

# Filipino Martial Arts

## MAMFMA

Digest

Special Edition  
2008



If an Eagle dies, he leaves his feather...  
If a man dies, his memory remains...

*Punong Lakan Garitony C. Nicolas*

**Publisher**

Steven K. Dowd

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MAMFMA Archives

FMA Digest Archives

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

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

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## From the Publishers Desk

### Kumusta

The clichéd theory that Masters of a martial art have to be wizened old man does not hold true for Punong Lakan Garitony Nicolas a former student of Grandmaster Ernesto Presas for 12 years. Punong Lakan Garitony Nicolas, had an itch he could not scratch, and this was to gain more knowledge of as many arts that he could.

In July of 1995 he trademarked and started Arnis Nicolas System and became the Founder of the Modern Arnis Mano-Mano Filipino Martial Arts (MAMFMA). Applying his creativity to the techniques of his various teachers, Punong Lakan Nicolas introduced additional movements, such as advanced sinawali to further improve the coordination, reflex, and learning ability of his students. Similarly, the introduction of his now renowned Pang-Oran system served to bridge the gap between armed and empty hand systems, seamlessly integrating the different aspects into a fluid and practical set of techniques.

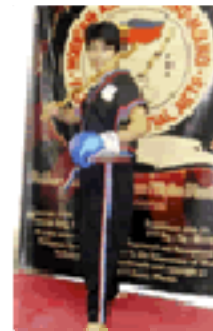
Punong Lakan Nicolas is an energetic, motivated and industrious individual, which is topped with kindness, understanding and a very good sense of humor.

In this Special Edition you will see his past endeavors, and learn about the man his organization. Just celebrating the MAMFMA 13th year of existence, the MAMFMA has just begun its journey into the Filipino martial arts history of the future.

Author of 8 books, only 7 in print at this time, each demonstrates just the edge of knowledge that this practitioner has and is putting forth.

So learn, understand, and most important enjoy just a appetizer about Punong Lakan Garitony Nicolas and the Modern Arnis Mano-Mano Filipino Martial Arts

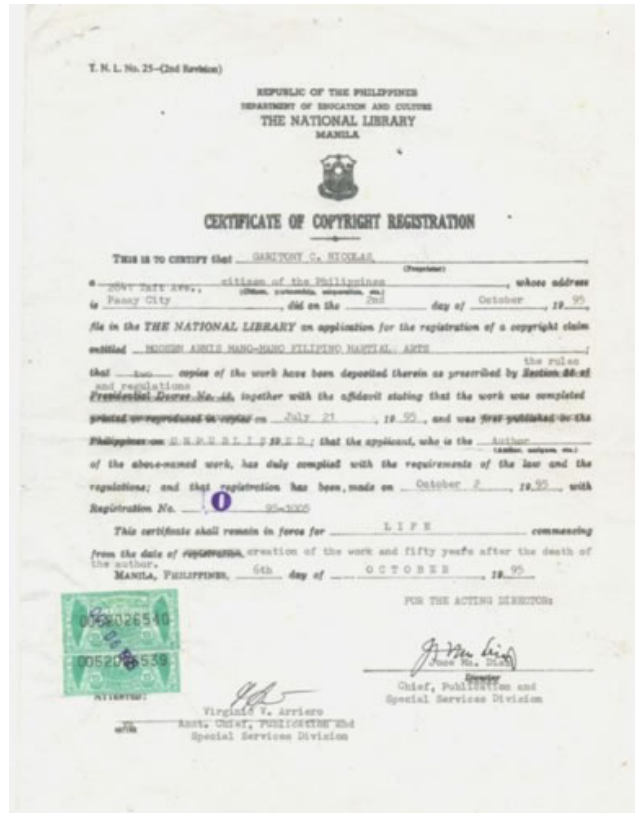
**Maraming Salamat Po**



**Punong Lakan Garitony “Sir Pet” Nicolas**

## Modern Arnis Mano-Mano Filipino Martial Arts MAMFMA

Modern Arnis Mano-Mano Filipino Martial Arts School is duly recognized and registered by the Philippine Government under by the Security Exchange Commission and the Department of Trade and Industry with Registry Number 00156129. The MAMFMA was first registered July 21, 1995, second registration year 2000 and third registration was 2005. The logo name of Modern Arnis Mano-Mano Filipino Martial Arts was copyrighted at the National Library, Manila on October 6, 1995 with Copyright registry no. O 95-1006 by Punong Lakan Garitony C. Nicolas which he called Arnis Nicolas System (ARNIS). The Arnis Nicolas System promotes the classical, traditional and modern approach of teaching the principles and philosophy of the art of stick fighting - Arnis.



### MAMFMA Vision

Modern Arnis Mano-Mano Filipino Martial Arts (MAMFMA) International, inspired by the Christ virtues, envisions a totally integrated person of faith, peace and service characterized by the Christian values for the formation of a just and humane society, to regain the lost glory of the cultural Arnis and restore its place in the International sporting events.

### MAMFMA Mission

As a Filipino Martial Arts, it's committed to fostering Nationalism, to instill social concerns and political awareness and to participate actively in community developments. The mission of **MAMFMA** is two fold:

first and foremost is to regain the lost glory of the art as an international sport and martial arts and restore in every Filipino heart its cultural heritage and indigenous value, second to advance the camaraderie of Arnis practitioners under one roof and a common goal and leadership without losing their individuality as a style, system or affiliation.

## **About the Founder**

**Punong Lakan Garitony C. Nicolas**

Master of the Hardwood Cane



Punong Lakan Garitony Nicolas was born on July 21, 1968 Manila, Philippines, to Antonio G. Nicolas (deceased) and Zenaida F. Carlos. He was barely 13 when the passion and determination to pursue his training in the field of Arnis led him to another Master of renown, flourishing under the tutelage of Grandmaster Ernesto A. Presas Sr. for no less than 12 years.

The clichéd theory that Masters of a martial art have to be wizened old man does not hold true for this man, as he earned recognition for being the Most Outstanding Instructor of the Year on December 19, 1987, at the humble age of 19. The International Philippine Martial Arts Federation and ARJUKEN Karate Association by, Grandmaster Ernesto Presas himself awarded him. On July 23, 2005, the United States of Martial Arts Association (USMAA) as one of the International Instructor Hall of Fame Awardees recognized him. He would forever after be referred to as Punong Lakan, “Master of the Hardwood Cane”.

## **Evolution of the Art**

In the years since, Punong Lakan's passion led him to pursue knowledge of the various systems and principles of other martial arts disciplines. As part of this journey, he succeeded in his objectives, attaining both awareness and friendship from experts of their own field, such as Grandmaster Nemesio Puno, Professor Armando C. Soteco, Grandmaster Benjamin B. Luna, and Sensei Danny San Joaquin.

On July 21 1995, Punong Lakan announced to the world the product of his many years of learning - a legally trademarked system of his own called the Arnis Nicolas System, to be taught by his school, the Modern Arnis Mano-Mano Filipino Martial Arts (MAMFMA). Applying his creativity to the techniques of his various teachers, Punong Lakan introduced additional movements, such as advanced sinawali to further improve the coordination, reflex, and learning ability of his students. Similarly, the introduction of his now renowned Pang-Oran system served to bridge the gap between armed and empty hand systems, seamlessly integrating the different aspects into a fluid and practical set of techniques that are the envy of many practitioners.

Firmly believing in the continued evolution of the art, Punong Lakan continues to refine his system and knowledge of martial arts. He completed his Arnis Professional course at the National College of Physical Education (NCPE) at Pamantasan ng Lungsod ng Maynila in 2006.

### **Promotion of the Art**

Punong Lakan decided to promote and share the knowledge and principles of his system, and Arnis as an art at many prestigious locations. Notable relationships include those with the British School of Manila (ASA), Datamex Computer College, Rockwell Sports Club Makati, Pasay City North High School - BSP, International Electronic Technology Institute and UST Martial Arts Club.

He was invited to become the fighting scene director in one of the GMA 7's Fantaserye Etheria (Encantadia Book 2). At the same time, he trained the actors and actresses of the said Fantaserye. He conducted seminar trainings at Metro Manila Development Authority Traffic Office Command (MMDA-TOC), Wack-Wack Village Security and Safety Department, MASAKAF Foundation Inc. and Landnet Inc. – Subdivision Police. Before he reached the path of success, he first became an instructor of Arjuken Karate Club, Lyceum Martial Arts Club, Hataw-do Martial Arts Club, and Kalisphere Philippines.

### **Present Day**

Punong Lakan continues to be the Master of choice for many local and international celebrities including other martial arts experts who came to learn Arnis in the Philippines.

He is also the adviser of R and O Academy, Combination of Arnis Kickboxing and Combative Arts Gym (CAKCA), MAMFMA Intramuros Chapter, MAMFMA Malasiqui, Pangasinan Chapter, MAMFMA Victoria Australia Chapter, MAMFMA Chicago, Illinois Chapter, Philippine Arnis Mano-Mano Gym Dubai Chapter (PHILAMM) and MAMFMA Wiesbaden Germany Chapter.

In government, he acts as the Arnis Instructor at the Philippine Indigenous Games and Sports Savers Association Incorporated hosted by the Philippine Tourism Authority.

The MAMFMA today boasts of 1000 members; it continues to grow in influence within both Filipino and World martial arts circles as a truly progressive example of a proud traditional art, delivered and enhanced through moral philosophical thought and modern teaching techniques.





## **Officers of Modern Arnis Mano-Mano Filipino Martial Arts**

**Founder and Chief Instructor:** Punong Lakan Garitony “Sir Pet” Nicolas

**Club President:** Romeo S. Solatorio

**Secretary General:** Anthony A. Gatchalian

### **Modern Arnis Mano-Mano Filipino Martial Arts Official List of Club Presidents (Past and Present)**

As of July 21, 2008

- |                               |                           |
|-------------------------------|---------------------------|
| 1. Antonio V. Coloma          | 5. Christopher B. Eleazar |
| 2. Marian Florina S. Hernando | 6. Jerrick Cyrus L. Tan   |
| 3. Sheila A. Hiceta           | 7. Roberto Dela Cruz Jr.  |
| 4. Rhiverli C. Quine          | 8. Romeo S. Solatorio     |



Former and Current Club President of MAMFMA

**L-R:** Lakan Jerrick Cyrus Tan, Lakan Christopher Eleazar,  
Dayang Rhiverli Quine, Lakan Roberto Dela Cruz Jr., Lakan Romeo Solatorio

### **Modern Arnis Mano-Mano Filipino Martial Arts Official List of Secretary Generals**

As of July 21, 2008

- |                           |                           |
|---------------------------|---------------------------|
| 1. Marcelina I. Pacurib   | 7. Alfred De Guzman       |
| 2. Edward T. Ello         | 8. Roberto R. Dela Cruz   |
| 3. Rommel A. Bautista     | 9. Ceasar S. Turingan     |
| 4. Anthony A. Chua        | 10. Joesie N. Ignacio     |
| 5. Benedict S. Makalintal | 11. Anthony A. Gatchalian |
| 6. Elbert T. Marquez      |                           |



Former and Current Secretary General of MAMFMA  
**L-R:** Lakan Christopher Eleazar, Guro Anthony Gatchalian,  
 Lakan Roberto Dela Cruz Jr., Lakan Junar Vidal

**Modern Arnis Mano-Mano Filipino Martial Arts**  
**Official List of Instructors**  
 As of July 21, 2008

**No - ID Name**

1-	102-1661 - Mary Angeli C. Bulatao
2-002 - Antonio V. Coloma	103-0242 - Melchor W. Amosco
3-003 - Jason P. Naizaro	104-1664 - Jayme D. Francisco
4-004 - Jerrie Lyle M . Belen	105-1670 - Damaso Ronillo A. Villanueva
5-005 - Noel L . Flores	106-1684 - Anthony A. Gatchalian
6-006 - Oorlando P. Bugarin	107-1700 - Simon Lear
7-007 - Hernan L. Aguilar	108-1687 - Ronaldo P. Regalado
8-010 - Richie M. Bergancia	42-0185 - Gibson L. Gordola
9-011 - Richard L. Valbuena	43-0186 - Edward T. Ello
10-012 - Jose E. Uriarte	44-0202 - Armando P. Garcia
11-014 - Nelson F. Tugano	45-0204 - Allan D. Galicia
12-015 - Jose Rico D. Luna	46-0126 - Rhiverli C. Quine
13-016 - Eenrique Antonio I. Reyes	47-0219 - Christopher V. Caday
14-017 - Regina Rosario C. Sobrevinas	48-0232 - Dominador B. Villaflores
15-018 - Ethel Rina V. Tablin	49-0233 - Rogelio R. Vasquez
16-019 - Ella Richelle V. Tablin	50-0239 - Rigor C. Bicbic
17-022 - Ronaldo P. Aduca	51-0240 - Glenn V. Chavez
18-027 - Alberto P. Geronimo JR.	52-0244 - Rommel A. Bautista
19-028 - Dwight Aldwin S. Geronimo	53-0267 - Christopher B. Ellazar
20-029 - Jose N. Baluyot	54-0278 - Frederick C. Salvan
21-054 - Richard D. Makalintal	55-0284 - Michael S. Peralta
22-007 - Dindo L. Hernandez	56-0292 - Henrik P. Molin
23-013 - Ronald E. Prodivo	57-0225 - Reynaldo L. Senson
24-020 - Jeff E. Bautista	58-0294 - Jerry F. Rosalejos
25-032 - Rodolfo R. Bautista JR.	59-0295 - Ronald C. Pelle
26-034 - Julius F. Quintans	60-0305 - Anthony A. Chua
27-035 - Allan S. Zalzos	61-0310 - Michael S. Guliman
28-026 - Edgar D. Bacomo	62-0328 - Vicar D. Villaraza
29-039 - Marcelina I. Pacurib	63-0329 - Michael Angelo D. Villaraza
30-042 - Augusto A. Sunga	64-0337 - Benidict S. Makalintal



31-043 - Jonathan M. Miguel  
 32-044 - Alex L. Duran  
 33-046 - Jeff B. Nova  
 34-094 - Roman U. Dela Torre  
 35-099 - Mizha D. Nicolas  
 36-0101 - Marian Florina S. Hernando  
 37-0110 - Rommel L. Makalintal  
 38-0117 - Said Mugherry  
 39-0128 - Redentor C. Ulsano  
 40-0131 - Rhodore Gutierrez  
 41-0164 - Vina L. Habana  
 89-1493 - Mikeli Mapua  
 90-1505 - Miguel Garcia  
 91-1504 - Felipe Cruz  
 92-1494 - Nicholas Lauren Rojas  
 93-1495 - Ryan Michel Rojas  
 94-1518 - Romeo S. Solatorio  
 95-1601 - Sharayah Nicole R. Dominguez  
 96-1514 - Jerrerson Kiel S. Becker  
 97-0559 - Joesie N. Ignacio  
 98-1631 - Erwin J. Javier  
 99-1626 - Ceasar S. Turingan  
 100-1627 - Andre Rainer R. Fuggan  
 101-1660 - Teodoro R. Bulatao III

65-0338 - Francisco L. Carpio  
 66-0359 - Marvin A. Torrecampo  
 67-0396 - Brian R. Plaza  
 68-0405 - Anthony C. Saraza  
 69-0409 - Melanie F. Salvacion  
 70-0412 - Michael Alvin G. Manimtim  
 71-0437 - Jay S. Rasing  
 72-0441 - Dexter M. Baillo  
 73-0472 - Mark Anthony Medina  
 74-0502 - Michael Kromann  
 75-0528 - Paul Orsoni  
 76-0536 - Elbert T. Marquez  
 77-0548 - Junar F. Vidal  
 78-0588 - Mitze P. Secopito  
 79-1010 - Alfred De Guzman  
 80-1011 - Robertson Chiang  
 81-1083 - Xavier Lesaffre  
 82-1228 - Roger Terence P. Camua  
 83-1235 - David Kryzwda  
 84-1240 - Mark L. Bautista  
 85-1280 - Jerrick Cyrus L. Tan  
 86-1427 - Geoffrey Yu Yao  
 87-1437 - Roberto R. Dela Cruz JR.  
 88-1469 - Nino C. Quine

“If an Eagle dies, he leaves his feather...  
 If a man dies, his memory remains...”

### Punong Lakan's Motto



‘Why are we born?’ and when we die are the people we love still remember us? As we take our journey we come to understand why life works the way it does. Although, we view life in terms of many separate and individual lives, it is only one single, universal existence that we perceive as many. We are all here to attain and accomplish our purpose as individuals and to leave our own legacy and this determines who we really are for others, when we die only our physical attributes died but the memories will forever be remembered. Just like an eagle, when they die, they will leave their feathers and will always regard as symbols of power and high achievement.

Nothing is more destructive to the human spirit and to personal happiness than never quite perceptive that you really are, what you truly want, and what you really put here on earth to accomplish. Most of us are still afraid to stand up and say, “This is me, this is what I want, and this is what I stand for.” Instead, many of us spend too much time attempting to be like someone else, maybe the person our parents wanted us to be, or a friend we admire. We exhaust ourselves trying to live up to other people’s expectations because we do not know how to live up to our own. Most of us live in a very restricted

circle of our potential being. We routinely ignore our strength and follow our weaknesses. The instinct to do nothing, to stay put, to choose security over challenge, to follow the herd, and to accept the second rate is often stronger than the drive to get the most out of life; it has been built to personality so solidly that it is difficult to overcome.

If there is one tragedy of the human condition, it has to go through life using only a small fraction of your potential energy and intelligence, to experience only a fraction of the pleasure and satisfaction you are capable of. People don't lack strength, they lack will.

One fallacy that people have is that they have only one life's purpose, and they search and worry that they have found the right one. The purpose of living is to survive in whatever you are doing out of the highest love, out of the highest place you possibly can. In addition, the purpose of living that way is to live "on purpose," to live deliberately, to know what you are responsibility, and to accomplish it completely. This is the true joy in life, to be use for a purpose recognized by you as a mighty one.

Be like the eagles, never be afraid to fly high and explore your potentials, and attain your goals. Stand for what you truly believe in. A true eagle make things happen, see and seize opportunities and posses an uncommonly great attitudes.

Really, see and explore what is in front of you now, and reframe it as your growth opportunity to get through it faster. Embrace it as the way the universe is taking you to what you need to know and the result you asked for... because it is you who asked for it. If you do not like your results, it is time to change what you want because all that has happened is you got what you asked for on some level.

**Mary Grace P. Penamayor**



*"If an eagle dies, he leaves his feather, if a man dies, his memories remains..."* our Guro or Master Punong Lakan Garitony "Sir Pet" Nicolas motto. My self-explanation for this is, *"All of us will leave this mortal life, in anytime, any place and any how, but not all of us will be truly remembered, honored and will be put in history"*. In the field of Arnis and Filipino Martial Arts, Sir "Pet" have reached extra miles in practicing, promoting, teaching and unselfishly sharing his knowledge to his students, local or foreigner. Not only in the physical aspect of training the Martial Art itself, Sir "Pet" also shows and teaches his students good values, virtues good camaraderie and positive attitudes, that other Master's forgot to teach his students. Below are famous quotations that may I say relevant to Punong Lakans motto.

"History is the ship carrying living memories to the future."

"We do not remember days, we remember moments." - Cesare Pavese

"For some Life lasts a short while, but the memories it holds last forever."

"The life of the dead is placed in the memory of the living."

"The past is never dead, it is not even past." - William Faulkner

"Money is spent and forgotten, while unforgettable memories live on." - Justine Kerfoot

"Memory... is the diary that we all carry about with us." - Oscar Wilde

**Guro Anthony A. Gatchalian**  
Secretary General - MAMFMA

## Take It, From the Warrior's Art

By Mary Grace P. Peñamayor



Arnis is often regarded as “the art within the art”. Every technique, Anyo or form represents the Arnisador’s way of life, how he handles obstacles and challenges in life. Some of the objectives of Arnis are to preserve the legacy and enhance the appreciation of the art. To develop, moral character mental and physical discipline, and the spirit of sportsmanship through the practice of Arnis.

As a neophyte Arnisador, I must say that engaging into Martial Arts is never been easy but if I took it seriously and whole-heartedly I am confident that I could be able to face whatever undertakings that will come my way. It taught me to become proficient and comfortable in all ranges of combat.

The organization introduced the basic skills, strategies and rules of Arnis. It also developed the specific skills of striking, blocking and fighting strategies. The basic Anyo or form has developed the reflex action, agility, flexibility and endurance as well as the movements, which contributed to an all around physical development.

The discipline of learning Arnis has always been grounded in this twin objective: deep understanding of the fundamental vocabulary and grammar of the blade, and the functional translation of this knowledge into a practical and effective response. Arnis as game recharges our minds and bodies for the greater challenge of everyday life. Arnis as play wakes us to the moment. This is what the practice serves. This is the essence of the warrior’s art.

### Modern Sinawali

The Arnis Nicolas system is designed for the martial arts lovers, especially for the Arnis practitioners in the development of their mental, physical and spiritual skills. Inspired by the fast changing world where there is a great paradigm shift that is taking place almost in all angles of lifestyles. Punong Lakan Nicolas carefully planned, analyzed, prepared, improved and modified the Sinawali system wherein you can find additional crisscross movements of the hands, and of course not leaving behind the traditional way... therefore, the Modern Sinawali - Arnis Nicolas system is a well-rounded development for the martial arts practitioner.

The Modern Sinawali has three hundred and sixty three (363) different variations among, which are the Peripheral Sinawali, Double X Sinawali, Single X Sinawali, etc. The practitioner in learning and training in the Arnis Nicolas system will develop speed, timing, agility, harmony and power. Footwork will vastly improve along with body movement and reflexes.



All this is a total advantage to the serious practitioner for it serves as an important preliminary exercise to the advance techniques of sol baston, double baston and arnis y daga.

### List of Modern Sinawali

1. Single Sinawali
2. Advance Single Sinawali
3. Single Advance Sinawali
4. Reverse Single Sinawali
5. Reverse Advance Single Sinawali
6. Reverse Single Advance Sinawali
7. X Sinawali
8. Advance X Sinawali
9. X Advance Sinawali
10. Double X Sinawali
11. Reverse X Sinawali
12. Reverse Advance X Sinawali
13. Reverse X Advance Sinawali
14. Reverse Double X Sinawali
15. Single Cross Sinawali
16. Advance Single Cross Sinawali
17. Single Cross Advance Sinawali
18. Reverse Single Cross Sinawali
19. Reverse Advance Single Cross Sinawali
20. Reverse Single Cross Advance Sinawali
21. Single X Sinawali
22. Advance Single X Sinawali
23. Single X Advance Sinawali
24. Reverse Single X Sinawali
25. Reverse Advance Single X Sinawali
27. Double Sinawali
28. Advance Double Sinawali
29. Double Advance Sinawali
30. Double Double Sinawali
31. Advance Double Double Sinawali
32. Double Double Advance Sinawali
33. Reverse Double Sinawali
34. Reverse Advance Double Sinawali
35. Reverse Double Advance Sinawali
36. Reverse Double Double Sinawali
37. Reverse Advance Double Double Sinawali
38. Reverse Double Double Advance Sinawali
39. Reverse Sinawali
40. Advance Reverse Sinawali
41. Reverse Advance Sinawali
42. Double Sinawali No.2
43. Advance Double Sinawali No.2
44. Double Advance Sinawali No.2
45. Double Double Sinawali No.2
46. Advance Double Double Sinawali No.2

### Single X Sinawali



Deliver right arm strike to the left temple.



Deliver right arm strike to the right knee.



Deliver left arm strike to the left knee and put the right arm to the left shoulder.



Deliver right arm strike to the right knee and withdraw the left arm to the left shoulder.

47. Double Double Advance Sinawali No.2
48. Reverse Double Sinawali No.2
49. Reverse Advance Double Sinawali No.2
50. Reverse Double Advance Sinawali No.2
51. Reverse Double Double Sinawali No.2
52. Reverse Advance Double Double Sinawali No.2
53. Reverse Double Double Advance Sinawali No.2
54. Reverse Sinawali No.2
55. Advance Reverse Sinawali No.2
56. Reverse Advance Sinawali No.2
57. Single Cross Sinawali No.2
58. Advance Single Cross Sinawali No.2
59. Single Cross Advance Sinawali No.2
60. Reverse Single Cross Sinawali No.2
61. Reverse Advance Single Cross Sinawali No.2
62. Reverse Single Cross Advance Sinawali No.2
63. Single X Sinawali No.2
64. Advance Single X Sinawali No.2
65. Single X Advance Sinawali No.2
66. Double X Sinawali No.2
67. Reverse Single X Sinawali No.2
68. Reverse Advance Single X Sinawali No.2
69. Reverse Single X Advance Sinawali No.2
70. Reverse Double X Sinawali No.2
71. Peripheral Single Sinawali
72. Peripheral Advance Single Sinawali
73. Peripheral Single Advance Sinawali
74. Peripheral Reverse Single Sinawali
75. Peripheral Reverse Advance Single Sinawali
76. Peripheral Reverse Single Advance Sinawali
77. Peripheral X Sinawali
78. Peripheral Advance X Sinawali
79. Peripheral X Advance Sinawali
80. Peripheral Double X Sinawali
81. Peripheral Reverse X Sinawali
82. Peripheral Reverse Advance X Sinawali
83. Peripheral Reverse X Advance Sinawali
84. Peripheral Reverse Double X Sinawali
85. Peripheral Single Cross Sinawali
86. Peripheral Advance Single Cross Sinawali
87. Peripheral Single Cross Advance Sinawali
88. Peripheral Reverse Single Cross Sinawali
89. Peripheral Reverse Advance Single Cross Sinawali
90. Peripheral Reverse Single Cross Advance Sinawali
91. Peripheral Single X Sinawali
92. Peripheral Advance Single X Sinawali
93. Peripheral Single X Advance Sinawali
94. Peripheral Reverse Single X Sinawali
95. Peripheral Reverse Advance Single X Sinawali
96. Peripheral Reverse Single X Advance Sinawali



Deliver a left arm strike to the right temple.



Deliver left arm strike to the left knee.



Deliver right arm strike to the right knee and put the left arm to the right shoulder.



Deliver left arm strike to the left knee and withdraw the right arm to the right shoulder.

97. Peripheral Double Sinawali
98. Peripheral Advance Double Sinawali
99. Peripheral Double Advance Sinawali
100. Peripheral Double Double Sinawali
101. Peripheral Advance Double Double Sinawali
102. Peripheral Double Double Advance Sinawali
103. Peripheral Reverse Double Sinawali
104. Peripheral Reverse Advance Double Sinawali
105. Peripheral Reverse Double Advance Sinawali
106. Peripheral Reverse Double Double Sinawali
107. Peripheral Reverse Advance Double Double Sinawali
108. Peripheral Reverse Double Double Advance Sinawali
109. Peripheral Reverse Sinawali
110. Peripheral Advance Reverse Sinawali
111. Peripheral Reverse Advance Sinawali
112. Peripheral Double Sinawali No.2
113. Peripheral Advance Double Sinawali No.2
114. Peripheral Double Advance Sinawali No.2
115. Peripheral Double Double Sinawali No.2
116. Peripheral Advance Double Double Sinawali No.2
117. Peripheral Double Double Advance Sinawali No.2
118. Peripheral Reverse Double Sinawali No.2
119. Peripheral Reverse Advance Double Sinawali No.2
120. Peripheral Reverse Double Advance Sinawali No.2
121. Peripheral Reverse Double Double Sinawali No.2
122. Peripheral Reverse Advance Double Double Sinawali No.2
123. Peripheral Reverse Double Double Advance Sinawali No.2
124. Peripheral Reverse Sinawali No.2
125. Peripheral Advance Reverse Sinawali No.2
126. Peripheral Reverse Advance Sinawali No.2
127. Peripheral Single Cross Sinawali No.2
128. Peripheral Advance Single Cross Sinawali No.2
129. Peripheral Single Cross Advance Sinawali No.2
130. Peripheral Reverse Single Cross Sinawali No.2
131. Peripheral Reverse Advance Single Cross Sinawali No.2
132. Peripheral Reverse Single Cross Advance Sinawali No.2
133. Peripheral Single X Sinawali No.2
134. Peripheral Advance Single X Sinawali No.2
135. Peripheral Single X Advance Sinawali No.2
136. Peripheral Double X Sinawali No.2
137. Peripheral Reverse Single X Sinawali No.2
138. Peripheral Reverse Advance Single X Sinawali No.2
139. Peripheral Reverse Single X Advance Sinawali No.2
140. Peripheral Reverse Double X Sinawali No.2
141. Peripheral Reverse Reverse Single X Sinawali No.2
142. Peripheral Reverse Reverse Advance Single X Sinawali No.2
143. Peripheral Reverse Reverse Single X Advance Sinawali No.2
144. Peripheral Reverse Reverse Double X Sinawali No.2
145. Advance Peripheral Single Sinawali
146. Advance Peripheral Advance Single Sinawali

## Advance Single X Sinawali



Deliver right arm strike to the left temple.



Deliver right arm strike to the right knee.



Deliver right arm strike to the right temple.



Deliver left arm strike to the left knee and put the right arm to the left shoulder.



Deliver right arm strike to the right knee and withdraw the left arm to the left shoulder.



147. Advance Peripheral Single Advance Sinawali
148. Advance Peripheral Reverse Single Sinawali
149. Advance Peripheral Reverse Advance Single Sinawali
150. Advance Reverse Peripheral Reverse Single Advance Sinawali
151. Advance Reverse Peripheral X Sinawali
152. Advance Peripheral Advance X Sinawali
153. Advance Reverse Peripheral X Advance Sinawali
154. Advance Peripheral Double X Sinawali
155. Advance Peripheral Reverse X Sinawali
156. Advance Peripheral Reverse Advance X Sinawali
157. Advance Peripheral Reverse X Advance Sinawali
158. Advance Peripheral Reverse Double X Sinawali
159. Advance Peripheral Single Cross Sinawali
160. Advance Peripheral Advance Single Cross Sinawali
161. Advance Peripheral Single Cross Advance Sinawali
162. Advance Peripheral Advance Single X Sinawali
163. Advance Peripheral Single X Advance Sinawali
164. Advance Peripheral Reverse Single X Sinawali
165. Advance Peripheral Reverse Advance Single X Sinawali
166. Advance Peripheral Reverse Single X Advance Sinawali
167. Advance Peripheral Double Sinawali
168. Advance Peripheral Advance Double Sinawali
169. Advance Peripheral Double Advance Sinawali
170. Advance Peripheral Double Double Sinawali
171. Advance Peripheral Advance Double Double Sinawali
172. Advance Peripheral Double Double Advance Sinawali
173. Advance Peripheral Reverse Double Sinawali
174. Advance Peripheral Reverse Advance Double Sinawali
175. Advance Peripheral Reverse Double Advance Sinawali
176. Advance Reverse Double Double Sinawali
177. Advance Reverse Advance Double Double Sinawali
178. Advance Reverse Double Double Advance Sinawali
179. Advance Reverse Sinawali
180. Advance Peripheral Advance Reverse Sinawali
181. Advance Peripheral Reverse Advance Sinawali
182. Advance Peripheral Double Sinawali No.2
183. Advance Peripheral Advance Double Sinawali No.2
184. Advance Peripheral Double Advance Sinawali No.2
185. Advance Peripheral Double Double Sinawali No.2
186. Advance Peripheral Advance Double Double Sinawali No.2
187. Advance Peripheral Double Double Advance Sinawali No.2
188. Advance Peripheral Reverse Double Sinawali No.2
189. Advance Peripheral Reverse Advance Double Sinawali No.2
190. Advance Peripheral Reverse Double Advance Sinawali No.2
191. Advance Peripheral Reverse Double Double Sinawali No.2
192. Advance Peripheral Reverse Advance Double Double No.2
193. Advance Peripheral Reverse Double Double Advance No.2
194. Advance Peripheral Reverse Sinawali No.2
195. Advance Peripheral Advance Reverse Sinawali No.2
196. Advance Peripheral Reverse Advance Sinawali No.2
197. Advance Peripheral Single Cross Sinawali No.2



Deliver a left arm strike to the right temple.



Deliver left arm strike to the left knee.



Deliver left arm strike to the left temple.



Deliver right arm strike to the right knee and put the left arm to the right shoulder.



Deliver left arm strike to the left knee and withdraw the right arm to the right shoulder.

198. Advance Peripheral Advance Single Cross Sinawali No.2
199. Advance Peripheral Single Cross Advance Sinawali No.2
200. Advance Peripheral Reverse Single Cross Sinawali No.2
201. Advance Peripheral Reverse Advance Single Cross No.2
202. Advance Peripheral Reverse Single Cross Advance No.2
203. Advance Peripheral Reverse Single X Sinawali No.2
204. Advance Peripheral Advance Single X Sinawali No.2
205. Advance Peripheral Single X Advance Sinawali No.2
206. Advance Peripheral Double X Sinawali No.2
207. Advance Peripheral Reverse Single X Sinawali No.2
208. Advance Peripheral Reverse Advance Single X Sinawali No.2
209. Advance Peripheral Reverse Single X Advance Sinawali No.2
210. Advance Peripheral Reverse Double X Sinawali No.2
211. Reverse Peripheral Single Sinawali
212. Reverse Peripheral Advance Single Sinawali
213. Reverse Peripheral Single Advance Sinawali
214. Reverse Peripheral Reverse Single Sinawali
215. Reverse Peripheral Reverse Advance Single Sinawali
216. Reverse Peripheral Reverse Single Advance Sinawali
217. Reverse Peripheral X Sinawali
218. Reverse Peripheral Advance X Sinawali
219. Reverse Peripheral X Advance Sinawali
220. Reverse Peripheral Double X Sinawali
221. Reverse Peripheral Reverse X Sinawali
222. Reverse Peripheral Reverse Advance X Sinawali
223. Reverse Peripheral Reverse X Advance Sinawali
224. Reverse Peripheral Reverse Double X Sinawali
225. Reverse Peripheral Single Cross Sinawali
226. Reverse Peripheral Advance Single Cross Sinawali
227. Reverse Peripheral Single Cross Advance Sinawali
228. Reverse Peripheral Reverse Single Cross Sinawali
229. Reverse Peripheral Reverse Advance Single Cross Sinawali
230. Reverse Peripheral Reverse Single Cross Advance Sinawali
231. Reverse Peripheral Single X Sinawali
232. Reverse Peripheral Advance Single X Sinawali
233. Reverse Peripheral Single X Advance Sinawali
234. Reverse Peripheral Reverse Single X Sinawali
235. Reverse Peripheral Reverse Advance Single X Sinawali
236. Reverse Peripheral Reverse Single X Advance Sinawali
237. Reverse Peripheral Double Sinawali
238. Reverse Peripheral Advance Double Sinawali
239. Reverse Peripheral Double Advance Sinawali
240. Reverse Peripheral Double Double Sinawali
241. Reverse Peripheral Advance Double Double Sinawali
242. Reverse Peripheral Double Double Advance Sinawali
243. Reverse Peripheral Reverse Double Sinawali
244. Reverse Peripheral Reverse Advance Double Sinawali
245. Reverse Peripheral Reverse Double Advance Sinawali
246. Reverse Peripheral Reverse Double Double Sinawali
247. Reverse Peripheral Reverse Advance Double Double Sinawali
248. Reverse Peripheral Reverse Double Double Advance Sinawali

249. Reverse Peripheral Reverse Sinawali
250. Reverse Peripheral Advance Reverse Sinawali
251. Reverse Peripheral Reverse Advance Sinawali
252. Reverse Peripheral Double Sinawali No.2
253. Reverse Peripheral Advance Double Sinawali No.2
254. Reverse Peripheral Double Advance Sinawali No.2
255. Reverse Peripheral Double Double Sinawali No.2
256. Reverse Peripheral Advance Double Double Sinawali No.2
257. Reverse Peripheral Double Double Advance Sinawali No.2
258. Reverse Peripheral Reverse Double Sinawali No.2
259. Reverse Peripheral Reverse Advance Double Sinawali No.2
260. Reverse Peripheral Reverse Double Advance Sinawali No.2
261. Reverse Peripheral Reverse Double Double Sinawali No.2
262. Reverse Peripheral Reverse Advance Double Double No.2
263. Reverse Peripheral Reverse Double Double Advance No.2
264. Reverse Peripheral Reverse Sinawali No.2
265. Reverse Peripheral Advance Reverse Sinawali No.2
266. Reverse Peripheral Reverse Advance Sinawali No.2
267. Reverse Peripheral Single Cross Sinawali No.2
268. Reverse Peripheral Advance Single Cross Sinawali No.2
269. Reverse Peripheral Single Cross Advance Sinawali No.2
270. Reverse Peripheral Reverse Single Cross Sinawali No.2
271. Reverse Peripheral Reverse Advance Single Cross No.2
272. Reverse Peripheral Reverse Single Cross Advance No.2
273. Reverse Peripheral Single X Sinawali No.2
274. Reverse Peripheral Advance Single X Sinawali No.2
275. Reverse Peripheral Single X Advance Sinawali No.2
276. Reverse Peripheral Double X Sinawali No.2
277. Reverse Peripheral Reverse Single X Sinawali No.2
278. Reverse Peripheral Reverse Advance Single X Sinawali No.2
279. Reverse Peripheral Reverse Single X Advance Sinawali No.2
280. Reverse Peripheral Reverse Double X Sinawali No.2
281. Advance Reverse Peripheral Single Sinawali
282. Advance Reverse Peripheral Advance Single Sinawali
283. Advance Reverse Peripheral Single Advance Sinawali
284. Advance Reverse Peripheral Reverse Single Sinawali
285. Advance Reverse Peripheral Reverse Advance Single Sinawali
286. Advance Reverse Peripheral Reverse Single Advance Sinawali
287. Advance Reverse Peripheral X Sinawali
288. Advance Reverse Peripheral Advance X Sinawali
289. Advance Reverse Peripheral X Advance Sinawali
290. Advance Reverse Peripheral Double X Sinawali
291. Advance Reverse Peripheral Reverse X Sinawali
292. Advance Reverse Peripheral Reverse Advance X Sinawali
293. Advance Reverse Peripheral Reverse X Advance Sinawali
294. Advance Reverse Peripheral Reverse Double X Sinawali
295. Advance Reverse Peripheral Single Cross Sinawali
296. Advance Reverse Peripheral Advance Single Cross Sinawali
297. Advance Reverse Peripheral Single Cross Advance Sinawali
298. Advance Reverse Peripheral Reverse Single Cross Sinawali
299. Advance Reverse Peripheral Reverse Advance Single Cross

300. Advance Reverse Peripheral Reverse Single Cross Advance
301. Advance Reverse Peripheral Single X Sinawali
302. Advance Reverse Peripheral Advance Single X Sinawali
303. Advance Reverse Peripheral Single X Advance Sinawali
304. Advance Reverse Peripheral Reverse Single X Sinawali
305. Advance Reverse Peripheral Reverse Advance Single X
306. Advance Reverse Peripheral Reverse Single X Advance
307. Advance Reverse Peripheral Double Sinawali
308. Advance Reverse Peripheral Advance Double Sinawali
309. Advance Reverse Peripheral Double Advance Sinawali
310. Advance Reverse Peripheral Double Double Sinawali
311. Advance Reverse Peripheral Advance Double Double Sinawali
312. Advance Reverse Peripheral Double Double Advance Sinawali
313. Advance Reverse Peripheral Reverse Double Sinawali
314. Advance Reverse Peripheral Reverse Advance Double Sinawali
315. Advance Reverse Peripheral Reverse Double Advance Sinawali
316. Advance Reverse Peripheral Reverse Double Double Sinawali
317. Advance Reverse Peripheral Reverse Advance Double Double
318. Advance Reverse Peripheral Reverse Double Double Advance
319. Advance Reverse Peripheral Reverse Sinawali
320. Advance Reverse Peripheral Advance Reverse Sinawali
321. Advance Reverse Peripheral Reverse Advance Sinawali
322. Advance Reverse Peripheral Double Sinawali No.2
323. Advance Reverse Peripheral Advance Double Sinawali No.2
324. Advance Reverse Peripheral Double Advance Sinawali No.2
325. Advance Reverse Peripheral Double Double Sinawali No.2
326. Advance Reverse Peripheral Advance Double Double No.2
327. Advance Reverse Peripheral Double Double Advance No.2
328. Advance Reverse Peripheral Reverse Double Sinawali No.2
329. Advance Reverse Peripheral Reverse Advance Double No.2
330. Advance Reverse Peripheral Reverse Double Advance No.2
331. Advance Reverse Peripheral Reverse Double Double No.2
332. Advance Reverse Peripheral Reverse Adv. Double Double No.2
333. Advance Reverse Peripheral Reverse Double Double Adv. No.2
334. Advance Reverse Peripheral Reverse Sinawali No.2
335. Advance Reverse Peripheral Advance Reverse Sinawali No.2
336. Advance Reverse Peripheral Reverse Advance Sinawali No.2
337. Advance Reverse Peripheral Single Cross Sinawali No.2
338. Advance Reverse Peripheral Advance Single Cross Sinawali No.2
339. Advance Reverse Peripheral Single Cross Advance Sinawali No.2
340. Advance Reverse Peripheral Reverse Single Cross Sinawali No.2
341. Advance Reverse Peripheral Reverse Advance Single Cross No.2
342. Advance Reverse Peripheral Reverse Single Cross Advance No.2
343. Advance Reverse Peripheral Single X Sinawali No.2
344. Advance Reverse Peripheral Advance Single X Sinawali No.2
345. Advance Reverse Peripheral Single X Advance Sinawali No.2
346. Advance Reverse Peripheral Double X Sinawali No.2
347. Advance Reverse Peripheral Reverse Single X Sinawali No.2
348. Advance Reverse Peripheral Reverse Advance Single X No.2
349. Advance Reverse Peripheral Reverse Single X Advance No.2
350. Advance Reverse Peripheral Reverse Double X Sinawali No.2

351. Redonda 352. Reverse Redonda 353. Peripheral Sinawali
354. Peripheral Reverse Sinawali 355. Reverse Peripheral Sinawali
356. Advance Peripheral Sinawali 357. Peripheral Advance Sinawali
358. Advance Reverse Peripheral Sinawali
359. Advance Peripheral Reverse Sinawali
360. Peripheral Peripheral Sinawali
361. Reverse Peripheral Peripheral Sinawali
362. Peripheral Reverse Peripheral Sinawali
363. Advance Peripheral Advance Reverse Peripheral Sinawali



Modern Arnis Mano-Mano Filipino Martial Arts (M.A.M.F.M.A) celebrated its 13th Years Anniversary on July 12, 2008 at R and O Academy headed by School Directress Susan B. Contillo. The guests of honor were; Punong Guro Julius Quintans of Combination of Arnis Kick Boxing Combative Arts (CAKCA) of Malasiqui, Pangasinan, Master Jaime Paclibar of Bicol Arnis and Master Celso Sandigan of Mink Mongoose Isabela Province Arnis Club. The parents of R and O Academy supported the event and to watch their sons and daughters competing in the Anyo Competition. The two participating teams were R and O Academy Kids and Mink Mongoose Kids who came along from the north part of the Philippines, a 10 to 12 hours drive, just to compete and join the celebration of MAMFMA Anniversary. Before the competition began, the two schools presented an Arnis Demo, Mink Mongoose presented a Synchronized Anyo, while the little R and O Kids presented a Sinawali exhibition were the guests are amazed because of their cute and nice executions.

The competition was divided into 5 divisions: Kids Junior, Girls Division, Boys Division, Open Mink Mongoose, and the Main Event Division which represents one adult from R and O Academy and one from the Mink Mongoose. The Judges of the Anyo Competition were, Punong Guro Julius Quintans, Lakan Roberto Dela Cruz and Lakan Jaime Francisco.

**The criteria for judging were:**

- **Power/Execution** - Player must display consistency and solidity in exhibition of form,
- **Pace** - Player's motions are not needlessly erratic and there is a flow to the Anyo.
- **Stance/Delivery** - Player is well balanced, movement is efficient, and the delivery of technique is precise,
- **Eye Contact** - Contestant engages in constant eye contact with the judges, and shows focus,
- **Timing** - The break and flow of movements is used to its maximum effect, and emphasizes the form of the competitor,
- **Confidence** - Player does not fidget unnecessarily, and display discomfort or unease during the course of the Anyo,
- **Control** - Player displays a high level of control over his/her chosen weapon,
- **Awareness** - The competitor appears aware of their surroundings, and the placement of their body,
- **Focus** - The player is not distracted by outside forces that may catch their attention,
- **Uniform/Appearance** - Contestant is appropriately attired, appears well groomed, and prepared to perform.





The three Masters of Arnis, Punong Lakan Garitony “Sir Pet” Nicolas of Modern Arnis Mano-Mano Filipino Martial Arts, Master Jaime Paclibar of Bicol Arnis and Master Celso Sandigan of Mink Mongoose Isabela Province Arnis Club Paclibar demonstrated Filipino Martial Arts techniques.



Punong Lakan Garitony Nicolas with Dayang Rhiverli Quine demonstrating arnis free style techniques



Master Celso Sandigan, 2 sticks twirling



Master Jaime Paclibar, demonstrating locking techniques

The guests of honor Punong Guro Julius Quintans of Combination of Arnis Kick Boxing Combative Arts (CAKCA) of Malasiqui, Pangasinan, Master Jaime Paclibar of Bicol Arnis and Master Celso Sandigan of Mink Mongoose Isabela Province Arnis Club were given Certificate of Appreciation by Punong Lakan of Modern Arnis Mano-Mano Filipino Martial Arts in joining and celebrating its 13th Year Anniversary.



Punong Lakan Nicolas, Master Jaime Paclibar, Secretary General Guro Anthony Gatchalian



Punong Lakan Nicolas, Master Celso Sandigan, Secretary General Guro



Punong Lakan Nicolas, Punong Guro Julius Quintans, Secretary General Guro Anthony Gatchalian



The winners of the Modern Arnis Mano-Mano Filipino Martial Arts 13th Anniversary Anyo Competition were as follows: Kids Junior Division, 1st Place Vincent Dela Cruz, 2nd Andrea Pelovello, Girls Division, 1st Place Katrine Joyce Soriano, 2nd Irish Tafalla, 3rd Eunice Torre, Boys Division, 1st Place Reggie Contillo, 2nd Jerome Camacho, 3rd Christopher John Soriano, 4th Wawini Dimaculangan, Open Mink Mongoose, 1st Place Mark Joseph Del Rio, 2nd James Joy Raz, 3rd Katryn Rose Umadhay. Main Division 1st Place Karen B. Adriano from R and O academy and 2nd Place Romeo B. Molina of Mink Mongoose Arnis Club.

This Anyo Competition for the kids shows the camaraderie among the little students, sportsmanship, and the discipline of studying the art itself.



Modern Arnis Mano-Mano Filipino Martial Arts 13th Anniversary was also the official releasing and signing of Punong Lakan's new Books for the year 2008 namely *Arnis for Kids*, *The Philosophy of Arnis Nicolas System*, *Eagle and the Freestyle*. Witnesses are former Club President of MAMFMA, Lakan Jerrick Cyrus Tan, Punong Guro Julius Quintans, Lakan Jaime Francisco, Lakan Rogelio Vasquez, Lakan Brian Plaza and Master Jaime Paclibar of Bicol Arnis Club.



On the Anniversary day, Punong Lakan was also interviewed by Doctor Rimando C. Saguin M.D., host of UN TV Channel 37 for his "Kaagapay" TV Show with Dayang Peachie Saquin.





**L-R:** Punong Guro Julius Quintans, Lakan Andrei, Lakan Junar Vidal, Senior Instructor Jeff Bautista, Club President Lakan Romeo Solatorio, Master Jaime Paclibar, Master Celso Sandigan, Punong Lakan Garitony “Sir Pet” Nicolas, Lakan Christopher Eleazar, Dayang Rhiverli Quine, Lakan Rogelio Vazquez, Lakan Robert Dela Cruz, Lakan Brian Plaza, Guro Ronald Regalado, Guro Dav Villanueva, Guro Anthony Gatchalian, Jerome Lagahit and Lakan Jaime Francisco.

### **MAMFMA 13th Year Anniversary Greetings:**

#### **From R and O Academy Kids:**



“HAPPY 13th Anniversary to MAMFMA” I am Happy and honored to be a part of ARNIS for KIDS Book, because I learned so many things during my training and I became more disciplined and obedient.

**Andrea C. Pebvello**  
Grade I - 7 Years Old  
R and O Academy  
Villamor Air Base  
Pasay City, Philippines

At first, I felt that the art is difficult. I wanted to give up, but our teachers taught me to never give up on a challenge. They also taught us self-discipline in using our knowledge about the art.

Continue to teach other kids good attitudes, “Happy Anniversary”.

**Vince Alvin C. Dela Cruz**  
Grade II - 8 Years Old

“Happy 13th Anniversary MAMFMA”! How I’ve wished to undertake such a martial arts and sinawali training before, that’s why I didn’t miss the opportunity to attend it in R and O Academy. With Sir Pet, Kuya Anthony and the rest of our instructors who are so patient and nice in teaching us, I’ve learned a lot and I’m so thankful with them.

**Katrine Joyce A. Soriano**  
Grade IV - 10 Years Old

Thanks I joined this experience to MAMFMA. I learned how to use Arnis to protect and defend myself.

“Thank you Sir Pet and Kuya Anthony”.

**Ma. Letty M. Laureta**

“Sana I-continue parin ang pagtraining niyo sa amin para magaling na magaling kami na sa Martial Arts at sana lumaban kami sa ibang school at sana tuwing sabado kami magtraining ng Martial Arts”.

**Cielo Marie A. Octavio**  
Grade IV - 9 Years Old

“I would like to thank Sir Pet and Kuya Anthony for being so kind and perseverance for teaching us this kind of sport every Saturday”.

**Irish Jenn G. Tafalla**

Greetings to MAMFMA 13th Anniversary, I’m Eunice Lorraine Z. Torre, Grade 5 student of R and O Academy. I have participated in this Arnis Class just this opening of school year thru our school and we are holding our class every Saturday on our school ground. I believed that being involved in this activity is very good because it help us to exercise our body and also our mind because it teaches us discipline. I’m always looking forward in attending this class. I hope you try it too! Thank you and God Bless.

**Eunice Lorraine Z. Torre**  
Grade 5 - 11 years old

“I’m so proud I can now perform a basic martial arts and sinawali stunts, with our expert instructors like Sir Pet and Kuya Anthony and other instructors. We’ve learned so many things in mano-mano tricks.

Happy Anniversary MAMFMA and more Anniversaries to come”.

**Kristopher John A. Soriano**  
Grade II - 8 years old

“It so much fun because you can do anything it so fantastic”.

**Trisha**  
Grade II - 7 years old

“Ang aking natutunan ay maging matapang at higit sa lahat ang pinakamaganda kong natutunan ay ang paglalaban, ngunit sabi ni Kuya Anthony sa amin kapag natuto kami ng Martial Arts, huwag itong gamitin sa kayabangan”.

**Mary Jeanne H. Tolentino**

Grade III - 9 years old

### **Greetings from Members of MAMFMA and other Organizations:**



Greetings: I wish to extend my warmest congratulation to MAMFMA 13th Anniversary, July 12, 2008, for its successful endeavor in promoting the Filipino cultural heritage.

This reminds the Arnis aficionados of an early profile of the human figure by the Renaissance of Michael Angelo Buonarroti, the limpid sketch of man within a circle of a mathematical grid work within which the reaches of man's limbs are described.

The figure evokes an exacting tortuous in the ancient arts of combat whereby the learner reaches into the path of his being before he is taught the basics of fighting techniques.

True learning enables the learner to find himself as he relates to his milieu. Arnis Mano-Mano echoes the learning espoused by the martial sages of yore, the learning that seeks to fuse psyche and sinew, learner and learning to express the humanity in man. Arnis as a Filipino martial arts hew to the paths charted long ago by sages. We can proceed to the same paths to enrich our life and those of others whom we share what we have learned.

**MABUHAY ANG MAMFMA**

**Professor Armando C. Soteco**

Director

School of Arnis Professionals

National College of Physical Education (NCPE)

Manila, Philippines



First of all, my warmest greetings to our Club Modern Arnis Mano-Mano Filipino Martial Arts (MAMFMA) for celebrating its 13th Year Anniversary in the Filipino Martial Arts World. This anniversary and milestone of MAMFMA will not be possible, without the true hard work, perseverance and dedication of our Master, Mentor, Father, Brother and Friend Punong Lakan Garitony “Sir Pet” Nicolas in teaching, promoting and preserving the world renowned Filipino Fighting Art, *Arnis De Mano*. Punong Lakan continues to be a true Master and Leader not only in the field of Filipino Martial Arts but also in his camaraderie to his old or even new students locally or internationally and unselfishly giving his wisdom and knowledge about the art.

Truly, I’m proud to be a member and to be the current Secretary General of Modern Arnis Mano-Mano Filipino Martial Arts (MAMFMA).



LONG LIVE MAMFMA... CONGRATULATIONS SIR PET AND MORE POWER... MABUHAY TO ALL KALI WARRIORS.... MABUHAY ANG FILIPINO MARTIAL ARTS...

**Guro Anthony A. Gatchalian**  
Secretary General - (MAMFMA)



From the start, I trained in MAMFMA and learned a lot not only discovering my skills in martial arts but also learning the discipline itself. In our organization were not only students but a family as well. Sir Pet taught me some lesson that changed my life; every promotion is my step to my new life. He is not only our instructor, but a brother and father to all his students. I'm proud to be a member of this organization.

Thank you MAMFMA. Mabuhay!!!

**Guro Ronald Regalado**  
(MAMFMA)



I would like first to greet MAMFMA for its 13th year anniversary in teaching arnis and mano-mano to the youth and youth at heart. Keep up the good work and may you have more Anniversaries to come and more students in embracing our Filipino martial arts, who will continue the path in spreading arnis and mano-mano here and in other country, "More Power and Success in years to come".

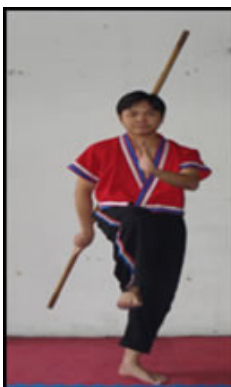
To Sir Pet, advance Happy Birthday, may you have more to come and always believe that there's always a bright life after all your hard work and pain that come into your path and to the gym".

**Senior Instructor Jeff Bautista**  
(MAMFMA)



"Maligayang labing tatlong annibersaryo sa MAMFMA. Simula ng pumasok ako ditto, malaking pagkakaiba kumpara sa ibang gym ang nakita ko. Nakakausap mo ang founder, guro, lakan at iba pa. Kita mo agad ang pagkakaibigan at pagiging pamilya ng mga tao dito".

**Lakan Jerrick Cyrus L. Tan**  
Former Club President  
(MAMFMA)



First of all, I would like to congratulate MAMFMA for having its 13th Year Anniversary and of course to its Founder Garitony "Pet" Nicolas for continuously promoting our very own Filipino Martial arts so called ARNIS.

All his successors specifically instructors can't imagine in spite of all ups and down, Punong Lakan still on his post. Sacrificing and good decision brings him on the correct path of his journey. He wants

us to be strong not only in physical but also in spiritual and mental aspect. I believe that his wisdom can bring him to the top and with the guidance of our Lord Jesus Christ.

I cannot say enough wonderful things about MAMFMA, about all the people I've encountered in my length of teaching in MAMFMA, and especially about Punong Lakan and my senior. My teaching skill has taken me to new levels, and I have appreciated all the personal and professional advice over the years.

I am proud to say that, I belong to MAMFMA family and it will not change through out the years.

Mabuhay ang Modern Arnis Mano-Mano Filipino Martial Arts and More Power!!!

**Lakan Rommel Bautista**  
(MAMFMA)



Greetings... It's been a while since I joined the MAMFMA and now we are celebrating the 13th yr. anniversary of the club i would like to give gratitude to my father, mentor, brother and instructor Garitony Nicolas also known as sir pet. I would like also give thanks to all the instructor and student who whole-hearted supported now and then. Happy birthday sir pet and happy anniversary to all members of MAMFMA... MABUHAY TAYONG LAHAT MODERN ARNIS MANO-MANO FILIPINO

MARTIAL ARTS.....

**Lakan Junar Vidal**  
(MAMFMA)

I am greatly honored to congratulate Punong Lakan Garitony "Pet" Nicolas, founding father of MAMFMA, Modern Arnis Mano-Mano Filipino Martial Arts for celebrating its 13th year Anniversary. I am proud, Punong Lakan taught me the way of Arnis Mano-Mano and the principles behind. It is a great honor to thank him, a great Punong Lakan and my idol. Congratulations MAMFMA 13th Anniversary and I would like to convey my best wishes and good luck for all MAMFMA and the good work Punong Lakan have done! Punong Lakan you certainly deserves recognition for sharing with us your knowledge, pioneering in preserving our culture and tradition and keeping our national identity, Filipino Martial Arts, Arnis and Mano-Mano as well known world wide Mabuhay ang MAMFMA at ang Filipino Martial Arts Community!!!

**Guro/Sensei Melchor Amosco**  
MAMFMA/TENCHIKAN Aikido  
Marikina City

Certified and Recognized by the Philippine Government Agencies like Securities and Exchange Commission SEC, Department of Trade and Industry DTI, Bureau of Internal Revenue BIR, Philippine Indigenous Games and Sports Savers Association Incorporated PIGSAI, Philippine Tourism Authority PTA and Department of Tourism DOT. Greetings, messages and recognitions of different Philippines Politicians like her Excellency President Gloria Macapagal Arroyo, Vice President Noli De Castro, Senators Miriam Santiago, Panfilo Lacson, Teofisto Guingona and Former Mayor and current Department of Environment and Natural Resources DENR Jose Lito Atienza and many more.



### **News Paper Write-Ups about Punong Lakan Garitony “Sir Pet” Nicolas:**

For the past 13 years of Modern Arnis Mano-Mano Filipino Martial Arts (M.A.M.F.M.A) in the Filipino Martial Arts World, Punong Lakan was featured in different Philippine News Paper, because of his expertise in the Filipino martial art and most of all his whole hearted dedication in teaching, promoting and sharing the Filipino’s art of stick fighting, not only here in the Philippines but teaching as well foreign people from different countries around the world.

He acts also as the Arnis Instructor at the Philippine Indigenous Games and Sports Savers Association Incorporated hosted by the Philippine Tourism Authority.



## 100% Pinoy at GMA7

May 1, 2008

May 1, 2008 eipsopde ang Tapang ng Pinoy, hosted by Ms. Miriam Quiambao 1st runner up Ms. Universe 1999. **Featuring:** Punong Lakan Garitony Nicolas; of Modern Arnis Mano-Mano Filipino Martial Arts.

Ms. Miriam Quiambao at MAMFMA GHQ, Pasay City Philippines, host of 100% Pinoy of GMA 7, interviewed Punong Lakan Garitony Nicolas and introduced to the viewing audience the art of Modern Arnis Mano-Mano Filipino Martial Arts.



Punong Lakan Nicolas interviewed during the 100% Pinoy. In the background Mizha Nicolas, Marygrace Penamayor, RJ Rivera and Jerome Lagahit with the camera man of GMA 7



Miriam Quiambao is a beauty queen from the Philippines who has competed in the Miss Universe pageant. Quiambao, who has a degree in Physical Therapy from the University of Santo Tomas, now lives in Manila.

### Entertainment Career:

- \* After competing in Miss Universe, she started her television hosting career via Unang Hirit, followed by Extra Challenge alongside Paolo Bediones.
- \* She has also appeared in the movie Walang Kapalit starring Richard Gomez and Sharon Cuneta.
- \* She hosts in GMA Network's News and Public Affairs late-night program, Palaban
- \* Travels the world with co-host Paolo Bediones on GMA's Pinoy Meets World
- \* Hosts QTV's Dahil Sa Iyong Paglisan about OFW's.

Punong Lakan Garitony Nicolas with Ms. Miriam Quiambao host of 100% Pinoy of GMA 7 (center wearing white shirt). This photo was taken during the taping at MAMFMA Gym, Pasay City Philippines.





**From Left:** Sunshine Fauto, Ceasar Turingan, Punong Lakan, Ms. Miriam Quiambao, Simon Lear, Christopher Ellazar, Rommel Bautista, Junar Vidal, Marygrace Penamayor, Mizha Nicolas, and Maryrose Orillosa.

Videos of the behind the scene; during the taping of 100%pinoy of GMA 7 with Ms. Miriam Quiambao (host) with Punong Lakan Garitony Nicolas.

- 100% Pinoy GMA 7 - MAMFMA: **Click Here**
- 100% Pinoy of GMA 7 - Punong Lakan Nicolas with Lakan Ceasar Turingan doing free style: **Click Here**
- 100% Pinoy of GMA 7 - Multiple Modern Sinawali: **Click Here**
- 100% Pinoy of GMA7 - Punong Lakan Nicolas with Ms. Quiambao doing Advance Single Sinawali: **Click Here**
- 100% Pinoy - Ms. Miriam Quiambao ending: **Click Here**



[www.igma.tv](http://www.igma.tv)



## **R and O Academy Villamor Air Base**

Pasay City Philippines

April 19, 2008

R and O Academy headed by Susan Contillo School Directress proudly presented the 1st Filipino Martial Arts Festival at Villamor Air Base, Pasay City with special Guest by the Modern Arnis Mano-Mano Filipino Martial Arts headed by Punong Lakan Garitony C. Nicolas Father of Modern Sinawali and Head of MAMFMA.

Following are the names of the participants: Lakan Ceasar Turingan, Lakan Christopher Elleazar, Dayang Mizha Nicolas, Lakan Brian Plaza, Lakan Rogelio Vasquez, Sunshine Facto, Mary Grace Penamayor, RJ Rivera, Simon Lear, Ronald Regalado, Rogelio Garcia, Jaime Pahunang, Jerome Jzar and Julianne Camacho.



Lakan Ceasar S. Turingan and Dayang Mizha Nicolas performed the Free Style Tapi Tapi Technique using solo baston



Lakan Brian Plaza, Ronald Regalado and Rogelio Garcia perform the 1 against 2 attacker of Modern Sinawali



Demonstrating the multiple attacks by Lakan Rogelio Vasquez using one stick.



Performing the Modern Sinawali by RJ Rivera, Marygrace Penamayor, Dayang Mizha Nicolas, Rogelio Garcia, Simon Lear, Lakan Brian Plaza and Lakan Rogelio Vasquez.



Parents and pupils of the R and O Academy, with the MAMFMA Group.



Punong Lakan Garitony "Sir Pet" Nicolas lining up the R and O Academy students for the warm up Exercises.



Punong Lakan teaching the students, the proper bowing of two Arnis Sticks.



From Prep to Grade Four Students of R and O Academy performing Single and Advance Single Sinawali.

R and O Academy Villamor Air Base, Pasay City, Philippines,  
students from prep - grade four students, first batch, “Kid Arnisadors “.



R and O Academy Kid Stick Fighters with Modern Arnis Mano-Mano Filipino Martial Arts  
Founder, Punong Lakan Garitony “Sir Pet” Nicolas and Members Lakan Christopher Eleazar,  
Lakan Romeo Solatorio, Lakan Jayme Francisco, Guro Simon Lier and Anthony Gatchalian.





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

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



**Kapitan Arnis**

## **MAMFMA Outreach Program**

H. Domingo St. Pasay City, Philippines  
December 15, 2007

Almost 200 families received the goods; there are games, dance, etc...

The MAMFMA would like to thanks the following: Jacky Nguene from British School of Manila, Dinah Dominguez and Family, Anthony Gatchalian, Damaso Villanueva, Richard Makalintal and Family, Capt. Dante Tamayo, Annie Ablong, Jeffrey Tarrangco, Ryan and Niki Rojas, Pastor Jun Sunga, Pastor Rodolfo R. Baustista Jr., Romeo Solatorio, Ceasar Turingan and Family, Rogelio Vasquez and Family, and Jerome Lagahit.



Punong Lakan Garitony Nicolas



Dance entertainment



Beer drinking contest



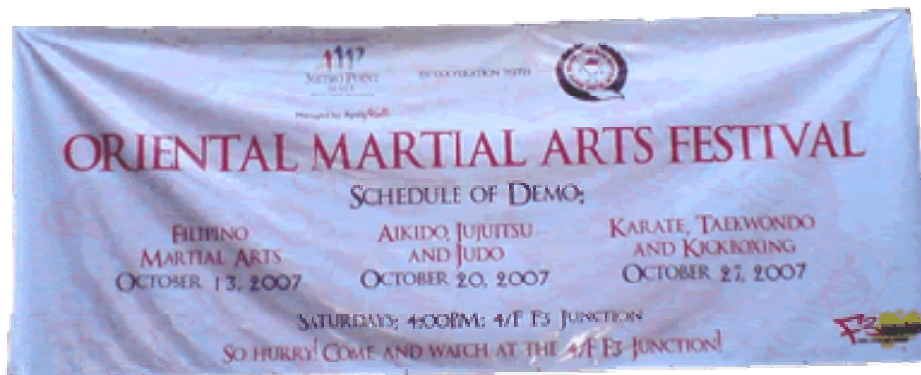
Gift giving



Mizha and Cesar



Jacky and Cesar



October 13, 2007  
 Metro Point Mall Pasay

Saturday October 13, 2007 at the Metro Point Mall Pasay in cooperation with Modern Arnis Mano-Mano Filipino Martial Arts International managed by Ayala Mall Group of Companies Proudly Presented "Filipino Martial Arts Festival and Demonstration"

**Headed by:**

Ms. Myrna Lynne Cruz Fernandez - Senior Division Manager  
 Katrina M. Barretto - Marketing Assistant





Rhobi-Zen Ignacio - Deputy officer-in-Charge  
Patricia Cristina Zaide-Redondo - Officer in Charge

**Sponsored by:** Dimsum Fried

**List of Participants:**

1. Lakan Ronaldo Aduca
2. Lakan Ceasar Turingan
3. Lakan Erwin Javier
4. Lakan Nino Quine
5. Dayang Mizha Nicolas
6. Dayang Joesie Ignacio
7. Guro Romeo Solatorio
8. Jeffrey Tarangco
9. Kevin Santos
10. Lakan Rogelio Vasquez



Headed by Punong Lakan Garitony Nicolas Founder - Modern Arnis Mano-Mano  
Filipino Martial Arts

**Special Guest**



Peachie Baron-Saguin and Professor Soteco

**Pastor Jun Sunga** - Opening Prayer  
**Professor Armando Soteco** (Guest Speaker)  
President, Arnis Professional  
Professor, National College of Physical Education  
**Peachie Baron-Saguin** (Opening Remarks)  
Bakbakan International , NFMA  
**Master Rolly Dela Cruz**  
Defenders Martial Arts Club



Bangkaw against stick sinawali application of two sticks against Bangkaw.



Sinawali - Application of two sticks in Sinawali





Daga sa Daga system application



October 20, 2007  
Metro Point Mall Pasay

Saturday October 20, 2007 at the Metro Point Mall Pasay in cooperation with Modern Arnis Mano-Mano Filipino Martial Arts International managed by Ayala Mall Group of Companies Proudly Presented "Filipino Martial Arts Festival and Demonstration"

**Organizations who participated in the event were:**

Philippine Amateur Judo Association

Kaikijutsu Dojo

Tenchi Ki Kai Club

Golds Gym

Defenders Martial Arts Association International



Kaikijutsu



Defenders Martial Arts



PAJA



Tenchi Ki Kai



**The Founders and Chief Instructors who supported the event:**

Maestro Jaime Paclibar  
 Sensei Danny San Joaquin  
 Sensei Allan Mahinay  
 Sensei Melchor Amosco  
 Sensei Dante Tamayo  
 Sensei Edgar Alibarbar  
 Sensei Jojo Amita  
 Sensei Janett Llorca



October 27, 2007  
Metro Point Mall Pasay

Saturday October 27, 2007 at the Metro Point Mall Pasay managed by Ayala Mall Group of Companies in cooperation with Modern Arnis Mano-Mano Filipino Martial Arts International Proudly Present "Oriental Martial Arts Festival and Demonstration"

**Organizations who participated in the event were:**

Defenders Karate Aikido Martial Arts Club International  
Taekwondo AIMS Club  
Muay Thai Philippines



Taekwondo AIMS



Muay Thai Philippines





Robert Serdone, Punong Lakan Garitony Nicolas, Ceasar Turingan and Patrick Capulong



#### Websites

[www.mamfma.moonfruit.com](http://www.mamfma.moonfruit.com)  
[www.mamfma.zoomshare.com](http://www.mamfma.zoomshare.com)  
[profiles.friendster.com/modernarnis](http://profiles.friendster.com/modernarnis)

#### Modern Arnis Mano-Mano Filipino Martial Arts

3rd Floor Mayson Building, 2836 Taft Ave.

Pasay City Philippines 1300

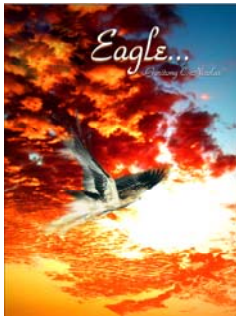
+63 (929)2583232 or ( 630) 847-2030

**Email:** [filipinomartialarts@yahoo.com](mailto:filipinomartialarts@yahoo.com)



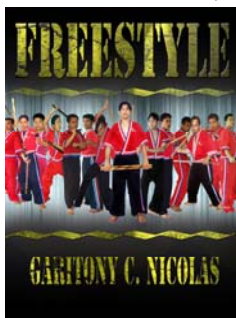
## Modern Arnis Mano-Mano Filipino Martial Arts (MAMFMA)

### Available Books



This is the new book of Punong Lakan Garitony Nicolas, the title of this 6th book EAGLE. This book is all about Eagle quotes, verses, messages, symbolizes etc that the author collected. This book may serve as inspiration in your life as the author of the book was inspired. (New Released)

**The Philosophy of Arnis** - This book that you are about to read is a compilation of the reflections of a great man. This man dedicated his life in the proliferation as well as development of Filipino Martial Arts. He showed in this book that everything we do in martial arts have meaning and is just a part of a greater picture. I do hope that everybody who reads this book will find fulfillment in what they are doing and see the meaning of life that has always been there but failed to notice. (Full Colored Book)

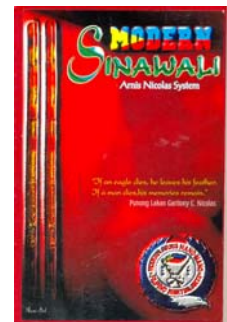


**Freestyle** - freestyle is doing limitless free flowing ideas, applying wide range of knowledge “*Kathang Isip*” with combination of various stylistic skills and techniques “*Diskarte*” to make it easier to execute. (New Released)

In this book it includes the different freestyle of Modern Sinawali, single stick, art of Arnis locking freestyle etc.

**Modern Sinawali** (Arnis Nicolas System) - illustrated guide to the training process that practitioner need to know and learn because of the various criss cross movements of the hand.

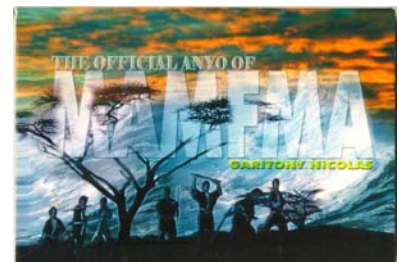
The author includes in this book the art of continuous locking, the principles of counter to counter freestyle disarming of the stick and the art of counter to counter Mano-Mano locking.



**The Principles of a Good Arnisador** - is a discussion of the principles of the Arnis Nicolas System (ARNIS) and its Art. Including the development of stick fighting - the Martial Arts World.

**The Official Anyo of MAMFMA** - illustrated guide to the correct form done by each student from beginner to black belt using the three forms of play of Arnis: Single Stick, Two Sticks and a combination of Arnis stick and a shorter one, which represents the espada y

daga system.







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

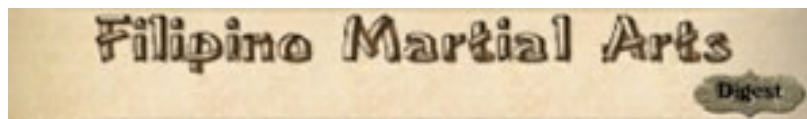
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These the seven books authored by Punong Lakan. The Eagle, Freestyle, Modern Sinawali (Arnis Nicolas System), and The Official Anyo of MAMFMA was release, print and Published by the Central Books distributed by Central books all branches (Glorietta, SM Megamall, Quezon Avenue, Recto Branch, Iloilo Branch, Philippines). You may call at 374-4064 or 372-3550 or Email MAMFMA directly at:

**[filipinomartialarts@yahoo.com](mailto:filipinomartialarts@yahoo.com)**



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