

# Filipino Martial Arts

## Man, Woman, and School of the Year 2008

Digest

Special Issue

In recognition of the dedication, promotion and support of the Filipino Martial Arts.  
*Sa pagkilala sa katapatan, pagpapahalaga at pagtangkilik sa Filipino Martial Arts.*

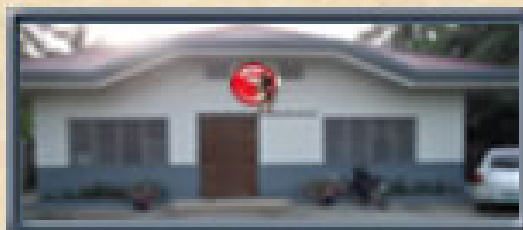
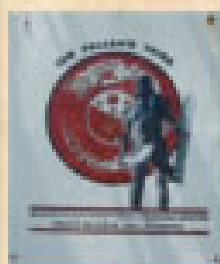
It is an honor and privilege for the FMA Digest to recognize  
*Ito ay isang karangalan at pribiliheyo para sa FMA Digest upang parangalan*



Man of the Year  
Senior Master Samuel "Bambit" Dulay



Woman of the Year  
Bella Marie "Peachie" Baron-Saguin



School of the Year  
Senkotiros International

**Publisher**

Steven K. Dowd

**Contributing Writers**

IMAFP Archives

NFMA Archives

Senkotiros International Archives

**Contents**

**From the Publishers Desk**

**Man of the Year**

*Senior Master Samuel "Bambit" Dulay*

**Woman of the Year**

*Bella Marie "Peachie" Baron-Saguin*

**School of the Year**

*Senkotiros International*

Filipino Martial Arts Digest is published and distributed by:

FMA Digest

1297 Eider Circle

Fallon, Nevada 89406

Visit us on the World Wide Web: **[www.fmadigest.com](http://www.fmadigest.com)**

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

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

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

The authors and publisher of this digest are not responsible for any injury, which may result from following the instructions contained in the digest. Before embarking on any of the physical activities described in the digest, the reader should consult his or her physician for advice regarding their individual suitability for performing such activity.

## **From the Publishers Desk**

### **Kumusta**

This year the Man of the Year is Senior Master Samuel “Bambit” Dulay. This is a Filipino martial arts practitioner that is fully dedicated to the Filipino martial arts, even though he was appointed by Grandmaster Remy Presas as the IMAFP Chief Instructor and Overall Coordinator and now serves the IMAFP as the External Vice President, “Bambit” as his friends call him dedicates himself to the promulgation and promotion of all the Filipino martial arts.

Bella Marie “Peachie” Baron-Saguin, known to her friends and fellow practitioners as “Peachie,” is a dynamic, woman that has supported all Filipino martial arts with her participation in organizing demonstrations in the Malls throughout Manila, and bringing the Filipino martial arts to the schools for exhibitions so the young people could gain knowledge in some of the Filipino fighting culture. A student of Master Tony Diego of Kalis Ilustrisimo, she is dedicated to the art. However, she continuously gains knowledge of other Filipino arts to better understand and appreciate the many aspects offered in each art.

Finally the School of the Year is Senkotiros International which is under the leadership of Grandmaster Max Pallen. The main headquarters located in Basdiot, Moal Boal, Cebu, Philippines, but branching out with his sons and dedicated instructors throughout the world. His Sama-Sama gatherings each year brings his schools together for private Senkotiros training for instructors and students with the Grandmaster, a banquet with demonstrations from his different schools. Attending are students, distinguished Grandmasters, Professors, Masters, followed by a day of seminars with guest instructors from other arts so his students can experience the different Filipino martial arts. It is an experience that if the chance comes to attend it is most highly recommended.

So I hope you will enjoy this issue and congratulate this years Man, Woman, and School of the Year for they are well deserving and have given their life to the Filipino martial arts in being practitioners and excelling in their art, and in promulgating and promoting not only the art they are a practitioner of but all the Filipino martial arts.

**Maraming Salamat Po**

**FMA Digest**  
**Man of the Year 2008**  
**Senior Master Samuel “Bambit” Dulay**

Senior Master Samuel Bambit Dulay at the young age started training in Filipino Martial Arts in Dumog and Judo in 1969 under Roming Yanson and the Romy Lisondra (both students of Grandmaster Remy Presas), at the University of Negros Occidental and West Negros College. He learned the Baston (basic Arnis) in 1972 while studying karate jujitsu under Romy Lisondra. For the first time in 1974, he witnessed a bladed weapon demonstration between Master Roberto Presas and Master Cris Vasquez, which inspired him to seek an Arnis Instructor. Fascinated with Mano-Mano, locks, trapping, and the ground fighting aspects of the art he continuously would seek new ways to improve his knowledge.



Master Romy Lisondra first student  
of Grandmaster Remy Presas



Master Bambit Dulay  
Headmaster Mike Vasquez

Instructor of the International Modern Arnis Federation Philippines (IMAFP) under Grandmaster Remy Presas. Grandmaster Remy Presas appointed him as the successor of the art “Tapi Tapi” of Modern Arnis in the Philippines. This is due to, when Master Dulay commenced his training, the concept of Tapi Tapi so amazed him that his determination to master

As time went on he transferred to another school, operated by Mike Vasquez and was introduced to Shotokan karate. Master Dulay became a professional full contact fighter and was very effective in the ring. It was during this time when a man by the name of Juan Laoan of Lapu Lapu Arnis visited the Dojo at the Vasquez Martial Arts School demonstrated the furious and effectiveness of Arnis de Mano in combat. Guro Dulay realized that though he was very proficient in Shotokan, something was lacking inside.

He returned to train with the Lisondra brothers and found that what he felt was the heritage and values of his own culture, and that with the training in Modern Arnis he was becoming fulfilled inwardly and finding self gratification and an inner peace.

Eventually in 2000, he became the Chief



the theory and techniques were overwhelming. Tapi-Tapi is the heart of Master Bambit techniques, which is "the way of the flow" concept.



Master Samuel "Bambit" Dulay is the External Vice President for IMAFP with the rank of "Lakan Antas Pito" (7th Degree). In addition to training under Professor Presas in Modern Arnis, he holds instructor rankings in Judo, Jujitsu, Ernesto Presas Arnis, and "Modified Tapado". Professor Remy A. Presas asked Allan "Shishir" Inocalla to gather and lead to unite Modern Arnis practitioner in the Philippines. Allan who played the role of Michael Angelo in Ninja Turtle the movie asked help to Master Dulay. It was Masters Dulay and Godofredo Fajardo endorsed that Professor Remy Presas entrusted the task of organizing the IMAFP. Master Dulay has established Modern Arnis chapters in the Philippines and other parts of the world.

The IMAFP is considered to be one of the most active organizations of Modern Arnis in the Philippines. Also, as one of the authors on the revised IMAFP Sports Arnis Rules in Competition, Senior Master Dulay has great concerns on the development of arnis, as a sport, in the Philippines.

His contribution to the development of arnis is more on the foundation: the laying down of the basic rules and regulations as well as on its proper implementation. I see to it that seminar/workshop on Sports Arnis Rules of Competition are conducted professionally; that tournament events be properly managed; that there are designation of non bias officials; that proper evaluation of apprentice referees and judges be made; and that top rank official referees and judges on the final bout be designated.



The IMAFP Council of Masters has the confidence in handling the IMAFP Senior Guros Instructions. The management of IMAFP organization has already been institutionalized based on what the Masters of Councils agreed upon. The IMAFP Board Member must always approve the Program of Instructions before execution. Sensitive issues, especially technical matters and ethics, are always forwarded to the council of masters for review. The foundation has already been laid, thanks to all the members of the organization. I am just doing what is required of me: to make sure that IMAFP's programs are well implemented.

Senior Master Dulay is a good follower of the basic rules of arnis: to be always prepared and to be quick with response no matter what. IMAFP's programs are year-round and will continue to be as long as we, as followers of the discipline, are willing to go the extra mile and be prepared.





Protagonist Jimmy Smith in “Fight Quest” with Master Bambit student.

**L-R:** Jimson Dearos, Cocoy Oyales, Jeff Plotria, and Senior Master Cris Vasquez.

Thanks to the diligent work of all the members of IMAFP with the leadership of Atty. Salvador Demaisip Chairman/Acting President who lead us to what we are now, from which I am a proud member. Modern Arnis Module is now being taught in all universities and colleges in the Philippines and is now being recognized internationally.

Master Dulay expresses the importance of being a student of the Filipino Martial Arts in order to see the difference between the modern and the traditional aspects of the Filipino culture. To understand the values of the historical background, along with

the heritage of the Filipino Martial Arts, one should constantly seek out knowledge to better ones self both physically and mentally. Finding the difference of philosophies in each art so as to gain an understanding of what is basic essence upon which the art is built. With this understanding a self-awareness and stability and inner peace will be established within ones self.

#### **Master Samuel “Bambit” Dulay’s lineage of teachers and styles:**

- 1975, Old Maestro Juan Lawaan (age of 72) who also served as his inspiration: Decuerdas Lapu-Lapu style.
- Maestro Juan Lawaan: Lapu-Lapu Decuerdas style, no belt system.
- Mike Vasquez: Modified Tapado.
- Master Robeto Presas: Modern Arnis: Tabak Tuyok w/ Arnis Stick and Free Style.
- Master Cristino Vasquez: Ipit Pilipit style.
- Master Rene Tongson: Tres Puntas style.
- Master Ernesto Presas: IPMAF Mano-Mano and Classical Arnis.
- Grandmaster Remy Presas: Dumog, Mano-Mano, Classical Arnis (Abaniko, Palis-Palis, Close Quarter of Balintawak and Ifugao, Crusada), Dumog/Mano-Mano, and the Tapi-tapi "the way of the flow" concept.



Senior Master Samuel “Bambit” Dulay is what one would call a Master of Tapi Tapi, except in his humble way he continuously seeks more and more knowledge and skill in the movements and techniques, focusing on the use of the cane(s) and related weapons of the body.

Tapi-Tapi, which means, "counter for counter." The idea is simple: no matter what your opponent does, be educated and prepared with a counter. When two

practitioners work together, the counters continue back and forth until one partner "catches" the other.

The intense mental contest that occurs in this type of training (especially when it is done competitively) creates a dynamic chess-like struggle, with Master Dulay working hard to outwit his opponent. It requires a sharp mind and a good knowledge of technique, as well as the precise physical skill and combination of attributes that make the techniques effective. Additionally, it requires Senior Master Dulay's ability to follow the opponent, using whatever energy the opponent gives him to use for his own advantage, and also to lead his opponent down a certain path, causing the opponent to choose techniques that he has prepared to counter. These advanced tactics bring efficiency, making victory closer and his opponents' margin of error slimmer. All of these factors also develop a will to survive and a will to succeed despite the situation.

Using the classical theories of Palis system, Abaniko system, and the Krusada system Senior Master Dulay incorporates and manipulates the movements and theories to excel in Tapi Tapi.

A dynamic performer, he has performed demos and exhibitions in prestigious events such as the South East Asian Games in 2003, the 8th Asian Kyokushinkai Tournament, and the 2nd Filipino Martial Arts Festival in Dortmund, Germany in 2003.



Senior Master Dulay with Senior Guro Ramos doing a demonstration at the 2nd FMA Festival

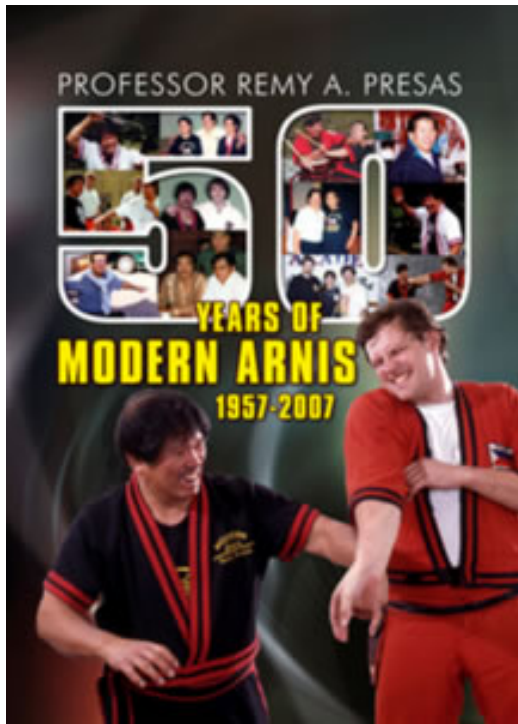


Master Dulay played a major part in two monumental gathering in the Philippines. He was a consultant of the 1st National Filipino Martial Arts Festival, the 1st Remy Presas Memorial Camp and the 3rd World Filipino Martial Arts Festival which took place in 2006. He still continues to teach and inspires young Filipino martial arts instructor to propagate the arts in a foreign land. Master Dulay is spreading the Filipino arts and continuing the legacy of Modern Arnis.









Grandmaster Remy Presas 50th Year  
Book of Modern Arnis  
(Dieter of DAV)



Master Bambit with some Tapi-Tapi Masters



Family of Modern Arnis



Senior Master Roland Dantes



Winning Edge Martial Arts, Chicago, Illinois





Michigan State University IMAF, Modern Arnis Camp  
June 23 - 26, 2005  
Hosted by Master of Tapi-Tapi Chuck Gauss



Kuntaw Kali Kruzada Seminar - 2005



1st Trainor's Training Seminar with the Masters and Guros



Senior Master Bambit Dulay  
Teaching Tapi-Tapi



Demonstration at the Tournament  
Senior Master Samuel D. Dulay

### **Russian Modern Arnis Camp**

Ekatarinburg, Russia  
2007



### **Russian Modern Arnis Camp**

Penza City, Russia  
2008





Senior Master Dulay demonstrating a technique to a Russian student



You can Contact Senior Master Samuel “Bambit” Dulay for seminars etc at:

63 (906) 411-3774

63 (922) 704-6267

(632) 414-9726

**Email**



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

**FMA Digest**  
**Woman of the Year 2008**  
**Bella Marie “Peachie” Baron-Saguin**



Born in Manila, Philippines and christened Bella Marie Sotto Baron, her first interest in sword play was at an early age of 10, after seeing the film Sinbad. As a child she would play with a stick, swing it and pretend she is a mighty warrior defeating enemies with her magnificent sword, and with her incredible skills in fighting.

Later in life, she took up Business Administration majoring in Marketing and Advertising at the University of the East, Manila. She was a working student then, studying at night and working full time at day time, as a secretary of the General Manager of a prestigious Marketing outfit. At the end of each office hours, she would hurriedly leave the office at the stroke of 5pm to go to La Salle, where as an outstanding student of Marketing in UE, she was sent to La Salle as an exchange student. As a working student, she has little time to read books, thus her answers in her examinations were purely based on her day to day experiences in her working environment, interacting with different personalities engaged in the field of marketing and advertising. Soon she was sitting on top of advertising, and most of the products she handled were awarded in the Advertising congress as “the product with the best advertisement”. Her corporate life was marked with distinction as she consistently became the excellent support of the top management of various firms.

In spite of her busy schedules, she still found the time to engage in different activities. She is an accomplished swimmer and has passed the one mile open water swimming final test given by Red Cross every summer for swimmers aspiring to be Life Guards. She is also a licensed open water diver. But her heart yearns for more. She has not outgrown her childhood fantasy as a mighty warrior. Soon she joined Hwa Rang Do, an elite Korean Martial Arts, and then later enrolled in another discipline Jeet Kun Do, when she felt her training was not enough. When she found the group BAKBAKAN, her quench for a full combat activity was satisfied. She was accepted in Bakbakan and became the first lady Black Belt. She owes a debt of gratitude to his mentor and friend, the Grandmaster of Bakbakan, Christopher Ricketts.

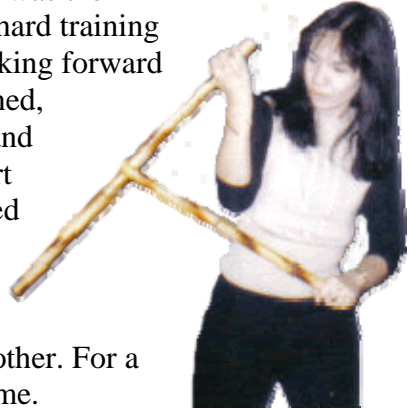
Today, she has resigned from the business world and has devoted her time promoting the Filipino martial arts. Her goal is for ARNIS to gain recognition not only in other countries but in her own country as well. She has continuously rallied ARNIS, wrote articles about it and has promoted the art whenever given the chance. She is the secretary of the National Filipino Martial Arts association and has organized mall tour for the different clubs. An arnisador herself and continuously training with the Grandmaster of Kalis Ilustrisimo Antonio Diego, she not only love the Filipino culture and the art, but have embraced it as well.

Peachie has had the urge to practice the martial arts since childhood in her own words this is how she got engrossed in the Filipino martial arts.

Ever since I was a child I have always dreamed of becoming a good martial artist. I have always imaged myself involved in a fight, fighting and clawing my way to victory, reigning over my vanquished opponents. This deep ambition burned in me for a long, long time.

At first, I was just contented with simply fantasizing and using my imagination. Later on this desire turned into a consuming passion and martial arts became an obsession. This prompted me to watch and observe martial arts and their champions. All of the ones I've observed had their own unique qualities and superior techniques but none had the type of "action" I was looking for. My search finally ended when I chanced upon an old acquaintance who invited me to attend and observe a Korean discipline he was training in. As I watched with keen eyes, I noticed that it was like a combination of different martial arts disciplines all rolled into one. I was fascinated and captured by this martial art and decided to join.

My first day of training was really exciting. For me it was the realization of my dreams. I was oblivious of the time, of the hard training and of the rigid discipline. I was in ecstasy. I was always looking forward to each and every training session. My enthusiasm never waned, instead it seemed to increase more and more as my stamina and skills increased. However, a time came when I felt that the art that I was pursuing was not enough. I needed more and craved for more. I could not identify what was missing and yet knew that I was not fulfilled.



I eventually enrolled in another martial art as well, making sure that the sessions were not in conflict with each other. For a while this arrangement seemed to fill the gap that nagged at me.

One day I arrived early for my scheduled training session. I could hear commands being barked at where the Taekwondo classes were usually held. Curiosity got the best of me since I knew that there were no Taekwondo classes scheduled for that particular hour. I climbed the stairs and sneaked a peek at whatever was going on.

There before my eyes were two guys fully equipped with head gear, body protectors, and boxing gloves sparring at full force. Not a single blow was held back. Kicks and punches were being exchanged with precision and dodged and parried with grace and speed. I looked and asked myself: What discipline is this? I looked around and saw the other people in the training hall, men in black with this curious looking logo on their shirts. I did not see any familiar face. None of them were of the Taekwondo group. I focused my eyes back at the two combatants. I was mesmerized by the intensity and seriousness of their training.

I was thrilled and filled with excitement. Deep within me, my spirit was shouting "This is it, Peachie. This is what you've been looking for!"

I was to learn later on that I had eavesdropped in on a Bakbakan training session. The group present then was Ramon Tulfo, Miguel Zubiri, Edgar Aristorenas, Benny Litonjua and trainers Dodong Sta. Iglesia, Peter Sescon and Torry Seas.

Conducting the classes were Masters Christopher Ricketts and Tony Diego. I stayed and watched and waited until they



Ramon Tulfo, Bakbakan's Public Relations Officer and noted columnist, practices his dodging techniques against Peachie's kicks.



finished their training. From that time on, I always arrived early and took my position at the stairs to watch, making sure that I was inconspicuous and out of their way. For several sessions I was content to be at what I now considered my perch, watching and admiring their training sessions.

One day their Master Christopher Ricketts approached me and gave me a chair to sit on telling me it was more comfortable than the steps I was sitting on. I realized then that I was talking to the Topher Ricketts whose name was held in high esteem by most serious martial artists in the Philippines. Later during that session he would return and ask me about my interest in the martial arts. I explained to him that I had been taking up two disciplines of martial arts but have recently dropped one and now concentrated only on one.

Summoning my courage, I asked him if he could teach me. His answer only made me admire and respect him more. He said, "I could only help you, but your loyalty should remain in the discipline you are in right now." And true to his word, he did help me. He assigned Dodong Sta. Iglesia to be my trainer. My training suddenly took an abrupt turn; I was back to the basics. The training was very rigid; I was pushed to the limits. I would finish each session exhausted but fulfilled. The training was very different. It opened up a new dimension for me. I then realized that I no longer had any interest in my one other remaining discipline. All the enthusiasm I had for it was not just waning but gone. The magic was no longer there. I realized that I would only be disillusioning myself and my instructors if I continued training with them.

I made my exit gracefully and with their blessing. They realized something happened to me for my performance improved leaps and bounds since I started training with Bakbakan. They were happy that I found what I was looking for.

From then on, Master Topher Ricketts and trainer Dodong Sta. Iglesia trained me on a regular basis. My stances were corrected, my form checked, my punches and kicks were made more defined. I was taught different styles of offense and defense. I was trained in unarmed combat as well as in weaponry skills, including sticks and knives. I was also taught different katas from several disciplines to develop and improve my intrinsic energy. Because of this intense and rigid training, my skills have improved and my self-confidence bolstered to the point where sparring sessions have become the norm rather than the exception.



Peachie undergoing focus mitt training with Chief Instructor Christopher Ricketts

Looking back, I know and realize that I have become a different person, a far, far cry from what I was before. I owe it all to my teacher, Master Christopher Ricketts, to whom I have so much faith and reverence. Also to my trainer Dodong Sta. Iglesia who has been very patient and understanding. I also owe a debt of gratitude to the members of Bakbakan who have been very supportive of me, then the only female member of Bakbakan, and most of all to God who answered my fervent prayer and gave me a good mentor and a solid, supportive group.



When Master Christopher Ricketts left for the States, I started training with Master Diego on a regular basis with his Binondo group, the Kalis Ilustrisimo. My training then took on a leap. I was showed the proper way to hold the blade, not to grip the handle too tight, to prevent it from being disarmed when struck heavily with another sword. I was then taught the different kinds and forms of striking and blocking, and the footwork and stances that goes for each attack and counter attack. I was asked to repeatedly execute a particular strike before moving on to the next. Master Diego has always reiterated the importance of a repetitive exercise for one to gain mastery of the form.

Soon enough Master Diego taught me how to use the stick and knife at the same time. This style is called Puntai y Daga. From this style, my interest grew more and more and I always look forward to a sword play with Master Diego, where my speed and accuracy to block and strike are put to test, my distance and movements, checked and corrected. There are moments when Master Diego would attack me when my guard is down to find out how I would react. If I stopped, he would tell me not to think but just to react, otherwise I get hit. The word “sorry” is never use in the gym. If you get hit, it’s your fault.

After considerable drills with a wooden sword, Master Diego gave me as a gift, a real sword to practice with. Again my strikes and counter strikes were checked. Using the real sword, Master Diego would ask me to execute the different strikes and counter strikes. The purpose of this exercise, he said, is to gain better control of the blade and to prevent improper techniques from developing, and thus trains the student to hit at the right angle. My first swordplay using a real sword with Master Diego was really scary, but then I passed with flying colors.

Suffice it to say, I was taught not only to defend and attack on a standing position, but on a sitting and lying down position as well. The exercise of ascending and descending the stairs during a duel is so difficult and tiring. Disarming is also part of the drills.

Training with Master Diego is not easy. I often find myself catching my breath during the swordplay, while Master Diego is laughing and comfortably attacking and parrying my strikes. At the end of each session, I am totally exhausted. My shoulders ache and I could hardly lift my arms. At home before going to bed, I would take a muscle relaxant to relieve the pain so I could train again in the next session.



Peachie Baron-Saguin training  
with Master Tony Diego

As I continue my training with Master Diego, I am learning not only the art of bladed weapons but also, the essence of a good swordsman, the discipline and the commitment that one must have to the art.

Christened as Antonio Ramoneda Diego Maestro, Mang Tony as he prefers to be called has truly lived up to his name, a “Maestro” in bladed weapons... a Master by name and by heart.



**Peachie sparring with Master Diego**





In promoting the Filipino martial arts Peachie has continuously given in demonstrations, organized practitioners together so they could demonstrate their art as you will see in the following.



The 1st National Filipino Martial Arts Festival was a gathering of practitioners that turned out to be a brotherhood and a demonstration of how the arts can come together and promote the culture and history of the Philippines.

Grandmaster Tony Diego - Kalis Ilustrisimo  
Peachie Baron Saguin - Bakbakan  
Punta y Daga



Peachie also organized and coordinated with the help of the NFMA a series of Malls in the Manila area for demonstrations of the Filipino martial arts, and Philippine culture. The following is what malls and who demonstrated at them.

**SM North Edsa** - This was the first of many SM Mall demonstrations and gatherings scheduled for April and May of 2007.

An event, which demonstrated some of the finest Filipino martial arts in the Philippines, this was an event that showed a unity of styles and a brotherhood of Filipino martial arts.





PIGSSAI

Engr. Jose Dion Diaz

- Doblete Rapon
- Tropical Sikaran - Arnis Gym
- Phil. Jendo Association
- Yoyo

IMAFP - Master Bambit Dulay

Kali Arnis International - LSAI - Grandmaster Vic Sanchez

Kali Sports Demo Team - PNP - Master Rey Dominguez

Mink Mongoose Isabela Arnis Team - Master Celso Sandigan

Kali Integrated Martial Arts (KIMA) - Victor Cusi/Maning Bonsa

Arkado International - Master Vhir Tubera

Warriors Martial Arts - LSAI Bicutan - Master Romy Santos

Arnis Association International Inc. (AAII) - Grandmaster Rodel Dagooc

Waldas 3-5-7 Kali System - Mr. Ricky Tenirefe

PLV Virulents Tigers Kali Zubu - Master Romulo Romo

AKETS - Mr. Telebangco

Buenamano LESKAS - Mang Fil Buena

Dekiti Tersia - Master Jerson Tortal, Jr. / Jerry Evangelisan

Bahaghari smahang Manlilikha - Mr. Paul Zialcita

**SM Bicutan** - The space given for the demonstrations was small. However after seeing the excellent demonstrations put on by the Filipino martial artists the SM management has ensured that on May 20, 2007 they will provide a larger area for the band ANAK and the demonstrations.

While visiting the Philippines, Punong Guro Myrlino P. Hufana of Hufana's Traditional Arnis located in Bellevue, Washington was there with his students who also joined in on the demonstrations. Punong Guro Hufana MC the event until Master Vir Tubera and Che Che arrived.

The event lasted 3 hours.

PIGSSAI

Engr. Jose Dion Diaz



- Philippine Tourism Arnis Exhibition Team
- Tropical Sikaran Arnis Gym - Guro Narciso Elepante
- Philippine Jendo association – Grandmaster June Abaya

MATCOP Arnis Team - Headed by Senior Guro Nonoy Poblacion, Jr.

Warriors Martial Arts - LASI - Headed by Master Romeo Satos

Mink Mongoose Isabela Arnis Team - Master Celso Sandigan

Paclibar Bicol Arnis - Headed by Master Jaime Paclibar

Hufana's Traditional Arnis with Guro David Devore, Guro John McCabe and Edwin Peregrino

International Modern Arnis Federation Philippines (IMAFP) – Senior Master Samuel "Bambit" Dulay

Arkado - headed by Master Vhir Tubera

**SM Manila** - A large space was provided, except it was located at the farthest end of the mall. It was located near the entrance from where the main parking area was. Worries were apparent that there would not be a large crowd and most FMA participants were



already present. However the arrival of the band ANAK invited the crowd, and soon there were many people watching. The event turned out to be very successful.

#### PIGSSAI



Engr. Jose Dion Diaz

- Intl. Modern Arnis Federation - Master Bambit Dulay
- Yoyo Group
- Philippine Tourism Arnis Demo Team
- Sikaran-Arnis Gym - headed by Guro Narciso Elepante
- Waldas 3-5-7 Kali System - Mr. Ricky Tenirefe
- Rapido Realismo - Master Henry Espera
- Arnis Kiathson Combat System - Master Mon Kiathson

Kali Sports Demo Team - headed by Master Rey Dominguez

Kali Arnis International - headed by Grandmaster Vic Sanchez

Mink Mongoose Martial Arts Kali Arnis - Isabela Arnis Team - headed by Master Celso Sandigan  
Grandmaster Rodel Dagoo

Paclibar Bicol Arnis - headed by Master Jimmy Paclibar

Lighting Scientific Arnis Intl. Warriors Martial Arts - headed by Master Romy Santos

P.L.V. Virulent Tigers - headed by master Romulo Romo

#### SM San Lazaro -

##### PIGSSAI



Engr. Jose Dion Diaz

- Int'l. Modern Arnis Federation - Master Bambit Dulay/Guro Jimson Dearos/Guro Pani Nagen/Ms. Che-Che Secopito/Ms. Grace Pible/Jeffrey Plotria/
- Philippine Jendo Association - headed by Grandmaster June Abaya
- Sikaran Arnis Gym - headed by Guro Narciso Elepante
- Rapido Realismo - Grandmaster Henry Espera
- Waldas 3-5-7- Kali System - Mr. Ricky Tenirefe
- Arnis Kiathson Combat System - Master Mon Kiathson
- Yoyo Group - Conrad Reyes/Meejay Olaybar/Manuel Tolentino

#### StaMesa -

Kalis Ilustrisimo - headed by Master Tony / Ms. Peachie Baron-Saguin / Tom Dy Tang / Kevin / Arnold

Paclibar Bicol Arnis - headed by Master Jaime C. Paclibar / Carl / Amery / Paulo

Kali Arnis International - headed by Grandmaster Vic Sanchez / Dayang Anna Domingo / Dayang May Estrera

LSAI- Warriors Quezon City - Arnel Hila / Sharlyn Hila

Kali Sports Demo Team - Master Rey Domingo

Arnis Cruzada - Grandmaster Jerry Dela Cruz

Mink Mongoose Kali Arnis - headed by Master Celso Sandigan / Roque Luvimin Lumelay / Rommel Nepomuceno

**SM Bicutan** - There was indeed a very large crowd. The advertisement for this event as the management of SM Bicutan stated that the Filipino martial arts demonstrations would commence at 4pm, so there was already a big crowd. The event was located at the center on the ground floor portion of the mall, and the people watching reached up to the fourth level of the mall.

There were no participants present yet, but before the clock struck 5 a number of martial artists from different clubs came and soon the demonstrations were able to start at exactly 5 o'clock. The participation of the Yoyo players added glee to the crowd as every time the yoyo dropped to the floor the people were laughing. Of course, Bahaghari was

also there to complement the performance of the martial artist with their shamanic chanting and ingenious way of playing their aboriginal instruments.

PIGSSAI



Engr. Jose Dion Diaz

- Philippine Jendo Association - headed by Grandmaster June Abaya
- Sikaran Arnis Gym - headed by Guro Narciso Elepante
- Rapido Realismo - Grandmaster Henry Espera
- Waldas 3-5-7- Kali System - Mr. Ricky Tenirefe
- Arnis Kiathson Combat System - Master Mon Kiathson
- Yoyo Group - Conrad Reyes / Meejay Olaybar / Manuel Tolentino

Arkado - Dayang Cecille Tubera/Master Vhir Tubera

MATCOP - Senior Guro Nonoy Poblacion, Jr.

Philippine Jendo Association - Grandmaster June Abaya

LSAI Warriors Martial Arts Quezon City - Master Romeo Santos/Arnel Hila/Sharlyn Hila/Ronald Santos/Ronnie Santos/Ronel Santos/Richard Santos

Rapido Realismo Kali - Grandmaster Henry Espera

Sandakan - Master Rodel Aguilion

Isabela Arnis Team - Master Celso Sandigan

Paclibar Bicol Arnis - Master Jaime Paclibar/Hector Balansag/Amery Salazar/Paul Paclibar/

Grandmaster Rodel Dagooc

Bahaghari Samahang Manlilikha

**Megamall** - For the months of April and May the NFMA with the assistance of many styles of Filipino martial arts visited SM Malls throughout the Manila area to demonstrate the many styles of the Filipino martial arts.

With the Megamall - May 25, 2007 being the last and the largest of these excellent events. The brotherhood and friendship demonstrated with the many styles and organizations coming together to demonstrate the Filipino martial arts was outstanding. MCing most of the events were Master Vir Tubera and Cheche.

PIGSSAI



Engr. Jose Dion Diaz

- International Modern Arnis
- PTA Arnis Demo Team
- Doblete Rapillon
- Yoyo

PNP Kali Demo Team - Master Rey Dominguez

LSAI Warriors Martial Arts - Master Romeo Santos / Ronald Santos / Ronnie Santos / Ranel / Richard Santos  
Mink Mongoose Kali Arnis Isabela Team - Master Celso Sandigan/Romel Nepomuceno/Roy Lumelay / Kathy Blancas / Z'Roi Baquiran / Orly Balncas / Lawland Malacca

Rapido Realismo Kali - Grandmaster Henry Espera

Kali Integrated Martial Arts - Maning Bonsa

Waldas 3-5-7 Kali System- Mr. Ricky Tenirefe

Tanggolan Philippines - Master Roland Dacoycoy

Sikaran Arnis Gym - Guro Narciso Elepante

Dekiti Tirsia Seradas - Master Jerry Evangelisan

Tabimina Balntawak - Bob Tabimina

Sandakan and Baja Tenkayaw

PTA Chorale Group

Indak Turismo

Arkado - Master Vhir Tubera/Sam Teves/

Arnis Cruzada Phil. - Grandmaster Jeremias dela Cruz  
Grandmaster Roland Dantes - Gave an inspirational message

**Entertainment at some of the SM Malls was provided by:**

**Indak Turismo**

Ms. Charina Señires (Choreographer)



**PTA Chorale Group**



**Grace Pible (PIGSSAI)**



**Bahaghari Kalidrum Samahang Manlilikha**



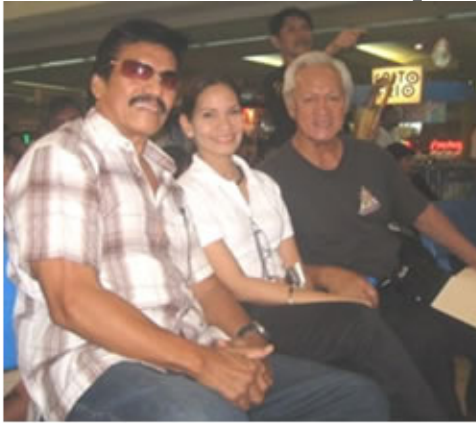
**ANAK**



Lead and Vocals: Jeriko Aguilar, Lead and Vocals: Carlos Saguin,  
Drums: JR Evangelista and Base: Gerby Dator



Just to view some of the Participants:

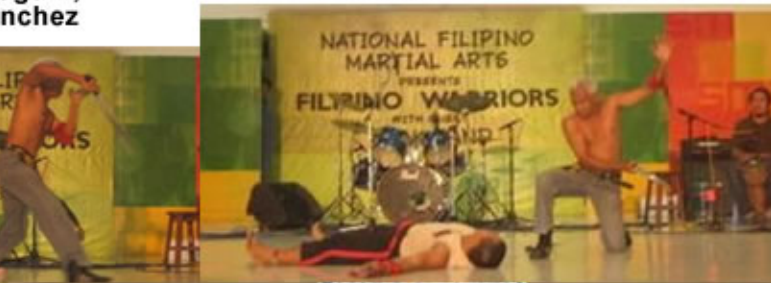


**Roland Dantes, Peachie Saguin,  
Grandmaster Vincente Sanchez**



**Senior Master Rodel Dagooc**

**Engr. Jose Dion Diaz**



**Grandmaster Vincente Sanchez**







**Master Telebangco**



**Cheche and Jeff of PIGSSAI**



**Master Jerry M. Evangelisan  
Dekiti Tirsia Siradas**



**Master Celso Sandigan  
Mink Mongoose**

**Punong Guro Vhir Tubera  
Arkado**



**Guro Maning of KIMA**



**Jendo lady warriors**





(L-R)Mr. Arnel Hila (LSAI Warriors Martial Arts; Mr. Ricky Tenirefe (Waldas 357 Kali System); Michael Brian (Jendo); Maestro Henry Espera (Rapido Realismo Kali); Master Celso Sandigan (Mink Mongoose Isabela Arnis Team); Master Jun Abaya (Jendo); Engr. Jose Dion Diaz; Grandmaster Vic Sanchez; Professor Soteco; Maestro Jimmy Paclibar; and Peachie Saguin

**Cheche**



**Ms. Mitze "Cheche" Secopito of PIGSSAI doing classical technique**

**Meejay Olaybar (Yoyo)**



**Arnis Combat Kiathson**

**Condrad Reyes Demonstrating Yoyo**



**Sikaran-Arnis Gym**



**Del Valle Kakaibang Arnis**

**Master Celso Sandigan**



**PNP Kali Sports Demo Team**



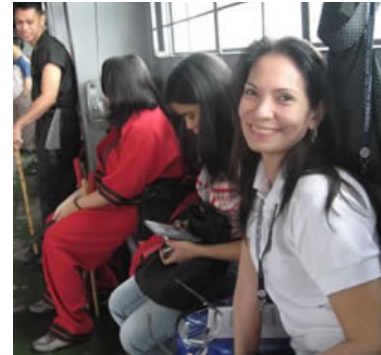
Peachie also along with the NFMA organized various Filipino martial arts to demonstrate at school campus, to promote the arts to the younger generation.

### **Campus Tour**

#### **Lourdes School**

Retiro, Quezon City, Philippines

The first of what the NFMA hopes to be a series of Campus Tours. Organizing the Campus tour was, Bella Marie 'Peachie' Baron-Saguin, with the support of the various Filipino martial arts styles and systems supporting the NFMA.



Peachie Baron-Saguin

### **Participants for the 1st Campus Tour:**

#### **FIGSSAI and IMAFP**

Engr. Dion Diaz

Bambit Dulay, Cheche Secopito, Nonoy Poblacion, Jeff Plotria, and Francis "Pani" Nagen

Professor Soteco

YoYo team- Meejay Olaybar and Manuel Tolentino

#### **Romo / Illustisimo System**

Archelo Eleorda, Philip Roxas, Jayron, Garcia, and Katherine Pingoy

#### **Arkado Club**

Leo Angelo Marquez

#### **Dekiti Tirsia Siradas**

Jerry Evangelisan and Eleazar

#### **Warriors Martial Arts**

Master Romy Santos, Guro Arnel Hila and his daughter Sharlyn Hila

#### **Arnis Combat Kiatson System**

Master Mon Kiatson, and Cris Santo

#### **Kali Arnis International**

Rheinan May Estrera, Anna Domingo and MC

#### **Kali Sports Demo Team**

Rachel Gonzales and Joy Ganapao

#### **Paclibar Bicol Arnis**

Shira Gabriel, Katherine D. Catubay, Benjielyn Crispino, Jonathan Nicolas, Nap Relox, Augsut Mallari, and Amery Salazar

#### **Buena Mano**

Mang Fil



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



**FMA Digest**  
**School of the Year 2008**  
**Senkotiros International**



**Basdiot, Moal Boal**  
**Cebu, Philippines**





Unlike other Philippine martial art styles, Senkotiros originators were probably not able to pass on the art to their descendants primarily because of the widespread necessity to find work in other provinces and cities. The demand for work forced the practitioners to spend most of their time away from home. As in most Filipino fighting art systems, it is difficult to determine the exact origin of Senkotiros. Some say that it was derived from the "Camarin" style.

The word "Camarin" means a place to store rice or "palay" or any other grains harvested during the harvest season. The Camarin system was practiced in the "camarin" (warehouse or factory) to avoid being seen by the public and thus maintain the secrecy of their style. "Camarin" also became the name given by the locals to those who worked in the camarin. When asked about their style of arnis, the practitioners would respond, "Camarin Style". Others thought that the system was named after the Camarines Province of the Philippines. It was not until after World War II that the art of Senkotiros started to surface in the urban communities of the Bicol region of Southern Luzon. Luis Moratillo, a Barangay chief and police officer, was one of the practitioners of this style of arnis in Sipocot, Camarines Sur during those days. In 1947 he passed away, leaving the art of Arnis to his young grandson's mind (emong) only to be revived 20 years later.

It was not until after World War II that the art of Senkotiros started to surface in the urban communities of the Bicol region of Southern Luzon. Luis Moratillo, a Barangay chief and police officer, was one of the practitioners of this style of arnis in Sipocot, Camarines Sur during those days. Unfortunately, his life-style sent his poor health from bad to worse because of sleepless nights spent on his gambling habits. In 1947 he passed away, leaving the art of Arnis to his young grandson's mind (emong) only to be revived 20 years later.

Urban legend indicates that the Camarin workers were constantly ridiculed because of their subordinate place in society. The Camarin workers practiced Arnis in order to defend themselves against the many groups that constantly wanted to harm and ridicule them. Not long after its development, the rich owners of the camarins

(warehouses) soon started to hear tales of the deadly art of Arnis practiced by the workers. This discovery prompted them to investigate the workers and their fighting capabilities. Those that were found to be experts in Arnis and had been working for the owners for many years were considered loyal and were hired as their personal bodyguards or "katuwang" (trusted right hand person). This practice continued throughout the years. From Camarines style soon Senkotiros resurfaced and was adopted because of the deadly five striking angles.

Others thought that Senkotiros was the same as the better-known art of Arnis, Cinco Tiro. Cinco (or "sinko" or "senko") means "five", and "tiro" means, "strike". "Senkotiros", although similar in meaning to "Arnis" Cinco Tiros, was developed in the Bicol region independently from Cinco Tiros. The word "Senkotiros" could also mean "senior student" in the art of Arnis, or the "Arnis Master". This style of Arnis, Senkotiros, is known to be very deadly in the handling of the single stick or "solo baston". Ultimately the goal of this system is to develop great expertise in the art of empty handed fighting. The main concept of Senkotiros is to disable and not to kill unless necessary.

Grandmaster Pallen learned the basic techniques of the style from his grandfather. His grandfather, Luis Moratillo, a Barangay chief and police officer, was one of the practitioners of this style of arnis. These teachings, from many years ago, sparked Grandmaster Pallen's life long interest in the heritage that is the Philippine martial arts.

Grandmaster Pallen continues to develop Senkotiros, his system of Philippine martial arts; he has worked tirelessly to perpetuate the martial heritage of the Philippines; and he has established himself as a consummate instructor, competitor, coach, promote, and official. He is also a proud instructor, coach, and trainer of several World Stickfighting Champions.



Grandmaster Max M. Pallen

Learn more about Grandmaster Max Pallen and Senkotiros

**Download**



**EXE PDF**



**Senkotiros Davis, CA.**

Professor Joseph Pallen  
628 4th St.  
Davis, CA 95616  
(530) 758-5431

**Senkotiros Castro Valley, CA.**

Professor Max Pallen Jr.  
3963 E. Castro Valley Blvd.  
Castro Valley, CA. 94225  
(510) 357-0901

**Senkotiros San Leandro, CA.**

Professor Jordan Pallen  
13752 Doolittle Dr.  
San Leandro, CA. 94578  
(510) 483-6560

**Website****Holly Community Center**

31600 Alvarado Blvd.  
Union City, CA. 94587  
(510) 471- 6877

**Senkotiros Concord, CA.**

Mayan Jane Hedgpeth Kessler  
P.O. Box 656  
Concord, CA. 94522  
(925) 642-5638

**Senkotiros Delaware**

Tugan Mike McFarland  
102 Beaumin Dr.  
Newark, DE. 19702

**Senkotiros Georgetown, Texas**

Tugan Dean Goldade  
505-E West University Ave.  
Georgetown, Texas 78626  
(512) 869-2615

**Website****Mc Carty's Tae Kwon Do/Hapkido**

Guro Lascelles Mc Carthy  
2708 Exchange Plaza  
Temple, TX 76504  
(254) 771-5425

**Silver Dragon Martial arts**

Guro Brocks Genavro  
499 Spruce St.  
St Mary's, PA 15853  
(814) 512-5001



Grandmaster Max Pallen and Senkotiros Instructors

Besides traveling around the world demonstrating and conducting seminars on the art of Senkotiros, Professor Max Pallen each year holds a Sama-Sama for his schools, which consists of a private seminar for just Senkotiros students, a banquet, ending with invited practitioners from other Filipino martial arts to share their style with his students and other practitioners that attend.

The following is just a small sample of the excitement and experience of a Sama-Sama.

### **39th Annual Sama-Sama** “Captures Spirit of Family”

Senkotiros International, a non-profit organization dedicated to the promotion of cultural awareness and the Philippine Martial Arts. Celebrated every winter, this gathering celebrates family, togetherness, and the deadly beauty of Senkotiros, the art of the solo baston.

Over 300 people from across the nation gathered to attend the Sama-Sama, held at the San Leandro Convention center in San Leandro, California. Students from Delaware, Texas, Central California and the bay area enjoyed delicious foods, good music, and demonstrations of martial prowess. The demonstrations showcased martial artists of all ages and belt levels. All weapons were highlighted, ranging from open hand to sword, from knife to rubber chicken. "Innovation from the different schools' demonstration programs makes the whole night very special to all," stated Grandmaster Max Pallen, Grandmaster of Senkotiros International, "knowing what it meant to perform with passion dedicated to the entire Pallen's Martial Arts, Senkotiros organization as a family". The demonstrations highlighted the strength, skill, and heart of the Senkotiros organization. The highlight of the evening for the audience was the demonstration from Grandmaster Pallen, where he kept the audience laughing and gasping with the thrill of watching him summarily take apart the highest ranking students.

In order to raise monies in support of a training facility in Cebu, Philippines, a raffle was held thanks, in part to Banuelos Kenpo Martial Arts, with matching donations from Tiger Claw. Shauna Okusako, one of the lakan of Senkotiros International, exclaimed "The raffle was fun and exciting and seemed to amp up the energy in the room." The cornerstone of the raffle was a pair of beautiful swords, donated

Demonstrations



Grandmaster Max Pallen



Lakan preformed a bladed sayaw



Davis students.

by Pallen's Martial Arts, Davis, owned by Manoi Jim Trapani, Simu Lorie Trapani, and Manoi Richard Bacciarini. Photos journaling the development of the training facility were shared with all.

The Sama-Sama event started early in the day, with a special seminar hosted by Grandmaster Max Pallen which included Grandmaster Christopher Ricketts and Master Roger Agbulos.



Grandmaster Christopher Ricketts



Master Roger Agbulos

This seminar was attended by students throughout northern California. One young student, Daniel Scannell, explained why this was such a great time. "The seminar was really cool because the different styles were cool in their own way. Plus the techniques were incredible and can be used in different ways that can be helpful."



Promotion to Lakan Isa

This event also honored new initiates to the Senkotiros disciples. These students celebrate their promotion to the ranks of the Lakan, students who train with the Grandmaster of Senkotiros himself. In addition, 9 students were promoted to the rank of Lakan Isa. Daniel Bregante was a little overwhelmed about the promotion. "Receiving the belt felt incredible but I was a little nervous at first but then it was just an amazing feeling."

Other students found this a powerful moment in the life of a martial artist. "Initiation into the Lakan program was a memorable and rewarding experience. I am honored to train with Grandmaster and see where this journey takes me," said Rey



Morales. Overall, the banquet was an incredible evening for all, whether standing on the stage, or sitting in the audience, everyone left with one feeling in mind - we are family.

## **The 40th Annual Sama-Sama "The Gathering"**

### **First day**

A gathering of practitioners of Pallen Martial Arts and Senkotiros for private training.

### **Sama-Sama Banquet**

The banquet was had an atmosphere of family getting together. With fellow students invited guests, it was a most memorable event, a buffet type of event in which the food was plenty and fabulous. Pallen Martial Arts Association and Senkotiros International demonstrated and entertained the crowd with some professional exhibitions of martial arts and cultural.

The banquet was MC'd by Jordan Pallen. The demonstrations were done by the various schools of Pallen Martial Arts and Senkotiros they included:

Pallen's Martial Arts - Union City, CA.  
Pallen's Martial Arts - Davis, CA.  
Pallen's Martial Arts - Antioch, CA.  
Pallen's Martial Arts - San Leandro, CA.  
Kokoro Kali  
Pallen's Martial Arts - Castro Valley, CA.



Joseph Pallen, MC



Jordan Pallen and his youngest daughter, demonstration



Max Pallen Jr.

There were many invited guests, which were introduced to the crowd some were; Professor Crimi, Grandmaster Castro, Grandmaster Bais, Grandmaster Novak, Guro Giron, Punong Guro Dowd, and many others.

Grandmaster Pallen at the end of the program talked about many things and demonstrated some the aspects of Senkotiros for the crowd. A special moment was when he announced the promotion of his sons Joseph, Jordan, and Max Jr to Professor and announced them as the heirs of Pallens Martial Arts and Senkotiros International.



Grandmaster Pallen promoting his sons



Senkotiros Lakan Cultural Demonstration

### **Sama-Sama Seminar**

Pallens Martial Arts/Senkotiros Inc. Center  
13752 Doolittle Drive  
San Leandro, CA

Practitioners got to experience a wide range of Filipino martial arts with the following instructors at the seminar.

Punong Guro Steven Dowd - Arnis Balite: [www.arnisbalite.com](http://www.arnisbalite.com)

Professor Jordan Pallen - Senkotiros: [www.senkotirosphilippines.com](http://www.senkotirosphilippines.com)

Mataas na Guro Jon Bais - Bais Tres Manos/Kuntaw

Grandmaster Robert Castro - Eskabo: [www.eskabodaan.org](http://www.eskabodaan.org)

Grandmaster Lito Concepcion - Kombatan: [www.concepcion-combative.com](http://www.concepcion-combative.com)

**Guest Instructor:** Dr. Remy Presas Jr. - Modern Arnis: [www.modernarnis.com](http://www.modernarnis.com)



Punong Guro Steven Dowd



Professor Jordan Pallen



Mataas na Guro Jon Bai



Grandmaster Robert Castro



Dr. Remy Presas Jr.



Grandmaster Pallen gives some memorable items to Dr. Presas that his father had given him.



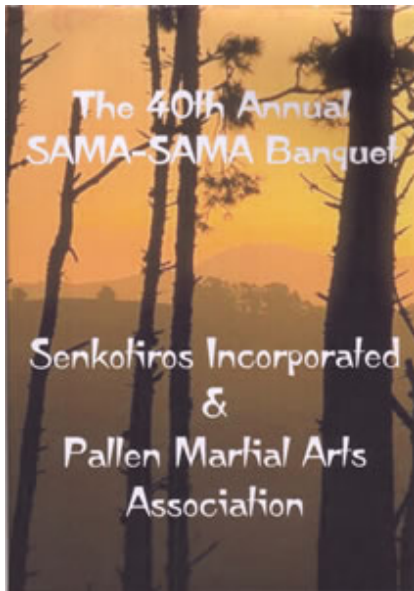


[www.senkotiros.org](http://www.senkotiros.org)



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

Senkotiros Incorporated & Pallen Martial Arts Association Presents:  
**The 40th Annual SAMA-SAMA Banquet**



This DVD shows the highlights of the 40th Annual Sama-Sama Banquet which was held at:

**Union City Sports Center**  
 31224 Union City Blvd.  
 Union City, CA.

See who was at the event. Witness the demonstrations that were held by the schools of Pallen's Martial Arts and Senkotiros.

This DVD shows the event of the year!!!

**Cost: \$20**

Send Check or Money Order to:

**Senkotiros Incorporated**  
 P.O. Box 3124  
 San Leandro, CA 94578

**Questions Contact - Email**

**Senkotiros Videos**

Basic	\$29.95	
Advanced	\$29.95	
Intro to Free Style	\$29.95	
Lost Years	\$14.95	
The Deadly Style of Filipino Arnis: E-Book	\$29.95	
Balintawak	\$49.99	<b>All 3 Only \$125.00</b>
Balintawak	\$49.99	
Balintawak	\$49.99	
Shipping and Handling		\$10.00

To obtain full details on Ordering - **Click Here**



**Senkotiros Headquarters**

P.O. Box 3124  
 San Leandro, CA., 94578

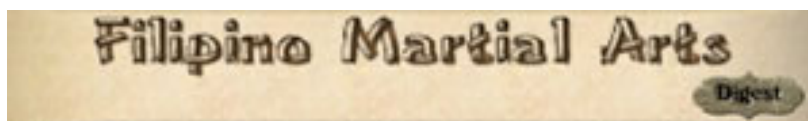
Questions: **Email**

Make Checks, Money Orders or Cashiers Checks

Payable to Max Pallen



## **Rapid Journal**



## **Filipino Martial Arts Digest**

**Register your FMA School  
Post your Event**

### **Advertise with the FMAdigest**

An Ad in the Filipino Martial Arts Digest can create Business. Your Advertisement for Filipino martial arts equipment, books, videos etc, can be included in the Filipino Martial Arts digest.

Website Advertisement - Free

Subscribers Online {e-book} digest - \$5 per Issue

**Website Application**

**Hard Copy Application**