

# Filipino Martial Arts

Digest

Dedicated to the Filipino Martial Arts and the Culture of the Philippines

Mini Issue  
2010

## Backyard Training

July 28, 2010  
Chicago, IL.



*Punong Guro Steven Dowd - Arnis Balite  
Maha Guro Nate Defensor- Defensor Method*

## **FMA Digest**

### **Publisher**

Steven K. Dowd

### **FMA Digest Representatives**

Marc Lawrence

### **Contributors**

Jessie Santiago

### **Photo's Courtesy of:**

Ed Vergara

The articles are the property of the author's that wrote them and cannot be used without the permission of the author.

The FMA Digest is the property of Steven K. Dowd and is for the promulgation and promotion of the Filipino martial arts and the Philippines.

NO issue can be printed and Sold for Monies, without the express permission of the Owner and Publisher Steven K. Dowd.

## **Contents**

### **Publishers Desk**

### **Backyard Training**

2

### **Maha Guro Nate Defensor**

5

### **Sponsors**

7

The FMA Digest is published quarterly. Each issue features practitioners of martial arts and other internal arts of the Philippines. Other features include historical, theoretical and technical articles; reflections, Filipino martial arts, healing arts and other related subjects.

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.

The authors and publisher of this online magazine are not responsible for any injury, which may result from following the instructions contained in the magazine. Before embarking on any of the physical activities described in the magazine, the reader should consult his or her physician for advice regarding their individual suitability for performing such activity.

The information in the FMA Digest is a compilation of many sources. If there is any misinformation or information that is not given the proper credit, please contact us.

**FMA Digest 1297 Eider Circle Fallon, NV 89406**

**(775) 423-3253**

**comments@fmadigest.com**



## Publishers Desk

### Kumusta

First the FMAdigest would like to thank Mike and Jennifer Querubin for their hospitality while in Chicago, and Jessie Santiago the video technician of the FMA Pulse for writing the review of the backyard training. And also Ed Vergara who provided the photo's in this issue, if it wasn't for him there would be no photos for everyone got engrossed in the training.

Though it looked like rain when arriving, it soon cleared up and it turned out to be a warm evening with a group of Filipino martial arts practitioners training with neighbors looking on, wondering what the hell was going on.

Maha Guro Nate Defensor, a simple, humble practitioner is very friendly and has a passionate love for the art he teaches. Continuously showing technique after technique he ensured that all participants became knowledgeable in each movement.

At the end of the evening just before becoming completely dark all were sweating and itching from the grass due to the grappling techniques taught by Maha Guro Defensor and talking of the training events continued to where, "Hey were hungry let's eat," so participants that were not having to go home joined the FMAdigest, FMA Pulse, Maha Guro Defensor and went to Garcia's, a Mexican restaurant nearby and feasted.

The FMAdigest would like to thank the FMA Pulse and Zenway Digital for sponsoring the event.

### Maraming Salamat Po



# Arnis Balite and Defensor Method *BACKYARD TRAINING*

By Jessie Santiago



It was a cool and cloudy late afternoon at the backyard of an urban Chicago residence. Grey skies and dark clouds showed signs of a rainstorm, but instead it passed by giving a perfect late afternoon seminar.

Filipino martial arts practitioner and representative and inheritor of Arnis Balite, Punong Guro Steven K. Dowd appeared in the backyard, discussing the basics of Arnis Balite to the students of the Defensor Method of Filipino and Indonesian Martial Arts Acad-



Mike Querubin (FMA Pulse), Maha Guro Nate Defensor, Punong Guro Steven Dowd, and Jessie Santiago (FMA Pulse)

emy of Chicago.

The first part of the seminar discussed the origin of the Arnis Balite system and the 7 strikes known as Pitong Hampas and the swing blocks known as Unday Salag in which while blocking the free had is used as a brace in the middle area of the baston to strengthen the block and is ready to maneuver off the baston after the block to counter attack. Focusing on only the first and second strikes of the seven strikes which are to the temple, Punong Guro Dowd instructed on how to defend against the forehand and back-hand strikes to the temple. The partici-

pants were told to pair up and one would deliver the first two strikes to both temples. The other was to defend using unday salag using the palm that braced the block parrying the opponents' weapon hand to the side while the defender simultaneously moved to an angle of the attacker to put them at a disadvantage. Once completed, the roles were reversed and the exercise





would be repeated.

The second exercise was on locking your attackers' weapon hand using the butt of the baston. In this drill the attacker would attack with a forehand or back hand strike to the temple. The defender then steps at an angle to the side executing unday salag and maneuvers the butt of his baston to hook the opponents forearm area and then follows with the parry with the free hand that braced the baston in blocking. This was done in preparation for the third exercise which is called Huli Lusob.

Still focusing on the basic forehand and backhand strikes to the temple areas, the person on defense would block and hook the attacking weapon hand. Simultaneously moving at an angle that is at a disadvantage to the opponent, stepping outside of the aggressor line of attack while still maintaining control of the weapon hand, and hooking the opponents' wrist or forearm area. The person on defense then can either strip the weapon and follows up with a counter attack, or has captured the opponents' weapon and can counter attack while controlling the opponent in a sweep, hand strike or throwing attack. The roles are



reversed and the aggressor is now on the defense.

The fourth and final exercise showed the basic of empty hand vs. empty hand, which is called Ganting Hataw and resembles an empty hand Sinawali with the exception that one opponent is striking and the defender is parrying. The attack executes a forehand strike to the person's head, followed by a back hand strike with the left hand, and then again followed back with a right back hand, while the defender parries the strikes. This can continue until the practitioners decide to change roles and then the defender attacks while the attacker defends. What must be remembered is the defender should be moving at angles, which makes the attacker have to adjust to execute a correct powerful strike.

Maha Guro Nate Defensor of the Defensor Method of Filipino and Indonesian Martial Arts then instructed the second half of the seminar. Guro Nate showed the Defensor Method's Dumog Stick Grappling. In this exercise, the person would defend against a forehand strike with a palm block. The person on defense would then step in and grab the opponents head and pull it down so that the neck area falls on the inside elbow. At the same time the person on defense applies the stick around the aggressor's head and pulls them towards the chest area, applying pressure to the artery. If applied in a fast paced setting, this could choke a person out quickly.

There are different variations of this choke. Another example would be when the person on defense manipu-



lates his/her stick and locks it underneath the right armpit, creating a triangle choke. Another choke would be when one applies the butt end of the stick on the trachea or artery and torque so that the end of the stick drives into the person's neck.

The final exercise was if the attacker applied a single leg take down. One could apply the same chokes while in the guard position, whether the person ends up on top or on the bottom.

By this time, the sun had disappeared and the mosquitoes were attacking in full force. Everyone shook hands concluding

the end of the workshop. For those who stayed to talk with Punong Guro Dowd and Maha Guro Defensor, the group went to a local Chicago Mexican Restaurant, “Garcia’s”, and a favorite after class hang-out located at 4749 North Western Ave.

Maha Guro Defensor and Punong Guro Dowd talking after the seminar while enjoying the company of participants and great food.



**Arnis Balite**  
[www.arnisbalite.com](http://www.arnisbalite.com)



**THE DEFENSOR METHOD**  
FILIPINO-KALI-ESCRIMA  
ACADEMY OF CHICAGO  
[www.defensormethod.com](http://www.defensormethod.com)







### **Maha Guro Nate Defensor**

#### **Contact info:**

(847) 239-3990

#### **Email**

#### **Teaching Schedule**

#### **Summer Backyard Training**

7520 Kildare Ave.

Skokie, IL 60076

(Monday and Thursday class)

#### **The Maya Essence**

4357 North Lincoln Ave.

Chicago, IL 60618

(Tuesday class)

#### **Extreme Kung Fu Training Center**

6525 North Clark Street

Chicago, IL 60626

(Friday class)

#### **Rumble Arts Center**

3413 West North Ave.

Chicago, IL 60647

(Sunday class)

## **Defensor Method DVD's**

**Contact** Jason Brigham at (630) 488-2834 - **Email**

**Cost:** \$20 per DVD plus \$5 shipping anywhere in US

1. DM 64 attacks. The 64 Attacks from Pekiti -Tirsia done from beginning to end. Also includes 5 attacks two man drill and Break in/Break out 2 man drill. With Mahaguro Nate Defensor and Guro Jason Brigham.
2. DM Balisong/knife DVD. Learn basic, intermediate, and advanced Balisong openings, Double knife vs. Double knife, Double knife Echikete, plus Dm knife Dumog! With Mahaguro Nate Defensor, Guro Jason Brigham, Dave Mcara, and Joy
3. DM Dos Manos. Dos Manos means "two hands" and it deals with larger, heavier weapons. It contains DM angles of Attack, DM counters, Disarms, Takedowns, Largo Mano Dos Manos. With Mahaguro Nate Defensor, Tasso Ketsios, Tom Giles, Eric Meyer, and Guro Jason Brigham.
4. DM Silat. Pentjak Silat as taught by Mahaguro Nate Defensor. It contains Basics of Silat; Footwork, striking, juro, lankas, sambuts and 4 stepping. Lots of material on this one!! With Mahaguro Nate Defensor, "Sapu" Bob Lorenz, Eric Meyer, Joy Dejarden, Guro Jason Brigham.
5. DM Knife Tapping DVD. DM Knife tapping is from Pekiti -Tirsia Kali. It contains single tapping, double tapping, attached/disattached, third hand principle, plus more!! This one is filmed at an advanced pace, kind of a cliff notes for DM knife tapping. With Mahaguro Nate Defensor and Guro Rich Draney.
6. DM Seguidas. This DVD contains the Defensor Method Seguidas as taught by Nate Defensor. It is a combination of striking, footwork, and hand checking done solo to burn into muscle memory offensive and defensive combinations of the Single Stick or the Long and Short Weapons.
7. DM Serrada. This DVD contains the basics of Serrada Counters, a single stick training system to improve one's mastery of the Medium Range of stick and empty hand fighting. Serrada is a system of Escrima Founded by the late Grandmaster Angel Cabales.
8. DM Stick Dumog. This DVD contains grappling, locking, takedowns and drills with the stick at close range. A very popular title.

**Visit Defensor Website for more DVD's - [Click Here](#)**



This event was sponsored by the  
**FMA Pulse**  
and  
**Zenway Digital Concepts and Design Center**



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

Filipino martial arts practitioners Michael Querubin and Romeo Maguigad tossed around some ideas for an Filipino martial arts website. One idea was to create an on-line presence with a mission to help promote, educate, propagate and elevate the Filipino martial arts and culture. It sadden them that many Fil-Ams did not even know that the Philippines has a martial art! Another was to provide interviews of Filipino martial arts teachers using audio or video mediums so the Filipino martial arts community could see or hear these Filipino martial arts instructors and get to know them on a more personal level. Hence, FMA Pulse was born.

FMA Pulse from its inception brought together varying aspects of different Filipino martial arts websites and housed them under one roof. From the beginning we wanted to serve as a resource site to newcomers to Filipino martial arts. It was also essential to have a social networking component, a forum to discuss the latest happenings, and an e-commerce store to provide high quality training equipment. It is our intention with these services to help build a vibrant online community centered on promoting and elevating Filipino martial arts to a standard that has not been seen before!

As with any good website, they continually strive to improve and expand their website to better serve the Filipino martial arts community. FMA Pulse now offers online streaming Filipino martial arts video lessons. These lessons were designed for the person who is new to Filipino martial arts but is not geographically close to a credible instructor. They also serve as an introduction to Filipino martial arts for martial artists who come from different backgrounds.

Michael Querubin and Romeo Maguigad invite you to come check out their featured instructor interviews and "FMA technique of the week". The FMA Pulse also is offering free ground shipping on product orders over \$75.00 dollars in the U.S.

The FMA Pulse would like to send a special thanks to all the Guros, Masters and Grandmasters for your contributions to Filipino martial arts. There is no better time than now for everyone to do their part to help elevate Filipino martial arts!

Sincerely,  
**The FMA Pulse Team**





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

**+63.52.481.5223**

**+63.919.231.7865 // +63.923.857.1146**

**TRADEMARK SPECIALIST**

**ROY buitre MAGDARAOG**

*General Manger*

*SR Product Designer / Design Consultant*

D203 2/F Los Baños Bldg. Aguinaldo cor. Peñaranda & Mabini Sts. Centro Baybay,  
Legazpi City 4500 Philippines

[zenwaydgtal@gmail.com](mailto:zenwaydgtal@gmail.com) / [zenway\\_dgtal@yahoo.com](mailto:zenway_dgtal@yahoo.com)

IM address: [zetajutsu@yahoo.com](mailto:zetajutsu@yahoo.com)

## **SPECIALIZES IN:**



- **High Impact Digital Design Concepts**

Banners, Posters, Brochures, Catalogue, others

- **Design Consultation & Conceptualization**

Ads & Signage Design Concepts & Product Development

- **Trademarks Specialist & Registration**

Emblem, Logo, Seal & Trademark Designs

- **Product Development & Design Specialist**

Packaging & Labeling; GTH - Gift, Toys & Housewares

Furniture & Furnishings; Jewelry & Accessories

Bags & Accessories; Research & Development

Booth, Kiosk Design & Trade Fairs; Product Shuts

- **Training & Seminars**

Designer's Training Program; Computer Graphic Design

Design Software Training Program

- **Web Design & Development**

**Zenway Digital Concepts & Design Center**

© 2008 All rights reserved. ZENWAY Digital Concepts & Design Center Logo are either registered or registered trademarks



# **Arnis Balite** *The Filipino Art of Hand, Foot & Stick Fighting* **The Basics and Fundamentals** as taught by: Pundador Manuel M. Aguillon



## **Arnis Balite**

The Filipino Art of Hand, Foot & Stick Fighting  
 The Basics and Fundamentals

This book will give you the Basics and Fundamentals of the art of Arnis Balite as taught by Pundador Manuel M. Aguillon. Though there is no replacement for personal physical instruction.

Arnis Balite has never been taught outside the Philippines and never to anyone other than a Filipino. I am the first and only non-Filipino to be taught the art of Arnis Balite and was promoted to instructor. And since Pundador's passing has inherited the art, per the family's request.

Kuntaw ng Pilipinas  
 The Filipino Art of Hand & Foot Fighting  
 White Belt - Black Belt  
 70's  
 By Steven Dowd

This book gives some of the history, fundamentals and all the forms that were required from White Belt through Black Belt in Kuntaw in the 1970's as the author learned them.

**Arnis Balite** - \$8 each- this includes Shipping & Handling.

**Kuntaw** - \$10 each - this includes Shipping & Handling.

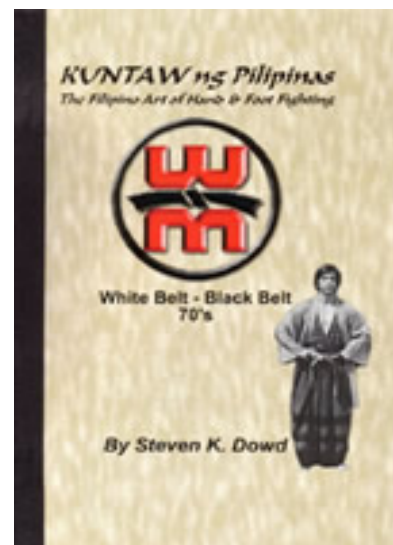
**United States** - \$16 - for both, includes Shipping & Handling.

**Arnis Balite** - \$12 each- this includes Shipping & Handling.

**Kuntaw** - \$15 each - this includes Shipping & Handling. "Money Order Only"

**Outside the United States** - \$25 - for both, includes Shipping & Handling. "Money Order Only"

**Order Form**



**Register your FMA School**

[Click Here](#)

**Post your Event**

[Click Here](#)

**Advertise with the FMA Digest**

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

**FMA Digest on-line Magazine Advertisement** - \$5 per Issue

[Advertise@fmadigest.com](mailto:Advertise@fmadigest.com)



The FMA Digest has been designed to provide access to articles, information, events, news, seminars, techniques, etc... pertinent to the Filipino Martial Arts and the Philippines.

The Filipino Martial Arts Digest besides providing information on Filipino martial arts has an online digest which you can subscribe too for Free and comes out quarterly, also with Special Editions that are on particular systems or styles, and Special Issues on events of the Filipino martial arts.

Do not miss out! Download past issues and subscribe today so not to miss future issues.

### **Advertise**

Seminars, Workshops, and Tournaments

### **Submit**

Articles on FMA Instructors.

Articles on Systems or Styles.

Articles on FMA History.

Articles on Philosophies, and Techniques

Past FMA events.

Also Articles about the Philippines

-People

-Places

-Culture

Email Submissions - [ArticleSubmission@fmadigest.com](mailto:ArticleSubmission@fmadigest.com)



*Throughout the World*  
**Register Your School**

**Do Not Miss Out!!**

Visit: [www.fmadigest.com](http://www.fmadigest.com)