

# Filipino Martial Arts

Digest

Mini Issue

## World of FMA II

October 18, 2008

Hollister, CA



*Grandmaster Alfred Bandalan*

*Dr. Remy Presas*

*Grandmaster Vincent Cabales*

*Grandmaster Warlito "Lito" Concepcion*

*Punong Guro Steven Dowd*

*Master Patrick Armijo*

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**Bandalan Doce Pare Headquarters**

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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**

World of FMA which has turned out to be a series of seminars started by Dr. Remy Presas Jr. and now Grandmaster Bandalan has continued with World of FMA II.

It is an experience not to be forgotten. Rules are to keep an open mind and learn aspects of the different styles which are being taught, and come and enjoy yourself.

At this event Grandmaster Bandalan the host brought together and coordinated the entire event which was smooth and very enjoyable. Master Felix Ordiniza and family provided lunch which was excellent and filling with all you could eat.

Mixing instructional periods with demonstrations was well put together and as the FMA Digest observed everyone had a great time. Old acquaintances got back together, new friendships materialized and soon the atmosphere was of a unity of brotherhood, to learn, test, and experience the Filipino martial arts and culture.

And what was the price for this experience? \$20 and this was basically for the food and refreshments.

It is most highly recommended to attend the next World of FMA. The most important thing is come with an open mind, have a friendly attitude and respect for each other and to keep in mind that one art is not better than the other, but just has another approach to it, and to have respect for everybody.

The FMA Digest would like to especially thank Tim Keating a student of Grandmaster Alfredo Bandalan, who took the pictures, for without him this issue really would have not been possible.

**Maraming Salamat Po**

## **The World of FMA II**

Hollister, CA

The World of FMA which was held on June 7, 2008 in San Pablo, California was a MARPPPIO event that featured four leading Filipino martial arts Grandmasters, each representing a different system. The presenters included the following (who presented in this order): Grandmaster Max Pallen of Senkotiros, Grandmaster Alfredo Bandalan from Doce Pares, Dr. Remy P. Presas Jr., leader of MARPPPIO Modern Arnis who sponsored the event and at the end of the day, Grandmaster Vincent Cabales of Cabales Serrada Eskrima.

That was the first time on the West Coast where four leading Grandmasters of different Filipino martial arts styles agreed to come together and appear at a seminar. The event came together very quickly because of a last minute cancellation of another MARPPPIO event. The World of FMA event was quickly conceptualized to replace the cancellation. The Grandmasters were called to see if they would participate and each one graciously contributed their time, energy and good spirits to make sure this event would be a success and that each of the students would all come away with something related to their style Filipino martial arts.

The World of FMA II, the purpose was the same as the first in to display unity and brotherhood within the Filipino culture and was sponsored by Bandalan Doce Pares and it also brought together leading Filipino martial arts Grandmasters, Dr. Remy P. Presas Jr., leader of MARPPPIO Modern Arnis, Grandmaster Vincent Cabales of Cabales Serrada Eskrima, Grandmaster Alfredo Bandalan from Doce Pares. Unfortunately due to personal business



Dr. Remy P. Presas Jr., Master Felix Ordiniza,  
Punong Guro Steven Dowd, Grandmaster Vincent Cabales,  
Grandmaster Alfredo Bandalan, Grandmaster Lito  
Concepcion, Master Patrick Armijo

Grandmaster Max Pallen of Senkotiros was unable to attend, but his son Professor Jordan Pallen attended and brought the spirit of Senkotiros to the event.

To add and bring this event to a higher level of sharing and brotherhood, Grandmaster Warlito Concepcion of Concepcion Combative Martial Arts, Master Patrick Armijo of Bellingham Modern Arnis and Punong Guro Steven Dowd of Arnis Balite also shared their knowledge with participants. And throughout the event were demonstrations by the NAPA Valley Martial Arts Academy, Brandon Cash from the Bandalan Chicago Doce Pares, and Grandmaster Robert Castro of Eskabo Daan.

The World of FMA which was first brought together by MARPPPIO and then by Bandalan Doce Pares is a continuation of the spirit of unity and diversity of Brotherhood in sharing the different arts of the Filipino culture and is hoped to continue well into the

future bringing others into its gathering for the purpose of sharing and bringing about a better understanding and working together of the Filipino martial arts.

## October 18, 2008

On the day of the event in the early morning, rain was the order. The thought was this was going to be a wet event. But no! The rain stopped and the clouds disappeared and the day turned out to be a great beautiful day for an event.

As people started to arrive they quickly began to gather and meet each other, coffee, water and doughnuts were standing by. As everyone was waiting for all to arrive and the event to commence, friends gathered to chat, practitioners that had not seen each other for sometime were catching up on what had happened while they were apart and new friendships were being made. And of course picture taking.







Once everyone showed up it was time to commence, but first of course the group picture.



First the Pledge Allegiance to the Flag, lead by Master Felix Ordiniza, followed by everyone gathering for Grandmaster Bandalan to introduce the instructors for the day and say a little something about each instructor on who they were, and for everyone to keep an open mind to gather knowledge and most importantly enjoy themselves.



Meltzer, Meeks, and Lubash

The event commenced with a demonstration by the Napa Valley Martial Arts Academy ([www.napavalleyma.com](http://www.napavalleyma.com)), which teaches Kenpo, JKD, and Combat Fitness. The 3 practitioners who did the demonstration were: Doug Meeks, 8th Dan Kenpo, Lance Meltzer, 5th Dan Kenpo, and Todd Lubash, 1st Dan Kenpo.

The demonstration was some basic moves of Kenpo showing different types of takedowns which were executed with a flowing continuous movement of power. The following is just a little sample:







### **Dr. Remy P. Presas Jr.**

After the demonstration the first instructor was Dr. Remy P. Presas Jr. Starting with Dumog, demonstrating the type of techniques that he has resurrected from his father Grandmaster Remy A. Presas, tapes and thoughts. Dumog includes methods of standing and ground grappling, which can be applied appropriately depending on the situation. The term Buno is also sometimes used to refer to the indigenous wrestling methods of the Philippines. However Remy Presas Jr. has built on the concept of using Dumog in combination with Sikaran with the emphasis on the end result of joint locks, using the lower extremities of the body for the opponents' submissions.







Continuing on Dr. Presas continued after completing the basic concepts of Modern Arnis Dumog and went on to Visidario. First baston vs. baston, then baston vs. empty hand and finally ending the session with empty hand vs. empty hand.

## Grandmaster Vincent Cabales



Next, Grandmaster Vincent Cabales took the floor with his Vallejo, CA, based Instructor Guro Ben Pagtanac and senior student Charlie. They demonstrated striking angles and the unique approach that Cabales Serrada employs to deal with defensive counter attacks. Grandmaster Vincent Cabales moves quick and with authority. His counters are solid and can only be appreciated with a one on one training session.

It was apparent that the close counter system of the Cabales Serrada Escrima is effective and takes years of training to master. Short sticks were used for fast close counter work and employed quick hand checks.



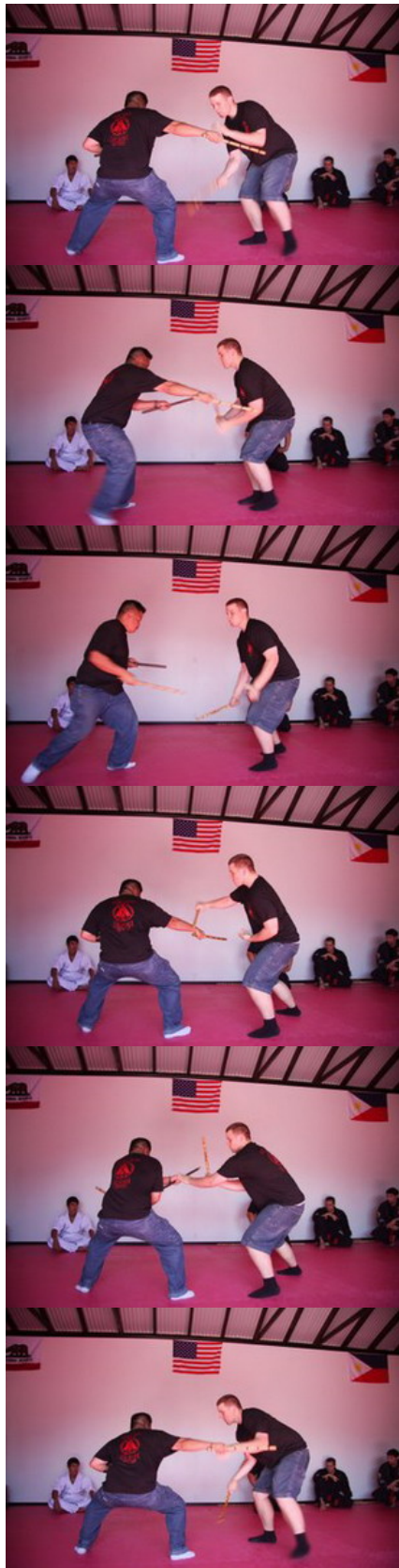
Footwork and angles of entry were important concepts that Grandmaster Cabaless demonstrated. He also showed how the stick techniques can be translated for empty hand work.

At the end of the seminar Charlie and Guro Ben Pagtanac demonstrated sparring Serrada style. It was a fast and flowing exhibition of non-choreographed action.

**A small part of the demonstration of Serrada Sparring style:**











Ben Pagtanac is very loyal to Grandmaster Vincent Cabales and is proud of the training he has received. He is an undercover police officer who works in a high risk environment. Ben has used his Serrada on the job. He is a defensive tactics instructor and he also travels to the Philippines to train the Philippine National Police in defensive tactics and Cabales Serrada Escrima.

### Grandmaster Warlito 'Lito' Concepcion



Grandmaster Concepcion came onto the floor and commenced by explaining the basic concept of his art. In Concepcion Combative Martial Arts, Grandmaster Concepcion has formulated a very effective fighting art. Through the years of training he has brought in and adapted what is effective and what is not. He encouraged each of the practitioners as he demonstrated and had the practitioners adapt to the basics and build onto them.

He worked on footwork which is very important to a practitioner for the stability of empty hands and weapons. Having the practitioners work with the baston, sword and empty hands he demonstrated and had them experience what would work and not work for them as an individual.

Grandmaster Concepcion demonstrated the concepts of attack and defense, showing the important factors of the basics and to continually build on those basics.



## **About Grandmaster Carlito Concepcion**

In 1993, Grandmaster Concepcion learned about a martial art style that originated from the Philippines. The Spaniards banned it during the time of their Philippine colonization. However, the Filipinos secretly practiced the arts of escrima, kali, and arnis, incorporating the hand and foot techniques in many folk dance movements - that is why it is called “the hidden art”. Fueled by the pride he had in his heritage, Master Concepcion went back to his roots to learn about this martial art style. Grandmaster Lito was introduced to Great Grandmaster Ernesto Presas in 1994. He is the Founder of International Pilipino Martial Arts Federation (IPMAF) and the creator of “Kombatan”. It was an honor and privilege for him to receive private instructions from Great Grandmaster Presas.

Grandmaster Concepcion traveled to the Philippines in 1999 and 2001; there he met and joined martial artists from around the world to participate in the intensive two-week IPMAF Training Camp in Hinigaran, Negros, the hometown of Great Grandmaster Presas.

With the encouragement of Great Grandmaster Presas, Grandmaster Concepcion began teaching and established Concepcion Combative Martial Arts Academy in Vallejo, California in 2001. Most of his students are accomplished martial artists with black belts in other disciplines, such as Kajukenbo, Kempo, Hapkido, Kung Fu, Karate and Tae Kwon Do.

2006 marked a milestone for Grandmaster Concepcion - not only did he turn 62 years old, but he participated in his very first World Escrima Kali Arnis Federation (WEKAF) Martial Arts Tournament. His performance at the Regional Tournament in Oxnard, California on November 5, 2005 earned him a silver medal in Senior Men’s Traditional Form and a gold medal in Senior Men’s Lightweight Sparring. At the National Tournament in Milwaukee, Wisconsin on February 16, 2006, he medal placement in Traditional Form qualified him to move on to the World Tournament held in Orlando, Florida on July 1-8, 2006. He competed in the Super Senior Men’s Division in Forms and Single-Stick Sparring, earning him 3 Gold and 3 Silver medals, respectively.

In May 2007, Grandmaster Concepcion was promoted to Grandmaster - 9th Dan by Great Grandmaster Ernest Presas during the IPMAF Hall of Fame Seminar. Grandmaster Concepcion’s passion for the martial arts only grows stronger as he continues to learn new techniques to complement and build on his “Kombatan” foundation.

Grandmaster Concepcion in 2008 relocated back to the Philippines and presently lives and teaches in Cebu. We were fortunate that Grandmaster Concepcion was in California for this event due to some personal business and will be returning to Cebu, Philippines in May 2009.

## Break Time (Lunch)

Now is the time for everyone to take a break and enjoy the food and friendship. The food was excellent there was lechon, pancit, Lumpia, menudo, fried chicken, hamburgers, hot dogs, water, soda, and coffee.



Master Felix Ordiniza and sons serves the lechon



Lupe Ordiniza and her son Anthony ensured everyone had enough to eat



**Of course the fine food was excellently prepared and served by:**

Felix Ordiniza Sr.  
Lupe Ordiniza  
Anthony Ordiniza  
Felix Ordiniza 4th

Jojo De La Fuente  
Jake B. Todino  
Lyn J. Todino



## Brandon Cash - Doce Pares



Introduced by his father Guro Brent Cash head instructor at the Illinois Bandalan Doce Pares School, Brandon Cash performed a form that he had recently demonstrated at another event.

The form was performed smoothly and with aggressive movements to defining the techniques of Doce Pares.

### Bandalan Doce Pares

331 Tiverton Ln.  
Stager, IL.



## Punong Guro Steven Dowd



Dowd then demonstrated the application of footwork, angles, and balance in defend and counter attack. He had the practitioners try a simple exercise in this with their opponents. This was empty hand vs. baston.

Continuing Punong Guro Dowd explained and demonstrated the blocking techniques of Arnis Balite, the Unday

Punong Guro Dowd of Arnis Balite started with the philosophy of Arnis Balite in that all individuals are differently made up physically and mentally. In that each has their own capabilities in maneuvering, defending and attacking.

The emphasis was on stances and footwork to fit the individual and maintain ultimate balance and timing. Punong Guro



Salag (swing block) and the Kalasag Salag (shield block) and then on how to limit your opponents' power and to use their momentum to benefit the outcome to move the opponent into a compromising situation.



Unday Salag (swing block)



Kalasag Salag (shield block)



With this he demonstrated several techniques using the blocks, moving the opponent into a position for a successful counter attack. Had the practitioners try the philosophy to strikes 1,2,3,4, and 7. Once the practitioners grasped the techniques, Punong Guro Dowd, then had them execute the counter attack using their style that they have been training in.

## Master Patrick Armijo



Master Patrick Armijo took the floor and noticed that the majority of participants on the floor were kenpo practitioners as well as Escrimadors. He started the session by teaching an Abanico counter technique that employed an entry and exit. Master Armijo explained that a kenpo practitioner fights on the way in and also on the way out.

Next he demonstrated the similarities of Palis-palis utilizing the cane and the kenpo concept of parrying with empty hands. The session then progressed onto an offensive knife attack and a couple of defensive knife disarms.



### **About Master Patrick Armijo**

Master Patrick Armijo first exposure to Modern Arnis was in 1985, at an Ed Parker seminar at Garrett's Kenpo Karate, in Sacramento, California. Professor Gary Garrett was my instructor at the time. Professor Rick Alemany presented Modern Arnis during the seminar and I was hooked. Ed Parker was a noted kenpo karate pioneer and innovator. He was also a supporter of Professor Remy Presas. I was extremely excited about Modern Arnis and I found myself being drawn to Modern Arnis and Filipino martial arts. Around 1985, I started studying Kosho Ryu Kempo with Hanshi Bruce Juchnik. Bruce Juchnik is an advocate of Filipino martial arts. He studied under both Professor Remy Presas and Grandmaster Angle Cabales. He holds a Lakan Apat (4th Black) in Modern Arnis. Hanshi Bruce Juchnik has hosted many large martial arts seminars called "The Gathering". Filipino martial arts have been well represented at these events by instructors such as Tuhan Ben Largusa, Grandmaster Ernesto Presas, Grandmaster Vincent Cabales, and Grandmaster Carlito Banjoc. I was particularly impressed with Grandmaster Vincent Cabales and his students.

Master Armijo moved to the Seattle area in 1992 and met Professor Remy Presas at a seminar hosted by Punong Guro Myrlino Hufana. I eventually started Modern Arnis training at the Bellevue Martial Arts Academy. Professor Remy Presas came to Bellevue, Washington, regularly to conduct a series of Modern Arnis seminars.

While attending a Professor Remy Presas seminar in Bellevue Washington, Master Armijo was introduced to Datu Kelly Worden. It became immediately evident that Professor Remy Presas had great respect for Datu Worden and his unique approach to Modern Arnis. One morning while having breakfast with Professor Presas, in 1998, I mentioned that I was moving to Bellingham, Washington, a small College City near the



Canadian border. Master Armijo was aware of a Modern Arnis Datu, residing in Vancouver, British Columbia. Master Armijo asked the Professor if he could recommend anyone to help me further my studies and knowledge in Modern Arnis, without hesitation the Professor recommended I seek out Datu Kelly Worden.

Once Master Armijo was established in Bellingham he met Rick Rudy and they started a training program there. Master Armijo later opened a school in Blaine, Washington. After Professor Presas passed on, Datu Kelly Worden began hosting MARPPPIO seminars and he became involved with Dr. Remy Presas Jr. and his method of Modern Arnis. Master Armijo was fortunate to meet Dr. Wilfredo Matias at the seminars. Sadly, we lost Tito Willy during the summer of 2007.

In October, 2006, Master Armijo went to Honolulu, Hawaii, with Grandmaster Remy Presas Jr. to help him with a seminar hosted by Master Ron England of the Ola' a-Nalo escrima group. They met Grandmaster Alfredo Bandalan and his chief instructor, Master Robert Garcia. Robert Garcia is a four time WEKAF world champion. At the seminar, he was able to introduce Professor Feliciano "Kimo" Ferreira Founder of the Kempo Jutsu Kai to the Escrima group. Professor Kimo was raised in Waipahu, Hawaii, and has studied both Kempo and Escrima. He was invited to take the floor and I assisted both Professor Kimo and Grandmaster Remy Presas Jr. with their presentations. I have been a member of the Kempo Jutsu Kai since 1998.



Professor  
Feliciano "Kimo" Ferreira

During Master Armijo early days of training in the Ed Parker Kenpo system, he trained in what he now recognizes as aspects of Filipino martial arts. He did not realize it at the time. Master Armijo have had many discussions with Professor Kimo Ferreira and Grandmaster Bandalan about the Kenpo/Escrima connection. It was natural for Grandmaster Bandalan and Master Armijo to gain an affinity because of our kenpo/FMA connection.

In an effort to share the Filipino martial arts in Master Armijo community, in northern Washington State, he was invited to start teaching at Shayne Simpson's Pacific Northwest Karate Center in, September, 2005. NSI Instructor Bob McCluskey came to Bellingham, WA, to assist in the initial demonstration that helped stabilize the program.

In September, 2007, former Secret Service agent and kenpo karate instructor, Mick Jolly, opened Karate Quest. Mr. Jolly and I have known each other since 1999 and we have dreamed about opening a martial arts school in Whatcom County, Washington, for several years. Mr. Jolly is a member of the International Karate Connection Association (IKCA), a kenpo karate organization founded by Grandmaster Chuck Sullivan and Grandmaster Vic LaRoux. Grandmaster Sullivan, is one of Ed Parker's original Black Belts. Chuck Sullivan, in turn, trained Mr. LaRoux. At Karate Quest, both Kenpo and Modern Arnis are taught.

Personally, when it comes to Filipino Martial Arts, Master Armijo strives to learn about the different Filipino martial arts styles, history, and culture. It is through the association with the elders and Grandmasters that enriches his martial arts education. Fundamental qualities like humility, honor, respect and etiquette are important attributes to all martial artists. The Grandmasters teach these things through example. Master

Armijo realizes that it is important to have seniors as mentors and advisors. Humility is a core value that each martial artist should develop. The humble instructor appreciates what other arts and instructors have to offer. The humble martial artist understands that another martial artist can hurt or kill you. This fact needs real respect. If you are not humble, you have no respect for others. In battle an arrogant warrior may become fatally careless.

## Grandmaster Robert Castro



Next to finish up a very good day of gaining knowledgeable skills Grandmaster Robert Castro was asked by Grandmaster Bandalan to do a demonstration of Eskabo Da'an.

Grandmaster Castro demonstrated Espade y Daga techniques, so the students could see the concept of Eskabo Da'an in working Espade y Daga.

Grandmaster Castro with the assistance of one of his students Guro Martin Vargas, started with stick and dagger. Grandmaster Castro did several forms of the Pool Shoot technique, from four different angles, locking the stick and dagger in several positions. Upon completion Grandmaster Castro did each of the techniques with empty

hands showing that same technique could be executed and explaining the subtle difference's in approach.

Grandmaster Castro went to stand up hand locks to take downs to ground locks all in one move. He demonstrated how to enter to get to the locks against stick and dagger, how to disarm and use your opponents weapons against him to either lock, take down or stab or kill. Grandmaster Castro stressed the fact that the Filipino martial arts empty hands are not commonly known, people generally thinking only of Filipino martial arts with the sword, stick or knife and are underrated, but you should see and learn empty hands because they are awesome and it's good to know all areas of the Filipino martial arts. You might not have a weapon on you when you are confronted.



## Grandmaster Alfredo Bandalan



Grandmaster Bandalan of Doce Pares, hosting the 2nd World of FMA, was very busy coordinating the event and making the event run smoothly, was also instructing, between seminars and during the break.

Working with Doce Pares students, instructors and anyone wishing to learn Doce Pares, he was extremely busy throughout the event.



When the event came to a conclusion one more things had to be accomplished. With all the practitioners gathered, Grandmaster Bandalan said a few final words and then a certificate for the event was given to all practitioners that had trained.





# World of FMA 2

## Certificate of Participation

is hereby awarded to



for attendance and participation in the World of FMA 2 Seminar  
held on the 18th day of october, 2008 at Hollister, CA USA

Grandmaster Fredo Bandalan  
Bandalan Doce Pares Eskrima U.S.A.

Punong Guro Sieben Dolob  
Arnis Balite

Grandmaster Vincent Cabales  
Cabales Serrada Eskrima

Dr. Remy P. Presas Jr.  
MARPPIO Modern Arnis



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



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



[www.concepcion-combative.com](http://www.concepcion-combative.com)



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



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[www.armijo-kempo.com](http://www.armijo-kempo.com)



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

**Interview with:** Grandmaster Alfredo Bandalan, Grandmaster Vincent Cabales, and Dr. Remy Presas Jr.

The FMAdigest was fortunate to talk with Grandmasters Bandalan and Cabales and Dr. Presas Jr., during the World of FMA II event. The questions other than the first question are general in nature and inquire about their thoughts on seminars.

**FMAdigest:** *Briefly what is the overall philosophy of your art?*

**Grandmaster Cabales:** You know anybody can just hit someone else, what we teach in Serrada escrima is countering.

**Grandmaster Bandalan:** In Bandalan Doce Pares besides teaching the physical art of Doce Pares we teach culture, philosophy and history of eskrima.

**Dr. Presas Jr.:** First learning which is easy and the student can grasp the physical attributes, second adaptability of the person, and third is the attitude of the practitioner. Those three things are essential in learning my system of Modern Arnis.

**FMAdigest:** *What is your opinion on what a practitioner should gain from a seminar?*

**Grandmaster Bandalan:** Number one is to not to have the attitude of “I know more than you or you know more than me,” to have a friendly attitude and respect for each other and to keep in mind that one art is not better than the other, but just has another approach to it, and to have respect for everybody.

You know some Grandmasters think they are better than others, you can see it in their behavior and manners this needs to be backed down. The philosophy here is generating friendship, getting together and learning some of the art that is being presented.

**Dr. Presas Jr.:** Insight on the different advancement in the seminar. What I mean when I say advancement of the topic you are learning. Because when I do a seminar I make it a point to make adaptation of the topics; for example a seminar I did 2 years ago, the topics that were covered are different from those that I have covered in my last seminar. I don't do the same topics if I go to the same school because I believe that if I teach (example if I taught Modern Arnis Tapi-Tapi years ago and up to now you attended my seminar and I was still teaching Tapi-Tapi, as I did then you would say where's the changes and the improvements. At a seminar you want the participants to go back to their schools having more advancement in the context of the Modern Arnis. Modern Arnis is a very dynamic system. (Example: like #8 is infinite and has a starting point but where does it end, it doesn't it is limitless). So when I do seminars I make it a point to add additional material

to the previous topics that were taught. Like last year I taught Visidario, this year I am teaching Dumog and next year I will be changing it to some topic that has not been fully explored.

**Grandmaster Cabales:** A practitioner should get some of the history of the art, whether actual history of the art or the understanding of the philosophy of the art. Unfortunately practitioners only get to experience part of an art due to the short time they get in a seminar.

**FMAdigest:** *When giving a seminar what is it you are trying to convey to the practitioners?*

**Dr. Presas Jr.:** I answered that in the last question and believe it is very important as I said to continually progress so the seminars are not continuous repeating the same program.

**Grandmaster Cabales:** What I want is to expose the art of Serrada Escrima the basics due to the time given. One thing I get is what is the difference from my art and arnis or kali? I then explain and demonstrate the techniques of our shorter stick and the close-in work we do in defending and countering.

**Grandmaster Bandalan:** I like that question. What I like to convey it is fun to have a seminar and to learn from each other in a seminar. You are not really going to learn everything, you are going to learn a few things, but it is getting together in friendship.

Also what I try to convey to the practitioners who attend as a teacher is, I try to make them reflect what I am teaching them is that I am not the best, that what I am teaching you is one of the arts out there that gives respect to other arts that is what I am trying to convey not that I am here today and my art is better. First thing to tell them is I am here to have fun with you, and I want to show you some techniques and enjoy the friendship and fun.

**FMAdigest:** *Which type of seminar do you prefer, one where you are the only instructor, or one in which there is a gathering of several instructors?*

**Grandmaster Bandalan:** I prefer a gathering of instructors, where you can see different instructors and styles instead of having to go here and there to see each. Having different instructors together you can experience and learn a lot.

**Grandmaster Cabales:** I enjoy both, you are meeting so many different people, not like a school settings.

**Dr. Presas Jr.:** There are some advantages and disadvantages to both seminars. The advantage of having just one person conducting a seminar, there is continuation of topics that one teaches from the beginning to the very end of the seminar. But there is a limitation because there is only one person instructing and the practitioner is limited to only what the instructor will put out due to the length of the session.

On the other hand, if you have multiple instructors there are also advantages and disadvantages. Maybe the first instructor taught too fast or too slow and most likely there is no continuation from instructor to instructor. But if you want to learn multiple styles at one time then this is good to get a sample of each. It is really the perception of the organizers and participants.



**FMAdigest:** *In your words what is your view of the Filipino martial arts in its progress to become a well known martial art throughout the world? And what do you think would benefit the Filipino martial arts in the progress of becoming better known?*

**Grandmaster Bandalan:** My view is the mentality of the Filipino martial arts is different from other martial arts. Unfortunately some have the attitude that I'm better than you but sometimes they try to get by, like they act like they are your friend but they are not. Most important thing I have seen in the Filipino martial arts the last couple of years is progress is that there are several Grandmasters in the United States that are trying to implement humility, confidence and discipline in the Filipino martial arts because that is what is carries in the Filipino customs as we know 'family values' supposed to be strict discipline, and have respect for the elders. For if you don't have the respect, honesty and discipline; then I do not think the Filipino martial arts can prevail.

In the future progress of the Filipino martial arts one example is we just incorporated WEKAF, which will offer scholarship programs, workshops, communicating the history and culture of the Philippines and the Filipino martial arts.

**Grandmaster Cabales:** I think it is pretty well known now. I remember when my dad (Grandmaster Angel Cabales) had started back in the 60's it seemed nobody ever knew about Eskrima in the United States. For instance I put on a demonstration at Great America in California, there were approximately 7,000 Filipinos in the audience I asked how many had done Eskrima only 4 or 5 raised their hands. And then I asked how many have done karate I would say probably two-thirds of the people raised their hands.

Some people it's a culture shock, a lot of people think eskrima is only a weapons art but it is not because there is empty hands also and that needs to be brought out so everybody doesn't think it's just sticks, (what am I going to do with a stick?) It's not only stick but empty hands, kicking, grappling everything. All the arts have it to one extent or another. This is what needs to get out to the public, especially in seminars, magazine articles (not just Filipino martial arts related magazines but more in Karate, magazines, Black Belt and Inside Kung Fu magazines etc), also video's and movies.

**Dr. Presas Jr.:** I believe it has become a mainstream martial art not like in the 60's where you would seldom see movies that have fight scenes that were choreographed based on martial arts like "Game of Death" etc.

It grew in the late 70's 80's and 90's through the contribution of Modern Arnis. No other system in the Filipino martial arts really had the concept of cross training and it was Modern Arnis that basically introduced the concept of cross training and with my late father 'Grandmaster Remy Presas', he was the one that basically invented the concept of cross training of the different systems in seminars. He did this in the early 80's and 90's and the first part of 2000 doing seminars with Grandmaster Wally Jay and Grandmaster George Dillman so they were basically the ones that opened the door for Filipino martial arts to be known Internationally. My late father was known as the "King of the Seminars". It was to the point that to book my father for a seminar you had to book him two years in advance. You know there was only two weeks in the whole year that he did not work and that was Christmas and New Years. He was a busy man.

Personally I think Filipino martial arts should be more professional in terms of the art. One should have respect for other systems. Each system is good within itself or I would say every system is the best by itself regardless if you're Doce Pares, Serrada Escrima, Modern Arnis, Senkotiros.

Every system is good and would excel by itself however because of some of the in-house fighting of the different factions in the Filipino martial arts this tends to become liabilities in the Filipino martial arts in general. Bringing about unity is important and can make the Filipino martial arts prosperous.

**FMAdigest:** *What can you suggest to people that are thinking about getting into the Filipino martial arts?*

In general all three basically would agree in their thoughts that: Do a lot of research, listen to other people in their thoughts but also go research the history and culture. Be aware some people are prejudice in their thoughts greatly promoting their art or the art that they are training in, so research. Ask questions and you will be better off making a decision. In this day and age with the internet search and investigate the different styles, see what you like, you got long stick, double stick, short stick, blade, empty hand. It is up to the individual to make up their own decision, workout in the different schools see like what is offered and what is comfortable to you as an individual.

**Grandmaster Bandalan:** And one thing that I would like to say if you take a Filipino martial art, visit the Philippines and see the Escrima that still prevails, learn some of the culture, that's my advice.

The FMAdigest thanks Grandmaster Alfredo Bandalan, Grandmaster Vincent Cabales, and Dr. Remy Presas Jr. for spending a little time in talking to us.



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

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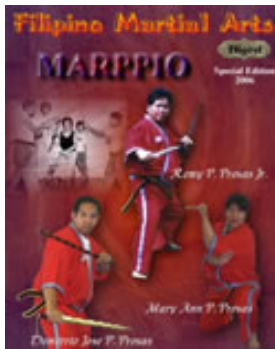


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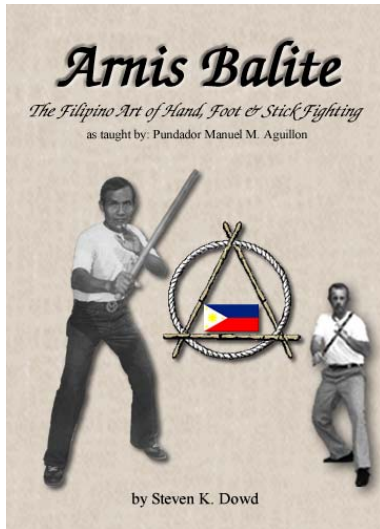


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## Arnis Balite

The Filipino Art of Hand, Foot & Stick Fighting  
As taught by Pundador Manuel M. Aguillon  
By Steven K. Dowd

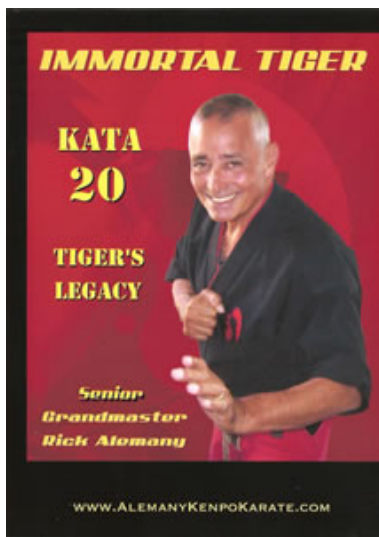


This book will give you the Fundamentals and Basics of the art of Arnis Balite as taught by Pundador Manuel M. Aguillon. Though there is no replacement for personal physical instruction.

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 have inherited the art, per the family's request.

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Grandmaster Robert Castro with Senior Grandmaster Rick Alemany of Kempo Karate from Great Grandmaster Ralph Castro (no relation to Grandmaster Robert Castro), has put together a DVD of Kata # 20. Senior Grandmaster Alemany, has been taking private lessons and decided to combine and fuse Eskabo Da'an with Kempo, seventy five percent is Grandmaster Castro's. It is an honor to have Kata #20 and being part of history. Visit the Eskabo Da'an website for further information.



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

Just to say a little something about the Bandalan Doce Pares Headquarters located in Hollister, California. Master Marc Lawrence visited the school while competing at the WEKAF Western Region Tournament.

The school was built and is owned by Master Felix Ordiniza when not used as the Doce Pares Headquarters it is known as the Warriors of Visayas Ordiniza Filipino Martial Arts School.

Anyway here is what Master Lawrence had to say about his visit:

### **Visiting Bandalan Doce Pare Headquarters**

By Marc Lawrence

My son and I had fought in the WEKAF Western Region Tournament and there I got a chance to talk with an old friend Grandmaster Alfredo Bandalan Sr. He invited us to come and see the new training facility in Hollister, CA. Riding with us was my teacher Master Felix Roiles; he too wanted to see the new school. So on the way back from Fremont we made a detour and went to Hollister. Outside of town in some of the most beautiful California scenery was the Headquarters of Bandalan Doce Pares.

My first impression of the school was the feeling that I got from the Plantation Village houses on Oahu. Just looking at the building it was blend of Filipino, Hawaiian and Japanese style construction like I have seen in the plantation old houses. We were greeted by Master Felix Ordiniza (the owner of the Ranch) and Grandmaster Bandalan and given the grand tour.



Being a woodworker I looked at the school from a craftsman's view point. I could see the careful workmanship that had to go into carpentry and finish work to make the place look so well done. One side the doors slid open to let air flow in. There are vents up in rafter to keep the heat from building up around the ceiling. The gear room was the great idea, it is set up hang the gear and let it air and dry out.

A group of students that were visiting from Hawaii and competed in the WEKAF Western Regional wanted to work out with us. So we said sure and got a chance to try out the school. We had great 1 ½ hour workout with them. Being out in the clean country air in setting like that just makes for a great training session. If you are in the neighborhood you should make arrangements and stop by.



**L-R:** Master Felix Roiles, Grandmaster Alfredo Bandalan,  
and Guro Marc Lawrence



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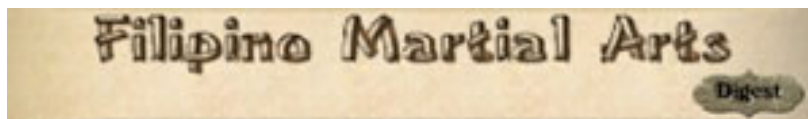
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