


# Filipino Martial Arts

Palo-Mano Todo Terreno Style Mexicano

Punong Guro Jesus Rodriguez

Digest


Vol 5 No 3  
2008




Kali Majapahit



Grand Pasantis Birador  
Rogelio 'Roger' Solar




Master Michael Giron  
Bahala Na  
Original Giron Escrima



Master Godofredo Fajardo  
Spreading Arnis  
in Saudi Arabia and Jordan



Guro Limuel "Maning" Bonsa



Kuntaw with Stick and Daga

Grandmaster/Hari  
Osias C. Banaag

### **Publisher**

Steven K. Dowd

### **Contributing Writers**

Jamen Zacharias	Nel Malabonga
Antonio Graceffo	Joel Morales
Mitos Garcia	Mike Loder

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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**

This issue will bring you the reader some interesting practitioners and styles of the Filipino martial arts. You have, Grand Pasantis Birador Rogelio 'Roger' Solar of Sistema Birada, Guro Fred Evrard of Kali Majapahit, Punong Guro Jesus O. Rodriguez of Palo-Mano Todo Terreno Style Mexicano, and Hari Osias C. Banaag of the Global Sikaran Federation.

Jamen Zacharias brings you the second part of "Studying the Locking Arts". And Antonio Graceffo talks about Kuntaw stick and dagger with Master Frank Aycocho.

Nel Malabonga brings a little insight about Guro Limuel "Maning" Bonsa of Arnis Rapado, and Master Godofredo Fajardo shares his experience in Saudi Arabia and Jordan.

See what Master Michael Giron son of Grandmaster Leo Giron, is all about in building the Original Giron Escrima Federation. Joel Morales explains Imua Tamaraw Escrima Kuntao.

The FMAdigest would like to welcome two new Editorials one by Jeff 'Stickman' Finder called "Dinuguan for Brunch," and if you have ever eaten dinuguan you either like it or you will not. This editorial may get spicy as time goes by. Another one the FMAdigest is welcoming aboard is "FMA Educational Depot" by Luis Rafael C. Lledo, Jr. bringing you the basics in Filipino martial arts from the ground up. And of course FMAForum by Roberto Trinidad is still aboard to share what is being said, about what and about whom.

Got a couple weapons that may interest you and are explained in detail they are the TRG Knife and Singing.

So with this variety of information, the FMAdigest hopes you the reader find this issue interesting and knowledgeable.

**Maraming Salamat Po**



## Grand Pasantis Birador Rogelio 'Roger' Solar

**Inheritor:** 42 Tiros(Parada, Balikotao & Lanci-Avicidarios)

**Founder:** IPEAC (International Philippine Eskrima-Arnis de Mano Confederation) and SBMAC (Sistema Birada Martial Arts Center)

Grand Pasantis Birador (GPB), Rogelio 'Roger' Solar started martial arts at a young age initially with Okinawan Karate under Carlos Lomboy and later first learned eskrima through his uncle Disiong Banaag who used to bring such tools to his father for home use such as the bolo and sickle. Then later again studied Filipino martial arts under Grandmaster Ernesto Presas Sr. (Founder of the Kombatan system).

At this point Roger grew and matured to one of the finest martial artists around, his mastery of various arts includes empty hands ( which includes Karate, Kickboxing, Judo, Ju-jitsu, Aikido, Grappling, Arnis de Mano and Mano Mano) and weapons ( such as Bo, Sai, Kendo, Arnis, Itak, Daga, Dulo-Dulo, Balisong ( Fan Knife ), Rope, Bangkaw ( long staff ) and Nunchaku ) techniques and systems.

Grand Pasantis Birador Solar left the organization of Kombatan in 2002 due to some disagreeing point of views.

Three years prior before leaving Kombatan, Roger remembered the old man called Tiyo or Mang Pedring that his Dad used to mention (later affirmed by a close friend and student named Ronald Frias) of having an unorthodox Arnis method and technique at their home town in San Carlos, Pangasinan. His curiosity grew about this strange way of stick fighting. Roger visited Mang Pedring one weekend which started his study of the Quarenta y Dos Tiros, which he further integrated to the fighting methodology he himself has mastery.

This became the foundation that led to the development of the Birada Eskrima and Birada y Mano martial art technique. From time to time Roger visited Mang Pedring and the bond that developed between them became the seed for the continuance of this martial art. He still remembers what his Tiyo Pedring told him beforehand *"Roger, I'm now an old man, now I am passing to you the art that was handed to me by my great grandparents use it for good things. I now have taught you everything that I know. Study, master and refine it, always be aware of whom you teach, you are now my successor."*

Roger took nearly four years in testing, training and finalizing the whole system (Sistema Birada). Painstaking effort was given during its translation with the different primary fighting tools (hands, foot, stick, knife and rope), and finally to certify its



Rogelio Solar and Mang Pedring

efficacy he then applied it to modern day dynamic martial arts.

Sistema Birada was initially launched in Australia on November 2003, and with the successful outcome of applying the Birada techniques, he gained membership and recognition from various International Martial Art Organizations like The International Traditional Burmese Kickboxing Federation, The United Kingdom Ju-jitsu Association, and The Academy of International Martial Arts & Health. Several titles such as Saya/Master in Bando Burmese Boxing, 6th Degree in Yawara Military Jujitsu, and 3rd Degree in Seibu-Kaikan Karate-do was awarded to him. This is a very important and historic event for Grand Pasantis Birador Solar and Birada) since he was the first ever Filipino to be given such rankings and titles in Australia. This ultimately boosted the Sistema Birada methodology of fighting and training, and thus continues to gain several affiliations from various martial art groups and clubs."



### **Sistema BIRADA**

To give clarity, the primary reason for Sistema BIRADA's existence is for the advancement and growth of one's martial art through the use of Filipino martial arts training and methodologies. Currently we have growing affiliations from various schools from countries like Australia, South Africa, Italy, Germany, Denmark and USA.

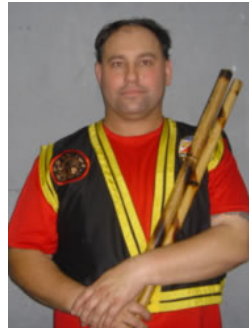
### **Sistema BIRADA Instructors**



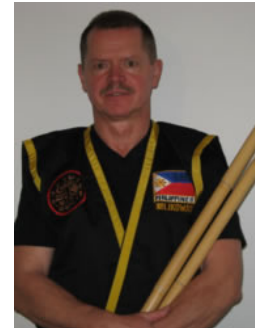
Rodney Bradley



Alfredo Cuz



Hugh Francis Doherty



Arno Krolikowski



Villamor Paredes



Clarence Reyes



James Soriano



Elmer Robert Uy

**FMAdigest:** *The Sistema Birada is made up of: (can you give an explanation of each of these? What they are and the theory behind each?)*

**Grand Pasantis Birador Solar:** Our idea of Birada System is a unified form of martial arts training composed of the following skills:

**Birada Hand to Hand Combat** - This involves several effective forms of empty hand combinational techniques such as Grappling, Kicking, Punching, and Throwing. Several practical unorthodox methods are also studied for street fighting and survival moves like gouging, tearing, biting, and breaking (sometimes these are called "dirty techniques").

- a) Birada Y Mano - birada system of empty hand combat using the birada principle.
- b) Balsakan Buno / Balsakan de Mano - empty hand combat in combination and emphasis on throwing and grappling techniques.
- c) Depakan - Western kickboxing rules, full leg kicks and punches.

**Birada Weapons Training** - With Birada any physical tool can be used as a weapon depending on its properties whether if its sharp / blade like, pointed, short, long, or rope like. From this principle, weapons training such as Knife, Sword/Sticks (Arnis), and Rope can be used on any material that any combatant can find lying around (even a plastic cup can be turned into a weapon).

- a) Sinilot - Filipino art of rope gagging and trapping.
- b) Birada Dulo - Birada dulo-dulo fighting techniques.
- c) Pangbali - "To break", a 1/2 stick used for impact training and applications for self defense and arresting techniques.

**FMAdigest:** *Why did you go to Australia to launch the style?*

**Grand Pasantis Birador Solar:** The launching of Birada in Australia was an unplanned event, originally our plan was to invite our colleagues in Filipino martial arts who were interested, through a boot camp to demonstrate this new art of fighting. It was supposed to be held in San Carlos, Pangasinan on January of 2004 but fate intervened.

I decided to go to Australia because Hugh Doherty the then Secretary General and Chief Instructor of Australia under Ernesto Presas invited myself to train him to the level he wanted to achieve rather than just be awarded a grade that is the common practice in IPMAF. While in Australia I was able to grade 6th degree in Yawara self defense style of Ju Jitsu by Wayne Brabham founding President of the Australian Ju Jitsu Association. I was able to be assessed Saya in Bando by Kevin Junior current President of Muay Thai Association and assisted with his fighters competing and in Full contact Sabaki Karate by Kancho Daido in which I passed the Sandan - 3rd Degree. I trained Hugh for 2 months while undertaking his arts. It has enabled me to see what other cultures do and be assessed on my merits. I showed Hugh Birada during my stay and because he is a most traveled and combat trained martial artists he recognized the potential in what he witnessed from my Northern techniques.

**FMAdigest:** *Where are you now and what are you doing?*

**Grand Pasantis Birador Solar:** Organization wise the start of 2008 is a good time for us, we are now starting to grow in membership locally and internationally. The Birada system is making ripples in various Filipino martial arts discussion boards and chat groups by increasing awareness of several Filipino martial artists and practitioners. As



with IPEAC, at the time of this writing we now have representatives in Australia, South Africa, Germany, Scandinavia, Holland, UK and Canada.

We are continuously upgrading and innovating new training methodologies for Sistema Birada which we see would benefit our students and enhance their understanding/appreciation of the art.

**FMAdigest:** *What is your hope for the future of the Sistema Biradas?*

**Grand Pasantis Birador Solar:** The Sistema Birada's main principle is nobility in teaching and the development of the martial artist. We want to start a culture that promotes the continual growth of a martial artist thus an end to any corruption, politics and selfishness that is haunting several organizations and other schools.

Our hope for all Sistema Birada practitioners or Biradors, is for them to discover and develop their own personal fighting techniques which Birada is opening for them. We hope for all Biradors to maintain respect and brotherhood amongst each other and with other martial artists.

The Birada ideology is simply to simplify the art of fighting, why take three steps when you can make it only one.



### **IPEAC**

(International Philippine Eskrima-Arnis de Mano Confederation)

The IPEAC-SBMAC envisions itself as an organization of high quality with respect to martial art learning, training and development standards. Our philosophy is to create a learning environment with enriched and innovative, functional & effective instruction for all.

**FMAdigest:** *Now what is the IPEAC - (International Philippine Eskrima-Arnis de Mano Confederation)? In what way is it connected to Sistema Birada?*

**Grand Pasantis Birador Solar:** IPEAC is an International body recognizing all aspects and styles of Filipino martial arts thus membership is open to all martial art clubs, groups, styles or schools. IPEAC promotes fundamental martial art trainings such as Kombatan Arnis De Mano, Karate, Kendo, Judo, Aikido and Filipino martial arts weaponry, which are prerequisites to the Sistema Birada curriculum.

We want to make this clear to everyone that IPEAC is the only organization that promotes the Birada art of fighting which is my system. Sistema Birada is a distinct and advanced form of Filipino Martial arts with established principles and practical fighting methodology.

Thus in order to study the art of Birada one must be a direct member\* to or any organization, club or school member recognized and authorized by IPEAC. The practitioner should have completed the Birada prerequisite training course conducted by IPEAC or its authorized representatives.

As an example, Birada is under the IPEAC banner as are several styles like Hugh Doherty's "Combat Kali & Dumog" in Australia, Germany's by Arno Krolikowski and South Africa's by Rodney Bradley and this makes IPEAC unique as it has many styles not just one and our camps and tournaments are the better for it by the depth of participants.

**FMAdigest:** *What is the overall mission of the IPEAC?*

**Grand Pasantis Birador Solar:** The IPEAC mission statement focuses on the following:

- To produce world class professional martial artists guided by the principles and values of the organization.
- To provide quality martial arts learning, through continuous formation and development of instructors and students on training, seminars & workshops.
- To use martial arts as a tool to life preservation, good health and to serve and uplift the human community and above all service to the supreme, being.
- To inculcate and develop physical wellness, moral values and spiritual discipline.
- To promote brotherhood and nurture relationships through the martial arts regardless of race, creed, style or religion.
- To promote, preserve and enhance the Philippine cultural heritage through its martial art.

**FMA Digest:** *You have instructors noted on your website some are ranked in IPEAC and or Sistema Birada, what is the difference?*

**Grand Pasantis Birador Solar:** Instructors ranking in IPEAC are ranked according to IPEAC training courses such as Kombatan Arnis De Mano, Karate, Kendo, Judo, Aikido and Filipino martial arts weaponry. IPEAC only certified instructors are only allowed to conduct trainings on courses that specifically relate to their martial art certification.

For Birada ranked instructors, their status stipulates they had fully undertaken all Sistema Birada prerequisite trainings and are authorized by IPEAC to lead Birada training courses depending on their ranking.

A school can be recognized under IPEAC even if its syllabus is a blend of several FMA. It is also the body that recognizes the teaching of all 3 Presas (Remy, Ernesto, Roberto) brothers based on competency performances rather than awarded ranks.

**FMA Digest:** *How can one become a member of each or both in the way of ranking and teaching?*

**Grand Pasantis Birador Solar:** Persons can join one or both and by hosting seminars or attending training camps, others come to the Philippines and train personally.

Grand Pasantis Birador Rogelio Solar the FMA Digest wants to thank you for letting us and our readers know about you, and also some insight to Birada Eskrima and about the IPEAC Organization.



[www.sistemabirada.org](http://www.sistemabirada.org)

**Grand Pasantis Birador  
Rogelio 'Roger' Solar**

**Cell:** 63 (920) 602-0895

**Office:** (632) 740-9703

**Email**

**Germany**

**[www.arnis-birada.de.vu](http://www.arnis-birada.de.vu)**



**[www.ipeac.org](http://www.ipeac.org)**



## A Study of Locking Arts: Dumog Part #2

By: Jamen Zacharias

In A Study of Locking Arts last article, we discussed the locking arts and about their roots in the art of Chin Na. The art of Chin Na, is as a term, meaning to seize and hold. While in essence Chin Na transcends limitations of style and culture, it is historically birthed out of China. The art of Chin Na, at least in principle has been incorporated into most martial arts world wide. Gaining momentum in a similar fashion is the Philippine art of Dumog. Dumog, like Chin Na is an art form based in the locking and grappling arts, however has a uniquely enhanced aspect with its emphasis on shifting the weight of the recipient in a manner that potentially overwhelms them both physically and mentally. Interest in the locking arts for me personally, was initiated through my study of Dumog, and these 'principles of overwhelming'.



Jamen Zacharias performs joint and body manipulation technique upon assistant Robert Cachioni in order to nullify the use of wielded single rattan.

Within the Philippine islands, is a country filled with edged and impact weapons experts. Dumog, likely out of necessity, developed a unique functionality when applied against a weapon bearing opponent. This is because of its effectiveness in taking away the balance of the opponent, nullifying abilities to deliver effective strikes. Dumog, like Chin Na, also utilizes Joint Locking techniques. An important distinction however of Dumog, in my estimation, is the ability to shift the recipient's body weight in a manner allowing for an effortless follow up.

A common limitation of perception mentioned in our last article, is the emphasis upon achieving pain or injury when applying a joint lock. We discussed how the ideal would be to achieve results using less destructive force when possible. The application of joint locking is essentially made more effortless and indeed more

functional when it is assisted by an established momentum. Dumog, when performed properly, is an excellent prescription for establishing such momentum. The use of joint locking actually becomes more effective when employing principles inherent within the art of Dumog. This article, will briefly discuss principles inherent within the art of Dumog and how its principles complement the potential scope of the Locking Arts. As stated within our last article, the intended goal of study is the ideal of achieving harmony between the use of ethical and effortless force. All too often we strive to functionalize our abilities to effectively destroy our opponent yet neglect the real time and some times, perceptual shift required to implement and functionalize a non-destructive approach to the use of force.

### Placement Arts:

In order to shift the weight of a body, certain fundamentals are required. The first is proper placement. I call this component 'Placement Arts'. The Placement arts are quite

simply the components that do not involve empty hand strikes, external weapons or direct pressure upon the joints.

#### The Spectrum of Martial Arts:

Within the spectrum of martial arts, there are generally 4 areas of focus, these are:

- 1) The placement arts: such as Tai Chi Chuan, Sumo, Dumog etc.
- 2) The impact arts: such as Boxing and Kali etc.
- 3) The joint manipulation arts: such as Chin Na, Jiu Jit Su and Dumog etc.
- 4) The weapons based arts: such as Western Fencing, Kenjitsu and Kali etc.

#### The art of Dumog primarily involves:

Joint Manipulation Arts and Placement Arts



Jamen Zacharias performs a body and joint manipulation upon assistant Robert Cacchioni, whom is wielding a Dos Mono's weapon.

#### Root Categories of Pushing and Pulling:

1. To the Whole: when pushed or pulled, the 'whole' body is significantly affected.
2. To the Portion: when pushed or pulled, a 'portion' of the body is significantly affected.

**Whole:** A good example is when you push the centre of the chest. This causes the body as a whole to be moved at once. Therefore pushing to send or pushing for continuous pressure (as identified below) is common within this area.

**Portion:** A good example is when you push the inner shoulder. This causes the bodies position to shift, however does not always cause it to move as a whole. Only a portion of the body is significantly affected. Therefore, pushing for position may

occur in that area. (Also as identified below)

Each of these methods, whether sending, causing pressure etc., relies on proper body mechanics. The core of good body mechanics depends on the distribution of weight while maintaining what many call 'base'. Base is the foundation from which one establishes and maintains there stability by centering themselves according to the natural pull of gravity. Establishing good base can occur while in motion or in a stationary position.

#### Some Pushing Techniques:

Here are some methods from which Pushing can be explored upon the recipient's body. It is encouraged to explore the possibilities of pushing from every point on the recipient's body that the whole may be affected. This can be done by pushing there centre from the chest, the side of shoulders, rear of shoulders and back. Also try pushing using the limbs as extra leverage by grabbing the triceps and bicep simultaneously and pushing the shoulder up towards the recipient's ear lobe. Another suggestion is to establish what I call the circle of space. This means that a certain distance within close quarters is maintained. This is done without getting to close and ending up in a full grappling

situation where it is probable to be thrown or taken to the ground. The distance of the circle of space is roughly calculable by placing your arms out in front of you and turning your palms outward and touching the tips of your fingers.

- 1) Pushing palms inward.
- 2) Pushing palms outward.
- 3) Pushing with the forearms.
- 4) Pushing with the shoulders.
- 5) Pushing with the inner elbows.
- 6) Pushing with the fist, with grip.
- 7) Pushing with the fist, without grip.
- 8) Pushing with the finger tips.
- 9) Pushing with both or one limb.

Pushing can and does involve other means such as by using the hips or even the bottom of the feet.

The 9 listed above are relatively common means for pushing.



Jamen Zacharias performs a shoulder and neck push upon assistant Robert Cacchioni. The force of the push is generated from his centre and assisted through his neck.

### **Some Pulling Methods:**

Pulling the body can occur essentially anywhere that you can secure sufficient grip. This can occur by gripping:

1. A piece of clothing
2. portion of hair
3. The limbs (With or without the employment of extra leverage, finding leverage is suggested)
4. The back of the neck.

There are also several areas on the body from which a more subtle distinction in pushing and pulling occurs. Each of these areas, are distinguished by how the recipient will respond to the push or pull. It is appropriate to acquire knowledge of how any one of those distinctions can best be used.

### **Just a Thought:**

There are many ways in which Pushing and Pulling can be employed. Pushing and pulling occur most often instinctively and therefore the idea of pushing and pulling seems simple. In reality there is a deep science to it. The science of Dumog combined with the thoughtful mind of its practitioner encompasses the potential for high skill and refinement. Both the subtle and gross aspects of the sciences of pushing and pulling contain the potential to develop an intelligent skill. To master its potential requires a lot of practice and contemplation of every one of its variables. It is not just practice, but thoughtful practice that makes perfect.

### **Another Thought about Thought:**

As discussed briefly in our last article, penetrative and productive thought is the reason for the arts revealing and the only way that it can develop further. It is important

to realize the need to meditate on and consider every verity of the art relating to a dignified and skillful expression and experience. To contemplate the art in accordance to high ideals and precepts is a must in order to see it truly evolve and for ourselves to advance within it.

### **Some Distinctions:**

**Pushing/Pulling to Send:** This means that the purpose of the push or pull is to send the body a distance from where it was originally pushed or pulled.

**Pushing for Continuous Pressure:** This means the purpose of the Push is to bring about a consistent flow of continuous forward pressure; upon the recipient.

**Pushing/Pulling for Position:** This means the purpose of the push or pull is to adjust the position of the recipient's body.

**Pushing/Pulling for Shock:** This means the purpose of the push or pull is to elicit a sense of shock; in the form of a mental and physical disruptive jolt.

**Pushing/Pulling to Assist:** This means the purpose of the push or pull is to assist; with an already established line of movement or momentum.

**Pushing/Pulling to Chamber Resistance:** This means the purpose of the push or pull is to elicit resistance from the recipient in order to later release it.

In Dumog these aspects are also commonly done in conjunction with joint manipulation. This is distinguished from Chin Na in that Dumog often employs more pushing and pulling using the body and limbs, whilst Chin Na often employs more joint twisting.

The M.E. Formulas: (The 3 M's and the 3 E's)

Cause Movement	- Effortless
Cause Momentum	- Effective
Apply with Momentum	- Ethical

### **In Closing:**

Like Chin Na, Dumog is rare as an isolated art form, more commonly found in conjunction with other components including edged and impact weapons or empty hand striking arts. Dumog at higher levels has been compared to a functionalized version of Aikido, which means the Way of Harmony respectively. When practiced over time, with emphasis upon controlling and maintaining an ideal internal state, Dumog is an incredible system. It fits well into the repertoire of those that wish to acquire the skill of using force in an effective and less destructive manner, without compromise.



Jamen Zacharias performs a classic Dumog push of the shoulder towards the ear lobe, upon assistant Robert Cacchioni. This kind of push is generally performed quite effortlessly and can cause significant movement in even larger, heavier recipients.



*Jamen Zacharias is the Founding Senior Instructor of the All Things Institute and the Path of Rest. He is currently accepting clients for intensive private courses and workshops. You may be contacted by phone: (778) 216-0637 by Email: [pathofrest@gmail.com](mailto:pathofrest@gmail.com) and please visit: [www.pathofrest.com](http://www.pathofrest.com) for more information. Jamen Zacharias resides in Coquitlam, British Columbia, Canada.*

## **Kuntaw with Stick and Daga**

*Philippine Kuntaw uses a combination of a stick and dagger combined with sweeps to finish an opponent.*

By Antonio Graceffo



“In manila there is a lot of trouble on the streets. People learn street fighting as a kind of self defense. A few years ago underground fighting was still popular. They would meet in the cock fighting arena and bet money,” said Master Frank Aycocho. I told the Master I had heard that there were also fights with real knives. “*I believe that would not be advisable,*” he said, gravely.

Frank is a master of Philippine Kuntaw martial art and an expert at stick and knife fighting. “Kuntaw is really a hand and foot fighting art, he explained. “It doesn’t have its own form of stick fighting. We practice some stick and knife fighting, but it comes from Modern Arnis

and Kali. We practiced the old way, with one long stick and one short stick. We call the sticks, espada and daga. This system was based on Spanish fencing, because during the Spanish colonial time our language absorbed many Spanish words. The Spanish used a short knife and a sword, but we use a short knife and a stick. ”

“Philippine stick fighting is governed by the World Escrima, Kali, Arnis Federation. The head of the federation went to America and teaches our sports there. The Kuntaw Temple moved to North Carolina and became the Kuntaw Palace.”

Although all four martial arts use elements of stick, knife, hand and foot fighting, Kali generally refers to knife fighting, Escrima and Arnis to stick fighting and Kuntaw to hand and foot fighting.

Similar knife fighting arts are prevalent in other Muslim countries, such as Malaysia and Indonesia. In Indonesia and Malaysia, they train with the Kris, a special curved knife with a serpentine blade. But in the Philippines, they usually use the bolo, a large hacking knife like a machete.

The stick can be used for blocking, and the dagger for cutting. “Each time we block the strike, we slice with the dagger. Always slice the hand that is holding the knife,” said Master Frank.

As a rule, Master Frank prefers the method of using only one stick or knife. “With both hands full, you can’t grapple or disarm the way you would in single stick or single blade fighting. So the disarming technique here is the slice. You slice the hand that is

holding the weapon. Each time he strikes, you block and slice eventually the weapon will fall out of his hand involuntarily.”

“We don’t teach stabbing with the knife because it is too aggressive, too violent. We are not teaching violence. We are teaching self defense. Also, the Philippines is a Catholic country. People could be offended if we start talking about stabbing people.”

Since the art of Kuntaw, like all of the Filipino martial arts, originated from the Muslims, a lot of thought is put into not offending the Muslim sensibilities. For example, in competitions in Muslim countries, they normally don’t allow punches to the face. So, Kuntaw honors this religious sensitivity. Additionally, when the Kuntaw people tie their belt, they make sure there isn’t a cross showing in the knot or in the back.

The Muslims of Mindanao never surrendered to the Spanish. They are proud people, and although they show respect to their opponent before they fight, they don’t bow. Start in ready stance with one stick in each hand, step out to the left. That is the bow. Now step your right leg back and you are in the on guard position.

The stick is often referred to as a cane. “We have cane techniques called Cinco Tiros (five strikes) and tres manos (three hands) and the twelve strikes, and the abanico.

In the abanico, you strike the temple, and then do a quick twist, striking the other temple, and then a quick downward smash to the top of the head. This is done with blinding swiftness. The students practice this short combination thousands of times until the sound of the three strikes sounds like a triple tap on the trigger of an assault rifle.

Basic combinations have only three or five strikes, but advanced can build up to as many as twelve or more. The twelve strike works like this. Number one strike is to the side of the neck, and then the stick rotates around and hits the other side. This quick twist and strike to both temples is called the abanico. When the strikes are delivered to the temples, you must be in cat stance, with both knees bent and the front leg dragged in close to you. Next, strike the two sides of the floating ribs, followed by two strikes to the ligaments above the knee. The next strike is a thrust. Step forward and thrust to the center of the body, the solar plexus. Eighth and ninth strikes are above the elbow, ten and eleven temple from the other side. And number twelve is straight down on the head. But the top of the head strike is done with a huge powerful strike which goes all the way through like if you were cutting the man in half.

When using only one stick, you can grapple with your free hand. Master Frank showed me one technique where he blocked my strike with the stick pointing at the ground then insert the end of the stick into the crook of my arm and applied pressure. Using his stick for leverage on my arm, he forced my arm to hyperextend and my stick came right out of my hand.

The techniques work for both bladed and non-bladed weapons. If you opponent attacks you with a stick, you can block and grab his stick with your free hand. If he is using a bladed weapon you have to grab his hand. Master Frank stressed to always block with your stick first, then with the hand. Push the attacker’s hand or weapon down so it is





not pointing at you. Then counter strike and disarm. If you block with your stick pointing down at the ground, you can rotate your hand around, insert the end of your stick in the crook of his arm and use leverage to disarm him. In this case, the attacker's fingers become trapped between your stick and his stick. And he is forced to let go. When the attacker releases the weapon, you grab it. Now you have two sticks.



In Kuntao, anytime you disarm the opponent, your next move is a sweep. A powerful hook sweep to the back of the leg is used. Your sweep follows through with such force that you wind up in a stork stance, with your sweeping leg coming up in the air. Once your opponent is lying on the ground, deliver the finish, which means a two-stick double strike, with your full body weight on your opponent who is now passed out on the ground.

Follow the flow of the stream.” said Master Frank. “This way, you will not waste any energy or any time in your striking. When you block, without stopping, allow your stick to bounce off his stick and strike him. Next, allow the energy to carry through and spin the stick around your head and strike him a second time. This is a multiple strike. If he grabs your stick, you can push forward. Allow the force of his pulling action to pull the butt of your stick into his throat or face. When that happens he will probably release, in which case you can continue the momentum with a double strike. After delivering your strikes, step back into on guard position and be ready.”

“In the movies, people love to twirl and spin the sticks and do all of these movements, but it is too much. It looks nice, but it doesn't win the fight. The object in stick fighting should be to defend your self, and to finish the opponent quickly.” The master said you must always think, with every strike, what am I trying to achieve here? Which part of the body am I trying to destroy?

“In the tournaments, these guys are just hitting, hitting, hitting to get points. But they should be thinking about effective striking and ending the fight quickly.”

My first Kung Fu teacher, H. David Collins, once told me. “You don't need a lot of techniques. If you master one kick, one punch, one block, and one throw, no one could defeat you.”

Master Frank has a similar theory about winning stick fighting. His basic stick fighting strategy was consisted of only five movements: strike, block, disarm, sweep, and then deliver the finishing blow. When the Master was working in Saudi Arabia, he trained an American in this simple five step process. The American flew to Philippines to compete in the World Escrima competition.



Just using this very basic strategy, stressing fundamentals, the student won the world championship.

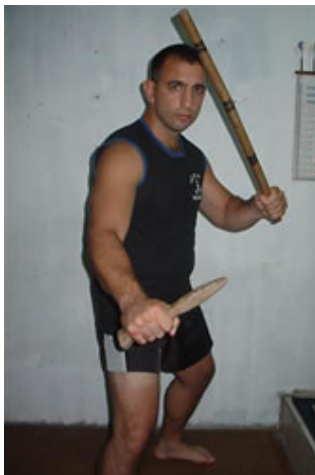
“We practiced Kali, weapons, against Kuntaw, open hand. When the opponent is armed with dagger and stick, and you are unarmed, you must wait until you see him flinch. He must flinch. In order to strike with either the stick or the knife he must first draw back, to get power. That is the moment you must attack.”

When the Master was working in the desert, he was attacked by a big man, wielding a knife. “He tried to stab me. I saw him pull back first. I would have gone in then, but because of the sandy earth, I was moving too slowly. I kicked his arm, just below the elbow and the knife flew away. Next, I grabbed one finger and threw him. It was an overhead hip throw, but instead of grabbing his arm, I was only holding one finger. Afterwards, I told him don’t ever try that on a small guy like me again or I will break all of your bones.”

“Do you still have that finger in a drawer somewhere?” I asked.

Not a one dimensional purist, the Master believes you must train in several martial arts before becoming a master of one. “I like training with the Katana sword. But I want a real one from Japan. I bought one which was made locally, used it on a tree once, and it shattered. The katana sword is good because it locks in the case, and you can use the scabbard as a weapon. Also the blade is like a mirror. One reason why the Japanese have a lot of techniques where they hold the blade up at eye level is because they are looking behind them. If you have one opponent in front and one behind, you should attack the one behind first because he is not expecting it.”

Winning a fight to the death is all about timing and technique. “You execute your strikes in between your opponent’s strikes. When he makes the motion that he is about to strike, you must get in. This is called anticipation of action by your opponent. This is the same for hand or stick. In stick fighting, he will retract first to get strength. That is the moment you have to get in and execute your disarming.”



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**



## **Hari Osias C. Banaag**

10th Degree Red Belt

President/Founder of Global Sikaran Federation

By Mitos Garcia

Long before the Spaniards discovered the Philippines, native Filipinos already had their own sport called "SIKARAN". Eventually, it developed into a Martial Art during the Spanish regime. Sikaran came from the root word "SIKAD" which means kick. Hence Sikaran which utilizes the legs 90% of the time, while the remaining 10% requires hand activity for grabbing, throwing, parrying and blocking. Sikaran, like any other form of Martial Arts can be practiced anywhere. The farm (where it started), forest clearings, the beach, anywhere. Basically, it is a kind of sport that develops the body, mind, self-control and confidence.

### **Rebirth of an Ancient Sport**

Filipinos, before the arrival of the Spaniards, had their own sports. Notable among these were buno (arm wrestling), sipa (played by kicking a small bag up and down) arnis (stick fighting) among others. The word Sikaran was derived from the word 'sikad', meaning kick. Sikaran originated from what are now known as Baras and Morong towns in the Rizal province. In Morong, the ancients called the sport Paninggara (accent on the last syllable), an old Tagalog term, which also means kick fighting.



Sikaran was first developed by farmers to pass away the twilight hours after a long, hard day in the fields, and to entertain their town mates. It eventually developed into a martial art during the Spaniard conquest, when it was later suppressed.

The players began by marking a round area a few feet in diameter, to contenders enter the ring and slug it out with their feet, while the audience, made up of young and old fun loving folk, encouraged them with cheers. Whoever ran away or was first to go down was the loser.

The champion was called a Hari, meaning king. Being Hari was by no means easy because he could always be challenged. A champion was expected to defend his title at all times. As the sport developed, the rules made it harder for the champion by setting handicaps while allowing his challengers all advantages possible.

Among the handicaps was one in which the Hari would stay inside the arena, 6' to 8' in diameter and could not go beyond the perimeter. He would have two to three opponents, however, could attack him from the inside or outside the line and enter or withdraw from the arena. Old timers assert that one had to be good to remain a Hari in this type of competition.

Another was done on a stairway. The challengers would be up on top of the stairs while the Hari would try to dislodge them. If he succeeded, he went up another notch. The number of challengers would eventually dwindle, however.

No one knows now who, in those ancient times, were the progenitors of this Filipino sport. It came during the time of rajahs and datus. When the Spaniards came, the sport had already been played for several generations. Techniques were handed down from father or mother, to son or daughter and refined new rules were made the impractical ones discarded.

The primary rules that have withstood the generations of change are the ones that gave the sport its name. Name - that only the feet are used in fighting and the hands used only for grabbing, throwing, parrying or blocking. Up to the present, fighting techniques are still being developed without changing rules by those who would keep sports as pure and original as possible within the modern international contest.

The two attacks of the foot fighting art are: the Pilatik (panghilo or paralyzing) and Patusok (pamatay or lethal thrust). The pilatik is aimed at less vital parts of the body, while the patusok is directed at the heart, neck, head, groin and spine. The major kick of the foot fighting art is called the "BIAKID" or sickle kick. Biakid is a kick where the center of the force is at the back of the heel. It is the most powerful kick, it could be delivered at all angles and is controlled by the largest muscles that run down the body, which are the hip, thigh and legs to the heel and the ball.

Sikaran may be played as a sport or used in self-defense. According to the old timers, sikaran champions themselves who learned its history from their elders; the 19th century saw the suppression of sikaran by the Spaniards due to rumors of an impending revolution. Sikaran then went underground, but it survived to produce the generation of proponents at the turn of the century.

**A Surviving Hari, Francisco Torres Y. Scorpion of Baras**, recounts that the American takeover of the country did even more harm to the sport because the introduction of boxing to the country's youth. Their own children looked to the new sport and left sikaran to stagnate and all but die a natural death. However, the old timers continued to play in the fields, reviving the interest among fellow-farmers in Rizal, even if the youth now disdained the sport in favor of boxing, and foreign inspired martial arts. The old Haris found themselves bereft heirs to whom they could bequeath the techniques of the sport.

Now 98 years old, Francisco E. Torres is one of the very few surviving Haris. Others are Emiliano Ballesteros and Demetrio Ramos, both from Baras, and Jose Gonzales from Morong. All the rest have passed away in the intervening years. Among the great sikaran players, Perfecto Ballesteros gained province-wide recognition as "Agila" for his style of padamba, or flying kick, which was reportedly delivered with tremendous power, at an extraordinary height of 10 feet. Another, Alfonso Tesoro, likewise an undisputed Hari, could crack coconuts with bare shins and is said to have acquired the hardness of steel. Casteneda was reported to have killed a carabao with a single biakid, the same way he used to dispose of opponents in the arena. He wound up without challengers eventually.



King Francisco E. Torres  
"Alyas Kapitan Rumagit"



Although these men died of old age, they had no chance to teach the next generation, and left no legacy. Indeed, surviving old timers watched helplessly while their favorite sport, a product of centuries, slowly faded away to give way to “modern” martial arts from Korea, Japan, China, Indonesia and Thailand.

Torres mentions women who played sikaran, contemporaries who were no less mean players than the men. Acquiring Hari status were Segunda Jimenez and Marcela Llagas, who would enter the arena with their skirts bound like G-strings above their knees. “They could deliver some very powerful and painful kicks. They took courage to get in there and face these women,” Torres muses.

### **The Making of a Hari or King**

Kingship is something that is bequeathed from one generation of royalty to the next. Holding on to the title of king, however, requires constant effort, some amount of wisdom and a high standard of values consistent with the prestige of such a lofty status.

The original Filipino martial art called Sikaran called its champions “kings” Hari, in Tagalog- - and not masters because they roved themselves to be the royalty in the practice of the sport. Men who had learned it from their elders acquired the title. Earning it through hard practice and by achieving the near impossible, which made them consistent champions in the sport.

However, being Hari in Sikaran does not stop with just being a champion in competitions. One also has to have a love for the sport, making it in his life’s ambition to spread as widely as possible its gospel of high ethical standards, nurturing it through hard times and good, teaching its techniques to as many as will learn them and keeping the rigid discipline that it always demands as a way of life.



Hari Osias C. Banaag

Such a man is Hari Osias C. Banaag, whose life revolves around Sikaran, pulling into its influence his wife, children, brothers and friends. Beyond the familiar circle are the students who compose the peripheries of the Sikaran brotherhood on a national scale, extending even to other countries.

The title of Hari was recently conferred upon Banaag, or Osi, as his close friends call him, for the invaluable work he has done not only to perfect his own practice, but also to evangelize the revival of this ancient Filipino sport, which, a few years ago, was all but forgotten.

The title was conferred upon Banaag by Francisco Torres y Escorpion of Baras, Rizal himself a Hari of the old tradition. Torres was a farmer in his youth, like his ancestors before him, and an avid practitioner of Sikaran, an inherited interest which enlived the late hours of day for the people of Baras and the adjoining town of Morong.

Torres, while conferring the title on Banaag, admonished him to continue being hardworking, dedicated and highly moral. He advised all Sikaran players to stick to a diet that is health and wholesome and avoid a degenerating lifestyle. The old man said, "I decided to make Banaag as my heir; because of the work he has done to keep Sikaran alive and progressive. I have noticed the dedication of this young man, and because none

of my own sons have followed in my footsteps, I now make Osias Banaag my heir as HARI, to whom I will bequeath everything I know about Sikaran," Torres stated.

Banaag was born in Baras, Rizal in 1959. As a youth, he used to watch the elders play in informal Sikaran bouts. However, his first lesson in martial arts was in karate. He is a religious person; Banaag early in life developed convictions, which gave him a high standard of moral values. He learned to master his bases instincts, adopting a lifestyle of meticulous self-discipline. As a karate-ka, he learned the ability to impart to his own students the virtue of true sportsmanship.

Banaag learned several trades, finishing courses in Biogas Technology, Bible Theology and as a master cutter in tailoring, which has served him good stead as a proponent of Sikaran. He took up course in Bachelor of Science in Education at the Tomas Claudio Memorial College.

On March 23, 1976, he went to work at the Foremost Farms in Pinugay, Baras, where he became a security foreman. His record as employee at foremost earned the respect not only of his fellow employees, but also of the management, earning him an award of integrity from the company. His work, however, did not stop Banaag from practicing his martial arts. He gave up karate and took up Sikaran, heart, mind and spirit, and exerted all efforts to promote it everywhere.

September 21, 1976, he established the Foremost Sikaran Arnis Brotherhood at the Foremost Farms, Milestone Farms and Peterson Farms, at the Barangay Pinugay, Baras, Rizal. Teaching anyone interested enough to undertake and learn the discipline that Banaag has consistently applied, not only to himself, but also to his students. "I used the Foremost not because I was working there, but because it means 'the very first' organization teaching solid Sikaran," Banaag stated.

Banaag's idea of discipline is simple, if rigid. "No matter how many promotions and degrees are conferred on a practitioner, if he or she is sloppy, or follows a lifestyle that parent would not wish their children to emulate such as: drunkenness, gambling, immorality, etc., or uses Sikaran to gain advantage of others, that practitioner is not worthy to eventually assume the status of Hari, or any rank whatsoever because he has made a mockery of something that has become as sacred as our history as Filipinos," Banaag stated.



**Sikaran Motto:** "Veering our young individuals from being lured into drugs and alcohol"

These are the values and standards that have been set by Banaag into the Constitution and By-laws of the Philippine Federation of Sikaran Brotherhood Inc. He also encourages his students to study the history of Sikaran, to imbed in their hearts a complete knowledge of their favorite sport.

In his researches on the history of Sikaran, Banaag has come across some facts, which contradict certain popularly known myths about people and events. He is now in



the process of correcting these misconceptions, broached by some for their own self-interest, through interviews and discussions with elders in Baras and Morong who have a better knowledge on the subject.

Garnering the title of HARI June 26, 1994, as the legacy of Francisco Torres to the Filipino youth, Banaag now has the authority to award rankings on his students and subordinates. An affidavit signed by Torres attest to the legacy.

With the final imprimatur on his status as the new Hari, Banaag has pledged to continue the old man's dream of seeing Sikaran replace foreign-inspired martial arts in the hearts of Filipinos. He also hopes that, in the near future, Sikaran will also become a national official sport participating in the Olympics and other competitions worldwide.



Hari Osias C. Banaag, 10th Degree Redbelt, President/Founder of Global Sikaran Federation, Owner/Proprietor Sikaran-Arnis Gym- Philippines, and several World Sports Conferences/Conventions, and ultimately, expand Sikaran globally. Delano and Bakersfield CA. are lucky to have Banaag establish a Sikaran-Arnis Academy right in the heart of the cities.



[www.globalsikaran.com](http://www.globalsikaran.com)

**Delano Academy**  
Sikaran Building  
1122 High Street  
Delano CA., 93215

**Bakersfield Academy**  
(located at the corner of Charity Ave.)  
2305 Fruitvale Ave Bay# 3  
Bakersfield CA., 93308

(661) 720-9175  
Fax # (661) 720 9230  
**Email**

## **Palo-Mano Todo Terreno Style Mexicano**

### **Rodriguez Kali-Eskrima-Arnis**

Translation by Guro Donald Muñiz



Punong Guro Jesus O. Rodriguez began to practice Filipino Martial Arts in 1990 by bringing to Mexico, Grandmaster Richard Bustillo whose seminars introduced Jeet Kune Do to all in Mexico. He observed that which was taught and was quite surprised which left him with a feeling this was what it was he had always been looking for and that is Kali-Eskrima-Arnis.

While others were only interested in Bruce Lee's JKD, Jesus was the only one interested in Filipino Kali-Eskrima-Arnis.

In Mexico City on the 22nd of April of 1990 Punong Guro Rodriguez received a Document on behalf of Dan Inosanto, Chuck Martinez and Richard Bustillo stating that he

was considered the Father of Filipino Martial Arts in Mexico.

On May 7th of 1990 Punong Guro Rodriguez received a letter from Grandmaster Richard Bustillo thanking him for the seminar and extending to him an invitation to go to International Martial Arts & Boxing Academy to learn Filipino martial arts in the United States.

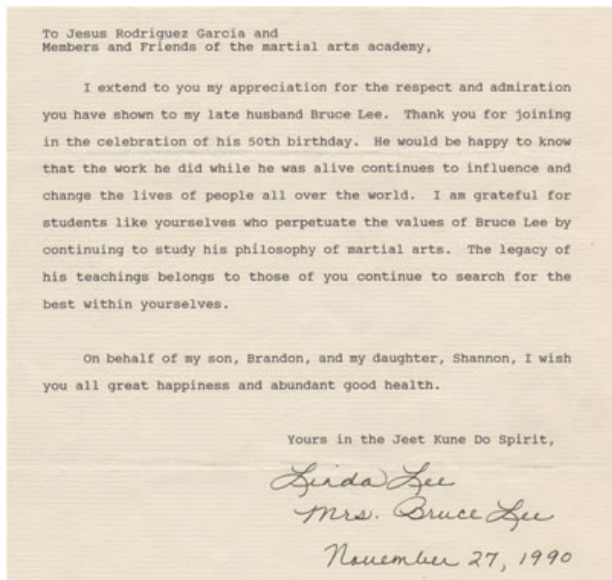
Rodriguez arrived in Torrance, California on the 3rd of August, 1990 to begin his training in the Filipino martial arts at the IMB Academy with WEKAF President at the time Grandmaster Richard Bustillo.

Rodriguez was the first Mexican to use the WEKAF Equipment. He got to practice combat techniques against, the American World Champion of the 1990 WEKAF Tournament held in Cebu, Philippines.

At the Celebration of Bruce Lee's 50th Birthday, Rodriguez received from Linda Lee's own hands a letter of recognition as the person to introduce JKD to Mexico. Along with this Letter of Recognition he received her approval and that of the Society of Jeet Kune Do to spread the art and to be the Father of the JKD in all Mexico.



Grandmaster Bustillo and  
Punong Guro Rodriguez



Punong Guro Jesus Rodriguez and Brandon Lee

After the successful 1st Seminar in Mexico City, seminars were scheduled for Grandmaster Bustillo in the cities of Guadalajara and Acapulco teaching the Filipino Martial Arts and JKD.

In those days Rodriguez was recognized as the Mexican Grand Champion of International Japanese Traditional Karate and one of the best Mexican exponents in the world of Mr. Ed Parker's Kenpo Karate.

The other Professors and Directors of Traditional Karate in Mexico said to Rodriguez that he was crazy to promote the Filipino martial arts and they ridicule and scorn him saying, "The art of playing with little sticks and the art of the chimpanzees of Asia." (Now in 2007, all those that had said that this art that all we do is entertain ourselves "playing like children with little sticks", all of them now want to study with Punong Guro Rodriguez. And he teaches them happily because it's always better "To add allies and to subtract enemies". Plus Punong Guro Rodriguez gets to teach how wonderful and effective the martial arts of the Philippines are.



Punong Guro Rodriguez giving a seminar at a Karate Academy in Mexico.

The first exhibition of Filipino Martial Arts in an official event organized by the Mexican Government was on the 14th of September, 1991 on the day of the "Niños Heroes". Punong Guro Rodriguez and his assistant marched with all contingents of Karate, Tae Kwon Do, Kung Fu, Lima Lama and all of the Governmental Federations. As we began to march past Jesus remembers perfectly the scene with total clarity.

They were walking on one of the main avenues of Mexico City and he remembers that he came up upon Professor Márquez Angel, President of the Karate



Association of Mexico and he said to Punong Guro Rodriguez, "Jesus you can only march by my side as the Champion of Traditional Karate and American Kempo that you are! That madness of yours, wanting to introduce and spread in Mexico your "game of little Filipino sticks." And that strange Bruce Lee thing, no, I am sorry but you cannot stand besides me. Go back to the end of the Parade. Besides, it's only the two of you. I come here with 80 people, Tae Kwon Do has 70, Lima Lama has 50 and Kung Fu has brought 80." One by one passed the martial arts practitioners and they took all the applause until it was our turn.

**They performed:**

Hubud-Lubud

Sikaran

Yaw-Yan

Sombrada

Dumog

Trapping

Disarms

And our exhibition was an absolute success.



Rodriguez Kali-Eskrima vs. Lima Lama

The others could not believe what was going on and it created some anger in them towards the Filipino martial arts.

After 3 years of Punong Guro Rodriguez life promoting Grandmaster Bustillo's IMB Academy, Punong Guro Rodriguez decided in 1993 to become Independent.

**International WRKEAF/PMTTSM**

"World Rodríguez Kali-Eskrima-Arnis Palo-Mano Todo Terreno Style Mexicano Federation/Filipino Martial Arts International"

Is a Federation and a Mexican Association, Founded to diffuse the Filipino martial arts all over the world, with Honesty, Clarity, and Tradition, taking as its flag Kali-Eskrima-Arnis Palo-Mano Todo Terreno Style Mexicano. Our mission is to teach the basics, attributes, qualities, and realities of the martial arts Philippines with an analytic real mind, progressing to the advancement of the times, and ideologies of its practitioners and propagators. Our mission is to diffuse the Filipino martial arts, through classes, seminars, courses, and tournaments', looking for the best warrior shows us who is the best human being with unity, loyalty, and fraternity among Federations, Associations, and Organizations of Martial Arts Philippines around the World.

Our general offices are in Mexico City, however we hope to have headquarters in each one of the beautiful countries throughout the world, which actively promulgates and supports the Filipino Martial Arts, with respect for us and for others with one of principal as a rule. "Let us not have Politics, better all make schools which become allies and a brotherhood."

**Punong Guro Jesús O. Rodriguez**  
MABUHAY



Rodríguez Kali-Eskrima-Arnis  
 Palo-Mano Todo Terreno Style Mexicano  
 Asuncion No. 308 Valle Dorado  
 Tlalnepantla de Baz, Mexico 54020  
 [559] 148-1673

**Email**  
**Website**

## Guro Limuel "Maning" Bonsa

Arnis Rapado

By Nel Malabonga



There are many styles of Filipino martial arts, running the gamut from spears and swords, all the way to grappling and empty hand techniques. The differences usually lie on the emphasis of techniques. These differences are usually apparent from region to region, but more often than not, styles can evolve among different instructors depending on their personal interpretation of the art, even among those who studied under the same master. This is not necessarily a bad thing because it shows that the art is adaptive and vibrant, but it can make identifying a style particularly confusing.

Right now, I'm going to focus on one particular style called *Arnis Rapado*, developed by Guro Limuel "Maning" Bonsa. Guro Bonsa was born in Albay in the Bicol region. He studied under several arnis masters in Bicol before moving to Manila in 1974, hence Arnis Rapado is heavily influenced by Bicol arnis. In fact,

*rapado* is a Bicolano word meaning "to hit." Aside from teaching, Guro Bonsa expanded his repertoire by studying other arnis styles under several grandmasters like Ernesto Presas (Kombatan / Modern Arnis), Jose Mena (Arnis Doble Raperon and Arka) and Antonio "Tatang" Ilustrisimo (Kali Ilustrisimo).

All in all, Guro Bonsa has more than 30 solid years of experience in the martial arts. These are experiences gained not only in the training hall, but in the street as well. In the provinces, it is not uncommon that when one is learned in arnis, one would receive challenges from gangs (either singly or as one whole group) or from other arnisadors.

Guro Bonsa did not limit himself to just arnis, but has also mastered Karate, Kung Fu and Tai Chi Chuan. All of his experiences were distilled into his expression of the art, called Arnis Rapado.



The late Jose Mena of Doble Raperon with Guro Maning Bonsa



Guro Limuel "Maning" Bonsa demonstrating with the late Tatang Ilustrisimo in the presence of then Senator Orly Mercado





Guro Bonsa with one of his Australian students at the National Police College

Arnis Rapado is more of traditional, as opposed to tournament arnis. Techniques are simple and direct to the point, emphasizing the quickest and most efficient way to defend oneself, because what may work in the tournament does not necessarily translate into the street. Like other styles, Arnis Rapado teaches students to use one or two

sticks for self defense. However, Arnis Rapado emphasizes ambidextrous familiarity with each technique, meaning a practitioner should be able to execute a particular technique either with the left or the right hand. Guro Bonsa says this is important because one never knows if one will need to use the "off hand" in a fight. It will also help to mentally prepare the student to face any opponent regardless of whether the opponent is left-handed or right-handed.

Like other styles of traditional arnis, Arnis Rapado also teaches blade work, such as single sword, sword and dagger, and single dagger techniques. Guro Bonsa is also one of the few masters that include balisong (butterfly knife) and knife throwing in his training methodology.

All in all, Arnis Rapado contributes to the wealth of Filipino martial arts available to us by preserving the original intent of the art while introducing innovations that train the student to handle different self-defense situations.



Action star Raymond Bagatsing training with Guro Bonsa



Guro Maning Bonsa and students with Grandmaster Roland Dantes

**Guro Limuel "Maning" Bonsa**

[0918] 442-0452

**Email**

**Official Website**

**Website**

**Master Michael Giron**  
Bahala Na  
” Original Giron Escrima Federation”

*Master Michael Giron, (President / Founder) of the “Bahala Na” Original Giron Escrima Federation was born the 2nd of 4 children on December 31, 1949 to the legendary Grand Master Emeritus Leovigildo Miguel Giron and Soledad Mapa. Although he is deeply rooted in Stockton, California He presently lives, with his wife, Athena (Tina) in Vallejo, California. Master Giron also has a daughter, Jamyka Giron who resides in the Bay Area.*



After graduating Edison Senior High School, Master Giron went to San Joaquin Delta College, (SJDC) and majored in electronics. Master Giron was loosing interest fast in college and wanted to do something else so he enlisted in the United States Air Force in November of 1969. After his 3.5 years of duty he returned home.

Being the son of a Grandmaster you would think that his Filipino martial arts training would have started at an early age. In his case this was not so. Many of the men after WWII (first generation Filipinos) wanted to forget the memories of war and just wanted to start a new life for themselves and their families. It was probably good thinking for that time, but it caused a lot of Escrimadors to go underground, to never be known and to never share their fighting skills. Master Giron did not know that his father was one of these bladed warriors until he was 19 and that was in 1968.

He was never pushed into learning the art by his father but others questioned why he never wanted to learn. Master Giron answer was “I wasn’t ready yet” because I knew I would have to fully commit to learning this art and I did not want to be a disappointment to my father.

Finally, his training started in 1975. It was not easy training under a Grandmaster who also is your father. Perfection was the only option. Master Giron attended the normal class downstairs and more often that none he did private training upstairs. A unique part of his training was that he saw history being made as he witnessed the first Filipino Martial Arts Academy in Stockton, Ca. Some of the first’s students were greats like Dan Inosanto, Richard Bustillo, Ted Lucaylucay, Dentoy Revillar, Rene Latosa and many more.

The instructors were Angel Cabales, Gilbert Tenio, Max Sarmiento, John Eliab and Leo Giron. After, learning the 20 styles within the Giron system and the private extensive training Master Giron passed all the testing and earned the right to be a Certified Graduate of Bahala Na Giron Arnis Escrima in 1980. A year and a half later he received his Instructor’s Certificate. Master Giron was proud to participate in the first full contact Escrima tournament on the west coast and possibly in the USA. This tournament took place in San Jose, Ca. in 1982 and was sponsored by the organization called the West Coast Eskrima Society which united several Filipino Masters. The Masters were

Mike Inay, Jimmy Tacosa, Max Sarmiento, Gilbert Tenio, Narrie Babao, Dan Inosanto, Richard Bustillo and Leo Giron.

Master Giron continued his training and later pursued a career as a professional musician. After that was over he was back again training. Then, his father passed on May 21st 2002. What was different was now the fighting system that he had learned in the 80's had slowly evolved into what is called a modified version. He did not see the reason for change and the fighting system that was learned from his father in the early years stood alone and was battleground proven. It was causing more harm than good to the students and the organization that his father had created so; he did one of the hardest things in his life. He resigned from the Bahala Martial Arts Association, relinquished his title as Grand Advisor and his lifetime membership to the organization.

He then, created the "Bahala Na" Original Giron Escrima Federation and is presently co-director of (ESKCOA), the Eskrima Coalition of Stockton, Ca. and a member of Jujitsu of America in San Bruno, Ca. On June of 2007 at a Filipino martial arts seminar he was recognized as a Master, Black Belt Lakan Lima 5th Dan by Grandmaster Robert Castro and Grandmaster Lito Concepcion.

By creating "Bahala Na" Original Giron Escrima Federation it allows Master Giron to maintain the purity of the art that he had learned, and continue to maintain the legacy of his father and this great gift that was given him. By doing this Master Giron will have fulfilled his personal mission as the son of a legend and in doing this it allows him to do his small part in promoting the Filipino martial arts.



**Website**

## Kali Majapahit

Kali Majapahit was founded by Guro Fred Evrard and is a synthesis of several Filipino martial arts, and some other fighting arts from the ancient Majapahit area in Southeast Asia. Guro Evrard has more than 30 years of experience in the field of martial arts (FMA, JKD, Muay Thai, Silat, etc.), and different healing systems such as Hilot, TCM, Osteopathy, Dietetic, Thai massage, etc.)



Guro Fred Evrard and Madunong Guro Hiu Lila

The martial arts styles that have influenced the Kali Majapahit curriculum are:

- Kali Sikaran (Punong Guro Jeff Espinous)
- Inayan Eskrima (Suro Mike Inay)
- Panantukan
- Kali / JKD (Inosanto Kali)
- Muay Thai
- Seni Silat Titipinang
- Pencak Silat Tapac Suci
- Silat Kuntao
- Hakka Kuntao



Kadena de Mano, Gunting principal

Guro Evrard doesn't look at his Kali Majapahit as another "style" of Kali, but rather as a "system"; a way of organizing and teaching the Filipino martial arts.

The word Kali is believed to be deriving from the Malay sword Keris (Kris), which became Karis or Kalis in the Philippines. Another theory is that it Kali is a contraction of the Filipino words Kamut Lihok, which mean movements of the body. This Filipino fighting art is the result of the marriage between local warfare experiences and the arriving of the Malays and their Pencak Silat styles, but Kali has also been influenced by Chinese (Hakka) Kuntao and Muay Boran (ancestor of Thai boxing).



Silat Sarong, or fighting with the Sarong

Majapahit was the name of a great Javanese Empire between the 13th and the 16th century. The Majapahit Empire eclipsed the Srivijayan Empire, and spread throughout Southeast Asia and into the Philippines. Those were the golden days of the Malay culture. At its height, the Majapahit Empire included areas that are today Indonesia, Malaysia, Southern Thailand, Cambodia, Brunei and the Philippines. Deeply influenced by a Hindu-Buddhist culture, the Majapahits brought their styles of Pencak Silat



to the Philippines where they settled most heavily in the South (Mindanao and Sulu). This is when the Bugis warriors of Sulawesi have introduced the Keris sword (Kris) to the Philippines. It is believed that the islands of Mindanao and Sulu were the birthplaces of Kali during the Majapahit Empire.

As for most Filipino martial arts, the training concepts of Kali Majapahit are multiple but simple. They are based on several sub-systems:

- Sinawali (Double stick)
- Solo baston (Single stick)
- Daga (Knife defense)
- Kadena de Mano (closed range empty hand)
- Panantukan (Filipino boxing)
- Sikaran (Filipino kickboxing)
- Dumog (Filipino wrestling)
- Largo Mano (long range or long sword)
- Espada y Daga (sword and knife)
- Sibat / Bangkow (spear or long staff)
- Trangkada (joint locks and pressure points)
- Silat Kuntao and Seni Sarong (influenced by the Indonesian Pencak Silat)



In Kali Majapahit, these concepts are woven together into a complete and very effective system. Any improvement in one aspect of the art will accelerate progression in the others.



Serrada with life blade Barong

the diagnosis and treatment of physical, emotional and energetic problems. Hilot is one of the oldest and the most secret Art in the Philippines. Traditionally, it was either inherited, passed from one generation to the next, or learn in secret from master to disciple in the medical or martial arts community.

Panlohob na Lakas is a Filipino term meaning Energy work. The Chinese equivalence, which may be better known, is Qi Gong. Both systems are very similar, using breathing, visualization, meditation, etc.

What makes Kali Majapahit so special is not only the use for advanced students of real (sometime antics) Filipino weapons like Kampilan, Bolo, Kris, Barong, knife, etc., but also the fact that the energy and healing work are included in the system.

Hilot is a Filipino word meaning “massage therapy” or “Healer”; it is the ancient Filipino art of natural healing which employs Massage, Chiropractic / Osteopathy manipulation, Dietetic, and Energy Healing for



Punong Guro Jeff Espinous, Guro Bordier, Guro Bob Breen,  
Guro Fred Evrard and Mangisursuro Mike Inay - 1996

Ni Tien Martial Arts Schools are the schools where Kali Majapahit is taught. They are associated with the IKAEF (International Kali Arnis Eskrima Federation).

The goal of the IKAEF is to promote and share the Filipino Martial Arts around the World on the highest available level. The IKAEF can offer well-structured and proofed educational programs for everybody who would like to get knowledge in Filipino Martial Arts.



Solo Baston and Knife Disarm

### **History of the IKAEF:**

In March 1993, during the European Stickfighting Championship in London, the European Kali Arnis Eskrima Federation (EKAEF) was founded. The seven represented nations were England, France, Italy, Germany, Sweden, Denmark and Finland. The Headquarters elected Bobby Breen / England and Jeff Espinous / France as President and Vice-President, respectively.

In June 1995 the second European Stickfighting Championship was held in Paris. A new Headquarters elected Jeff Espinous / France as President and Johan Skalberg / Sweden as Vice President. In May 1997, the Headquarters elected Johan Skalberg / Sweden as President and Anders Randin / Sweden as Vice-President.

The EKAEF grew and spread the Art of Kali Arnis Eskrima across the borders of Europe. In the USA, Canada, Morocco and French Polynesia it became necessary to create an International Headquarter.



In November 2000 the IKAEF (International Kali Arnis Eskrima Federation) was founded.

The Headquarters is located in Göteborg / Sweden. The President is Johan Skalberg / Sweden and the International Technical Director of the IKAEF is Jeff Espinous / France.



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[www.ikaef.com](http://www.ikaef.com)

### **Kali Majapahit (Ni Tien Schools)**

**Guro Fred Evrard**

14 Yan Kit road  
Singapore, 088266.  
(65) 9030-0844

Email - [contact@nitien.com](mailto:contact@nitien.com)

### **IKAEF**

**Punong Guro Johan Skalberg**

Viktoriagatan 19  
41125 Göteborg / Sweden  
(46-31) 335-8924  
(46-70) 995-0456

Email - [johan.skalberg@ikaef.com](mailto:johan.skalberg@ikaef.com)

**Punong Guro Jeff Espinous**

(490-179) 399-4016  
Email - [jeff.espinous@ikaef.com](mailto:jeff.espinous@ikaef.com)

## **Spreading Arnis in Saudi Arabia and Jordan**

Master Godofredo Fajardo

At the age of 5 years old, Godofredo started his training with his grandfather Liberato "Papa-Atoy" Fajardo. His grandfather known throughout the province as a healer took his grandson and commenced him in his training as an Eskrimador. Learning the distance (Malayuan) technique of Palo Palo, this was handed down since before the Spanish occupied the Philippines.

As the years passed Godofredo entered E. Rodriguz Vocational High School, where he met and started training with an arnis instructor by the name of (Guro Willie Annang). As he watched (Guro Annang) he realized the similarity to the style he had learned from his grandfather, and asked what style of arnis this was? He was told that this style was Modern Arnis; he joined the high school club, which was called Modern Arnis



Center of the Philippines. He also found out after studying with (Guro Annang) that the Guro was one of the first top students of Grandmaster Remy Presas.

Continuously training and gaining knowledge of arnis, he was noticed and was chosen with his immediate group to be the cultural side of Modern Arnis, to demonstrate and promulgate the art. In so (doing) he and his group traveled to the Island of Batanes, Cebu, and the hotels throughout Manila demonstrating the art.

### **Master Fajardo leaves for Saudi Arabia**



Master Fajardo in 2001 went to Saudi Arabia to teach physical fitness, and he was located 50km from the center of Riyadh, at the center of Riyadh he found the Power House Gym and taught on Fridays to further promote the art of arnis. Upon arriving in Saudi Arabia the people questioned this style of fighting. However once the basic philosophies and theories of Arnis were explained they were amazed at the grace and speed that could be obtained in the techniques executed.

After 2 years his contract with the company was up, but another company the Saudi Business Industrious Corporation (SABIC) sponsored Master Fajardo for another two years, making a total of four years that he was able to continuously

teach and spread the art of arnis.

While teaching at the Power House Gym Master Fajardo had several students that became dedicated to the art, but one student who was Guro Wail Irshaid a Jordanian. Upon Master Fajardo leaving Saudi Arabia, he told Guro Wail Irshaid to return to Jordan and to teach the art of arnis in his country.

So it was in 2005 when Guro Irshaid returned to Jordan that he commenced to promote the art of arnis. After a short time the Jordanian Arnis Committee was formed and headed by Dr. Basel Shair, which would come under the Jordanian Kickboxing Federation, which Mr. Solaiman Kablan is the President, “the Jordanian Kickboxing Federation is recognized by the Jordanian Olympic Committee.”



Guro Manny Maer Sr., Master Fajardo and Guro Wail Irshaid at Power gym, Kingdom Saudi Arabia



Master Fajardo overlooking city of Jordan

In 2007 Master Godofredo Fajardo visited Jordan for 3 months to promulgate and promote the IMAFP (International Modern Arnis Federation Philippines) and the FFAI (Filipino Fighting Arts International). Upon Master Fajardo arrival he found that Guro Irshaid had approximately promoted 20 students to Junior Black Belt. It had been 2005

since Master Fajardo had seen Guro Irshaid, so training commenced to refresh and update Guro Irshaid and his junior Black Belts.



Seminar of Wail Irshaid, sports city Jordan

At the end of three months, Master Fajardo, with a confident feeling that Guro Irshaid and his junior instructors had been updated in all requirements, Master Fajardo returned to the Philippines to continue to support and promote the IMAFP and the FFAI.

**Master Godofredo F. Fajardo**

**Email**

**Email**

**Senior Guro Wail Irshaid**

Jordan National Base KSA

(9665) 028-63356

**Email**

**Senior Guro Noel Dayawon**

Filipino National Base, KSA

(96654) 129-9864



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# Understanding Imua Tamaraw Escrima Kuntao

By Joel Morales

I was asked yesterday, "What is the belt system and how do I go up in rank"? There are 6 levels in my system of Imua Tamaraw Escrima Kuntao. The first level will take well over 1-1/2 years of learning and practicing to fully understand the aspects of the 9 Gates System. With diligent and constant practice, the system will teach the student.

**Example One:** A beginner student learns the basic kicks, front, side, roundhouse, and back/rear kick, then teacher challenges the student to come up with several two kick combinations, then three kick combos. If the student comes up with front kick-roundhouse-back kick while advancing using each leg and has not been taught the spinning back kick, then he gets the idea from the combination work and improves with practice under the eye of the teacher/guide. This is one of the teaching principles of the Imua Tamaraw.

**Example Two:** Teacher shows beginner student the 9 gates striking pattern, it is the students' first lesson. After explaining all angles of attack, while standing (showing to pivot and use hips) and some practice time, the teacher then tells the student the same pattern is not only in front of you, but at your sides, behind you and over head, and last but not least you are standing on it, further explaining the attacker is at angle number 7 (the top of the 9 gates pattern), and the student/defender is at number 9 on the pattern (center of the pattern).



The student then learns one direction at a time what he can do to counter from that particular number on the pattern, in this case number one (top righthand-45 degree angle (first 4 numbers form an X, 5-8 form a +, and 9 is the center). Attacker advances with a number one strike (since it is the attackers #1 strike, it will be coming toward the defender at the #2 angle), defender steps to his #1 with his right foot and executes and #1 strike to attackers weapon arm/hand/head. The student further learns the targets on the attackers body and begins learning the range/distance/timing for that #1 position of the footwork pattern of the 9 Gates System.

Teacher explains to the student that striking can be blocking, using the idea of mirror imagining, using strikes 1 and 2 with partners, they learn and practice the downward figure 8, then the next lesson would be upward figure 8, the lessons after that would be to use the first 4 directions of the 9 gates footwork with these striking drills.



These beginning drills both solo and with partners are also done while advancing (floor work) as well as the directions of the footwork pattern. When considering the 9 directions of the footwork pattern, you might begin to understand how to progress and advance in knowledge of the 9 Gates System, and I haven't even mentioned the blocking pattern of the system, or empty hands, or double sticks, takedowns and follow-ups, control techniques or other weapons.

So you can see that advancing in rank takes time and every 6 months I will give students a certificate with how many hours of class/training time he/she has, and if the student stays and fully learns, I will award the appropriate rank/title the students deserve when the time comes.

If classes were held every day for three hours a day, five days a week and once in awhile on Saturday and the student came to all classes without fail, they would most certainly reach and attain Black Belt status.

The name of this martial art is "Imua Tamaraw Escrima Kuntao". This was taught to me by Lino Rodriguez, of Merced, California, I learned from him in the mid 70's during "A" school while in the US Navy. His teacher was Sijo Abrecsy, who learned Escrima from his Uncle and was also with Tai Sifu Otto VanDeergoen of the Imua Shang Tang Kuntao. In a sense we are sort of related to that system, of which I really do not know how they teach that system, but it is well run under Master Armando Soto.

Imua as it is understood, is Polynesian/Hawaiian, and means advancing, aggressive, and or progressive, Tamaraw is a very, very endangered species of wild water buffalo found only on a remote island in the Philippines. This particular animal is said to be an aggressive beast that doesn't back down when threatened, and it is to this attribute that the style was named for.

Though I have through my martial arts journey several Black Belts in different systems including Hapkido, Kenpo, Tang Soo Do, And Taekwondo (I won't mention Ninjutsu), I teach the style with no other Filipino martial arts influences (I have been to several seminars of PTK, and Doce Pares).



The closest that resembles this style is the Bahad ZuBu that my good friend Mike Blackgrave teaches under Master Yuli Romo.

The other weapons that I teach in Imua Tamaraw are, sai, tonfa, staff, spear, kwan dao, and the three section staff (both little and large). I teach of course using again the 9 Gates System, and not with outside influence like some other styles' forms or katas, only the particulars of the weapon, its specific uses, techniques according to the "concepts" of the 9 Gates.

In the past I have worked with other Instructors who wanted to learn "sticks", I



enjoy teaching advanced martial artist in a whole different environment, at my home for an afternoon or evening while cooking outdoors in a friendly family type setting, or on a road trip to the beach (only 3 hours away). Imua Tamaraw at advanced stages is to be practice and taught in the manner just mentioned, in a family gathering way.

Imua Tamaraw Escrima is a complete style that fits into any style of empty hand martial art and can help others understand their own martial art. The basis of Imua Tamaraw can be the same for all one step techniques, Kenpo techniques and even Hapkido techniques (but that is for maybe another article).

**Imua Tamaraw Escrima Kuntao**

Guro Joel Morales

2324 Gailad Rd.

San Antonio, Texas 78223

(210) 317-9463

**Email**



**[imuakuntao.multiply.com](http://imuakuntao.multiply.com)**



This is what I anticipate will become the first of a series of articles for the FMA Digest. These are basically opinion pieces, snapshots that reflect what is currently on my mind concerning FMA. I don't consider my opinions exceptional; I'm simply someone who likes to write and is fortunate to have found a niche to express a point of view. Who I am reflects my experiences, so a bit of personal background is probably in order.

My father was editor and publisher at a couple of daily metropolitan newspapers, hence my early indoctrination in the value of the written word. His position afforded him opportunities to meet and befriend people like Dwight Eisenhower and Carlos Romulos.

*(For those unfamiliar with Carlos Romulos, he was a genuine Filipino hero, a Pulitzer Prize winning journalist who rose to general in WWII as a chief member of MacArthur's staff, and who later became president of the UN general assembly and then Philippine ambassador to the U.S.)*

My father's work resulted in our family spending a couple of months in Asia in 1966 when I was 11, including time in the Philippines. There I got to watch groups practicing arnis in Rizal Park in Manila, my introduction to these arts, and I still have the bolo and knife my father and I bought at Pangasinan Falls, my first espada y daga set.

This experience undoubtedly influenced later directions in my life. I earned a BA from UC Berkeley in History, focusing on 20th century Asia and more recently an MA from JFK University in Holistic Health Education, a multidisciplinary program in mind/body integration. I've since been certified as a hypnotherapist, drawing on both modern disciplines like NLP and more ancient ones such as Huna. These are all tools I bring to my study of martial arts, and so the subjects I cover may range from training to current events to stories about the arts.

If I have anything to offer, it's a relatively long view of the FMA from the perspective of a non-Filipino, being a fairly early participant in the growth these arts have experienced here in the West. I was a charter member of WEKAF at the first tournament in Cebu in 1989, competing there and in Manila, and I sat in on the early developmental meetings for the USFMAF. Over the years I've written a lot about FMA topics on various online forums and digests and for some early publications such as the Eskrima Review. For over a decade I've maintained a website for my unique training sticks, and for the past three years I've kept a blog.

In 1989 I became the first person to successfully develop and market high-impact training sticks from modern synthetics, mostly because good rattan was hard to find and easy to split, and in 1998 I was inducted into the U.S. Filipino Martial Arts Hall of Fame

in recognition of this contribution to the art. More recently I've begun shaping sparring-grade blades from the same materials, based on traditional sandata for FMA training.

The essence of the art is in the training, and there I have an Advanced Diploma from Grandmaster Angel Cabales, from whom I trained privately, and I'm a member of Tom Meadows' Latigo y Daga Association. There are lots of other folks with whom I've trained who may get mentioned here as well. I also have black belts in Kenpo, and some passing acquaintance in a few other arts. Such breadth of experience is not atypical in FMA. This is an art that draws in practitioners from other systems.

So how is it I've named this column after a Filipino food? Well, for starters, dinuguan is a favorite of mine, and just like the practice of the art, there are layers of complexity in a single simple dish. The first image that came to mind for naming the column was "stew" (and for this I blame publisher Steven Dowd, who pitched this column to me before lunch when my mind was on that thought).

When I looked up "stew" in some online translators, however, I found a lot of unfamiliar words either describing regional dishes or regional names for dishes. That immediately told me any choice would be limited. That's when I thought of dinuguan. Regardless of regional or ethnic background, it seems a word that is familiar to most Filipinos, so just as flavors blend together, there is a touch of unity in there.

For those who are unfamiliar with it, dinuguan is a stew made with pork. It is sometimes called "chocolate stew" because it also uses the animal's blood, creating a thick, dark brown sauce. Some people won't touch it because of the blood, forgetting such Western delicacies as German blood sausages, Russian steak tartar or English blood pudding, to say nothing of rare or medium hamburger or steak. Another notable ingredient in dinuguan is whole hot pepper, adding heat to the thick rich broth. These qualities mirror my impressions of the FMA; flavorful and complex with just a few key ingredients and isn't hot and bloody a perfect metaphor for the martial arts at its most real.

Dinuguan has another FMA connection for me because I associate it with Angel Cabales and my private training with him in Stockton. We would frequently go out to lunch, either before working out or as a break between sessions. He often took me to Filipino restaurants, particularly those with buffets. Here he would visit with old associates and show off a student from out of town, while I'd get to try various Filipino dishes and answer questions about my marital status. While I may have had dinuguan before these experiences, it is certainly where I have my first fond memories of it.

Of course, Angel's motivations weren't completely altruistic in going to these restaurants. The food was so good, I'd always enjoy myself thoroughly, and Angel would encourage me to eat well. He himself would rarely eat, though, or only in very moderate amounts. The net result of this would be that I would get full and sluggish before training while Angel felt light and energetic. Eventually I learned to eat less, staying a bit hungry and wanting more. Perhaps that too has is a metaphor for my longevity in the arts.

Finally, there is the oddity factor of someone from outside a culture partaking of it in relatively obscure ways. I recall one of the first meetings of the original board of directors for any WEKAF division in the U.S. back in 1989 at Rusty Palapo's house in Dixon, where I was "challenged" to eat balut. I don't know if everyone else there ate some, but it was a dare that wasn't to be turned down. Frankly, it bored me, and I'd had it before, but then I don't care much for hard-boiled eggs any way.



Dinuguan, on the other hand, elicits a very different response because ordering it always seems to catch folk by surprise. “You eat dinuguan?!” is an expression I’ve heard dozens of times, often from the same people at the same restaurants, week after week. They are somehow astounded that someone, an outsider to be exact, would know of such a dish let alone request it!

Practicing Escrima sometimes feels like that too. It’s not something widely known to the general public, and even within Filipino culture FMA can seem somewhat obscure. There are two responses I typically get when mentioning my involvement, either a blank stare lacking comprehension or a look of guarded surprise. The bottom line for all these activities therefore doesn’t come from outward recognition but from the joy of participation and the sense of freedom in movement.

These days I teach a few students to keep active, still learning as much from them as they do from me. It’s the simple things that attract me. As one of my teachers counseled me years ago, there are no advanced techniques in martial arts, just basics done better. Like good stew that takes time for the flavors to come together, I’ve seen great teachers do more with less as they get older, so I hope to keep marinating in the art and turning up the heat.



[www.stickman-escrima.com](http://www.stickman-escrima.com)

## ***FMA Past Events***

### **Edmonton Arnis and Taekwondo Seminar**

Master Rogelio Paclibar

February 16, 2008

Kodiak Taekwondo hosted this years first seminar of Master Rogelio Paclibar's family Arnis style, Paclibar Bicol Arnis. It was a rare opportunity for seasoned martial artists and beginners a like here in Edmonton, Alberta.

Participants started off doing warm-ups, including exercises using the arnis stick. The Master demonstrated his styles basic strike and angles of attack.

It quickly progressed to stick drills, which included Palitan, Sumbradas and Sinawali. After a brief lunch the participants were taught various techniques such as locks, disarm, choke's and throws all incorporating the stick.



Master Paclibar disarms his son Roger Paclibar



Master Paclibar and Kuya Don



The Master Demonstrates an arm lock on Phil



Sibat Demo by Master Paclibar

Master Paclibar also demonstrated counter attack techniques ("keys against an attack" as the Master would say) for each attack he demonstrated.

Unfortunately the day was not long enough to cover knife techniques but the participants were treated to a 'Sibat' (long staff) demonstration by Master Paclibar and one of his senior students Kuya Don. All and all it was an excellent seminar and a great introduction to Paclibar Bicol Arnis to the participants.



**Master Rogelio Paclibar**  
Edmonton, Alberta, Canada  
(780) 908-6749  
**Email**

## **A Personal Experience**

### **Doce Pares 1st Hall of Fame 3 day International Training Seminar**

March 7- 9, 2008

Cebu, Philippines

By Nicole Miller

On Sunday, March 2nd just before midnight, a group of us met at LAX Bradley International Terminal. Bruce Shinagawa and Clay Pritchard from the IMB Academy, Angel Postigo from Mexico City, Narrison Babao from San Diego and I met at the Cathay Pacific Airlines gate for the first leg of our trip to the Philippines. Nester Feria of the IMB Academy, Jun Cautiverio from Northern California, Anthony Kleeman, and the rest of the US delegates were on different flights and due to arrive at different times.

The first leg of trip was a 15 hour flight to Hong Kong that departed from LAX at 12:20 AM on Monday, March 3rd, and arrived in Hong Kong at 7:45 AM on Tuesday, March 4th. We had about an hour and 30 minutes before boarding our 2 hour and 40 minute connecting flight to Cebu, Philippines.

"Most Don't Plan to Fail - They Fail to Plan". Being cooped-up for 18 hours can be frustrating, uncomfortable and irritating if one does not plan accordingly. Being a "Know It All Black Belt Traveler," I was dressed in my comfortable jogging apparel. I had my American Rider motorcycle magazine, the most recent Black Belt and Inside Gung Fu issues, my new Dodge Sierra pick up truck instruction manual, my iPod with Hawaiian/Latin Jazz/Elvis music, and my laptop to keep me occupied when I wasn't sleeping. And I slept alot! On long flights, I always request the exit aisle unless I'm in the business or first class section. Having Bruce and Clay with me in the emergency aisle section was fun. We passed peanuts, beef and turkey jerky, and magazines between us. Time sure flies when you plan for a long flight.

We landed in Cebu at 11:45 AM on Tuesday morning. Angel Postigo and Narrison Babao had made separate hotel accommodations and parted from us. Dennis Canete was there to meet us. He took us to the Marriott Hotel, a five star hotel where a security check was conducted even before we entered the hotel grounds. We had to stop at the front gate of the hotel for a bomb dog to sniff us and the van for explosives and contraband. The security agent walked around the car with a mirrored pole to check the under side of the van. We were given an okay sign and the security gate was lifted for us to continue to the hotel. At the front door our bags were checked again. We were also checked again with a security wand. After being cleared through these necessary check points, we went straight to our rooms for a shower.





We later met at the lobby bar and waited for Dennis to take us to the Doce Pares Club. We offered Dennis the cab fare but he refused our dollars. We later found out that we could take a 10 - 15 minute taxi to and from the Doce Pares Club for less than \$1.50 or 60 pesos. Since the dollar exchange was 40 pesos, we always gave the cab driver a hundred pesos. It was easier giving a 100 peso bill instead of making changes. A \$2.00 cab ride for 3 or 4 people is well worth it and can't be beat. I've been to the Club before, but Bruce and Clay were impressed by the original Doce Pares Club. We were to train all day and evening on Wednesday and Thursday. Great Grandmaster Cacoy and his senior instructors, John-John Mac and Chuck Canete, did most of the teaching. On Wednesday we had a news conference where 4 newspaper reporters and the local TV station interviewed the "Cacoy Doce Pares panel." The panel consists of Great Grandmaster Cacoy Canete, Chuck Canete and John Mac of Cebu, Craig Hayward/Australia, Angel



Great Grandmaster dancing with Nicole and Megan



Great Grandmaster Canete, Mayor Tommy Osmena and Grandmaster Bustillo



Postigo/Mexico City, Andrea Wheatly/Australia, Uwe Claussen/Germany, and myself representing the USA. After the news conference we were treated to a delicious Lechon (roast pig) and other traditional local food and desserts. Exhibitions and interviews continued throughout the night.

Thursday morning, Rudofu Alvarez of Acapulco, Mexico finally arrived in Cebu at 5:00 AM. His flight took him (count the number of cities!) from Acapulco to Mexico City to Calgary, Canada to Hong Kong to Manila and then to Cebu. He told me that the long journey was worth it because one of his martial arts goals was to visit Cebu, Philippines and see the original Doce Pares Club and Grandmaster Cacoy. I'm happy that Professor Alvarez arrived on this day because

we were all taken on a bus Tour of the city and Mactan Island where Datu Lapulapu battled with explorer Ferdinand Magellan. Angel Postigo and Rudolfo Alvarez continually mentioned that Cebu is much like Mexico. I also continually mentioned to them that their favorite drink, Horchata, and favorite desert, Flan, originated in Cebu. We took many pictures of the Cathedrals, monuments, ancient forts, scenery and the statue of Lapulapu. The tour was educational and the welcoming party that evening was awesome. My favorite Lechon was served again. My new friend, the chef, made sure I had a big piece of the crispy lechon skin.



Stained Glass at Basilica de Santo Nino

At 9 AM on Friday morning the International Martial Arts Training seminar started. The following article is Nicole Miller's coverage of the International Martial Arts Seminar and Hall of Fame Banquet Ceremony.

Hundreds of Cacoy Doce Pares members, Eskrimadores and friends turned up from all corners of the world to be present in the first Doce Pares Hall of Fame Ceremony Banquet and the International Martial Arts Seminar in Cebu City, Philippines on March 7th through 9th, 2008. Grandmasters in the Filipino fighting arts shared their wisdom and experiences to eager students who gained a wealth of knowledge from each Grandmaster specializing in the martial arts. "The Gathering," as the event came to be called, had representatives from countries as widespread as Australia, United States, Germany, New Zealand, Mexico, Indonesia to name a few, and of course the Philippines. All were present to honor their Supreme Grandmaster Ciriaco "Cacoy" Canete who shared some of his lifetime martial arts experience.



One of the biggest reasons most of us traveled to Cebu this spring is to have the privilege to learn from some of the best martial artists the world has to offer. With so many different schools present, and so many knowledgeable Grandmasters and Masters, there was never a dull moment.

Great Grandmaster Ciriaco "Cacoy" Canete, based in the Doce Pares Headquarters in Cebu, opened the three day long event with various lessons in Eskrima, Eskrido and Pangamot. Although 89 years old, his age has never held him

back when it comes to demonstrating his techniques. Great Grandmaster Canete

participated in most of his seminars, demonstrating various sparring disarms and eskrido on other Grandmasters. He lead the class through a series of single-stick countering drills, flow (or controlled) sparring, disarms and painful locks. One will never leave a seminar taught by Grandmaster Canete empty handed.

Grandmaster Richard Bustillo of the United States took the participants through a series of a command performance of Jeet Kune Do techniques. As a direct student of Bruce Lee, Grandmaster Bustillo is a senior instructor and is well versed in Bruce Lee's personal interpretation of martial arts. For that reason and by the students demand, we were taught a series of defensive blocking strikes that work well with offensive follow up combinations, "Training to feel with sensitivity and not by sight gives the students a new focus on energy sensitivity." He then later demonstrated a series of reality based self-defense techniques with submission locks.

Grandmaster Vince Palumbo, of Adelaide, Australia, led us through fighting techniques that were more practical for street confrontations instead of the boxing ring. He emphasized the need to control distance in a fight without looking too offensive, and one can do this with the proper fighting stance. Grandmaster Palumbo applied this theory with pressure points in a convincing demonstration.

Grandmaster Anthony Kleeman, representing Doce Pares Fighting Arts Systems, tied all of the other seminars together very cleanly. He made the participants think about why we use a set pattern of 12 strikes. He applied the strikes to boxing techniques, making the weapon the hands and feet instead of a stick. Grandmaster Kleeman also built upon Grandmaster Bustillo's quick empty hand attacks by modifying his own combinations and fighting experience. He concluded his seminar by demonstrating the usefulness of certain dangerous specialty knives.

On the last day of the seminar Master John Mac taught the seminar participants a much requested Pormas or Forms which is necessary to demonstrate the art to its fullest extent. In Conclusion of the International Training Seminar the seminar certificates and promotions were presented to each awarding participant.

The highlight of the weekend was on Saturday, March 8, when we witnessed the first ceremony of the Doce Pares Hall of Fame. 64 eskrimadores were honored to be some of the first Doce Pares member to be inducted to the Hall of Fame. Some of the more prominent awards went to Grandmasters Ciriaco "Cacoy" Canete, Eulogio "Euling" Canete, and Filemon "Mamoy" Canete for being Living Legends.



Great Grandmaster Cacoy Canete and family





Grandmaster Bustillo receives award from  
Great Grandmaster Cacoy Canete

The Most Notable Grandmaster was Richard Bustillo (USA). The Most Notable Master was Ron Lew (USA), The Most Notable Male Competitors were Chuck Canete and John Mac (Philippines), Vince Palumbo (Australia), and Anthony Kleeman (USA). The female competitors were Vicky Simos and Andrea

Wheatley (Australia). The students of the year were Dorota Skibinski (Australia) and Dian Tanaka (USA). The Life Time Achievement Award went to Glen Gardner (Australia) and Dan Inosanto (USA).

During intermission we were entertained by a traditional native Filipino dance performance from a local dance company. Master Chuck Canete and Master John Mac concluded the Hall of Fame ceremony with a brilliant demonstration of the grace and strength of Doce Pares Eskrima.

“The Gathering” (the title of the event that took place in Cebu, Philippines) was a once in a lifetime historical opportunity that brought the worldwide martial arts community closer together. Only Great Grandmaster Ciriaco Cacoy Canete could have brought so many people from all over the globe to his historical home. We learned a lot about the style of martial arts we practice, especially appreciation of the story behind it and the Masters who have dedicated their lives to its perfection and proliferation.



Grandmasters Anthony Kleeman  
and Richard Bustillo



*The Author Nicole Miller, a Journalist student at the Northridge California State University and a student of Cacoy Doce Pares under Anthony Kleeman.*



## **Filipino Martial Arts Seminar**

**Hosted by:** Sifu Regina Pinpin  
United Studios of Self Defense  
1064 Shell Blvd.  
Foster City, California  
March 30, 2008

Eskabo Da'an was proud to present a Filipino martial arts seminar featuring:  
Master Nene Gaabucayan of Teovel Balintawak  
Professor Allen of Magdangal of Kali System  
Grandmaster Mike Giron of the Original Bahala Na  
Grandmaster Lito Conception of Kombatan ([www.concepcion-combative.com](http://www.concepcion-combative.com))  
Grandmaster Robert Castro of Eskabo Da'an

It was a very fun day at the United Studios of Self Defense in Foster City, CA. Grandmaster Castro started the day with open hand techniques against Espada y Daga, taking the weapon from the opponent with lock flows which he learned and incorporated from Great Grandmaster Ernesto Presas Kombatan. Also, inside and outside disarms against weapons.

Professor Allen did a great demonstration about Kali and showed the intricate footwork needed in Kali. To demonstrate this he executed number one strikes and then counters which focused on the footwork, which is so important to Kali. Professor Allen gave a graphic description on the concepts that he formatted to create his system.

Grandmaster Mike Giron performed with his ukie and did one hell of a demonstration, showing his skills with the blade and counters to various attacks. Grandmaster Giron explained the concepts to his fathers' art and showed in a brief time as much as time would allow.

Master Nene Gaabucayan was awesome as usual demonstrating his speed and precision and timing drills which Balintawak is known for. Master Gaabucayan brought practitioners from the audience and had a great time showing his art.

Finally Grandmaster Lito Conception did a wonderful demonstration on Espada y daga from Kombatan. He took the floor in his usual way taking over and explaining in detail while he demonstrated. All in all it was fun time and a good gathering for the Filipino martial arts.

Eskabo Da'an would like to thank all the participants, Salamat and much love, hope to see you at the next seminar.





[www.eskabodaan.org](http://www.eskabodaan.org)

San Francisco, CA.  
(415) 585-9646

## Olympic of Filipino Martial Arts

Sports Jendo and Arnis

April 14, 2008

The International Jendo Federation's Olympic of martial arts sports event Jendo and Arnis under the umbrella organization of the International Martial Arts Games Committee was approved by the IMGC Executive Board at the 5th Congress, on April 14, 2008 at the Hotel Manhattan in Bangkok, Thailand.

The approval was decided upon immediately after the International Jendo Federation was accepted thru a majority vote as member of the IMGC.



IMGC Executive Board

The certificate of award was received by the International Jendo Federation's Secretary General Teresita Biscaro from IMGC Chairman Professor Chang Ung who is the senior member of the International Olympic Committee (IOC) since 1996.

With IMGC membership and recognition Jendo Ring Sport and Arnis Sport will now be secured under the International Jendo Federation as its Official Governing Body.

On September 1st through the 7th, International Jendo Federation will be conducting a Jendo and Arnis Technical Training Course in Mandaluyong City for its member federation's technical officials and instructors in preparation to its 2009 1st Inter-continental Open Martial Arts Championships in the Philippines and the 2010 4th International Martial Arts Games in DPR-Korea.



5th IMGC Congress  
Hotel Manhattan, Bangkok Thailand

During the 5th Congress which was held simultaneously with the 3rd International Martial Arts Games at the Asian Games Village in Bangkok, Grandmaster Jonathan "June" Makiling Abaya, the President of the International Jendo Federation and his Committee received an IMGC recognition and Certificate of Appreciation for organizing the 1st Asian Martial Arts Games last November 29th to December 4th 2007 at Ninoy Aquino Stadium, Rizal Memorial Sports Complex in Manila.



IJF Secretary General Teresita Biscaro—Abaya with IOC Senior Member and IMGC Chairman, Professor Chang Ung shortly after the 5th IMGC Congress.



3rd International Martial Arts Games, Bangkok, Thailand.



Jendo - ring sport during the 1st Asian Martial Arts Games held at the Ninoy Aquino Stadium, Rizal Memorial Sports Complex in Manila, Philippines.



Website

**International Jendo Federation (IJF)**

City of Mandaluyong, Philippines

(632) 916 6716987

(632) 917 3667061

**Email:** [ijf\\_philippines@yahoo.com](mailto:ijf_philippines@yahoo.com)



**1st Filipino Martial Arts Festival**  
R and O Academy Villamor Air Base  
Pasay City Philippines  
April 19, 2008

R and O Academy headed by Susan Contillo School Directress proudly presented the 1st Filipino Martial Arts Festival at Villamor Air Base, Pasay City with special Guest by the Modern Arnis Mano-Mano Filipino Martial Arts headed by Punong Lakan Garitony C. Nicolas Father of Modern Sinawali and Head of MAMFMA.

Following are the names of the participants: Lakan Ceasar Turingan, Lakan Christopher Elleazar, Dayang Mizha Nicolas, Lakan Brian Plaza, Lakan Rogelio Vasquez, Sunshine Facto, Mary Grace Penamayor, RJ Rivera, Simon Lear, Ronald Regalado, , Rogelio Garcia, Jaime Pahunang, Jerome Jzar and Julianne Camacho.



Simon Lear from England, Susan Contillo - School Directress of R and O Academy and Punong Lakan Garitony C. Nicolas



Lakan Ceasar S. Turingan and Dayang Mizha Nicolas performed the Free Style Tapi Tapi Technique using solo baston



Lakan Brian Plaza, Ronald Regalado and Rogelio Garcia perform the 1 against 2 attacker of Modern Sinawali



Demonstrating the multiple attacks by Lakan Rogelio Vasquez using one stick.



Performing the Modern Sinawali by RJ Rivera, Marygrace Penamayor, Dayang Mizha Nicolas, Rogelio Garcia, Simon Lear, Lakan Brian Plaza and Lakan Rogelio Vasquez.



Parents and pupils of the R and O Academy, with the MAMFMA Group.



**Website**



**MAMFMA**

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

**Website**

**Old School Workshop**  
Conducted by  
Grandmaster Ramiro Estalilla Jr. DMA  
April 19, 2008  
By Edward A. Bansuelo



both Tiradin and Todasán. The term "Tiradin" means rhythm while the term "Todasan" means off beat or destruction.

Kabaraon is considered an Illocano art and was used by the royal guards to protect the nobility. It is sought by many high level instructors due to its variety of weaponry and the transitions from single hand to double hand weaponry.

One of our special guest from Southern Cal Master Dean Webster who is a representative from both the Kajupit under the direction of Grandmaster Greg Harper (Kajukenbo) and one of the pack of the Dog Brothers under Marc Denny came and trained and fellowship with the group. Master Webster was recently on the Discovery Channel Fight Quest program as a representative of the Kajukenbo Ohana.

On Saturday April 19th, 2008 at the home of Associate Grandmaster Edward Bansuelo., an outdoor seminar was held on the art of Kabaroan Eskrima taught by Grandmaster Ramiro Estalilla Jr. DMA.

The seminar participants ranging from Masters to beginning level students were introduced to the elusive footwork and intricate strikes of the Kabaroan system. Kabaroan is taught in the context of



Sigung Bansuelo, Grandmaster Estalilla,  
and Master Webster





[kabaroan.com](http://kabaroan.com)

**For further information on the art you can contact:**  
Grandmaster Ramiro Estalilla Jr. at (559) 435-8891 or  
in Northern California area Sigung Edward A.  
Bansuelo at (916) 802-7096 or **Email**.

### **A Seminar with Tuhon Ray Dionaldo of Filipino Combat Systems**

April 19 - 20, 2008

By Rich Verdejo and Gigie Alunday



Tuhon Ray Dionaldo, founder of Filipino Combat Systems, was back in California for a 2 day seminar on April 19-20, 2008. The seminar was hosted by FCS California Representatives, Rich Verdejo and Gigie Alunday, at the White Lotus Kung-Fu Studio in Northridge, Ca.

Filipino Combat Systems is dedicated to the preservation and promotion of all Filipino Martial Arts. The members of



the organization all come from an extensive martial arts background which adds immense growth of the system. Tuhon Ray himself holds an astounding 14 Black Belts in systems such as Wado Ryu Karate, Sayoc Kali, Modern Arnis, Shotokan Karate, Ryu Kyu Kempo, Kali Olympic Stick Fighting, Pekiti Tersia Kali, Pambuan Arnis, Ancient Arts Academy, Strategic Knife Defense, and Wu Ming Tao Chuan Fa. He is a respected member of The Kun Tao Family of Florida under Bapak Wilem DeThouars. He has also trained in Muay Thai Kick Boxing, and was a member of the Pekiti Tersia demo team as well as the Sayoc Fighting Systems demo team.

Tuhon Ray's subsystem of the Filipino arts is as multifaceted as his background, incorporating the best that each of his source systems has to offer into an organized, interlocking flow of techniques which form a natural progression of study. He has synthesized the diversity of technique from the many systems he has studied and he has taken his art to the next level. Today he is considered one of the top instructors of the Filipino Martial Arts in the world.

The 2-day weekend seminar kicked off with kerambit basics. After explaining the uses and strengths of the kerambit, Tuhon Ray demonstrated tactical applications of the kerambit to the participants. Within these techniques, he exposed them to various entries which emphasized the strengths of the kerambit. He then progressed on to blade disarms and discussed the classical disarming versus modern disarming methods.



Tuhon Ray Dionaldo demonstrating a basic blade disarm with Rich Verdejo



Tuhon Ray Dionaldo working the kerambit with Carlo Canezo



Saturday's Group Picture with Grand Master Douglas Wong

Day 2 started with a quick review of the previous day material. At the foundation of his system are core movements which can be translated from empty hands to weapons. This concept was drilled into the participants at the seminar with each technique that was shown. Movements that were learned on the previous day were translated to the sarong. Sarong techniques were applied to stick grappling. The learning curve was accelerated as the same movements were repeated where the difference was on the application of the weapon being wielded.



Tuhon Ray Dionaldo demonstrating a choke with a sarong on Steve Baca



training environment.

The seminar ended with a blade fighting sparring session among the participants. Blade Fighting is being introduced on the tournament circuit and the attendees were given a chance to review the rules and spar against each other. The sparring sessions also brought back the reality of a live blade fight and how the techniques that were learned in the seminar need to be practiced in order to effectively be applied outside of a

Among the seminar participants, visitors, and supporters were Sayoc Kali, Galius Martial Arts, Eskrima de Campo, Babao Arnis, Modern Arnis, Evolution of Kenpo,

Woodland Hills Kenpo Karate, Pakamut, Doce Pares, Guro Ramon and Eva Rubia, and Master Roger Agbulos.



Sunday's Group picture with Sifu Carrie Wong and Cassidy Wong



**dA bEST qUALITY pRODUCTS**  
Email  
Website



**White Lotus Kung Fu Studio**  
19641 Parthenia St. Suite 100  
Northridge, CA.  
[www.whitelotuskungfu.com](http://www.whitelotuskungfu.com)

**Seminario de Kali - Sayaw Kalaripayatu**  
(Defensa Callehera con Danza de Kali - Filipino)  
Carolina # 69, casi esq. eje 5 sur Col. Napoles  
Sur de la Ciudad de México  
April 20, 2008

Rodriguez Kali-Eskrima-Arnis Palo-Mano  
"Todo Terreno" Style Mexicano

Traveling 4 days to be able to give the seminar, Punong Guro Rodríguez, divided the





seminar into two parts, first was basic stick techniques.

And they are:

- Estilo Rodríguez Saltada
- Rápido y Directo
- Estilo Rodríguez Parabula. (With “u”)
- Invisible y Natural
- Estilo Rodríguez de Corrida
- Estilo Rodríguez Oscilador

Followed with applications toward actual fighting scenario's eventually adapting the techniques using the Rodríguez machete. Punong Guro Jesús O. Rodríguez used the second part of the seminar to teach the fundamentals of his other styles to give an all around training experience for the seminar.



### **Rodríguez Kali-Eskrima-Arnis**

Palo-Mano Todo Terreno Style Mexicano

Punong Guro Jesús O. Rodríguez

Asuncion No. 308 Valle Dorado

Tlalnepantla de Baz, Mexico 54020

[559] 148-1673

**Email**

**Website**



### **USFMAF**

#### **Second Annual Stockton Qualifier**

San Joaquin Delta College

Blanchard Gymnasium

5151 Pacific Ave.

Stockton, Ca.

April 20 2008

The USFMAF in conjunction with the Stockton Sports Commission USANKF of Northern California, Inc. T-Bone Productions had a duel tournament at the San Joaquin Delta College.



One part of the tournament was Karate brought to you by Sensei Gene Tibon of Tibon's Goju-Ryu Fighting Arts ([www.tibonkarate.com](http://www.tibonkarate.com)).

Simultaneously the USFMAF headed by Master Darren Tibon brought the Filipino martial arts. Both were done in professionally in all aspects.

The Filipino martial arts tournament running in unison with the Karate tournament was small in comparison, which is usual when combining two events into one and Karate is involved. However the USFMAF was a professional event in the way it was coordinated and with the judging and refereeing being honest, fair, and precise.

Commencing with forms competition, the student of Master Nilo Baron of Doce Pares showed his skills in performing his sayaw for the judges. Then the stick competition commenced, with padded and live stick, each competitor showing his skills. And finally the knife competition which is new to the USFMAF, but was adapted to easily and the competition, was fierce.

During the event recognition was given to Grandmaster Ramiro U. Estalilla, Jr. of Kabaroan Eskrima and Steven Dowd of the FMA Digest for their promulgating and promotion of the Filipino martial arts. Grandmaster Dionisio Canete and Grandmaster Alfredo Bandalan were also to receive recognition for their promulgating and promotion of the Filipino martial arts, but due to prior commitments were unable to attend. Also recognition was given to judges, referees, and USFMAF for their continued and professional support to events and the Filipino martial arts.



Sensei Gene Tibon and Master Darren Tibon



Master Tibon, Steven Dowd, Grandmaster Estalilla, and Grandmaster Bais



Master Tibon (left) - Master Baron (right).  
With their students



Master Tibon (left) - Grandmaster Bais (right).  
With their students



### **Results:**

#### **Forms Boys 14**

1st - Lee Cortez - DP

#### **Padded Point Boys 9-11 Beginner**

1st - Isaiah Fabella - KBT

2nd - Sal Martinez - AD

#### **Continuous Live Stick Boys 14-16 Beginner**

1st - Lee Cortez -DP

2nd - Wenson Huang - AD

#### **Padded Point Men's Heavy Wt**

1st Bryan Everett - BTM

2nd Manuel Favorito - BTM

#### **Continuous Pad Beg Men's Middle Wt**

1st Wenson Huang - AD

2nd Bryan Callahan - AD

#### **Continuous Pad Int. Middle Wt**

1st Wenson Huang -AD

2nd Saul Garcia -AD

3rd Bryan Callahan -AD

#### **Continuous Live Stick Men's Advance Heavy Wt**

1st - Chez Tibon -AD

2nd - Gelmar Cabales - AD

3rd - Elmer Bais - BTM

#### **Live Stick Point Men's Advance Heavy Wt**

1st - Chez Tibon - AD

2nd - Manuel Favorito - BTM

3rd - Gelmar Cabales - AD

#### **Knife Point Men's Heavy Wt Advance**

1st - Chez Tibon - AD

2nd - Gelmar Cabales - AD

3rd - Elmer Bais - BTM

#### **Knife Point Men's Int. Super Heavy Wt**

1st - Bryan Everett - BTM

### **Abbreviations:**

**BTM** - Bias Tres Manos

**AD** - Angels Disciples

**DP** - Doce Pares

**KBT** - Kombatan



[www.usfmaf.org](http://www.usfmaf.org)

**The USFMAF would like to thank the following sponsors:**

Commercial Building Components who sponsored the awards, Smak Sticks who sponsors our padded equipment, Chez D. Tibon - National Athlete of the year 2007, Marcial Chavez - International Athlete of the 2007

**Kuntaw Art of Street Wise Self-Defense**

Wilson Community College Cultural Club

Wilson Community College

Wilson, NC

April 24, 2008

Instructors were Master Alice, Guro Bill, and Cassandra Kossmann, assisting was Laura Keeter, and Jarmarl Sharpe.

**Topics Included:** Armed and Unarmed self-defense tactics. Kali and knife scenarios were demonstrated. Audience members were able to participate and learn the Kuntaw art of streetwise self-defense.



122 S. Goldsboro St.

Wilson, NC 27893

(252) 206-7900

[www.kuntawmartialarts.com](http://www.kuntawmartialarts.com)



Guro Bill Kossman instructing on the finer points of the techniques



## **Paclibar Bicol Arnis - Philippine KaikiJutsu**

26th Invitational Arnis Sports and Karate Do

Tournament Championship 2008

April 25-26, 2008

Asian Institute of Maritime Studies

Multi purpose Gym

Cor. Arnaiz St., Roxas Blvd.

Pasay City, Philippines



The 26th Arnis sports and karate championship tournament 2008 was held in the Asian Institute of Maritime Studies at the multi purpose court beside the Department of Foreign Affairs, Roxas Blvd., Pasay City. Many practitioners came from Muntinlupa city, Marikina city, Cavite city, Pasay city, Manila, Bicutan and Isabela province.

The two day event was well attended by spectators too, as over 700 came to see Karateka and arnisadors compete from the tiniest all the way up to the blackbelt. Saturday elimination included all children division as well as the adult men and women's under blackbelt. The point - system in arnis full contact demonstrated by Maestro Jaime C. Paclibar and Guro Alan Mahinay, showed how points had been scored during the first day.

The competition had a friendly aspect, protocol and respect to all practitioners. The audience truly enjoyed their performance.

Master Jaime C. Paclibar explained the code of ethics, code of conduct and motto during the opening of the tournament.



Master Jaime C. Paclibar explained the code of ethics, code of conduct and motto during the opening of the tournament.

### **Code of ethics**

- Skills aren't enough it's your attitude that makes the difference
- It does not know the knowledge of the art but the doing of the art that makes you truly a great master.

### **Code of Conduct**

- Honor, respect, ethics, loyalty, discipline, dedication, devotion, patience, humility and Lord's prayer
- Without honor, there is no art only pretended as boastful.

- In everything you do, think not of yourself but of god

## **Karate Do Kata**

### **Boys White Belt: 8-10 Yrs Old**

John Ace Doon - JKO Club - Gold  
Edgar Tuzon - JKO Club - Silver  
Gabriel Padilla - JKO Club - Bronze

### **Girls White Belt: 8-10 Yrs Old**

Zia Camille Nape - JKO Club - Gold  
Jane Mariel Suelto - JKO Club - Silver  
Mae Angelione Albano - JKO Club - Bronze

## **Girls White Belt 6-10 Yrs Old**

Lenneth Quillooy - Gyaku Zuki Club - Gold  
Karla Kristine Bay - Gyaku Zuki Club - Silver  
Marimar Chavez - Gyaku Zuki Club - Bronze

## **Girls Green Belt**

Meagan Catacutan - CFM Club - Gold  
(Default Two Contestants)

## **Boys White Belt 6 Yrs Old Above**



**Boys Yellow Belt: 7-15 Yrs Old**

Jonico Lucas - JKO Club - Gold  
Benjo Arevalo - CFM Club - Silver  
Luke Lawrence Francisco - JKO Club - Bronze

**Girls Yellow Belt: 7-15 Yrs Old**

Danica Valdez - JKO Club - Gold  
Renill Sagabain - JKO Club - Silver  
Eumera Guillermo - JKO Club - Bronze

**Girls Yellow Belt 7 Yrs – Below**

Claudine Francisco Club - JKO Club - Gold  
Leona Flor Tecson - JKO Club - Silver  
Arianne Rose Agustine - JKO Club - Bronze

**Boys Orange Belt 8-12 Yrs Old**

Mario Ledoon - JKO Club - Gold  
Christian Morales - JKO Club - Silver  
Brexell Ledoon - JKO Club - Bronze

**Male Black Belt**

Conrad Cajipo - JKO Club - Gold  
Carlo Cajipo - JKO Club - Silver  
Joniel Froyalde - JKO Club - Bronze

**Karate Do Kumite Kids****Girls White Belt 6 Yrs Old Above**

Shelle Grace Suellen - Gyaku Zuki Club - Gold  
Richell Ibarra - Gyaku Zuki Club - Silver  
Nela Andrea Olmedo - Gyaku Zuki Club - Bronze

**Boys White 6-10 Yrs Old**

John Ace Doon - JKO Club - Gold  
Edgar Tuzon - JKO Club - Silver  
Gabriel Padilla - JKO Club - Bronze

Jeron Cabrel - Philippine KaikiJutsu Cavite - Gold  
Aldrin Joshua Loterio - Philippine KaikiJutsu Cavite - Silver  
Gabriel Green Saklolo - Philippine KaikiJutsu Cavite - Bronze

**Girls Yellow Belt 12 Yrs Old Above**

Mica Tamira - Philippine KaikiJutsu Cavite - Gold  
Pia Panina - Philippine KaikiJutsu Cavite - Silver  
Maegan Catacutan – JKO Club - Bronze

**Boys Small Size 9 Yrs Old Above**

Christian Joseph Dela Cruz - Philippine KaikiJutsu Cavite - Gold  
Aaron Moscosa - Philippine KaikiJutsu Cavite - Silver  
Jose Mari Acong - Philippine KaikiJutsu Cavite - Bronze

**Boys Medium Size 11 Yrs Old Above**

John Michael Santia - Philippine KaikiJutsu Cavite - Gold  
John Karell Diongzon - Philippine KaikiJutsu Cavite - Silver  
Kenneth Noma - Philippine KaikiJutsu Cavite - Bronze

**Boys Large Size 14 Yrs Old Above**

Ralph Superales - Philippine KaikiJutsu Cavite - Gold  
Daniel David Rebotido - CFM Club - Silver  
Vincent Louie Lorcha - Philippine KaikiJutsu Cavite - Silver

**Male 17 Above**

Patrick Cortez - Philippine KaikiJutsu Cavite - Gold  
Nap Reloz - Philippine KaikiJutsu Cavite - Silver  
Darwin Rufa - CFM Club – Bronze

**Black Belt Male**

Rodel De Guzman - Gyaku Zuki - Gold  
Arbert Isberto - Philippine Kaiki Jutsu Cavite - Silver  
Donald Ordiales - Philippine KaikiJutsu Cavite - Bronze



Karate Do Winner



Maestro Paclibar Demonstrate Arnis Laban rules

### **Male Black Belt**

#### **Long Stick Competition**

Fren Arevalo - CFM - Gold

Paul San Antonio - JKO Club - Silver

Conrad Casipo - JKO Club - Bronze

### **Arnis Espada Y Daga**

#### **Male Adult**

Bon Jovi Gervacio - Muntinlupa Arnis Club - Gold

Edgardo Pineda Jr. - Isabela Arnis Club - Silver

Ronald Santos - Warrior Lightning Club - Bronze

#### **Female Adult**

Ma. Christina Unje - Marikina Arnis - Gold

Dianne Noble - Muntinlupa Arnis Club - Silver

Marjorie Cadivas - Muntinlupa Arnis Club - Bronze

### **Anyo**

#### **Kids (Girls)**

Dianne Noble - Muntinlupa Arnis Club - Gold

Mary Ann Valdez - Muntinlupa Arnis Club - Silver

Vernice Helena Ponce - Muntinlupa Arnis Club - Bronze

### **Duelo**

Kevin Violante, Bon Jovi Gervacio -

Muntinlupa Arnis Club - Gold

Jevy Villanueva, Gilbert Alimagno -

Muntinlupa Arnis Club - Silver

Rizza Resurreccion, Hernan Dantila -

Muntinlupa Arnis Club - Bronze

### **Arnis Full Contact Male**

#### **Boys**

Bryan Valdez - Muntinlupa Arnis Club - Gold

Llyod Darwin MijaresI - Mink Mongoose Club - Silver

Giovanni Blancas - Isabela Arnis Club - Bronze

#### **Male Adult**

Kevin Violante - Muntinlupa Arnis Club - Gold

Brent Favor - Mink Mongoose Club - Silver

Heran Pantillan - Muntinlupa Arnis Club - Bronze

### **Boys 11 Yrs Old Above**

Ronnie Santos - Kidlat Club - Gold

Ronel Santos - Kidlat Club - Silver

**Kids (Boys)**

Bryan Valdez - Muntinlupa Arnis Club - Gold  
Anthony Galoy - Muntinlupa Arnis Club - Silver  
Kenneth Sawit - Mink Mongoose Club - Bronze

**Synchronized Arnis Sayaw****Female**

Marjorie Dadivas, Dianne Noble, Mary Ann Valdez -  
Muntinlupa Arnis Club - Gold  
Bernice Helena, Me Lanie Valdez, Mary Ann Valdez -  
Muntinlupa Arnis Club - Silver  
Stephan Sinagob, Anthony Gallony, Bryan Valdez -  
Muntinlupa Arnis Club - Bronze

**Anyo Solo Baston****Male Adults**

Kevin Violante - Muntinlupa Arnis Club - Gold  
Jerry Michael Fuertez - Mink Mongoose Club - Silver  
Nap Relox - Paclibar Bicol Arnis - Bronze

**Female Adults**

Maria Cristina Uaje - Muntinlupa Arnis Club - Gold  
Rizza Resurrecion - Muntinlupa Arnis Club - Silver  
Lejili Labra - Philippine Air Force - Bronze

**Anyo Doble Baston****Female Adults**

Maria Cristina Uaje - Muntinlupa Arnis Club - Gold  
Rizza Resurrecion - Muntinlupa Arnis Club - Silver  
Bengieline Crispino - Paclibar Bicol Arnis - Bronze

**Female Kids**

Marjorie Dadivas - Muntinlupa Arnis Club - Gold  
Dianne Noble - Muntinlupa Arnis Club - Silver  
Kimberly Jean Bisara - Philippine Air Force - Bronze

Giovanni Blancas - Isabela Arnis Club - Bronze

**Special Award**

King Soriano - Isabela Arnis Club - Gold

**Male 15 Yrs Old Above**

Peter De Guzman - Marikina Arnis - Gold  
Abraham Tubera - Muntinlupa Arnis Club - Silver  
Mark Anthony David - Marikina Arnis - Bronze

**Adult**

Arnel Hila - Kidlat Club - Gold  
Norberto Manlapaz - Muntinlupa Arnis Club - Silver  
Jevy Villanueva - Muntinlupa Arnis Club - Bronze

**Arnis Full Contact Female****Girls 11 Yrs Old Below**

Nicole Sagario - Isabela Arnis Club - Gold  
Mary Santos - Kidlat Club - Silver  
Shela Grace Suelen - Gyaku Zuki Clu - Bronze

**Girls 11-17 Yrs Old**

Kathy Blancas - Isabela Arnis Club - Gold  
Marjorie Dadivas - Muntinlupa Arnis Club - Silver  
Jonnah Sotabento - Kidlat Club - Bronze

**Adult**

Mary Grace Dumip-Ig - Muntinlupa Arnis Club - Gold  
Mary Rose Dumip-Ig - Muntinlupa Arnis Club - Silver  
Ma Cristina Uaje - Marikina Arnis - Bronze



Male Arnis Espada-y-Daga



Female-Arnis Doble Baston



Kids-Girl Doble Baston



Kids-Girl Doble Baston



Female Arnis  
Sayaw Doble Baston



Adult Doble Baston



Arnis Sayaw Doble Baston



Special Presentation by Arkado Arnis Club



### **Arnis Referees and Judges**

Maestro Jaime C. Paclibar - Paclibar Bicol Arnis  
 Mater Romy Santos - Warrior Lightning  
 Master Roberto Labaniego - Labaniego arnis club  
 Master Lemio Romy Valleno - Valleno arnis club  
 Dayang Peachie Baron Saguin - Bakkaban  
 Master Vher Tubera - Arkado  
 Master Garitony "Pet" Nicolas - MAMMFMA  
 Master Rodolfo Espinosa - Paclibar Bicol Arnis  
 Guro Jerrie Lyle M. Belen - Arjuken  
 Guro Ceasar Turingan - Baldogan  
 Guro Alan Mahinay - Paclibar Bicol Arnis  
 Karatedo referee and judges  
 Maestro Jaime C. Paclibar

### **Committee on Arbiter, Scorer, Timer**

Sensie Melvin Hugno  
 Sensie Janeth Bangayan  
 Sensie Anne Miranda  
 Sensie Renan Conejos  
 Sensie Karl Henly Cabaling  
 Sensie Arbert Isberto  
 Sensie Sean Redpath  
 Sensie Amery Salazar  
 Sensie Sherwin Rabo  
 Fatima Mahinay  
 Jack Hernane  
 Earl Jave Traice B. Casison



Shihan Jun Astronomo  
Sensei Juanito L. Cajepo jr.  
Sensei Celso Lizano  
Sensei Pablito Eduarte  
Sensei Flavio Diaz  
Sensei Danilo D. Calixto  
Sensei Danilo P. Bolahan

### **Sponsors**

Sensei Sean Redpath  
Stuart Macdonald  
Darren Hodges  
Martin Redpath  
Katinko Hilot and Massage  
AIMS Faculty and Employees

### **Guests**

Grandmaster Patty Jean Caballero - LSAI Deputy Grandmaster  
Sensei Sean Redpath - Paclibar Bicol Arnis  
Master Samuel Bambet Dulay - IMAF Phil.  
Master Rey Poblacion - NARAPHIL/ Mandirigma  
Guro Jimson Diares - IMAF Phil.  
Master Ric Saile - NARAPHIL  
Master Ronaldo Baxafr - PNU coach  
Punong Guro Rey Domingez - Kali sports/PCKEAM  
Guro Jojo Baquiran/ Guro Lawlan Malaca - Isabela Arnis System  
Sensei Pabito eduarte - Gyaku Zuki  
Capt Lino Abuid Paderanga  
Ms. Arlene Abuid Paderanga - AIMS President

We try to produce an event that all people will enjoy. There's no politics involved in this event. Anyone who wants to come and to compete is welcome. We just want them to have a good time and chance to win.

The fighting was outstanding as the young kids competitors put as much effort and talent into their competition.

Anyone who has attended Paclibar Bicol Arnis and Karate Tournament knows everything humanly possible to make the players feel welcome. The AIKIDO competition was cancelled due to the lack of practitioners, The event ran smoothly through the day as the competition ended.

### **Acknowledgement**

The Paclibar Bicol Arnis - Phil. KAIKIJUTSU is deeply honored to extend its heartfelt gratitude and thanks to all the donors, sponsors and committee members, participating clubs and parents specially those who are in one way or another have contributed to the success of this affair, particularly to all the instructors and members of Paclibar Bicol Arnis and Phil. KAIKIJUTSU and Steven Dowd FMAdigest publisher. We hope that you will get something of internal return out of this tournament.

**Grandmaster Vince Palumbo**  
Broome Martial Arts Academy  
Western Australia  
April 25-27, 2008

Chief Instructor of the Broome Martial Arts Academy Instructor Tony Familiar, from Rawlins Mixed Martial Arts Taekwondo Centres, invited Grandmaster 9th Dan Vince Palumbo to conduct a basic level tuition seminar of the Filipino martial art called Cacoy Doce Pares Eskrima in the township of Broome recently.

For all the seminar participants, it was highly motivational, and the place was on fire with Eskrima fever, so students progressed rapidly and loved every minute of it.

Grandmaster Palumbo pushed the students very hard, and we covered the basics of Cacoy Doce Pares Eskrima:

- 1) Martial Art
- 2) Self Defense techniques
- 3) Sport stickfighting!

Practitioners were also taught that Eskrima is the 'Thinking Persons Martial Art' that works the left and right side brain stimulation through its techniques and drills, and with the seven drill sets combining these into a 30 piece routine with all the strikes, blocks and counters. All the routines were done then with pattern type movements including the long, medium, close, and grappling range.

Six sparring drills were learned, and these were employed in the semi-contact sparring, and the students were encouraged to put the drills together in any order, but they had to keep it all free flowing with the emphasis on highly programmed quick muscle memory response.

The students were taught elements from the Filipino Pangamot Jujitsu - empty hand techniques from Cacoy Doce Pares/Pangamot Organization. Grandmaster Palumbo also demonstrated some pressure points applications, and he took the students through a session of break falling and rolling.



Instructor Familiar with  
Grandmaster Palumbo

On the final day of training at the seminar, Grandmaster Palumbo allowed the students to participate in a Kulata Stickfight Sparring session without the full contact body armour! Kulata Sparring is not always on the agenda at Grandmaster Palumbo seminars; but on this occasion Grandmaster Palumbo sensed correctly that the Broome seminar participants were keen to give it a go, and to spar with him.

Grandmaster Palumbo undertook

Kulata Sparring with about 20 students at the seminar, and he sparred each student for one minute each, and without a break, and then Grandmaster Palumbo said that he calls the red welts caused by the Olisi (rattan fighting sticks) lashing the unprotected body, 'Badges of Honor'.

While Cacoy Doce Pares Eskrima guys and girls are fierce and very serious stickfighters, they also offer beautiful forms and very practical self defense techniques.



Grandmaster Vince Palumbo (aka- GMV) - Holder of 15 world titles in stickfighting, and a world champion Pro Boxer as well, and the list goes on and on, plus he is a Mighty ambassador for the Cacoy Doce Pares Eskrima World Federation. To his credit Grandmaster Palumbo gave and received the most 'Badges of Honor!' I would highly recommend any style to seriously consider supplementing their training with the Cacoy Doce Pares Eskrima, especially if you can get hold of Grandmaster Vince Palumbo to conduct the seminar at their school, because in my own opinion he is truly a natural born teacher! (Grandmaster Vince Palumbo can be contacted at [gurovince@gmail.com](mailto:gurovince@gmail.com)).



Broome Martial Arts Academy  
@ Broome Recreation & Aquatic Centre  
Cable Beach Road Broome W.A.  
(08) 9192-3049





Master Alice Kossman instructing at Kuntaw Palace in 2004.

## Kuntaw / Kali Clinic

Hidden Dojo  
April 26, 2008  
Saint Louis, Missouri

Master Nick Burger Head Instructor at the Hidden Dojo hosted Master Alice Kossman and her husband, Guro Bill Kossman. Master Burger has started incorporating Kuntaw/ Kali arts into his school's curriculum of martial arts, since he attended the 45th IKF Anniversary Seminar

The clinic was taught by Master Alicia Kossmann, and assisted by Guro Bill Kossmann. Also assisting and representing Kuntaw Palace - Laura Keeter (adult, Brown Belt) and Cassandra Kossmann (child, Brown Belt).

Participants learned basic fundamentals of Kali including disarming and locking defense tactics and techniques.

**Special guests included:** Master Bill Roy, Angel Heidebur, and Ben Beem all from Moreno Valley, New Mexico. And Bruce Jett from Las Vegas



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

[www.kuntawmartialarts.com](http://www.kuntawmartialarts.com)



## Arizona Filipino Martial Arts (FMA)

“The Gathering of Locals”

Training and BBQ

April 27, 2008

By Ted Rabino Sr.

On April 27th, 2008 we had the pleasure of working out with valley Filipino martial arts practitioners from, various out skirt rural areas in Phoenix, Arizona. The gathering was a brainstorm of Mike Butz (Kada Anan FMA group) please excuse of non-political values of not listing all organizational ties of the names that are brought up in the story or titles of instructors who taught.

The gathering was at Papago Park just north of the Phoenix Zoo, where there was a nice cement slab to work out on. Mike listed the gathering as a friendship meeting, just to get introduced to valley Filipino martial arts players and the blends of Pilipino styles. The instructors were Mr. John Jacobo, Mr. Pietro Vitelli, Mr. Mike Butz, and Mr. Scott Abbott. Other guest and in the area were respectfully Mr. Sam Buot, and Mr. Gilbert Cordoncillo. The arts taught were Kali Ilustrisimo, Defondo, Serrada, and Decuerdas - each instructor had basic introductions of training, such as their method of numbering systems of striking, blocks, and evasion tactics.

First up to instruct was Pietro Vitielli teaching his methods of warm-ups and the 12 strike patterns associated to the Defondo (To plant) style, I (Ted Rabino Sr.) assisted Pietro in demonstrating the various Defondo techniques. There was a great amount of basic methods all to be taught in one hour. Next was John Jacobo he taught tactics of Kali Ilustrisimo and the angling using male/female footwork patterns and



Pietro Vitielli - Bahala Na Arnis

the striking patterns using the Redondo (circular) continuous flow. We had a half time break allowing players to interact and network with each other expressing similarities and exchanging phone numbers and locations of their schools.

During this time folks warmed up there Adobo, Pancit, salads, and various potluck dishes - it was great! Some of the players had sticks, training tools to sale.

Everyone during this time was enjoying the exchanges of techniques and



John Jacobo - Kali Ilustrisimo

history. Next on the training schedule was Scott Abbott teaching the Serrada method of Sinawali (weaving patterns). It was different due to unlike most styles using the heaven six strikes - matching right hand (feeder), right hand (receiver). He was teaching the mirror method of Sinawali, left hand (feeder), right hand (receiver) - 5 count strikes. It was very interesting; each instructor had roughly one-hour to teach their training methods

to players they had never met before. Not knowing each players experience, but each player helped along other students to assist in there minor obstacles. The team work and camaraderie made this easy for instructors to talk of their methods and reasoning, all of the training was based on blade.

The last player was Mike Butz, he taught empty hand (Cadena de Mano), and Decuerdas blade applications. Joey (Salinas, CA. player) assisted by demonstrating Serrada continuous striking, and footwork. This was the last of the training which ended with a group appreciation cheer, and each schools etiquette ways of bowing displaying their respect, and ended with a group picture.

During the closing, everyone was remarking how great the training was. And when is the next gathering going to occur? Mike Butz is currently in the works in bring in a few instructors from the Stockton, Ca. area in - such as Mr. Carlito Bonjoc (Serrada, Lapu Lapu styles), Mr. Mike Giron (Original Giron Escrima), Mr. Sam Buot (Balintawak Eskrima) - Phoenix, Arizona, John Jacobo (Kali Ilustrisimo) - El Mirage, Arizona. The tentative date on the next gathering is Sunday October 19th, 2008.



Mike Butz - Serrada



**For more information contact Mike Butz at:**  
[Michael@halohalomartialarts.com](mailto:Michael@halohalomartialarts.com).  
Hope to see everyone there again, and plan for  
a day of true Filipino Martial Arts experience!

**Visit:** [www.AZ-FMA.com](http://www.AZ-FMA.com)





### 100% Pinoy at GMA7 May 1, 2008

May 1, 2008 eipsopde ang Tapang ng Pinoy, hosted by Ms. Miriam Quiambao 1st runner up Ms. Universe 1999. **Featuring:** Punong Lakan Garitony Nicolas; of Modern Arnis Mano-Mano Filipino Martial Arts.

Ms. Miriam Quiambao at MAMFMA GHQ, Pasay City Philippines, host of 100% Pinoy of GMA 7, interviewed Punong Lakan Garitony Nicolas and introduced to the viewing audience the art of Modern Arnis Mano-Mano Filipino Martial Arts.



Punong Lakan Nicolas interviewed during the 100% Pinoy. In the background Mizha Nicolas, Marygrace Penamayor, RJ Rivera and Jerome Lagahit with the camera man of GMA 7





Miriam Quiambao is a beauty queen from the Philippines who has competed in the Miss Universe pageant. Quiambao, who has a degree in Physical Therapy from the University of Santo Tomas, now lives in Manila.

**Entertainment Career:**

- \* After competing in Miss Universe, she started her television hosting career via Unang Hirit, followed by Extra Challenge alongside Paolo Bediones.
- \* She has also appeared in the movie Walang Kapitalit starring Richard Gomez and Sharon Cuneta.
- \* She hosts in GMA Network's News and Public Affairs late-night program, Palaban

\* Travels the world with co-host Paolo Bediones on GMA's Pinoy Meets World

\* Hosts QTV's Dahil Sa Iyong Paglisan about OFW's.

Punong Lakan Garitony Nicolas with Ms. Miriam Quiambao host of 100% Pinoy of GMA 7 (center wearing white shirt). This photo was taken during the taping at MAMFMA Gym, Pasay City Philippines.



**From Left:** Sunshine Facto, Cesar Turingan, Punong Lakan, Ms. Miriam Quiambao, Simon Lear, Christopher Ellazar, Rommel Bautista, Junar Vidal, Marygrace Penamayor, Mizha Nicolas, and Maryrose Orillosa.

Videos of the behind the scene; during the taping of 100%pinoy of GMA 7 with Ms. Miriam Quiambao (host) with Punong Lakan Garitony Nicolas.

- 100% Pinoy GMA 7 - MAMFMA: **Click Here**
- 100% Pinoy of GMA 7 - Punong Lakan Nicolas with Lakan Cesar Turingan doing free style: **Click Here**



- 100% Pinoy of GMA 7 - Multiple Modern Sinawali: **Click Here**
- 100% Pinoy of GMA7 - Punong Lakan Nicolas with Ms. Quiambao doing Advance Single Sinawali: **Click Here**
- 100% Pinoy - Ms. Miriam Quiambao ending: **Click Here**



[www.igma.tv](http://www.igma.tv)

## **Bandalan Doce Pares at Karate Quest**

May 2 - 3, 2008

By Patrick Armijo

The Bandalan system of Doce Pares Eskrima was developed by Grandmaster Alfredo Bandalan through his studies with both Grandmaster Dionisio "Diony" Canete and Grandmaster Cacoy Canete. Grandmaster Bandalan studied Serrada Escrima with Grandmaster Angel Cabales and Mike Inay. Grandmaster Bandalan teaches Kenpo and has roots in the C.H.A. 3 Kenpo system founded by Professor Marino Tiwanak, in Hawaii.



Grandmaster Bandalan is one of the founding members of WEKAF and he presented his system of Doce Pares and WEKAF sparring at Karate Quest, in Ferndale, Washington. There were three sessions; Friday, May 2nd (6:00 pm-8:00 pm), Saturday, May 3rd (10:00 am - noon and 1:00 pm to 4:00 pm). Grandmaster Bandalan was accompanied by Guro Loretta

Fydrych, Sensei Felix Ordiniza, Tim Keating and current WEKAF world champion, Guro Anthony Ordiniza.

After the seminar, on Friday, Grandmaster Bandalan and his team gave a demonstration at the Kalahi Martial Arts Academy, operated by Master Lou M. Faralon, in Mt. Vernon, Washington. The demonstration was entertaining, dynamic, and informative.

Grandmaster Bandalan exhibited outstanding expertise in escrima and he has an infectious sense of humor. Our students had a great time learning from Grandmaster Bandalan.

The response to the WEKAF style of sparring was very positive and we filmed all of the sparring matches. We look forward to having Grandmaster Bandalan come back to Karate Quest and thank him for spending time with us.





**Karate Quest**  
1420 Pacific Pl. Suite B  
Ferndale, WA. 98248  
(360) 312-4110  
[karatequest.wordpress.com](http://karatequest.wordpress.com)



[www.bandalan.com](http://www.bandalan.com)

### **3rd Annual Inayan Martial Arts Summer Camp and Instructor's Conference**

May 2-4, 2008

By Pangulong Guro Jon Ward

Photos by Jen Francis

First off Congratulations and Thanks to all of the participants and supporters of the 3rd Annual Inayan Martial Arts Summer Camp held this last May in Santa Cruz, California. This year's Inayan Experience was simply Over the Top both in the incredible material presented by our World Class Instructors and in the effort and talent displayed by our participants.



from across the Atlantic, this year's group truly came together as an Inayan Family in the best sense... Truly this year's event started with a Bang! With some of the top instructor's in the World agreeing to participate in this years event and share their wisdom and insight into the Filipino Martial Arts...



This year we had had over 40 dedicated and enthusiastic students come together over 3 days of intense and fun training to further their journey in the Filipino Martial Arts. A greater and more supportive group, we could not have asked for and each and every member of this year's camp truly bought their best! With participants and Instructors from all over the country, and one

In alphabetical order I would like to share with you who they are and what they shared with our students this year...

**Punong Guro Jeff Espinous-**

Paris France: What can be said about Jeff? In my opinion he's one of the best seminar instructors out on the world circuit today! With over 60 booked seminars and a back log of requests Jeff is one of the most sought out instructors in the World!

When we talked on the phone about the upcoming Inayan Camp he simply said, I want to be there! This is and was Jeff's commitment to Suro Inay's memory! Jeff flew from France to California to share his Energized and Humorous teachings of the Filipino and Indonesian Martial Arts... Jeff brought great insight and practicality to the techniques he taught, while keeping everyone laughing...Guro Espinous taught several different aspects including Silat, Kali Sikaran and Streefighting. His classes were well received and enjoyed by everyone...we look forward to having Jeff Back next year!



**Instructors L-R:** Guro Larry Lindenman (Chicago), Guro Steve Kohn (Los Angeles), Punong Guro Jeff Espinous (France), Katalungon Guro Bill Francis (Santa Cruz), Tagaturo Steve Klement (Knoxville), Pangulong Guro Jon Ward (San Jose)

**Master Francis Farley**-Santa Cruz, California: Master Farley was again the host of this years camp at his amazing Kickboxing Gym. Though our time was limited with this US Kickboxing icon, he did help up in several area including the setups of counter kicks and punches. In addition he shared several stories about fighting with and training with some of today's leading kick boxers and UFC trainers.

**Katalungon Guro Bill Francis**-Aptos, California: Guro Francis was one of the closest people to Mangisursuro Inay before his passing. During his teaching sessions he gave several different insights and views into; who Suro was as a person. From a technical standpoint Guro Francis gave all students deeper understanding of the Inayan Dequerdas system. Often overlooked because of Inayan Serrada, the Inayan Dequerdas method is one of the most effective and complete methods of Filipino Martial Arts today.

**Tagaturo Steve Klement**- Knoxville, Tennessee: Tagaturo Klement made the long trip to be with this year bringing several of his Instructors with him, which truly enriched the learning experience for everyone involved. Many I have not seen on over five years and I was amazed at their growth in that time period. Tagaturo touched on several aspects of Inayan Eskrima, but was everyone was thrilled to get his insights into Serrada and especially the Lock and Block drill. Tagaturo gave students several theories and variations if this instrumental Inayan Serrada drills. Tagaturo is a true gift of knowledge when it, come to Inayan Eskrima and its history.

**Guro Steve Kohn**-Los Angeles, California: This year once again featured Guro Steve Kohn and his insights into the Filipino and Indonesian martial arts. Covering both weapon and open hand application Guro Kohn shared the diversity that is found within the Kali and Silat systems and how they compliment one another. In addition Guro Kohn gave an incredible demonstration of the Filipino Whip (latigo) at Sunday's lunch break. Steve's always comes to our events with an incredible energy and spirit.

**Guro Larry Lindenman**- Chicago, Illinois: This was our first year to have Guro Larry Lindenman participate in our Annual event and we were all blown away by his knowledge and presentation. Coming from the Inosanto lineage Guro Lindenman shared a variety of subjects and theories that come from the Kali lineage. Guro shared a variety of weapon and open hand drills that gave us a greater understanding and the value of distance and angle. Of particular interest, I thought was his concept of half beat hitting during flow sparring. This idea gives us a different idea and value of speed, acceleration and timing. Guro Lindenman was truly a treat to work with and he will always be welcome back in the future.

**Coach Beth Moscov**- Boulder Creek, California: Once again we had the privilege to train under Beth Moscov and the Cross Fit program. Cross Fit is now an internationally known fitness program that is used by top athletes' world wide.

Beth started out with explaining a few basic exercises used by explaining the proper execution and their function. From here she took the class through a short yet grueling fitness class that everyone else felt the next day. Beth has always brought an incredible amount and enthusiasm and challenge to this year's event.

**Shihan Russ Rhodes**- Campbell, California: Once again Shihan Rhodes demonstrated the Dynamic and brutal effectiveness of Kenpo Ju Jitsu. Shihan Rhodes performed and gave every student this year a practical demonstration of why throws and throwing are so important to know and even more critical to defend against. Shihan Rhodes ability to flow from one technique to another is simply amazing and we were fortunate enough for him to join us in this year's camp.

**Pangulong Guro Jon Ward**- San Jose, California: During this year's brief session with Guro Ward, students were introduced to the art of Espada y Daga or Sword and dagger. Espada y Daga is one of the older arts found in the Filipino Martial Arts, students were introduced to not only counter but multiple trapping applications.



This year's camp ended on a very special note with all students being invited to train at Guro Francis amazing ranch on the Santa Cruz Mountains. What makes this place an important part of Inayan History was Mangisursuro's love to teach



and come here in his down time. The property is simply amazing, from the groomed areas to train, including the most amazing Koi pond you've ever seen, to the incredible views of the valley... this is truly spiritual place to train in Eskrima.

Another powerful part of the camp came in a peripheral way that most people were not aware of. The majority of the make up of the instructors came from two different Filipino lines of Instruction through the Inayan Family Line came Klement, Francis, Rhodes, Espinous and Ward. Through the family line of Guro Dan Inosanto came Lindenman, Kohn and Espinous...Jeff spent time with both of these incredible instructor's.

This joining of lines goes back to the 60's and 70's. Reaching back into Inayan history, Mangisusuro Inay began his training with Grandmasters Cabales and Sarmiento in 1965. Not long after this (sorry I am not sure what year) Guro Inosanto began his training under Grandmasters Cabales and Sarmiento. From this and the stories I was told and the multiple pictures and video we have Guro Inosanto and Mangisursuro Inay became good friends. But as with anything, time, distance and life often gets in the way of such relationships.

It was upon looking to our instructor line up at this years camp that I realized in our own way we brought these two families and generations together again. I could not help but be proud to see these two Filipino/American lines of knowledge and instruction comes together some 40 years after it started.

In closing I would like to say that this was simply an honor to be apart of, to have so dedicate themselves and sacrifice for their own training and the training of others... what can I say we truly were and are a family.



For a great pictorial of the camp please visit **[www.inayanmartialarts.com](http://www.inayanmartialarts.com)**

The 2009 Inayan Martial Arts Association Summer Camp will be held in Santa Cruz, California on April 30th through May 3rd, 2009!



**[www.billfrancisacademy.com](http://www.billfrancisacademy.com)**

**Francis Farley Kickboxing Academy**

2551 Rodeo Gulch Suite #6

Soquel, CA.

(831) 688-4100

**Durham Karate Open Championship**  
**Durham, NC**  
May 3, 2008

Master Alice and Guro Bill Kossman owners of Kuntaw Palace attended the Durham Karate Open Championship with their students. The following were the students that competed and came away winners.

**Adult Green Belts:**

Jarmarl Sharpe - 1st place in weapons,  
1st place in fighting

Chuck Moore (Not pictured) - 1st  
place forms, 1st place in weapons, 3rd  
place fighting

**Child Yellow Belt:**

Josh Mahone - 2nd place in forms



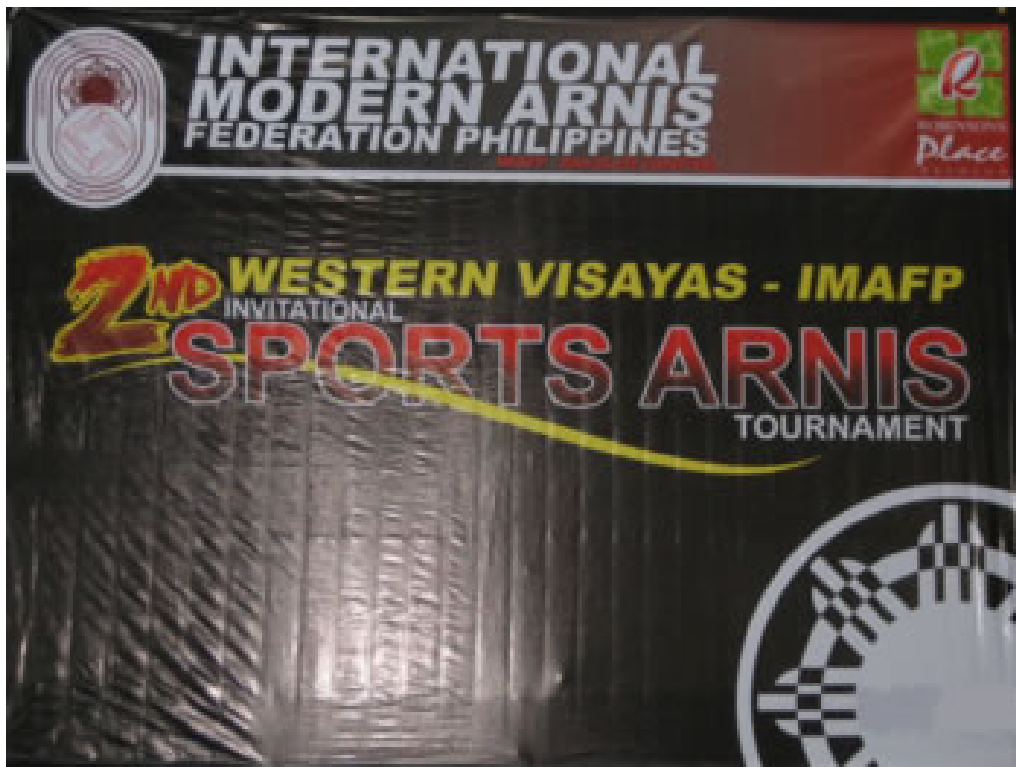
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Wilson, NC 27893  
(252) 206-7900

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**2nd Western Visayas  
IMAFP Invitational Sports Arnis Tournament**  
Robinson's Place Bacolod  
Bacolod City, Negros Occidental, Philippines  
May 10 and 11, 2008



[www.imafp.com](http://www.imafp.com)



**Participating Schools/Teams/Clubs:**

AMA Computer Learning Center - Bacolod (ACLC), Arnis Judo Karate (ARJUKA) - Bago City, Combative And Sports Arnis Style (C.A.S.A.S.) – Iloilo City, Domingo-Lacson NHS. Golden Kamagong - Bacolod City (Main branch), Golden Kamagong - Pontevedra, Golden Kamagong - Sagay City.. Golden Kamagong - Valladolid.. Guarra Modern Arnis Style - Bago City, Guinabo Arnis & Combat Sports - Bacolod City.. Iloilo City Arnis Association (ICAAPhils), IMAFP Handumanan, IMAFP Hinigaran.. IMAFP Iloilo City, IMAFP Metro Manila, Kalisilat Arnis Association - Bacolod.. Modified Tapado of Talisay City, Neg. Occ., Sikaran Arnis Society – Bacolod, Sta. Barbara Modern Arnis Club - Sta. Barbara, Province of Iloilo, Tinagan - School of Martial Arts, Iloilo City, Tribu Hangaway - Bacolod City.

## Demonstrations



Senior Master Cristino Vasquez



Master Godofredo Fajardo



Senior Master Samuel 'Bambit' Dulay



Grandmaster Mike Vasquez of Tapado





**Anyo (Male)****12 Years and Below**

- |                       |       |
|-----------------------|-------|
| 1. Christian villaluz | (GKB) |
| 2. Darwin Dajao       | (KS)  |

**17 Years and Below**

- |                           |             |
|---------------------------|-------------|
| 1. Espada, Joseph Raymund | (IMAFP ilo) |
| 2. Doctora, Eduardo       | (Bago City) |
| 3. Pacheco, Allan         | (KS)        |

**18 Years and Above**

- |                         |             |
|-------------------------|-------------|
| 1. Doctora, Stevie John | (Bago City) |
| 2. Bagatela, John Carlo | (Bago City) |
| 3. Alejandra, Zoe Jhon  | (IMAFP ilo) |

**Anyo (Female)**

- |                         |          |
|-------------------------|----------|
| 1. Locsin, Claire       | (KS)     |
| 2. Lamoreno, Mary Rose  | (GK BAC) |
| 3. Sugcang, Hailene Joy | (GK SAG) |

**Labanan****Kids 11 Years and Below (Male)**

- |                        |              |
|------------------------|--------------|
| 1. Daca, Francisco     | (IMAFP ilo)  |
| 2. Becerial, Clark leo | (IMAFP ilo)  |
| 3. Dajao, Darwin       | (Kali Silat) |

**14 Years Mid-Jrs.**

- |                     |              |
|---------------------|--------------|
| 1. Doctora, Edgardo | (Bago City)  |
| 2. Pacheco, Allan   | (Kali Silat) |
| 3. Parpa, Kimbert   | (GK SAG)     |

**17 Year and Below Jrs. (Male)**

- |                           |             |
|---------------------------|-------------|
| 1. Espada, Joseph Raymund | (IMAFP Ilo) |
| 2. Villaluz, Kevin        | (GK BAC)    |
| 3. Segovia, Joseph        | (TH)        |

**Kids 11 Years and Below**

- |                     |              |
|---------------------|--------------|
| 1. Locsin, Claire   | (Kali Silat) |
| 2. De Leon, Rossele | (IMAFP Ilo)  |

**17 Year and Below Jrs.**

- |                             |           |
|-----------------------------|-----------|
| 1. Sugcang, Hailene Joy     | (GK SAC)  |
| 2. Begasa, Ma. Louise Grace | (Talisay) |
| 3. Lamoreno, Mary Rose      | (GK BAC)  |

**55 KG. (Male)**

- |                       |            |
|-----------------------|------------|
| 1. Cabito, Rhowel     | (Guimaras) |
| 2. Bagatela, John     | (Bago)     |
| 3. De La Cruz, Evonie | (Bago)     |

**60 KG.**

- |                   |            |
|-------------------|------------|
| 1. Salinas, Jerry | (Guimaras) |
| 2. Cometa, Glenn  | (GKS)      |
| 3. Barzo, Carlo   | (GKB)      |

**65 KG.**

- |                          |        |
|--------------------------|--------|
| 1. Doctora, Steve John   | (Bago) |
| 2. Lumanog, Climago      | (KS)   |
| 3. Del Alcabaza, Joicent | (ACLC) |

**70 KG.**

- |                     |            |
|---------------------|------------|
| 1. Hecita, Ricardo  | (Talisay)  |
| 2. Estrabon, Marben | (ACLC)     |
| 3. Simbahon, Ryan   | (Guimaras) |

**75 KG.**

- |                   |            |
|-------------------|------------|
| 1. Saludo, Ariel  | (Guimaras) |
| 2. Infante, James | (Talisay)  |

**48 KG. (Female)**

- |                             |           |
|-----------------------------|-----------|
| 1. Sugcang, Hailene Joy     | (GKS)     |
| 2. Begasa, Ma. Louise Grace | (Talisay) |
| 3. Lo, Cristy Mae           | (TINAGAN) |

**52 KG.**

- |                     |           |
|---------------------|-----------|
| 1. Mincesa, viña    | (Bago)    |
| 2. Lamayo, Aileen   | (Talisay) |
| 3. Lopez, Irra jane | (GKB)     |

**66 KG.**

- |                      |           |
|----------------------|-----------|
| 1. Lusabia, Gargoren | (TALISAY) |
| 2. Gladys B. Serran  | (ACLC)    |



### Awardees







**WFMAA Seminar**  
**Hosted by: Eskabo Da'an**  
May 17, 2008

On May 17, 2008 was held the first WFMAA seminar at Lowell High School in San Francisco, California. Punong Guro Myrlino P. Hufana opened the seminar explaining what Laban Laro was all about and all the future events that he has planned.

Then Grandmaster Michael Giron of Bahala Na did an hour and a half session going into detail with Guru Laurence Motta as his ukie, explaining how Bahala Na was formed. Grandmaster Giron showed the techniques his father taught him. It was a wonderful show, displaying his skills and concepts to the audience.

Then Grandmaster Robert Castro did a 45 minute session on knife techniques which incorporated disarming with knife and empty hands. Grandmaster Castro moved with amazing speed and precision and continued on going into disarming Espada y Daga with weapons and empty hands and taking them into several different locks which the practitioners attending the seminar had never ever seen before. It was an amazing demonstration which showed his skill and power and agility. It was a combination of Eskabo and Kombatan from Great Grandmaster Ernesto Presas.



Continuing the legendary Grandmaster Lito Concepcion from Kombatan ([www.concepcion-combative.com](http://www.concepcion-combative.com)) did his thing which was very informative and as great as ever. Grandmaster Concepcion showed Espada y Daga in detail to the audience. He broke it down to where the participants had a great time learning Kombatan drills. It is hard to stop Grandmaster Concepcion once he gets started. But all in all Grandmaster Concepcion did a superb job in demonstrating and instructing.



Master Carlito Bonjoc of Serrada and Lapo Lapo style ([www.bagyo.net](http://www.bagyo.net)) was amazing, performing from a wheel chair and doing techniques which thrilled the audience. Master Bonjoc showed his concepts of the Serrada from the late great Angel Cabales. Master Bonjoc showed the bladed forms of Espada y Daga and single blade and how he put his on concepts into the system, using extractions to use the knife. Master Bonjoc was precise, powerful and efficient, it was an awesome demonstration.

To conclude the seminar Punong Guro Hufana did a wonderful demonstration. He showed angles of attack from numbers one and two, showing his ability to switch hands from the left to the right and how to apply the techniques. Punong Guro



Hufana was showing the practitioner's one on one how to fight in Laban Laro tournaments which, he is an advent believer in stick fighting tournaments.

Unfortunately Professor Allen of Magdangal was to perform but was stricken with an aneurysm which left him incapable of performing and in the hospital. All practitioners of Filipino martial arts would like to wish him and his family our condolences and a speedy recovery, and is in all our, prays for a speedy recovery.

Punong Guro Tony Solano cooked the most excellent lunch for all participants and I would like to thank all my Punong Guro's and Master Guros for all there support Secretary Anthony Martin, Punong Guro Joseph Baustista, Punong Guro Phil Cortijos and Master Lance Leung. And Master Ray Cordoba, Dean of Lowell High School without his support this gather would not be possible.

It was a great day. Many thanks to all that participated, Salamat.



[www.eskabodaan.org](http://www.eskabodaan.org)  
San Francisco, CA.  
(415) 585-9646



[www.worldfma.com](http://www.worldfma.com)

## **Blade Fighting and Stick Fighting San Diego Grand Internationals**

San Diego Convention Center

San Diego, CA

May 17-18, 2008

By: Rich Verdejo and Gigie Alunday

The San Diego Grand Internationals tournament, which celebrated its 10th year anniversary, was held on May 17-18, 2008 at the San Diego Sports Arena in sunny San Diego, Ca. The tournament has been hosting Stick Fighting along with other martial art disciplines such as Kenpo, Kajukenbo, Karate, Kung Fu, and Taiji to name a few. This year, Blade Fighting was introduced to the line up of all the competition divisions.



Guro Joe Abueg and Babao Arnis coordinated the stick fighting divisions at the tournament. The day began with forms and proceeded to stick fighting. The live Stick Fighting included single and double stick with good competition in all weight classes including the women's division.

The tournament also featured the premiere of Blade Fighting, which was coordinated by Rich Verdejo and Gigie Alunday of Filipino Combat Systems. There were 3 divisions for competitors to enter, Single Long Blade Fighting, Double Long Blade Fighting, and Single Tactical Blade Fighting. Both single and double long blade divisions were open to kids and adults from novice through advanced. The single tactical blade division was only open to the advanced adult divisions.



**Website**



match. Great technique was displayed, and the respect for the blade held true as competitors wore chalk marks exhibiting where points were scored.

There were over 15 competitors in the Blade Fighting divisions including 2 kids divisions. Among the competitors included students from Babao Arnis, Doce Pares, Valencia Lameco, and House of Champions to name a few. Competitors used foam chalked knives in the competition. The matches were fast paced where the winner was the first to accumulate 5 points in the

The evening show on Saturday night featured a Martial Arts trip around the world and highlighted the martial arts in China, Japan, Philippines, and United States. It was the first time in several years that Philippines had representation at this prestigious show. **Pedoy School of Escrima** ([pedoyescrima.com](http://pedoyescrima.com)), **Galius Martial Arts** ([www.myspace.com/galiusmartialarts](http://www.myspace.com/galiusmartialarts)), and **Filipino Combat Systems** ([www.fcskali.com](http://www.fcskali.com)) represented the Philippines. The theme of the demo was to pay tribute to the history and culture of



Regional High Chief Chaz Siangco and Master Chief Chris Siangco (Pedoy Derobio School of Escrima) demonstrating hidden moves within Subli



Ralph Fontela and Jed Francisco (Galius Martial Arts) demonstrating the hidden movements in the Tinikling

was set to a slide show of various Filipino martial arts Founders and Grandmasters. The audience enjoyed the show and applauded the groups' efforts in representing the arts and culture of the Philippines.

Filipino martial arts and demonstrate how the art was hidden in the dance while the Philippines were under Spanish rule. Filipino Combat Systems performed the folk dances, Subli, Tinikling, and Binasuan. Pedoy School of Escrima exhibited the hidden movements within the Subli, while Galius Martial Arts highlighted the footwork of the Tinikling. The intricate hand techniques concealed in the Binasuan were performed by Filipino Combat Systems. The background of the performance



Gigie Alunday (FCS)  
performing Binasuan



Rich Verdejo and Gigie Alunday (FCS)  
performing Subli



Gigie Alunday and Rich Verdejo (FCS) performing Tinikling



## IMB Seminar at Crow's Martial Arts Academy

May 31 - June 1, 2008

Crow's Martial Arts Academy was honored to host Grandmaster Richard Bustillo for his first seminar ever in the Dallas, TX. area. Grandmaster Bustillo is one of SiJo Bruce Lee's Chinatown senior students, as were a few chosen others.

The young martial artist Raymond Crow met Grandmaster Bustillo in 1979 at the Kali Academy and Jun Fan Gung Fu Academy of Los Angeles, on Normandie St. in Torrance, CA. where he was taking private lessons with Guro Dan Inosanto and soon also visited the group classes taught by Sifu Inosanto, Grandmaster Bustillo and their assistants, Chris Kent and Cass Magna.

Raymond Crow lost touch with but always remembered Grandmaster Bustillo for his passion for the arts of JKD and Kali and the teaching to new and advanced students. His attention to detail and discipline impressed and intimidated a little the young martial artist that Raymond was at that time.

The two met again in the fall of 2007, at an IMB seminar in San Antonio, TX. that Sifu Crow attended. Sifu/Guro Kru Raymond Crow was excited to see one of his old teachers again, and Grandmaster Bustillo was pleased to reconnect with a student from the old Kali Academy. They started making plans for a seminar at Sifu Crow's academy... Grandmaster Bustillo arrived the night before the seminar and it was evident that he still had the same passion and stamina, and he was also humorous and inquisitive...



Grandmaster Bustillo had each seminar participant introduce himself and share a little bit about their occupation and



Grandmaster Richard Bustillo and Guro Raymond Crow

It was a pleasure and honor for all of us to see him again, or meet him for the first time! He taught Western Boxing, JKD and Thai Boxing on the first day; Grappling and Kali on the second.



martial arts experience. It made everyone feel engaged, comfortable and ready to learn. There was a sense of inclusion and adventure!

During the seminar, Grandmaster Bustillo broke everything down and explained the drills in detail, for people to retain and practice later on. Grandmaster Bustillo shared some of Bruce Lee's favorite JKD drills!

At the end of the second day, after the seminar certificates had been handed out, Grandmaster Bustillo honored Sifu/Guro Crow with an IMB Apprentice Instructor certificate and made him one of the few instructors to hold an instructor rank with three of Bruce Lee's senior students; the other two being Guro Inosanto and the late Sifu Larry Hartsell! Crow's Martial Arts Academy, Sifu and Simo Crow, students and guests, all felt that this was a very special moment and will treasure the memories and keep training.



What better way to close this summary of a great weekend, than with Grandmaster Bustillo's own words? This is an excerpt of his letter to Sifu/Guro Crow, sent after the seminar at CMAA, where he addressed his feelings about our event in particular and his goal and philosophy about martial arts: *"My goal in IMB is to preserve and perpetuate Bruce Lee's martial art and to share my experiences in the IMB combative martial arts trilogy. I believe that martial art is an empty box. It remains empty unless we put in more than we take out. More important you brought us together to keep the Bruce Lee legacy alive."*

We thank Grandmaster Bustillo for his teachings and kindness. Mahalo Nui Loa!



[www.imbacademy.com](http://www.imbacademy.com)



**Crow's Martial Arts Academy**

1225 W College Avenue #502,

Carrollton, TX 75006

Located at the North-West Corner of I-35  
and Belt Line (Mapsco 12B)

972-446-0024

**Email**

[www.crowsmartialarts.com](http://www.crowsmartialarts.com)

## **"Martial Arts Day"**

Raden, Germany

June 1, 2008

By MAA-Team

“Experience the World of the Martial Arts!”

The slogan of Martial Arts Day.

Over 420 competitive athletes and martial artists came from all over Europe to Germany to train and learn from one another.

The record number of participants was first-class both nationally and internationally. An enormous martial art training course has not to this date come together in the unity of sharing. The charity Event was aligned under the flag of the Martial Arts Association - International ([www.MAA-I.com](http://www.MAA-I.com)) represented by Headmaster Bernd Hoehle and that International Budo Federation represented by the IBF President Grandmaster Niering. After the greetings by the Mayor Von Rahden Bernd Hachmann the seminar opened. Afterwards the participants had the possibility of training for another 6 hours on four different training surfaces hourly, with instructors rotating and the chance to train in 14 different arts.



**Instructors**

MAA Grandmaster Erwin Pfeiffer demonstrated with his specialized knowledge over Taekuk Musul the points of pain. Renshi Joerg Knust demonstrated the art of the Shotokan Karate. IBF Grandmaster January Szkucik impressed the participants with Chan Shaolin SI Kung Fu combinations. The Russian martial arts, was skilfully represented by MAA Grandmaster Jez Zbigniev. MAA Master Juergen Koehler demonstrated a very effective close-in attack and counter attack techniques from the Krav Maga. MAA National Coach Master Joerg Aderhold demonstrated some special techniques of San Jitsu. The self defense practiced by MAA Master Andreas Ruwe and Master Frank Lange was in solid form and was impressive to all the participants. Indonesian Penjak Silat was demonstrated to the participants by MAA Grandmaster Joerg Kabeck. Grandmaster Klaus Wachsman showed techniques of the dynamic Hwarang Kwan Do; IBF Jiu Jitsu National Coach Grandmaster Richard Hammer demonstrated masterful Jiu Jitsu techniques. The participants the MAA Master Thorsten Isringhausen and Master Bernd Hoehle in the stick combat training unit was a large success with participants and the gallery. The anti-terror street fight MAA Master Michael Deutsch



presented durable and uncompromised defense techniques. MAA Grandmaster Bernd Kuehnappel demonstrated Kempo Karate.

The Filipino Martial Arts was presented by Guro Thorsten Isringhausen and Guro Bernd Hoehle. They demonstrated and instructed Cruzada modern blocks, and other Konter methods of classic Kali. The last part of the Kali seminar Hubad Lubad drills was taught.



This event was organized by Bernd Hoehle from Golden Dragon Kampf-Kunst Center), Heinz Scheidereiter and Thorsten Isringhausen. The instructors had a good possibility of presenting not only the martial art they represented but also the partnership and solidarity of different martial arts and Masters. The slogan in the Martial Arts Association - International reads: *"With one another and not against each other. Together we are more strongly"* by Master Thorsten Isringhausen.

With this charity seminar a donation sum of four digits came together, which was placed to the King as part of his royal sovereignty Togbui Ngoryifa Olatidoya Kosi Cephah Bansah - by the Kingdom of Ghana Hohoe for aid projects in Ghana also some of the monies went to the Health and Humanitarian Organization for the promotion of hospitals into East Asian poverty regions.



[www.MAA-I.com](http://www.MAA-I.com)



## **Celebrate Wilton Festival**

Martial Arts Demonstration

Main Street, Wilton, NH.

June 7, 2008

Presented by students of: Morning Star Martial Arts - Carol Mannarino, Phil Duldulao, Kibibi Bolduan Zanga, Hannah Cheneau and Peter Freedman's Boston Arnis Club - Guro Director Peter Freedman and Guro Ryan Birmingham

Morning Star Martial Arts, jointly with Peter Freedman's Boston Arnis Club, presented a martial arts demonstration at the "Celebrate Wilton Festival" on the afternoon of June 7th, 2008. Braving extremely hot and humid conditions, on a blacktop road with temperatures in the nineties, the students of both schools endeavored to showcase the beauty of their art.

The demo began with two beginner students from Morning Star Martial Arts performing basics and the American Kenpo forms Short I and Long I. The director of the school, Carol Mannarino, then explained and performed the advanced form, Short Form III.

After that, Phil Duldulao, the Arnis instructor at the school, and Carol demonstrated basic Arnis drills including Cinco Teros (the five basic strikes), Palihay (lateral), trayangulo (triangle) footwork, Largo Mano (Long range) and Rompida (short range) counters associated with them. Phil and Carol then showed how these basic moves were applied in a drill they called "Block, Check and Counter", ending with disarms. The Morning Star Martial Arts portion concluded with Phil and Carol demonstrating an empty hand "Tapi-tapi" drill that flowed into several American Kenpo techniques.



The finale featured Guro Director Peter Freedman, Guro Ryan Birmingham, and Philip Duldulao of the Boston Arnis Club. They demonstrated the application of numerous Mano-Mano (Empty Hands), Sera Todo (lockings) and Corto (close range) concepts for self defense against baraws (knives) and multiple attackers.



[www.freedmansmethod.com](http://www.freedmansmethod.com)

**Boston Arnis Club**  
Weare, New Hampshire  
(603) 529-3564  
**Email**

## 1st Annual Vallejo Goodwill Eskrima Kali Arnis Tournament

June 7, 2008

Vallejo Waterfront, Mare Island Way  
Vallejo, CA.



The inaugural Vallejo Goodwill Eskrima Kali Arnis Tournament, held on June 7, was a huge success. The first-time event was held outdoors during Vallejo's annual Pista sa Nayon Celebration on the beautiful Vallejo waterfront. The tournament was conducted with the expertise of Dexter Labanog and his crew from the Eskrima Coalition (ESKCOA). Local hosts were the Villasin Balintawak Arnis Academy,

Vallejo Kombatan and the Philippine Cultural Committee.

The tournament was the brainchild of Mel Orpilla, a student of Grandmaster Ver Villasin of the Villasin Balintawak Arnis Academy. Mel was also the Entertainment Director for the Pista sa Nayon Festival. "Every year I want to add something new to the festival to make it fresh and exciting," said Orpilla. "With Filipino martial arts becoming more popular due to shows like the Human Weapon, Fight Club and Fight Science, I wanted more people to experience our traditional Filipino fighting arts up close and personal. The Pista sa Nayon was a perfect venue because over 20,000 people come each year," added Orpilla.

The day started out bright, sunny and warm and got hotter as the day progressed. By 10:00 a large crowd had gathered around the tournament area. Don Rosario and Inez Meim from the Villasin Balintawak Academy were feverishly registering participants as only three fighters pre-registered. By the time of the first fight thirty-five fighters, from all over Northern CA, had registered.



Various schools and styles were represented - Kombatan, Bahala Na Multi Style, Inayan Eskrima, Serrada, Buffalo Black Brotherhood, Bais Tres Manos, Latosa Eskrima, Cabaes Eskrima and several others. The title of the games "Goodwill" lived up to its name as the fighters and everyone involved shared a sense of brotherhood and sportsmanship.



Grandmaster Lito Conception stood alone - Edward Talisayan. He was awarded special sticks donated by Brady Brazil and Eduardo Datangel.

The four first place winners of the men's advanced categories were brought to the festival's main stage to fight a single elimination match to determine the tournament's Grand Champion. The four winners were Lito Conception - Kombatán, Edward Talisayan - Bahala Na Multi Style, Thomas Giron - Bahala Na Multi Style, and Lloyd Vance - Bais Tres Manos. In front of thousands of spectators, these warriors battled each other until only one

### **Teen Boys (13 - 17yrs)**

1st Place - Aliká Foster: Buffalo Black Brotherhood  
2nd Place - Alex Soto: Buffalo Black Brotherhood  
3rd Place - Carolyn Balubar: Bahala Na Multi-Style

### **Teen Boys (8 - 12 yrs)**

1st Place - Kenton Quilenderino: Bahala Na Multi-Style  
2nd Place - Gregory Balubar: Bahala Na Multi-Style  
3rd Place - Brendan Garcia

### **Beginners Men (18 - Over)**

#### **Lightweight**

1st Place - Darwin Cabalelero: Inayan Eskrima  
2nd Place - Johnny Chavez: Buffalo Black Brotherhood  
3rd Place - Roland Miyamoto: Cabales Eskrima

#### **Middleweight**

1st Place - Andronico Rafael Jr.: Cabales Eskrima  
2nd Place - Ginao Abon: Kombatán

#### **Heavyweight**

1st Place - Bernie Dore: Buffalo Black Brotherhood  
2nd Place - Michael Nelson: Buffalo Black Brotherhood  
3rd Place - Melvin Laguren: Latosa Eskrima

### **Advance Men (18 - Over)**

#### **Middleweight**

1st Place - Edward Talisayan: Bahala Na Multi-Style  
2nd Place - Derrick Sapp: Inayan Eskrima  
3rd Place - Elmer Bais: Bais Tres Manos

#### **Heavyweight**

1st Place - Lloyd Vance: Bais Tres Manos  
2nd Place - Marcus Quilenderino: Bahala Na Multi-Style  
3rd Place - Brain Everett: Bais Tres Manos

#### **Advance Lightweight (Men 40+)**

1st Place - Lito Concepcion: Kombatán  
2nd Place - Vincent Ulep: Bahala Na Multi-Style

#### **Advance Middleweight (Men 40+)**

1st Place - Thomas Giron: Bahala Na Multi-Style  
2nd Place - Angel Rodriguez: Serrada/Doce Pares

### **Grand Champion 2008**

Edward Talisayan: Bahala Na Multi-Style





**L-R:** Dexter Labanog, Edward Talisayan, Bob Antuna, Ray Munoz, Lawrence Motta

Photos and a video as well as the list of winners can be found at [www.orpilla.com](http://www.orpilla.com). ESKCOA will be holding, their own tournament this Saturday, June 28, at Edison High school Gym in Stockton, CA. For more information please check out their website at [www.bahalana.com](http://www.bahalana.com).

### **Grandmaster Atillo's 70th Birthday and Gathering** Beaumont, CA. June 8, 2008

Students and friends gathered together to celebrate Grandmaster Crispulo "Ising" Atillo Birthday and mini seminar. Commencing at 9 am Steven Dowd Publisher of the FMAdigest, Guro Doug Pierre of Village Martial Arts Institute located in New York, NY., Quinton Egson of United States Martial Arts Systems ([thekarateguys.net](http://thekarateguys.net)) located in Indio, CA., and Virgil Cavada from Cebu, Philippines gave a brief speech.



Grandmaster Atillo then gave a small demonstration of the art of Atillo Balintawak, showing the basics of the art. And let it be said that the Grandmaster moves smooth, graceful and effortlessly. Upon completion everyone gathered and went to the Panda Chinese restaurant.

After having a very good meal everyone returned to Grandmaster Atillo's residence and attended a mini workshop lead by Grandmaster Atillo.



**In attendance at this festive event was:**

Jesse Devera M.D. - Beaumont, CA.  
Lou Smith - Anaheim, CA.  
Kirk Gooding - Newport Beach, CA.  
Steven Prejean - Diamond Bar, CA.  
Joe Medrano - Corona, CA.  
Jere Barnes - Calimesa, CA.

Alfred Parayno - Cathedral City, CA.  
Michael and Mikey Martinez - Fontana, CA.  
Sean Laney - Cherry Valley, CA.  
Ohe Navidad - Los Angeles, CA.  
Jovee Ordas - San Bernardino, CA.



[www.atillobalintawak.com](http://www.atillobalintawak.com)

**Atillo Balintawak**  
Grandmaster Crispulo "Ising" Atillo  
(909) 363-6435  
**[Grandmaster\\_Atillo@atillobalintawak.com](mailto:Grandmaster_Atillo@atillobalintawak.com)**

**Arnis Balite Workshop**  
Bandalan Doce Pares Headquarters  
June 10, 2008

Punong Guro Steven Dowd visited Bandalan Headquarters in Hollister, CA. While visiting he was asked and honored to give a workshop on the art of Arnis Balite at that night's class.

Punong Guro Dowd commenced the workshop with the history of Arnis Balite and then the basic theory and philosophies, he demonstrated the angular attacks, defense, and counter attacks. Continuing he had participants train in the basic movements of Huli Lusob. Once the participants understood the movements, Punong Guro Dowd had them pair up and train in a basic exercise in which one participant would attack and the other would execute a counter attack to capture the opponents baston and then continue by controlling or striking the opponent. Continuing, the participants then trained in empty hand verses baston.

Towards the end of the workshop, Punong Guro Dowd also demonstrated some of the basic techniques of Kuntaw, the Filipino art of hand and foot fighting.

Punong Guro Dowd would like to thank Grandmaster Alfred Bandalan, Master Felix Ordiniza, Guro Anthony Ordiniza for the opportunity to demonstrate the art of Arnis Balite.



**L-R:** Guro Anthony Ordiniza, Punong Guro Steven Dowd, Grandmaster Alfred Bandalan, Master Felix Ordiniza





[www.arnisbalite.com](http://www.arnisbalite.com)



[www.bandalan.com](http://www.bandalan.com)

**Warriors of Visayas Ordiniza**  
**Filipino Martial Arts**  
 Bandalan Doce Pares Headquarters  
 Grandmaster Alfred Bandalan  
 (408) 310-0101  
 Master Felix Ordiniza  
 (831) 524-1072  
 2910 Southside Rd.  
 Hollister, CA. 95023-9629

## **MARRPIO Seminar at Karate Quest**

June 13-14, 2008

By Joel Priest

One of the things that struck me most about Modern Arnis is the connections formed. The practitioner's connection to the art, to each other, and to the Presas family, people who've met only once before greet each other like long lost family members re-united. On June 13th that unity was reinforced and then again on the 14th.

Grandmaster Presas opened the seminar on Friday with the history of the Filipino martial arts and Modern Arnis, discussing the enter action in the history of Modern Arnis, the Presas family, of Professor Presas and Rosemary, of their sons and daughters, laying out the roots of the art.



There is nothing sterile or impersonal about Modern Arnis, rather it is organic, rich, and fertile, it grows, thrives, living and breathing. That is what Modern Arnis is to all of us, and that's what brings people from all around to see Dr. Presas' seminars.

After a respectful moment of silence for Grandmaster Presas, we began dumog exercises, responses to kicks, defenses and take downs. Ground fighting is rare to see in many Filipino

Martial Arts, it is rarely still practiced, even more rarely still shown. Dr. Presas surprised many there on Friday with his knowledge and skill of this aspect of the Filipino martial arts.

For the first time at any seminar I've been to in the last year, Dr. Presas was accompanied by several of his students from his school in San Pablo, CA. They took pictures, they assisted those of us who needed additional help, and they assisted Dr. Presas, more than once. They did it all with a sense of humor, a sense of joy at being there, a sense of decency and generosity that particularly struck me. Despite being called on to do all of these things, they did so with a constant smile, with a warm and friendly outlook that was contagious. Karate Quest and Mr. Armijo's students, as well as the rest of us there would like to extend sincere thanks to Mr. Gilbert Cruz and Mr. Ramon Lazo for their help.

Saturday, Grandmaster Presas opened the seminar with a series of drills, each building on the other, related and layered in their implementation and complication. We often speak of flow in the Filipino martial arts, but it takes a level of understanding of flow that is far beyond the common to extend the principle into how you teach. When you can see that flow on a meta level, when each drill or new instruction comes fast, and yet smooth, when the connection between movements builds like acts in a play or steps of an anyo (form), it is not hard to see that you're in the presence of a guro who fundamentally understands the purposes and philosophies of the arts.



We were privileged, on that day, to see Mr. William Wright's excellent knife work, and like all great instructors in Modern Arnis, his presence on the floor was manifest. He was in every corner, assisting every pair, with humor, patience and tolerance. Perhaps there's something built into Modern Arnis that makes our instructors' greater, that makes Dr's charisma and spirit felt through them. Or, perhaps, Modern Arnis attracts those who have that natural strength, that inner drive and goodness. When Dr. Presas awarded Mr. Wright his Lakan Antas Tatlo (3rd degree black belt) later that

afternoon, the feeling was one of graciousness, and of humble grace. Not only from Mr. Wright, but from each of us who were privileged to share the experience with him and Dr Presas.

Mr. Vincent Domingcil then took the floor to lead us in a series of hand drills, building upon Dr. Presas' and Mr. Wright's earlier fundamentals, and every face on the floor had a smile on it, that fond half-smile only ever seen on a dojo floor. It is an expression of trepidation, probably, particularly amongst those of us who have not done it before. But also, it contained focus and most of all it was doing something we all respected, of walking that one step further down the path toward mastery. Not merely the mastery of martial arts, or of physical fitness, or even of self-defense and combat, but the





mastery of ourselves.

Mr. Domingcil is innately charismatic, but there too the transformation happened. Leading the seminar, out on the mat something shone through, something that said “this is a Modern Arnis instructor.” And Mr. Domingcil’s subsequent award of Lakan Antas Isa (1st degree black belt) from Grandmaster Presas reflected that. Vincent Domingcil is a police officer in Bothel, Washington. He is a master instructor of defensive tactics with the Washington State Criminal Justice Training Commission, and also a member of the S.W.A.T. team in the city of Bothel.



Finally, Mr. Dwight Osborne took the floor, his quiet, unassuming manner left behind. As he demonstrated the techniques one could see Dr. Presas mannerisms easily as seen in his videos on Modern Arnis, there the practitioners contained a simple, quiet confidence, a pure belief in self, almost to the extent that self is immaterial. Mr. Osborne channeled that, that egoless peace, that raw greatness of spirit, and lent each and every one of us

a little piece, or at least a glimpse, of the path we must walk, and that others have walked in attaining knowledge. Mr. Osborne showed us how far that path goes. A guide forging a trail, well-known to him, though less familiar to some, as blocks built into abanico, smoothly integrated into the path we spent the weekend walking. Dr. Presas took us back into many more drills that day and we had the opportunity to learn quite a bit more.

There was one final award at the seminar, Mr. Patrick Armijo has eighteen years in Modern Arnis and his connection with the Presas family and the arts principles that Grandmaster founded the art on. Dr. Presas awarded Mr. Armijo his Lakan Antas Anim (6th degree black belt) a recognition of not only his contributions to Modern Arnis, but his mastery of it. Those of us lucky enough to train with him four days a week have been privileged to see the innate greatness of this man, as a martial artist, as a mentor, as a leader, and as a friend. His students, friends, family, and fellow practitioners are rewarded by this spirit and Dr. Presas’ recognition of Mr. Armijo broadens the trail for us all.

In addition, Mr. Mick Jolly and his wonderfully welcoming family deserve mention. They hosted the seminar at Karate Quest they also participated in the seminar, and embraced a culture and an art out of simple human decency and did so with absolute grace and without reservation. We must extend our deepest thanks to them as well.



**Karate Quest**

1420 Pacific Pl. Suite B

Ferndale, WA. 98248

(360) 312-4110

[karatequest.wordpress.com](http://karatequest.wordpress.com)



[www.modernarnis.com](http://www.modernarnis.com)



## **Speak Up - Speak Out**

Roberto Trinidad

### **Differing Opinions**

I was going to write about the upgrades made to bulletin board software that the FMA Forum uses. However, there has been a recent flurry of activity on the forum due to a new member pushing her opinions that differ from most of the other members. Unfortunately, her attitude isn't exactly endearing.

One of the most common comments made about the FMA forum community is that it displays a high level of maturity. On some other forums, threads tend to evolve into flame wars, pissing matches, and senseless bickering. It doesn't mean that the FMA Forum doesn't experience such things. It does, but not to the same extent as in other forums.

The overall friendly atmosphere of the FMA Forum is due to the fact that the forum was meant to be mainly a forum for Filipino practitioners, even though foreigners are very much welcome. The forum started with mostly Filipino members so the discussions basically reflect Filipino culture and the way Filipinos relate to each other.

While FMA is known to be direct when it comes to fighting, Filipinos in general are not direct when it comes to communicating to one another. A Filipino will not directly tell another Filipino "you're wrong!" Filipinos in general will try to avoid hurting other people's feelings or making other people lose face.

In a community as diverse as the FMA community, differences in opinion are to be expected. There are unspoken rules in the FMA Forum on how to espouse a differing opinion.

1. Don't write with the attitude "I'm right and you're wrong because I say so". Simply state your position and explain your stand; why you believe in your position and what you've found to back it up.
2. Give due respect to dissenters. Don't assume that the people you're talking to are ignorant, stupid or nothing more than mindless sheep who've drank their master's kool-aid. There's a reason they believe what they believe and it's important to understand where they're coming from.
3. If you want people to be open-minded, return the courtesy. If you want people to accept the possibility that you might be right, you must first accept the possibility that you might be wrong.
4. When trying to convince others of your ideas, don't be belligerent. Remember, you're trying to sell your idea. No salesman ever closed a sale by fighting with his customer.

From my experience, these guidelines go a long way in making yourself heard, not only on the FMA Forum but in other forms as well. I have more on this topic, and I wrote a post titled "Watermelons, Yumburgers, and Kali" which you can find at: (<http://www.fmaforum.org/index.php?showtopic=3259>).

See you there!

# ***FMA Future Events***

## ***Seminars***

### **Sayoc Sama Sama 2008**

July 4 - 7, 2008

St. Cloud Florida

**Flyer**

**Contact:** Tess (610) 747-0595 or **Email**

**Website**

### **Dekiti Tirsia Siradas**

Training Camp

July 6 - 12 2008

Pook Ma. Makiling, U.P. Los Banos

Laguna, Philippines

**Flyer**

**Contact the secretariat at: Email**

Promotional Video **Click Here**

### **G.A.T. Summer Retreat 2008**

July 11 - 13, 2008

Ty Park

Hollywood, Florida

(954) 432-4433 or (305) 788-4403

**Flyer**

**Email**

**Website**

### **Mata Sa Bagyo Potluck Picnic**

July 12, 2008

Buchannan Park

[Corner of Buchannan Rd. and Harbor St.]

Pittsburg, California

**Email**

### **USFMAF Referee Clinic**

July 12, 2008

**Hosted by:** Master Alex France, USFMAF Vice President

1024 B. Street, Ste 1

Hayward, CA. 94541

(925) 864-7477

**Email**

**Website**

**Filipino Kali and Improvised Weaponry**

July 13, 2008

Tommy Chen's Martial Art & Fitness Center

526 86th Street

Brooklyn, NY

**Flyer**

**Email**

**Website**

**Kuntaw Canada 10th Year Anniversary**

July 19, 2008

3600 Kingston Rd.

Scarborough, Ontario, Canada

(416) 396-4048

**Email**

**Website**

**4th FMA Festival**

July 20 - 25, 2008

Boracay Island and Iloilo City, Philippines

Information - **Click Here**

Scheduled Instructors - **Click Here**

**Websites**

**IMAFP**

**WFMA**

**NFMA**

**Indonesian Day 2008**

July 26, 2008

Union Square

San Francisco, California

**Email**

**Website**

**MARPPPIO Seminar**

Dr. Remy Presas Jr.

July 26 - 27, 2008

Modern Bujutsu Center

618 East Landis Ave.

[Lower Level]

Vineland, New Jersey

(856) 205-0711

**Contact:** Shihan Marty Manuel - **Email**

Sensei Linda Reim - **Email**

**Flyer**

**Website**



**HTAI Summer Camp**

July 26 - 27, 2008

Brennan Property

120 Janine Place

Friday Harbor Island, WA.

**Email**

**Website**

**Villabrille/Largusa Seminar**

July 26-27, 2008

Crows Martial Arts Academy

1225 W. College Ave Suite 502

Carrollton, Texas

**Email**

**Website**

**Modern Arnis / Escima / Kali Seminar and Instructor Course in Switzerland**

July 28 - August 1, 2008

Egg bei Zuerich

**Email**

**Email**

**Website**

**Website**

**FMA at Long Beach Nationals**

August 1 - 3 2008

(209) 464-3701

**Email**

**Website**

**GrandTuhon Gaje and Tim Waid**

August 9-10, 2008

Valley Forge Convention Center

Valley Forge, PA.

**Email**

**Website**

**MARPPPIO Seminar**

Dr. Remy Presas Jr.

August 16 - 17, 2008

TDS Family Martial Arts and Fitness Center

33144 Ryan Rd.

Sterling Heights, Michigan

**Contact:** Ben Harrison

(586) 446-0988

**Email**

**Flyer**

**Website**

**Grandmaster Ising Atillo**

August 22 - 24, 2008

Philadelphia, PA.

**Contact:** Michael Bates

(610) 656-3831

**Email**

**Website**

**FMA Convention 2008**

August 29-31, 2008

Holiday Inn BWI Airport Conference Center

890 Elkridge Landing Rd

Linthicum Heights, Maryland 21090

**Email**

**Website**

**6th Annual WFMAA Expo & Laban Laro**

1st Pamana ng Lahi (WFMAA Hall of Fame)

September 19 - 21, 2008

The Coast Bellevue Hotel

625 116th Avenue NE

Bellevue, WA. 98004

(425) 455-9444

**Flyer**

**Information**

**Laban Laro Rules**

**Email**

**Website**

**The London Seminar**

October 4 - 5, 2008

Cheshunt Marriott Hotel

Halfhide Lane

Turford. Broxbourne, EN10 6NG

**Contact:** Grandmaster Angelo Baldissoni - **Email**

Master John Byrne - **Email**

**Flyer**

**Application**

**Website**

**Website**

**FMA Senkotiros Concepts**

October 25 - 26, 2008

Texas Senkotiros/US Karate System

505 W. University Avenue, Suite # E

Georgetown, Texas

**Contact:** Tugan Dean Goldade - **Email**

**Website**

**Classic Eskrima Seminar**

Ron Harris, Instructor

Filipino Martial Arts and Mixed Martial Arts

October 25-26, 2008

San Diego, California

**Contact:** Brian Constantino - **Email**

Ron Harris - **Email**

**Website**

**Guro Dan Inosanto Seminar-JKD Jun Fan Kali**

October 25 - 26, 2008

Masters and Champions Martial Arts

G-6072 S. Saginaw St.

Grand Blanc, Michigan

**Email**

**Website**

**Angkàn Felices Kaliradman Seminar**

November 4, 2008

Palestra Accademia Moros Via Matta 4

Sassari, Sardinia, Italy

**Email**

**Website**

**Grandmaster Bobby Taboada's**

World Camp 2008  
November 8-9, 2008  
Las Vegas, Nevada

**Flyer**  
**Website**

**1st FCS European Gathering**

November 14 - 16, 2008  
Athens - Greece

**Email**  
**Website**

**HTAI Fall Camp**

November 15 - 16, 2008  
HTAI Headquarter  
14510 NE 20th St. #100  
Bellevue, WA.

**Email**  
**Website**

**1st Kuntaw [Alumni Home Coming] Region 5**

December 13 - 14, 2008  
Aquinas University of Legazpi  
Rawis  
Legaspi City, Philippines

**Email**



## ***Tournaments***

### **Kali Sports World Cup 2008**

PCKEAM

July 7-13, 2008

Philippine National Police Headquarters

Camp Crame

Quezon City, Philippines

**Flyer**

**Contact:** Punong Guro Rey Dominguez

**Email**

69 [917] 880-3151 / [632] 986-4495 / [692] 240-4909

Roland Dantes

[6144] 988-3965 / [6144] 988-3965 / 63 [915] 357-1565

**Website**

### **6th Annual Queen City Laban Laro**

July 12, 2008

WMAA Headquarters

280 Center Rd.

West Seneca (Buffalo), New York

**Email**

**Website**

### **WEKAF**

July 21 - 24, 2008

Cebu, Philippines

**Website**

### **Doce Pares Championship**

July 25, 2008

Cebu, Philippines

**Website**

### **6th Annual WFMAA Laban Laro**

September 21, 2008

The Coast Bellevue Hotel

625 116th Avenue NE

Bellevue, WA. 98004

(425) 455-9444

**Flyer**

**Information**

**Laban Laro Rules**

**Email**

**Website**

**Kuntaw-An sa Ibalong Festival 2008**

October 04, 2008

Albay Astrodome

Legaspi City, Philippines

**Email**

**The Sulong Championship**

October 12, 2008

New Lenox VFW Hall

323 Old Hickory Rd

New Lenox, Illinois

**Email**

**Website**

**USFMAF**

A part of Disney's Martial Arts Festival

Disney's Wide World of Sports® Complex

In WALT DISNEY WORLD® Resort, near Orlando Florida

October 24 - 26, 2008

**Coordinator:** Darren G. Tibon

(209) 464-3701

**Flyer**

**Email**

**Website**

**Blade Fighting**

Disney's Martial Arts Festival in Orlando, FL

October 24-26, 2008

Disney's Wide World of Sports Complex

**Contact:** for Blade Fighting: Gigie Alunday and Rich Verdejo - **Email**

Register online

**Website**



By Luis Rafael C. Lledo, Jr.

[www.amara-arkanis.com](http://www.amara-arkanis.com)

Beginning the next issue we will have a Feature Column about the Filipino Fighting Art of **Amara Arkanis** and its Founder **Mataw Guro** Louelle Lledo, Jr. Unlike other regular articles, the focus of this feature column will be on the aspect of the Program of Filipino Fighting Arts Education, which will be presented in series.

Part I of the program will deal with the Basic Phase or Foundation. There will be five lessons in the Basic Phase: Breathing, Stance, Classification of strikes, and Angles of strikes. Part 2 will deal with the Progressive Phase or the combination and application of the techniques.

This Course of Study, tested and Proven in the State Colleges and Universities Athletic Association Region IV (Southern Tagalog), is applicable to all styles and schools of the Filipino Fighting Arts. Even in the abbreviated form, this Course of Study will offer the beginner a step-by-step and methodical way of learning. Likewise, it will offer the advance practitioners a better understanding of the underlying principles of their own art.

This program of Filipino Fighting Arts Education was designed by Mataw Guro Louelle Lledo, Jr, who holds a Masters Degree in Physical Education, a licensed Medical Technologist, a Captain in the Philippine Air Force Reserves, a master in both Filipino and Japanese martial arts and the successor to the Bernarte Brokil sistemang Praksiyon.

Questions or Topics of interest for the Filipino martial arts contact:

Mataw Guro Luis Rafael C. Lledo, Jr. - **Email**

## The TRG Knife



### The Eye of the Storm TRG

The TRG may have a very distinctive look but it is strictly 'Form follows function'.

With a total length of 10" it is quite a compact offering. The grip style also aids in a comfortable carry and helps the TRG stay out of an operator's way until

needed. At 6" the blade still moves easily around passing hands, while maintaining good offensive capabilities in the right hands.

The TRG is hand crafted from a single piece of D2 tool steel - 1/4 inch wide. Very, very strong. It is coated in a non reflective black finish that helps prevent corrosion.

### The TRG Concept

I'm a big fan of the Kerambit for a folding defensive option. One day I was training with one and just wondered if the retention characteristics could be carried over to a conventional forward blade.

The Kerambit is used with the wrist locked in its natural position. To maintain this, and the benefits it affords, the logical thing was to have the blade coming straight out the front - unlike a conventional knife. This has the effect of looking a bit like a pistol.



I drew up this design and thought I was very clever, until I began researching the idea. I had not seen another contemporary design like mine but I soon found many similar concepts in museum examples.

Some had a gentle angle to the grip, others at a full 90 degree right angle - Like a walking stick. These old warrior cultures evolved their weapons, in constant use, to this design. So I was on the right track.

I then

noticed that the modern fencing foil has an almost pistol grip as well. When control was needed - they also turned to this solid concept.

Above all, when the TRG knife is held the body's natural structure and motion are complimented - not challenged. This leads to power, accuracy and speed.





The only other truly ergonomic knives that I, have seen are for those suffering from arthritis and other disabilities - but the blade extends from the bottom of the grip.

### **The Handle**

A large part of the TRG's radical appearance is the pistol grip style handle. It is clearly intended to be used in the 'forward grip' and engineered for lightening fast thrusts.

The TRG is incredibly easy to use with great accuracy - simply pointing like a finger.

In theory the reverse grip can also be made to strike at a matching distance - but in practice the forward grip has the range advantage, more so when dealing with multiple opponents.



### **The Blade**

The TRG was designed from the ground up as a fighting knife - without compromise. The TRG is designed to thrust.

It has many subtle features but any design concept that would compromise this vital strength was discarded. Thrusting with the TRG is just like pointing your finger and leaning forward.

The business end begins with a radical Tanto point. This boasts impressive penetration, a strong tip and the ability to perform instinctive snap and press cuts. Below this is a feature that I have not encountered before, a chopping surface leading to a deep, concave edge.

Although it looks simple, every part of the TRG blade is designed; to either pierce, break or collect the target and present it to a cutting edge. This curved feature has other strengths.

With the combination of forward blade angle, lower guard and the rear blade arc, you can trap, hold and move an opponent with excellent control.

The upper blade features an excellent edge for executing hook cuts, a most effective technique in both attack and defense. Devastating when whipped up under the attacking hand with an untelegraphed flick of the wrist.

### **The Guard**

The guards on the TRG are huge compared to other knives on the market - but because they face forward do not interfere with the drawing of the knife. Nor do they catch on the user's 'Live hand' as it parries away the opponent in the chaos of defense.

Because the well protected thumb rests on not behind the upper guard, there is no chance of the user losing a thumb nail after an impact.

Even the guard of the TRG poses a threat to the opponent. The top guard rakes, the lower guard catches and both deliver great energy to a tiny point that punishes whatever it contacts. This alone can facilitate a disarming of the opponent.

The lower guard also protects the user's fingers when cutting material in adverse conditions. Should your slip, your knuckles wont pay the price.

### **Striking Pommel**

The butt of the TRG features a glass breaker / striking edge. It is modest and doesn't catch on other equipment when sheathed, but is very effective. It is immediately uncomfortable when even the lightest contact is made to the back of ones hand.

It can deliver punishing blows both outward and up or down on any line of strike. This provides the user with a non lethal striking option in addition to another angle of attack. If you are familiar with the defensive use of the Yawara, Kubotan or pocket stick - you are already ready to execute these simple but effective techniques.

### **Retention**

Anyone experienced in learning a blade art will be familiar with the clatter of trainers falling to the floor in their club's hall. Simply from lucky slaps during parry drills.

Thanks to the user's index finger in the TRG's Eye and their palm now absorbing impact, it is impossible for the users hand to ride up onto the blade under any circumstances.

If a variation of the classic Filipino disarm is attempted, it's now difficult for the defender to get leverage. Now the surface pushing the weapon from the owner's hand tends to just wipe away - until it finds the sharpened portion of the top blade.

**Cost:** The price of the TRG is US\$275.00

This includes the sheath. Shipping is at cost.

We have been careful to keep the price accessible and are confident that you will find this great value when compared to similar production offerings at twice the price.

**Ordering:** To order the TRG knife, get in touch to arrange payment and your preferences.

Remember, despite the price this is a custom made knife - just for you.



EYE OF THE  
STORM  
KNIVES

P.O. Box 56263

Dominion Road

Auckland

New Zealand

(021) 237-8595

**Overseas:** (64-21) 237-8595

**Email**

**Website**



[soteco.webs.com](http://soteco.webs.com)

### What is SSS?

- S** - Singsing or Siningsing (Ring)
- S** - Soteco
- S** – System

- **SSS** is an alternative to Arnis stick for defense techniques in the 6-angles of strikes.
- **SSS** is a multi-purpose defense system in Arnis introduced by Professor Armando Soteco, used for blocking sticks and other deadly instruments by applying the Tapi-Tapi, Dulo-Dulo and Dikitan Style of Filipino martial arts for self-defense. It is also effective in blocking any kind of Kicks.



How to grip the Singsing: Insert your middle finger on the ring and close your fingers around it. The Singsing will be impossible to be taken away from you.

### 6-Angles of Strikes:

1. Left Upper Angle - (Left Ear to left Hip)
2. Right Upper Angle - (Right Ear to Right Hip)
3. Left Lower Angle - (Left Hip to Left Leg)
4. Right Lower Angle - (Right Hip to Right Leg)
5. Mid Angle - (Stomach, Left & Right Midrib)
6. Straight Upper Angle - (Head, Left & Right Clavicle)



**Defense Applied:**

1. **Left Upper Angle**
  - a. "X" Block
  - b. Stick Twisting
  - c. One Hand Circle
2. **Right Upper Angle**
  - a. Wrist Strike
  - b. Under Wrist Block
  - c. Stick Strike
3. **Left Lower Angle**
  - a. Wrist Strike
  - b. Under Wrist Strike
4. **Right Lower Angle**
  - a. Wrist Strike
  - b. Under Wrist Strike
5. **Mid Angle**
  - a. Wrist Strike
  - b. Under Wrist Strike
6. **Straight Upper Angle**
  - a. Rainbow Block
  - b. Under Wrist Lock



Left Strike Defense



Right Strike Defense



Kick Defense



Wrist Lock and disarming

**Also available in:** Bronze, Aluminum, Hard Wood.



Dimension: Length - 6.5" / 6.75"

Material: Stainless Steel

Ring Diameter: 0.5"

Price: USD 35.00 (inclusive of shipping charges).



Dimension: Length - 6.5"/6.75"

Material: Hard Fiber (Fibra)

Ring Diameter: 0.5"

Price: USD 30.00 (inclusive of shipping charges).

**For further details, contact:**

Professor Armando C. Soteco  
Cell# (0919) 321-2379

**Email:** acsoteco@yahoo.com

**Local Sales Please contact:**

Danilo M. Naoe  
Cell# (0927) 943-7559

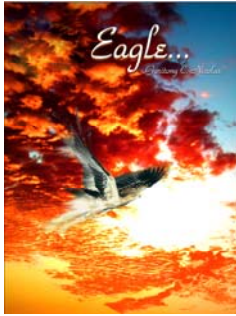
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## Modern Arnis Mano-Mano Filipino Martial Arts (MAMFMA)

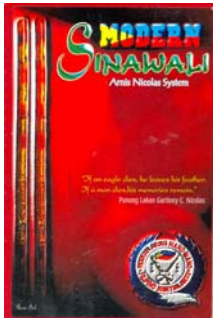
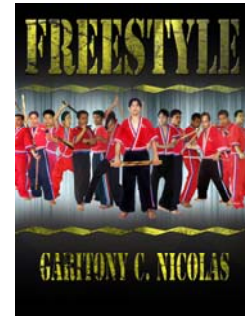
### Available Books



This is the new book of Punong Lakan Garitony Nicolas. The title of this 6th book EAGLE. This book is all about Eagle quotes, verses, messages, symbolizes etc that the author collected. This book may serve as inspiration in your life as the author of the book was inspired. (New Released)

**Freestyle** – freestyle is doing limitless free flowing ideas, applying wide range of knowledge “*Kathang Isip*” with combination of various stylistic skills and techniques “*Diskarte*” to make it easier to execute. (New Released)

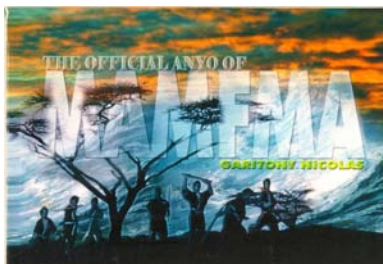
In this book it includes the different freestyle of Modern Sinawali, single stick, art of Arnis locking freestyle etc.



**Modern Sinawali** (Arnis Nicolas System) - illustrated guide to the training process that practitioner need to know and learn because of the various criss cross movements of the hand.

The author includes in this book the art of continuous locking, the principles of counter to counter freestyle disarming of the stick and the art of counter to counter Mano-Mano locking.

**The Principles of a Good Arnisador** - is a discussion of the principles of the Arnis Nicolas System (ARNIS) and its Art. Including the development of stick fighting - the Martial Arts World.



**The Official Anyo of MAMFMA** - illustrated guide to the correct form done by each student from beginner to black belt using the three forms of play of Arnis: Single Stick, Two Sticks and a combination of Arnis stick and a shorter one, which represents the espada y daga system.

This the six books authored by Punong Lakan. The Eagle, Freestyle, Modern Sinawali (Arnis Nicolas System), and The Official Anyo of MAMFMA was release, print and Published by the Central Books distributed by Central books all branches (Glorietta, SM Megamall, Quezon Avenue, Recto Branch, Iloilo Branch, Philippines). You may call at 374-4064 or 372-3550 or Email MAMFMA directly at:

**[filipinomartialarts@yahoo.com](mailto:filipinomartialarts@yahoo.com)**

## International Martial Arts & Boxing Academy



### IMB Academy

22109 S. Vermont Ave.

Torrance, CA 90502

[www.imbacademy.com](http://www.imbacademy.com)

For over thirty years, the International Martial Arts & Boxing Academy has played an important role in the personal growth and professional development of thousands of students locally, nationally, and internationally.

Richard Bustillo possesses a wealth of knowledge and a very unique and motivating teaching style. Credited as being one of the major contributors to revive the Filipino

Martial art of Kali/Eskrima/Arnis, Bustillo is recognized by the Council of Grandmasters of the Philippines as Ninth degree Black Belt (Grandmaster) in Doce Pares Eskrima. However, he is best known for his training under Bruce Lee and Jun Fan Jeet Kune Do.

**Kali / Eskrima / Arnis**

**Boxing / Muay Thai Boxing**

**Wrestling / Jiu-Jitsu**

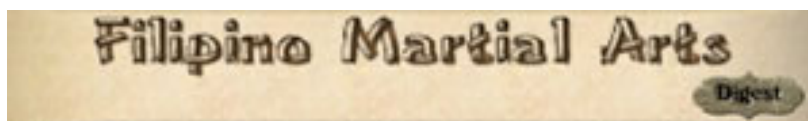
**Jeet Kune Do**

**Contact:** (310) 787-8793, Fax: (310) 787-8795

**E-mail:** [imb@imbacademy.com](mailto:imb@imbacademy.com)



## **Rapid Journal**



## **Filipino Martial Arts Digest**

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An Ad in the Filipino Martial Arts Digest can create Business. Your Advertisement for Filipino martial arts equipment, books, videos etc, can be included in the Filipino Martial Arts digest.

Website Advertisement - Free

Subscribers Online {e-book} digest - \$5 per Issue

**Website Application**

**Hard Copy Application**



### **Grandmaster Porferio Lanada Sr.**

The FMAdigest was recently informed by a student of Grandmaster Lanada that Grandmaster Lanada is alive and in fact April 12, 2007 Grandmaster Lanada had his 74th Birthday. This is contrary to what was told to the FMAdigest. And that the person that the FMAdigest interviewed in February 2005 was expelled from the Lanada system (first we were told that Ong Chian Brozula who was supposedly responsible for the promotion and promulgation of the art of Arnis Lanada was dismissed from Arnis Lanada in October 2005, but through Grandmaster son Ismael V. Lanada "Ka. Boying" it was actually October 2002). And also at the time (February 2005), the FMAdigest was told that Grandmaster Lanada had suffered through two strokes and due to this; it had left him disabled beyond being capable of executing the style of Arnis he originated. But his mind on the other hand was still sharp and his faithful students continued to gather round to hear his knowledge and follow his guidance. Since his strokes and to have his art carry on for future generations he had appointed five successors for the art of Arnis Lanada and all five were to work together in unison to promulgate and promote the art to future students. Due to the Grandmasters health as reported at the time, the FMAdigest was not allowed to meet with the Grandmaster or family. It was reported later from another source the passing of the Grandmaster.

So the article that was from the interview that was conducted in February 2005 has been deleted from the FMAdigest files and from the Special Issue Legends III per request from Ismael V. Lanada "Ka. Boying", Secretary General of Arnis Lanada. Who has been appointed by Grandmaster Lanada in representing him and the art of Arnis Lanada, and Grandmaster Porferio Lanada Sr. picture has been removed from the FMAdigest practitioners Legends section.

We are very happy to find Grandmaster Porferio Lanada Sr. is alive and still able to pass on his art to students and practitioners, but regret the inconvenience and the upsetting circumstances caused by individuals which submit false information.

The FMAdigest has communicated with Ismael V. Lanada "Ka. Boying" Secretary General of Arnis Lanada, in the hopes that he or someone he appoints will submit an up-to-date article on Grandmaster Lanada his father and the art of Arnis Lanada.

Let this be known that Grandmaster Porferio Lanada has only authorized his two son's Porfirio V. Lanada "Ka. Jhun" and Ismael V. Lanada "Ka. Boying" to represent and take action in all activities pertaining to Grandmaster Porferio Lanada and Arnis Lanada).



For further information on the Filipino martial art Arnis Lanada contact:

**Ismael V. Lanada "Ka. Boying"**

Secretary General

Arnis Lanada

**Email**