

Philippine Martial Arts

Digest

Mini Issue
2009



Buwan ng Wika National Heroes' Day Celebration

Philippine State College of Aeronautics Gymnasium
R and O Academy Quadrangle
Villamor, Pasay City
August 30 - 31 2009



Publisher

Steven K. Dowd

Contributing Writers

MAMFMA

Contents

From the Publishers Desk

What is Buwan ng Wika?

Buwan ng Wika Culminating Day and National Heroes Day

Results of the Competition

Filipino Martial Arts Digest is published and distributed by:

FMA Digest

1297 Eider Circle

Fallon, Nevada 89406

Visit us on the World Wide Web: www.fmadigest.com

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

From the Publishers Desk

Kumusta

MAMFMA (Modern Arnis Mano-Mano Filipino Martial Arts) which is one of the FMA Digest Organizations of the year for 2009 was chosen for its interactions with schools, communities and the less fortunate in the promotion of the Filipino martial arts.

This is just one of the reasons, always working with the youth and building the young practitioners for the future.

Linggo ng Wika held with various activities, like coming to school in native costumes, staging plays in Tagalog/Filipino, or conducting classes entirely in Tagalog/Filipino is a mark of retaining the heritage of the country and ensuring that the youth continue to learn and remember their countries history.

One must remember that what a parent, a society, and a country teaches to the youth is what the future will bring. The youth must always be aware and informed of their past, and the present to develop the future.

Maraming Salamat Po

To learn more about the MAMFMA and what Punong Lakan Garitony Nicolas Founder of MAMFMA and the Organization is about and what they have accomplished download:



Download



Download

What is Buwan ng Wika or the definition of Buwan ng Wika?

It used to be just called Linggo ng Wika (week of the (Philippine) language), and it fell on the week around August 19, the birthday of Manuel L. Quezon, the president of the Philippine Commonwealth republic who pushed for the institutionalization of Tagalog as the country's national language. At that time most educated people regarded English fluency as the mark of refinement and sophistication, and schooling and affairs of government were conducted in English, while anyone who spoke only Philippine languages were regarded as country bumpkins. Thus Linggo ng Wika was held to promote the use of the national language (which, in deference to other major linguistic groups, specifically the Cebuanos, was renamed "Filipino," although many linguists refuse to accept this term).

In school, Linggo ng Wika would be held with various activities, like coming to school in native costumes, staging plays in Tagalog/Filipino, or conducting classes entirely in Tagalog/Filipino. President Ramos expanded it from a week into a month (August), although today there's really no more need to promote its use, as it is English fluency that is on the decline among Filipinos.



Buwan ng Wika

National Heroes' Day Celebration
Philippine State College of Aeronautics Gymnasium
R and O Academy Quadrangle
Villamor, Pasay City
August 30 - 31 2009



The R and O Academy in cooperation with the Modern Arnis Mano-Mano Filipino Martial Arts celebrated the Buwan ng Wika Culminating Day and National Heroes Day this last August 30 - 31, 2009 which was held at the Philippine State College of Aeronautics (PHILSCA) Gym. The activities were headed by Mrs. Susana Contillo School Directress of the R and O Academy and Punong Lakan Garitony Nicolas Founder of MAMFMA.

The theme for the Buwan ng Wika: Wikang Filipino Mula Baler Hanngang Buong Pilipinas.

There were 19 floats and 23 pairs of Lakambini and Lakandula wearing their national heroes costume. There was a free judging for the Best Muse and Best Escort at the R and O Quadrangle. **The judges were:** Ms. Sally Moore from the British School of Manila, Grandmaster Rene Tongson and Dayang Peachie Saguin. For the best national costume **the judges were:** Lakan Jayme Francisco, Ms. Filipina Paz, Lakan Sunshine Facto and Grandmaster Restie Obispo. The Program director was Mr. Romeo Solatorio.



Best Muse and Best Escort



The program was started by the parade; it was started at the R and O Academy Quadrangle. The Route of the parade was to 4th St, 17th street, 10th St and Manlunas St, then Philsca Gym Entrance of Color by the Boys scouts of the Philippine of R and O Academy, then doxology by the nursery pupil, followed by the Philippine National Anthem.

Welcoming remarks were given by: Barangay Chairman Cesar Toledanes. Joanna Camille Ondoy who introduced Hon. Connie Dy as guest of honor and speaker.

Announcements of winner for different contest like: poem writing contest, singing contest, Balagtas and quiz bee.

The afternoon event was the Arnis Championship which included Anyos and Sports Arnis. The different clubs which participated were: Isabela Arnis Club headed by Grandmaster Celso Sandigan, World Empire Martial Arts Command headed by: Grandmaster Restie Obispo, Arnis Kidlat Club represented by: Guro Arnel Hila, Pasay City West High School, R and O Arnis Club, MAMFMA and the IMAF.



Balagtas competition

The event details were as followed:

Headed By:

Mrs. Susan Contillo - School Directress of R and O Academy
 Punong Lakan Garitony Nicolas - Founder of Modern Arnis Mano-Mano Filipino Martial Arts
 Mr. Jonathan Santos - Secretary General
 Mr. Romeo Solatorio - Project Coordinator
 Mr. Jay Alvin Abrino - Over-all Chairman Buwan ng Wika

List of Events:

Paligsahan sa Pagtula, Pag-awit, Balagtas, Paggawa ng Tula
 Lakandula at Lakambini ng Taon, Best in National Costume, Best in Floats
 Most Discipline Group, Most Organized Group
 Arnis Anyo Competition (Elementary/High school division)
 Arnis Labanan (Kids/Elementary/ High school division)

List of Government Offices/Clubs/Organizations:

Office of Cong. Jose Roxas, Office of the Pasay City Mayor, Office of the Vice Mayor of Pasay, City Councils of Pasay, Philippine Indigenous Games and Sports Savers Association, Philippine State of College of Aeronautics, Villamor Air Base Elementary School, Isabela Arnis, Kidlat Arnis Club, R and O Academy, Modern Arnis Mano-Mano Filipino Martial Arts, Pasay City West High School, International Modern Arnis Federation, R and O Arnis Club

List of Guest/Grandmasters.Masters/Judges

1. Honorable Connie Dy
2. Honorable Cesar Toledanes
3. Grandmaster Rene Tongson - Clasical Arnis International
4. Dayang Bella Marie Saguin - Philippine National Red Cross and Deputy Commissioner of Community Relations of Boy Scouts of the Philippines
5. Atty. Pat Severino
6. Sally Moore - British School of Manila
7. Sensie Arjay Sales - Defenders Aikido Karate Club
8. Grandmaster Restie Obispo - Founder World Empire Mixed Martial Arts Command
9. Ginoo Jayme Franciso
10. Grandmaster Celso Sandigan - Isabela Arnis Club
11. Filipina Pines
12. Lakan Mario Julian Julian - IMAF Philippines
13. Guro Arnel Hila - Arnis Kidlat Club

List of Participants:**Arnis Sparring High School Division (Boys)**

Christian L. Reotija	Isabela Arnis
Marvin Navarro	Isabela Arnis
Gilberto Cantada Jr.	Isabela Arnis
Clemente C. Edroso Jr.	Isabela Arnis
Albert Darbin	Isabela Arnis
Sherwin Soriano	Isabela Arnis
Kennet Sawit	Isabela Arnis
James Darbin	Isabela Arnis
Gerald Ambes	Isabela Arnis
Robert Ramirez	Isabela Arnis
John Emmanuel Garcia	Pasay City West High School
Peter Jhon Lacana	Pasay City West High School
Ronell C. Catalan	Pasay City West High School

Arnis Sparring High School Division (Girls)

Clarissa Bacuitis	Pasay City West High School
Candice Valentine Daytotos	Pasay City West High School
Hazel Capili	Pasay City West High School
Clarabel Lanuevo	Pasay City West High School
Ma. Cecilia Daytotos	Pasay City West High School
Ana Margarita Pablo	Isabela Arnis
Josephine Amor	Isabela Arnis
Norilyn Afalla	Isabela Arnis

Janine Ramos	Isabela Arnis
Kristine Mae Bautista	Isabela Arnis
Kathryn Sauter	Isabela Arnis

Arnis Sparring Elementary Division (Girls)

Ma. Letty Laureta	R and O Academy
Katrine Joyce Soriano	R and O Academy
Cielo marie Octavio	R and O Academy
Irish Jenn Tafalla	R and O Academy
Eunice Torre	R and O Academy
Ronalyn Catalan	Arnis Kidlat Club
Kathryn Rose Umadhay	Isabela Arnis
Patricia May Moratalla	Isabela Arnis
Mary Rose Garduce	Isabela Arnis
Mary Joy Molina	Isabela Arnis

Arnis Sparring Kids Division (Boys)

Kristopher John Soriano	R and O Academy
Wawini B. Dimaculangan	R and O Academy
Regi Val Contillo	R and O Academy
Jarom Camacho	R and O Academy
Miguel Cholo Benavidez	R and O Academy
Janssen Daimler Oliva	Villamor Air Base Elementary School
Allen Kim Garcia	Villamor Air Base Elementary School
Marvic Pabatan	Arnis Kidlat Club
John Paul Ballete	Arnis Kidlat Club
Mark Ulysis del Rio	Isabela Arnis Club
Prince Soriano	Isabela Arnis Club

Arnis Sparring Elementary Division (Boys)

Vince Alvin dela Cruz	R and O Academy
Jhay Paolo Sayson	R and O Academy
Justin Bautista	R and O Academy
Nymrod owen Contillo	R and O Academy
John Patrick Lorica	R and O Academy
Kenji Theo-ac	R and O Academy
Marlon Enolva	IMAF
Alon Severino	MAMFMA
Miguelito Daytotos	Arnis Kidlat Club
Nike Moriel Corpuz	Isabela Arnis Club
Mark Joiseph Del Rio	Isabela Arnis Club
James Eras	Isabela Arnis Club



Isabela Arnis Team

Seating position L-R: Lakan Junar Vidal, Grandmaster Celso Sandigan of Isabela Arnis, Punong Lakan Garitony Nicolas and Grandmaster Restie Obispo from World Empire Martial Arts Command



Hon. Connie Dy Received the Plaque of Appreciation for being Guest of Speaker and Guest of Honor given by Mrs. Susan Contillo - School Directress of R and O Academy



Brgy. Capt Cesar Toledanes received the Plaque of Appreciation



Grandmaster Restie Obispo of World Empire Martial Arts Command received the Plaque of Recognition



Grandmaster Rene Tongson received the Plaque of Recognition as judge and guest of Honor from the School Directress of R and O Academy



Here are the results of the Competition:

PAGTULA

Grade I

Melchora Aquino 1st Place
 Gabriela Silang 2nd Place
 Josefa Llanes Escoda 3rd Place

Grade II - III

Apolinario Mabini 1st Place
 Jose Rizal 2nd Place
 Emilio Jacinto 3rd Place

Grade IV - VI

Gregorio Del Pilar 1st Place
 Juan Luna 2nd Place

1st and 2nd Year

Emerald 1st Place
 Emerald 2nd Place
 Sapphire 3rd Place

BALAGTASAN

Grade I

Gabriela Silang 1st Place
 Melchora Aquino 2nd Place

Grade II - III

Andres Bonifacio 1st Place
 Jose Rizal 2nd Place
 Apolinario Mabini 3rd Place

Grade IV - VI

Juan Luna 1st Place
 Emilio Aguinaldo 2nd Place

1st and 2nd Year

Sapphire 1st Place
 Emerald 2nd Place

PAGGAWA NG TULA

Grade I

Angela Lei Sejalbo 1st Place
 Christopher Ray Cruz 2nd Place
 Eunice Perez 3rd Place

Grade II - III

Princess Bautista 1st Place
 Marc Khent Julian 2nd Place

Grade IV - VI

Katrine Joyce Soriano 1st Place
 Francaise Nichole Hernandez 2nd Place
 Danlou Estrada 3rd Place

1st and 2nd Year

Rexie Pañafiel 1st Place
 Jan Paulo Tan 2nd Place

Arnis Anyo Competition (Elementary Boys)

Champion: Alon Robert Severino - MAMFMA
1st Place: Vince Alvin Dela Cruz - R and O Academy
2nd Place: Joseph Del Rio - Isabela Arnis Club
3rd Place: Regi Val Contillo - R and O Academy

Arnis Anyo Competition (Elementary Girls)

Champion: Vharlyn Hila - Kidlat Arnis Club
1st Place: Ma. Letty Laureta - R and O Academy
2nd Place: Mary Jhoy Molina - Isabela Arnis Club
3rd Place: Katrine Joyce Soriano - R and O Academy

Arnis Anyo Competition (High School Boys)

Champion: Christian Reotita - Isabela Arnis Club
1st Place: Sherwin Soriano - Isabela Arnis Club
2nd Place: Keneth Sawit - Isabela Arnis Club

Arnis Anyo Competition (High School Girls)

Champion: Saytotos Cecilia
1st Place: Josephine Amor
2nd Place: Daytotos Candice

Arnis Labanan (Kids Division)

Champion: Nick Corpus
1st Place: Daytotos Miguel
2nd Place: Vince dela Cruz

Arnis Labanan (Boys Division)

Champion: Marvic Pabatan
1st Place: Jayfred Ocampo
2nd Place: Mark Ulysis

Arnis Labanan (Elementary Girls Division)

Champion: Ronalyn Catalan
1st Place: Ma. Letty Laureta
2nd Place: Mary Rose Garduce

Arnis Labanan (High School Boys Division)

Champion: Darbin James
1st Place: Jeremy Monteribo
2nd Place: John Garcia

Arnis Labanan (High School Girls Division)

Champion: Daytotos Candice
1st Place: Katryn Sauler
2nd Place: Hazel Capili



Arnis Sparring Champion
for Elementary Boys Division



Jayfred Ocampo of R and O Academy 1st
place for Arnis Sparring Elementary Boys
Division awarded by Dayang Rhiverli
Quine and Guro Arjay Sales



Ma. Letty Laureta of R and O Academy
2nd Place for Arnis Sparring Division
for Elementary Girls Division and 1st
Place Anyo Competition



Arnīs Sparring Champion for the High School Boys Division



High School Boys Division Arnīs Sparring Champion from Isabela Arnīs Club



Champion in Anyo competition Elementary Boys Division



Anyo Competition awarded by Grandmaster Restie Obispo



**Best Muse
Pre-School Level**

Best Muse: Lady Mary Felizziety Daguay
1st Place: Ma. Carmela Racho
2nd Place: Nicole Bumagat



**Best Escort
Pre-School Level**

Best Escort: Jason Rom Lacida II
1st Place: Sean Christopher Longboy
2nd Place: Alexander Blue Balangon

Elementary/ High School

Best Muse: Katrine Joyce Soriano
1st Place: Diana Illustre
2nd Place: Janna Marie Makalintal

Best Costume Boys**Pre-School Level Boys**

Best Costume: Alexander Blue Balangon
1st Place: Sean Christopher Longboy
2nd Place: Richmond Landicho

Elementary/ High School Boys

Best Costume: Manuel Antonio Colo
1st Place: Jude Ceasar Simbi
2nd Place: Harvey Embudo

Best Floats**Pre-School Level**

Best Float: Float #8A Prep
1st Place: Float # 1 Nursery
2nd Place: Float # 7 Kinder

Organized Groups

Preparatory under T.Jiji / T. Mylene

Best Costume for Teachers

Teacher Ferliza T. Reyes

Elementary/ High School

Best Escort: Christopher Ray Cruz
1st Place: Jude Ceasar Simbi
2nd Place: Christian Felicitas

Best Costume Girls**Pre-School Level (Girls)**

Best Costume: Lady Mary Felizziety Daguay
1st Place: Maria Carmela Racho
2nd Place: Nicole Bumagatl

Elementary/ High School (Girls)

Best Costume: Janna Marie Makalintal
1st Place: Katrine Joyce Soriano
2nd Place: Diana Blanca Illustre

Best Floats**Graders/High School**

Best Float: Float #11 - Grade 1 Josefa Escoda
1st Place: Float # 12 - Grade 1 Marcela Agoncillo
2nd Place: Float # 17 - Grade 6

Disciplines Groups

Kinder under T. Liza

Ms. Congeniality for Teachers

Ms. Mylene A. Paris



Atty. Pat Severino, Dayang Peachie Saguin and Hon Connie Dy waiting for the announcement of Best in National Costumes for the Elementary Girls Division



Best Muse and Best Costume



Best Escort



Best Float



Best in National costume for
Elementary Boys Division



2nd place for Best Float
Pre-school Division



Modern Arnis Mano-Mano Filipino Martial Arts

Punong Lakan Tony Nicolas
Main Headquarters
Unit 204 CK Sy Diamond Building
156 Libertad St.
Pasay City
(632) 480-8618

Email
Website
Website
Website
Website
Website



R and O Academy

3rd and 4th Streets
Villamor Airbase
Pasay City
383-5990
(0915) 423-2964



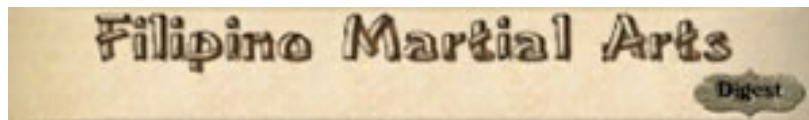
Arnis for Kids - This book is about the basic techniques in Arnis for kids. It includes the Alibata writings, the principle of holding the sticks, striking, and blockings among others. It is design for easy learning and understanding the art of Arnis and its culture. (*Full Colored Book all Models are Kids*)

Kapitan Arnis is a new super hero of Filipino Martial Arts born on June 21, 2008 at MAMFMA universe. It was created by Sunshine Facto and Punong Lakan gives his name and power for the kids. Kapitan Arnis was introduced by the MAMFMA.

This book authored by Punong Lakan Garitony Nicolas. is 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



Rapid Journal



Filipino Martial Arts Digest

**Register your FMA School
Post your Event**

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

Website Application