

# Filipino Martial Arts

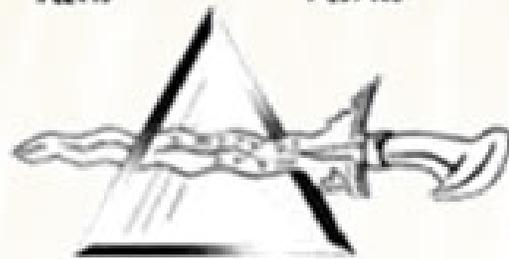
Kali

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Digest

Special Edition  
2009

Eskrima



Sikaran

Filipino Combat Systems

Tuhon Ray Dionaldo

Filipino Combat Systems



## **Publisher**

Steven K. Dowd

## **Contributing Writers**

Gigie Alunday

John Kovacs

Rich Verdejo

Ray Cole

Harold Evans

Nate Hill

Carlos "Pipo" Lopez

Rico Cortes

Doshu L.D. Stone

Mark Edward Cody

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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**

Filipino Combat Systems is not easily categorized as a martial art, a martial science, a philosophy, or an organization or a system. FCS incorporates a vast range of styles and systems, and at the core it seeks to recognize, acknowledge, and pay respect to all those that contribute to its unique style.

Tuhon Ray Dionaldo subsystem of the Filipino arts is as multifaceted as his background, incorporating the best that each of his source systems has to offer into an organized, interlocking flow of techniques which form a natural progression of study.

Tuhon Ray Dionaldo background is impressive. He has multiple black belts from diverse systems, and is one of only a handful of individuals to be recognized as a Tuhon in Sayoc Kali. The Filipino Combat Systems - Kali is multi-tiered.

FCS Kali encompasses all ranges of fighting, as well as teaching and employing principles and tactics from the more "exotic" weapons systems such as the kerambit and the sarong.

The system is taught with the theory of correct principles and tactics, versus the mere repetition of techniques and endless drills.

Any martial artist wanting to expand their already existing curriculum would greatly benefit from adding either the general FCS system to their program, or a particular sub-specialty of the art.

Tuhon Ray Dionaldo is a very busy man, traveling the world doing seminars, exhibitions and promoting the Filipino Combat System.

The FCS gatherings are an experience you do not want to miss. It is highly recommended that if you the reader gets the chance to attend do so. Contact an FCS instructor near you to experience this multi-tiered art.

**Maraming Salamat Po**

**Tuhon Ray Dionaldo**  
**Founder of Filipino Combat Systems**  
By Gigie Alunday



Raised in the Martial Arts world since early childhood, Tuhon Ray Dionaldo is one of the most accredited and well respected practitioners on the Filipino Martial Arts scene. Tuhon Ray represents the next generation of martial arts masters. He is an innovator of the ancient Filipino arts, adapting them to the context of the modern tactical world. A lifetime of intense training with some of the most revered Filipino Masters of the blade and stick over the span of two decades has imparted upon this young master of the blade a graceful deadliness which only a select few practitioners of the warrior arts ever achieve.

Tuhon Ray has amassed an astounding fourteen Black Belts in several fighting systems. Each of which he is known to be quite proficient in. His background is diverse, beginning in early childhood in the traditional Japanese art of Wado Ryu Karate and in Kali under Grandmasters Balthazar Sayoc and Christopher Sayoc. Tuhon Ray has achieved instructor ranks in several systems including Sayoc Kali, Sayoc Fighting Systems, Modern Arnis, Shotokan Karate, Ryu Kyu Kempo, Kali Olympic Stick Fighting, Pekiti Tersia Kali, Pambuan Arnis, Ancient Arts Academy, Strategic Knife Defense, and Wu Ming Tao Chuan Fa. He is a respected member of The Kun Tao Family of Florida under Bapak Willem DeThouars. He has also trained in Muay Thai Kick Boxing, and was a member of the Pekiti Tersia demo team as well as the Sayoc Fighting Systems demo team.

It has only at the behest of acknowledged Filipino Masters that this system has come into being. Filipino Combat Systems has been authorized and sanctioned, and has received the blessings of several Grandmasters including Grandmasters Remy Presas and Bo Sayoc. Tuhon Ray possessing the modesty which is unusual in those with his degree of skill, has only under the direct request of his instructors taken it upon himself to share his unique art with others. For those seeking an ancient art for modern times, Filipino Combat Systems is a method of self defense and personal growth whose time has come. Each generation of martial artists produces a select few who do not merely imitate previous masters, but who expound upon what has been imparted to them. Tuhon Ray has synthesized the diversity of technique from the many systems he has studied and he has taken his art to the next level.

Filipino Combat Systems is not easily categorized as a martial art, a martial science, a philosophy, or an organization or a system. It started out in the backyard with a group of friends wanting to train together without the politics of most conventional organizations and was not meant to become a system. The group was based on accepting one another in friendship. Due to this foundational principle, the group is viewed upon as an extended family instead of a political affiliation. Therefore as a prerequisite to FCS, we “leave our politics at the door”. Tuhon Ray’s goal is to propagate and promote all Filipino martial arts and not create his own “system”. It was only at the encouragement of Professor Remy Presas and other Masters that Tuhon Ray developed FCS into a system.

Tuhon Ray's subsystem of the Filipino arts is as multifaceted as his background, incorporating the best that each of his source systems has to offer into an organized, interlocking flow of techniques which form a natural progression of study. This is perhaps the greatest achievement of this art, as it is no simple task to codify the diversity of techniques which are incorporated, without resorting to a disorganized conglomeration of movements which bear no relationship to each other. Filipino Combat Systems has successfully avoided this pitfall.

FCS incorporates a vast range of styles and systems, and at the core it seeks to recognize, acknowledge, and pay respect to all those that contribute to its unique style. An FCS instructor can teach one of the core systems in its purity and at the same time merge aspects of the various systems. The core systems are not lost in FCS, but become more than the sum of the parts.

Most systems that emphasize weapons tend to de-emphasize the skills which are at the core of many unarmed arts, skills such as joint manipulation and balance disruption and leg attacks. These forms of combat are not neglected in FCS. On the contrary, they are an intricate part of it, epitomizing the ancient concept that the blade (or any other weapon) is not merely a tool, but an extension of the body, an extension of the self. Filipino Combat Systems is in its essence, an art of the blade, with particular emphasis on the double edged dagger.

In the hands of a practitioner of this art, the blade is much more than a weapon for slashing and stabbing. It is utilized for parrying, disarming and joint and limb manipulation, all of which can be done (if appropriate) in a non-lethal manner. A distinct advantage of using a blade for limb manipulation is that it affords the option of, in effect, making any area of the body which it is used against a "pressure point". This compensates for the lesser degree of precision which many martial artists are often surprised to discover to be inherent in real life situations. "Martial art systems" come and go every day. It is recognized that many overly ambitious practitioners possess the desire but not the skill or knowledge to create their own system.

One of the basic foundations in any system is economy of energy and motion. The technique pictured features a typical blade versus blade situation. The attack is parried and the attacker's free hand is baited. Both arms are then occupied to clear the path for a counter attack.

## FCS a Multi-Tiered Art

By John Kovacs

Tuhon Ray Dionaldo's background is impressive. He has multiple black belts from diverse systems, and is one of only a handful of individuals to be recognized as a Tuhon in Sayoc Kali. Tuhon Ray has also had a very close "in door" relationship with the late great pioneer of Filipino martial arts Remy Presas. The FCS (Filipino Combat Systems) Kali is multi-tiered. FCS Kali encompasses all ranges of fighting, as well as teaching and employing principles and tactics from the more "exotic" weapons systems such as the kerambit and the sarong. The FCS system has grown exponentially over the last several years with branches operating now in various regions of the U.S.A. as well as Europe and Israel. One of the primary attractions to learning the FCS methodology is how the material is taught. The system is taught with the theory of correct principles and tactics, versus the mere repetition of techniques and endless drills. You can hear Tuhon Ray say during a class, to watch more the method of how he moves in terms of body placement and principles, versus the actual techniques being performed. This readily translated method of instruction appeals to both beginner and seasoned practitioner alike. A person for example coming to FCS from another FMA (Filipino martial arts) background can just blend the FCS principles right into what they are already doing.



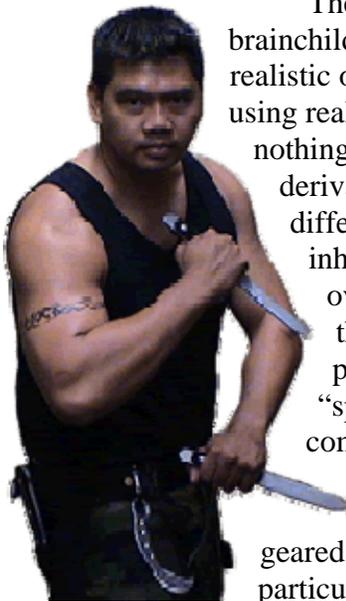
Over the last several years the FCS system has developed a method of knife fighting that strives toward the most realistic application as possible. The trained motor skills inculcated through the FCS teaching methodology, is based on sound principles borrowed from the best of both Eastern and Western knife fighting tactics. To watch two proponents from the FCS group in action during knife play is to witness a physical chess match. There is no typical reckless abandonment with total disregard for one's personal safety as seen in some forms of weapons sparring. In recent months the general public has seen FCS knife exhibitions, and it has been very well received. Several large organizations such as Disney World when having a martial art tournament or exhibition, have asked Tuhon Ray to head up their weapons division. This type of venue is an excellent showcase in which to educate/exposure the general public to an exciting form of weapons fighting that is sure to become extremely popular over the course of time.

Any martial artist wanting to expand their already existing curriculum, would greatly benefit from adding either the general FCS system to their program, or a particular sub-specialty such as the knife fighting category. Tuhon Ray actively travels around the globe spreading the FCS gospel according to what the particular needs are of the sponsoring group. Aside from his hectic schedule travel abroad, he can be seen teaching at his twice a year FCS Family gatherings. And since his teachings are only now after several years of gaining momentum becoming popular, you can still catch Tuhon Ray teaching as well as his top instructors and outstanding guest instructors, at the gatherings. But one of the mainstays over several of the past gatherings is the mini knife fighting tournaments held earlier in the day (usually on a Saturday) before the seminar sessions are held. This has been for some an ultimate testing ground on how effective

their knife fighting skills truly is. Tuhon Ray always keeps his doors open for anyone who wishes to practice and test their skills in the spirit of true martial brotherhood. Tuhon Ray never try's to convince people that the FCS way is the best; he leaves that up to each individual to decide. Nor does he try to make people re-learn a new or completely different system of fighting/martial arts through him. People from all types of different backgrounds come to FCS to enhance their already existing foundation. The FCS method of learning is based on the concept that it is not perceived as necessarily anything “new”, but merely a true expansion of knowledge.

## Modern Filipino Combat Systems Knife Fighting Concepts

By John Kovacs



The FCS knife-fighting concept began several years ago as a brainchild of Tuhon Ray Dionaldo, for the modern-day need to create as realistic of a knife fighting competitive scenario as possible - short of using real blades! The knife fighting/sparring concept in and of its self is nothing new. Various forms of edged weapon's play (and its derivatives) have existed well into antiquity. What is new and different about the approach being promoted through the FCS is the inherent structure of the rules, the basic scoring system, and the overall method in how the sparring takes place. Any form of “sparring” or competition is by definition an artificial scenario geared toward perfecting a particular set of given skills.

There are however ways in which realistic fighting skills can be inculcated in the practitioner, and then “tested” in as realistic a fashion as possible. The FCS methodology attempts to do just that.

The FCS knife fighting tournament structure has been given extensive thought to the dilemma of defining the term “realistic”, as well as “field tested” its concepts. Arguments can of course always be made both pro and con toward any given paradigm once examined. But if objective, realistic criteria is used toward examining the paradigm in question, then one has to ask oneself in the context of martial arts is - “Just how realistic are the so called rules?” And to further expound on this notion in



Gigie Alunday and Rich Verdejo  
Demonstrate knife scoring competition.  
Notice the blue mark to verify point.

regards to knife self-defense, does the tournament “sparring” translate/replicate toward enhancing realistic self-defense motor skills? Each sport or martial art has a particular method of motor skills that are unique. Modern day Olympic competition is an excellent example of this. A power lifter is certainly going to train very differently than a free style swimmer or a volleyball player. In “traditional” martial art training, the body will probably take a very particular shape after a given period of training. A grappler may have a very different look than say a striker, although in today’s world of mixed martial art competition, this may become less and less easy to decipher. I’m not talking necessarily of the knuckles being calloused from hitting the makiwara, but the structure/shape of the body itself. I’ve heard it said one day that “Hey look you can tell he does Karate, look at his forearms”. Even people of a slender build, once they have practiced something like Arnis or Kendo for example, may have some better than average development in their forearms.



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## Lakan Guro Ray Cole and FCS Knife Tapping

By Lakan Guro Ray Cole



Lakan Cole with  
Tuhon Dionaldo

Lakan Guro Ray Cole began training in Filipino martial arts in 1997 in Tampa, FL. under Sifu Luis Martinez of Jeet Kune Do Concepts of Tampa. There, he also studied Jun Fan/JKD, Muay Thai, and Judo/Jiu Jitsu.

In 2000, JKD Concepts closed its doors permanently so he was forced to find another place for martial arts training. Fortunately, there was a Muay Thai gym down the road named Kinetic Muay Thai owned by Chris Sasek. He began his training there immediately after the closing of JKD Concepts and there is where he started his amateur Muay Thai competitions. He later realized that there was a Filipino martial arts instructor teaching Monday and Wednesday nights at Kinetic Muay Thai by the name of Ray Dionaldo.

Lakan Ray decided to observe one of these classes and was instantly hooked! He began his training under Tuhon Ray Dionaldo in 2001. With the foundation of Filipino martial arts acquired through his JKD background, he found it fairly easy to pick up the concepts of what Tuhon Ray was teaching.

Tuhon Ray saw potential in his progression and within 6 months under Tuhon Ray's tutelage Lakan Ray earned the rank of Instructor in Filipino Combat Systems.

Since then he's traveled with Tuhon Ray as a personal assistant for seminars of up to 1,000 people in attendance in Georgia, Pennsylvania, Maryland, New York, California, Canada, Puerto Rico, and Greece.

In 2004, Ray Cole achieved the rank of Lakan Guro of Filipino Combat Systems. He is the 5th Lakan Guro promoted under Tuhon Dionaldo. He has been featured in 2 Filipino martial arts books with Tuhon Ray. Lakan Ray has organized the original Filipino Combat Systems material that Ray Dionaldo teaches into a 5-level student curriculum that has assisted all FCS instructors in the speedy progression of skill in their students. Lakan Ray has produced the curriculum into a video series that have received great reviews and has sold all over the world from Europe to Asia.

Lakan Ray now owns his own Muay Thai gym in Tampa called Tampa Muay Thai. He has traveled to Thailand every year since 2005 to train and fight professionally and continues to fight professional Muay Thai in the States. Lakan Ray currently teaches the FCS curriculum by private instruction.



### FCS Knife Tapping

FCS Knife Tapping begins with a feeder and a receiver, the feeder being armed and the receiver being unarmed. From Level one FCS, you learn that there is no set

pattern but a free flow of movement from the feeder generating a certain energy while striking at the receiver feeding off that energy while defending these strikes. So the flow becomes a conditioning drill to teach the feeder the proper strikes, body mechanics and footwork and teaches the receiver the proper defense, body mechanics and footwork that are essential for defending against a blade.

FCS Knife Tapping teaches us, as receivers, a conditioned response, breaking us from our reflexive habits that could easily get us killed by an armed attacker. We begin by defending from four of the most common attacks and angles:

- Right Horizontal (neck / abdomen)
- Left Horizontal (neck / abdomen)
- Vertical Overhead ( head / neck)
- Straight Thrust (navel)

These strikes should come at random in both standard (sak-sak) and reverse (pekal) grips. Therefore, you must keep an awareness that you would more likely have to attain in a realistic encounter against a blade.

Next, the feeder's left hand will be employed in an attempt to disrupt the receiver's defenses to gain clear entry to the targets. However, this does not interrupt the flow. The receiver must react to these attempts by removing the left hand of the feeder and returning to the conditioned response or logical defense.

So once we progress to level two we have a clear understanding of the basics on how to logically strike with the knife and how to cleverly defend ourselves against the knife as well. Later, we learn that being empty hand vs. a blade is not so clever however, given the circumstances you may find yourself in this scenario.

In level two we get further in depth with the employment of the left hand. Locks and joint-manipulations are now applied and the feeder learns to use the left hand as an advantage tool to immobilize the enemy, leaving him with little to no dominant means of defense against the blade. The receiver learns the conditioned response to these tactics, freeing himself from the locks and manipulations applied by the feeder while maintaining the proper defense against the blade hand.

Level three introduces many new and essential concepts which we simply refer to as 'advanced tapping'. Our advanced tapping consists of, but is not limited to five main entities:

- Receiver Deceiving
- Feeder Timing / Manual Dexterity (Non-linear cutting / combination cutting / ranging within quadrants)
- Receiver Timing / Manual Dexterity (triple-tap entries / empty hand timing sequences / disarms)
- Target Isolations (quick kills / techniques applied within tapping)
- Blade Progression into Free Flow

### **Receiver Deceiving**

Receiver deceiving is a concept that can prove itself useful in a knife fight the same way a 'feint' right cross could in the boxing ring. When executed properly, they can be extremely effective. However, some are not recommended to everyone in a realistic knife fighting situation for the repetitious hand-switching, hiding and maneuvering of the

blade requires a lot of practice and coordination. An example of this could be explained as:

While the right hand is mostly thought of as the 'dominant hand', this method comes into effect with the left hand being put into action with the blade while keeping the receiver's hands and mind occupied with the feeder's empty right hand. Then the same can be done in vice-versa with the feeder's empty left hand distracting while cutting with the right, leaving the receiver with no certain awareness of where or what angle the strike may come from.

There are many different methods of putting this concept into play with the knife tapping. The above explained is the more commonly used.

### **Feeder Timing / Manual Dexterity**

Timing is an essential element frequently used in FCS Kali. Not only in the knife tapping, but in everything we do. We teach ourselves to maintain a certain rhythm, especially within flow. This rhythm is proven efficient when it's broken in half or in thirds, creating a window of opportunity for the attack. That is true timing. This does not necessarily mean you have to be faster than your opponent, only somewhat smarter. Every encounter considered as a 'fighting' situation has a certain rhythm or cadence. If you take this rhythm and strike within half beats or quarter beats, then you will always be ahead in the fight.

So, we take this concept and apply it into our knife tapping flow. We attack on half beats or even quarter beats, disrupting the receiver's rhythm, but again, not disturbing the flow. Using non-linear cuts with absence of touch of the receiver's response (within a half beat) is an example of this method. A non-linear cut is a strike with the blade defying the common angle by slightly or heavily changing direction in the midst of the movement, making the attack very difficult to defend against, assuring your contact to the target.

Within understanding of the vital targets of the body and within the ability of attacking them at random rather than in sequence or pattern we learn to cut in combination. Once again, using the proper timing, within the passing of the receiver's hand (which is one full beat) we hit as many vital targets as we can while at the same time maintaining the rhythm of the flow. This is one example of using combination cutting within the knife tapping flow.

In this flow, we as feeders learn that at any time we can break through the center line of the receiver with proper timing where, there we can also apply our combination cuts. We, then employ our Punyo Mano principle by using the blade (preferably in pekal grip) to range within the quadrants of entries. Moving from outside to inside, left to right or right to left, to isolate targets toward the center line as well as transitioning from inside to outside, left to right or right to left, to isolate targets outside center line while also off-balancing the receiver.

### **Receiver Timing / Manual Dexterity**

Now, from the receiver's perspective, we learn timing within rhythm of the tapping by using 'triple tapping'. This could also be explained as percussion tapping or disarm attempts. Triple tapping is our method of understanding the rhythm of entries within the tapping itself. We use the same rhythm when we clear the feeder's disrupting

hand, now we'll use it to enter in to strike, eliciting a response from the feeder which distracts his disruption, bringing that hand up to protect his face. At this point we take advantage of the situation by breaking in center line into our empty-hand timing sequences (same as our combination cutting) while, again, maintaining the proper rhythm to continue the flow without getting cut. With this same hand reference, we can use the feeder's distracted hand as bait, control the blade hand and disarm the blade again the bait hand.

### **Target Isolations**

This method is simply taking any of the techniques or quick kills practiced frequently in FCS and applying them within the knife tapping. From simple single target isolations to full-body palusut trapping to disarming. So now you're taking the flow to another level by inserting anything that comes natural to you while practicing FCS Kali. Remember that everything, as far as concepts, is all relative. Even techniques done with the stick can be implemented into bladework.

### **Blade Progression into Free Flow**

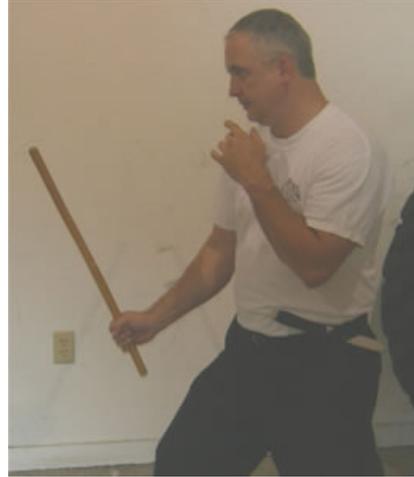
Let's take the receiver and place a blade in his right hand. Now we're being brought back to Level one Knife Tapping. We practiced empty hand vs. the blade for the sake of understanding the conditioned response, the logical way to defend against the knife. However this is not how we want to be. We know not to encourage our students to go empty hand vs. a blade. Many people after learning how to defend, how to disarm, will believe they can emerge victorious in this situation. It's very difficult to disarm a blade and being empty hand, the odds are always against you. Now, the truth behind the whole flow drill comes to light. The receiver now holds a blade and defends against the feeder in the same manner he would empty hand, however using the blade to its fullest potential and cutting when the opportunity presents itself. Now the receiver's conditioned responses are counters to the feeder's attacks.

Last, we employ two blades, occupying all the hands. Now there is no receiver, only two feeders engaged in combat. We finally reached a point where we fully understand the flow drill well enough to defy its rules. This is TRUE knife tapping. We maintain the flow while isolating targets, cutting in combination, breaking in center line, feeding back and forth in a manner where we heighten our awareness by training in this extreme condition. We truly learn how to attack and defend at random. We learn to take this flow to its highest level of controlled sparring. That is FCS Knife Tapping.

## The Counter-Offensive Mindset in Eskrima

By John Kovacs, M.A. Shihan/Guro

What is in a “name”? Is it literal “truth” its self, or just a convenient moniker in which to more effectively communicate with fellow man? Arguments have ensued, and resultant whole nations have gone to war, over the idea of a “name” or definition. Religious pundits and leaders have justified untold horrific death and destruction over whom they deemed “pagan” and “heathen” over the interpretation of a name and so-called “truth”. Vast libraries and other store houses of knowledge; have been lost to antiquity as a result of purging by the “believers”. Yet man continues unabated on insisting to plant their respective banner in the ground, pointing toward a subjective “truth”, that if not believed in, will destine the non-believer toward an uncomfortable purgatory for all eternity. These kinds of doctrine makers and allegedly wise leaders, can be seen in everything from all forms of religious institutions, government policy makers, and the martial arts as well.



The terrible state of affairs in the abuse of the ranking “system” in the martial arts began with good intentions when the founder of modern-day Judo, Kano Jigoro, needed a basic standard in which to help him ascertain the expected skill level of his growing student population. Today, we have a veritable plethora of “tenth degree” black belts and “supreme grand masters”, some of which are barely old enough to vote! It seems as if the “doctrine” or the window-dressing has become more important than the actual substance of things seen! The martial-arts in the U.S.A., itself has gone through various trends like any other style subject to the whims of public fancy. We have seen everything from the older Judo and Karate, and then Tae Kwon Do tournaments, to smoke bomb Ninjitsu, and then to today’s so-called “reality based” fighting systems and the “mixed martial arts”.

But what is in a “name”? When viewing many of the older Karate champions of the late 60’s onward, a form of “tournament” style Karate developed, regardless of the so-called inherent “style” one practiced, that would help ensure ones victory on the tournament circuit. Yes, certain champions had a trade mark technique, a lead leg side kick, a spinning back kick or a hook kick perhaps. But the “type” of fighting remained rather consistent. This notion did not change significantly when “full contact” Karate became more in fashion. And now with the very popular MMA (Mixed Martial Arts) competitions seen virtually daily on national television, more and more standardized rules are being implemented.

We use terms or names to connote an image or an ideal. During WWII the propaganda machine labeled the Japanese as “Nips”, and “Dirty Japs”, an interesting side note here is that the “Dirty Japs” became the Japanese People” right after the war. The subsequent shame brought upon the U.S. after thousands of American-Japanese were “interned” in “relocation camps” demonstrates what wholesale mass hysteria can evoke. In today’s society people will identify you by such things as what type of job you do, where you live, what kind of car you drive, what your last name is, and of course your

racial and ethnic background. Historically in religion it seems that more often than not, an “identity” has brought more division than unity when it comes to “labeling”. The crusades can bear this out as well as the Holocaust.

Stereotypes still prevail in the U.S.A. martial art world today. On television today, commercials still portray the “Martial Art Master” as a bald headed Asian male doling out fortune cookie like wisdom to the unknowing. Or he is the head master “Shidoshi” at a “Dojo” where our hero - usually a Non-Asian - goes to study at his feet. Terms like “Ninjitsu” bring images to mind of black dressed assassins with blowguns throwing smoke bombs. Whereas a made for T.V. type movie with a Tae kwon Do “Korean Karate” backdrop, might show a team of young American neophytes ready to challenge the Korean National team on their home turf. We can of course predict the inevitable outcome and some of the trials and tribulations along the way.

With the idea of really “fighting” or “self-defense”, much has been written. There is a distinction between so-called “fighting” and true “self-defense”. The idea of fighting is more akin to a couple of people squaring off and going at it. Someone pushes someone else in a bar and fists fly. A person flirts with another man’s wife at a Christmas party where too much spiked eggnog flowed, and honor must be restored. But true self-defense is not this kind of concept. A person really versed in self-defense does not want to really fight – he wants to prevail. Self-defense is ultimately based on true survival. It is not a game played by two trained athletes to see who can win by the agreed upon rules of engagement. It is an oftentimes a ghastly and serious situation, where someone may be maimed, injured or killed. You need to always expect the worst case scenario in a self-defense situation.

But the term “self-defense” itself is not a correct term when really fighting for your life. The idea of “defense” implies a defensive posture, where you wait, or allow for the other person to attack first. This is a serious mistake in a real life encounter where your life or the life of a loved one is on the line. If you know a situation is inevitable, then you move on your attacker first. Or you move on his time - attack the attacker. You need to especially be able to do this where more than one opponent is involved (which is most often the case). And where weapons are involved, you better know the idea of correct body positioning and the right combat mind-set. You have to always assume that your attacker is armed and willing and capable to do you bodily harm or worse. A more appropriate term for combat in this sense might be called the theory of being “Counter-Offensive”. To be counter-offensive is not to be passive. It is not religion disguised as self-defense, where an ingrained method of arrogance is instilled where you can use gentle methods of “re-directing” your attacker’s vital life force and teach him the error of his ways by just using an arm lock or some form of body control. This kind of thinking will get you killed. We are not talking here of trying to control your drunken uncle Charlie at a wedding. A Counter-Offensive combat mindset and strategy is based on a deadly encounter where to survive is a prize to be cherished.

In a real combat situation you will truly play as you have trained. And if you are not totally familiar with weapons, you have greatly reduced the chances of your survival. In Eskrima as taught in the FMA (Filipino martial arts) and within the FCS-Kali, it is evident early on that just “blocking” or parrying your attackers weapon is not going to help you much. You will learn early on that it is better to give than to receive a cut with a blade, or a strike from your attacker’s stick. Things happen very quickly when edged or

impact weapons come into play. The damage that can be caused by such weapons is very different needless to say, than being involved in a situation where no weapons were involved. Even a so-called minor slashing type wound can be traumatizing.



This is where a proper mind-set is crucial. If your training in a “spiritually enlightened” school, where you are taught that you can passively disarm your attacker with a complicated throw and/or arm-lock, and leave the situation unscathed, you may end up instead in intensive care if lucky, the morgue if not so lucky. Even a person properly trained may have these possibilities presented to them. But what you want to work with is putting the odds in your favor. Better and more realistically trained means a better chance for survival. Real Eskrima, as used in the jungles of the real world, concrete or otherwise, was never meant to be sport or a game. It is meant to instill a Combat mindset based on realistic training with both weapons and empty-hand.

Drilling the right method of counter offensive strategies or skills with your partner is paramount in Eskrima. In the beginning stages, the neophyte may learn certain body positioning and so-called blocking and parrying methods. But as the training becomes more intensified, you learn to attack the attacker. The overly used term here is to “defang the snake”. An example here is to hit the attacker’s weapon hand as he



attempts to hit you. While learning various disarms within the idea of “art” is good within Eskrima, the hit is the disarm. In many systems of so-called “self-defense” as taught today, it is predicated on the notion that you have to wait for the attacker to make the first move and work off of that initial attack. In Eskrima you’re taught offensive as well as defensive movement - crucial in a real encounter. You are also taught and learn by experience, the limitations of the weapon you are training with. Common sense



mandates that “how can you defend yourself against a weapon if you don’t know how to use it yourself”? A real life threatening situation is a horrible thing to have to contend with. And most people living in the U.S.A. may never have to deal with one thank God. But do not be deluded by thinking that a passive mind-set, coupled with a defensively based so-called “martial art”, will ensure your survival if called upon to really protect you or the life of a loved one. While no martial art is a guarantee of survival, you do want to stack the odds in your favor. An honest training program in real Eskrima may be what is needed. The FCS-Kali curriculum as devised by Tuhon Ray Dionaldo has been devised to give the modern-day martial artist a true fighting chance when it comes to the use of weapons, as well as the empty-hands. It is a system built on change and continual evolution. To, instill a true Guerilla Warfare attitude based on a Counter-

Offensive mindset... Genghis Khan’s nomadic tribesman would have been proud!

### **FCS-Kali as experienced**

I first began my experience with Arnis De Mano in New York City under Grandmaster Mat Marinas in Arnis Lanada. This was around 1982, and we trained every Sunday at Flushing Meadow Park, in Corona, Queens. I learned a primarily Largo system. We trained in all kinds of weather, and the sparring was done with no gear. At that time I also trained briefly with Tom Bisio in Pekiti Tersia. I trained privately in the Bronx, New York, and at public workshops with Professor Florendo Visitacion (Prof. Vee) in Vee-Arnis Jitsu. I received my black belt in his system directly from him in April of 1986. My certificate from Professor Vee is signed in both the “Instructor” and “Founder” spaces. I have attended various workshops with several Masters and Grandmasters in Arnis, Kali and



Tuhon Dionaldo and John Kovacs

Eskrima including Guro Dan Inosanto, Larry Hartsell, and Tuhon Leo Gaje. I did a short course in Eskrima in Jersey City, New Jersey with Guro Dong Cuesta in Doce Pares. A big influence on how I move today for close-quarter power and speed, has come from Guro Zach Taco in Balintawak Eskrima. I consider Guro Zach a friend and he is a good soul. We trained practically everyday for hours at a time in the Bronx, New York. Guro Zach lived right down from where I worked, so I would stop by his place before heading home to Queens. His wonderful wife Betty would often not let me go home unless I ate some pancit and lumpia! My other experiences in teaching and the martial arts and general education is a bit much to go into detail here.

I moved to Florida with my family several years ago, and prior to the move, I contacted Tuhon Ray Dionaldo if I could attend his FCS Family gathering held that winter. He was very courteous, and he seemed to have no “airs” about him....very unusual for a person with his extensive background and reputation. My goal on attending the gathering was to continue to train in the Filipino martial arts and to make new friends. That Friday night when I attended Lakan Rico Cortes was one of the first people to train with me... it was a very funny experience in that once I put a Jiu-Jitsu lock on him, he knew by feel whom I may have trained with “back in the days”... turned out we had some similar Jiu-Jitsu/Aiki Jiu-Jitsu roots... I consider Rico now a fine gentleman, Rabbi, and good friend... one of Tuhon Ray’s best a, and in charge of heading up the “FCS Tactical” division of the FCS-Kali.

All of my experiences within the FCS family has been positive... it truly is an extended family of well intentioned good spirits. The FCS “system” for lack of a better word, is always under going some form of metamorphosis... at a Gathering you may see and experience anything from the sarong to stick grappling. And although Tuhon Ray is well known for his Kermabit work, FCS is much more than that. The FCS principles of movement and how to move, translate into virtually any other martial art. It covers a wide spectrum of other weapons as well as an empty hand curriculum as well... Anyone looking to broaden their knowledge base in the martial arts - not to mention meet some wonderful folks, would benefit by attending a FCS Family Gathering....

**Sample of FCS Gatherings:**

- FCS Gathering 2006 - **[Click Here](#)**
- FCS 2007 Gathering - **[Click Here](#)**

## Gigie Alunday and Rich Verdejo

California FCS Representatives

By: Rich Verdejo and Gigie Alunday

It was 2001 when Rich Verdejo first met Tuhon Ray Dionaldo of Filipino Combat Systems. Rich was in Florida attending an American Kenpo Seminar and immediately was drawn to the Filipino martial arts practitioner that was among the attendees. Rich worked with Tuhon Ray through the seminar, and at the conclusion of the seminar, he asked Tuhon questions about Filipino martial arts and FCS. Rich was impressed that a man with such accomplishments had humbled himself to stand among the white belts in the seminar and do basics with the rest of the class. Tuhon Ray was then invited to hold a seminar at the Ed Parker's Karate School in Pasadena that following winter. This event marked the beginning of Rich and Gigie's journey in Filipino Combat Systems.



Filipino Combat Systems was a breath of fresh air for Rich and Gigie. Instead of rigid techniques as in their karate system, Tuhon Ray gave new ideas and left it up to the individual to make the ideas "live". This was exactly what they were looking for. The ideas complemented their skill set well and left them with the freedom to express their own personal styles within the system. A beginning and an ending was given, and how they got there was up to each person. FCS is made up of people from diverse martial arts backgrounds and each individual added their individual flavor. This is what made FCS so enticing. The other appeal to FCS is the blend of different weapons from single stick to double stick, to bladed weapons such as bolo, dagger, tactical blade, kerambit, and flexible weapons such as sarong, whip, and tabak toyok.

Rich and Gigie attended their first FCS Family Gathering in 2002 and were astounded by the display of respect at the gathering. It was one large family playing and learning together. No one was wearing a rank or imposing rank, including Tuhon Ray. Respect was earned on the mat based on your skills and talents and not by the color of your belt or the number of stripes or bars on your belt. The martial art diversity was apparent in the group based on the way each person moved. A single technique/idea was given, it was executed in various ways, and everyone was right. To this day, FCS is more than just a Filipino martial arts system, it is family.



Rich Verdejo



Gigie Alunday

At a young age, Gigie Alunday was first exposed to the Filipino martial arts by her uncles and other family members. Although unaware at the time that her stick playing was also known as arnis, it was through them that she first learned to swing a stick and play with blades. Much in the same way, Rich Verdejo's family members first placed a balisong into Rich's hands at a young age. Although he wasn't taught its fighting application, it served as his first introduction into Filipino martial arts.

Rich formally started training in martial arts in 1992. He began training in the arts of Ed Parker's American Kenpo and Kickboxing under Johnny Garcia. In 1994, Rich's instructor moved out of state and he was sent to study at the original Ed Parker's Karate school in Pasadena, CA. It was at the school that Sheri Parker, the daughter of Mr. Ed Parker, recognized Rich's raw talent and immediately requested that he be placed under their tutelage.

Meanwhile in Riverside County, Gigie began her first formal training in 1992 in Taekwondo under Master B.Y. Cho. Her spirited nature led her to begin competing on the TPA and Taekwondo circuits which led to a spot to compete in the US National Invitionals. Gigie returned to LA County in 1995 and began training in Ed Parker's American Kenpo at the original school in Pasadena, CA. It was here that she first met Rich Verdejo. Gigie earned her 1st Degree Black Belt while Rich earned his 3rd Degree Black Belt and became the head instructor of the studio. Gigie used her business savvy, and along with Rich and other instructors, maintained the school until it closed in 2004.

Throughout their martial arts career, Rich and Gigie shared ideas and trained with different people of various disciplines including: Muay Thai, Western Boxing, Chinese Boxing, and Arnis de Mano to name a few. This led them to begin training with Sigung Antwione Alferos of the Whipping Willow Association and with Tuhon Ray Dionaldo in Filipino Combat Systems in 2001. Gigie and Rich are certified instructors in FCS and hold training sessions on Fridays and Sundays in Duarte, CA. Training in stand up and ground are held throughout the rest of the week.

In 2008, Rich and Gigie were made the official FCS/Bladesport Tournament coordinators and worked with Tuhon Ray and Sigung Antwione Alferos to introduce Blade Fighting on the tournament circuit with demos at Disneyland Martial Arts Festival and Compete International. Blade Fighting debuted this year at the San Diego Grand Internationals in May 2008 and in Las Vegas at the USA Internationals in June 2008. They were also invited to the Sayoc Kali Sama Sama in July where the camp attendees participated in a Blade Fighting tournament. Other tournaments in 2008 included the



Mikaeel Shabaaz, Rich Verdejo, Gigie Alunday, Sijo Steve Muhammad, Brian Hudley - Bout Fighting at Disney's Martial Arts Festival 2008



BladeSport Blade Fighting at Disney's Martial Arts Festival 2008

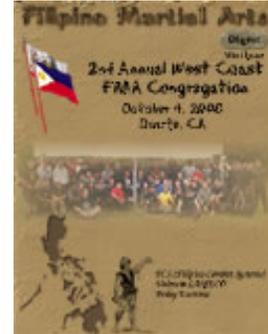
Festival Ng Mga Kapatid in Buena Park in August and Disney's Martial Arts Festival in Orlando, Florida in October. Updated BladeSport tournament schedule for 2009 can be found at: [Click Here](#)

dBQ PRODUCTS is a company owned by Gigie and Rich. Their main focus is to expand the camaraderie among all martial arts and to unite all groups in fellowship. With their extensive backgrounds in all martial arts, they recognize and

give respect to all arts especially when it comes to Filipino Martial Arts. Not only do they want to promote their arts, but they also strive to promote their culture and educate the public on the martial arts of their motherland and her culture. It is host to events such as the Festival Ng Mga Kapatid and the West Coast FMA Gathering. They also offer training products, videos, seminar, and event promotion services. Visit [www.dbqproducts.com](http://www.dbqproducts.com) for more information.



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Gigie and Tuhon Ray - [Click Here](#)

## Lakan Guro Harold Evans



Appointed by Tuhon Ray Dionaldo, Lakan Guro Harold Evans (“Guro Harold”) is the Southeastern US Director and the NC State Representative of FCS-Kali, whose primary task is to assist in the promotion of growth and development of FCS-Kali in the Southeastern US.

Though Guro Harold had initially met and received FCS training from Tuhon Dionaldo in 1999 at a Grandmaster Remy A. Presas seminar in Orlando, Florida,

however, it wasn’t until Tuhon Dionaldo’s Raleigh, NC “Intensive Blade” seminar in 2000, when Guro Harold became immersed into FCS Kali, at which time Tuhon Ray had asked Guro Harold to work as his uke during the seminar.

The meeting in Raleigh inspired Guro Harold to take the risk to go down to Tampa, Florida to start training with Tuhon Dionaldo at the Gatherings starting in 2000. Initially, he was the only person at the Gatherings from North Carolina. But since FCS has always promoted a “like family” atmosphere, Guro Harold, felt at home.

Mr. Evans took another leap of faith when he had made the determination that others in North Carolina and the Southeastern US should have the opportunity to share the same experience that he found exhilarating in Tampa, and as a result, he started hosting Tuhon Dionaldo in North Carolina in 2002. Tuhon Dionaldo to this day has continued to make the trip to Greensboro, NC to teach the eager participants who attend.

Guro Harold has been able to significantly contribute to the growth of FCS-Kali by way of personal instruction. Currently, he has the highest number of Certified Instructors in FCS-Kali, with eight zealous black belts in the system. Guro Harold has assisted in the appointment of state and area representatives in North Carolina, South Carolina, Atlanta Georgia, Alabama, and Richmond Va.

When time has permitted, Guro Harold had traveled to assist the growth of FCS-Kali regionally and internationally and had the pleasure to attend the initial FCS-Greece seminar in 2003.

### **Background:**

Mr. Evans, a personal student of Tuhon Ray Dionaldo, holds the FCS rank of Lakan Guro. He also holds the rank of Lakan Tatlo (3rd Dan) in Filipino Combatives and Mano Y Mano from Master Lyndon Johnson as well as, Lakan Dalawa (2nd Dan) in Guro W. Hock Hochheim's Pacific Archipelago Combatives (PAC) and Filipino Combatives (Master Lyndon Johnson).

Guro Harold also holds black belts in Grandmaster Rick Ward’s Sunburst Natural Fist System Sil-Lum Kung-fu and Grandmaster Remy A. Presas’ Modern Arnis (IMAF, Inc) under Guro/Sifu David Ng.

Guro Harold currently teaches private lessons, quarterly seminars, and travels on occasion in the southeastern US in order to continue to promote the growth of FCS-Kali.

Mr. Evans is an independent Software Contractor, a father of a smart and beautiful six year old daughter, and finally is a college graduate of North Carolina A & T State University with a B.S. in Computer Science as well as a B.S. in Economics. He can be contacted with the following information:

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

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

[www.myspace.com/guroharold](http://www.myspace.com/guroharold)

Email



August 2008 - Harold Evans' Promotion to Lakan Guro

## Dr. Simeon Lao



Dr. Simeon Lao is a recent FCS Kali instructor who trained directly under Tuhon Ray Dionaldo for the past three years now. Born in the Philippines and trained previously with his family in various martial arts including Arnis and TKD, he has found a family and a home in FCS. He has consistently presented during the FCS Family Gatherings on areas of Vital Anatomical Targets with the blade for maximum results, Practical Application of Sikaran with the Blade, Soft Weapon development: "Hulog" in Kali as an impact and trapping application as well as Utilization of modern carbon fiber material for Modified Edged/Impact weapon for the Tactical Kali stick. Recently he joined the FCS Kali Team in presenting at the Disney's Martial Arts Festival using the Latigo (whip) and Kerambit.

Among his favorite areas of interest in Kali he enjoys Tiempo Mano and Cruzada applications but only second to the Kerambit. He credits FCS Kali for providing direction and focus for his own life application and finds Kali as his passion. He has had the opportunity along with other chosen FCS instructors to assist Tuhon Ray in the Warrior

Mindset seminars. Dr. Lao is currently practicing in Tampa Fl as a Doctor of Physical Therapy.

## **My Beginning**

By FCS Kali Instructor Nate Hill

I started back in 2002 in Ft Myers Florida, where politics in martial arts schools where high, there was fighting between them, and no hard training. My school at the time had a 1 day a week kali class that was 30 minutes long. Most of the time it was not the head instructor teaching the class, but students that had little knowledge of the art. Instructor attitudes where like, "*Me teacher, You student, Bow down to me.*"

But because that was the first school I was at, I thought that was normal. Oh! And you could never, ever watch a learning DVD or train outside of the school or you would be kicked out for good and looked down upon.

After a few schools like that where I was training, I bought a training DVD that Tuhon Ray Dionaldo put out called FCS Kali, and I was hooked. I'm like, "*This is crazy, what the heck was I learning all this time from these schools!*" I got more out of the DVD than I did the whole time in these schools. (LOL) I called Tuhon Ray and started going to the Dojo in Tampa and the rest was history. I also got kicked out of the other school for doing FCS Kali. But I was leaving anyway. I am still looked down upon and talked bad about there.

FCS Kali has 100% politic free Organization, and the family are some of the best people I have ever met. The training is fun and it's hard too; no pain no gain. I have been here for 3 years now and can't be happier.



Ama Guro Pambuan - Nate Hill - Tuhon Dionaldo

## **FCS in Puerto Rico**

By Carlos "Pipo" Lopez



I began my martial arts studies at the age of eight, in the Communal Center of the urbanization of Country Club Gardens in Carolina, Puerto Rico. But after several months, my teacher suddenly disappeared. So my grandparents, who raised me, did not trust martial arts schools anymore and decided not to support my desire.

Then in 1982 I began to practice the Martial Arts again. My first instructor was Juan Carlos Macia (1983) in Tae Kwon Do. My second instructor was Sifu Jose Orlando Ramirez with whom I obtained the rank of Apprentice Instructor in Jun Fan Gung Fu and Kali/Arnis/Eskrima (Inosanto Blend) in 1990. My third instructor is Tuhon Ray Dionaldo, with who I reached the rank of Instructor in 2001, the rank of Guro in 2005, and the rank of Lakan Guro in 2008.

In my 18 years as a Filipino Martial Arts instructor, I have trained civilians, military and also law enforcement personnel in the United States, Israel, Colombia, France, Italy, Hungary and Puerto Rico. At the moment, I'm the Filipino Combat Systems Puerto Rico representative and the Caribbean Regional Director.

### **How did I meet Tuhon Ray?**

I met Ray Dionaldo at the wedding of my friend Jose Arce, who was my practice partner in Puerto Rico (PR) at that time, and moved to Tampa looking for better opportunities. Since he practiced Kali with me in PR, he wanted to continue developing his overall skills and he discovered Tuhon Dionaldo and the Filipino Combat Systems Kali. I was able to establish a friendship with Ray without knowing how good he was as a martial artist. Later that year Hernan "Rico" Cortes, who was already a student of Ray Dionaldo, had a chance to bring Tuhon Ray Dionaldo to Puerto Rico to do a seminar for a group of Masters, and so it became the turning point of when my life changed. After having dinner together, they invited me to practice on a beach near the hotel at 11 pm and we continued to practice until 3 am! At the time I was already an instructor in Kali and I had flow, but I learned more that night than I could possibly handle, so I got hooked on FCS and I became a tribe member from that point forward.....

### **Filipino Combat Systems is growing very fast and I see it keeping that path because:**

- Ray and others keep the subsystems in continuous evolution.
- The inherent group "tribal" values.
- The ranking structure.
- The training methods.
- The positive attitude you need to have in order to be part of the family.
- The freedom of training in any other art.
- The possibility of getting as much knowledge as you can with out restrictions.

The FCS Puerto Rican Gathering preview - **[Click Here](#)**

## Lakan Guro Rico Cortes



Lakan Guro Rico Cortes is a personal student of Tuhon Ray Dionaldo, training directly with Tuhon since 1999, traveling with Tuhon Ray doing seminars all over the world and the United states. Guro Cortes is a former Professional baseball player and a former baseball scout with the Chicago white sox for 10 years. Mr. Cortes holds ranks in different styles, Lakan Guro in FCS Kali, Shihan 6th Degree in Aikijitsu-te, Level C instructor in Kapap and also studied Aikido for 8 years with different teachers. Guro Cortes teaches seminars in Greece, Puerto Rico, Israel and the U.S. with student in those places mentioned. Currently, Mr. Cortes is in charge of FCS Tactical training police, security and Special Forces. Guro Rico has trained the S.O.R.T. swat team in Mayaguez, the O.S.A.J correction officers in San Juan, the Vega Baja municipal Police department in Puerto Rico and the Naples Swat team in Florida. Areas of focus are the tactical baton which is very popular with police officers. Mr. Cortes loves to train is forever the student of the martial arts and is looking towards training in other arts.

Appointed by Tuhon Ray as; the Latin America Coordinator in conjunction with Lakan Guro Carlos Lopez, Director of FCS Israel.

I'm very honored to have met Tuhon Ray and learning from him much more than martial arts. I can say that Tuhon is also, family and that is why I love FCS so much, we are all a big family and help each other to promote FCS and our teacher Tuhon Ray Dionaldo.

For Seminars send me a email at: [fcsguro1@yahoo.com](mailto:fcsguro1@yahoo.com)



## FCS Kali Israel

Our group is called CFMA which stands for Chinese Filipino Martial Arts, and actually this is what we do. We have both practiced martial arts for over 15 years and were first exposed to FCS Kali in 2004, when we met Lakan Guro Rico Cortes and were accepted as his students. Since then, we have continuously trained under Lakan Guro Cortes and during this time gained his and Tuhon Ray Dionaldo's confidence to be appointed as FCS representatives in Israel and certified as FCS instructors.



Tuhon Ray Dionaldo with FCS Kali Israel representatives Hanan and Yosi

Our group is mostly comprised of experienced martial artists (Karate, Aikido, Jiu-Jitsu, Gong-Fu...) who embraced FCS as a way of improving, enriching, and inspiring their martial art. We ourselves also practice the internal Chinese style of Ba Gua Zhang, and since we identified a powerful similarity (as well as synergy) with Tuhon Ray's approach, we decided to follow both tracks.

The way we practice at CFMA emphasizes basic work (posture, stepping, and body mechanics) together with fighting principles, which are best summarized as 'flow and change'. We use 'techniques' only as aids for implementing those principles and evaluating our progress, and not as just something to be memorized.

It so happened that our Grandmasters, Tuhon Ray (from Florida) Luo DeXiu (from Taipei) and Han Fang Rui (from China) explained to us, in different times and languages, that a martial artist is characterized not only by the perfection of his techniques but in the way he flows between and around them.

As for FCS Kali in Israel, we enjoy the great support of our direct teacher, Lakan Guro Rico, who comes to visit us at least once a year, and allows us to bring the art to numerous martial art schools and many practitioners country wide. We maintain the cooperation with other martial art schools around the year but the climax comes each November with the already-established FCS seminars which are gaining an increasing interest. This year, many more practitioners participated the events and were exposed (some for the third time) to FCS stick, blade, and sarong work.

The CFMA group practices weekly on Tuesday evenings and Saturday mornings, and we welcome other martial artists to come and taste the FCS "touch".



Lakan Guro Rico Cortes (left) with Hanan FCS Kali Israel representative shows that there is always a punch in between the techniques.



Lakan Guro Hernan 'Rico' Cortes (right) with Yosi FCS Kali Israel representative, demonstrates his "*always check the weapon's hand*" motto.

Hanan Magidovich and Yosi Weitzman, CFMA  
(972) 52 220-6874 - (972) 54 449-6620,  
[www.cfmai.com](http://www.cfmai.com)

## Observations and Comments

### Filipino Combat Systems and It's Founder, Ray Dionaldo

By Doshu L.D. Stone

Who is Ray Dionaldo and how did he create one of the worlds fastest growing Martial Arts System?

One of my first encounters with Ray was as one of his new Martial Arts Instructors at the Shotokan Karate Dojo in Auburndale, Florida. I know, I know what does, Shotokan Karate have to do with Kali and Arnis.

I had met Ray through a combined class that one of his other instructors, Bujin Lateef Mateen and I were running at my Dojo in Auburndale, FL. This was in a time when Martial Artists didn't combine classes. When everything was pretty much Karate, Kali, Kung Fu, Judo or Ju-Jitsu, all kept very separate.

A very wealthy prominent business friend of mine, "Casey Combden", would explain those rare instructors, as men of vision, not merely seers of the obvious, but people who have a dream and proceed to build that dream instead of merely waiting for things to happen. They see the soul of the man, not only the meat suit that the soul resides in, but who that person really is.

Now at that time Ray was a very timid person, a great student, a great competitor, a winner of many, many tournaments, a very accomplished Martial Artist. But even

though this young man was one of the best at everything he did, he did not enjoy the limelight. As a matter of fact if you wanted him to lead a class you pretty much had to threaten his life. How can it be that this young man of vision was so shy? I believe, as you will see in this story to follow, he is one of the most secure, humble, giving people that I have encountered in my many years on this planet we all live on. I know now for myself that life is in the giving, without thinking of one self that is when you reap the real rewards of life. For Ray, even though he was one of the very best at all the tournaments, that he attended his only real competitor, his only real intention was to beat the other Ray within himself. He was always trying to be better then he was the last time he was on the floor. Ray was one of those martial artists who just knew that he knew, it was all Ray just living the martial way. Some people need to tell you who they are; Ray doesn't need to say anything, he just shows you.

Again, I will refer to my friend "Casey Combden" - Ray would purposefully surround himself with the very best instructors he could find, then follow them footstep by footstep through the minefields of life retreating if he had seen a large hole in the ground knowing that that was not the way, that someone had fallen there. He would then very patiently go back to the beginning and start again. Many times in my life I have heard that patience is a virtue that is, simply put, who Ray is. So if you put one of the most humble, steadfast, giving, hard working and committed people you have ever met, in the company of many of the greatest masters of our time, add to that the key, which is that all of these great men believed in and supported this young visionary.

This young man was not at all afraid to believe that all things are possible. Add to this, the final phase of this FCS Kali story, Professor Remy Presas, you end up with the spiritual, physical and emotional combination it takes to build one man's dream into reality "FCS Kali" The rest is history. I think now that Ray Dionaldo has seen his dream first, become a reality, and then become what it has today, simply put, the fastest growing Martial Arts Family on the planet. Ray is quite humbled by it all. Ray is a giver, a builder, a creator of all things new in the evolution of this once ancient Martial or Tribal Art. His real wish, I believe and I have been in his life some 20 years plus now, is to build, grow and then turn loose on the world a true family that does for the world what his instructors did for him. Teach us all to believe in each other, support each other, lift each other up and simply lead by example.

One time a few years ago, after Ray's father had passed away, we were sitting at my kitchen table, and Ray was very quiet. As he sat in his realization of his father's passing, I could see the sorrow on his face. I said Ray you have done it, you have created this fantastic FCS Kali Family, you sir, are the "secret" (A book and movie about the true secret of life), you live your life, your dream, your way. How many men get to do that? And because of you Martial Arts and the world will be a better place. Ray you are the "secret" the living example that man can prosper by doing the right thing, and always putting other people ahead of yourself. I am proud of you because you don't cut corners or make excuses, you are leading the way for many others to build their own dreams to support and help your FCS Family grow and evolve. So what started as a dream in the 80's or maybe just one man truly living in the moment, a young man nurtured by some of the greatest martial arts visionaries of our time, again a young man believing that he could be or do anything, because he wouldn't accept anything less. The evolution of Eskrima, Kali, Arnis, Sikaran, and the combination of at the very least 10 other martial

systems; traditional Chinese, Japanese and Filipino as well as the diverse Tribal influences. Mr. Ray Dionaldo's Filipino Combat Systems not only lives and thrives but continues to evolve, and will continue to do so as long as this family lives.

Thank you Ray Dionaldo; for never giving up, for being a real man who never leaves his family and friends behind, for being a leader of men by example. Thank you for never making excuses and always doing what is right.

Filipino Combat Systems is alive and well around the world.

Humility, Honesty, Integrity

*"The way, who will pass it on straight and true"* ... Master Gichin Funakoshi

Ray Dionaldo is one man who will continue to lift others up and he will continue to bring all Martial Arts Systems and the people within those systems back to that familiar family table.

We are all brothers and sisters, one world, one people, one family of man....

**Doshu L.D. Stone** "Stoney"

Ishi-Do Karate Dojo

Auburndale, Florida

(863) 660-1020

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

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

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

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

## **Clint Bear Wink - FCS Instructor in Florida**

Clint Bear Wink was born in Tampa Florida where he was first introduced to the martial arts by Master Bill Heimburger and Grandmaster Jhoon Rhee at the Tae Kwon Do school in Temple Terrace from 1988-1993. Upon graduating high school, he enlisted into the military as an infantry soldier in the 10th mountain division FT. Drum N.Y. from 1993-1997. Bear then enlisted into the reserves for six more years as a military police officer.

During this time bear studied Kenpo, Systema, and Kali at the Progressive Combat Concepts School in Riverview Florida under the instruction of Kenny Gonzales, Sonny Puzikas, and Tuhon Ray Dionaldo and had the honor of training with Ron Boswell, Ed Parker Jr., Vladimir Vasiliev, and Martin Wheeler. During this time Bear also studied Kumdo for a short time from Master Kim in Bloomingdale Florida Bear received his 1st degree black belt in Kalikenpo in 2005 he now studies/instructs at the Filipino Combat Systems and Kalikenpo school in Tampa Florida as well as his home in Riverview under the instruction of Kenny Gonzales, Tuhon Ray Dionaldo, and Guru Ray Cole. He would also like to thank all of them for their influence and his growth every step of the way on his journey in the martial arts.

To elaborate a little more on Tuhon Ray Dionaldo's system Filipino Combat Systems or (FCS) it is a complete system encompassing everything from long, medium, and short ranges to contact, contact manipulation, and grappling. Not only does the FCS have a great hand to hand platform but its battle tested techniques range from a wide variety of Filipino/ Indonesian weapons, the stick, sarong, and a number of bladed instruments of death. To include my favorite the karambit, just to mention a few.

My first run in with Tuhon Ray Dionaldo was at a seminar in Riverview Fl. Where he and one of his students Guru Ray Cole were going to do a demo, as they stepped out onto the mat and started my jaw dropped while watching these two men attack and defend with the knife (knife tapping). The natural movements and the way they flowed astonished me. I remember thinking to myself these two men, must have started training when they were three or four years old to get to the level of perfection they had achieved. It was simply amazing. But the most amazing thing was that after his demo. He had us doing it in less than fifteen minutes. Crazy but true. Ever since then I've been training with Tuhon Ray Dionaldo. I have used the concepts and principals of FCS to improve my base art of Kenpo/Kalikenpo and with great effects I might add. But the FCS can be adapted to any base art, or can simply be your base art. Tuhon Ray Dionaldo's Filipino Combat Systems is phenomenal and if you ever get the chance to touch hands or train with this man do it you'll never regret it...

## **Tuhon Ray Dionaldo and the FCS**



I have been studying the art of Kenpo for 20 years. In 1998 I opened a Kenpo school on Long Island, NY. Throughout those 10 years I have been fortunate enough to have met many fine martial artists who have visited my school. On a rainy night in June 2005 I met Ray Dionaldo. He accompanied Ray Cole to my school for a Kali stick demonstration. When I asked him how he wanted my students to address him he said, "Ray is fine." This says a lot about this man. He is humble, very easy to get along with and an extremely gifted martial artist. You can see the passion he has for his art and how he honestly wants to share it. In January of 2006 I was honored to attend the FCS Gathering in Tampa, FL. Everyone there made me feel so at home. Ray was even kind enough to let me sit in on

the instructor's night. Ray Dionaldo is one of the nicest people I know, both in and out of the martial arts. Those who know him know how special he is. Those that don't know him it would be great if you could meet him one day and you'll see why he receives so many accolades. Humble, caring, willing to share knowledge and giving back to the martial arts all sum up who Ray Dionaldo is. Thanks Ray for the inspiration you are to me and so many other martial artists around the world!

**Steve Cordaro**  
Black Dragon Kenpo Karate  
Long Island, NY

## Ultimate Sinawali - The History of FCS-Kali

By Harold Evans

In this modern, mechanized and “store bought” age, one can become easily detached from the history and effort that goes into the manufacturing of the foods we eat and the clothes we wear. However, traditionally, these techniques and talents were passed down from father to son and mother to daughter. These techniques and talents gave unique indications of a particular family or tribe. Clothing in particular not only served as a matter of protection from the elements but also was designed to be used to express family and individual identity. Patterns had to be learned from generation to generation in order to form common as well as unique garments.

In the Filipino martial arts, students are introduced to this concept of patterns through the drills derived from the name, “siniwali”, when translated means “to weave”. Initially, a student learns these common patterns as a way to train and develop speed, dexterity, angling, timing, footwork, and pattern recognition. These patterns, like learning a sewing weaving pattern, do not form the complete garment by themselves or make one a master tailor, but form the building blocks for such a goal.

Once a student has learned the basic patterns of siniwali, the he or she can then learn to apply them to as the late Remy A. Presas often stated to “detect the weakness of the opponent”. These patterns can then be used to trap an opponent or set up an effective counter, or disarm.

Tuhon Ray Dionaldo “Tuhon Ray”, who was a protégé of the late Grandmaster Remy A. Presas has taken the concept of Siniwali and has used the concept to create in a sense, an “ultimate sinawali”, in which he weaves respect, appreciation, and inspiration of his instructors, a multi-layered and an ever evolving curriculum, personal mindset development tools, and finally combining his desire for martial artists to come together to celebrate, connect, and appreciate all styles, especially, the richness of the Filipino martial arts through teaching in classes, seminars, and new media.

Tuhon Ray has been inspired and has had the pleasure to train in many various arts over the years. The instructors listed in Table 1 have been the main sources of influences in the personal development of Tuhon Ray as a martial artist and the as a reference point in developing the unique style of FCS-Kali. Always mindful of history and respect, Tuhon Ray references his instructors relating to an existing technique or an innovation inspired by them in part. The full list of instructors can be found at: [fcskali.tripod.com/id9.html](http://fcskali.tripod.com/id9.html) and [fcskali.tripod.com/id3.html](http://fcskali.tripod.com/id3.html).

**Table 1 - Influential Instructors of Tuhon Ray Dionaldo  
In Memoriam**



The late Remy A. Presas  
(Modern Arnis)



The late Master Bujin Lateef Meteen  
(Pekiti-Tirsia Kali)

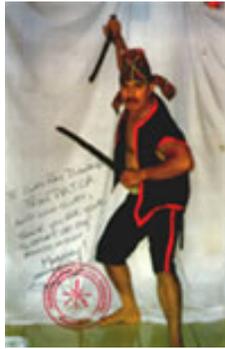


The late Grand Tuhon Baltazar “Bo” Sayoc  
(Sayoc Fighting Systems)

## Instructors Living and Well



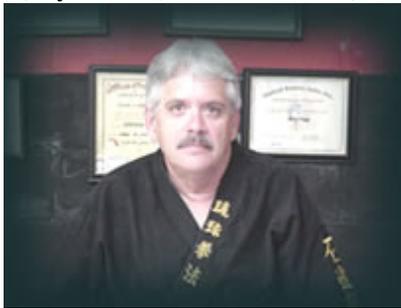
Tuhon Chris Sayoc  
(Sayoc-Kali)



Ama Guro Raffy Pambuan  
(Pambuan Arnis)



Willem De Thouars Founder of  
Kuntao Silat deThouars



Larry "Stoney" Stone  
(IshiDo Karate)



Guro Mark Shores  
(Sayoc-Kali)

Over the last ten years, FCS-Kali has grown exponentially, from organization whose members were based around Florida, to now a truly international organization across the globe. Tuhon Ray's travels have spanned from Puerto Rico, the US, and Canada, the Middle East, and Europe. Table 2 depicts a chronological history of milestones of Tuhon Ray and FCS-Kali.

**Table 2 - Tuhon Ray Dionaldo and FCS-Kali Milestones**

Milestone	Year	Location
Classical Kali - Intensive Blade Seminar	2000	Raleigh, NC
Principles of Blade - Endorsed on film by Grandmaster Remy A. Presas.	2000	Vancouver, BC
Principles of the Stick	2001	Tampa, Fl
Promoted to Lakan Tatlo in Modern Arnis by Remy P. Presas and Presas Family. Rodel Dagooc Present.	2002	Durham, NC
First Kerambit Video Released	2003	Greensboro, NC (From NC FCS-Kali seminar 2002).
Fundamentals of the Kerambit	2003	Puerto Rico
Punyo Mano	2003	Atlanta, Ga Blade Show
Kerambit Blade Collaboration w/ Jerry Hossom	2003	N/A
CKT Bengal Folder Endorsement	2003	England
Awarded Tuhon from Grand Tuhon Chris Sayoc	2005	Tampa, Fl
Sarong/Silat	2005	Tampa, Fl
Co-authored book Filipino Combat Systems		

with Mark Cody	
Kerambit Template released	2005
Warrior Mindset established	2005 Tampa, Fl
BladeSport established	2005
Awarded Ph. D	2005 Puerto Rico
Kerambit05/Fixed Blade Templates	2007 Tampa, Fl
Promoted to Lakan Lima in Modern Arnis by Remy P. Presas.	2007 N/A
Stick Grappling Transitions	2008
fcskalionline.com established	2008 Virtual
martialmatrix.com established	2008 Virtual

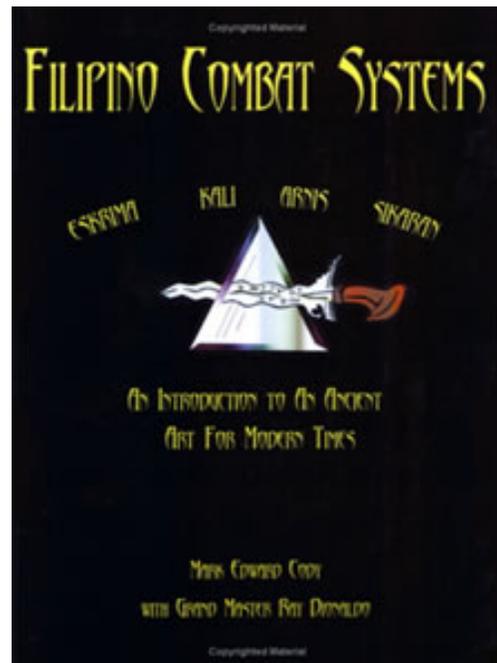
The intent of this article was to provide a summary of the major milestones of FCS-Kali. However, the final recognition, which is conveyed from Tuhon Ray, is to the daily individual contributions of the Lakans, Guros, Certified Instructors, Area Representatives, and members of FCS-Kali through which greatly assist in our profound achievements. FCS-Kali maintains a continued quest for positive growth, respect for the instructors and students of all arts, and finally a sincere desire to share the knowledge, culture, and history of the Filipino martial arts.

## **Filipino Combat Systems: A Martial Arts Success Story**

By Mark Edward Cody

In the preface to the book Filipino Combat Systems, my co-author Tuhon Ray Dionaldo wrote: *I am often asked, "Exactly what is Filipino Combat Systems?" FCS is not the easiest thing to describe. People ask, "Is it a martial art? Is it a martial science? Is it a philosophy? Is it an organization, or a system?" It is all of those things; it is none of those things. Filipino Combat Systems defies simple categorization. Originally, it was not meant to be a system. It began as a group of friends getting together to train without the irritating politics that most organizations are infected with, but then FCS began to grow beyond anyone's expectations.*

*FCS should be thought of as a Tribal Art as opposed to being called a martial art or a martial science... Tribal Arts have the mindset that they are training family members. FCS is a family. It is non-political. Unlike most*



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*organizations, FCS has no real hierarchy. There are people who have been doing this for a very long time and there are people who have just begun this path. There are instructors and there are students. There are older brothers and sisters and there are younger brothers and sisters. We have no militaristic rank structure.* (Filipino Combat Systems by Mark Edward Cody and Ray Dionaldo)

These words serve well to summarize the underlying philosophy that has propelled Tuhon Ray Dionaldo's system to International acclaim. In the years since we released the book, the system has continued to grow at an astonishing rate.

Those who know Tuhon Dionaldo know that he follows a schedule that few could endure. Demand for his instruction takes him all over the world. The 2009 schedule has already announced seminars in many countries, including the Philippines, Norway, Slovakia, Germany and France.

In my attempt to serve as historian for the system, I have found it difficult to keep track of the explosive expansion of FCS. Filipino Combat Systems has grown not only in international membership, but also in curriculum.

Tuhon Dionaldo has based FCS on a few basic martial concepts. It is this foundation of conceptual training that has afforded the system its popularity, its diversity of technique and its unprecedented effectiveness as an armed and unarmed fighting system.

### **The Core Concepts of FCS and Basic Martial Principles**

1. Use Economy of energy and economy of motion
2. Utilize deception
3. Develop sensitivity
4. Understand human physiology and psychology
5. Go with the flow/ride the wave of movement
6. Don't get hit: Understand Blocking and body shifting
7. Palisut (evading and passing through)
8. Snaking and taking out the slack
9. The 50/50 Rule - Look at attack and defense in relation to the human body's bilateral design.
10. Quadrants - Think multi-dimensionally. Attack and defense can occur from the left or the right, from high or from low
11. Be adept at all ranges of fighting distance
12. Occupy all the opponent's weapons
13. Maximize your energy and steal your opponent's energy
14. Develop ambidexterity
15. Bait your opponent
16. Use pressure points
17. Utilize two-way action
18. Apply complex torque
19. Generate confusion
20. Work against a base
21. Create mechanical advantage
22. Apply variable pressure

23. Stick to an opponent
24. Utilize redundancy
25. Remember the basics principles in all martial technique

FCS principles are in accord with time-tested military strategy.

### **The Seven Classic Maneuvers of Conventional Warfare**

Napoleon and other military strategists spoke of "The seven classic maneuvers of conventional warfare". Although these principles were intended for large-scale troop movements, they also have some bearing on individual hand-to-hand combat.

1. Penetrate the center: This is a centerline attack in which you enter in between the limbs to attack the body.
2. Envelopment of a single flank: Take the outside line. Move to the opponent's right or left and attack while limiting the opponent's ability to counter with the limb closest to you. At the same time, place yourself too far away from the opponent's opposite limbs for him to bring them into play. In terms of single combat, this may incorporate the use of cross-extensor reflex action, in which, by controlling the limb closest to you, pain compliance prevents the opponent from reaching across his own body with the other limb, because this accentuates the pain.
3. Envelopment of both flanks: For single combat, this means getting behind your opponent by some means, or simultaneous attack and/or neutralization of both sides of the body.
4. Attack in oblique order: The use of 45-degree-angle footwork and attack is a key concept of the martial arts. By moving forward 45-degrees off the attack line, you can evade attack and place yourself in the optimum position for counter attack. Oblique angles between the limbs of your opponent are often openings for counterattack.
5. The feigned withdrawal: Pull back or appear to pull back, then move forward to attack, harnessing your opponent's forward momentum as he is lured into advancing.
6. Attack from a defensive position: Utilize cover and concealment. Make the environment work to your advantage. Put the light source at your back. Put multiple attackers in one-another's way, so that only one can attack at a time. Take the high ground.
7. Use an indirect approach: Utilize deception, subterfuge, or unconventional tactics to seize the victory. An example of this is to throw something like sand or a beverage in the opponent's eyes before attacking. (*Wado Ryu Karate/Jujutsu by Mark Edward Cody*)

Every fighting system has its own unique set of techniques. Any practical system bases these techniques upon universally recognized core concepts. We can draw a comparison between the martial artist and the painter. Two painters may paint the same subject with their own unique brush strokes, but they are nonetheless unified by a fixed set of principles that are dictated by an understanding of the media with which they paint.

There are fixed principles by which three-dimensional objects may be portrayed on a two-dimensional canvas. Base colors when blended together create a predictable result. A master painter does not strive to train his apprentice to paint exactly as he himself paints. He endeavors to impart the basic skills that lead the apprentice to find his own unique artistic expression that flows from an intuitive grasp of the core concepts. All artists must adhere to core concepts in their quest for mastery of their art.

Filipino Combat Systems is an art in the truest sense of the word. True art does not represent things as they are. It represents things as they should be, as they can be. There are many painters who can create a photo-realistic portrayal of a subject. There are few who possess the subtle skill that seems to capture the essential qualities that define the individual and immortalizes them on canvas.

The greatest foe the artist faces is preconceived notions. We have a fixed idea in our minds of what a thing is, of what it should be. These preconceived notions prevent most of us from ever learning to draw or paint with skill that goes far beyond that which we possessed in grade school. As we grow older, we develop superior hand-eye coordination and yet still our skill shows little progress because we never learn how to see.

Learning to see, learning to set aside preconceived notion is the hallmark of Filipino Combat systems. Why should we learn to fight with sticks if we never carry one in our day-to-day activities? What are the chances of an attacker on the street assaulting us with a rattan baton? Is it not more likely an assailant will wield a gun rather than a knife?

Most people who have spent any amount of time studying any martial art will be quick to quote the Tao Te Ching, "To know one thing is to know ten thousand things". In the training methods of the Filipino Martial Arts, we quickly discover that facing an opponent with a baton teaches an intuitive understanding of the importance of distancing.

The empty handed combatant may hold his own against a marginally skilled foe using a preferred combat range. The Tae Kwon Do practitioner may do well with his long-range techniques. The grappler may excel if he can get his opponent on the ground. Unfortunately, in the real world we seldom get an enemy to play our favorite game. By training with and against a baton, we quickly learn that combat is in a constant state of flux. In an instant, long-range, mid-range, close-range and grappling-range all blend into one.

When we put a blade in our hand we are quickly yanked out of the sparring mindset that it is OK to take a blow to get in a blow. One slip can bring about sudden death. We soon realize that focusing all our attention on our weapon-hand is a fast track to defeat. Both hands must be alive with active participation in attack and defense.

Archaic, deep training stances taught by many systems primarily to strengthen the lower body are soon recognized as invitations to devastating attacks to the legs. It is likely that all combat arts evolved from the blade. By revisiting the nature of blade combat we gain insight into all forms of combat. The volatile nature of blade combat is perhaps the best teacher of the concept that "Nothing is everything, but everything is something". Technique must flow from concept and concept must flow like water and assume any form that situation dictates.

The knowledge base that Filipino Combat Systems embraces and its ability to utilize the basic teaching concept of "relating the unknown to the known" gives it

universal appeal to martial artists of all backgrounds. It does not demand that the student forget everything he knows and “do it the FCS way”. FCS leads the student of every art to build on the existing foundation and take skill to a higher level.

The path of the martial arts has a tradition of seeking to not only make its followers better fighters, but better human beings. Most of life’s battles are metaphorical. Tuhon Dionaldo has become a pioneer in taking martial principles to non-martial artists. Through his motivational lecturing, he has imparted martial philosophical truths to thousands who would have otherwise never been exposed to these concepts.

What does Filipino Combat Systems have to offer as a fighting system and as a philosophy? It teaches us to strive for substance over form. It teaches that we do not have to be exactly like everyone else in order to learn from others.

Perhaps the greatest lesson of FCS is reminiscent of the lesson Genghis Khan was taught as a child. The Khan’s father once handed the boy an arrow and told him to break it. The boy did so without effort. He was then given a bundle of arrows and asked to repeat the task. Despite his strength, the young Genghis Khan could not bend the arrows’ combined strength. “This”, the boy’s father told him, “is the key to true strength”. One person, one method of doing things, one ego - these are like one arrow. They are easily broken. Filipino Combat Systems is a band of brothers. Like a band of arrows, its unified strength is greater than the sum of its parts. What FCS teaches us is that we all have a great deal to offer and we all have a great deal to learn from one another. This is a valuable lesson for the martial arts that we can take with us into all aspects of Life. This is the essence of Filipino Combat Systems.

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**Tuhon Ray Dionaldo's Scrap Book**



**The 4 Masters**

**Grandmaster Remy Presas**



**Punong Guro Edgar Sulite**



**Dan Inosanto**



**George Dillman**



TO RAY,  
BEST WISHES TO YOU.  
5-14-94 *[Signature]*



**Tuhon Ray with Bakbakan group**

**Tuhon Ray with Kerambit**



**Master Fred Lazo,  
Tuhon Ray Dionaldo,  
Ama Guro Raffy Pambuan**



**Tuhon Tom Kier  
and  
Tuhon Ray Dionaldo**

**Tuhon Ray and Grand Tuhon  
Baltazar "Bo" Sayoc**



**BJ Penn at his gym in Hilo, HI**



**Tuhon Ray Martial Arts  
Performing Group**



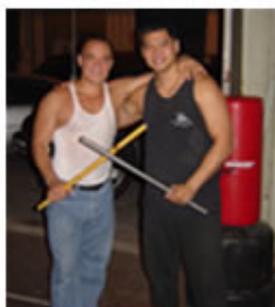
**Tuhon Allain Atienza, Lakan Guro Ray Cole,  
Tuhon Ray, Tuhon Rafael Kayanan,  
Tuhon Carl Atienza**

**Tuhon Felix Cortes, Tuhon Rapael Kayanan,  
Tuhon Ray Dionaldo**



**Tuhon Ray performing on stage in Beirut**

**Tuhon Felix Cortes & Tuhon Ray  
at the old FCS School**



**Sonny Puzikas, Grandmaster  
Willhem DeThouars, Tuhon Ray**

**Tuhon Chris Sayoc, Tuhon Ray, Grand  
Tuhon Baltazar "Bo" Sayoc**

**Mataas Na Guro Remy Presas Jr, Tuhon Ray,  
Mataas Na Guro Demetrio Presas, Senior  
Master Guro Rodel Dagooc**



**Lakan Guro Ray Cole, Tuhon  
Ray, Guro Marrese Crump**



**Guro Daniel Prasetya and  
Tuhon Ray**



**Tuhon Felix Cortes, Tuhon Ray,  
Tuhon Rafael Kayanan**





**FCS Summer Gathering 2008  
Gathering Instructors**



**Guro Felix Valencia,  
Regional High Chief Chaz Siangco,  
Gigie, Tuhon Ray, Rich**

**Tuhon Ray, Gigie Alunday,  
Shihan Ted Tabura,  
Sigung Antwione Alferos, Master Joe Tan**



**Bahati Mershand  
and Tuhon Ray**



**Guro Roger Agbulos, Rich Verdejo,  
Gigie Alunday, Guro Felix Valencia,  
Tuhon Ray**

**Collier County - Collier County SWAT**



**Modern Arnis Winter Camp  
2/9/2002 Philadelphia, PA.  
Tuhon Ray Dionaldo with  
Grandmaster Max Pallen**



**Tuhon Ray Dionaldo outside FCS**

**Tuhon's Limo Ride**



**EPCOT with Minne**



**Tuhon Ray playing the ukelele in HI**



**Tuhon Ray speaking to squirrel**



**Austin Dionaldo**



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**California** - Rich Verdejo and Gigie Alunday  
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**Florida** - FCS Headquarters  
**Kentucky** - Ernie Lake  
Lexington Martial Arts Academy  
Email: ernest.lake@insightbb.com

**Massachusetts** - Dennis Cregier  
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Salem, MA 01970  
Contact Dennis Cregier: (978) 745-8511  
www.dragonwithinmartialarts.com

**New Hampshire** - Nicholas Stevens  
Terry Dows Martial Arts  
Manchester, New Hampshire  
Contact Nicholas Stevens: (603) 493-2707  
Email: ArchonAsh@Yahoo.com

**North Carolina** - Lakan Guro Harold Evans  
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www.myspace.com/guroharold

**South Carolina** - Phillip "Brad" Carey  
Charleston Combat Academy  
443 Long Point Road, Suite B,  
Mt. Pleasant, South Carolina  
www.charlestoncombatacademy.com

**Canada**

**Canada** - Sean Tyler  
United Martial Arts  
1680 Midland Avenue Unit 1 and 2  
Scarborough, Ontario  
Email: fcskalicanada@rogers.com

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Contact Rene Marc Zeller: 00491 (791) 230-1694  
Email: r.m.zeller@web.de

**Hungary** - Atilla Jonas  
Email: fcs hungary@yahoo.com  
www.fcs-hungary.hu

**Italy** - Walter Barbaro and Fabio Barbaro  
Walter Barbaro Cell: 39 (347) 850-9461  
Fabio Barbaro Cell: 39 (347) 572-2515

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**Russia** - Alexander Pisarkin  
Email: alexander.pisarkin@gmail.com

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www.tacticalcombat.sk

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Email: metin.a@bluewin.ch

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By John Kovacs, M.A. Shihan



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

In today's global village it seems that most everything is but one computer click away from attainment. The information highway of today's internet is available 24/7, and the variety of products and services available is staggering. If there is a desire for any kind of product what so ever, you can bet that someone out there will be providing it. On-line book sales for example, have exceeded those of standard sales available at your local mall book store. And in today's depressed economy, on-line sales of everything from organic food to clothing have soared. Information and instruction available on-line has taken on a whole new face in wake of the computer classroom. On-line learning courses from accredited and non-accredited colleges expand daily in cyber space. Many on-line college degree programs today offer a combination of on-line programs and class room participation. In some programs the class room participation may even only require two week long intensives, in addition to year long on-line courses, versus the traditional on going only physical class room participation.

The martial art industry mail order business has been in full swing for many years now. You could pretty much order anything from books to uniforms, to various colored belts from any number of martial art supply places. Many years ago you could order an 8mm film of different master's performing various forms and or self-defense training. Even various; old Karate tournament footage was available in the 8mm format. Today of course every conceivable type of martial art video can be found on-line. Regardless of what one wants to study it is in all likelihood available. Various mail-order/distance learning martial art training is also available. You can now readily acquire the various tapes/DVD's to learn material from, practice, then "test" in the system you wish to learn. Gone are the days when you had to petition to be accepted as a student and then be lucky enough to be accepted in the training process. Instead of "wax on - wax off", we now have "click on - click off"...

And while some of the quality of what is available on the World Wide Web might be in question, some are of exceptional quality. On the cutting edge of all this within the FMA (Filipino Martial Arts) is the on-line training videos offered through the FCS-Kali

website (fcs-kali.com) under the Filipino martial arts Visionary - Tuhon Ray Dionaldo. What Tuhon Ray offers is an actual class as taught by him and some of his senior instructors in the FCS-Kali curriculum.

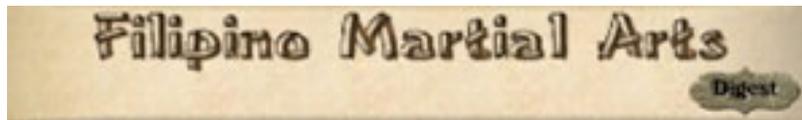
What the on-line student witnesses is a class session right before their eyes as if actually in the class. The material is vast - everything from some more "basic" empty-hand material, to the more complex drills performed with various weapons such as the infamous Kerambit (of which Tuhon Ray is well known for), to the solo baston and double edged dagger training. What distinguishes this training apart from other similar programs are several factors. First is the easy accessibility. The training is available 24/7 on-line. Second is the quality of the instruction. While some of the footage may not be Hollywood caliber at this time, what you see is a real class done before your eyes with expert instruction. And third is perhaps the most important. If anyone is looking to enhance the quality of their training within the martial arts then this training is a real gem. The concepts and principles learned will take whatever you're doing to the next level. So if you want to crank it up a notch in your training, then this training available at Fcs-Kali.com is for you. It is absolutely the next best thing to having Tuhon Ray teaching you in person.

**Sample:** FCS KALI ONLINE - Tuhon Ray Dionaldo - Tabak Toyok - **[Click Here](#)**

**Fcskalionline.com** will provide online training featuring downloadable videos featuring actual classes from Tuhon Ray.



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