

Filipino Martial Arts

Kali Majapahit

Digest

Special Edition
2009



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From the Publishers Desk

Kumusta

Guro Fred Evrard and his wife Madunong Guro Hiu Lila Evrard have definitely had an adventure before finally residing in Singapore. Where they have setup their school Ni Tien Martial Arts School, which offers an effective, complete and accessible curriculum for everyone: men and women, youths and adults, beginners and advanced.

Kali Majapahit is a Filipino martial arts system, with roots in the ancient Majapahit Empire (Philippines, Indonesia, Singapore, Malaysia, Brunei, Southern Thailand...). It is a synthesis of several Filipino arts, but also has elements of Muay Thai, Pencak Silat, and Hakka Kuntao.

I think you the reader will find Guro Evrard and his wife a very interesting people and find that they are professional practitioners just wanting to spread their knowledge and at the same time continue to add to their knowledge.

Enjoy this Special Edition and learn about Kali Majapahit.

Maraming Salamat Po



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

The ideas and opinions expressed in this digest are those of the authors or instructors being interviewed and are not necessarily the views of the publisher or editor.

We solicit comments and/or suggestions. Articles are also welcome.

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Kali Majapahit

Ni Tien Martial Arts Schools

In 1998, after more than 20 years of practice, Guro Fred Evrard Founded the first Ni Tien Martial Arts School in Moorea (French Polynesia) and another one soon followed in Tahiti, teaching Filipino Martial Arts and Natural Health concepts. In 2006, after a 4-year-martial-arts-trip-around-the-world, Guro Evrard and his wife, Madunong Guro Hiu Lila opened a Ni Tien school in Singapore and the latest was opened in 2008 in the Philippines, the birthplace of Kali.



Guro Fred Evrard and Madunong Guro Hiu Lila

In Hakka, Ni Tien means 2 skies; therefore, our school is: “The school of the 2 skies” (2 skies for 2 concepts of Martial Arts and Health).

Ni Tien Martial Arts schools offer an effective, complete and accessible curriculum for everyone: men and women, youths and adults, beginners and advanced. Both modern and traditional, our martial arts programs will develop your self-confidence, concentration, mental and physical strength, while teaching you a healthy lifestyle, and building up your health and energy level. Ni Tien Martial Arts Schools also work to promote the rich and colorful culture of the Philippines. Our instructors will use 2 main systems to help you reach your goals. Kali Majapahit and Hilot.

Kali Majapahit is a Filipino martial arts system, with roots in the ancient Majapahit Empire (Philippines, Indonesia, Singapore, Malaysia, Brunei, Southern Thailand...). It is a synthesis of several Filipino arts, but also has elements of Muay Thai, Pencak Silat, Hakka Kuntao (Phoenix Eye Fist, Wing Chun...), and Chen Taiji Quan.

Hilot / Panlohob na Lakas is the Health part of our programs. Hilot is an old Filipino healing art, using massage, osteopathy / bone setting, dietetics, posture correction, and other practices for the prevention and treatment of different pain and sickness. Panlohob na Lakas can be compared to Chinese Qi Gong, and is the Filipino work on Breathing and internal Energy.

Overview and Lineage of Kali Majapahit

Guro Evrard calls the Kali system taught in his Ni Tien Martial Arts Schools: **Kali Majapahit**. It is a synthesis of several Filipino Martial Arts, and some other fighting arts from the ancient Majapahit area in Southeast Asia.

The Martial Arts styles that have influenced the Kali Majapahit curriculum are:

- Kali Sikaran (*Punong Guro Jeff Espinous*)
- Inayan Eskrima (*Suro Mike Inay*)
- Panantukan (*Lucaylucay style*)
- Kali / JKD (*Inosanto Kali*)

- Muay Thai (*Thai Kickboxing*)
- Pencak Silat Concept (*Pendekar Wijaya Jeff Espinous*)
- Seni Silat Titipinang
- Silat Kuntao
- Hakka Kuntao (*mostly Phoenix Eye Fist and Wing Chun*)
- Chinese Taiji (*Chen Taiji Quan*)

Guro Fred doesn't look at his Kali Majapahit as another "style" of Kali, but rather as a "system"; a new way of organizing and teaching the Filipino martial arts.

- The word **Kali** is an old expression of the Visayas and Mindanao for blade-oriented Martial Arts, which is almost not in use any more in the Philippines. In Mindanao they say the name Kali, as the oldest Filipino Martial Art, comes from the Malay sword Keris, which became Kalis, then Kali in the Philippines. Linguists think, that Kali is a mix of the words kamut (hand) and lihok (movement), which was contracted into to KALI: movements of the hands. On the islands of Pany, Negros and Samar they can also call it Kaliradman, Kalirongan or Pankalikali. Whatever the linguistic origin, this Filipino fighting art is a marriage between local warfare experiences and the arriving of the Malays and their Pencak Silat, but Kali has also been influenced by Chinese (Hakka) Kuntao, Muay Boran (ancestor of Thai boxing), and Indian Kalaripayat. Some people say that the word "Kali" doesn't exist in the Philippines... It's not because we don't speak Latin in France that it had never existed!

- **Majapahit** was the name of a great Javanese Empire of the 13th to the 16th century. The Majapahit Empire eclipsed the Srividjayan Empire and spread throughout Southeast Asia and into the Philippines. Those were the golden days of the Malay culture. At its height, the Majapahit Empire included areas that are today Indonesia, Malaysia, Southern Thailand, Cambodia, Brunei and the Philippines. Deeply influenced by a Hindu-Buddhist culture, the Majapahits brought their styles of Pencak Silat to the Philippines where they settled most heavily in the South (Mindanao and Sulu). This is when the Bugis warriors of Sulawesi have introduced the Keris sword (Kris) to the Philippines. It is believed that the islands of Mindanao and Sulu were the birthplaces of Kali during the Majapahit Empire.

As for most Filipino Martial Arts, the training concepts of Kali Majapahit are multiple but simple. They are based on several sub-systems:

- Sinawali or Doble baston (*Double sticks*)
- Solo baston (*Single stick*)
- Daga (*Knife*)
- Kadena de Mano (*closed range empty hand*)
- Panantukan / Sikaran (*Filipino boxing / kickboxing*)
- Dumog (*Filipino wrestling*)
- Largo Mano (*long range or long sword*)
- Espada y Daga (*sword and knife*)
- Sibat / Bangkow (*spear / long staff*)
- Trangkada (*joint locks and pressure points*)
- Silat Kuntao & Silat Sarong



- Hilot / Panlohob na Lakas (*Healing and Energy work*)

In Kali Majapahit, these concepts are woven together into a complete and very effective system. Any improvement in one aspect of the art will accelerate progression in the others.

About the Kali Majapahit Logo

In ancient traditions, everything was expressed through symbolism. It can be seen in Chinese Taoism, Tibetan Buddhism art, Japanese Mon, Filipino Anting-anting, etc. Following this old symbolism that he learned from his Masters, Guro Fred designed the Ni Tien/Kali Majapahit logo:



- The circle is the symbol of enlightenment. In Buddhism, it represents knowledge and the end of the reincarnation cycle.
- The triangle is the symbol of spiritual elevation. It is a common figure in Filipino martial arts.
- The Kali stick is made of rattan. It not only represents the Filipino martial arts world, but is also a symbol of flexibility and tolerance (like bamboo). Ours has 7 knocks; 7 is the traditional number of Creation.
- The Kris is the typical weapon of the Majapahit Empire. The number of waves on the blade is very important. This is a Sundang (Filipino Kris) and has 11 waves. In numerology, 11 is a sacred number, symbol of Unification.
- The Yin Yang symbol is the well-known logo of the Tao. The unification of all opposites. Balance of the forces of the Universe.
- The 2 Alibata words (ancient Filipino writing) inside the Yin Yang mean KALI.

Kali Majapahit Instructors (2008)

Ni Tien Martial Arts' Instructors all have an extensive martial arts experience as well as proficiency in various fields that brings them a unique profile.

- **Guro Fred Evrard:** Guro Fred is the founder of Kali Majapahit and has studied and is certified in: Kali Sikaran, IKAEF program, Inayan Eskrima, Pencak Silat, Muay Thai, Kenpo, Sanda Kung-Fu, Taiji Quan, Close-Combat (French Army)...

- **Madunong Guro Hiu Lila:** Senior Instructor / Co-Founder Kali Majapahit, Instructor Kali Sikaran, Instructor IKAEF, Instructor Pencak Silat, Instructor Muay Thai, Instructor Taiji Quan...

- **Madunong Guro Bruno Rozier:** Senior Instructor Kali Majapahit, Instructor Tae Kwon Do, Instructor Kali Sikaran, Instructor IKAEF, Instructor Hapkido...

- Kadua Guro Philippe Donaghy
- Kadua Guro Mike Bugnosen
- Kadua Guro Irvin Calmels
- Kasama Guillaume Foucaud
- Kasama Morgane Foucaud
- Kasama Ben Boeglin
- Kasama Vincent Dizon

- Kasama Joseph Florendo
- Kasama Maxime Delaye
- Junior Assistant Estelle Delaye

Kali Majapahit ranking system

Our ranking system is based on Phases (when most non-Filipino martial arts are based on Belts). There are 8 Phases to Assistant Instructor Level; after what Phases become Titles. There are 5 Instructor titles before the rank of Master:

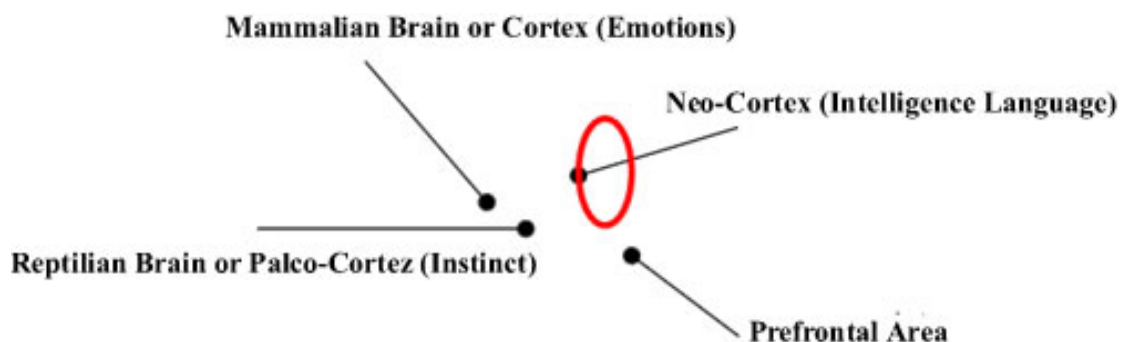
- | | |
|--------------------------------------|-----------------|
| - Phase 1 to 7 (student) | - White T-shirt |
| - Kasama: Assistant Instructor | - Red T-shirt |
| - Kadua Guro: Instructor | - Black T-shirt |
| - Madunong Guro: Advanced Instructor | - Black T-shirt |
| - Katulong Guro: Full Instructor | - Black T-shirt |
| - Katalungan Guro: Senior Instructor | - Black T-shirt |
| - Guro: Master Instructor | - Black T-shirt |

It takes most students 3 to 4 years to become a 1st Degree Instructor (Kadua). The test for 1st Degree Instructor (Kadua Guro) has 4 parts: Martial Arts skills, teaching ability, Hilot and a written test.

Kali Majapahit & Brainpower

- Filipino martial arts for Human Potential -
By Kasama Guillaume Foucaud and Guro Fred Evrard

Modern Neurology discovered that human beings don't have 1, but actually 3 brains (the triune brain), all result of our past evolution: The **Reptilian brain** (or Neo-Cortex, at the origin of primitive behaviors and basic instincts), the **Mammalian brain** (or Cortex, or Limbic brain, responsible for emotions, past memories and experiences), then the **Neo-Cortex** (or modern brain, which allow us to think, talk, etc.), surrounding the limbic system with a complex mapping of neural connections.



What differentiates humans from animals is actually the size of the Neo-Cortex, with its unique human characteristic, the **Prefrontal Area**. This area is in charge of coordinating the 3 brains, a little bit like a hub. This hub allows those 3 brains to work simultaneously, resulting in the complexity and ambiguity of Human Beings and their behaviors.

Additionally, this “modern brain” has 2 distinct lobes, also known as hemispheres, the left and the right. The right hemisphere controls the left part of our body and is the center of our instinct and our creativeness, while the left hemisphere controls the right part of our body and is the seat of intellect, logic, and language.

For most of us, the left hemisphere is over-developed, to such a point that our Ego (personality) believes itself to be the totality of our being (“I am”). Our intellect is in fact only a tool in the service of our mind. Around 10 % of our brainpower only is really at work, and a big part of our mental potential is sleeping, resulting in a disruption of the mind and body balance... “Use it or lose it”!

To rebalance the cerebral hemispheres and to “resuscitate” their neurological connections can help us to have access to a larger part of our mental faculties.

How Kali Majapahit helps us to recover the lost balance:

At birth, a child is neither right nor left handed, but ambidextrous. It is only following a short, but efficient conditioning that the duality appears in him/her.

The handicap of being “left” or “right” handed is visible in everyday life as well as in the practice of the martial arts. For example, what happens to a right-handed fighter injured in the right hand at the beginning of his fight? What happens to a left-handed school child who has broken his left hand skiing and has it confined to a plaster cast for two months in the middle of the school year?

It is not something exceptional to know how to use both hands; it is the minimum we owe ourselves.

Both Martial Art Tradition and Neurology teach that we (modernus occidentus) lost a part of our instincts (they’re actually sleeping, not totally lost) and brainpower.

To change that, one of the best exercise I know comes from the “Inayan Sinawali” drills used in our training, which are just “magical” asymmetrical exercises to re-balance our brain hemispheres. In Kali Majapahit, we also ask our right-handed students to spend 24 hours as if left-handed and vice versa. They will, for one entire day, eat with the left hand, brush their teeth with the left hand, etc. When the two sides of the body are mastered, we can start training in “real” Martial Arts.

Once the Kalista feels comfortable with the Sinawali basics, he/she will be asked to redo them while singing or while reciting the alphabet as fast as possible. The first trials are very often failures, because the Intellect is still trying to control everything; but after a while, the brain will figure out a new way to perform both actions at the same time, while the intellect will take care of the alphabet. After the practitioner had mastered his sticks “in space”, he now has to do it “in time”. Very simple “brain smoking” exercises, like practicing the 10 basic angles of attack with the 2 hands but not at the same time (right hand start with angle 1, and left hand starts the exact same thing, but only when right hand is striking angle 2...) is VERY HARD TO DO at the beginning. And of course, all those exercises are applicable on the right side and on the left side, in mirror, mirror-mirror, counter mirror, etc., forcing us the work both sides of our body...

at the same time... on different levels! The only way is to empty and centre your mind. What the Japanese call “Mushin” (“no mind”).

Takuan Soho, once said: “Mushin is the body thinking instead of the mind. If you understand that, you can understand Zen”.

In Kali Majapahit (and Filipino martial arts in general), all those concepts, ideas, and brain gym exercises will be united, offering the student a chance to find a new balance in the his/her practice, as well as in life.

Are Men’s and Women’s brains equal in the practice of FMA?

This is a tricky question, and there is only one-way to answer it without creating any animosity, the scientific way.

Let’s see what science has to say about it: Some very interesting research has been done by “The European Dana Alliance for the Brain”.

The study, after scanning, observing, and analyzing thousands of male and female brains, concluded the following:

- The Male brain presents more asymmetries than female brain = Less connectivity between the 2 brain hemispheres for the men.
- Male brains volume is bigger than Female brains, probably to compensate the loss of connectivity due to the asymmetries.
- Females have a tendency to use both hemispheres, while men are using only the left hemisphere. This makes them (the girls) better learners.
- Men are generally better at mathematic reasoning, mechanics, or 3D visualization, while women are superior for language related topics: memorized objects, find synonyms, and universally better control of language (there are more males suffering reading and speaking trouble such as dyslexia).



All this to say that women are usually faster learners in Martial Arts because they will practice on several levels at the same time, while men will learn intellectually first, and then have to forget what they’ve learn in order to be more instinctual. But men have (a little) more aggressiveness, which allows them to immediately apply in sparring what they’ve learned... therefore making it instinctual. So, at the end, using different tools, both of them are EQUALS!



Men and Women are definitely able to practice at the same level of performance, but they both learn differently and assimilate different concepts at different pace and timing.

Men: 1, Women: 1 = Draw!

Kali Majapahit Lineage

- My training with Suro Mike Inay and Punong Guro Jeff Espinous -
By Guro Fred Evrard

In a martial artist's path, the most difficult part is to find a good instructor. Someone not only gifted technically, but with a great personality, pedagogy, sense of honor and humor as well. Personally, I believe I've always been blessed with great instructors, but 2 of them really changed my life: Punong Guro Jeff Espinous in 1995 and Mangisursuro Mike Inay in 1996.

Punong Guro Jeff Espinous was my very first Filipino martial arts instructor. I agree with Pangulong Guro Jon Ward (Inayan Eskrima), when he says that to his opinion: "Jeff is one of the best seminar instructor out on in the world circuit today".

I will always remember the first time I saw him, and my first Kali class few hours later. I was in the French Kung Fu National Team at the time and just came back from Spain where I got Gold at the World-Cup Championship; I also hurt my knee pretty bad while competing. Tired of jumping around, I was looking for a Wing Chun school when one day, in a gym, I saw a guy doing what I thought was Wing Chun. Trapping hands, economy of motion, low kicks... even though it didn't look Chinese, what else could it be? I approached him, and we started to talk. I found out he was teaching Filipino Kali, and that his next class was in 3 hours, not far from here. His name was Jeff Espinous.



Punong Guro Jeff training Guro Fred the hard way...
of his own Instructor and friend: Mangisursuro Mike Inay.



Punong Guro Jeff Espinous
and Suro Mike Inay

The same night, I saw his class, the variety of sub-systems, empty hands, weapons, ground-fight... I knew I was gonna learn under him after 5 minutes of class. After 1 hour, I knew I was going to practice Kali for the rest of my life. I found a 2nd family that night and I fell in love with Filipino martial arts. After a while, I started traveling with Jeff to be his partner during his international seminars, and one day, in San Jose California, Jeff introduced me to one

Meeting with Suro was something. Training with him was magic. He was charismatic, impressive, but also funny and has an open heart. I remember living with him and his 2 disciples Emmanuel (Hart) and Jon (Ward) in their house in San Jose. That was one of the best experiences of my life. Suro had transformed his garage into a “FMA-traveler-guest room”, and training was the main purpose in this house. Filipino weapons, sticks, books, photos were all around. Martial arts Legends like Angel Cabaless or Max Sarmiento were looking at me through their pictures in my sleep! I was only 24 years old at the time... it was a like dream!



...but always with humor and friendship

Practice was great, and Jon and Emmanuel were really there for me; training me any free moment they had. When Suro came back from work, it was more training, sometime 1 on 1 with me. Even when we were resting at the end of the day, there was always some kind of training going on: Suro showing us Krieses, Emmanuel playing drums in the backyard and the rest of us being irresistibly attracted for a Karenza, or the simple game of “draw”, trying to draw our Spiderco knives the fastest. Of course, I was always last.

Those days were gold. In 1998, I moved to Tahiti, with a 100 dollars and a 1-way ticket in my pocket. I didn't know anything about the place, just that I really, really liked the beaches pictures. I opened my first Kali school over there, in the small island of Moorea; the first Ni Tien Martial Arts school was born; Kali Majapahit was being created. That was the beginning of my personal path and I had all the time in the world to digest what my beloved Instructors have taught me. After 2 years of training on my own and learning how to teach others, I decided to go to California in late 2000 to train with Suro Mike. This trip never took place. In September 2000, Mangisursuro passed away, doing what he loved most, teaching Inayan Eskrima.

As for Punong Guro Jeff Espinosa, I still see him regularly if I go to Europe or when he comes visit us in Singapore. He is still my Master, my Mentor...



Suro Mike, his son Jason, and Inayan Guros surrounding Fred Evrard

Knife Training in the Art of Kali Majapahit

By Fred Evrard

Daga is the Filipino knife fighting system. Knife defense is a known specialty of Kali and Eskrima. Filipino knife fighting techniques have influenced police and military knife defense strategies all over the world.

In our schools, Daga is not taught during the kids class; only adults. Our Daga curriculum is as follow:

- Basic anatomy (arteries, weak spots, etc.)
- Basic 5 angles
- Evade principal + triangle footwork
- Palm down block principal
- Parry principal
- Block and parry principal
- Clockwise disarms
- Strip disarms
- Basic drills (loop drills, etc.)
- Advanced drills (reactive knife, etc.)
- Angle 6 (advanced)
- Aluminum knife fighting
- Knife against knife
- Karambit against knife



Today's need for knife fighting and defense is not as high as in the old days, and even though danger is still present, especially in the big cities, I like to think at Daga training in term of cultural classes, along with Kampilan, Barong, Kris, bolo training... "A way of honoring the warrior traditions and culture of the Philippines."

Daga is also one of the best way I know to improve our empty hands skills. Of course, some people living in Manila, NY, London may think: "What is this guy talking about! I see knife fights everyday in my neighborhood! Daga training is for Daga fighting!"

And they are probably right. But I like to see things that way and tell to myself: The more people will train Filipino martial arts with peace and culture in mind, the best it would be for humanity... for our children. Even though I just

came back from Baguio, Philippines, where I taught a 2 days seminar to professional martial artist and police / military officers, mostly based on blades, and that it HAS TO BE realistic and efficient. But the mentality behind training; the state of mind of the

Kalista or the Eskrimador in peaceful times could, and should be a “Peaceful Warrior’s one”! At least, that’s my vision... my hope for the future.

The Cutting Edge

By John Honeyman

Kali is typical of the Filipino martial arts - the techniques are done with sticks and empty hands as well, but all are derived from the original movements done with blades. We spend a lot of time in Kali Majapahit using our knives, with the resulting improvement seen in everything else we do. There is no intention for any of us to become knife killers, but rather through study we learn about the unique Filipino culture and their attitudes towards combat, which were based on blades. The training also develops superior focus, concentration, and peripheral vision. Getting attacked with a knife by someone who knows how to use it is a scary situation.



Some key take-aways from our training:

1) Keep your hands tight to your body

Don't let your arms wave around. It just makes it more likely that you will get cut or be out of place. Keep your arms close to your upper body forearms facing outward (protecting vital organs of your torso while at the same time hiding arteries and veins in the arms) when not active.

2) Think SMALL

Keep all actions minimal. Fear will make your motions exaggerated. Success depends on precision.

3) Protect the Big Stuff; use the Outside

Blocking should be done with the outside of the arms, NEVER the inside of the arms.

The inside is where all the key arteries and veins are, and this needs to stay protected. If you are cut on the outside of the arm it is less likely to result in a lethal wound.

4) Focus on the **MAN, not the **Knife****

There is a tendency to develop tunnel vision and stare at the knife - staring at it won't make it go away. Knife or not, the attacker is the target. Keep your attention trained on the center of the shoulders/middle of the chest so you can see attacking motion develop. This also means staying out of the way of the attacker's free hand (the one not holding the knife), just because it has no knife does not mean it is not dangerous.

5) Watch your Lines

Make sure you move your whole body, not just your arms/upper body, out of the way of the knife. Many times a deflected cut to the body ends up cutting the leg instead.

Thus, when defending you need to make sure your whole body is out of the cutting line. We say “Stand in one place; die in one place”.

6) Finish Up

Like every Kali situation if you need to use it, you need to use it properly. Finish your opponent completely. A knife situation is potentially lethal. No time to be nice or merciful. There are many cases of fatally wounded attackers still managing to kill their victim before they go out. Make sure the attacker GOES DOWN and STAYS DOWN.

If you are ever in a knife fight be intent on surviving.

7) Sink the Blade; Sink the Man

When you have the knife... many classic texts on knife fighting emphasize that while slashing/cutting can kill; stabbing is a far higher percentage stop. The goal is to get a torso stab. In either case, putting the attacker on the ground (via takedown/sweep) is important since it greatly reduces the chance for the attacker to recover.

8) Practice Practice Practice

Train these responses a lot. They will help your empty-hands skill too.

This is the real deal. Focus. Make sure you are the one that walks away.



Madunong Guro Hiu Lila

Kali Majapahit

Female Instructor

By Fred Evrard

Photos by Lester Ledesma



In year 2003, following a lifetime dedication to the martial arts, Madunong Guro Hiu Lila and her husband Guro Fred Evrard, left their home in Tahiti for a “martial arts and traditional medicines” trip around the world. Four years without going home, sleeping in dojo’s, temples, or directly at their instructors' homes; training all over the world with Masters of several martial arts, monks and healers.

They have visited and trained in China, Vietnam, Japan, Thailand, Singapore, Indonesia, Malaysia, Tibet, Philippines, Lebanon, USA, Hawaii, Tahiti, France, Germany, Canada, etc., searching for knowledge and sharing it, teaching seminars all over the world.

Finally in 2006, the tour was over, and life pointed to Singapore as their new home. This is where the Evrard family; settled down, and open their 3rd Filipino martial arts school, Ni Tien Martial Arts Singapore.

Madunong Guro Lila is the Co-Founder of the Ni Tien Martial Arts school in Singapore. She is the Senior Instructor, and the Kids program manager, teaching there professionally 5 days a week.

Even though she is Chinese Hakka, born and raised in Tahiti, she fell in love with the Filipino martial arts in 1999. Tough boxer and kick-boxer, comfortable with any kind of weapons (both hands), this ex lawyer, petite, gentle and feminine lady is listened and respected by all her students (kids and adults). She is fear for her interminable series of crunches, and her excellent physical condition, positive attitude and energy make her a great role model for lots of students.



Madunong Lila teaching a Kids class



Panuntukan (Filipino boxing)

Here is a resume of her certifications, training and background:

Diplomas and certifications:

- 2008: Instructor in Pencak Silat Titipinang
- 2006: Madunong Guro (2nd degree Instructor) in Kali Majapahit
- 2005: Kadua Guro (1st Degree Instructor) in Kali Majapahit
- 2005: IKAEF Kadua Guro (International Kali

Arnis Eskrima Federation)

- 2005: Kadua Guro (1st degree Instructor) in Kali Sikaran
- 2004: Certified disciple by Sekiguchi Komei, Soke of Muso Jikiden Eishin Ryu (Japan)

Training:

- 2007: Starts training in Seni Silat Titipinang under Guru Utama M. Khamin
- 2007: Training in Pencak Silat Concept under Pendekar Jeff Espinous (Singapore)
- 2005: Seminar in Chen Style of Taiji Quan with M° Wang Fengming
- 2004: Training in Iaijutsu under Sekiguchi Komei, 21st Soke of Muso Jikiden Eishin Ryu
- 2003: Starts training in Feng Quan Kung Fu under Sifu Amon (Hawaii)
- 2003 - 2006: 4 years of intensive martial arts training in Asia (China, Thailand, Japan, Indonesia...)
- 2003: Training at "Lanna Muay Thai camp" in Chiang Mai (Thailand)
- 2003: Starts training in Muso Jikiden Eishin Ryu Iaijutsu under Montgomery Sensei
- 2002: Starts training in Filipino Martial Arts under Guro Fred Evrard
- 1994: Starts training in Hapkido
- 1992: Starts training in Jujitsu

- 1989: Starts training in Kung Fu
- 1980: Starts training in Karate

Other systems studied:

- Panuntukan (Filipino Boxing)
- Inayan Eskrima
- Muay Thai (Thai Boxing)
- Jeet Kune Do
- Wing Chun
- Qi Gong (internal energy work)
- Yang style of Taiji Quan



Madunong Guro Lila with her husband, Guro Fred

College education:

- PhD in Law from the University of French Polynesia (France)
- Study Psychology at the University of French Polynesia (France)

Photos by Lester Ledesma
www.skylightimages.info

Kali Majapahit Seminar in the Philippines

In August 2007, a new student enters the Ni Tien Filipino martial arts school in Singapore, asking to watch the Kali Majapahit class. He is Filipino, descendent of an Igorot warrior family involved in the Filipino martial arts for several generations. Mike Bugnosen, that's his name, is from Baguio city, Luzon, Philippines. He is staying in Singapore for a while and is looking for a Filipino martial arts school to continue his practice. Already advanced in the art, he has practiced at several schools before such as Doce Pares, Modern Arnis, etc. and is a former sports Arnis champion. After few minutes of watching Guro Fred Evrard's class, he knows he just found his new instructor, and the system he will dedicate his life to... After a while, he unfortunately had to go back to Baguio. This was the beginning of a new adventure; the beginning of Kali Majapahit in the Philippine.

February 2008, Mike Bugnosen organizes a meeting between the Fullcon Council of Martial Arts Masters of Baguio and Guro Fred Evrard, to introduce Kali Majapahit to the Philippines, and to help promoting the practice of traditional Filipino martial arts in its birthland. Among them, Aikido 6th Dan Masters, Arnis instructors, Muay Thai professional fighters, etc.

After 3 hours of talk and demo,



Martial Arts Masters of Baguio

the Masters reaction is more than positive. They want Guro Evrard to teach them and come back for a seminar. Muay Thai coach Kissack Gabaen said, "I am ashamed of being Filipino and never have heard of such a complete martial arts system before. It's amazing. And the Kampilan, the Kris, the Sarong... Thank you for sharing all this with us".



Guro Fred Evrard meeting the Filipino Council of Kali Eskrima Arnis Masters in Manila

The seminar was 12 hours, divided in 7 parts:

- Double sticks
- Single stick
- Knife
- Kadena de Mano
- Silat Kuntao
- Traditional weapons (Kampilan, Barong, Kris, Karambit and Sarong)
- Panlohob na Lakas (energy work)

The seminar was a success. Guro Evrard got interviewed by the national TV station and Kali Majapahit students were on the news that same evening. After that, a Ni Tien martial arts school opened in Baguio, with Kadua Guro Mike Bugnosen teaching Kali Majapahit. Guro Evrard has been invited to come back to Baguio in March 2009, for an even bigger seminar, plus a conference on the Filipino healing system of Hilot and to talk on Traditional Filipino Weapons.

To watch the videos of the Baguio seminar:

[Click Here](#)

That was the first step, a few months later, in May, Guro Evrard comes back to the Philippines to meet and be recognized by the National Council of Kali Eskrima Arnis Master in Manila, and then up to Baguio to give a seminar to the Martial Arts masters and to several military and police officers.



Weapons used in the seminar:

L - R: 2 Barongs, 2 Ginuntings, a Kris, a Kampilan and different kind of sticks

My Kali Majapahit Experience

By Alvin de Jesus



Since I was a teenager back in late 80s, I have always had a martial arts fantasy primarily because of the self-defense aspect of it. For reasons I can't remember, I was always prone to getting involved in petty fist fights and gang related fights especially during my time in high school. During this time of my youth, I always thought that knowing martial arts would make it easier for me to take down foes and opponents. I remember asking my dad if I could sign-up for aikido (which was very popular in the Philippines at the time due to Steve Seagal's movies), and I got a big fat NO! I guess just to spike me my father "forced" me to sign up for piano lessons instead...

Last year, my affinity towards martial arts came out again after watching the movie Bourne Ultimatum (according to my wife's tally, I have seen the movie for more than 20 times). From there on, I started doing some Internet research for martial arts schools in Singapore where I chanced upon a Krav Maga school and Ni Tien Martial Arts schools (teaching Kali Majapahit). I chose Kali, and this is how I end up meeting Guro Fred Evrard around October 2007. The first day I stepped on Ni Tien's dojo, I immediately sensed Guro Fred's genuine dedication as a martial arts instructor because of his effort to explain to me the Kali Majapahit system and how the programs of Ni Tien's work. I was also amazed on how dynamic the training took place when I sat in during an actual class. Admittedly, I started Kali Majapahit because of the physical aspect of its programs and not so much on the health-aspect. But because of Fred's teachings, I slowly began to realize the importance of my health, which I previously took for granted. I also learned more about my roots and the Filipino culture and I am ashamed to realize that here I am getting Filipino history lessons from Fred, a native of France. And yet he is vastly knowledgeable and has more devotion than any Filipinos I personally know, to impart the



culture of my country through his school and his teachings. Fred's commitment to teach the Filipino arts and his unwavering dedication for his students' welfare and personal development never ceases to amaze me up to now.

I am not exaggerating and I am proud to say that being with Ni Tien family is

one of the best things I have ever done in my life (aside from marrying my wife and being a father). Aside from learning useful martial arts techniques and having a great workout, I have gained friendships with Guro Fred and his wife Guro Lila, with my fellow students and have had the pleasure to meet other wonderful people associated with the school. \ Ni Tien's principle's ethics of health, personal development and discipline that I have constantly acquired as a result of my involvement in this school, continue to benefit me in all aspects of my life.

Maraming Salamat Fred and Lila!

Photos by Lester Ledesma
www.skylightimages.info



A Japanese Stylist's View on Kali Majapahit

By John Honeyman

After more than 20 years in the Japanese martial arts (Iaijutsu/Kenjutsu, Aikido, Aiki-jujutsu, kobudo) and 17 years living in Japan, I walked into Ni Tien Martial Arts School in Singapore curious but not sure quite what to expect. What a surprise!

After about six months' training in Kali Majapahit, here are the key differences I have found between Filipino martial arts and traditional Japanese martial arts:

Constant Motion

Kali places a lot of emphasis on “flowing” (called “tuloy tuloy”). We spend a lot of time working to develop fluid movements, and good Kalista are always moving. Drills with single/double stick are used to create “chains” of movement that are later seamlessly linked into a never-ending loop of attacks. This is radically different from the solid stances that typify Japanese and Okinawan arts. The Filipinos believe a fight to be dynamic and unpredictable, and that view is represented by the flow. I was reminded of Capoeira's hypnotic ginga, which keeps the opponent guessing all the time. In the Japanese arts, there is a lot of focus on “committing the attack” and using one's full body power to deliver a strike or kick. Kali tends to minimize this, in favor of hitting the opponent more than once, and avoiding any risk of being caught off balance or overextended.

Attacking the Attack

In the Japanese arts, we are taught to attack the vital targets (body and head) of the opponent right away, and that strikes/kicks are to be blocked or avoided. This is very different from Filipino martial arts, which employs guntings (“scissors”) to attack the attacking weapon as soon as it



Kadena de Mano, Gunting principal

enters into range. Kalista do go after the body/head of the opponent, but usually after destroying the weapons first. The idea of “removing the fangs from the snake” is uniquely Filipino.

Multiple Sub-Systems

Kali Majapahit is truly a multi-disciplinary approach to understanding Filipino martial arts. Through practice in stick, knife, boxing, kadena, sikaran, dumog, and a variety of other traditional weapons, we learn to be comfortable at all ranges (largo, medio, corto) and lines (high, medium, low, and ground). This develops confidence in the Kalista that he/she will have suitable skills to respond to any attack. By contrast, many of the Japanese styles (with the exception of Judo/Jujitsu) lack comprehensive skills for fighting on the ground or effective boxing, for example. Recent MMA contests show that a flexible combination of striking, kicking, and grappling proficiency yields the best balanced fighters, who in turn have the greatest chance to adapt and succeed in fights.

Common Applications between Sub-Systems

The existence of multiple sub-systems in Kali Majapahit can create a huge body of knowledge impossible for the Kalista to remember. Fortunately, Kali likes to reuse the same motions regardless of the sub-system. Thus, a technique we learn in double sticks will translate to a very similar motion with knife, single stick, or kadena. This means that the Kalista is more easily able to group sets of motion together, and dynamically apply what they know across different situations, shortening the learning curve. A shorter learning curve allows Kali Majapahit to pack a lot more curriculum into the same amount of time than another method could. The Japanese arts have some commonality between each other (aikido and kendo, for example), but it is often subtle, and more difficult to uncover. It also seems that the Japanese spend more time showing the differences between similar styles (like aikido and karate) than highlighting their similarities.

Furthermore, in Japan the overlaps tend to be left for only the very highest ranks, meaning that it might be 10 years or more into the training (if ever) before they get taught. By contrast, this is part of the defined Kali curriculum from Day One.

Concepts-based Approach

In Kali Majapahit, we do not teach forms or “kata”. Specific techniques are used to build core movements and skills, and as examples of key concepts. As above, the concepts are universal in Kali, and the drills are designed specifically to highlight this fact. We are often taught a series with stick, and then applying the same series with knife or empty hand, so that the concept is clear and becomes part of the Kalista’s fighting vocabulary.

Concepts in the Japanese martial arts are often esoteric, and have more philosophical/religious significance (such as the relationship between Zen Buddhism and swordsmanship) than actual practical application.

Individuality

From the intermediate level in Kali Majapahit, the Kalista is challenged to find his/her “flow”. The goal is to apply the Kali concepts dynamically and creatively, so that it becomes an expression of the Kalista’s unique personality. By contrast, it is common to

see large groups (sometimes hundreds) of Karateka or Aikidoka doing the same kata in synchronized movements. Creativity and individuality are discouraged until the student is master level (5th degree black belt and above).

In Kali Majapahit, provided the concepts are applied, techniques are not labeled “right” or “wrong” and Kalista are strongly encouraged to explore and experiment to develop their own flow.

Focus on Combat Effectiveness

Filipino martial arts are often called “deadly practical” or “killing arts”, especially by contrast to the Japanese styles which seem more formal and rigid. It is true that a great emphasis is placed on understanding the truth of combat in Kali and making sure the Kalista is well-prepared for it (hoping that it never actually happens). Filipino martial arts are commonly taught to elite Special Forces around the world, and while Japanese arts like aikido are common in law enforcement circles for restraint and removal, that “martial” part of the martial art is generally given less focus in Japan than the “art” portion. It must be said that Kyokushin and other hard-style Japanese arts have been popular in MMA and are effective, but similar techniques are already encapsulated in sikaran as a subsystem within Kali Majapahit, just one of many we study during our training.

Lethal Force

Given the historical pedigree of Japanese martial arts, techniques were originally designed for battlefield use, where the only acceptable outcome was the death of the opponent. Modern adaptation has toned down this idea, but Japanese martial art breaking demonstrations (such as done in Kyokushin karate) are specifically meant to show lethal force in striking. Japanese arts tend to have an “all or nothing approach”. Karate can be used to kill, but the emphasis on striking and kicking makes it hard to control an opponent without injury. Aikido, Judo, Jujitsu tend to concentrate on restraint, at the expense of developing life-saving skills to protect the student in the case of mortal danger.

Kali spends time developing a variety of responses according the same underlying concept, and specifically outlines differing levels of force appropriate to the situation. In modern society, we need to be aware of local laws regarding use of lethal force, and stay within our rights and ethical considerations at all times. At the same time, we need to be able to act decisively if our lives or the lives of our loved ones are in jeopardy. Balance is the key that Kali Majapahit trains for.

Asymmetric Training

One of the most fascinating aspects of Kali Majapahit study is the asymmetric exercises used to develop brain hemisphere independence. A Kalista needs to be able to have both arms and legs moving independently, and this is only possible if one is ambidextrous, and has freed oneself from the limitations the lazy habits of the brain. These drills not only improve coordination, but open up little used parts of our brains that can offer benefits in overall cognitive ability. This training, when found in Japanese arts at all, is only shown at the master rank (5th degree black belt and above). Again, Kali Majapahit students practice it from Day One.

Healing

It is true that traditional Japanese arts acknowledged the influence from China, which included the healing aspects of study. We still find traditional bonesetters (called “honetsugi”) having skill in martial arts as well as healing. However, it is far less common for those skills to be part of the formal curriculum taught to Japanese martial artists the way Hilot (traditional Filipino massage and healing) is taught in Kali Majapahit. In this art, a black shirt (teaching rank) cannot be achieved without familiarity in Hilot.

Culture and Tradition

This is a misconception that must be put to rest once and for all. There is a commonly held belief that Japanese arts offer fantastic insight into the samurai mindset, loaded with the culture and tradition of old Japan. Movies like “The Last Samurai” typify the western fascination with this. By contrast many believe that Filipino martial arts, is focused on combat effectiveness, with nothing to offer about the Filipino history and culture. Nothing could be further from the truth.

Even among Filipinos, knowledge of their pre-colonial history, and the proud warrior culture that they come from, is scarce and most Filipinos starve for a sense of national pride that is their birthright to inherit. Kali Majapahit is active in re-importing the traditional Filipino warrior culture (and its proud history) back to the Philippines through teaching the background behind the concepts and techniques. Upon examination, Japanese martial heritage may get better publicity, but is in no way superior to that of the Philippines.



Summary

In summary, this article is not meant to discourage the study of Japanese martial arts in favor of Filipino martial arts, nor to present either system as “right”. Rather, it is to show the contrast between styles and teaching methods, and to help promote the popularity of Kali Majapahit and Filipino martial arts worldwide.

Not only as a fighting art, but as a comprehensive warrior lifestyle and philosophy, Kali Majapahit offers a path of tremendous scope and fascinating depth, and is worthy of consideration by any serious martial artist.

The Igorot of Kali Majapahit



Kadua Guro Mike Bugnosen

It has been years since I have been into Filipino martial arts, winning foam-sticks as well as live-sticks championships; Ego centered for becoming the best; jumping from 1 system to another, looking for a truth I could never find... I was confused! I've search so hard for someone to guide me to a deeper part of the art.

Then I moved to Singapore for work. After more than 5 months of searching, I almost gave up. I found a "Sports Arnis" school, training for stick competition but I knew it was a dead end for me and didn't want to go back there. The person in charge pushed me to sign up but I declined...

My search was over when I saw someone with a Filipino martial arts bag on his back, at Lucky Plaza, the "Filipino Shopping Centre" in Singapore. I approached him; he was Filipino. We talked and I followed him all the way to a restaurant he was going to for lunch. He told me that his Guro has gone through many styles and systems. I questioned him more: *"From what systems and lineages has your teacher learned?" "Come with me and check the class"* he said. I followed him to the Ni Tien Martial Arts School of Singapore, curious to check this Kali Majapahit. That's how everything started.

Shocked and amazed I was! A Caucasian Guro was doing some blade work when I arrived. WOW! His flow was fluid like water, yet, his movements precise and powerful. I knew from minute one that this was a very high skills Filipino martial arts school.

The instructor came to me and introduced himself with a smile: *"Hi, I'm Fred. Welcome in our school"*.

I asked him more about his lineage, and soon realized that he was a direct student of famous Punong Guro Jeff Espinosa, and Inayan Founder Mangisursuro Mike Inay! His lineage was vast and well-known: Kali Sikaran, Inayan Eskrima, Silat Kuntao, Lucaylucay Panantukan, Largo Mano, Pencak Silat, etc.

Shocked and positively surprised, I finished the class and followed Guro Evrard in the train, missing my own stop by almost an hour.



Guro Evrard doing a demo with Kadua Bugnosen

I felt re-born! I had found what I was looking for my entire life. Kali Majapahit made me aware of the gaps in my Filipino martial arts training, my health, my roots, my life. I had to quit my job in Singapore and bring back the Kali Majapahit system to my country and my community. The principles I have learned from Guro Evrard opened me to a new life; a new path.



Guro Fred and Kadua Mike with the Muay Thai / Panantukan fighters of Baguio culture and preserving our core values. Your Kali Majapahit is not only a great Filipino martial arts system, but also a great way to expose the Filipino culture, for preserving who we really are. Again, Thank you.

With Guro Evrard and his wife Guro Lila, I've learned that Kali is the link to Filipino culture. I'm an Igorot from the north of Philippines and have warrior blood and spirit in me. The principles of Kali Majapahit have molded me to become the best of who I am.

Guro Evrard, I thank you so much for the teaching you have imparted us here in the Philippines. Our country may be confused and has a lack of identity nowadays, but you made me realize the importance of

Mabuhay ka
Guro Michael G. Bugnosen
Kadua Guro Kali Majapahit

Kali Majapahit in Tahiti

By Guro Fred Evrard



A beach in Moorea (Tahiti), a few minutes from our school

In 1998, after a long year of military service in the Para Commandos of the French Army as a Close-Combat Instructor, I decided it was time for a big bowl of fresh air and moved to Tahiti (Moorea island). There, I opened my first professional Filipino martial arts school: Ni Tien Martial Arts School Moorea was born, and another one soon followed in Tahiti (main island), teaching Filipino martial arts and Natural Health concepts.

I spent 6 years there, teaching Kali, learning how to be an instructor, putting together what will later become the Kali Majapahit system. In Moorea, I met extraordinary people, who became students, and finally lifetime friends. In Tahiti, I met the woman who was going to be my wife and my Chinese medicine master and friend; No need to say that those people, in addition to an amazing environment, the warm-hearted Polynesian spirit, plus a very sweet and comfortable schedule, made these 6 years an unforgettable part of my life.

Talking about my life and schedule, here is what a typical day was for me:

I wake up with the sun (around 6am depending on the season), use my first hour for Qi Gong and meditation. Then, go in my garden to pick up some fresh fruits directly from the trees for breakfast (coconut, mango, bananas, lime and many more).

After that, I go take my “shower” in the fresh spring flowing through the garden. It’s now around 8am, time for Kali and Taiji practice, until 11am (usually at the beach, with “transparent-lagoon-swimming-breaks”), after that, free time until 6pm. Go to the gym from 6 to 7pm, and give my Kali class from 7 to 9pm. Go to bed at 9.30pm (I had no TV, no radio, no hand phone, no computer, and don’t like to read the newspapers).

My free time was used to read (several hours a day, mostly about martial arts, medicine, philosophy and religions), and to give private classes to many students dropping by my house all the time. The students who couldn’t afford the classes paid me with fish, pineapples, paintings, etc. Life was sweet and simple.

The very first Kali Majapahit group in Moorea





Madunong Guro
Bruno Rozier



Kadua Guro
Philippe Donaghy

Very fast, a few students stepped up from the group, being more dedicated and passionate than the rest. Bruno, Dodo, Mario Irvin, Amandine, Fabrice and Delphine. They became my advanced group, and some of them, my assistants. Today, many years after I left Moorea, the school is still open, run by Madunong Guro Bruno and Kadua Guro Philippe (Dodo).

The training at the time was not yet organized as it is today, but the foundations were the same.

They were trained in:

- Sinawali or Doble baston (*Double sticks*)
- Solo baston (*Single stick*)
- Daga (*Knife*)
- Kadena de Mano (*closed range empty hand*)
- Panantukan / Sikaran (*Filipino boxing / kickboxing*)
- Dumog (*Filipino wrestling*)
- Largo Mano (*long range or long sword*)
- Espada y Daga (*sword and knife*)
- Sibat / Bangkow (*spear / long staff*)
- Trangkada (*joint locks and pressure points*)
- With an addition of Silat and JKD.

The keyword for our training was Freedom. Many personal development exercises (not all from me), were included into the Kalista training. Books like *the Way of the Peaceful Warrior*, *the Celestine Prophecy*, *the Alchemist*, *Unlimited Power*, were there to complete our practice. Most of us had lot of free time during the day, and used a very flexible schedule to meet several times a week, doing Kali training as well as philosophy talks, personal development sessions, breathing exercises, etc. Those days were Gold!

It's been almost 6 years that I left Tahiti and flew for China, Indonesia, Philippines, Tibet, etc., to finally settle down in Singapore. I'm still in contact with all my former students in Tahiti and Moorea. I still see Bruno and Dodo about once a year, when they come to Singapore to visit me, or if I go to Tahiti to train them and give a seminar. Both of them also train in Kali Sikaran directly under Punong Guro Jeff Espinous, and in Inayan Eskrima



Guro Fred giving a lecture after a Silat seminar

with Guro Jon Ward at the IKAEF camps.

It's in Tahiti that I discovered the true meaning of a student-instructor relationship: The more I taught them, the more they were teaching me, and the more they grew in Kali, the more my life grew in parallel. It is safe to say that more than anyone else, my students in Tahiti-Moorea made me the person I am today. I will always be thankful for that. I will always love them.



Dinner party after the class. Bruno, Fred and Dodo (Philippe)

To train Kali Majapahit in Moorea or Tahiti, please contact Madunong Guro Bruno Rozier (bruno.rozier@nitien.com), or check the website at: www.nitien.com/locations.htm

My 1st Kali Class

By Boyd J. Thomas

Late in 1997 my wife and I decided to visit Tahiti for our vacation. Moorea was our destination, and we knew ahead of time that there wasn't a great deal to do on this little pacific island. This was fine with us - we wanted warm weather, a nice beach and lots of time to relax.

At the time my business partner and I owned two Shaolin Kenpo schools in the north county of San Diego, CA. Having been a martial arts practitioner for over ten years, studying three different styles, I felt that I had a pretty good handle on how to move, flow and generally be effective.

After a few days, I started feeling a little "antsy," and inquired as to whether there was a gym close to our hotel. I was told to walk down the road about a quarter of a mile and watch for it on the right; when I finally happened upon the building, I noticed a small sign in front which said simply - "Kali." After securing a temporary work-out membership, I asked the proprietor about the sign; he said that he didn't have any information and that I should return later in the day when the instructor was there.



That afternoon, I went back and immediately saw a young man I knew had to be the instructor. When I approached him, he introduced himself as Fred Evrard, and seemed genuinely interested in me and my martial arts background. He invited me to attend one of his Kali classes later that evening, and although I had never practiced a Filipino martial art, I was enthusiastic to give it a try. So I returned that evening to a hot, humid, concrete facility - walls, ceiling and floors. Definitely not like many southern California Dojos with their carpeting and air conditioned ambiance.

Guro Evrard looked so young that I must admit I under estimated him. I expected him to demonstrate an aggressive, “tiger” kind of technique typical of an experienced but youthful practitioner. How wrong I was. He opened the class with a light sparring session, partnering off the students and then coming over to stand in front of me. I assumed that his motive was to assess my level of proficiency, and I mentally prepared myself to be extra aware, and to be at my professional best. Within five to ten seconds it became abundantly clear that Guro Evrard was no flashy, reckless young man. The strategy and skill that he demonstrated made it abundantly clear that he was several levels higher than I; my every move was anticipated and countered with seemingly no effort whatever. I had seldom been humbled by someone so much younger than myself – but of course I didn’t know at the time that Guro Evrard’s entire life had been dedicated to the practice of a wide variety of martial arts. I just remember thinking when the sparring session ended: *“WOW, this guy is really good!”*

From there, he launched into a two hour class, rich in instruction yet almost non-stop in active participation. I interacted with almost all of the other students at one time or other, trying to keep up with some of the finest techniques I’ve ever experienced. We practiced solo and doble baston, Panantukan and Kadena de Mano. I found myself captivated by the fluidity, speed and practicality of the art. I had seen Kali demonstrations before, but had no idea how intricate and scientific the applications actually were. The time flew by as I became lost in the practice.



At the close of the session, we cooled down with some Tai Chi practice. Guro Evrard asked me to lead the group with some Wu style moves, after which he took over with a Chen style form which he taught to me some time later. Again, I was amazed at the excellence with which he performed the Tai Chi set - again several levels higher than myself.

During the last ten years, Guro Evrard and his lovely wife Lila have visited my home in Hawaii several times. When I was employed as the general manager and lead instructor of the Maui Martial Art Center, he gave freely of his vacation time to lead seminars and to assist me with classes, greatly enriching the training of our many students here.

Even though I have had the privilege of training with Guro Evrard regularly, it has never been enough. Even so, he has influenced my practice of the



Boyd and Guro Lila

martial arts more than any other instructor I have ever had - and although he is no older than my son, I consider him to be a Master among Masters. To him I offer my undying gratitude, and even as I write this, I'm planning my first trip to Singapore!

The Path of Unlearning

By Frederic Moraillon

With every new path you take, unlearning what you once knew, is difficult. After having been exposed to three different types of Japanese martial Arts since I was seven, I stopped learning. Each Art brought me a different fluidity coupled with a discipline that has served me well over the years. What I didn't know, however, was that each contained a rigidity that would eventually work against me. There lied the paradox: A fluid rigidity.

This just made no sense and I simply stopped practicing till I about a year ago.

Fluid Rigidity

The noble path of the martial Art warrior is an uncertain one. To decide on the Art to take is often influenced by a parent. Often with good intention and generally with the need to disperse a child's abundant energy (I was the latter one.) My first martial Art experience was therefore forced upon-me, the second, because my friends were in it, the third, because I wanted to and this fourth path, is because I needed to.

For the past year, I've restarted my training, this time with Kali, a Filipino martial art taught by Fred Evrard, a Frenchman in Singapore. What was bizarre is that I had never heard of it till Fred started his school.

Having lived in Singapore for 17 years, having traveled everywhere in the region, being exposed to several Asian martial arts, Chinese, Malay, Korean and Indian, I found it odd that it didn't dawn on me that the Philippines, with it rich history and warrior, yet relaxed, attitude, must have had it's own Art.

After three months of reading about it, realizing that this art was not written in stone in the same way as the one I had learned, and therefore was still evolving, I decided to unlearn the fluid rigidity I had built. It was time to experience it.



The fluidity of seni Keris Sila in Kali Majapahit

A New Path Unfolds

One year on, and about 50 hours of training and many more of thinking and visualizing, I'm in no way near the expertise I once thought I had in other forms. Yet, each movement breaks down a barrier that had taken years to build up. I have to retrain every single movement not into another form of rigid behavior, but into an ability to let both the mind and the body react to a singular situation.

This is the most unsettling learning I've had in years. It is easier to learn a movement, repeat it a thousand times and let the body react to that situation. The ability to change halfway through based on an opponent's reaction still eludes me. I'm not

worried, that's why it's called mastery, it takes year to learn and perfect (and you probably won't even reach total perfection.)

Unlearning

Once trained, the body links with the mind to build patterns of behavior. Such patterns become the norm and each movement from an opponent calls for another movement from the recipient in an eternal, pre-written dance. Kali has none of that. Well, almost none.

Learning to fight with sticks for example, while cool in its own way, brings about a completely different dimension to speed and strength. In facts, it seems that it enhances the former while almost making a mockery of the latter. The lethal beauty of using sticks allows for the hand-to-hand combat to be more effective. Who knew? I always thought the two were separated. Kali taught me they are closely related and using sticks makes you better at the hand-to-hand combat. This learning in itself was worth the year.



Students John and the author playing Sinawali

The Road Ahead

In each previous Art, I had stopped shy of the black belt and refused to take the test. Once because I got bored, the second because I didn't want to participate in competition and the third because I traveled too much (at least, those were my excuses.) I still struggle with those decisions simply because I feel that I never finished what I trained so hard for. Yet it eventually dawned on me that each decision was my path. Not someone else's. I was responsible for all decisions and each taught me something new about myself. With Kali, it's different. I'm no longer pursuing a belt (or a rank), but simply enjoying the process, the learning, the unlearning and building, I hope, a real fluidity that will pervade in every aspect of my life.

Small Changes Make Big Differences

By Ben Boeglin



Kali Majapahit was unheard of to me until just two years ago when I met with Guro Fred Evrard and Madunong Guro Hiu Lila. Back then, Filipino martial arts, was extremely unfamiliar to me and, I have to say, not on top of my priority list. As a 23 year old freshly landed in Singapore from France, I was far from being health conscious and my lifestyle didn't have the focus and discipline martial arts would command.

Training in Kali Majapahit started out of curiosity and a bit of persuasion from Guro Evrard. My goals, if any, were

modest and didn't include belts or trophies. I simply wanted to learn something new, maybe be able to defend myself and maintain a decent level of physical fitness. But quickly, I started enjoying the challenge of learning technical martial arts skills and the cultural experience my training provided. The teachings and benefits of Kali Majapahit went far beyond training and had a tremendous impact on my health, mind and life in general.

The dedication that is put by the instructors in the teaching of Kali Majapahit and attention to details truly makes the difference in the way it is delivered to their students. A pinch of humor and plenty of fun during training does not sacrifice the focus and necessary discipline that is needed to take martial arts students to the next level (wherever that maybe). Now, if Filipino martial arts is your thing, you should know that Guro Fred Evrard had the honor to be the first Caucasian to open a Filipino martial arts school in the Philippines, and to be recognized by the Philippines, as well as being the only school of the IKAEF (International Kali Arnis Eskrima Federation) in Asia.

As much as each student comes for different reasons - fitness, martial arts skills, cultural experience, health, etc - they all end up getting an overall system that provides them with benefits that stretches beyond their training.

In my case, my original interest grew bigger and I eventually embraced the complete system, learning how to control and use my body and mind, discover again how to walk, stand, breathe, what to eat (and not eat), drink (and not drink)... As simple as it sounds, it turned everything around for me, being mentally stronger, with the drive and the positive mindset to achieve much more than in the past. Now as an assistant instructor, I get to share this knowledge with students following the same path of discovery through Filipino martial arts. I get people telling me how they enjoy the same changes as I did a few years ago. I guess that's one of the best rewards I get from learning with the instructors of Kali Majapahit: being able to carry on the knowledge and make a difference in people's life, small changes can really make a difference.

A lot of exciting knowledge is still to be learnt and thanks to the training and tutelage I received under Guro Fred and Madunong Guro Lila's watchful eyes and solid instruction, I am always looking forward to training in Filipino martial arts.



Women and Kali Majapahit

By Morgane Foucaud



In my Filipino martial arts school in Singapore, about 40% of the students (and instructors) are women. Why are women so attracted by Kali Majapahit? What is the difference with other martial arts?

Kali Majapahit is a system that combines different tools / weapons to enable everyone to fulfill its requirements in the progression of the martial art. Whether we're looking for Martial Arts skills, Health, fitness, self-confidence, we'll find it there. The never-boring-curriculum is so rich, that even though the concepts stay the same, it seems that we never do twice the same class.

Between Doble or Solo Baston, knife, Espada y Daga, Kadena de Mano, Panantukan, Dumog, etc., there's a whole world for us to learn from. At first, I'm guessing that the Doble Baston for brain gym and the Panantukan for the fitness/stamina are the 2 sub-systems that attract women most. But soon, we just love everything about it!

One of the answers could be that practicing martial arts means staying away from the sport atmosphere: competition, championship, medals, simply away from ego (I make a clear difference between martial arts and martial sports). YES, this "feminine attraction" to Kali Majapahit is the system itself and the way it is taught. Guro Fred and Guro Lila are both two amazing people that spread their positivism, their joy and their passion into their teaching. As a student you can really feel their satisfaction while you evolve and as a woman this feeling really re-enforce your self-confidence. Fred and Lila constantly remind us that the only competition is with ourselves. Never compare one practitioner to another. There is no aggressiveness, no fear, no ego in the students' practice. It is very hard to neutralize those feeling but Kali Majapahit teaches us to do it.

Finally, I would add that Kali Majapahit is not only about the martial arts but has also health and personal development aspect to it. It teaches that being a good martial artist is also being a good and healthy Human Being, a good mother/father, a good husband/wife, a good friend... Knowing yourself and developing your inner being will enable you "to grow" as a person, and not only as a fighter. As a woman, that very idea is definitely what made start the journey in the first place. Understanding how we can re-enforce our body, developing our strengths, enhancing our Energy level, being in better shape, correcting our breathing, our posture; all those are feelings that women are usually sensible to. Don't we say that new family habits, new lifestyles are usually introduced by women?

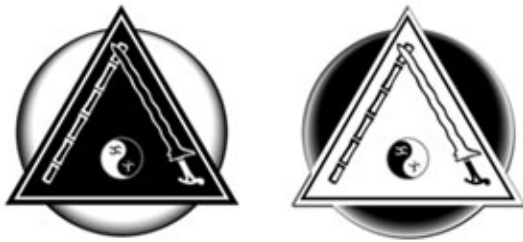


In a nutshell, I would say that Kali Majapahit really hits the spot for women!

Ni Tien FMA School - Balancing the 2 Skies

By Lee Yee-Han

Ni Tien Martial Arts School, or “The School of the Two Skies”, teaches true to its name. There is not just one sky under which the minds and abilities of this school develop, but two. Like the Yin-Yang, one of the most important things the school teaches is the concept of balance, bringing together two ostensibly opposing principles and demonstrating how one is incomplete without the other. Such balance is achieved both body and mind, or Martial Arts and Health. Such balance is achieved through the specific nature of the martial artistry of Kali Majapahit.



Balance of the body is especially important for Ni Tien as a martial arts school. The training takes on the two aspects of developing the body: both from the outside, and the inside. Health is one of the most important, and strongly emphasized, aspects of Kali Majapahit training. It is one of the first things stressed constantly to all who

come into contact with Ni Tien, not just to students: that health is not a factor of one's way of life, but a direct result of it. For a full development of the martial artist, Kali Majapahit inculcates an awareness in all students of the importance of balancing both physical development of the body, and the methods of intelligent consumption. Constant cleansing is a key concept in the dietary advice that is liberally doled out. Water, for instance, and the crucial importance of it, is constantly drilled upon Guro Fred's teachings.

Work of the mind comes first, through balancing both the right and left brain hemispheres. In the more literal aspect, students are given exercises that train both right and left brain hemispheres mostly through double sticks Sinawali moves. Interestingly, these exercises are done through the medium of physical exercises that stress equal use of both sides of the body. Ambidexterity is undoubtedly useful in the martial arts; but the implication of this is that more equal stimulation is being made to both portions of the brain. This has possible benefits for one's brain usage in general, in addition to increased martial capability.

In the mental aspect of balancing one's mind, positive thinking is constantly encouraged in students. Students however are not compelled to religiously adhere to definite tenets. Rather, they are taught mediums through which their own thinking may be focused in the directions they choose. Breathing exercises are one such major medium. Meditation techniques are another. Guro Fred also often gives tips for everyday life situations, as well as personal advice, in class' talks or individually.

While this aspect of mental development is up to the student, consistently admirable efforts are made by the instructors to create a positive atmosphere in the school. This builds students' confidence, something that carries over to outside of the

dojo. Guro Fred Evrard and Madunong Guro Hiu Lila make it a consistent point over small details that amount, in the long run, to a great deal in crafting atmosphere in the school and individual students' self-perception. Their methods set examples for assistant instructors, and indeed students of all levels, causing a constant perpetration of positivity. Great store is placed by the act of naming, and the importance of words. For instance, at the end of every class, it is invariably declared an excellent one, and whether or not it was an exceptional experience, the naming of it persuades that every class is an excellent class. Also, it is a constant practice to compliment students (and not insincerely) upon their progress. They focus not upon the negative aspects of students' performance, but upon what can be improved on. This consistent use of positive reinforcement validates itself, for it invariably produces positive results in students' individual performances. Such confidence incites students to push beyond limits that a lack of confidence had previously established. The mental development at a general level as well as at an individual level are, through such seemingly minor yet so importantly consistent efforts, thus elevated to impressive standards.

The complementary development of both mind and body then takes place through the martial arts training of Kali Majapahit. The martial arts are often broadly perceived as a craft for the destruction of another's body. At Ni Tien however, whilst we learn on one hand how to fight an opponent, we also learn how to heal others and ourselves. Self-control is one of the more important aspects acquired through learning the graceful and deadly skills of Kali Majapahit. Through the interaction of training, physical and mental discipline are taught simultaneously.

Such complementary development also takes place through cultivating sensitivity toward the application of Filipino martial arts skills. Attitudes in the dojo floor reflect attitudes toward all other aspects of life; thus, the ability to balance both is essential. The practice of such lethal skills cultivates both a physical and mental discipline that may be applied to daily life. This takes place through an attuned sensitivity, through the microcosm of martial training, into the macrocosm of everyday life.

Guro Fred's curriculum of Kali Majapahit thus stresses the importance of cultivating balance in every aspect of life. This is what Ni Tien Martial Arts Schools, the Schools of the Two Skies, teaches us.

Kali Majapahit Through the Eyes of a Filipina

By Arlyn Santiago

Before I started Kali Majapahit, I had no experience in Filipino martial arts. For the past few years I had been searching for a martial arts school that had something interesting to train in. I searched for different types of martial arts in Singapore, but couldn't find anything close to what I was looking for. One day I happened to see a couple in the train. They were both carrying backpacks with a sign: "Filipino Martial Arts" on it. Even though I am Filipina, I



never thought that there was such thing as Filipino martial arts. I've learnt later that the couple was Guro Fred and Madunong Guro Lila from the Kali Majapahit system. I didn't get the chance to approach them, so I decided to drop a note in their website. It was Guro Fred who replied to my inquiry and invited me to come to his school for a trial. I started the beginners' class the next night. It was amazing! It was everything I had been looking for in a martial art.

Guro Fred and Madunong Guro Lila's way of teaching are always clear and concise, and they show great patience by taking time to carefully instruct each lesson, each



Yee-Han and Arlyn training in De Querdas

Panantukan, self-defense, takedowns, Daga, and much more... But most importantly, it improved my coordination, increased my reflexes and agility, and taught me to explore and experiment within the techniques. When we spar, Guro Fred would always remind us that this is not about winning. It's about improving ourselves by getting the right coordination when we hit and block, learning to move away from an attack, and developing a new respect for each other. And when you get hit, you must learn to put your pride to the side and learn from your mistakes.

Guro Fred's Filipino martial arts philosophy is not just about self-defense but it's a way of life, also offering health and personal growth sessions that helps build confidence and self-esteem as well as self-discipline, respect, concentration, and courtesy. His Hilot class is greatly/highly beneficial, and taught me to live a clean and healthy life. The breathing exercises helped me to stay focused and relaxed not just in school but also at work.

I have never seen instructors so disciplined, passionate and loyal to Filipino martial arts. They are the best kind of leaders; they lead by example through their life values and healthy lifestyles.

I cannot thank them enough for their patience and dedication to their students, and for exposing the Philippines' culture and traditions through martial arts and seminars. I am proud and privileged to be their student and I will always honor Guro Fred and Madunong Lila.

concept. They do this by breaking down the techniques into simple steps that anyone can follow. Furthermore, they not only teach students to fight, but also they teach them to be healthy, and to become "situational problem solvers" in any aspect of their life.

Studying Kali Majapahit has been one of the most rewarding activities I have been involved in. In less than 3 months, I have learnt so many different techniques such as Solo/doble baston,



Some of our “lady fighters” with Madunong Guro Lila

Another Family

By Ku Sylvia



For an Indian like me, ‘Kali’ meant the Goddess of Time and Change, the Goddess who went into a destructive frenzy after killing a very powerful demon. And Kali would have meant only that much to me if I had not found Ni Tien Martial Arts School. Today, after becoming a part of the Ni Tien family, Kali is no longer just a Goddess or a martial art form; it has become a part of me.

As a student of Ni Tien Martial Arts School, I have learnt so much from Guro Fred and Madunong Guro Lila, and the other Kali Majapahit instructors and students. The School not only teaches Filipino martial arts but also promotes healthy living. I used to be one of those people who would fall sick every other week, and now I have to think really hard to remember when, was the last time that I was sick!

From eating the right kind of food, to practicing relaxing exercise (Qi Gong or Panlohob na Lakas), to adrenaline filled sparring, Ni Tien had given me much more than I had asked for! I feel that I have become more coordinated, more aware of my surroundings, more focused, more able to handle stress and more at peace with myself, since I joined the school. My inner change has been observed by friends, colleagues and teammates as well.



Everyday I look forward to my Kali class. Even though sometimes, after a long hard day at work, I literally have to drag myself to class, I will still do so knowing well

that by the end of the class I will be totally recharged. There have been many a time when I have entered the class with a drooping shoulder and shuffling walk, but ... I have left with a broad smile, a straight back and bouncing steps. It is not only what I learn in the class but also the people with positive energy surrounding me that draws me in and boosts me up. The teaching of Guro Fred is alive in each and everyone one of us at Ni Tien, making us a better Kalista, better persons.

I have mentioned before that I have become part of the Ni Tien family, and I do not use the word 'family' loosely to describe a group. Ni Tien *really* is a family. However, it is not I who coined the term 'Ni Tien Family', but a friend who came to witness my last graduation. He was describing what he saw at the graduation to another friend, and he said that he could feel the close bonding of the students and teachers. "The school is like a family!" he exclaimed. And at that moment, I was so proud to be part of it.

The Ni Tien School and learning Kali Majapahit have really changed me, changed me for the better. And no words can describe how glad I am to have found this family away from home. I am truly blessed to have Guro Fred, Madunong Guro Lila and all the other instructors to guide me. I can't show my appreciation and gratitude enough for what I have received from Ni Tien. Thank You!

Young Practitioners of Kali Majapahit

By Fred Evrard

Kids and Teens Kali Class in Singapore (Ni Tien Martial Arts Schools):



10 of our kids just pass their test for new rank

For some reasons, very few Kali schools teach children. Is it because Filipino martial arts are seen as more aggressive as other martial arts? Is it because of the blades and knives? Well anyway... we can adapt right? It is exactly what we did ... And kids love it!

What do parents look for when it comes to school, education, sports, activity, etc.?

Respect, discipline, focus, coordination, but also fun, passion, excitement...

Every parent has dreamt of an activity for their children that would teach him/her all this, but would also focus on breathing, posture correction, focus, self-confidence, adaptability...

This is where FMA for kids come in:

My goal was to offer a structured Filipino martial arts program, especially designed for children from 6 to 14, boys and girls. Using Filipino Kali as a tool for education and brain gym, I was sure I could bring the best out of a child, having a decisive impact on his/her behavior, discipline, focus, wellness and health.

Modern neurology science has proven that some Filipino martial arts exercises, like the double sticks, have a tremendous impact on the balance of our two cerebral hemispheres. The child trained in Filipino martial arts will improve results at school, focus capacities, memory, and will sooner or later develop ambidexterity. The Sinawali principles are just a magic tool for body and mind connection.

A safe, non-competitive, and kids-adapted Kickboxing (Panantukan / Sikaran) system will be used to teach children to better control their strength while working with a partner. Some Panlohob na Lakas (Internal Energy) exercises will complete this system for posture correction and health purpose. The child will then learn to breath and stand correctly, to focus and centre his body and mind, and to quiet the mental through basic meditation.



Basic Panantukan



Rhiannon, 6 and Theo, 4, receiving their 1st Kali certificate

Our kids and teens program should be seen as an educational tool that will increase children's chances for the future, their self-confidence, their positivism and joy for life. The learning of martial arts is a way of life, a philosophy, and a great tool for personal development and health.

The way I see it, competition is everywhere in our modern world, and martial

art training can be a chance to step out of the mold and experience something different. Teaching people (especially children) that they can be great without stepping on anyone is one message I try to teach through Filipino martial arts.

The sub-systems we use in our schools for the Kids program are:

- Sinawali (Double stick, using foam sticks)
- Solo baston (Single stick, using foam sticks)
- Kadena de Mano (closed range empty hand)
- Panantukan (Filipino boxing)
- Sikaran (Filipino kickboxing)
- Dumog (Filipino wrestling)
- Panlohob na Lakas (internal Energy work)

Teenagers will jump to the adults class at 15 years old and to the above list, they will additionally learn:

- Daga (knife)
- Largo Mano (long range or long sword)
- Espada y Daga (sword and knife)
- Sibit / Bangkow (spear or long staff)
- Trangkada (joint locks and pressure points)
- Silat Kuntao an Silat Sarong
- Hilot



Elisa, 9, training
Ubot Lubot drill
(Kadena de Mano)

Talking about teenagers, excellent progress has been made this month by one of our young student, Maxime, who is about to become our first “Teen” Assistant Instructor.

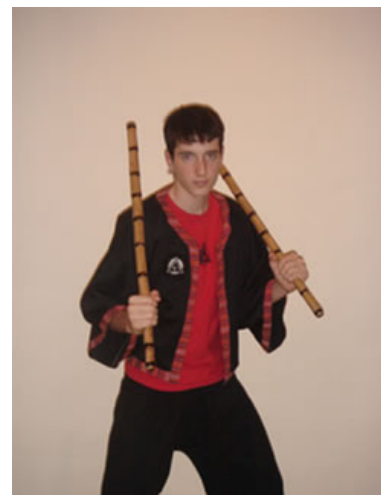
Maxime is a 16 years old Kalista. He’s has been practicing for about 1.5 years only, but his flow is already a delight for the eyes, whether he grabs a stick (right or left hand), plays Kadena de Mano, or goes free

sparring (Panantukan - sikaran - dumog). Timing, distance, attitude, ambidexterity... he’s got them all!

I’d like to use this opportunity to ask him few questions.

Interview with Maxime Delaye, young Filipino martial arts practitioner:

Q: *Hi Maxime, can you tell us a little bit about yourself?*



Maxime Delaye

A: Hello. My name is Maxime Delaye, I'm 16, I live in Singapore, and my all family practices Kali Majapahit (my mum and dad, my 2 sisters, and myself).

Q: *Where and how did you start Filipino martial arts?*

A: I started in Singapore, 1.5 year ago. It was my first approach to Filipino martial arts. Before, I did Karate and football (soccer).

Q: *There are so many sub-systems in Kali Majapahit; do you like them all? Which are your favorites?*

A: I like them all, but my favorites are Panantukan and Sikaran (boxing / Kickboxing).

Q: *Concretely, how do you use what you learn in class to improve your everyday life?*

A: I learn to better deal with my emotions. I don't get angry as easily as before; especially at school. I also improved my diet. I don't go to Mac Donald's anymore; I eat more fruits and drink more water.

Q: *What do you think are the advantages of practicing Filipino Kali for a teenager?*

A: It is very good for self-confidence; in different aspects of life. This is what helped me most.

Q: *What advise would you give to young boys or girls; who starts Filipino martial arts?*

A: Perseverance!

Q: *OK, thanks a lot.*

A: Thank you



Student Maxime and Guro Fred Evrard



Kali for Kids

By John Honeyman

Photos by Lester Ledesma

www.skylightimages.info

I am not alone among parents who enroll their kids in martial arts training. My oldest boy, George, just became seven years old, and started Kali Majapahit a few months ago at Ni Tien Martial Arts Schools (www.nitien.com) here in Singapore.

However, many other parents seemed shocked at my choice. Filipino martial arts are widely thought to be unusually practical and violent arts. Parents balked at the idea of my son becoming a deadly killer at age 7!

However, as a Kalista and lifelong martial artist myself, I know very well the benefits such training can bring to children, and I strongly encourage all parents to provide martial arts instruction for their boys and girls. Furthermore, I believe Filipino martial arts and Kali offer a “best of breed” approach that combines the key aspects children need to learn.

I divide the benefits into three main areas: **Physical**, **Emotional**, and **Spiritual**

Physical

All martial arts offer children a good workout and a chance to use some of their pent-up energy rather than playing video games or staring blankly at television. A proper regimen of martial arts training helps build strength, stamina, and coordination, and set up healthy lifestyle habits of exercise that can benefit people throughout their lives. However, Kali Majapahit training for kids goes far beyond most other styles. The unique drills provide a fast, effective way for kids to develop a sense of self-awareness and dexterity. The stick work which is the foundation of Kali training is done using foam covered sticks for safety, but still gives the benefit of helping children achieve ambidexterity and brain hemisphere independence. Specific drills target the core muscles, strengthening abs and back, which helps improve posture and balance. Working with the focus mitts helps develop timing and distance/spatial awareness which, improves other sports such as baseball or golf.

Principles of Hilot (Filipino traditional medicine) used in the kids class focus on breathing, encourage proper basic diet, and teach the children how to stand and sit properly.

Emotional

One of the most important aspects of training is the emotional benefit. If as children, we are taught conflict resolution, stress management, and self-confidence, this can form the foundation for academic, professional, and personal success throughout our lives.

Kali training develops focus, discipline, and a sense of respect for teachers and parents, which has a direct impact of the academic performance of Kali students in school. Meditation practice helps them learn to center their minds and become aware of their bodies.

Rank testing is used to develop positive goal setting and build self-confidence and feelings of achievement in the children, rather than as a way of showing one student to be better than another.

Even wrestling, sparring, or other drills are stopped before a clear winner or loser emerges - the important point is to master the skill of the exercise, not to defeat the other students as it is done in some other schools. The team spirit and encouragement help the young Kalista develop self-esteem.



While many believe that Kali and Filipino martial arts are too violent to be taught to kids, the concepts can be used correctly in a controlled environment where violence is not emphasized. Rather, the kids are taught the principles, which are used to get the benefits without the risk of injury to themselves, their training partners, or other family members like their younger brothers and sisters. There is little chance of Kali Majapahit kids injuring classmates at school with what they are taught at Ni Tien.

Spiritual

Even as children, it is important to understand our place in the bigger picture of the Universe. Good training with good teachers helps children explore self-awareness, and the flow of Chi (vital life energy) in ourselves and others. Whether or not we choose to raise our kids as Buddhists is a very personal choice, but I do not think there is any harm in children knowing about Energy, and the basics of the Philosophy so common in Asia. I also believe the bond between parents and their children is a spiritual one as much as it is a biological one. Our children need to know that we are interested in them and what they do - that they are important and their lives matter. That they are loved and respected as individuals, and that we are proud of them.

Kali Majapahit is a fantastic way for my son and I to spend time together. It is challenging, but fun, and George loves it as much as I do. I encourage all parents to find a good school and enroll their children right away. Better still, join together! Give them the gift of life!

Hilot: Ancient Knowledge for Modern Days

By Fred Evrard

Kali Majapahit (and Ni Tien Martial Arts schools) is not only about fighting. Hilot (Health and Healing arts) is also part of our program. It's true that most students start only for the physical system, but soon, they all realize that health and personal development are a huge part of Life, therefore, a huge part of our teaching...

Hilot is a word from the Tagalog dialect meaning "massage therapy" or "Healer"; it is the ancient Filipino art of natural healing which employs massage, acupressure, Chiropractic / Osteopathic manipulation and dietetic for the diagnosis and treatment of physical, emotional and Energy problems.

I believe the philosophy developed in our schools will help the student to question himself about health, sickness, their causes and their origins. In Asia, it is believed that nothing "just happen"; everything is the result of a decision, a thought, an action... even health. Health is often the result of consciousness and lifestyle... how well we take care of our vehicle.

Hilot is a complete natural therapy, based principally on prevention. It has several disciplines, all being complementary or independent, depending on the needs:

- Massage
- Body Alignment (Osteopathy)
- Body coordination and Sinawali exercises

- Energy work (acupressure, Breathing techniques, visualisation)
- Dietetic and detoxification

Hilot massage is a very efficient therapy. It increases articulations mobility and flexibility, takes care of the muscular and emotional “knots”, boost up the energy of internal organs, makes the energy (Qi), blood, lymph and toxins flow inside or outside the body, and helps the healing of the emotional problems and past traumas.

Our Hilot program is my own interpretation of the Filipino Hilot (we should say Hilots, since there are as many healing arts as there are healers), and has been influenced by Filipino Hilot massage and bone setting, TCM (Chinese Medicine), Thai massage, Western Osteopathy and Chiropractic, several schools of dietetic and nutrition, psychotherapy and sports physiotherapy.

Ni Tien Martial Arts Schools offer a complete program teaching together Filipino Martial and Healing Arts. Kali Majapahit's instructors are therefore specialized in FMA, stress management, dietetic, posture correction, spine alignment, etc.

This “health knowledge” is taught to our students through tips we regularly give our students in Kali class, or through Hilot seminars that take place in our Singapore school, once to twice a year.

a. Stress management:

Stress management is determined by 2 main Arts: the art of breathing, and the art of positive thinking while facing difficult events. The way we breathe is critical! The deeper one breathes the better for cleansing our physical as well as emotional spheres. As for positive thinking, the best way to understand it is to realize that our happiness or unhappiness is not determined by the events in our lives, but by the way we CHOOSE to react to those events... And if there nothing we can do about the first one, we can completely master the second!

b. Dietetic:

It is also very important to focus on our Acid/Alkaline balance (the Ph of our blood). Nowadays, because of our everyday life's stress and our junk food habits, the balance that should exist in our body between acid and alkaline substances is broken; our blood Ph becomes more and more acid.

The acidification of the blood causes lots of troubles and health problems that most people try to ignore. As an example, when our body is too acid, we put on weight and have terrible time losing it; the acidity of the blood burns the internal organs, so the body's only defense is to retain fat to protect the organs against acidity. We then enter a vicious circle where no matter what diet and what kind of physical exercise, we will NOT LOSE FAT.

Aliments can be divided in two groups: acid and alkaline. Our body needs the two types of food, but one should eat more alkaline food than acid. Note that the taste is not always a good clue to know how acid an aliment is. For example, lemon tastes acid, but once digested has alkaline residues. Chocolate tastes sweet, but has acid residues, so it is considered acid.

c. Posture correction:

The posture of a person tells us a great deal about his state of health, his psychological state, as well as about the traumas of his childhood.

It is not my purpose to provide here a class of body mechanics or osteopathy, but only to give some advices I think are fundamental to integrate in one's daily life, as well as in the practice of a physical activity like martial arts.

- The 10 toes must touch the ground (this is not always the case with Westerners, due to shoes, worn from the first months of life). It is easy to correct them, by walking bare feet as frequently as possible and distributing the weight of the body (its mass) between the 10 toes, the bowl of the foot and the heel. A bad bone position of the feet inexorably entails abnormal ligament tractions, provoking compensations, modification of the balance, joints and muscular weaknesses, torsions and pinches to the spine and inter-vertebral discs, compression of the nerve endings, etc.

It is necessary to visualize out two feet as being two triangles whose bases would be the toes and the summits the two heels. The three points of each triangle (the big toe, the little toe and the heel) must be touching the ground to be in balance. If one of the three is not, the balance is broken.

- The knees and the toes must go in the same direction. It is necessary to avoid locking them, and to have flexible thighs not to drag the kneecap and the patellar tendon upwards. It is good, while standing, to bend the legs just a little in order not to put too much pressure on the knees.

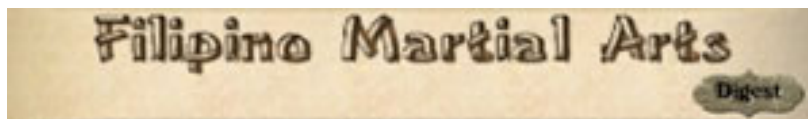
- The spine has to be straight, respecting its natural curves without exaggerating them.

- Pull the top of the skull upwards and bring the chin slightly in, in order to reduce the cervical hollow and thus align the head.





Rapid Journal



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