

Filipino Martial Arts

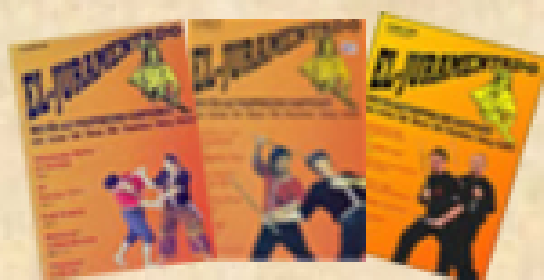
Digest

FILIPINO MARTIAL ARTS

Special Edition

Past & Present Magazines 2008

Printed



EL JURAMENTADO



INFO FÜR ALLE PHILIPPINISCHEN KAMPFKÜNSTE

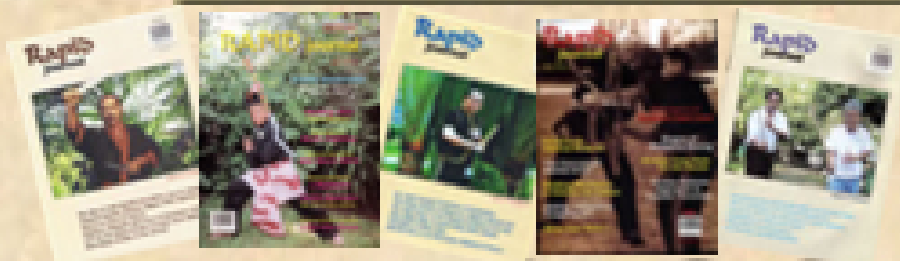
FILIPINO MARTIAL ARTS Magazine

The Magazine for all Filipino Martial Art Styles



Rapid Journal

Research and Propagation for Internal Arts Development



Publisher

Steven K. Dowd

Contributing Writers

Alfred Plath

Eliot Shearer

Daniel Go

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Filipino Martial Arts Digest is published and distributed by:

FMA Digest

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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

Everyone is so impressed with printed martial arts magazines, that I thought it would be great to list some that have been printed and sold either in stores or by subscription. Especially of course Filipino martial arts magazines which were or are dedicated to the Filipino martial arts and also other martial art magazines that have articles from time to time in them.

I use to write for quite a few martial arts magazines over the years and have had many article published. Of course most the articles I write are about Filipino martial arts, "Go Figure".

Anyway, as I remarked, printed magazines are very nice and even for myself I like them, however the problem I have run into is that, unless you are subscribed to the magazine, you may miss it on the news stand or in the store. If missed and you cannot find one then you have to order it through the company that put it out, (which usually costs you more since it is a back issue and you have to pay postage). If the company sold out then you are out of luck all together, unless you find it in a yard or garage sale or on Ebay.

Of course I have copies of many magazines for when I was younger and it was not the computer age I bought them as soon as they hit the news stand or I was a subscriber. Now if I hear that a Filipino martial arts article is in a particular issue I call someone and hope they can find and will purchase me a copy, (where I live they do not sale martial arts magazines, there is not enough interest to make it worth while for stores).

Some of the issues I have, which go back many years have articles that are priceless and unfortunately most likely will never be seen unless someone has that issue.

What would be really great is if some of the writers that had articles in other magazines in the past would contribute them to the FMA Digest with pictures, then they could be read throughout the world and they would not be lost in time. So if you know any of the writers of past articles see if they will send their article to the FMA Digest, they will get the credit of course, plus the magazine that it originally came out in.

Another unfortunate thing in a printed magazine is that they are usually sold in the country that the company is located, some get outside the country if they are big enough and interesting enough. And some issues are bought when people visit the country that the magazine comes out in and then they bring it back to their country, and show it to other practitioners or friends and sometimes subscribe, paying a good deal of money.

Just think when you think you know of most magazines around, there is always another showing up whether in your country or in another that you did not know about and wished you did.

A quick plug for the FMA Digest, thanks to the computer age it can get out throughout the world. It is free. And if you want a printed copy, then print out the PDF.

A last note, sure did hate the mailing labels, always screwed up the cover. Well enough rambling and hope you the reader can find some of these for your collection, if you do not have them.

Maraming Salamat Po



Your Specialist for Filipino Martial Arts

www.quick-stick.de

Publisher Alfred Plath

Once a year, Alfred Plath produced a Magazine which was called: El Juramentado - it means Amokrunner.

Before; Alfred Plath wrote for the big Martial Arts Magazines in Germany. But they printed only 2-4 Articles a year about that kind of themes.

El Juramentado is a non-profit making magazine, the purpose of the magazine was to publish information and promote an interest in Filipino martial arts.

Continuously published from 1994 - 2001

Useful articles and news

Worldwide readership

Truths, lies and rumors from around the world about Stickfighting Advertisement,

Seminar - Calendar, Internet – advice

40 + page issue a year



1994/1

Inhalt: Rückblick 1993

Portrait: Angel Cabales

Kopffäger auf Mindanao & Luzon

Tagalog für Anfänger

Paul De Thouars - Pentjak Silat

Seminarplan / Europa 1 / 94

Kali - Das Fließen

AKE-Telegramm



1994/2

Inhalt: Phil. Waffen in Überblick
Filipino Martial Arts von C. Magda
Die Cañete Familie
WM in Manila (Vorschau)
Brandenburger Turnier
Phil. Jeepneys
Deutsche Meisterschaft in Berlin
Drei Norddeutsche auf Hawaii
Lontayao Seminar in Berlin
Tagalog für Anfänger
AKE-Telegramm
Seminarplan / Europa 2 / 94

1995

Inhalt: WM in Manila
Serrada Escrima
Woodguide
Eric Knaus - der Messias des Vollkontakt
Legenden d. phil. Kampfkunst Arnis goes Hollywood
Tuhon Leo Gaje Ferdinand Marcos der Diktator
Die Presas Familie Seminarplan / Europa 95
PFS Seminar in München



1996

Inhalt: Indonesische Waffen im Überblick
Deutsche Meisterschaften in Berlin
AKE-Organisationen
Süddeutsche Escrima Meistersch. in München
AKE-Stile
Norddeutsche Escrima Meistersch. in Hamburg
Anting Anting / Das Amulett
WEKAF Europameisterschaft in Nordirland
Hilot - Phil. Geisterheiler
Rene Latosa und das PMAS-Escrima
Die Balisong-Story
Das Warrior Escrima System von Grandmaster Abner Pasa
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Die Magellan Story
Abanico Video Productions
R. Bustillo – "The Iron man"
Portrait: Paul Vunak
WEKAF WM in Los Angeles / USA
Bothoan: AKE Schulen in d. BRD
Guro Dan Inosanto
Wettkampfszene - Berlin usw.
Legenden d. phil. Kampfkünste
AKE-Telgramm
Grandmaster Leo Giron
"Espada y Daga" Artikel v. A. Marinas

1998

Inhalt: Das phil. Tonfa „Hawakan"
Ägyptischer Stockkampf „Nabbut"
Punong Guro Edgar Sulite & das Lameco Escrima
Der „Kris"
Pukukan Pentjak Silat
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Stickcorner AKE-Telegramm
Bothoan: AKE Schulen in d. BRD

2000

Suro Mike Inay
Die Phil. Armee im 2. Weltkrieg
Filipino Rope Fighting
Profil - Grobmeister Ben Largusa
Stockkunde Für Sammler
Das Ursystem Des Arnis - Der Balintawak Stil
Rohstoff Rattan - Unser Handwerkszeug
Faszination - Krisschwert
Stickfighting Made in France - Jeff Espinous
Die Jose Rizal Story
Geometrie Im Stockkampf



Der Bahala Na Club in Stockton / Kalifornien
 Die Naraphil
 Degerburg Academy Chicago - Hort Der Phil. Kampfkünste
 Die Geschichte Des Paulfechtens in Europa
 Stilrichtungen Des Pentjak Silat
 Talking Sticks - Der Stockstil Des Dacasscos Kung Fu Systems
 Interview Mit J.C. Cabiero Über Serrada und Angel Cabales
 Cyber - Stick
 Video / Literatur Tip
 Bothoan - Führer Durch Deutsche Ake - Schulen
 Turnierszene
 Seminar Highlights
 Seminar Plan 2000
 Stick Corner
 Ake - Telegramm / Leserbrief
 Vorschau Auf Ausgabe 2001



2001
 Die philippinische Armee im 2. Weltkrieg
 Stockton-Das Mekka der alten Großmeister
 Trainingsreise Philippinen - Was sollte man beachten?
 Bob Breen - Vater des englischen Escrima
 Wer war Max Sarmiento?
 Kulingtang Musik
 Der unbekannte Stil: Tres Personas
 Die Peitsche in den philippinischen Kampfkünsten
 Jose Rizal - Philippinischer Nationalheld
 WEKAF-WM 2000 in Cebu City / Philippinen
 Die Entwicklung der philippinischen Fahne
 Die Geschichte eines genialen Kopfes - Don Draeger
 Hawaii - Das trojanische Pferd der phil. Kampfkünste
 Die Naraphil
 Der Bahal Na Club in Stockton
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FILIPINO MARTIAL ARTS Magazine

Publisher Eliot Shearer

The Magazine for all Filipino Martial Art Styles

Eliot's Martial Art journey began when he was young, on a hot, humid, summer New York day, with the purchase of a Ju-Jitsu paperback costing 30 cents. After studying the book, he got involved in practicing and unfortunately for others on anyone that approached his environment. Soon, Eliot found himself "all alone". After a while everyone got tired of being a captured "victim" and he found himself quite alone in his practicing of the martial arts.

The street wolves, baying and lying in-wait forced Eliot to become an amateur boxer for several years. At the age of 12, he entered the structured setting of Judo/Ju-Jitsu.

Styles Eliot Shearer has studied: Ju-Jitsu/Judo, Moo Duk Quan/Tang Soo Do, Aikido, Wing Chun, Okinawa Kenpo, Nin-Jitsu, Modern Arnis, Pekiti-Tirsia International (PTI).

Filipino Martial Arts Magazine was given life, at a moment - when none existed - that was open to all Filipino martial arts styles in the USA and elsewhere in the world.

The Filipino Martial Arts magazine was known as the top Filipino martial arts magazine in the United States and covered not only the Filipino martial arts but also all martial arts. The FMAmagazine was offered by subscription throughout the world.



Preview Issue Vol 1 No. 1

ABANIKO - John Buzzerio

Palo - Palo (The Pounding Palms of Pananandata) - Halford E. Jones

The Presas Family - Alfred Plath

Move Out of the Way: Take What's Given - Arthur C. Anderson

The Filipino Espada Y Daga - James A. Keating

Go with the Flow - Guro Andrew Filardo



Vol 1 No. 2

Flexible Weapons? Bandanna Anyone? - John Saucier

The Benefits of Two Stick Sinawali Training - James A. Keating

Clicky Clack - Andrew Filardo

Dr. Jose Rizal National Hero of the Philippines - Halford E. Jones

Passion for Truth - Arthur C. Anderson

Basic Techniques of the Philippine Kris - Halford E. Jones



Vol 1 No. 3

Flexible Weapons of the Filipino Fighting Arts - James A. Keating
 The Rekat Escalator - Michael Alfano
 Fighting Stickman - John Saucier
 Panantukan - Michael Brewer
 Clicky Clack - Andrew Filardo
 Marissa Conception - Halford E. Jones
 Lisa McManus (Rising Star of Arnis de Mano) - Halford E. Jones
 The Art of the Filipino Blade - Norma Keating
 Edessa Ramos - Edessa Ramos
 Christine Fulton (A Humbling Experience) - Arthur C. Anderson
 Elizabeth Spencer (A Humbling Experience) - Halford E. Jones



Vol 1 No. 4

Who is Halford Jones? - Lisa McManus
 Kuntaw - Steven K. Dowd
 Video Report: The Ultimate Street Fighter - Arthur C. Anderson
 The Three Ranges of the Filipino Knife - James A. Keating
 The Legend that is Lanada - Halford E. Jones
 Kuntaw Silat - Billy Bryant
 Clickety Clack: Translating the Techniques - Andrew Filardo
 The Filipino Arnis Stick and the Okinawan Sai - Robert J. Moran
 Riddle of Steel - John Saucier



Vol 1 No. 5

The Empty Hand Techniques of Lapunti Arnis de Abanico - Dr. Jopet Laraya
 Lights Out (Choking Techniques with the Stick) - Harley Elmore
 The FMA's Self Defense for Women - Dr. Jerome Barber
 Weapons Training -- When? - Robert Moran
 Cold Steel/Bangkow Training - James Keating
 The Uniqueness of "SYSTEMA" - Art Anderson
 Sunshine & Sticks - Bill Lowery
 Clickety Clack: Translating the Techniques - Andrew Filardo



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Pekiti Tirsia Kali - Michael Alfano
 Rey Galang - Halford E. Jones
 Systema - Art Anderson
 Survival Skills and Tapping Drills - John Saucier
 Interview with Grandmaster Federico Lazo - Bruce D. Millsap
 The Empty Hand Techniques of La Punti de Abanico - Dr. Japet Laraya
 A Critical Bibliography of the Filipino Martial Arts - Sidney H. Stein
 Go with the Flow - Andrew Filardo
 Southern Steel '98' - Charlie Porter



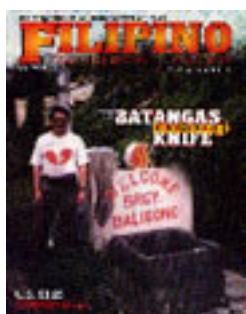
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Down But not Out - Art Anderson
 Babu Richard Jackson - Art Anderson
 Aquillon Family Art - Steven K. Dowd
 Modern Arnis Winter Camp - Lisa McManus
 Texas Winter Camp - Lisa McManus
 Weapons Training - Lisa McManus
 Cross Training - Anthony Silverio
 Unlocking The Filipino Martial Arts - David Battaglia
 Kids with Weapons - Robert Moran



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Lisa's Corner - Lisa McManus
 Moro Bladesmithing - Art Swyhart
 '99' Lapu Lapu Classic - FMAM
 Go with the Flow - Andrew Filardo
 Richard Bustillo Seminar - Linda Reim
 Mimi Chan - Halford E. Jones
 The Deceptive Espada Y Daga Techniques of Lapunti de Abanico - Dr. Jopet Laraya
 Laci Szabo & His Kerambit - John Saucier



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 The Sound of Banging Sticks - Bram Frank
 '99' IMB Instructor's Conference - Mark E. Smith & Gordon Potter
 Lisa's Corner - Lisa McManus
 The Making of a Legend "The Batangas (Balisong) Knife - Dr. Jopet Laraya
 The Next Generation's Martial Arts Leader "Sensei Ka'imi Kuoha" - J. J. DeWitt
 Training Tip: Grip Strength - Thomas J. Nardi Ph.D.



Vol 2 No. 4

Amber Deluca ... Native American "Apache" Gladiator - Amber Deluca
 Donna Barnas - Donna Barnas
 Pambuan Martial Arts Family - John Bain
 An Interview with Grandmaster Ernesto A. Presas - Bruce D. Millsap
 Guro Tim Hartman Speaks to us about Modern Arnis - Michael Alfano
 Villabrille - Largusa Kali Kauai Style - Guro Doug Pierre
 Grandmaster Gaudiosa Ruby "Queen of the Filipino Martial Arts" - Gaudiosa Ruby



Vol 2 No. 5

Jose "Joe" G. Mena, Grandmaster of Te Doblele Rapillon Style - Dr. Jopet Layara
 Atillo Eskrima - Dr. Ned Nepangue
 The Lastra System of Arnis - Halford E. Jones
 Baraw Sugbi - Dr. Ned Nepangue
 An Interview with George Brewster - Halford E. Jones



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Open house and Reception for Suro Jason Inay - Tom Lopez
 The Healing Arts of the Philippines - Virgil J. Mayor Apostol
 Remy Presas Modern Arnis Benefit Seminar - Johnaleen Castro {CEO/F.A.T.E.} Org.
 An Interview with Silat Master Hadji Yasser Usman Yasser Tanadjalan - Mon Rivera &
 Intro: By Halford E. Jones
 South Africa -- A Positive Change Throught JKD - Morne Swanepoel
 Speak Softly and Carry a Big Stick - Wendy J. Wigger



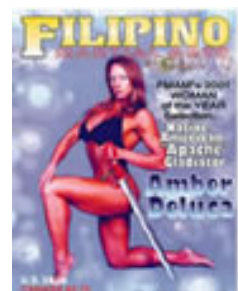
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Mangisursuro Mike G. Inay - by Tom Lopez
 Caring for Weapons - by Art Swywart
 Songay - by Dr. Ned Nepanque
 The Healing Arts of the Philippines - by Virgil J. Mayor Apostol
 American Combatives: The Other Stick Fighting Art - by Thomas J. Nardi, Ph.D.
 An Interview with Kataas-taasan Puno - by Wendy J. Wigger
 Remy Amador Presas: The Future of Modern Arnis - by Lisa McManus



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Hubad Lubad- by Ms Johnaleen
 Knife Fighting Workshop with "Felix Valencia" - by Halford E. Jones
 The Birth of an Art - by Matt Stokes
 An Exclusive Interview with "Mark V. Wiley" - by Halford E. Jones
 An Interview with "Richard Crabbe de Bordes" - by Lee Wilson



Vol 4 No. 1

An Exclusive Interview With Mark Wiley - by Halford E. Jones
 An Interview With Grand Tuhon Leo T. Gaji - by Bill Lowery
 An Interview With Miyako Fujitani - by Halford E. Jones
 An Interview With Edessa Ramos - by Halford E. Jones
 A Seminar With GM Ernesto Presas - by Steven E. Dowd



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Paggamit ng Sandata: Choice of Weapon -- The Kubaton - by Jerome Barber
 Patayin Estilo: Filipino Warcraft in the 'Old School' Tradition - by Blaise Loong
 The Woman's Edge: Using Filipino Martial Arts to Even the Odds - by Erin Vunak
 San-Jitsu's Undroppable, Unstoppable Knife Attacks - by Grandmaster Frank E. Sanchez
 An Exclusive Interview with Peter Freedman - by Halford E. Jones



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One of the Best Keep Secrets "Palawan" - by Halford E. Jones
 To Test and Approve "What is Right" - by Kristine Stasburger
 The King of Kata - by Eric Lee
 An Interview with Hanshi Tom Hunnicutt the Founder of the International Matsumura Society - by Halford E. Jones
 Using a Pen for Self Defense - by Kara Brown
 An Interview with Louis T. Lagarejos - by Halford E. Jones



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Sayoc Kali [An Interview and a Seminar] - by Halford E. Jones
 Firworks on Independence Day - by Eric Lee
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 The Barong Versus the Kris - by Halford E. Jones
 An Interview with Hanshi Tom Hunnicutt the Founder of the International Matsumura Society "Conclusion" - by Hanshi Tom Hunnicutt
 Celebrity Protection and the OPSEC Connection - by Thomas Lebrun



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Dakup y Punyo - Development Drill of Kali - by Steven Shirley
 An Interview with Punong Guro Steven Dowd
 Tribute to Grandmaster Emerittus Leo M. Giron - by Antonio E. Somera
 A Traditional Filipino Martial Art- by Steven E. Dowd



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Grandmaster Carlito Lanada - by Steven Dowd
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 Kalaripayattu - by Ranjan Mullaratt
 Combat Kalaki - by Norbert Wojtowicz
 An Interview wth Datu Kelly Worden - by Kevin Underwood
 An Interview with Guro Jun DeLeon - by Dr. Jopet Laraya



Vol 6 No. 1

Leo Fong - Methodist Minister, Martial Artist, Fitness Coach, Filmmaker - by Steven Dowd

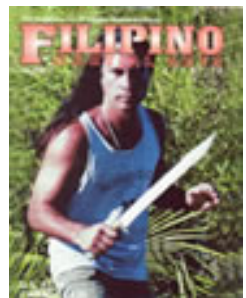
Fighting like a Leopard - by Roberto Nurchis

Escrima Brought to a Point - Bob Dubljanin

A Traditional Filipino Martial Art - Thomas J. Nardi Ph.D.

The Lost Martial Arts of the Philippines - by Halford E. Jones

Sonny Concepcion - by Eileen Oreiro Tabaranza



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Throwing the Knife - by Yelena Pawela

Daniel Joe (Martial Artist, Stuntman, Actor...) - Eileen Oreiro Tabaranga

A Candid Talk with Eskrimador, Blaise Loong - Michael Tiratira

Evasive Body Movement Drills Against the Knife - Arthur C. Andersen

The Pocket Folding Fighting Knife - Yelena Pawela

Sticks of Death -- The Art of Serrada Escrima - Anthony Davis



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Philippine Fighters - Demonstrate the Higher Art - by Edessa Ramos

Balisong Harmony - by Steven Dowd

The Arnis Component of Johnny Chiuten "Pronus-Supinus System" - by Dr. Jopet Laraya

Roland Dantes - by Steven Dowd

Dulac Martial Arts - by Steven Dowd

Master Boy - by Steven Dowd



The #1 Martial Arts Magazine in the Philippines

Publisher - Daniel Go



Like many young teenagers during the early 70s Daniel Go was an avid fan of Bruce Lee and other martial arts films. His first experience with martial arts was when he enrolled in a Kung Fu school in Manila in 1976. The school taught the Southern Chinese style of Five Ancestor Fist (or Ngo Cho Kung fu). Prior to this he was already an avid fan of kung fu movies and had read much about kung fu in many of the magazines both Chinese and English. His fascination for the martial arts was somewhat different from others. He once saw a picture from a local martial arts magazine of a master seated with his student standing beside him. To Daniel it portrayed a rare picture of a master passing his art to a diligent and persevering student and from then on he was interested in what went on in such a relationship, what did the student have to go through, what did the master teach, how did he teach it, etc. Daniel later found out that his interest in martial arts had nothing to do with self-defense although he was a quick learner of the various movements but somehow he did not have the urge to act aggressively when executing movements. Daniel was more interested in how the movements were taught, why did they have such movements etc. His interest in history was transferred to martial arts.

After six months Daniel quit the practice because the practice was hard (it was a southern style kung fu which emphasized external techniques), it did not fit Daniel's personality. However Daniel continued to do some practicing on his own and also read much about the arts. He also collected many articles and newspaper clippings on local martial arts activities and all these filled up two scrap books.

Two years later Daniel and his brother were introduced to a schoolteacher who taught them Yang style Tai Chi and also introduced them to a friend who taught Xingyi. From this teacher they had private lessons and were able to go through a number of forms like 108 Yang style Tai Chi (of Han Ching Tang), the two forms of Chen style Tai Chi, Baguazhang of Liu Yun Chiao of Taiwan, and some sword forms taught by both Masters from Taiwan who had visited the Philippines in the late 60s and early 70s. When Daniel graduated from college in 1983, he stopped practicing because he had to work full time. But he did continue to read and collect books on martial arts.

In early 1989 while in the United States, Daniel was diagnosed with cancer of the nasopharynx. After one year of treatment in Taiwan Daniel returned to the Philippines weakened by the chemotherapy and radiation treatment. Having nothing to do and being too weak he decided to go back to Tai Chi Chuan practice. The Wushu Federation of the Philippines was offering free Tai Chi lessons and he joined them. There were two sets of

classes then Monday - Wednesday - Friday and Tuesday - Thursday - Saturday, Daniel attended both classes. So, as it was he was practicing everyday.

After a year of practice He regained some of his strength and was healthy enough and was recruited to compete in the Taijiquan Competition, as a member of the Wushu team. So Daniels first taste of competition was in Beijing in the First World Wushu Competition. There were two of them in the event, which represented the Philippines, the current Philippines representative and Daniel who was the alternate. He was supposed to join the competition but his score was not shown since he was not the official representative. However Daniels score turned out to be higher than the Philippine Representatives, so he was designated as the new representative of the Philippines. The team stayed for one month in Beijing training and in 1991 Daniel earned his first gold medal in the Southeast Asian Games held in Manila, followed in 1993 at the Southeast Asian Games held in Singapore, where he earned another gold medal. His best performance came in 1994 at the Asian Games held in Hiroshima (this was the Olympics of Asia) where he earned a bronze medal.

Retiring from competition, Daniel had plans to come out with a magazine that would continue to support his love of the martial arts activities. Daniel decided to go on with the magazine. While he was thinking of a name for the magazine, his colleagues suggested to him to use the name RAPID with a slight change since he was not a part of the Wushu Federation anymore. So it came out “Research and Propagation for Internal Arts Development” or simply “RAPID Journal,” this was in September 1996.

Originally the concept of the journal was to provide an outlet for the different articles on internal martial arts like Taiji, Bagua, Xingyi, Qigong, and Aikido etc. The first few issues Daniel had to do much of the writing and formulating of articles because there were very few writers that could contribute material for such martial arts. Daniel even dabbled on topics, which bordered on the spiritual and esoteric since this was also part of the many martial arts tradition in the east.

Today the Rapid Journal has printed out 8 volumes with 4 issues coming out a year. It is known as one of the top martial arts magazines in the Philippines and covers all the martial arts practiced in the Philippines. Recently it has extended its availability outside the Philippines. You can visit the Rapid Journal website and obtain past issues, subscribe and even submit articles.



Volume 1 Number 1 - Book 1 - 1996

Martial Arts: Beyond the Medals (Interview With Yu Zhi Bo) * Tai Chi Chuan Hand Forms * 'Secrets' of Tai Chi Chuan * Postural Integration * Close Encounters of the Fake Kind * Black Cloak that Chokes * Tai Chi Chuan : The Art of Nature * Book Review (Chen Kung Series) * Poetry in Motion (Wardance / Bamboo Style) * Wushu Etiquette * Teachings of Master Tung Chung-I.



Volume 1 Number 2 - Book 2 - 1996

The Ancients' Route (Interview with Rene J. Navarro) *
 Actually...There is a Secret * Standing Your Way to Health *
 Relaxed Awareness: The Way of Letting Go....but not too much (1)
 * Simplified Ch'en Style Tai Chi Chuan (1) * Looking for Yang
 Ch'eng-fu * Books by Douglas Wile * Poetry in Motion (Images of
 Tai Chi Chuan) * A Palatable Mixture * Under Siege * Origin of
 Mantis Boxing * Tetada Kalimasada * Wushu Family System *
 Mastery in Tai Chi Chuan.



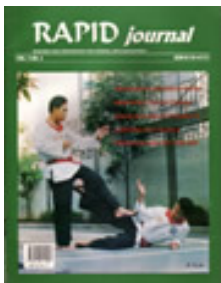
Volume 2 Number 1 - Book 3 - 1997

Chi Kung: Unravelling the Heart (Interview with Li Jun Feng) *
 From Youth to Old Age * Beginning Tai Chi Chuan Solo Form *
 Relaxed Awareness: The Way of Letting Go....but not too much! (2)
 Simplified Ch'en Style Tai Chi Chuan (2) * Contemporary Wushu
 Sport * Strings that Rock the World * The Inroads of the Energy
 System * The Legacy of Sophia Delza * Designations of Wushu *
 How do We Attain Power? * The Greater the Haste, the Slower It Is.



Volume 2 Number 2 - Book 4 - 1997

Aikido: Path of Harmony and Energy (Interview with Robert Soliven)
 * Tai Chi Chuan Basic Stances * Relaxed Awareness: The Way of
 Letting Go....but not too much! (3) * Relaxation – Letting Go * Tai
 Chi Chuan in the Philippines * Arnis: Philippine Stickfighting *
 Fukien Five Ancestors Fist * Sacred Places * Unleashing the Sex
 Taboo * Three Books on Tai Chi * Wushu Idioms * Calligraphy of
 Morihei Ueshiba.



Volume 2 Number 3 - Book 5 - 1997

Garuda's White Dove: (Interview with Riyanto Wono Samodro) *
 Essentials of Tai Chi Chuan (1) * Basic 24-Step Tai Chi Chuan (1) *
 Filipino Heritage: Fighting Art of Kali * Shaolin Hung Fut Kung Fu *
 Impressions on Mt. Banahaw * Inside Man's Cocoon * Take it
 Outside!: Aikido On and Off the Mat * Natural Style Kung Fu * On
 Being Natural * Cheng Man-ch'ing and his Tai Chi Chuan * Boxing
 on Platform * Yang Ch'eng-fu's Ten Essentials.



Volume 2 Number 4 - Book 6 - 1997

Hsing-I: The Lightning and Rolling Wave (Interview with Wang Jing
 Chun) * Essentials of Tai Chi Chuan (2) * Basic 24-Step Tai Chi
 Chuan (2) * Arnis: A Question of Origins * Tibetan White Crane
 Kung Fu * Sahaja Yoga * Arousing the Sleeping Serpent * Discussion
 on Hsing-I Boxing * Attuning the Breath * Books by Robert W. Smith
 * Tai Chi Diagram * Sun Lu-t'ang's Tai Chi Essentials.



Volume 3 Number 1 - Book 7 - 1998

Make Way for the Lion Dance (Interview with William Soon) * Tai Chi Chuan's Influence on Heart Rate and Oxygen Uptake * Basic 24-Step Tai Chi Chuan (3) * Oracion, Yes, But is it Zen? * Tat Kun Tou: Its Roots and Related Arts * Visualization and Imagery * The Wordless Teaching * Licensed Not to Kill * Essence of Pre-Natal Force * Comments on Tai Chi Chuan * Martial Ability in Tai Chi Chuan * Pioneers of Asian Martial Study * Pa Kua Palm Seizing Art *

Pao Hsien-t'ing's Principles of Hsing-I Boxing.



Volume 3 Number 2 - Book 8 - 1998

Echoing the Energy's Equation * The ABCs of Tai Chi Chuan * Health Benefits of Tai Chi Chuan * Basic 32-Step Tai Chi Sword (1) * Tai Chi Chuan in the Philippines * Barehand Translation of Filipino Stickfighting * A Teacher's Arts * The Mystique of Martial Arts * Wrestling: An Ancient Combat Sport * Daoist Rejuvenating Exercise * Philippine Martial Arts Literature * The Five Elements * Treatise by Chang San-feng.



Volume 3 Number 3 - Book 9 1998

Wu Style Tai Chi Chuan: Power to the Nth Degree (Interview with John Hu Ch'uan-hai) * Role of Dantian in Qigong Practice * Beyond the Stick and the Blade * Basic 32-Step Tai Chi Sword * Arnes Diablo: Harnessing the Evil Intent * Sleeper * Arnis and the Laws of Physics * Origin of Choy Li Fut Kung Fu * Taming the Tiger Within * The Smile on a Teacher's Face * On Double Weighting * Silat Olahraga: The Malay Martial Arts of Self-Defense * Benefits of

Martial Training * Tai Chi Chuan Classics.



Volume 3 Number 4 - Book 10 - 1998

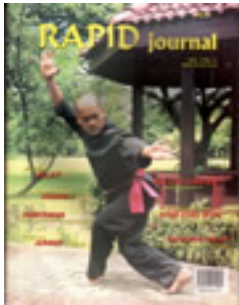
Accessing Yang Ch'eng-fu (Interview with Chuang Tzu-ch'en) * T'ai Chi as a Discipline * Basic 32-Step Tai Chi Sword (3) * Treatise by Master Wu Yu-hsiang * Sungay: The Handy Weapon of Tat Kon Tou * Parrying Techniques of Arnis * Concept Training and the Filipino Martial Arts * The Lion Awakes: Story of Philippine Ling Nam Athletic Association * Aikido: In Harmony with Society * Quantum Physics: Shift of Paradigm * Polishing the Diamond in the Rough * Power of Internal Martial Arts * Wrestling for Total Body & Mind Conditioning * Taekwondo: Korean Martial Arts.



Volume 4 Number 1 - Book 11 - 1999

In Defense of Harmony (Interview with Ernesto Talag) * Five Elements of Hsing-I Boxing (1) * Hsing-I Boxing Classics * My Tai Chi Experience * Defanging the Snake: The Anatomy of Limb Destruction * Filipino Martial Tradition * Lao Kim: The Mysterious Master of Kung-Fu * The Art of Chinese Ground Fighting * Poetry in

Motion * Lessons in Aikido: A Sensei's Letter to his Students * Hui Ming Ching: Taoist Treatise on Longevity * Records of a Martial Artist * Fencing: The Art and Science of Swordsmanship.



Enlightenment.

Volume 4 Number 2 - Book 12 - 1999

The Passion from the Crescent Moon (Interview with Hadji Yasser Tanadjalan) * Five Elements of Hsing-I Boxing (2) * Empty Your Cup * Gokosha: Body and Mind Congruence * Cimarron Arnis * Aikido with Ki * Coming Home to Tai Chi Chuan * Bridging the Gap: Rules of Engagement in Ngo Cho Kun Kung Fu * Rooted in Beingness * Find Your Balance * Entering the 4th Dimension * Pencak Silat in the Indonesian Archipelago * Hwarang-do: The Other Korean Martial Art * Judo: The Way of Gentleness * Tales of



Volume 4 Number 3 - Book 13 - 1999

Rizal: Zen Life, Zen Death * Karate-do: The Tiger that Never Sleeps (Interview with Manuel V. Veguillas * Shoto's Twenty Precepts * Five Elements of Hsing-I Boxing (3) * Banate Stickfighting System * Arnis and Alchemy * Origins of Traditional Silat in the Philippines * The Esoteric Art of Tai Chi Chuan * Application Game * Elusive Kicks of Seven Star Mantis * Origin of Pencak Silat as told by Myths * Martial Arts as a Creative Endeavour * Gum Do: Ancient Korean Sword Art * Boxing Pugilistic Art of the Western World.



Volume 4 Number 4 - Book 14 - 2000

A Reed in the Wind (Interview with Mark V. Wiley) * 48-Step Tai Chi Chuan * Meditations for Arnisadores * Tapado: The Art of the Big Sticks * Essence of Silat Saudara * The Legacy of Lo Yan Chu * The Mantis Fist of Lin Jing Shan * Discovering Internal Alchemy: The Immortal Tao * Inside the Labyrinth: The Mystery of Thought * Acculturation at the Core of Pencak Silat * Martial Arts: The Spiritual Path * Sumo: Japanese Combative Sport for Giants.



Volume 5 Number 1 - Book 15 - 2000

The Phoenix Swordplay: The Rise of Korean Haidong Gumdo (Interview with Kang Suk Don and Bae Won Kook) * 48-Step Tai Chi Chuan (2) * Arnis in Education * The BDU System (Interview with Bonifacio Uy) * Lapunti Arnis: The Third Style * Manila Chinatown's Kung Fu Patriarch: Tan Ka Hong * Wave Hands Rolling Like Water * Beginner's Guide to Tai Chi Chuan * A Spectacle of Mediocrity * The Edged Option * Pencak Silat and the Expansion of Javanese Kingdoms * Journey to the Seven Star * Kendo: The Way of the Sword.

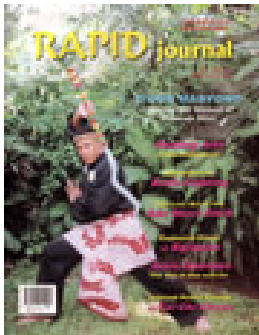
Kendo: The Way of the Sword.



Volume 5 Number 2 - Book 16 - 2000

Traditional Karate: Alive and Kicking in the Philippines (Interview with Kunio Sasaki) * Offensive Simplicity * 48-Step Tai Chi Chuan (3) * Classifying Arnis * Cebuano Eskrima * In Memoriam (Rene Capampangan) * The Professionals: A Visit with the Masters and Heirs-Apparent of Chinese Kung Fu, Karate's Sinister Sire * Break a Leg: The Seven Star Stance * Peng Jin: Like Steel Wrapped in Cotton * Pencak Silat as a Humanistic Discipline * Stickfighting and Perfected Basics * What Technique? * To Dream the Dream

School of Kung Fu * Rapid Bulletin: The 6th Arnis World Championship Millennium Cup 2000 * Competitive Sport of Tomiki Aikido.



Volume 5 Number 3 - Book 17 - 2001

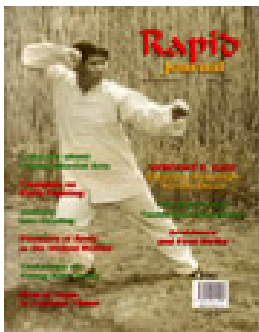
Baring the Shroud of Pencak Silat (Interview with O'ong Maryono) * 48-Step Tai Chi Chuan (4) * The Martial Artist as a Healer * Arnis: Then, Now and After * Arnis Guerrero: The Art of the Warrior * Reminders in Knife Defense * Mantis Catching the Cicada * The Explosive Power of Bajiquan * Healing Arts of the Philippines (1) * The Institutionalization of Pencak Silat Education in the Perguruan * The Lost Art of the Aiki Short Stick * On Peng Jin: Internal Power Energy.



Volume 5 Number 4 - Book 18 - 2001

Moro Moro Orabes Heneral Arnis (Interview with Andrew Abrian) * A Peek into Indonesian Mysticism (Interview with O'ong Maryono, Part 2) * 48-Step Tai Chi Chuan (5) * The Origin of Hung Gar Fist * Windbreaker: Embracing the Mantis' Forces * Tricky Art of Golden Monkey Scissors * Arnis Principia * The BDU System Strikes * The Role of Qigong in Martial Arts * Pai Hui Point: Junction of a Hundred Channels (1) * Healing Arts of the Philippines (2) * Pencak Silat as an Instrument of Social

Control in the Dutch East Indies * Prime Targets for Street Combat.



Volume 6 Number 1 - Book 19 - 2001

Classical Yang Style Tai Chi Chuan (Interview with Vincent F. Chu) * 48-Step Tai Chi Chuan (6) * Hostile Witness: Escaping Deadly Deliverance * Not for Zorro: Thoughts on Knife Fighting * Pioneers of Arnis in the United States * Fallacies about Filipino Martial Arts * Journey into Healing * The Source and Taoist Root Energetics * Teachings of Yeung Sau Chung * Pai Hui Point: Junction of a Hundred Channels (2) * The Rise of the Jago in Colonial Times * Avoidance and First Strike * Book Review (Taiji Sword and Other Writings).



Volume 6 Number 2 - Book 20 - 2001

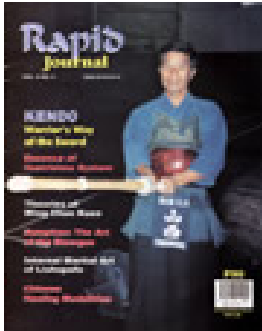
Path of the Warrior (Interview with George Ramos) * 42-Step Tai Chi Chuan Competition Routine (1) * Wu Chien-ch'uan Photo Gallery (1) * New Theories on the Origin of Eskrima (1) * Bangkaw: Shield Staff of Kabaroan * The Many Forms of Arnis * Gentle Hand: Introduction to Palm Basics * An Exploration into the Kung Fu Philosophy of Wan Lai-sheng * Yang Family Tai Chi Chuan Curriculum * Learning to Heal * Martial Arts: Transforming the Beast Within (1) * Pencak Silat as a Liberating Force in the Independence Struggle * Modern Influences on Western Boxing.



Volume 6 Number 3 - Book 21 - 2002

Unmasking the Art – and the Artist (Interview with Romeo K. Macapagal) * 42-Step Tai Chi Chuan Competition Routine (2) * New Theories on the Origin of Eskrima (2) * Filipino Martial Arts and the Korean Special Forces * Martial Arts: Transforming the Beast Within (2) * Wu Chien-ch'uan Photo Gallery (2) * The Roots of Wing Chun Kuen * Journey to the Seven-Star (1) * Opening the Heart to Compassion * How to Train the Qi in Tai Chi Chuan * Militarization of Pencak Silat during the Japanese Occupation &

Era of the Revolution * Standing Positions of Pencak Silat Nusantara (1) * Arnisador as a Barehanded Fighter.



Volume 6 Number 4 - Book 22 - 2002

Kendo: The Warrior's Way of the Sword (Interview with Sensei Yamanishi Koji and Ricky Cruz) * King of the Ring (Interview with Rolly Tadea) * 42-Step Tai Chi Chuan Competition Routine (3) * New Theories on the Origin of Eskrima (3) * Wu Chien-ch'uan Photo Gallery (3) * The Essence of the Ilustrisimo System (1) * Theories of Wing Chun Kuen (1) * The Internal Martial Art of Liuhebafa * Interface of Chinese Healing Modalities * Beginnings of the Indonesian Pencak Silat Bond * Standing Positions of Pencak Silat Nusantara (2) * Sumpitan: The Art of the

Blowgun.



Volume 7 Number 1 - Book 23 - 2002

Wu/Hao Tai Chi Chuan: Treading the Path of the Classics (Interview with Ting Yuan) * 42-Step Tai Chi Chuan Competition Routine (4) * Wu Chien-ch'uan Photo Gallery (4) * Legacy of the Pekiti-Tirsia Kali System * The Essence of Ilustrisimo System (2) * Arnis Oracion: Magical or Mystical? (1) * Theories of Wing Chun Kuen (2) * The Gourd * Journey to the Seven-Star (2) * The Noble Path of the Warrior * Competition Maneuvers of Keluarga Pencak Silat Nusantara (1) * Early Standardization Effort of Pencak Silat * Bone

Breaking Leg Locks of Sambo * JKD's Great Equalizer: The Eye Jab.



Volume 7 Number 2 - Book 24 - 2002

Choking Out with Danzan Jujitsu (Interview with Rollie H. Tuazon) * Yang Ch'eng-fu Photo Gallery (1) * 42 Step Tai Chi Chuan Competition Routine (5) * Arnis Oracion: Magical or Mystical? (2) * The Essence of Ilustrisimo System (3) * Reuniting the Filipino through Pekiti-Tirsia Kali * Stance Training: Key to Wushu Excellence * Wing Chun Techniques in Action * Kuji no In: Samurai's Secret Discipline * The "Mystery" of Cheng Man-ch'ing * Get Ready to Rumble with Brazilian Jiu-Jitsu and Muay Thai * In the Hoop * The Modern Warrior – A Professional Protector * Competition Maneuvers of Keluarga Pencak Silat Nusantara (2) * Seeking Unity within the Pencak Silat World * Weapon Retention: The Final Phase of a Weapons Man's Education.



Volume 7 Number 3 - Book 25 - 2003

The Lone Pelatih Nasional (Interview with Virgilio C. Aganon) * In Memoriam (Benjamin Luna Lema) * 42 Step Tai Chi Chuan Competition Routine (6) * Yang Ch'eng-fu Photo Gallery (2) * Influence of Filipino Culture on Arnis * Training System of Pekiti-Tirsia Kali * The Wing Chun Solution * Transforming Your Body with Baguazhang Internal Kung Fu * Toughness Training in Martial Arts * Half the Battle: Tactical Awareness * JKD: A Journey to the Center of Self Understanding * Essential Tai Chi Chuan * On Becoming Strong: Strength Training and the Martial Artist * Competition Maneuvers of Keluarga Pencak Silat (3) * Internationalization of Pencak Silat.



Volume 7 Number 4 - Book 26 - 2003

The Legacy of Benjamin Luna Lema (Tribute to the Master) * Yang Style Tai Chi Chuan Competition Routine (1) * Yang Ch'eng-fu Photo Gallery (3) * Striking Mechanics of Eskrima de Campo * Walk your Talk: Essence of Ilustrisimo System (4) * Origins of Philippine Boxing, 1899-1922 * Visionary Experience in the Martial Arts * Wing Chun Basics (1) * No-Holds-Barred Competition: Martial Art's New Standard? * The Deadly Internal Martial Art of Xingyiquan * Walking the Walk: Ki Training in Daily Life * Pointers on Street Combat * Civilian Defense Initiative as an Approach to Counter-Terrorism (1) * The Conceptual Martial Artist * Dumog: Indigenous Grappling Art of Antique * Competition Maneuvers of Keluarga Pencak Silat (4) * Pencak Silat: Of a Noble or Violent Nature?



Volume 8 Number 1 - Book 27 - 2003

Pankration: No-Holds-Barred Fighting in Ancient Greece * Yang Style Tai Chi Chuan Competition Routine (2) * Yang Ch'eng-fu Photo Gallery (4) * Legendary Masters in the Philippines * The Influence of Spanish Renaissance Swordsmanship on Filipino Martial Arts? * Footwork and the Doce Methodos of Pekiti-Tirsia System * Developing Explosive Force through Xingyiquan * Mantis

Steps * Wing Chun Basics (2) * Just Sit: A Commentary on Meditation (1) * Conversation with Mang Bitoy * Civilian Defense Initiative as an Approach to Counter-Terrorism (2) * Preparation for Street Combat * Different Types of Pencak Silat Perguruan * Competition Maneuvers of Keluarga Pencak Silat Nusantara (5).



Volume 8 Number 2 - Book 28 - 2003

Paladin of Filipino Martial Arts Purity (Interview with Yuli Romo) * Yang Style Tai Chi Chuan Competition Routine (3) * Sun Lu-t'ang Photo Gallery (1) * Maikling Kasaysayan ng Arnis * Pan Gen: Secret Internal Practice of Xingyiquan * Wing Chun Basics (3) * Rules of Engagement * A Study of Tai Chi Push Hands * Civilian Defense Initiative as an Approach to Counter-Terrorism (3) * Close Encounters with Grandmaster Doc-Fai Wong * Pencak Silat Progressive Schools in Indonesia * Competition Maneuvers of Keluarga Pencak Silat Nusantara (6) * Thoughts of an Aikidoka



Volume 8 Number 3 - Book 29 - 2004

One Man's Kung Fu Journey (Interview with Doc-Fai Wong) * Yang Style Tai Chi Chuan Competition Routine (4) Sun Lu-t'ang Photo Gallery (2) * The State of Filipino Martial Arts * Understanding the Filipino Double Sticks * The Evolution of Martial Arts * Lethal Points * Urban School: Things I Learned About Street Survival (1) * The Twelve Forms of Liuhebafa * Pigafetta through Filipino Eyes * Visibiles et Invisibiles * Pronus-Supinus: Development of the Martial Arts System of Johnny

Chiuten * Thoughts on Blade Craft * Competition Manuevers of Keluarga Pencak Silat Nusantara (7) * Beginnings of Pencak Silat Sports Competition



Volume 8 Number 4 - Book 30 - 2004

The Living Legend (Interview with Johnny F. Chiuten) * Yang Style Tai Chi Chuan Competition Form (5) Sun Lu-t'ang Photo Gallery (3) * Grouped Balintawak Arnis/Escrima * In Memoriam: Elmer Ybanez * Choy Li Fut Kung Fu (Part 1) * Wing Chun's 'Little Idea Form' (Part 1) * Taikiken: Japanese Internal Martial Art * Urban School: Things I learned About Street Survival (2) * Designing a Women's Self-Defense Training Program * Commentary on Meditation (2) * Book Review 'A Book for Martial

Arts Teachers' * Xingyi's Five Elements & Health * A Glimpse at Filipino Blade Culture * Competition Manuevers of Keluarga Pencak Silat Nusantara (8) * Beginnings of Pencak Silat Sports Competition



Volume 9 Number 1 - Book 31 - 2004

The Sword of the Immortal*Chen Style Tai Chi Chuan*Ch'en Tzu-ming Photo Gallery (1)*Forgotten Legacy: The Filipino Contribution to Western Boxing*Baraw Bisaya*Rediscovering Arnis: The Lost Art of the Philippines Archipelago*In Memoriam: Elmer Ybanez*The Secret of Liuhebafa's Internal Power*Combative Balance*Caring for Your Blade (1)*Q & A on Self Defense (1)*Traditionalism, Practicality & Integration*The Inward Journey*American Escrima*Safe in the City*Pencak Silat

Maneuvers (9)*Competition Rules of Pencak Silat



Volume 9 Number 2 - Book 32 - 2004

Warrior and Scholar of Philippine Combat Arts*Chen Style Competition Form (2)*Ch'en Tzu-ming Photo Gallery (2)*The Dugukan System of Martial Arts*Arnis in Education*Arnis and the Work of History: A Short Critical Overview*Wing Chun's 'Little Idea Form'*The Internal Martial Art of Yiquan*Yi Jin Jing: ShaoLin Power Training*Caring for Your Blade(2)*Warrior Spirit: The Art of Dying*Q & A on Self Defense (2)*The Culinary Warrior*Art of Peace*A Martial Arts Oxymoron*Pencak Silat Maneuvers (10)*P.

Silat Competition in the 70s



Volume 9 Number 3 - Book 33 - 2005

Path to Enlightenment: Hyoho Niten Irchiryu*Chen Style Competition Form (3)*Ch'en Tzu-ming Photo Gallery (3)*Don Sebastian Hurtado de Corcuera: Prodigy of Filipino Martial Arts?*Renaissance of Lapu-Lapu Vinas Arnis*Arnis de Cadena: The Stick Fighting Art of Johnny Chiuten*Developing Internal Martial Arts Power with Xingyi's Splitting Method*Strength Training in Hung Gar Kung Fu*Wing Chun Chi-Sao*Martial Arts Odyssey of Yuli Romo*Wandering in Tai Chi Chuan*Q&A in Self-

Defense*My First Jun Fan JKD Experience*Articulating your Martial Arts*Pencak Silat Maneuvers (11)*Evolution of Pencak Silat Rules



Volume 9 Number 4 - Book 34 - 2005

The Garimot System of Arnis de Mano*Chen Style Competition Form (4)*The Sansibar Blades of Carigara*Estrella System of Sinkatan-Arnis*The Kung Fu Legacy of Ty Ngai Ping*Xingyi Gongfu: Lessons from the Pole*Poon Sao: Wing Chun's Double Rolling Arm*Biyahé Na! A guided Tour of Filipino Martial Arts in Manila & Cebu*Tai Chi Chuan Chang Chuan*Enlightenment and the Martial Arts*The Search for Chen*Krav Maga's Punch: Theory, Principles and Applications*Women with Weapons*Counter Strike

Self-Defense System*The Paradigm of Chaos*Pencak Silat [PS] Maneuvers (12)*PS Sports Becomes Prima Donna



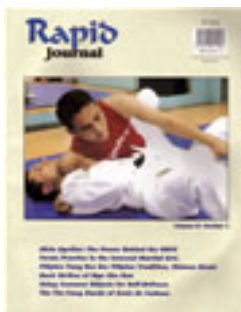
Volume 10 Number 1 - Book 35 - 2005

Krav Maga: Israeli Art of Self-Defense*Chen Style Competition Form (5)*Lin Shirong Photo Gallery (1)*Arnis: The Language of Combat*Arnis de Cadena: Stickfighting Aspect of Johnny Chiuten's Pronus Supinus (2)*Negros Occidental: Untapped Arnis Power*Guo Sao: Time to Let the Hands Talk*Martial Arts Fight Scenes for Film*Miyamoto Musashi and the Budo Culture of Japan*Book Review: Miyamoto Musashi*Politics & the Filipino Arnisador*Counter Strike Self-Defense*In Memoriam: Jose Mena*Body Mechanics of Arnis-Eskrima*Pencak Silat [PS] Maneuvers (13)*PS Self-Defense Reigns in Archipelago



Volume 10 Number 2 - Book 36 - 2005

The Deceptively Fast and Deadly Blade Art of Yasay Sable*Chen Style Competition Form (6)*Lin Shirong Photo Gallery (2)*Search for Kali in the Indigenous Chronicles of Jovito Abellana*Rapido Realismo*Arnis de Cadena: Stickfighting component of Johnny Chiuten's Pronus Supinus(3)*Stance Training in Internal Martial Arts*Wing Chun's Turning Stance*Meditations on Choy Li Fut Staff*Counter Strike Self-Defense (1)*Comparing Styles: Which One's the Best*On Genetics and Fighting Skills*Pencak Silat [PS] Maneuvers (14)*The 'Purification' of PS Self-Defense



Volume 10 Number 3 - Book 37 - 2006

Alvin Aguilar: The Power Behind the URCC*Chen Style Competition Form (7)*Lin Shirong Photo Gallery (3)*The Yin-Yang Hands of ARnis de Cadena*Filipino Tang Soo Do: Filipino Tradition, Chinese Roots, Total Martial Arts*Basic Strikes of Ngo Cho Kun*Forms Practice in Internal Martial Arts*Worship of the Goddess: Healing Love - Yin and Yang Relationships*The Core of the Mystic Vision*Bukatsu*A Tool for Survival: Using Common Objects for Self-Defense*Counter Strike Self-Defense (2)*Facing the Blade*Pencak Silat [PS] Maneuvers (15)*PS Seni: Self-Defense and Dance



Volume 10 Number 4 - Book 38 - 2006

Passing the Torch*Wu Style Tai Chi Chuan*Lin Shirong Photo Gallery (4)*Guarra Style Modern Arnis*Original Filipino Tapado Long Stick*"Lei Tai" Sparring Techniques of Ngo Cho Kun*Lop Sao: The Other Side of Chi-Sao*Liuhebafa in Batangas*The Signature Style of Arnis*Martial Encounter of the Unique Kind*Chen Taiji's Four-Wheel Drive*Confronting Multiple Attackers*Counter Strike Self-Defense (3)*Creating the "Instant Fighter"*Pencak Silat [PS] Maneuvers (16)*PS Seni: Self-Defense and Dance



Volume 11 Number 1 - Book 39 - 2006

The Quest for Internal Martial Arts*Wu Style Tai Chi Chuan (2)*Yip Man's Wooden Dummy Techniques*Smooth is Fast: Lessons with Blade Master Bram Frank*Original Filipino Tapado: The Ultimate Filipino Stick Fighting Art*The Evolution of Negrense MMA*Da Dao: Chinese Big Knife*Pushing Hands in Internal Marital Arts*In Memoriam: John Hu Tuan Hai*Age Cam Slow Lethal Actions*Meditations on Choy Li Fut Staff (2)*KM: Gun Defense TActics & Techniques*Looking Death in the Eye*In Memoriam: Pedro A. Reyes*Counter Strike Self-Defense (4)*Martial Artisits and Guns*Pencak Silat [PS] Maneuvers*Pencak Silat Art in West Java (2)



Volume 11 Number 2 - Book 40 - 2006

Taoist Self-Cultivation*Wu Style Tai Chi Chuan (3)*Yip Man Wooden Dummy (2)*Music, Dance & the Martial Arts*Intercontinental Federation of Filipino Martial Arts Schools (IFFMAS)*Original Tapado: The Ultimate Filipino Stick Fighting Art (2)*Ancient Practice of Tai Chi Ruler Neigong - Part 1: Foundation Practice*Xingyiquan's San-ti Posture*Ngo Cho Kun's Bone-Crusing Handlock*KM Way: Releases from Dangerous Grabs*Counter Strike Self-Defense (5)*Book Review: Masters of the Blade*Pencak Silat [PS] Maneuvers (18)*Pencak Silat Art in West Java (3)*Martial Artists in the Post 9/11 World



Volume 11 Number 3 - Book 41 - 2007

Interview with an Authentic Martial Master: Dr. Jopet Laraya*Wu Style Tai Chi Chuan (4)*Yip Man Wooden Dummy (3)*The Empty Hands of Negrense FMA*Arnis Kadena Kabaroon*The Importance of the Empty/Live-Hand of Escrima*The 16th Century Visayan Warrior*The Filipino Martial Way: Pakikisama*Tai Chi Ruler (2) Supplementary Practice for Martial Arts*Principles of Wing Chun*The KM Way of Confronting a Man with a Knife*The Non-Dual Way to Peace*Martial Arts as an Alternative Method of Fitness*Pencak Silat [PS] Maneuvers (19)*Pencak Silat & West Java Music



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Our Man in Cali: Interview with Jose G. Paman*Wu Style Tai Chi Chuan Competition Routine (5) *Yip Man Wooden Dummy (Photo Archive) [4] *Stances of Arnis de Cadena*Original Tapado: The Ultimate Filipino Stick Fighting Art (3) *The Filipino Martial Way: Pakikisama*Principles of Wing Chun (2) *Let's Do the Bagua Kungfu Freestyle Circle Walk! *Tai Chi Circle of Bacolod*Hagakure Kikigaki: Orated Aphorisms of Yamamoto Jocho*Krav-Maga: Reality on the Ground*The Chen Spirit*Sidetracks*Competition Manuevers of KPS Nusantara (20) *Changes and Reactions in Pencak Silat Art



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In the Tiger's Shadow: Kong Han Fighting Champion, Daniel Kun*Sun Style Tai Chi Chuan Competition Routine (1)*Plates from Herbert W. Krieger's – The Collection of Primitive Weapons & Armor of the Philippine Islands in the USNM 1926 (1)*Original Tapado: The Ultimate Filipino Stick Fighting Art (4)*Digging and Scraping for the Truth: Kali Origins and Mirafuente*Filipino Martial Way: Pakikiramay*The Chen Spirit: Musings of a Chen Style Taijiquan Practitioner (2)*Beginning Tai Chi Chuan*Whole-Body Mechanics and the Chinese Internal Martial Arts*Ancient Korean Treasure: Taek Kyon (1)*Tachypsychia: A Tale of Fight or Flight *Silat Tua: The Malay Dance of Life*Competition Maneuvers of Keluarga Pencak Silat Nusantara (21)*Minangkabau Silat at the Root of Pencak Silat in the Archipelago



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Conceptual Warriors: Linking the Past and the Present Using the Pen and Sword *Sun Style Tai Chi Chuan Competition Routine (2) *Wu Yihui Photo Gallery (2) *Plates from Herbert W. Krieger's - The Collection of Primitive Weapons & Armor of the Philippine Islands in the United States National Museum 1926 (2) *Original Tapado: The Ultimate Filipino Stick Fighting Art (5) *The Other Reality of Knifefighting *Support Your Local Master *Charles Ko: Xingyiquan Master from Iloilo *Baguazhang and the Art of Facing Multiple Attackers *1936 Central Guoshu Academy Nanyang Tour *Real-Life Application of Martial Arts *Binondo: My Martial Arts Journey into Manila's Chinatown *The Chen Spirit: Musings of a Chen Style Taijiquan Practitioner (3) *The Filipino Blade As Seen Through the Eyes of a Spaniard *Competition Maneuvers of Keluarga Pencak Silat Nusantara (22) *The Philosophical Perspective of West Sumatra Silat



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Deadly White Crane Kung Fu (An Interview with Master David Ong) *Sun Style Tai Chi Chuan Competition Routine (3) *Wu Yihui Photo Gallery (3) *Plates from Herbert W. Krieger's - The Collection of Primitive Weapons & Armor of the Philippine Islands in the United States National Museum 1926 (3) *Basic Approach to Locking and Trapping *Cebuano Eskrima: Beyond the Myth - A Look at a Controversial Masterpiece *Bohol: Birthplace of Eskrima? *Liuhebafa Training Under Grandmaster Chan Yik Yan *The Late Wushu Grandmaster, Wan Lai Sheng *Ancient Korean Treasure: Taek Kyon (2) *Aikido for All *Are Forms Useless? *Journey to Sichuan (1983) - Wushu in China *In Memoriam: Guru H. Yasser Tanadjalan (1950-2007) *Competition Maneuvers of Keluarga Pencak Silat Nusantara (23) *Pencak & Dance in West Sumatra

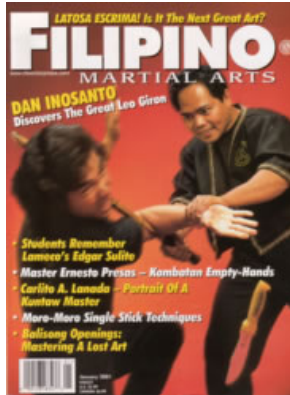
Magazines with Filipino Martial Arts Articles

Through the years there have been many martial arts magazines that have had articles about the Filipino martial arts, the Grandmasters and Master, styles, systems, practitioners, and cultural aspects.

Some have even had covers with Filipino martial arts practitioners on them. And the articles, though they are not in every issue, they are excellent and have had pictures and aspects that have been lost today. Why would you ask? Well some magazines are no longer in business and back issues have sold out or have been destroyed. So it is lucky if the magazine is still being published and even great if they have past issues so the Filipino martial arts enthusiast can get them. Otherwise the issue is lost forever and the Filipino martial arts article is gone. Unless you are lucky enough to see it on E-bay, a yard or garage sale, or even better if you happened to have bought it at the time it came out and have it somewhere.

Some magazines that have had articles and still do because they are still in business are Black Belt magazine, Inside Kung Fu magazine, Journal of Asian Martial Arts, Blitz Australasian Martial Arts magazine and a few others. But most magazines of the past that from time to time had Filipino martial arts articles have gone on their way, out of business, or onto other magazines that they believe would make more money better than a martial arts magazine. Some were just put out by the bigger magazines to see if they would make money on what was popular at the time.

A magazine that came out and I believe has only had a couple issues and it is unknown if it will come out again, since it was only a once in a while publication was:



Filipino Matial Arts - January 2001

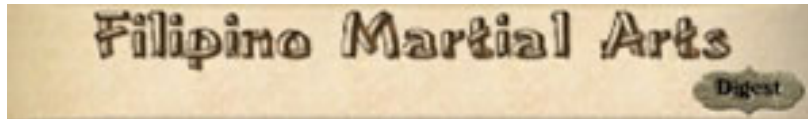
Moro-Mor Orabes Heneral
Lameco's One True Champion
Balisong Openings: Spice Up Your Life
Dan Inosanto Remembers Leo Giron
Matigsalog Combative Culture
Ancient Filipino Sword Techniques
Fake Your Way to Victory
Kuntaw's Great Varlito A. Lanada
The History & Concepts Behind Latosa Escrima
Filipino Kombatan's Empty-Hand Skills

Here is a list of magazines that have had Filipino martial arts articles in them, and I am most sure that there are others throughout the world; that are only known in their country or around their continent.

Black Belt
Fighting Stars
Inside Karate
Inside Kung Fu
Journal of Asian Martial Arts
Karate Illustrated

Karate/Kung Fu Illustrated
Martial Arts Illustrated
Martial Arts Legends
Martial Arts Ultimate Warriors
Official Karate
World of Martial Arts





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