are given time to freely showcase their styles and techniques thru cultural presentation within the bounds of arnis per se.

Today, we look forward for this kind of alternative arnis competition as adjunct to the present full-contact that most of the other arnis tournaments being conducted. This tournament was geared and designed as an alternative competition that delved more on the cultural aspect of arnis. It may be categorized as a non-contact type and showcases the group talents in group Form and team skills, including choreography and interpretation of their own styles.

The origin of this rules and concept came from the first NARAPHIL Inter-Club Competition/Exhibition in the early 1980's. This was due to the collective efforts of the PHILMAT and upon approval of the NARAPHIL Board for its promulgation.

The rules were divided into two portions; namely the basic presentation of their own styles and the special number which usually decides the result. The first part is given ten-minutes to showcase their basics and then three-minutes on the special number.



Officiating Committee
Bro. Rey Postrado, Bro. Bong Del Camat
and Bro. Benjie Silo

in team scoring to achieve the over-all Championship prize. Again, NARAPHIL is looking forward for an alternative venue for other groups to showcase their skills and prowess without hurting each other. And, hoping it may bring arnis groups closer together as brothers in arnis - as one big family!

Always ready to help each other in all arnis endeavors for the sake of the art.



Welcome Remarks
by Capt. Ricardo F. Sarte
(NARAPHIL Executive Vice President)

Groups were then categorized into three Levels; the PRIMER, the JUNIOR and the SENIOR Level. Each team should not be less than sixteen actual participants or more than thirty. In case of a tie, the team with more number of participants is usually given heavier advantage point from the lesser team.

This was the old simple rule then! NARAPHIL is looking forward for bigger participants next year with a stiffer competition and more areas of innovation



Cmdt. Generoso M. Martinada, Jr.
Secretary General



Col. Adriatico Del Camat, Jr. (PNP)
NARAPHIL Auditor and Head Officiating



Sr. Master Rene "Nonoy" Tongson of IMAF
Former member NARAPHIL Board of Directors



Participants



National Anthem

Competition pictures
By: Capt. Rick Sarte



The form of the Champion!

Congratulations to the Winners!!!
By Cmdt. Junch Martinada



3rd Place "ARKADO"



Champion
Muntinlupa Arnis Club



naraphil.blogspot.com



lipingmaharlika.blogspot.com

2007 AMAA Nationals
October 20, 2007
Durham Marriott Civic Center
Durham, N. Carolina

Results: 1 Grand Champion, 10-1st place, 4-2nd place, 2-3rd place.



Winners:

Laura Keeter: Grand Champion - Women Brown Belt: 1st place-sparring, 1st place-weapons, 2nd place-forms.

Jamal Sharpe: Men's Yellow Belt: 1st place-sparring, forms, and weapons.

Cassandra Kossmann: Girls 10 to 12 year old Brown Belt: 1st place weapons, 2nd place weapons.

Rebecca Sullivan: Girls 15 to 17 year old Green Belt: 1st place sparring, forms, and weapons.

Shaniqua Brown: Girls 13 and 14 year old Green Belt: 1st place sparring, 2nd place forms, and 3rd place weapons.

Caleb Owens: Boys 13 and 14 year old Green Belt: 2nd place forms, 3rd place sparring

Brittney Brown: Girls 10 and 12 year old: 2nd place sparring.

Cameron Walston: Boys 8 and 9 year old Green Belt: 2nd place weapons.



122 S. Goldsboro St.
Wilson, NC 27893
(252) 206-7900
www.kuntawmartialarts.com



October 20, 2007
Metro Point Mall Pasay

Saturday October 20, 2007 at the Metro Point Mall Pasay in cooperation with Modern Arnis Mano-Mano Filipino Martial Arts International managed by Ayala Mall Group of Companies Proudly Presented "Filipino Martial Arts Festival and Demonstration"

Organizations who participated in the event were:

Philippine Amateur Judo Association

Kaikijutsu Dojo

Tenchi Ki Kai Club

Golds Gym

Defenders Martial Arts Association International



Kaikijutsu



Defenders Martial Arts



PAJA



Tenchi Ki Kai



The Founders and Chief Instructors who supported the event:

Maestro Jaime Paclibar
 Sensei Danny San Joaquin
 Sensei Allan Mahinay
 Sensei Melchor Amosco
 Sensei Dante Tamayo
 Sensei Edgar Alibarbar
 Sensei Jojo Amita
 Sensei Janett Llorca



MAMFMA

Pabgasisan Chapter - Cakca Martial Arts

19 Rizal Ave.

Malasiqui Pangasinan

(0910) 215-0955

Website

Center for Practical Self Defense and ASTIG LAMECO

Combative Self Defense Workshop

October 20, 2007

By Doug Mazzacua



CPSD's Coach Lloyd Kennedy,
ASTIG LAMECO's Roger Agbulos,
Instructors Rudy Franco and Doug Mazzacua

On October 20, 2007, the Center for Practical Self Defense (CPSD) and ASTIG LAMECO joined forces to present their first joint Combative Self Defense Workshop in Riverside, California. The workshop was held in Master Rommel Dunbar's United Martial Arts Academy, 9960 Indiana Ave., Suite 13-14, Riverside, CA. 92504.

Guro Roger Agbulos of ASTIG LAMECO began the day with a seminar and workshop on Impact and Bladed Weapons Principles. After the underlying principles involved in

fighting with impact weapons and bladed weapons, Guro Agbulos led the participants in various drills involving both forms of combat. The participants learned offensive and defensive methods of both stick and knife fighting, and then obtained live practice against an opponent armed with a stick or a knife. The focus of this training was on real life combat situations.



Knife sparring tips from Guro Agbulos, also empty hand against knife.

Coach Lloyd Kennedy, assisted by CPSD Instructors Doug Mazzacua and Rudy Franco, led the afternoon training session in Filipino Fighting Methodology/Combat Jujutsu Street Applications. Coach Kennedy began by discussing various principles of real-life empty handed defensive situations, including appropriate responses to situations ranging from physical intimidation to muggings to life-threatening assaults. Participants in the CPSD workshop also learned and practiced various entries, joint locks, chokes, and practical applications of these techniques against a determined attacker.



Raymond De Jesus with Coach Lloyd - Coach Lloyd Kennedy with Instructor Doug Mazzacua



Kneeling center is owner Master Rommel Dunbar of United Brazilian Jiu-Jitsu.

Contact information for Coach Lloyd Kennedy, Guro Roger Agbulos, and Master Rommel Dunbar:

Master Rommel Dunbar's BJJ Academy



9960 Indiana Ave Ste.13-14
Riverside CA 92503
(951) 687-9000
www.unitedbjj.com



www.astiglameco.com



www.centerforpracticalselfdefense.com

Bandalan Martial Arts Academy
Presenting: Supreme Grandmaster Diony Canete
October 20, 2007
By Patrick Armijo

On Saturday, October 20th, 2007: Doce Pares Supreme Grandmaster Diony Canete seminar hosted by Grandmaster Alfredo Bandalan at his newly constructed Headquarters in Hollister, California.

The seminar started with Grandmaster Alfredo Bandalan's introduction of Supreme Grandmaster Diony Canete. Supreme Grandmaster Diony gave a speech and said that he was honored to have the Grandmaster of Modern Arnis, Dr. Remy Presas, and the Grandmaster of Cabales Serrada Escrima, Vincent Cabales, present. He said that Doce Pares, Modern Arnis and Cabales Serrada Escrima represent three of the most legitimate forms of Filipino Martial Arts. Supreme Grandmaster Diony said that he personally knew Grandmaster Angel Cabales and Professor Remy Amador Presas and that he recognizes the sons of these legends as the legitimate Grandmasters of their respective systems. The seminar then commenced with Supreme Grandmaster Diony Canete showing an impressive array of Doce Pares drills and techniques. All of the participants had a great time and were treated with personal interaction with the Masters of Doce Pares. It was evident that this was the place to be if you enjoy Filipino martial arts. Supreme Grandmaster Diony Canete allowed his senior Masters from Sacramento to teach several techniques. Their skill and good will was refreshing. These guys are world champions and have a humble warm attitude. They enjoy the art and it shows.



The seminar was immediately followed by a huge meal of Lechon (roasted pig) and local dishes prepared by Grandmaster Bandalan's students. Master Felix Ordiniza, chief chef, also built the dojo for Grandmaster Bandalan on the Ordiniza family estate in Hollister, California.

After the meal, the crowd was treated to several demonstrations by Supreme Grandmaster Diony Canete and his senior Masters.



The list of attendees was impressive:
Grandmaster Remy Presas Jr., Grandmaster Vincent Cabales, Grandmaster Mike Giron, Grandmaster Lito Conception, Grandmaster Robert Castro, Master Dian Tanaka representing Grandmaster Cacoy Canete, Guro William Wright, Master Patrick Armijo and many others.



The Doce Pares leadership group shot: Supreme Grandmaster Diony Canete, Grandmaster Alfredo Bandalan, Master Nilo Baron former WEKAF World Champion, Master Nito Noval former WEKAF World Champion, Master Erin Masqueda former WEKAF world champion, Master Brendoy reigning WEKAF senior middle weight world champion, Master Jo-Jo reigning WEKAF light weight world champion, Guro Mike head instructor in Master Nito's school in Sacramento, CA., Master Felix Ordiniza and his son Anthony Ordiniza reigning WEKAF middle weight world champion, Master Ralph Chavez 1990 U.S. National WEKAF champion. Also present but not shown was Guro Linda Polito reigning seven times Taekwondo world Kumite champion and reigning WEKAF women's world champion.

Supreme Grandmaster Diony Canete also announced his retirement and that Grandmaster Alfredo Bandalan, one of the Founders of WEKAF, is now the head of his Doce Pares system in the USA.

For further updates and information please refer to:



www.Bandalan.com

Bandalan Headquarters

2910 Southside Rd
Hollister, CA. 95023-9629
(408) 310-0101

USFMAF



October 26 - 28, 2007
Orlando, Florida

Congratulations, Team Disney FMA, Referees, Judges, Timekeepers, Scorekeepers and Volunteers.

With all the great feedback we have gotten from all the competitors and their coaches and commitments for future support, I have to say that the Disney Nationals at the Disney Wide World of Sports Complex (r) in Florida this past weekend was a great success. The competitors from Kombatant, Filipino Combative Arts, Lameco, Serrada Escrima, Chang's Martial Arts showed great sportsmanship and ring generalship and represented their arts phenomenally.

In order to run a fantastic tournament, due credit must go to the elite core of judges and volunteers who are very much responsible for the success of this tournament. Frank Lile, Mike Bowers, John Malmo, Mateo Massellones Jr., Phillip Labatad, Anthony Wade, Victor Chavez, Nancy Chavez, Chez Tibon, Gelmar Cabales, Alvaro Cotroneo, Darlene Tibon, Julie Chavez. Thank you for your time and support of USFMAF, for this is Team Disney FMA.

Special guests, Guro Mike Sayoc and students of the Sayoc System, thank you for the demo and sharing techniques. Hope to see you next year.



We finished off with 8 tournaments this year and are looking at our first qualifier February 16th at Disney Anaheim 2008. Oklahoma, Oregon, Arkansas, Stockton, Tampa Bay, New Jersey and Hawaii are setting up their tournament dates to be announced on the website at www.usfmaf.org. We look forward to 2008!

Sincerely,
Darren G. Tibon
President, USFMAF

Good Times at WEKAF USA Western Tournament

Fremont, CA.
October 27, 2007
By Marc Lawrence

The WEKAF USA Western regional tournament was held on October 27th at Fremont, CA. On Saturday morning for us it was more like going to family fiesta than tournament. From the time we got there, we

meeting up and catching up with old friends and making new ones. Weigh-in was done in the morning; Forms/Sayaw was the first division. Due to some software issues the sparring was held after lunch, this worked out for best as it allowed many to get together and socialize.

The sparring rounds started after lunch with kids divisions. It was great, seeing all those future Filipino martial arts practitioners out their applying the skills. The next division was seniors with senior men's division leading the way. The first Senior Lt. Heavy -Weight fight had the audience up & out of their seats with the action. The sparring divisions continued throughout the day and into the late afternoon. The women's division had some tough fights between rivals.



Marc Lawrence receives award from Grandmaster Bandalan.

it happen. My personal and my school thanks to the following schools for their support for this event such a great tournament:

1. Upakan Bara Bara Martial Arts Academy (Host School)
2. Visayan Legacy Association - Doce Pares Eskrima
3. Tabimina Balintawak USA
4. ARMAS USA
5. Kombatan USA
6. Bandalan Doce Pares

And of course all the other schools who participated in officiating and competed. And of course a special thanks to the WEKAF-USA Officials who put their personal time and energy to make it happen!



www.wekafusa.org

In the late afternoon the double stick produced a tough fight between two men's heavy-weight double stick /sinawali match that went into second sudden-death round due the fights being so equal in skill and power. The day ended with team competitions.

All fighters who placed first or second were invited to the Nationals in Feb 2008. The WEKAF USA Western Region Tournament could not have happen if had not been for the support of many schools working as team to make



Michael Lawrence receives award from Grandmaster Bandalan along with Kris Reye.



October 27, 2007
Metro Point Mall Pasay

Saturday October 27, 2007 at the Metro Point Mall Pasay managed by Ayala Mall Group of Companies in cooperation with Modern Arnis Mano-Mano Filipino Martial Arts International Proudly Present "Oriental Martial Arts Festival and Demonstration"

Organizations who participated in the event were:

Defenders Karate Aikido Martial Arts Club International
Taekwondo AIMS Club
Muay Thai Philippines



Taekwondo AIMS



Muay Thai Philippines



Robert Serdone, Punong Lakan Garitony Nicolas,
Ceasar Turingan and Patrick Capulong



MAMFMA

Pangasisan Chapter - Cakca Martial Arts

19 Rizal Ave.

Malasiqui Pangasinan

(0910) 215-0955

Website

The Texas LAMECO Series

October 27 - 28, 2007

Karate Works Family Fitness

“Guro Roger Agbulos has a way of not only demonstrating the technique but also explaining the technique so that every one understands exactly what he is trying to convey and why. He started us off in largo range (long) and had us work the Caballero footwork with some striking combinations such as bagsak and decadena. He then worked with us on defending and follow-up attacks against different striking angles. He covered the different set ups and attacks from Albierta (open), Centro (Center) and Serrada (closed) along with combination striking from each of these positions.

He was very hands on and made it a point to spend time with each of us giving constructive criticism in order to help us improve. He taught us to refine our movements and not use our body as much when striking since this telegraphs to your opponent what you are going to do. It is amazing how much faster you can strike when your movements are refined. He then had us spar what we had trained up until that point. After lunch it was on to medio range (middle) and more striking from the different positions all while using the Caballero footwork.



The second day we picked up with the medio range and then moved into the corto range and spent a lot of time on the knife. We covered different defenses and follow up attacks along with set ups and attacks. We worked defending against the different striking angles using the plansada, crossada, sakay and bagsak. After spending some time working on these we then added the duslak (thrust) for the follow up. We also worked the parry hand to redirect our opponents attacking weapon as we did a follow up attack.

The close quarter material that Guro Agbulos taught us was very effective, efficient and practical and was demonstrated in a way that everyone could easily understand the reasons behind each move.

Guro Agbulos did not spend a lot of time working with us on the different disarms, instead he focused on teaching us to control the weapon with it still in our opponents hand. He had us work defending against diagonal strikes, horizontal strikes and thrusts. Our opponent would attack us with one of these angles using the knife and we would zone off slightly from the weapon and capture our opponents' weapon hand making it so he can not let go of the knife. Once we all felt comfortable doing this Guro Agbulos taught several different finishing moves.



Before the Seminar



Guro Agbulos with some of the practitioners

Comments from the participants:

I can't go over everything he taught at the seminar or the knowledge he imparted to us, all I can do is encourage each one of you to make plans to attend the next seminar he does."

Tim McFatridge

"One of the things that impressed me the most was the openness that Guro Roger gave us. He would show us the movements, explain the tactics behind the moves and spend time with each of us till we got it, fine tuning the small things that so very often get overlooked in seminar training. At the sametime still covering a great amount of material. Truly an honor to be part of the LAMECO family and train with an S.O.G."

Tracy Anthony

"I have been doing martial arts for a very long time and I have trained in a number of different systems as well as under different and diverse instructors. Each system and instructor has offered something new and different to my fight game and has improved me as a martial artist. Every now and then you are lucky enough to find the "needle in the haystack."

I recently had the honor of training with Guro Roger Agbulos at a LAMECO Eskrima seminar and I was blown away the first day. He completely broke down the system with the footwork, the fighting stance, the live hand, how to strike using economy of motion and the difference between drilling the technique and the fighting aspect of the system.

I think that anyone regardless of their martial arts background or their skill level will come away with a better outlook and understanding of the Filipino Martial Arts and fighting after training with Guro Roger Agbulos.

In my opinion Guro Agbulos is one of the best Filipino martial arts instructors out there and I will continue to train with him every chance I get.”

LaDell Elliott



JKD/Kali Association and Texas DFW Lameco Group
Cory Smith, Tim McFatrige and Tracy Frost



4840 Hwy 377 S
Fort Worth, TX. 76126
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jkdkali.com



www.astiglameco.com

Modern Arnis Hong Kong

International Modern Arnis Federation Philippines - Hong Kong

“2nd Basic Modern Arnis Seminar”

High Court, Admiralty

October 28, 2007

Modern Arnis Hong Kong (IMAFP-HK) was successfully with their 2nd Free Basic Modern Arnis Seminar. This is in fulfillment to the pledged and commitment of Guro Rene V. Sorezo, MAHK (IMAFP-HK) President and Guro Eric T. de Leon, MAHK (IMAFP-HK) Vice President, to the Filipino community in Hong Kong in promoting Filipino Culture, Arts, Sports and Heritage. It also in response to the numerous requests of those who missed the opportunity to participate in the 1st Free Basic Modern Arnis Seminar held on September 16, 2007.

The Free Basic Modern Arnis Seminar started with the introduction of the Modern Arnis History, its disciplines and principles, followed by the step by step teach-in on the actual execution of the basic strikes both on stationary and body coordinated movements on different vital points of the opponent, basic blockings and basic disarming techniques has been also shown and performed by the participants. Single Sinawali drill on single stick and double stick were also introduced and learned by the participants on the second part of the seminar. All participants received Certificate of Attendance from Modern Arnis Hong Kong (IMAFP-HK) after successfully completed the seminar and was offered the privilege and welcome to join the group in their regular training practice.



Guro Rene and Guro Eric expressed their thanks and appreciation to all participants and to the Modern Arnis Hong Kong (IMAFP-HK) members who showed up during the seminar and extend their valuable assistance on this event.

Modern Arnis Hong Kong (IMAFP-HK) will continue to conduct “Free Basic Modern Arnis Seminars” to interested individuals and Filipino organizations in Hong Kong to continuously promote and embrace our own culture. We must be proud to be a Filipino.



Participants and Members of Modern Arnis Hong Kong (IMAFP-HK)

For Seminar Details and Arrangements

Contact Modern Arnis Hong Kong (IMAFP-HK) at:



www.imafp.com
Email

Guro Rene V. Sorezo

President, MAHK (IMAFP-HK)

IMAFP Coordinator, Hong Kong

(852) 6198-9661

or

Guro Eric T. de Leon

Vice President, MAHK (IMAFP HK)

Chairman, Training & Seminars

(652) 9687-2584



October 30, 2007

The Venetian Resort-Hotel-Casino, one of the premier destination resorts in Las Vegas, ventures to another level of entertainment. On October 30, 2007, the Venetian became the home of *The Christopher Broughton Show: "Where Hollywood Meets the Strip"*, an action-packed talk variety show that is the first to be televised from the Las Vegas Strip.

Featuring host Christopher Broughton, the show was be taped in front of a live studio audience in The Venetian Showroom at 4pm, Tuesday through Saturday.

Christopher Broughton is an accomplished director, writer, producer and filmmaker who will bring his entertainment experience to The Venetian. His accomplishments include a recurring role on television series "George Schlatter's

Comedy Club” as well as producing and designing performances/special effects for Busta Rhymes, Aaliyah, Dru Hill, Missy Elliot, P. Diddy and Usher.

Christopher’s sidekick is none other than the world-renowned martial artist, actor, director and producer, **Sultan Uddin**, showcasing the latest in martial arts, health and fitness.

The Christopher Broughton Show has been added to Vegas Television Network lineup which began in October 2007. The network carries 1 hour of the show weeknights from 10pm to 11pm, EST (11 pm to 12am PST). Also, re-runs and “out takes” will be available to view on DBtv.com. For further information visit **www.venetian.com**.



Coming to you from all corners of the globe it’s SULTAN TV, the hottest new show that will raise the standard for martial arts, health and fitness. Produced for VTVHD TV, Direct TV, and Dish Network, SULTAN TV is your gateway into the realm of martial arts that few have ever witnessed.

This program will keep you on the edge of your seat as it showcases warriors from the street, as well as traditional disciplines, testing and perfecting their art in battle. Viewers will see every level of the martial arts from point competition to extreme “no-holds-barred” full contact matches. **SULTAN TV is more than just a show, it’s an experience!**

Find out more and stay tuned, visit **www.sultantv101.com**

Eskabo Da’an seminar

November 3, 2007

Portland, Oregon

By Abby Sewell

Professor Mike Morell and Master Harold Short put on another successful seminar in Portland, Oregon. with Grandmaster Robert Castro showcasing his modern Filipino martial art form, Eskabo Da’an.

The event further cemented the strong partnership between the San Francisco and Portland Eskabo Da’an schools, while they continue to forge relationships with the larger West Coast Filipino Martial Art (FMA) community.

The focus of the day was on advanced Eskabo Da’an technique, including a wide variety of disarms, espada y daga drills, locks and takedowns as well as stick work. Students practiced a series of empty hands defenses against a double-weapon attack and variations of small-circle jujitsu.



Grandmaster Castro demonstrates a technique for Master Bowers

“Basically, we learned techniques that lock up your opponent and disable him,” Grandmaster Castro said. “Eskabo Da’an incorporates elements of not only the Filipino martial arts, particularly Cables Serrada Escrima, but also boxing and Jeet Kune Do.”

Grandmaster Castro, who has developed Eskabo Da’an as a fusion of those styles over a period of more than 30 years, said his intention at the day-long seminar was to give the students a taste of a myriad of different techniques in hopes that they would walk away with a few new tricks up their sleeves.

“I give you as much information as you can take,” he said, “And hopefully with all that information, you’ll come out with two or three techniques at the end of the day.”



Grandmaster Giron and
Punong Guro Hufana

Along with the students of Grandmaster Castro from San Francisco and the students of Professor Morell and Master Short in the growing Portland Eskabo Da’an School, other forms of Filipino martial arts were also well represented. Punong Guro Myrlino P. Hufana, Founder of the Hufana Traditional Arnis International, traveled from Bellevue, Washington to watch the Eskabo students at work and demonstrate some of his own arnis knife techniques. Grandmaster

Michael Giron, president of the Original Giron Escrima Foundation, who flew to the seminar from Vallejo, California, shared some of his form’s stick techniques and footwork.

The masters said they see a new spirit of cooperation growing among all the West Coast Filipino martial arts schools.

“No longer is it one art against another - they’re all together,” Grandmaster Castro said. *“We need to keep that frame of mind and promote the Filipino martial arts and all who want to participate.”* Grandmaster Giron and Punong Guro Hufana agreed wholeheartedly.

“I don’t see a lot of this, but I want to see more -- the idea that you can put all that martial arts knowledge under one roof and all get along,” Grandmaster Giron said.



Brian and Donna
get ready to test

Punong Guro Hufana, who Founded the World Filipino Martial Arts Association to foster exactly that type of unity, added, *“I like the brotherhood that’s building and becoming stronger; and the students’ enthusiasm is great to see.”*

Some of the approximately 15 students who attended the workshop were new to the art of Eskabo Da’an, while others have studied the art for years.

Two of those advanced students received recognition for their hard work on the day following the seminar, when Donna Herrick and Brian Pace of the Portland Eskabo Da’an School passed their first-level tests and earned the title of Guro.

Professor Morell said, “This is another brick in the foundation of Eskabo Da’an in Portland. I am very proud of the students who tested because Eskabo is more about the students than the instructors. I am also very appreciative of Grandmaster Giron, Punong Guro Hufana and Master Mike Bowers for their support of Eskabo Da’an and a larger Filipino martial arts unity”.



Professor Mike Morell and Master Harold coaching Mark Rolka

Seminar attendees:

Grandmaster Robert Castro, Eskabo Da’an
Punong Guro Myrlino P. Hufana, Hufana Traditional Arnis International
Grandmaster Michael Giron, Original Giron Escrima
Professor Michael Morell, Portland Eskabo Da’an
Master Harold Short, Portland Eskabo Da’an
Master Mike Bowers, Kombatán, 7th dan
Trent Junker, Realm of the Tiger Kajukempo 5th degree Black
Donna Herrick, Portland Eskabo Da’an Guro
Brian Pace, Portland Eskabo Da’an Guro
Doug O’Connor, Modern Arnis, 2nd dan
Riley O’Conner, Modern Arnis, 1st dan
David Gardner, Westside Martial Arts, Lakan
Mark Rolka, Portland Eskabo Da’an student
Cemaaj Butler, San Francisco Eskabo da’an student
Micah Haley, Portland Eskabo Da’an student
Abby Sewell, Portland Eskabo Da’an student
Balam, Portland Eskabo Da’an student
Paul Thomas, San Francisco Eskabo Da’an student
Eileen Papero, Cabaless Serrada Escrima student
Cassy Fraundorf, Portland Eskabo Da’an





5040 SE Milwaukie St.
Portland, Oregon

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www.eskabodaan.org

New Active Chapter in Bacolod

Oath of Office of IMAFP Bacolod City Chapter Officers

November 4, 2007

Apollo Restaurant

Cuadra St., Bacolod City

This foundation is initiated by Mr. Henry Burbano, Coordinator for Negros Occidental. Please take note that these officials are the heads or leaders of every Arnis Organization or club in the province.



Inducted IMAFP Bacolod City Chapter Officers

Left - Right: Stephen Francis Diaz (Project Dir. Asst.), Ibarra Lopez (VP-internal), Felix Guinabo (Board member), Henried Jose Lamayo (Auditor), Gilbert Begasa (Project Dir.), Liza Barbour (Treasurer), Danilo Cardinal (VP-External), Frankie Tortogo (President), Ferdinand Gayoles - Viñas Lapu-Lapu & Modified Tapado, Sr. Instructor (Inducting officer), Atty. Marcelo Jalandoon - Negros Occidental Baston Federation, President (Adviser), Alexander Librando (Secretary)

Grandmaster Narrie Babao
Austin, Texas

November 16-17, 2007

By Zena Sultana Babao

Grandmaster Narrie Babao, Head Instructor of the Babao Arnis Academy in San Diego, California, presented a two-day seminar November 16-17, 2007, in Austin, Texas. Grandmaster Babao featured the following arts and techniques: the basic 6 *Baston Batangas*, the 12 strikes and defenses of the Doce Pares Eskrido-Eskrima, the *Baska* techniques, and the police techniques using the expandable baton.

The venue of the first-day, (November 16, 2007) seminar was at the Center of Martial Arts Studio in Austin owned by Leslie Buck, Jr. Buck is a Law Enforcement and Military Tactical Trainer who specializes in Pencak Silat and Pikitir Tirsia. The second day, (November 17, 2007) of the seminar was at ultra-modern Warrior's Edge Martial Arts Studio in Buda, on the outskirts of Austin, owned by Ray Parra, its Chief Instructor.

After presenting the history of the Baston Batangas Filipino martial arts, which he learned from his father, Master Buenaventura Babao, Grandmaster Babao introduced the attacks and defenses of the Basic 6 Techniques of Baston Batangas. He started with the sticks, and then later switched to the mano-mano (bare-hand) defense techniques.

Aside from the basic 6 using bare-hands and sticks, sensitivity drills, both armed and un-armed, were taught and emphasized. Most of the seminar attendees were already adept in Filipino martial arts, so the seminar went on swiftly and smoothly.

Grandmaster Babao then went on to teach the twelve strikes and defenses of the Doce Pares Eskrido Eskrima, the brand of Filipino Marital Arts developed by Grandmaster Cacoy Canete back in 1948. Later on, the twelve strikes and defense techniques was followed by *pinke-pinke* drills and how they apply in actual combat.

Then Grandmaster Babao switched to the Baska techniques, which he personally developed in the early 90's. During the knife disarming session, he explained the differences between the mano-mano, pangamot, and Kuntao techniques.



Leslie Buck assisted Grandmaster Babao.



Ray Parra assisted Grandmaster Babao.



Demonstrating close quarter application of Punyo



Shows a Pangamot Agaw



Tight checking techniques of Kuntao

Per request of the law enforcement officers who attended, Grandmaster Babao presented police techniques with the use of expandable baton. After the 9-11 disaster, Grandmaster Babao was part of the team contracted by the military to teach intensive police tactics to the master-at-arms, the U.S. Navy's military police.



Texas State Police Lt. Ballarta welcomed Grandmaster Babao.

Erwin and Rhona Ballarta were our gracious hosts during the two-day seminar. Ballarta is a Lieutenant in the Texas Department of Public Safety. He is in charge of the Defensive Tactics training for all Texas troopers, which includes the Texas Highway Patrol, the legendary Texas Rangers, and all police agencies in the state of Texas. Rhona is a nurse.

Ballarta learned arnis in 1974 from Master Fred Tolentino in Manila, Philippines. When their family relocated here in America, he later trained in Pikiti Tirsia, Balintawak and

Doce Pares. Both Leslie Buck and Ray Parra were students of Ballarta. For four years Ballarta was the head security for Lance Armstrong when Armstrong was competing in the Tour de France. When then Texas Governor George W. Bush was campaigning for president, Ballarta was part of the governor's security detail.



Center of Martial Arts is owned by Leslie Buck Jr.



Modern Warriors Edge Studio in Buda, Texas.



www.babao-arnis.com

Tactical Arts Academy



804 Capitol Court
Austin, Texas
www.TacticalArts.net



Warriors Edge Martial Arts
254 FM 1626
Buda, Texas
www.warriorsedge.net



www.kaligear.com



About the author: Zena Sultana Babao, a professional journalist, writes a column "Making it in America" for the San Diego Asian Journal, and reports for the San Diego County Times. She is also the "Vegas and Around the World" reporter with www.ladyluckmusic.com, a website in Canada that features Elvis impersonators and fans from around the world. In the Philippines, she wrote for the Philippine News Service (now Philippines News Agency), and still contributes articles for Manila Times and Sun Star Manila.

USFMAF

Judging and Referee Clinic in Southern California

November 17, 2007

By Marc Lawrence

USFMAF held clinic at the Eskrimador Takwondo Academy in West Covina, CA. The Eskrimador Takwondo Academy is located at 1418 South Azusa Ave, Unit-B, West Covina, CA. The USFMAF President Darren Tibon, his wife, his son, some of his student and Angles Cabales youngest son came down from Stockton to put on the clinic.

The USFMAF President Darren Tibon gave all of participants an orientation to the concept of judging and referee. He discussed the issue of integrity being the most important when come to judging. One of the big points he made was that it is different, in that these tournaments as they are televised and can have an instant replay. Matches in point stick fighting last 3 minutes in length or when one of the fighter's score of seven points is reached!

The USFMAF judging system is similar to the Karate judging system. The fights are more like a fencing match then a boxing match. The stick is seen like a blade. To

understand the scoring you must understand the judging system. Each ring has five judges. There are four corner judges and the center judge/referee is also a judge. There is one time keeper and one score keeper for each ring. Each of the corner judges has a red flag and blue flag. The red flag is always held to the right of the center judge/referee's right. The blue flag is held to the center judge/referee's left. The center uses a stick or short staff to signal the start of the match. The fighters start at their marks 10 feet apart. The judge/referee says Labbon, which means fight and the fight starts.

In the point system when a strike is made to any part of the body; 1 point is scored by the first fighter to make contact and the Center calls "Break". The fighters must immediately stop and return to their marks. A point is awarded when at least three of the five judges agree on the score. If not no point is given. There are no points given for clashes or counters that are blocked. One of the things that, is interesting is if a judge did not see the point scored, the judge would cross their flags over their eyes to say they were blind to the call. A score by corner judges are reported while looking down so they are not be intimidated.

In order to learn how to do scoring in this system, a small tournament was held to train everybody in the system. As there were no trophies being handed out, so it led to just good natured sparring. This made for very good matches between the fighters of the different schools. Fighters at first fought fighters from their own schools. As the comfort level increased fighters from other schools tried each others skills and systems.

Masters and Guros even got into the act with each other in some good sparring matches. The safety gear used in padded stick division is just head gear, groin and gloves. In live stick it included the use of body protection, elbows, knees and groin protection. The continuous padded stick was similar in scoring to the WEKAF System, which takes its scoring system from boxing. Each round lasts one minute with a 30 second break, with three rounds total. The scoring is based upon offense, defense, accuracy of strikes and overall ring performance.

The Southern California region was well represented by some the different groups that attended. They were members of Eskrimadors Academy, PAKAMUT International, LAMECO Eskrima, Siete Pares Eskrima, Filipino Combative Systems and Angel' Disciples. After the clinic was completed everybody who could went out together for food and friendship at a nearby Filipino restaurant.



www.usfmaf.org



For more information contact the USFMAF to set up clinic for your area or school.

Cross Fighting Seminar

Master Angel Postigo

Head of Artes Marciales Unidas

November 17 - 18, 2007

Info: Gazeta Marcial News

The city of Pachuca, located in Estado de Hidalgo, Mexico, inside the Centro de Extensión Universitaria (CENUI) of the Universidad Autónoma de Hidalgo, was held the 1st Cross Fighting Seminar. Philippine combat arts Eskrima, Eskrido, Pangamot in progression with Jeet Kune Do and grappling were given by Master Angel Postigo, Head of Artes Marciales Unidas.

The event was organized by Instructor Eduardo Palomares; who for the first time arranged to have this kind of seminar in the state of Hidalgo, promoting and spreading Grandmaster "Cacoy" Cañete's martial art along with Bruce Lee's legendary Jeet Kune Do. Federal Congressman Gerardo Sosa Castelán, sponsored the event by providing the participants and organizers with rooms at the university hotel.

With this event, Artes Marciales Unidas (United Martial Arts of Mexico) closes its yearly Interdisciplinary Seminar and Courses for 2007. For next year's seminar, we will have two great International personalities participating with us.



www.apartesmarciales.com

2nd Professor Remy A. Presas Memorial Camp

November 17-20, 2007

Ginalyn J. Relos

The IMAFP November Event once again ended successfully. Although it is not the same attendance as the 1st Remy A. Presas Memorial Modern Arnis Camp which was combined with the 3rd Filipino Martial Arts (FMA) Festival, however the event was completed and served its purpose in the tribute to Professor Remy Presas.

November 16, 2007 - Guests from USA and Germany arrived as well as the Chairman and Masters of the Camp to be part of the press conference that was held in DOT - Regional Office in Iloilo City.





1st day

November 17, 2007 - Other Members of the Teaching Panel and staffs from Manila arrived at Guimaras Beach Resort in Bo.Igang... in the afternoon all together, we have an island hopping which we enjoyed.

2nd day

November 18, 2007 - Formal Training Camp of the Classical Arts of Modern The launching of Training Module...

The participants were divided into three groups:

First to teach: Morning and Afternoon

Senior Guro Ginalyn J. Relos - Krusada

Senior Guro Jimson N. Dearos - Abaniko

Senior Guro Rodolfo T. Poblacion, Jr. - Dikitan

Senior Guro Paulo O. Motita II - Palis

Inclusion: Senior Master Rene Tongson - Tres Puntas



3rd day

November 19, 2007 - Second day of the Training Camp

Instructors of the remaining three Classical; Palis, Dikitan and Abaniko

Plus: Kuridas by Master Buddy Demaisip

Senior Master Godo Fajardo

Senior Master Bambit Dulay

4th day

November 20, 2007 - 3rd day of training

Instructors for Kuridas, and Balisong

Masters expertise in the afternoon.



www.imafp.com



11th Ateneo Blue Christmas Program

December 1, 2007

8:30 am - 6:00 pm

Venue: Bel Field, MVP Roof Deck, Gonzaga Function Room, Social Science Building, Ateneo Grade School, SEC B & C Foyer



Jean Paul Zialcita







Kali-Eskrima-Arnis

Mexico City

December 1 - 2, 2007



Eskrima-Arnis Palo-Mano Todo Terreno Style Mexicano.

Though, the dates were difficult to have a seminar due to many practitioners attending their schools for end of the year testing. Master Guro Jesus O. Rodríguez succeeded in demonstrating and training 21 practitioners.

Master Guro Jesus O. Rodríguez with experience in the martial arts for 32 years, 17 of them in the Filipino martial arts, held a seminar at Puebla, Durango, Jalapa Veracruz, Mexico City, where participants; experienced the Filipino martial arts of Kali-



Rodríguez Kali-Eskrima-Arnis Palo-Mano Todo Terreno Style Mexicano

Asuncion No. 308 Valle Dorado

Tlalnepantla de Baz, Mexico 54020

(559) 148-1673

Email

yuzk.slide.com

FMA Exhibit in Hong Kong

December 2, 2007

Chater Road, Central, Hong Kong, S.A.R.



Modern Arnis Hong Kong (IMAFP-HK) was invited and selected among Filipino Organizations in Hong Kong to do some exhibit about Filipino Culture and Filipino Martial Arts, and Modern Arnis in particular is a precious Filipino culture.

The exhibit is in connection with the Christmas celebration of the Filipino community in Hong Kong. The celebration was dubbed as “Kwela at Saya - Pamaskong Handog para sa Overseas Filipino Workers in

Hong Kong” (Happiness and Joy - Christmas present for the Overseas Filipino Workers in Hong Kong). The booth was decorated by the members; Best Booth and Christmas Lantern competition are also one of the main features of the celebration.

Arnis sticks made into a star was the lantern entry of the group but not lucky enough to get the prize. The exhibit ended up by sharing food with other organizations and expressing Christmas wishes to each others.

Exhibit Features:

- *FMA Weapons (Variety of Sticks, Espada (Sword), Daga (Knife), Dulo-Dulo, and Sangot

- *Photo gallery of:

- a) IMAFP-Hong Kong Training and Activities
- b) IMAF Philippines Activities
- c) IMAFP Internationals
- d) Arnis Celebrities

- *Posters about Modern Arnis (History, Founders, Creeds and etc.)

- *Arnis Demonstrations by the Members in front of the booth

- *Invitation to “Free Basic Modern Arnis Seminar





Guro Rene V. Sorezo

President, MAHK (IMAFP-HK)
IMAFP Coordinator, Hong Kong
(852) 6198-9661

Email

Guro Eric T. de Leon

Vice-President, MAHK (IMAFP-HK)
Chairman, Training & Seminars
(852) 9687-2584



www.IMAFP.com

ESKABO Da'an in Cooperation with Kombatan

Proudly presents another Filipino martial arts seminar.

Featuring: Grandmaster Bobby Taboada and Master Nene Gaabucayan of Balintawak.

By Anthony Martin, Sr.



Grandmaster Bobby Taboada

December 2, 2007
Lowell High School
1101 Eucalyptus Dr.
San Francisco, CA.



Master Nene Gaabucayan

The ESKABO Da'an Filipino martial arts seminar was a huge success in its efforts to promote and advance the Filipino martial arts to the community and show the value that it has.

The seminar was kicked off with an excellent demonstration by Grandmaster Lito Concepcion of Kombatan. Then Grandmaster Bobby Taboada of Balintawak took the floor and gave a brief overview of his system along with a demonstration with Master Rick. Grandmaster Bobby Taboada shared some wonderful techniques and anecdotes to all in attendance before everyone joined him on the floor to go over techniques.

Grandmaster Bandalan of Doce Pares was next and he and his students gave a dazzling exhibition which included competition stick sparring. Grandmaster Emil Bautista of Kajukenbo and his students demonstrated efficient empty hand techniques and multiple attacks. Punong Guro Mike Giron of Original Giron Escrima and his demo team charged the crowd with an electric performance.

Next we had an inspiring demonstration by Guro Carlito Bonjoc, Jr. Master Joe Tan of Tapado also gave an exhibition of techniques. Master Nene Gaabucayan of Balintawak displayed his craft skillfully.



Grandmaster Emil Bautista



There was a special presentation to Guro Dexter Labonog, of Original Giron Escrima, who was promoted to rank of 6th Degree by Grandmaster Robert Castro and Grandmaster Lito Concepcion.

Grandmaster Bobby Taboada finished the last part of his seminar to a resounding sound of applause. Last but not least Grandmaster Robert Castro's ESKABO Da'an

came forward to close out the event with a brief demonstration of awesome techniques.

The group warmed up to the rhythm of the conga and djembe drums played by G.M., as Grandmaster Robert Castro is often referred to, Punong Guro Joseph Bautista, and Cemajj Butler. Then G.M. showed explosive techniques with Punong Guro Joseph Bautista before the rest of ESKABO Da'an members' present demonstrated techniques ranging from espada daga, flow drills, knife techniques, and sinawalis.

Thank you to all present who made this event one of the best of 2007. A special thanks to Grandmaster Bobby Taboada. We also would like to recognize in attendance, Grandmaster Max Pallen, and Grandmaster Villasin. If there is any Grandmaster not named that was present please forgive me, but thank you for your support. Thank you Master Ray Cordova, Lowell High School and students. Thank you Guro Tony Solano of ESKABO Da'an for the delicious lunch you prepared and to all who made this event spectacular.



Grandmaster Lito Concepcion



Master Joe Tan



Guro Carlito Bonjoc



Grandmaster Bandalan



Grandmasters Conversing



Author: Anthony Martin, Sr. is a Guro and the ESKABO Da'an Secretary General



www.internationalbalintawak.com



www.eskabodaan.org



www.concepcion-combative.com

Karate Quest
Law Enforcement Seminar
December 8, 2007

On Saturday, December 8th, 2007: A defensive tactics seminar was held at Karate Quest, a Kenpo Karate and Modern Arnis training facility in Ferndale, Washington.



The seminar began with Mick Jolly demonstrating many, restraint and come along techniques. "JT" then followed up with fine details from his expert jujitsu background. JT's flow and smooth technique was beautiful to watch.

The seminar commenced with Filipino Martial arts instruction in Modern Arnis from Patrick Armijo. The officers were particularly interested in knife techniques and defenses. The officers worked hard and their determination and enthusiasm was well received. The officers enjoyed the seminar and

further instruction and seminars were discussed.



Karate Quest was the vision of Michael "Mick Jolly" and associate Patrick Armijo. Mick Jolly was a former Whatcom County, Washington, sheriff officer and United States Secret Service agent. Patrick Armijo holds a fifth dan in Kempo Jutsu and a Lakan Lima (5th black) in Modern Arnis.

John Taylor "JT" also instructed at the seminar. JT was formerly with the California

Department of Justice and ran the defensive tactics program there. Both Mick and JT have extensive experience in law enforcement defensive tactics instruction. JT instructs at Shayne Simpson's Pacific Northwest Karate center, in Bellingham, Washington.

Law enforcement defensive tactics seminars will be conducted once a month at Karate Quest in Ferndale, Washington. The seminar is open to all law enforcement officers.



For further updates and information please refer to:



karatequest.wordpress.com

Karate Quest
1420 Pacific Pl. Suite B
Ferndale, WA. 98248
(360) 312-4110

Best of the Best
4th Annual Tournament

December 8th, 2007

By Marc Lawrence

The “4th Annual Open Full Contact Stick Fighting Championship” was held on Saturday, December 8th, 2007 at the Red Scorpion Martial Arts, 10700 Flower St. Stanton, California. The tournament was hosted by PAKAUMT International. The Best of the Best Tournament was started by Grandmaster Felix Roiles in 2004. The doors opened at 8:00 a.m. with line of fighters ready for their weigh-in. Many of the local Filipino martial art schools and clubs participated, as well as ones from other states and countries.



Grandmaster Felix Roiles

The Master’s demonstrations was one of the highlights of the tournament with Grandmaster Atillo of Atillo Balintawak and one of his student demonstrating weapons defense and disarms. Another highlight was the Grandmaster Challenge. This division was new this year and was open to any Master of a recognized system that was willing to fight for the title of “Master of the Best of the Best”.

Fighters used only head and hand gear using rattan sticks 32-inches long and 1 inch in diameter. Fighters could use all manner of stick strikes, punches, kicks, throws, grappling, chokes and locks. The fighters were briefed of the dangers of the fight and still agreed to fight. Master Mario Gajo (Babao Arnis) fought Master Marc Lawrence (PAKAMUT-Torrance) in a two minute no-holds barred fight. This fight was so intense that Master Lawrence’s stick bent like a boomerang while stick grappling with Master Gajo. This caused Master Lawrence to go to Dumong techniques against Master Gajo, who reversed his throw and they went to the ground. Master Gajo was unable to get out of Master Lawrence’s lock and Master Lawrence could not get the choke, so at the count of 10 the fighters were separated and resumed when Master Lawrence was given a replacement stick. Master Gajo won against Master Lawrence in a split decision 3-2 by a panel of five Masters and Grandmasters.

Master Gajo then had to fight Grandmaster Roiles in the Grandmaster Challenge. This two minute fight had the same rules (no hold barred) as the Master’s fight except both fighters chose to not use hand gear and would fight Filipino Style! The fight was refereed by Master Marc Lawrence. The fight was very intense with the gap being closed quickly by Master Mario Gajo. When stick grappling went to the ground Grandmaster Roiles stick became trapped under Master Gajo, so Grandmaster quickly removed his training knife and proceeded to get about a dozen shots in before the referee broke the match up. Master Gajo stood up after the referee had separated them and took Grand master Roiles hand and announced to panel of judges that Grandmaster Felix was the real champion. Master Mario Gajo was awarded the first place trophy for the Master Division. A special congratulation goes out to him for this achievement!

In the battle for the “Best of the Best” a competitor is eliminated in a single round. Each of these rounds was a single elimination round with 12 competitors in this division. This fight concept was created by Master Felix Roiles based on his experiences he witnessed at a young age back in the Philippines. The rules were the same as the rules

for “Master of the Best of the Best”. In the final elimination round Emery Puskas defeated Ed Iyas who both belong to the same school the IMB Academy.

This year’s Best of the Best Challenge fight was “Al Romo 2006 champion verses Emery Puskas. Al Romo under Master Steve del Castillo of Mt. San Antonio College Martial Art in Walnut CA fought Emery Puskas of the IMB Academy of Carson California by legendary Grandmaster Richard Bustillo. Al Romo is 6’2” and 275 pound super heavyweight class competitor. Emery Puskas is 5’10’ and 175 pound heavyweight class competitor. These two competitors fought in a no holds barred fight similar to “death matches of old”. The fight was spectacular going back and forth with Al Romo winning in the end despite a valiant effort by Emery Puskas, when the fight went to the ground.

Some of the participating schools and clubs were; PAKAMUT Lake Elsinore led by Guro Jason Stanley , ADC Martial Arts led by Master Dave Modzak, The Filipino Martial Art Academy, Sacramento, CA led by Master Nilo Baron, 12 Original - Mt. San Antonio College Martial Art School led by Master Steve del Castillo, Visayan Legacy led by Guru John Garcia, LADP club led by Master Erwin Mosqueda, Team PAKAMUT - Eagle Rock, Ca led by Edwin Abo, Doce Pares San Diego CA led by Guro Albert Mendoza, World Eskrido Federation led by Guro Ronald Manrique under late Grandmaster Larry Alquizar, JDC led by Jason, Philippine National Police (PNP) Team, Manila, led represented by PO2 Marcial Chavez Jr, Philippine Army Team led by Master Mario Talledo. International Martial Art & Boxing, Carson, Ca led by Guro Nestor, PAKAMUT-Torrance led by Master Marc Lawrence, Babao Arnis led by Grandmaster Narrie Babao, San Diego, CA, Atillo Balintawak Led by Grandmaster Ising Atillo and Dragons Net Kung Fu led by Byron Schnell.

The Official’s Table was headed by Master Mike Mackenzie of Sacramento CA, Chief Judge was Guro Alden Maxino and Angel Ecadao of PAKAMUT International. Masters Nilo Baron and Erwin Mosqueda worked the Official’s table through the entire day and did a phenomenal job organizing the divisions.

Grandmaster Eric Lee one of the Founder of the Martial Arts History Museum and Legendary Master Bob Mitchell of Martial Arts for Christ was among the special guest.



Al Romo successfully defended his 2nd title as the “Best of the Best” Grand Champion. The fight was personally refereed by Grandmaster Felix Roiles. Al Romo was able to retain the coveted “Best of the Best” Grand Champion Cup. The entire tournament was covered by Glassman Media Productions, Huntington Beach News and FMA Digest magazine.



www.PAKAMUT.com

PAKAMUT International Association
Main Headquarters
(323) 350-8500
Email

3rd Basic Modern Arnis Seminar
09 December 2007
High Court, Admiralty, Hong Kong

On December 9, 2007, the third “Free Basic Modern Arnis Seminar” was held in Hong Kong with twenty six (26) participants including Junior Arnisadors. The Basic Modern Arnis Seminar always started with the introduction of the Modern Arnis History, its Disciplines and Principles, followed by the step by step teach-in on the actual execution of the Basic strikes both on stationary and body coordinated movements on different vital points of the opponent body, basic blockings and basic disarming techniques has been also shown and performed by the participants. Single Sinawali drill on single stick and double stick were also introduced and learned by the participants on the second part of the seminar. All participants received Certificate of Attendance from Modern Arnis Hong Kong (IMAFP-HK) after successfully completed the seminar and was offered the privilege and welcome to join the group in their regular training practice.

The main objective of the seminar is to pass the culture on among the Filipinos working and living in Hong Kong and give them a clear understanding that “Arnis” is an authentic Filipino Martial Arts, and part of our Heritage.

A series of “Free Basic Modern Arnis Seminars” will be continuously offered to other different OFW organizations as the primary project and part of the Community Service of the newly revived Modern Arnis Hong Kong (IMAFP-HK) and be an offering to the Filipino community specially OFWs.



For seminar details and arrangements, please contact Modern Arnis Hong Kong (IMAFP-HK):

Guro Rene V. Sorezo

President, MAHK (IMAFP-HK)

IMAFP Coordinator, Hong Kong

(852) 6198-9661

Email

Guro Eric T. de Leon

Vice-President, MAHK (IMAFP-HK)

Chairman, Training & Seminars

(852) 9687-2584



www.IMAFP.com

MAMFMA Outreach Program

December 15, 2007

H. Domingo St. Pasay City, Philippines

Almost 200 families received the goods; there are games, dance, etc...

The MAMFMA would like to thanks the following: Jacky Nguene from British School of Manila, Dinah Dominguez and Family, Anthony Gatchalian, Damaso Villanueva, Richard Makalintal and Family, Capt. Dante Tamayo, Annie Ablong, Jeffrey Tarrangco, Ryan and Niki Rojas, Pastor Jun Sunga, Pastor Rodolfo R. Baustista Jr., Romeo Solatorio, Ceasar Turingan and Family, Rogelio Vasquez and Family, and Jerome Lagahit.



Punong Lakan Garitony Nicolas



Dance entertainment



Beer drinking contest



Gift giving



Mizha and Cesar



Jacky and Cesar



MAMFMA
Pabgasisan Chapter - Cakca Martial Arts
19 Rizal Ave.
Malasiqui Pangasinan
(0910) 215-0955
Website



Speak Up - Speak Out

Roberto Trinidad

Teaching the Art

Ite et Docete. That's Latin for "Go forth and teach." In today's civilized world, one's coming of age in FMA is not marked by charging into battle, but rather being able to teach. Other martial arts have a strict curriculum that is followed with stringent requirements that have to be met in order to teach. In FMA, it is never that simple.

Pedro Reyes, a senior student of Antonio Ilustrisimo, once wrote, "...*the classical arnis master stands on his own abilities. He is not a master because he has received a certificate from a school, or because he has been appointed successor by a grandmaster. He is sui generis.*"

[www.rapidjournal.com/Articles/pdf/Filipino_Martial_Tradition.pdf] It's no surprise that one topic that comes up on the FMA Forum now and again is when and how to teach.

One of the first who signed up on the FMA Forum asks "*How do you teach? This question is more on how your master taught you when you were a student of his or her. Now, you have your own school and student. Do you teach the way he teaches you?*"

[www.fmaforum.org/index.php?showtopic=487]

Any teacher in any discipline at one time or another will have to deal with slow learners. How does one deal with them when teaching FMA? Will making him do more repetitions be enough, will he require special treatment? Useful tips can be found on this thread... [www.fmaforum.org/index.php?showtopic=660]

Another issue that seems to give some FMA teachers problems is teaching left-handed students. Some teachers force students to use their right hand. The late grandmaster Ben Lema of Lightning Scientific Arnis was a well known leftie, yet he taught right-handed people. I asked about him and training lefties in general more than two years ago on the forum. You can find the old thread here...

[www.fmaforum.org/index.php?showtopic=88].

How do you teach a student who is experienced in other martial arts? Do you ask them to "empty the cup" or do you work with what they already know? The question gets asked here... [www.fmaforum.org/index.php?showtopic=1906].

Is it right to punish erring FMA students in this day and age? If a student comes in late, should he be asked to do extra drills or repetitions? Are punishments seen as such, or are they just part of body conditioning? Follow the discussion here...

[www.fmaforum.org/index.php?showtopic=2259]

When the time comes and you are ready to teach, is it better to teach or try to pick up a new system to add to your repertoire?

[www.fmaforum.org/index.php?showtopic=2566]

As always, you don't need to sign-up on the FMA Forum to read the threads mentioned above. You do need to sign-up if you wish to add to the discussion. If you do sign-up, feel free to say hi.

See you there!

FMA Future Events

Seminars

40th Annual Senkotiros Sama Sama

February 1 - 2, 2008

Sama-Sama Banquet

February 2, 2008

Union City Sports Center

31224 Union City Blvd.

Union City, CA. 94587

Flyer

Email

Website

Website

Atillo Balintawak Seminar

February 23, 2008

Glenwood Shopping Center

1143 North 5th St.

Perkasie, PA 18944

Contact: Irv Gill, Area Balintawak Representative

(215) 453-1145

Email

Website

Hinigaran Arnis De Mano Camp

Grandmaster Roberto A. Presas

February 25 - March 7, 2008

Presas Beach Resort

Negros Occidental, Philippines

Contact: Guro Kurtis Goodwin

A.P.I. International Combat Arts Association

5347 NE Sandy Blvd.

Portland, Oregon 97213

(503) 287-4265

Email

Website

2nd Annual Pamana ni Lolo Seminar

Grandfather Heritage Seminar

March 15 - 16, March 2008

Traditional Karate Center

2220 Hempel Ave.

Gotha, FL. 34734

(407) 748-2469

Flyer

Website

Sifu Richard Bustillo

May 3 - 4, 2008

307 White Horse Pike

Absecon, NJ

Email

Website

1st International Modern Sinawali Seminar

May 15, 2008 - June 15, 2008

2836 Taft Ave.

Pasay City, Philippines

Contact: 63 (920) 866-2323 or 63 (916) 331-3414

Flyer / Application

Email

Classic Eskrima Martial Arts Camp

Ron Harris, Instructor

Filipino Martial Arts and Mixed Martial Arts

June 14-29, 2008

Caracas, Venezuela

Contact: Freddy Villegas

Email

Ron Harris

Email

Website

Classic Eskrima Seminar

Ron Harris, Instructor
Filipino Martial Arts and Mixed Martial Arts
July 12-13, 2008
Parma, Italy

Contact: Samuele Simone

Email

Ron Harris

Email

Website

Website

4th FMA Festival

July 20 - 25, 2008
Boracay Island and Iloilo City, Philippines
Websites

IMAFP

WFMA

NFMA

Classic Eskrima Seminar

Ron Harris, Instructor
Filipino Martial Arts and Mixed Martial Arts
August 2-3, 2008
San Diego, California

Contact: Brian Constantino

Email

Ron Harris

Email

Website

Grandmaster Bobby Taboada's

World Camp 2008

November 8-9, 2008

Las Vegas, Nevada

Flyer

Website

Tournaments

5th Regional Kuntaw-Karate Tournament and

Martial Arts Exhibition Competition

The Aquinas University Kuntaw Association
and the

Aquinas University of Legazpi proudly presents

Total Impact Part 3

"The Revenge"

(In Celebration of University Week 2008)

January 28, 2008

Aquinas University Gymnasium

Aquinas University of Legazpi

Rawis, Legaspi City, Philippines

Further Information Contact: Guro Michael Tuscano
(0920) 844-8111

Email

WEKAF USA National Championships

February 15-17, 2008

Mt. San Antonio College

1100 N. Grand Ave.

Walnut, CA

Email

Website

World FMA Triple Tournaments/Adventures

World Cup

July 19 - 20, 2008

Sports Center, Moal Boal

Cebu, Philippines

Contact: Tuhon Jordan or Felpe Pallen
(510) 4836560

Email

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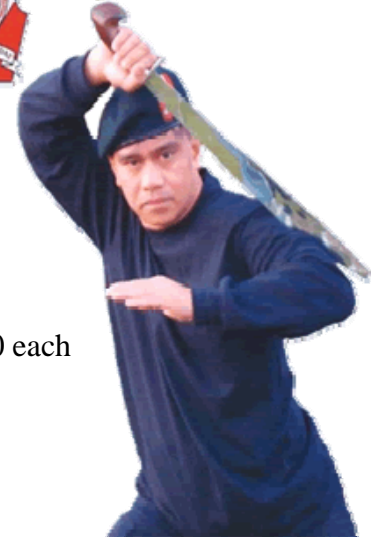


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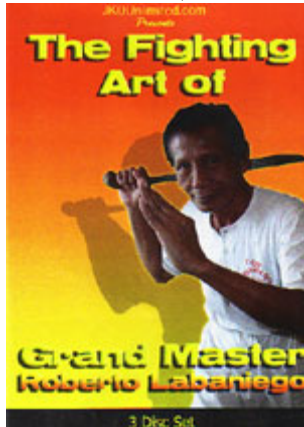
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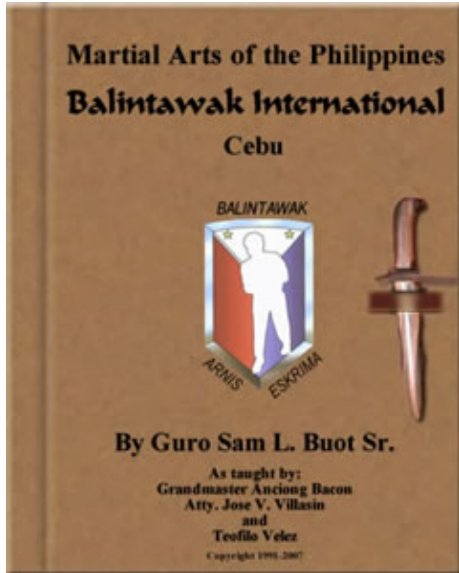
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- The secret
- Finish fast
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- Empty hand
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Part V - Outline and Analysis of Grouping Techniques

Part VI - Defensive Analysis of Twelve Individual Strikes and Their Counters

Part VII - Barehand Techniques - Application of Techniques to Eskrima

Part VIII - Disarming, Snatching and Take-Away Techniques

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Epilogue

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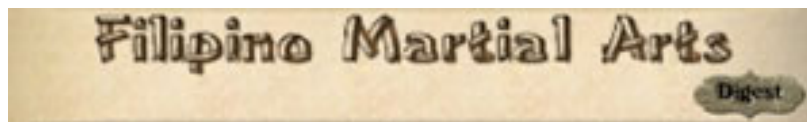
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