

Filipino Martial Arts

Digest

Special Edition
2009



Founder
Reynaldo Ayo Magdaraog

Inheritor
Roy Buitre Magdaraog



Publisher

Steven K. Dowd

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Roy B. Magdaraog
FMAdigest Archives

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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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From the Publishers Desk

Kumusta

In 2007 when I was going to visit the Philippines I looked at the FMA Digest schools list of the Philippines and jotted down all the contact information for Filipino martial artists that I could possibly meet in visiting various places. I met Grandmaster Roy B. Magdaraog while visiting Legaspi Philippines.

We talked at length the first time we met, but I knew here was a Filipino martial artist that people should know about. Right from the beginning I knew I had met a practitioner that was quiet, humble, reserved, yet, was honest, a man of his word, truthful and up front about things and had professional pride in his art.

When visiting the Philippines in 2008 I again visited Grandmaster Magdaraog and was very surprised and honored that he offered to have his students do a demonstration for me so I could see some of his art. And this year 2009 when visiting Grandmaster Magdaraog once again while in Legaspi, we got together a couple of times and then just the day I was leaving to return to Manila he invited me once again to witness his students in a demonstration of the art Magdaraog Zen Aikido Jutsu Ryu and Armas y Mano Magdaraog System.

Upon arriving at their training area I found many improvements in the training area, and witnessed a very interesting demonstration of the art by his students. But once Grandmaster Magdaraog took the floor like the time in 2008, the experience is really beyond words that could really capture the skill of this practitioner.

All the Masters and students of the Magdaraog Martial Arts System are dedicated and very enthusiastic about the art.

The FMA Digest would like to thank Engr. Leonardo B. Patilleros Jr. for being able to visit his home, family and also the training center for Magdaraog Martial Arts. And for the food which his wife Daisy prepared which was excellent in preparation and very delicious.

Also the FMA Digest would like to thank Alfredo Gayanilo, Charlie Austria, Ariel Dacillo, Jason Gacosta, Antonio Almorte and Viktor Gayanilo for their courtesy and friendship.

The FMA Digest most highly recommends that if you are visiting Legaspi, Philippines make it a point to visit with Grandmaster Magdaraog.

Maraming Salamat Po

Founder Reynaldo Ayo Magdaraog

1945 - 1998



A man named Reynaldo "Rey" A. Magdaraog was born in Legazpi City, Albay Province on February 6, 1945. From the time he has entered school at the age of six, he has shown keen interest in the Eastern Arts of fighting. At that time Karate was beginning to take hold in the imagination of young men.

Rey A. Magdaraog started training in the discipline of Martial Arts in the year 1954 or at the age of 9 years. In his youth he studied many different kinds of Martial Arts like Chinese Karate (Kenpo), Judo, Boxing, Jujitsu and Kung-Fu, but the one that has fascinated him most was the Arts of Aikido.

He learned the Arts of Aikido through the guidance of the book Zen Combat. As no other person could possibly teach him, (at that time there was no known Aikido dojo in the Philippines) the Master relied mostly in books, which he practiced to perfection. After years of hard training he was able to harness the power called Ki.

From this discovery he gathered some friends and started to share his knowledge of the power of Aikido. By this time he was not economically blessed to meet the demands of lesser-known Martial Arts. Following nature's way he continued to defy the trials and tribulations confronting each moment.

Destiny has its own way of getting things realized when the Master was able to land a teaching job at the Divine Word College of Legazpi City handling Practical Arts subjects. Even in his professional life, the master has to combine and introduce his knowledge in the Arts of Aikido to his students.

In the late 1960's other Instructor's develop their own schools and the popularity of Karate spread to the West and Judo in the other hand was a national sport here in the Philippines.

In 1964 the Way Aikido Club was established by the Founder comprising of selected students. From the year the Way Aikido Club was established, there were various changes in the name of the organization. Among them is the Bicol Aikido Club, then the Seika-no-itten Aikido Study Center and the Divine Word College Aikido. But the teaching remains the same with the sole objective of making Aikido and effective tool in self-defense.



Divine Word College of Legaspi.

Foundation Day 1st Aikido Demonstration.

The first public demonstration was conducted in 1965 during the Foundation Day anniversary of the Divine Word College in Legazpi City. Here the Art was presented in

its simplicity, as survival techniques where the attacker is never aware of the applied techniques in its formless form.

The Way Aikido Club

1964 – 1969



Year 1964 - This is when the Aikido in Legazpi City has started through Mr. Reynaldo A. Magdaraog. Reynaldo A. Magdaraog started training in Martial Arts in he's childhood and have in the past years.

1964 - Reynaldo A. Magdaraog founded and established the Way Aikido club in the year 1964, through the book "Zen Combat." Rey A. Magdaraog started Aikido through the book Zen Combat and develop this kind of Martial Arts, with this he have gathered some friends Mr. Orlando Estor. Then through this configuration he have develop the Arts in its. Aikido was considered as one of the mystical martial arts as it is very difficult to understand and train through the physical, mental and the spiritual levels of mastery of this kind of discipline.

Reynaldo A. Magdaraog got a teaching job at the DWCL, and introduced Aikido as a course in Physical Education.

February 1964 - The first public demonstration of Aikido was held during the foundation day of the Divine Word College of Legazpi. With this the first demonstration team composed of men and women.



1964 - 1988

Physical Education Aikido

Bicol Aikido Club

1969 – 1971

1969. In the year 1969, an Aikido authority from Hawaii arrived in the Philippines by the name of Mr. Benjamin "Ben" Galarpe.

Sensei Rey Magdaraog was informed that the Aikido authority from Hawaii established the Manila Aikido Club (MAC) in 1963 located at Laong Laan St., Manila.

Mr. Rey A. Magdaraog invited Mr. Benjamin "Ben" Galarpe in Legazpi City, to show the ways of Aikido training in Legazpi City.

Mr. Ben Galarpe promoted Mr. Rey A. Magdaraog to Black belt, receiving a double Black belt.

In **1969 to 1971** the Bicol Aikido Club was affiliated with the Manila Aikido Club (MAC).



Manila Aikido Club

Benjamin G. Galarpe

Founded 1963

A Black Belt in Aikido, is the only representative of the Hawaii Aikikai in the Philippines. He is the Chief-instructor of the Manila Aikido Club, having introduced the Art in the Philippines in 1963.

January 17, 1970. The Master was married in Metro Manila. The

Bicol Aikido Club students was left in Metro Manila to make some of their Exhibitions and Demonstration under Sensei Ernie Talag, they made Exhibitions and Demonstrations at the Rotary Club, Kiwanis Club.

Jose Danilo Nieves and Mitchell Zerrudo were left in Manila with Mr. Ernie Talag of the Ki Society Philippines Aikido Manila (Shin Shin Toitso).



**Seika-No-Itten
Aikido Study Center**
1971 - 1973

1971 - The establishment of the Seika-no-itten Aikido Study Center (the one point) by Sensei Rey A. Magdaraog.



**Divine Word College of Legaspi
Aikido Training Center**
1972 - 1973

1972 - The establishment of the Divine Word College Aikido Training Center by Sensei Rey A. Magdaraog at the DWCL Social Hall.



Zen Society of the Philippines
1973 – 1988

July 22, 1979 - Heart to Heart
Communication

Heart to Heart Communication. The Reiyukai Philippines, Metro Legazpi Chapter Branch 24. Bicol College Gymnasium, Daraga, Albay

Reiyukai Zen Society Branch 24 Metro Legazpi

1974-1978 - Little Dragons

The little dragon Arnis team, at the Masonic Temple.



1973

As years goes on the Master decided to look more on the Modern Arts of Aikido. Through the years of intensive research, development, training and testing the Master, with his son Shihan Roy B. Magdaraog, have discovered that the roots of the modern Aikido lie in Aikijujutsu in the ninth-century Japan. He learned that the Daito Ryu Aikijutsu of Sokaku Takeda teaches brutal and deadly techniques but highly effective in street fighting. Through this the Master decided to go on deeply and look on the training and philosophies of the Arts of the Modern Aikido of O-Sensei and the ancient art of Daito Ryu Aikijutsu of Sokaku Takeda. Studying these two schools of aikido the Master then developed and improved his own techniques.

The Master was invited to Japan in January 8, 1980 under the auspices of The Reiyukai, a form of discipline of Zen Buddhism. For six months he has trained and learned the secrets and wisdom of Zen Buddhism. A traditional sash of the Reiyukai Organization was awarded the Master in honor of his dedication in the skills of Aikido.

January 18, 1980 - Reiyukai, Tokyo, Japan



Mr. Rey A. Magdaraog went to Japan to attend a seminar within 4 months for free. Passport Number and Visa Number 329397.

Mr. Rey Magdaraog, was send to Japan by the Japanese government through the Reiyukai organization and he is the Branch Leader.

Attended the Aikido Expo. At the Araneta Coliseum with Japanese Black belts Sensei Koichi Tohei 8th Dan and Sensei Shoji

Maruyama. And was ask by Sensei Koichi Tohei to be the President

of the Ki Society Aikido Philippines but the Master declined.

Mr. Rey Magdaraog established the 5 Masters of the Zen Society of the Philippines: The REIYUKAI was established in Legazpi City, Mr. Rey Magdaraog was the Branch Leader. Some of the students of the Zen Society of the Philippines were introduced to this organization. And some of the Black Belts were given the sash and beads the rituals of REIYUKAI under Mr. Rey Magdaraog.

1981 - the Bronze Men

Bronze Men. (Drunken Masters)

March 11, 1981 - third child was born Agnes B. Magdaraog

The third child was born Agnes Magdaraog at Legazpi City

1985 - Brutal techniques were introduced. The combative form.

To ensure that the techniques must be really effective in any situation the Master made it a point to look into the background of O-Sensei Morehei Ueshiba the Founder of the Modern Aikido (Way of Harmony) and of Sokaku Takeda, Founder of Daito Ryu Aikijutsu. Further training encouraged him to understand the dynamics of the human architecture in order to facilitate the understanding of Ki (Internal powers). These he did to the approval of his Japanese colleagues.

Further innovations and changes in the arts were made and perfected that resulted in an improved form of the Arts. From 1973 until his demise, he was always searching ways to develop the Art thus the Zeta Technique and the Interactive Technique came into being. This technique though was never introduced to students but was passed on to the son.

Zeta Zen Ryu Aikido

1988 - 1991

1988 - Rename to Zeta Zen Ryu Aikido

The formation of a new name to Zeta Zen Ryu Aikido was again tested by human nature so the Master always follows his teacher which is nature it self. This was composed of the students that were under the teaching and leadership of Sensei Rey A. Magdaraog

June 1989 - Started Physical Education at the Dynamic Computer Centrum





Started teaching Physical Education 1,2,3 and 4 (PE) at the DCC Dynamic Computer Centrum, Rizal St., Legazpi City.

1990 - The Zeta Zen Ryu Aikido changed its address c/o Bicol Driving School, Charlou Bldg., Rizal St., Legazpi City. The Zeta Zen Ryu Aikido Headquarters made some of the Chapters and branches:

- Daraga, Albay under Honesto Lustina
- Bascaran Daraga, Albay under Loncio Lozada
- Tabun-tabun, Daraga, Albay under Ador Lozada
- Padang and Taysan, Legazpi City under Rogelio Mañago
- Rizal St., Legazpi City at the residence of Romy Abion

1991 - Mass Promotion of all members of Aikido

The Zeta Zen Aikido Ryu Aikido made the mass promotion of all the candidates for the rank of Full Black, Black Belt and Blue Hakama under the approval of the Zen Master Rey A. Magdaraog. The students that were promoted in this occasion was the Daraga Chapter under Honesto Lustina and the Bascaran Chapter under Lonsio Lozada. This was held at the Bicol Driving School, Charlou Bldg., Rizal St., Legazpi City.

1991 - Rename to Sagumayon Magdaraog Scholl of Aikido

The Zeta Zen Ryu Aikido was renamed to Sagumayon Magdaraog School of Aikido; this is to establish a new organization of dedicated students in the Art of the Magdaraog System of Aikido, under the leadership of Sensei Rey A. Magdaraog.

Sagumayon Magdaraog School of Aikido 1991 - 1993



1991 - This is the year were all of the Black Belts and Masters were expelled by the founder and Zen Master Rey A. Magdaraog as they have alienated themselves from the Founder. New students were trained and developed, the remaining students who were loyal and honest to the master. Then the organization was



renamed to Sagumayon Magdaraog School of Aikido.

1992 - Then the Sagumayon Magdaraog School of Aikido was established, comprising new students under a different orientation and was trained and develop. Then an Exhibition and Demonstration Team was formed comprising a dedicated students the group was named the Strike Demonstration Team. The Strike Team is composed of selected student, five students were selected and the Master Instructor.

October 4, 1992 - 1st Asian Martial Arts Competition and Exhibition.

The Sagumayon Magdaraog School of Aikido, Legazpi City attended the 1st Asian Martial Arts Competition and Exhibition (2:00 PM) held at the Ateneo De Naga Gymnasium as a Special Participant in the said event.

December 13, 1992 - 1st Annual Aikido Expo 92

The Sagumayon Magdaraog School of Aikido, Legazpi City made the 1st Annual Aikido Expo '92 an Exhibition and Demonstration held at the (MPCF) Mariners Polytechnic Colleges Foundation at Rawis, Legazpi City (8:00 AM).

February 18, 1993 - 1st Aikido Forum

The Sagumayon Magdaraog School of Aikido, Legazpi City had undertaken the 1st Aikido Forum '93 an Instructional Demonstration of Aikido Techniques held at the Bicol University of Legazpi City, Little Theater (2:30 PM).

April 4, 1993 - Legazpi Physical Fitness Program Opening

The Sagumayon Magdaraog School of Aikido, Legazpi City joined the launching of the Legazpi Physical Fitness Program at the Peñaranda Park, Old Albay, Legazpi City (5:00 AM). Palm Sunday Mass officiated by Rev. Fr. Honesto Moraleda and the Opening of the Legazpi Physical Fitness Program Martial Arts Exhibition held at the Airport grounds, Washington Drive, Legazpi City (5:00 to 8:00 AM). The group made an Exhibition and Demonstration in this event at the Airport grounds.

April 25, 1993 - Legazpi Physical Fitness Program Aikido Exhibition with Kuntao ng Pilipinas

The Sagumayon Magdaraog School of Aikido, Legazpi City. Made an Exhibition at the Legazpi Physical Fitness Program with the Kuntao Ng Pilipinas as the Host held at the Peñaranda Park Skating Ring.

May 2, 1993 - Legazpi Physical Fitness Program Aikido Demonstration and Exhibition

The Sagumayon Magdaraog School of Aikido, Legazpi City made an Exhibition at the Legazpi Physical Fitness Program held at the Airport Grounds Washington Drive, Legazpi City.

June 26, 1993 - 1st Albay Invitation Karate Tournament

The Sagumayon Magdaraog School of Aikido, Legazpi City made an Exhibition and Demonstration at the Kuntao Ng Pilipinas as the Host of the 1993 1st Albay Invitational Karate Tournament, Fight of the Champions held at the Bicol College Gymnasium, Daraga, Albay (1:30 PM).

September 23, 1993 - 2nd Bicol Asian Martial Arts Competition and Exhibiton

The Sagumayon Magdaraog School of Aikido, Legazpi City was invited as a Guest at the 2nd Bicol Asian Martial Arts Competition and Exhibition held at the Ateneo De Naga Gymnasium, Naga City (1:30 PM). Shihan Roy Magdaraog Guest at the said event.

October 20, 1993 - Ibalong Festival Aikido Exhibition and Demonstration

The Sagumayon Magdaraog School of Aikido, Legazpi City was renamed by the founder and changed it to Magdaraog School of Aikido and Oriental Martial Arts and the Bicol Martial Arts Association. The following students were expelled due to their lack discipline during the 1993 Ibalong Festival Aikido Exhibition and Demonstration at Legazpi City. Note the Black Belt holder have not passed all the required test so they are only a holder of a Brown Belt under the Magdaraog system of grading, under Roshi Rey Magdaraog and Shihan Roy Magdaraog.

December 22, 1993 - Christmas Party of the Group

The Magdaraog School of Aikido and Oriental Martial Arts and the Bicol Martial Arts Association, Legazpi City. This was the 1st Aikido Christmas Party of the new organization at the Gymnasium (6:30 PM) c/o Bicol Driving School the party was held at the Muñoz Restaurant, Rizal St., Legazpi City. The new breed of Students of the organization.

Magdaraog School of Aikido and Oriental Martial Arts
Bicol Martial Arts Association
1993 - 1995



January 22, 1994 - St. Agnes Day Aikido Exhibition

The Magdaraog School of Aikido and Oriental Martial Arts and the Bicol Martial Arts Association, Legazpi City made an Exhibition at the St. Agnes Day held St. Agnes Academy, Legazpi City grounds.

March 20, 1994 - Aikido Competition and Kickboxing Tournament

The Magdaraog School of Aikido and Oriental Martial Arts and the Bicol Martial Arts Association, Legazpi City made an Exhibition and Demonstration at the Aikido Competition and KickBoxing Tournament as a Special Guest Participant in the said event that was held at the Camarines Sur National High School, Naga City (1:00 PM).

June 1 - 3, 1994 - The Magdaraog School of Aikido and Oriental Martial Arts and the Bicol Martial Arts Association, Legazpi City went to Manila to visit Gyms and Dojo of Aikido.

PCAF or the Philippine Combat Aikido Federation at Cubao, Quezon City under Mr. Monching Gavellino.

Aikido Aikikai at SM Mega Mall, Mandaluyong, Metro Manila.

July 31, 1994 - 2nd Promotion and Ranking

The Magdaraog School of Aikido and Oriental Martial Arts and the Bicol Martial Arts Association, Legazpi City. This is the 2nd All Students Promotion and Examination held at Vinta De Mar, Bacacay, Albay (8:00 AM to 4:30 PM).

August 1, 1994 - Chong Hua Intramurals Aikido Exhibiton

The Magdaraog School of Aikido and Oriental Martial Arts and the Bicol Martial Arts Association, Legazpi City. Made an Exhibition in the Intramurals 1994 at the Chong Hua Institute of Technology, Legazpi City (9:30 AM).

December 1994 - The Magdaraog School of Aikido and Oriental Martial Arts and the Bicol Martial Arts Association, Legazpi City.

January 24, 1995 - The Magdaraog School of Aikido and Oriental Martial Arts and the Bicol Martial Arts Association, Legazpi City visited the Manila Based Aikido Clubs to observe the teachings methods.

January 27, 1995 - The Magdaraog School of Aikido and Oriental Martial Arts and the Bicol Martial Arts Association, Legazpi City visited at the Aikido Based Club at the SM Mega Mall Bldg. B, 4th floor, Mandaluyong, Metro Manila (6:00-7:30 PM) and was a guest visitor and made a exhibition and demonstration with the Instructors namely Mr. Oscar Lapus the Chief Instructor at the SM Mega Mall Aikido and Mr. Pornello as the Instructor at the PWU or Philippine Women's University.

February 19, 1995 - AMEC Family Day Arnis Demonstration

The Magdaraog School of Aikido and Oriental Martial Arts and the Bicol Martial Arts Association, Legazpi City. Made a special teaching of Arnis Kata at the AMEC Science Oriented High School 1st year boys for the AMEC Family Day held at the AMEC grounds.



March 5, 1995 - 1st Combat Aikido Competition

The Magdaraog School of Aikido and Oriental Martial Arts and the Bicol Martial Arts Association, Legazpi City made an Exhibition and Demonstration at the 1st Combat Aikido Competition and was invited by the Combat Aikido, Busay Chapter and the Akimbo, Daraga, Albay. The group was the Special Guest Participant in this event.

August 6, 1995 - 3rd Promotion and Ranking

The Magdaraog School of Aikido and Oriental Martial Arts and the Bicol Martial Arts Association, Legazpi City. This is the 3rd All Students Promotion and Examination held at Vinta De Mar, Bacacay, Albay (7:00 AM to 5:00 PM).

August 28, 1995 - DCC Intramurals Aikido Exhibition

The Magdaraog School of Aikido and Oriental Martial Arts and the Bicol Martial Arts Association, Legazpi City made an Exhibition and Demonstration at the Intramural 1995 at the Dynamic Computer Centrum, Bonot, Legazpi City Basketball Court (10:00 AM).

December 1995 - Christmas Party at Wendees Legazpi City

The Magdaraog School of Aikido and Oriental Martial Arts and the Bicol Martial Arts Association, Legazpi City.



**Magdaraog
Zen Jutsu Aikido Philippines**
1995 - 1998
**Bicol Zen Aikido
Philippines International**
1996 – 1998



**Magdaraog
Philippine Zen Aikido Jutsu Ryu**
1997 - 1998



1997 - 2nd Floor, Encarnacion Bldg., 664 Rizal St., Legazpi City
4500 Philippines

June 1997 – AUL Aikido Club SY 1996-1997

Aquinas University of Legazpi, Rawis, Legazpi City 2nd Semester
Aikido Club 96-97. Training starts at S-Building
grounds.

April 15 to 23, 1997 - Aikido Classic 97 (CCP

Complex Pasay City)

One week seminar exhibition and demonstration at the CCP Complex,
Roxas Blvd., Pasay City. This is the first Aikido exposure of the
Legazpi City students in titled “Aikido Classic ‘97” a seminar
exhibition and demonstration of Aikido and Aikijutsu techniques. With a theme of “Clear
and Present Danger”. Headed by Rosh Rey A. Magdaraog and Shihan Roy B. Magdaraog
with the Demonstration Team. The Aikido Demonstration Team barracks were at the
Folk Arts Theater.

April 17, 1997 - Quarters of the Demonstration Team (Folk Arts Theater)



April 18, 1997 - CCP Complex Blue Guards (Aikido Demonstration)

CCP Complex Grounds, (Security) 76 Blue Guards at 7:00-9:00 AM

Manila Film Center Grounds and at the Westin Plaza Hotel, (Security) 61 Blue Guards.

April 19, 1997 - CCP Complex Blue Guards (Aikido Demonstration)

CCP Complex Grounds, (Security) 76 Blue Guards at 7:00-9:45 AM

Manila Yacht Club in front of the PNP Kababayan Center outpost, Action Rescue Team, the Kababayan Center PNP, SWAT and the LRU (Light Rescue Unit).

April 20, 1997 - Demonstration Team at the Manila Yacht Club

Pictorial of the Demonstration Team at the Manila Yacht Club, and was invited by the Iglesia in Cristo Family Day.

Aikido Classic 96 at the CCP Complex, Pasay City. The group made a Seminar

Exhibition and Demonstration for the Police, security guards, executives and civilians.

Locations of Seminar Exhibition and Demonstrations: Manila Film Center, Cultural Center of the Philippines, Folk Arts Theater, Manila Yacht Club, CCP Kababayan Center PNP, Westin Plaza Hotel, PICC Grounds.

May 08, 1997 - Commission on Audit (Aikido Demonstration)

Aikido Exhibition and Demonstration at the Anniversary of the Commission on Audit at the Bicol University Little Theater, Daraga, Albay.

May 17, 1997 - 1997 Summer Full Contact Tournament (Aikido Demonstration)

1997 Summer Full Contact Karate Tournament Mayor's Cup (Fight of the Champion III) at the Locsin Park, Old Albay, Legazpi City. 5:00-10:00 PM. The Aikido Demonstration Team made an Exhibition and Demonstration at this event c/o Mr. Angel Torregosa Chief Instructor. The team was awarded a trophy and certificate of appreciation and attendance by the Kuntao ng Pilipinas, Albay Chapter.

Roy Magdaraog. First time to show the cutting technique of the katana on the hands of Manuel Monilla (papaya).

The establishment of the Senior Class of the Magdaraog Philippine Zen Aikido Jutsu Ryu under Roshi Rey A. Magdaraog and Shihan Roy B. Magdaraog. These groups are the chartered members of the organization.

July 27, 1997 - Promotion and Ranking (MABA Computer College grounds). Headed by Roshi Rey A Magdaraog and the son Roy B Magdaraog.

August 24, 1997 - Goodwill visit and guest at Learn Aikido Club

September 04, 1997 - SAA Intramurals (Aikido Exhibition and Demonstration)

1998 - 2nd Floor, Encarnacion Bldg., 664 Rizal St., Legazpi City 4500 Philippines.

January 23, 1998 - Goodwill visit to Robinsons's Galleria Aikido Bugei

February 10, 1998 - Goodwill visit to SM Mega Mall Aikido Club

Goodwill visit to the Learn Aikido Club at the SM Mega Mall Bldg.

April 13 to May 08, 1998 - Summer Sports Training Program (Aikido)

Summer Sports Training Program Marist School, Champagnat St., Marikina Heights, Marikina City.

April 20 to May 22, 1998 - Summer Class (Aikido Training Program)

Summer Sports Training Program Maba Computer Oriented High School, Lakandula Drive, Legazpi City.

June 12, 1998 - Anniversary of Chartered Members

The Independence Day Celebration and Anniversary of the Founding of the Chartered Members of the MPZAJR, joined the parade.

June 21, 1998 - Promotion and Ranking

This is the last batch of students that was promoted by Roshi Rey A. Magdaraog.

The Master has more plans to make the arts known to all. But it never materialized as in 1998; in a vehicular accident the Founder met his Creator. Today the late Master's successor Soke Roy B. Magdaraog has taken up the cudgels of the late Master. The teachings, discipline and training that the father had passed on to the son will continue under the guidance of his eldest son. The legacy of a great man will not die with him.



June 28, 1998 - Death of the Founder

The death of Roshi (Founder and Zen Master) Rey A. Magdaraog due to vehicular accident at Washington Drive, Legazpi City.

July 3, 1998 - Burial and Ritual to the Founder (Bicol Memorial Cemetery)

The students of the MPZAJR Inc. past and present had attended the Burial in full uniform with the Red Master Jose Danilo Nieves and the Green Master Jeffrey Rico who came from Manila. Those that were expelled also paid their respect to the Master.

August 8, 1998 - Election of Officers and Board

This is the election of Officers and Board of Trustees, which was held at the residence of the late Roshi Rey A. Magdaraog.

September 2, 1998 - Albay Town Fiesta (Martial Arts Demonstration and Exhibition)

Made the first public demonstration and exhibition after the death of our master, at the Martial Arts Exhibition and Demonstration at the Peñaranda Park, Old Albay, Legazpi City in front of the City Mayor's Office, in connection of the Albay District town Fiesta. The Bicol Ki Aikido Foundation, through Mr. Victorio Roces and the Chief Instructor Nestor "Tao" Vibar invited the Magdaraog Philippine Zen Aikido Jutsu Ryu in this Exhibition and Demonstration.

The demonstration and exhibition was the first where the internal power of inner strength of Ki was shown to the general public. The deep impact techniques, the unbendable arm the unmovable techniques in seiza, and the sword cutting technique using live blades was also presented.

November 1, 1998 - Gathering of the Members at the Bicol Memorial Cemetery

The gathering at the Bicol Memorial Cemetery at Bonot, Legazpi City to pay respect to the Master.

December 20, 1998 - 1st General Assembly (1st Awarding of Instructors Manual)

This is the "1st Zen Aikido Jutsu General Assembly of Centennial Year 1998" and the 9th Promotion and Ranking / Induction Ceremony / Acquaintance and Christmas Party. The promotion and examination of all students. This was held at 1:00 to 12:00 PM at the Kapaligiran Restaurant (Vista Al Mayon) Washington Drive, Legazpi City. The Metro Manila student did not attend in this event.

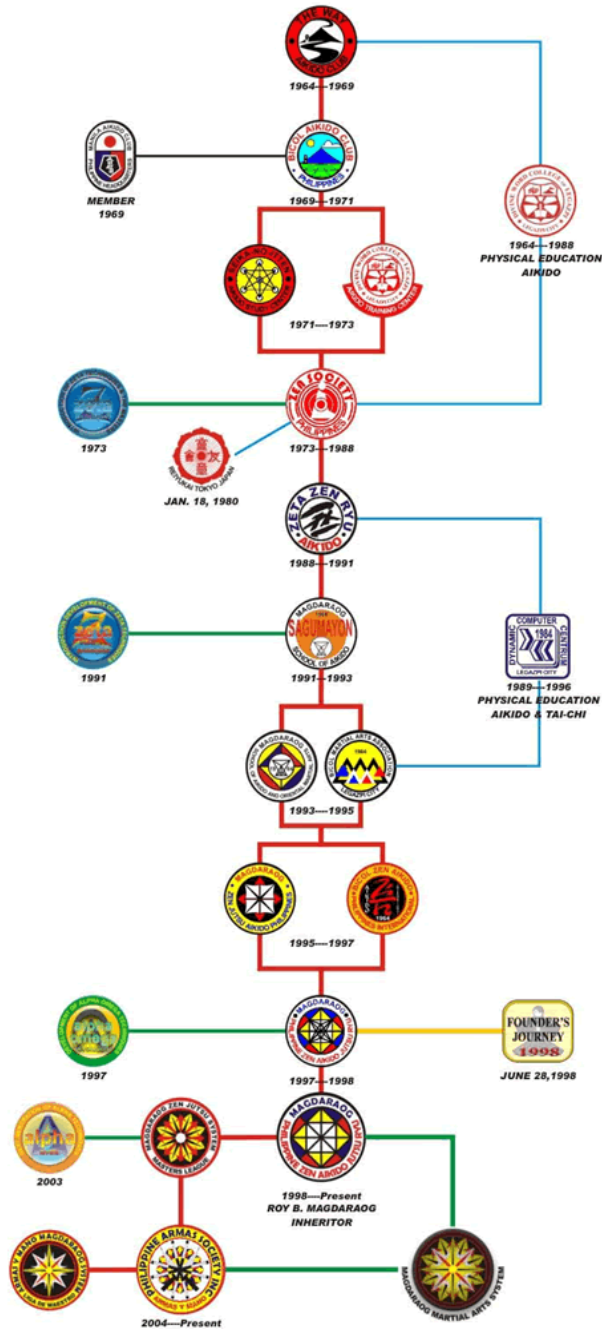
Rey A. Magdaraog was a man of honor, a brilliant martial arts master and talented teacher who acquired his skills through devotion and sacrifice at a very tender age. He

was meticulous in his teachings, precise in his movement and generous of heart that his loss was truly felt to those who have been his students.

To him we dedicate the undertakings of the Magdaraog Philippine Zen Aikido Jutsu Ryu.

Click Here to visit Magdaraog Martial Arts System history. Once at the website click on the logo to find the history behind that logo.

Flow of Aikido Development in Legaspi City (Bicol)





Magdaraog Philippine Zen Aikido Jutsu Ryu
1998 - Present
Grandmaster Roy B. Magdaraog
Inheritor



2003



2004 - Present

When the FMAdigest visited Legaspi, Philippines in March of 2009, it had the honor to talk and ask some questions of Grandmaster Roy B. Magdaraog:

FMAdigest: *When did you start training in the martial arts?*

Grandmaster Magdaraog: I started my training with my father at the age of 6 years old. The training was very hard and brutal labored with sweat, blood and tears. Training hours is not chosen. It was early morning and night, rain or shine. I started in weapons training in the art of aikido, 1st weapon I have trained was in katana followed by bokken, jo and bo, arnis and knife, though some were taught in my later years in life. I was trained and treated as a student not as a son, which was very hard for me. My father had great expectations from me. I'm slightly built at 5'2 in height 125lbs in weight. Until this date I still train, teach and revise in the improvement in the Art as I have done since I have started my knowledge and understanding of the said art. But when my father died now I understand why he has trained like that... it was in preparation for me to carry the torch and continue what he had meticulously started.

To my father thank you for the knowledge and teaching... "There must be only one."



FMAdigest: *What was it like growing up and to train with your father?*

Grandmaster Magdaroag: The hardest training was when I was in high school. I trained at around 7:00 p.m. and finish at 3:00 a.m. from Monday to Friday 1:00-5:00 p.m. (what day?) I have to train rain or shine with my father. From the exercises, break falls, roll and the arts to the detailed movements as my father was a tickler to details.

In those days, aikido comes first before my studies. Maybe he knows that he won't be long in this world that's why he has to start me young.

My training was very secretly done in our garage that not even one of the Masters of my father knew about it, (that I have been trained secretly), one day I had ask my father why I'm not in some of the exhibitions and demonstration, he said to me that it's not the time for that... "Soon you will be one of them."

Saturday and Sunday I trained and taught at the same time. And when I was in college I trained also everyday at 3:00-5:00 a.m. early morning and taught on Saturday and Sunday.

FMAdigest: *Did you also train with his instructors?*

Grandmaster Magdaroag: No, with my father only I started with the arts of Aikido, Tai-chi, and weaponry. Some of his instructors wanted to teach me, others did superficially. I did learn though that some techniques taught by them were a little bit different from what was taught to me in some ways.

FMAdigest: *Did you study any other martial arts and if so with who?*

Grandmaster Magdaroag: No, and no one wanted me to join with them or teach me, in the years 1980 to 1990s. The Magdaroag's name is already a household name in the martial arts community here in Bicol and in Manila.

But some of the martial artist here in Bicol knows me, from karate, kuntaw, judo aikido etc.

FMAdigest: *Since your fathers (Reynaldo Ayo Magdaroag) passing have you kept your style the same or have you added something's? If you have added to the art in what way and why did you?*

Grandmaster Magdaroag: Yes. My father's teachings were preserved but only those that need to be taught. Others that were taught to me were kept secret. Now, that I have showed them to my students the true arts that is from the Magdaroag Martial Arts System. The Magdaroag Zen Aikido Jutsu, now the Philippine Armas Society (Armas Y Mano Magdaroag System) the arts of the Armas Y Mano, which is the Arnis, knife, and the combination of this weapons, from using to disarming.



Reynaldo and Roy Magdaroag Demonstration
Aikido Classic 1997

Seminar Exhibition and Demonstration
Cultural Center Complex, Pasay City

And I have shown them the true arts in its very advance and secret teaching that have been hidden by my father, now that I have open the doors for this new breed of students that have pass our traditions and we are bond for a purpose of this arts.

I also made personal improvements which my father and I started but was not polished till several years ago - the Zeta, and x and y.

FMAdigest: *What are your thoughts on the traditional ways of Aikido? And do you believe that it has changed from tradition?*

Grandmaster Magdaroag: Yes, it has been changed from my point of view. It has become much commercialized. Why the true teachings have been lost now a days, I don't know. Maybe coz I have been with many Aikido practitioners in the Philippines, they have said my Aikido is soft or hard. As I have been practicing it for many years Aikido is soft but hard, hard but soft for it is like water so powerful if one is though the true essence and meaning of the training. Sorry to those who have been deceived. That why I have been banned in some Aikido gyms in Manila. Coz' I have used the teachings of my father. And they only respect the one that has been promoted by a Japanese or licensed Philippine instructors. But the essence here in Bicol our name from the late Master Reynaldo A. Magdaraog the Aikido is still alive in my place.

In our system, we don't stick to the book. In fact I encourage my senior students to look for loopholes and to try countering the standard arts so we can study and formulate some revisions to the existing ones. That's how we evolved.

FMAdigest: *You have also started Armas y Mano Magdaraog System. Is this separate from the Aikido you teach or have you incorporated it into your main art?*

Grandmaster Magdaroag: Yes, but the essence of our training will only and is from the teachings, training and practice in the Zenaikiojutsu, you must have the basic of that system. The Armas Y Mano is for the Masters of the Magdaraog System. This art is the training, teaching and practice of the detailed and more advance training. The training is the have the knowledge of the human anatomy and engineering, paranormal and the level of understanding, this is more of the detailed process of the system, that's why the only one that can be a member and train in this system must pass in the Zen Aikido Jutsu training. The basic here is different from the other martial arts.

FMAdigest: *Could you please give some of the basic philosophy of Armas y Mano Magdaraog System?*

Grandmaster Magdaroag: Armas Y Mano Magdaraog Martial Arts System is an art that I have developed before the death of my father, whom my father, had told me how I could transform the arts of the Aikido into the arts that is original and Filipino martial arts. Then the Armas Y Mano was born, all the movements and basics are from what my father had developed in the arts of the Zenaikidojutsu that my father had founded and developed the Zeta theory which in that year it was in the development stage. The art was designed to develop a single strike in just a click.

FMAdigest: *There are few Aikido tournaments in the Philippines, so what competition can or do your students participate in?*

Grandmaster Magdaroag: I don't know of an Aikido competitions. We never joined any competitions. We do join for demonstrations and exhibitions only. The art has remained in its original concept, so that exhibitions and demonstrations are the closest thing that you can see in the style and tradition of our arts.

FMA Digest: *Who are your top instructors and could you tell a little something about them?*

Grandmaster Magdaroag: There are only a few that can survive the training in our system. And they must be chosen and pass all the required tests... Master Charlie Austria, Master Ariel Dacillo and Master Jason Gacosta each of the Masters have been a dedicated, loyal student of mine and my father. Each of them have been with the art for at least the last 5 to 10 years. This is one of the required qualifications to the arts of the Magdaroag Martial Arts System. All of them have been trained in the Magdaroag Martial Arts System (Zenaikidojutsu and Armas Y Mano) and with the Zeta theory as of this date.

FMA Digest: *When I visited you in Legaspi in 2008, I was privileged to see a demonstration by yourself and your students. Can you tell me in a demonstration, what is the overall theme in what you are expressing to the audience?*

Grandmaster Magdaroag: The special demonstration that was given to you my friend of FMA Digest, Steven Dowd, that I want the audience to know that our arts is not what you think, it is what you see and will not be seen in actual combat or self-defense situations. We have shown you that only the dedicated, loyal will remain in the training on my system.

(Steven Dowd) my friend, publisher and Punong Guro of the Arnis Balite, you are the only one and very fortunate that I have shown the true essence and nature of the Magdaroag Martial Arts System. I gave the demonstration to let you see the fruits of our training. There are no tricks in our art; we have only one saying in our training. When I make a demonstration I always say to my students do it for real and it must be real. It's not scripted.

Ours is hard. That's why we have few students who prevail. We don't use mats. There is little difference in teaching the girls from the boys. We challenge them especially those that have second thoughts in their capabilities. We are after quality not quantity. No black belts have been promoted with less than 8 years of rigid training. And they have to pass tests to prove their worth.

Our senior students have different perceptions. Though they are eligible for promotion to brown or black belt, they decline, saying that their skill still needs refinement. Jokingly I say to them, they just don't like the test. It was I who recommended for their promotion gauging from their performance and skills acquired. Yet they decline.

FMA Digest: *What is the future you are progressing towards in your art or what would you like to accomplish?*

Grandmaster Magdaroag: That the arts must live to the next generation of the Magdaroag martial arts system, I may have to leave it to my top Masters of this generation under my teachings and under my close supervision of their training. In our

present ranking as of the year 2009; Master Charlie Austria; Master Ariel Dacillo; Master Jason Gacosta must pass the legacy and the improvement and dedication to the arts that me and my father have given to them with the added improvements of my own. Coz' a dedication of the art is a lifetime and infinite training in the physical, mental and spiritually. And with some of my trusted members Engr. Leonardo Patilleros Jr, Engr. Antonio Almonte, Mr. Alfredo Gayanilo, Mr. Peter Almonte, and Mr Nestor Revereza (who had started training with my father) who gave me the support to continue what my father had started, and also under my blood line. I must also have the next generation to carry the name of Magdaraog who will continue the next generation of the sacred art (movement, training, teaching and improvement).

As of this date as I wrote this the Magdaraog Martial Art System in the Armas Y Mano is updating and upgrading the Masters mentioned above and now training in the detailed arts of the seven zeal's of the Zeta theory which is now a fully developed technique. This art was developed by my father.

Before my father died I had also developed the more sophisticated and unique movement which is the Alpha-Omega (Beginning-End) and the Alpha technique that was why I was chosen to continue the legacy of my father and I was able to complete it.

I have given my students a, detailed teachings and authorized them to teach when time comes. And showed what the arts of the Zenaikidojutsu, Armas Y Mano with the Zeta techniques is all about. It was not however included in our "Instructor's Manual." It needs updating.

My knowledge and teachings will be passed through knowledge and teachings also. "Hard must be soft and soft must be soft, but soft and hard must be one."

FMAdigest: *Do you have any instructors outside of Legaspi who are authorized to teach your art? And if so who are they and where are they?*

Grandmaster Magdaraog: No, the Instructors and Masters are all living in our locality. They are all here in the Bicol Region, Albay to be specific. Not one of my students that have the authority to teach the Zenaikidojutsu or the Armas Y Mano system of the Magdaraog Martial Arts System. At the moment I have 5 Masters, but one was expelled the other one is a "Floating" pending final decision on his status.

In my system, to be authorized to teach the arts you must pass the required tests and you will be given a verbal and a certified certification with the Bible and Instructors Manual of the system that they will be teaching.

FMAdigest: *What is your personal advice to new students or people that would like to train in your art?*

Grandmaster Magdaraog: "The greatest reward is training with Masters who are willing to share their profound knowledge and passion for the Arts."

Learn the art in dedication of interest, hardship, commitment, time and with your heart you will find it enlightening. True it will be hard and painful, but the hardship will give you what you have been searching.



Grandmaster Roy B. Magdaraog I thank you for your time and also for the demonstrations that you have done while I have visited Legaspi.

2003

*ALBAY TOURISM COUNCIL
MAGAYON FESTIVAL COMMITTEE
and
MAGDARAOG PHILIPPINE ZEN AIKIDO JUTSU RYU, INC.
PRESENTS*



EPISODE II

**Tribute
to
Zen Master Rey Magdaraog**
The Continuity of Zen Aikido Jutsu Traditions

May 11, 2003 Sunday @ 4:00-6:00 p.m.
Peñaranda Park, Old Albay, Legazpi City



CENTRAL HEADQUARTERS TRAINING CENTER MAGDARAOG PHILIPPINE ZEN AIKIDO JUTSU RYU INCORPORATED LEGAZPI CITY
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Preparation



Philippine Zen Aikido Jutsu Ryu





Philippine Armas Society



Grandmaster Roy B. Magdaraog Demonstrates





FMA Digest Visits Grandmaster Roy B. Magdaraog of the Magdaraog Martial Arts System

(Philippine Zen Aikido Jutsu Ryu and the Philippine Armas Society Inc. - Armas Y Mano)
2008



The FMA Digest while in Legaspi, Philippines was lucky to be able to meet and attend a demonstration by Grandmaster Roy B. Magdaraog of the Philippine Zen Aikido Jutsu Ryu and Philippine Armas Society Inc.

Grandmaster Magdaraog is known only to do one or two demonstrations a year as noted by Grandmaster Magdaraog each demonstration is new and original.

So it was at the private residence of one of his senior instructors at the foot of the Mayon volcano, with a continuous rain the demonstration was not to be cancelled but would continue as scheduled.

On a slab of cement which when thin mats were in place it was found to be slippery, even with no mats and bare cement, it was still rather slick. So the student scattered some dirt on the cement which cut down on the slipperiness, the demonstration commenced.



Due to the rain, mats were slippery, so instructors spread dirt on the cement to obtain traction in movement.

The young practitioners demonstrated some Aikido and weaponry, then came the instructors demonstrating the flowing moves of Aikido and continuing with a demonstration of Armas y Mano.

As a finally Grandmaster Magdaraog demonstrated Aikido against multiple opponents as well as Armas y Mano. As a finale Grandmaster Magdaraog demonstrated his power of Ki. Having two of his instructors by his side and his arms hanging down by the sides of his body he had them pick him up. You would imagine no big feat, however once they put him down he extended his Ki and had them try again, but this time they could not pick him up. To show that it was no trick, he invited the publisher of the FMA Digest to give it a try and so on the Grandmasters left side and one of the instructors on the right. Picking up the Grandmaster was no problem. Once down the Grandmaster extended his Ki and the publisher and instructor once again tried, but this time with no luck. Now understand Grandmaster Magdaraog is approximately five feet in height, and small in structure.

Grandmaster Magdaraog also demonstrated his Ki with punches, with two individuals one standing behind the other the Grandmaster punch the front person, but the

second person behind the first went flying and the front individual only felt a light tap on his chest.

February 08, 2008, 8:00 p.m.

A special treat for Mr. and Mrs. Steven K. Dowd of the FMA Digest and Arnis Balite, dinner at Chili Pepper, Rizal St., Old Albay, Legazpi City, Philippines.

This was taken during our meeting and an interview for the Magdaraog Martial Arts System - (Philippine Zen Aikido Jutsu Ryu and the Philippine Armas Society Inc. - Armas Y Mano).



Roy B. Magdaraog, Leonardo B. Patilleros Jr., Vicky and Steven Dowd



Charlie B. Austria, Roy B. Magdaraog, Leonardo B. Patilleros Jr., Vicky and Steven Dowd, Jason A. Gacosta and Ariel M. Dacillo on camera.

February 10, 2008, Sunday 2:00 p.m.

Special Demonstration for FMA Digest and Arnis Balite Steven Dowd of the Magdaraog Martial Arts System (Philippine Magdaraog Zen Aikido Jutsu Ryu & Philippine Armas Society Inc. (Armas Y Mano) at Bonga, Bacacay, Albay, Philippines.

The Demonstration consisted of: Hand to hand techniques, weapons techniques - Arnis, Long Stick (4 and 6 feet), Probaton, knife, Ki powers, cutting techniques - Katana, Knife fighting techniques, Gun disarming techniques.

Participants were:

Roy B Magdaraog Inheritor-Permanent President
Charlie B. Austria Instructor
Ariel M Dacillo Instructor
Jason A Gacosta Instructor
Leonardo B Patilleros Jr. Brown Belt - Black Hakama
Michael John Pelonio Green Belt - Blue Hakama
Donna Millena Orange Belt - Blue Hakama
Jeff L. Gayanilo Orange Belt
John Paul Cardel Golden Belt
Keshia Bigtas Golden Belt
Khalil Bigtas Golden Belt
Kurt Boone Golden Belt
Natan Boone Golden Belt
Krim Almonte Golden Belt
Peter B Almonte Blue Belt - Blue Hakama
Alfredo C Gayanilo Brown Belt - Black Hakama
Viktor L Gayanilo Violet Belt - Blue Hakama

Start of the demonstration is a meditation of the practitioners,
then the salutation for the members, then the exercises and calisthenics.



Weapons techniques Magdaraog Martial Arts System
(Philippine Zen Aikido Jutsu Ryu and the Philippine Armas Society Inc. - Armas Y Mano)



Kurt Boone a grade 2 student of St. Agnes Academy of Legazpi using the long stick (4 feet style)



Keshia Bigtas a grade 2 student of Bagumbayan Elementary School at Daraga Albay using the long stick (4 feet style)



Khalil Bigtas a grade 3 student of Bagumbayan Elementary School at Daraga Albay using the Arnis Sticks (2 stick style)



John Paul Cardel a grade 4 elementary student of St. Agnes Academy of Legazpi using the long stick (6 feet)



Donna Millena and Michael John Pelonio for the arts using the zen aikido jutsu katate tori kote gaeshi.



Ariel M. Dacillo - Instructor demonstrates the use of the Arnis stick techniques



Charlie B. Austria - Instructor demonstrates the use of the Arnis stick techniques



Grandmaster Roy B. Magdaraog demonstrating the use of the internal energy on FMA Digest Steven Dowd without touching his body for this technique. At his back is Jason A. Gacosta - Instructor of the Philippine Zen Aikido Jutsu / Philippine Armas Society.



Group picture of the special demonstration:

Front Row, L - R: Keshia Bigtas, Khalil Bigtas, Nathan Boone, Krim Almonte, Kurt Boone and John Paul Cardel.

Second Row, L - R: Michael John Pelonio, Donna Millena and Jeff Gayanilo.

Back Row, L - R: Ariel M. Dacillo, Leonardo B. Patilleros Jr., Roy B. Magdaraog, Charlie B. Austria and Jason A. Gacosta.



Leonardo B. Patillero Jr. - Brown Belt, Ariel M. Dacillo - Black Belt Instructor, Roy B. Magdaraog - Permanent President/Inheritor, Charlie B. Austria - Black Belt Instructor and Jason A. Gacosta - Black Belt Instructor



Leonardo B. Patilleros Jr. - Brown Belt, Ariel M. Dacillo – Black Belt Instructor, Steven Dowd, Roy B. Magdaraog -Permanent President / Inheritor, Charlie B. Austria - Black Belt Instructor and Jason A. Gacosta - Black Belt Instructor. Ariel M. Dacillo - Black Belt Instructor, Leonardo B. Patilleros Jr. - Brown Belt, Roy B. Magdaraog - Permanent President / Inheritor, Charlie B. Austria – Black Belt Instructor and Jason A. Gacosta - Black Belt Instructor.

After the Demonstration:



On the snack time with Steven signing for the book Arnis Balite,
with Roy B. Magdaraog and Leonardo B. Patilleros Jr.



L - R: Jason Gacosta, Alfredo Gayanilo, Roy B. Magdaraog, Peter Almonte,
Leonardo Patilleros Jr., Charlie Austria, Steven Dowd and Ariel Dacillo.



Grandmaster Roy B. Magdaraog cutting of the cake for the Birthday Celebrant Leonardo Patilleros Jr., Steven Dowd

Peter Almonte, Roy B. Magdaraog and his girl friend Melissa Obiles with the Birthday Celebrant Leonardo Patilleros Jr., and wife Daisy, Mr. and Mrs. Steven Dowd



Stolen shot of the group Jason Gacosta and Charlie Austria... eating time...

**FMAdigest Visits Grandmaster Roy B. Magdaraog
and the
Philippine Zen Aikido Jutsu Ryu and the Philippine Armas Society Inc. - Armas Y Mano Instructors
2009**



The FMAdigest was fortunate to visit Legaspi, Philippines once again and met with Grandmaster Roy B. Magdaraog of the Philippine Zen Aikido Jutsu Ryu and the Philippine Armas Society Inc. and his instructors.

This meeting was to interview Grandmaster Magdaraog and his instructors. Once again the FMAdigest was fortunate to be able to witness another demonstration, totally different from the year before.

March 4, 2009

In the evening we met at Biggs Diner for dinner and some conversation. Talking about the last time I visited and what had been going on since that time.

Grandmaster Magdaraog discussed that before his father had passed away he had developed the more sophisticated and unique movement which is the Alpha-Omega (Beginning-End) and the Alpha technique

Until now he has incorporated this into the Magdaraog Martial Art System and also in the Armas Y Mano and has been upgrading the Masters of the Zenaikidojutsu - Armas Y Mano system and also training in the detailed arts of the seven zeal's of the Zeta theory which is now a fully developed technique.



L-R: Grandmaster Roy Magdaraog, Engr. Anotonio B Almonte - Brownbelt and Senior member, Master Jason Gacosta - 1st level, Master Ariel Dacillo - 2nd level, Master Charlie Austria - 3rd level.

March 6, 2009

In the evening we met at Paayahayan Restaurant Paayahayan Restaurant Ruivivar St. (corner. Luna St.), Legazpi City, Albay for dinner, some conversation and the FMA Digest was able to interview asking what they had to say about the Magdaraog Martial Arts System.



Alfredo C. Gayanilo - Senior Member - Brown Belt / Black Hakama
Area Supervisor - Bicol Area, PLDT, Rizal St. Legaspi City



Commencing my training in 1992, (at the time I trained with the Founder), before that I had done some training in other martial arts, but I found Magdaraog Aikido to be invigorating. I was 40 years old and I found the exercises to be most beneficial using all the muscles throughout my body, re-activating energy throughout the both physically and mentally.

Having the use and application of the weapons such as the katana, I found that with the actions used such as the chopping and slicing motion it is enter-changeable with the actions of Aikido.

In 1996 with the organizing of the seniors group, (separate from the younger practitioners - 30 and above). This consisted of special instructions and training.



In 1998 the Founder Reynaldo Ayo Magdaraog passed away, however his son Grandmaster Roy B. Magdaraog continued to train us. Learning the advanced art of Aikido we are now continuing with our training, developing a level in our art known as Zeta.

Charlie B. Austria - Senior Member - Master
Police Officer - II Regional Training School 5, Camp Simeon Ola Legaspi City, Albay



I started my training in the Magdaraog Martial Arts System in 1993 while I was in high school. I earned my black belt after 5 years of training. I teach and share some of the techniques I have learned with my fellow law enforcement officers.

I admire my instructor Rey Magdaraog and now his son Grandmaster Roy Magdaraog for their dedication and promulgation of the art of

Magdaraog Philippines Zen Aikido Jutsu Ryu, and the constant improvements and sharing of the art. The trust they have placed with the instructors continuously improves us and promotes what they have taught us.

In observing various seminars, demonstrations and teachings of others I have realized the difference in the arts compared to ours. I continue to be a dedicated student and also the Armas Arnis which was developed with the basics of our art of Aikido, “to my belief” makes it a powerful art in addition to the art of Magdaraog Philippines Zen Aikido Jutsu Ryu.

Unobserving the arts it may seem different, but on close observation the fundamentals have brought the two arts parallel in unison.

So I thank the late Founder Rey Magdaraog for sharing with us the knowledge of the art.



Ariel M. Dacillo - Senior Member - Master
Data Encoder - DPWH Albay Provincial Office



I commenced my training while in my 4th year of high school, and I thank the Founder Rey and Grandmaster Roy Magdaraog for the knowledge they have entrusted to me of the art.

In my work I use a motorcycle and with my training in Aikido it has saved my life on two occasions.

What I like about the Magdaraog System is the discipline, which develops my abilities in

my daily activities. The art though a martial art is not only that, but also for life it's self.

I prefer Arnis it is the movements and flow of the techniques, whether one baston or doble baston that I find myself engrossed in a movement of both physical and mental strength and inner peace of confidence and self-awareness. I also like the 4 foot jo, and the staff with the movements that can be executed with them.

Aikido helps me a lot in my everyday life. In Magdaraog martial arts I have experienced in my training some painful experiences, which has built my endurance and personal stamina and has made me a better person. The art develops the best in an individual and nothing is forced upon the student, but the student develops and builds within themselves.



Techniques are basic, however the individual learns to adapt the techniques to themselves making the person to become a proficient practitioner and excels in the art.

Jason A. Gacosta - Senior Member - Master
Truck Driver - Bogtong, Legazpi City



Commenced my training in 1997, my experience in learning Aikido was rough at times. Tears would come in my desire to excel and perfect the techniques. I think it is tough to excel and remain a student with the vast knowledge put forth and the demanding physical expectations, when training. However, one must remember that in accomplishing and gaining the knowledge of

the art its rewards are most benefiting physically and mentally.

In training the purpose is to build endurance and stamina many times one would believe that weather would be a factor, since training outdoors, but this is not so. We train in the heat, rain, strong winds etc., I find that Grandmaster Roy Magdaroag is unique in that when asking questions, answers are given completely, all is revealed there are no secrets.



I find this is not the normal attitude of other instructors, which seem to keep certain aspects of their art to themselves.

The relationship with all even the Grandmaster seems like a family, all brothers and sisters progressing to the same point as a practitioner and that is to perfect each other to their best abilities.

With the addition of Armas Arnis the skills and knowledge of the art as a whole is brought to another level. Zen Aikido Philippines once learned and has become a part of you is a way of life.

Sometimes when the Grandmaster asks a question students find it is a question which they have to search within themselves deeply for the answer.

Engr. Leonardo B. Patilleros Jr. - Senior Member - Brown Belt / Black Hakama
State Auditor III, Region V, Rawis, Legaspi City



I joined Magdaraog Martial Arts System in 1995. I was feeling the aches and pains of age and joined the training of Grandmaster Reynaldo Magdaroag thinking this would invigorate my body and to gain confidence in self protection.

The Organization started a senior's division on June 12, 1996, fortunately where I was employed the Director at the time of the Commission Audit of Region V was a health conscious individual interested in the martial arts and he granted permission for the use of the grounds of the Commission Audit for training. The senior group grew in numbers but unfortunately as time passed only few survived in the continuous training and practice.

The training I have obtained in the art has given me confidence and renewed vitality, physically and a sense of well-being within. The practice of Zeta has added to my inner well-being making me further realize a greater source of strength within myself and a further feeling of peace and calm.

I am very thankful to the art of Magdaraog Martial Arts System for it has brought a youthful feeling within and an understanding of the essence of life.



Upon conclusion of the interviews all had a very fine meal and then general conversation and storytelling of experiences in the Filipino martial arts in Bicol and with the International community.

- | | |
|---|------------------------------------|
| - Grandmaster Roy Magdaraog | - Jason A. Gacosta |
| - Alfredo C. Gayanilo and his son Viktor Gayanilo | - Engr. Leonardo B. Patilleros Jr. |
| - Charlie B. Austria | - Vicky Dowd |
| - Ariel M. Dacillo | - Ben Lee |



March 7, 2009

Once again the FMAdigest was privileged to a private demonstration by Grandmaster Roy B. Magdaraog of the Philippine Zen Aikido Jutsu Ryu and Philippine Armas Society Inc. and his students at the private residence of his senior instructor Leonardo B. Patilleros Jr., at the foot of the Mayon volcano. However changes to the training area had changed, in that it was covered with mats on a pure cement floor.

Upon arrival the FMAdigest got to interview one of the instructors that was unable to join in on the dinner the night before.

Antonio B. Almorte Senior Member - Brown Belt / Black Hakama
Civil Engineer



I commenced my martial arts training while in high school, (Kuntaw). When finishing high school, I had to put the martial arts a side due to myself being a working student, so it wasn't until I finished college until I could commence training once again.

In 1996, I was 43 years old I was invited by my co-workers to practice Aikido with them. It was free, and what was planned was to start a club for ages 35 and above. The class started twice a week, and then moving to the regional office, practice was now 3 times a week, also at times training at the airport on Saturday evenings.

What I like most in training in the art of Zen Aikido, is that the art is very practical and the exercises are truly beneficial, not when I was training in Kuntaw and the exercises seemed very strenuous, (being asthmatic I often lost my breath).

Training with Grandmaster Roy Magdaraog is very practical in street situations and not complicated. I like to train with the sword for it seems that it becomes a part of me in its movements. I am very intrigued by Arnis, but have excelled in the use of the katana.

To new students I have to say, they should practice the basics and the exercise are very important for they build the foundation and basics of the art.



Demonstration

Upon the completion of the interview, Grandmaster Magdaraog presented the FMAdigest with a banner of the event for memory of the occasion.

The special demonstration and exhibition was held on the special training ground of the Magdaraog Martial Arts System, the training ground consisted of the cemented grounds with an open environmental surroundings for training on all seasons night or day time. The training here is only for the advance senior members who can pass the required tests and training. Location is Bonga, Bacacay, Albay at the foot of the beautiful Mt. Mayon Volcano.



Grandmaster Magdaraog presents the FMAdigest with a banner of the event

Practice training of the yellow belts for their exhibiton for FMAdigest on Armas y Mano basic Arnis training and student elementary and high school.

At the start of the demonstration and exhibition is meditation and breathing making the students ready for the event. They will present the exercises and the basic on weapon; Arnis, long stick.



The start of the demonstration and exhibition was done by Kesha Bigtas Golden Yellow belt on the basic movement of the baston or the 4 feet long stick techniques of the Armas y Mano System, and then Khalil Bigtas Golden Yellow belt on the basic movement of the Arnis techniques of the Armas y Mano System.

Kesha Bigtas



Khalil Bigtas



Continuing with the demonstration and exhibition was basic Arnis training and movement done by multiple attackers.



Grandmaster Roy Magdaraog and Viktor Gayanilo, demonstrating the Plum Flower technique using the Armas y Mano and Zen Aikido movements; showing the footwork and movement maneuvering showing leading and softness, using the arts of locking and pinning movement with speed and lightness and with the unique improvement for the Zeta and Alpha techniques.



Demonstrating, ground giving techniques on how to move in with multiple opponents in the training of the Plum Flower technique.



Advance Arnis techniques on a multitude and or multiple opponents which, is demonstrated by Blue Belt Viktor Gayanilo which is free style Armas y Mano movements, which will gain and feel the actions on how to move in a series of complicated movements and what it can do in a real situation.



Blue Belt Viktor Gayanilo



Master Ariel Dacillo

Master Ariel Dacillo and Master Charlie Austria demonstrated the free style of Armas y Mano movements which feels like the actions on how to move in a complicated movement and to feel what it can do in real situations. This is a double Arnis free style movement which is required for every member of the system.



Master Charlie Austria

Grandmaster Roy Magdaraog demonstrates the 4 foot long stick on multiple attacks: live with full speed and defend and counter attack.



Grandmaster Roy Magdaraog demonstrates Zen Aikido Jutsu using a high impact movement assisted by Viktor Gayanilo for his attack in full speed followed by a take down.





Demonstration on gun disarming; using Zen Aikido and Armas y Mano by Master Charlie Austria and Jason Gacosta.



Grandmaster Roy Magdaraog hand gun disarming techniques with advance movement and techniques. Each of the members was amazed when they saw the movements. Distance less than 1 meter, even the camera could not get a good shoot while being executed.





The instructors of Magdaraog Martial Arts System signing of the token souvenir poster for Steven Dowd with all the Masters and Grandmaster Magdaraog, Masters Charlie Austria, Ariel Dacillo, Jason Gacosta and Leonardo Patilleros Jr. Brown belt.



Steven Dowd Publisher of the FMAdigest signing a poster for the group.



Demo Team and Instructors



L-R: Leonardo Patilleros Jr., Jason Gacosta, Ariel Dacillo, Grandmaster Roy Magdaraog, Charlie Austria, Alfredo Gayanilo



Two of Grandmaster Roy Magdaraog little students which are Golden Belts Keshia and Kahlil Bistas with FMA Digest Steven Dowd





Snack time after the very brutal demonstration and exhibition, enjoying a very well prepared meal, Steven and Vicky Dowd with the members of the Magdaraog Martial Arts System.



To FMAdigest Steven Dowd and his wife Vicky Dowd, we sincerely thank you for the effort and friendship you have given us within the Magdaraog Martial Arts system and the very important interview of our art which has not been seen outside of this country. And to the Patilleros family who has been very supportive in the Magdaraog martial arts, and to all the students present in this very important occasion; the Masters Charlie Austria, Ariel

Dacillo, Jason Gacosta and the senior age division of Brown belts Engr. Leonardo Patilleros Jr., Alfredo Gayanilo, Engr. Antonio Almonte, and Peter Almonte.

Last Word with Grandmaster Magdaroag

The FMA Digest had some final questions for Grandmaster Magdaroag and he was good enough to answer them.

FMA Digest: *In your opinion what makes your style unique or different from other Filipino martial art style?*

Grandmaster Magdaroag: The difference of our Filipino martial arts is that we in the Magdaraog Martial Arts System have a unique system that has been kept very secretly by my father the use of the Aikido/Aikijutsu principles and incorporated the Filipino arts of Arnis, Eskrima and Kali; or the Stick and Knife weapons. And it has been used in Magdaraog Martial Arts System.

The Magdaraog Martial Arts System is a principle of martial discipline that only a few can survive the brutal training and only some can have the privileged to be trained one-on-one in the Zeta theory and principles that the late Reynaldo A. Magdaraog had developed. And me as the son “Grandmaster Roy B Magdaraog” has improved the zeta that my father trained me in with the true meaning and theory principles of it. The Alpha-Omega and Alpha techniques have been added and improved with more powerful techniques. The Magdaraog Martial Arts System is a martial discipline that has been here for many years; a martial art that has survived many trials, and this is not only concerned with the physical, mental and spiritual unity of each practitioners.

The training is different, we train in a place that is available and the environmental matter whether rain or shine. Each of our practitioners will be trained for years; if they can survive the training which it must be a training of dedication, determination, and so on... the Armas Y Mano Magdaraog System.

FMA Digest: *In your opinion what is a Grandmaster?*

Grandmaster Magdaroag: In my opinion a Grandmaster is a direct descendant of the family or a practitioner-student that has trained in so many years in the said arts. The Grandmaster is a practitioner of the art of discipline and guides by the theories and principles of the style and the system. The one who has trained, taught and guides in the art with great discipline and all the aspects of the physical, mental and spiritual level.

FMA Digest: *Personally what you think of the state of Filipino martial arts today and what do you think would bring the Filipino martial arts to greater recognition throughout the world?*

Grandmaster Magdaroag: Personally I think the Filipino martial arts, has gained its popularity in the martial arts community globally. But it is only for those who have the access on the global community. But here in the Philippines it is different. It can bring the Filipino martial arts to greater recognition throughout the world by making it a world class that there must be a one banner Filipino martial art, and it must be here in this country where it has been born. “The Philippines”.





Grandmaster Roy Buitre Magdaraog

Inheretor of the Magdaraog Martial Arts System

Magdaraog Zen Aikido Jutsu Ryu and Armas y Mano Magdaraog System

Magdaraog Martial Arts System (Philippine Magdaraog Zen Aikido Jutsu Ryu & Philippine Armas Society Inc. (Armas Y Mano) offers seminars and specialized training for groups and individuals wanting to learn the arts of the Armas Y Mano.

For more information please contact the address below for details. The arts were never tough to outsiders under the Magdaraog Martial Arts System, and only a very few students can attain the more difficult and only a selected one's can be one of us.

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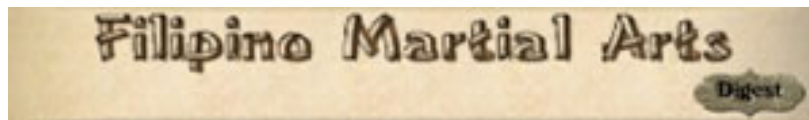
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