

Filipino Martial Arts

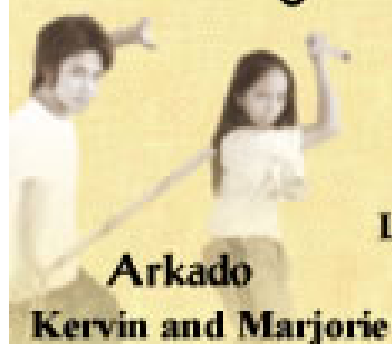
FMA Young Practitioners III

Kiwanis Club

Makes it Possible for Young Arnisadors

Digest

Special Issue
2008



Arkado

Kervin and Marjorie



PAKAMAUT-FMA-Torrance
Lawrence Brothers



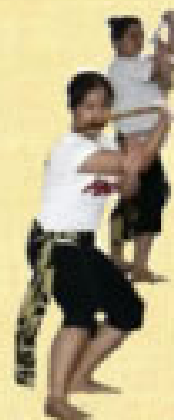
Maxime Delaye

Kali Majapahit

Jendo

Basic Self-Defense for Girls

IMAFP
Young Practitioners
Competition



NARAPHIL

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Working Together for the Children

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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.

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From the Publishers Desk

Kumusta

OK, so you start reading this Special Issue and what, does it have “children’s games,” Yes that is correct and why? Well in the past games served as an exercise, coordination of the mind and body, and competitiveness. But today what fascinates the younger generation? Video games with action in fighting, and movies that have ninja turtles, mortal combat etc, etc. Do I need to say more?

I am a firm believer that it is the younger generation that will continue to promote the Filipino martial arts, as they mature and grow. And it is the responsibility of this generation to ensure that the young practitioner is correctly trained in the arts and understands fully the beauty of the culture which is part of the Filipino martial arts.. Not just the son or daughter of the Grandmasters, Masters or Instructors, but the younger generation that becomes the student and excels in the art they are a practitioner of.

Organizations such as the Kiwanis Club IMAFP, NARAPHIL, and the Philippine Jendo Association that promote and strive to bring the young practitioner into the arts, by instruction and competition, it is schools and styles such as Kalintaw, ARKADO, Kali Majapahit, Kuntaw which teach the young practitioners their art, but also to respect others in their arts.

All in all it is the responsibility of this and the older generation to train and educate the young practitioners in the reality of the Filipino martial arts. To ensure that the young practitioner earns and is not given promotion just for money, and appreciate the knowledge bestowed on them, that in the past was not always given as it is today.

Quantity is fantastic if you have a business, but let’s ensure that quality is of the highest priority. Promote self-esteem, self-confidence, and awareness of their inner potential so that in the future they grow up as adults that bring professionalism and pride to the Filipino martial arts.

Ok off the soap box and on with the Special Issue. Hope you enjoy and hope it brings a little awareness of the potential of the Young Practitioners.

Maraming Salamat Po

Children's Games of the Philippines

Due to the limited resources of toys of Filipino children, they usually came up inventing games without the need of anything but the players themselves. With the flexibility of a real human to think and act makes the game more interesting and challenging. And because it is a tradition for Filipinos to play in a bigger and spacious area, the games (most of them) are usually played outside the house.

These are some of the games that were played by the older generation when they were kids, it served as an exercise, coordination of the mind and body, and competitiveness. These games reflect the Filipino child's ingenuity, as seen in the manner of how these games are played.

Because of globalization and vast improvement in technology, very few young Filipinos play the native games anymore. Most of them consider computer games as the only way to pass the time.

The following is a partial list of traditional Filipino games which were commonly played by children usually using native instruments in the Philippines:

Reference:

Eric A. Gutierrez - Website

Ronald B. Azcarate - Website

Northern Illinois University, DeKalb, Illinois - Website

Agawan Base	Harangang Taga or Tubigan	Pusa at Aso
Agawang Sulok	Iring-Iring	Sabungan
Araw-Lilim	Juego de Prenda	Siklot
Banog-Banog	Kapitang Bakod	Siksik Bulak
Bordon	Lawin at Sisiw	Sipa
Bulong Pari	Luksong-Tinik	Sungka
Buwan-Buwan or Bakunawa	Palo Sebo	Taguan
Chato	Patintero	Takip Silim
Gagamba	Piko or Buan-Buan	Tawana
Habulan Estatwa	Presohan "a.k.a Tumbang Preso"	Tumbang Preso
		Viola

Agawan Base (Capture the Base)

Pronounced as: *a-ga-wan base*

Participants: As many as possible - the more the merrier.

Participants are divided into two teams with equal number of team members. The object of the game is for one team to try and capture the base of the other by reaching the other's home base first and tagging a pre-decided item (e.g., a tree trunk, a rock, etc) symbolizing the opposite team - without getting tagged by the defending members of the opposite team. A safety line is drawn between the two teams. A member of an opposing team who crosses the safety line into the territory of the other team can be chased and tagged by the team that owns that base. If the attacker gets tagged before he/she manages to get back to his/her safety zone or home base, he/she becomes a prisoner (POW) of the

opposite team. He/she can be rescued by his/her teammates if one of his/her teammates manage to get close to the base and tag the POW without getting tagged himself/herself by the guard or one of the defenders in the opposing team.

The game ends when a member of an opposing team manages to tag the symbol of the other team or when all the members of one team are captured by the other leaving their home base free for the opposite team to attack and capture.

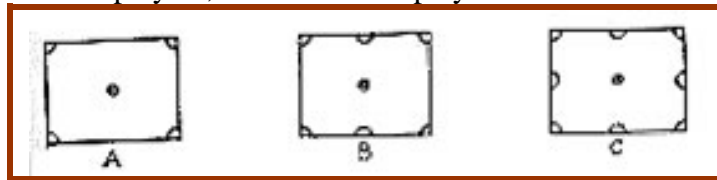
This game is similar to the *Capture the Flag* game which is the basis for the 90s adult game called *Paintball Combat Game* which has gained popularity over recent years. Tagging has been substituted for air pistols/guns with water-soluble paint as ammunitions for the guns.

Agawang Sulok (Get a Corner)

Number of Players: 5, 7, or 9

Where to play: Outdoors or Gymnasium

A rectangular playground is marked off on the ground or floor. Diagram A is for five players, B for seven players, and C for nine players.



All the players but one (the tagger) stay in the corner and on the bases. The tagger stands in the middle of the ground. The players in the corners will try to exchange places by dashing across from place to place. The tagger must try to secure a corner or base by rushing to any when it is vacant.

In order to confuse the tagger, the players on the bases may leave their bases and suddenly rush back to them, as if stealing a base. Whenever the tagger secures a base, the odd player becomes the tagger for the next game.

This game is sometimes called "Vende, Vende Candela."

Araw-Lilim (Day and Night)

Number of players: 10 to 20 or more players

Where to play: Outdoors

This game is played wherever there is light and shade. It can be played on a sunny day or a moonlit night.

One player is the tagger. He tries to tag or touch any one of the players who is in the light. A runner saves himself from being tagged by staying in the shade. The one tagged becomes the tagger in the next game.

If many are playing, the game is made more interesting by having two or three taggers at the same time.

Banog-Banog (The Hawk and The Chicken)

Pronounced as: *bah-nog-bah-nog*

Participants:

- a. Banog or hawk, usually played by the biggest boy or girl in group
- b. Mother hen, usually played by a girl
- c. Chicks, played by any number of girls and boys

This game is a favorite among children aged 6 to 12. It is an imitation game, imitating the antics of the hawk who preys on chicken to feed their young. Before the game starts, the group selects a boy to play the banog and a girl to play the mother hen whose duty is to protect the chicks from the hawk's attack. The rest play the chicks. When the game starts, the hawk and the mother hen face each other. The chicks stay in one line behind the mother hen, each holding on to the waist of the person in front of him/her. This line is not supposed to be broken. The chick who breaks out of the line opens him/herself up to the danger of being caught by the hawk. The game starts after an agreed count, then the hawk begins to crack down on the mother hen's defense to get to the chicks. He runs hither and thither, generally trying to confuse the hen and the chicks as to his area of attack. When he cannot catch any chick this way, he suddenly swoops down at the very end of the line to get to the last chick who is usually unprotected. The mother hen dashes down the line to save her chick but this results in making the chicks behind her break the line and fall, thus making them easy prey for the hawk. The game continues until the majority of the chicks are caught by the hawk.

A variation of the game would be to allow the mother hen to get back her chicks. While the hawk is busy catching the other chicks, the mother hen will go to the hawk's camp and try to steal back her chicks. This makes the game take longer to finish and usually, the way it's ended is when everybody (especially the hawk and the mother hen) is too exhausted and everybody agrees to stop.

Bordon

Pronounced as: *bor-don*

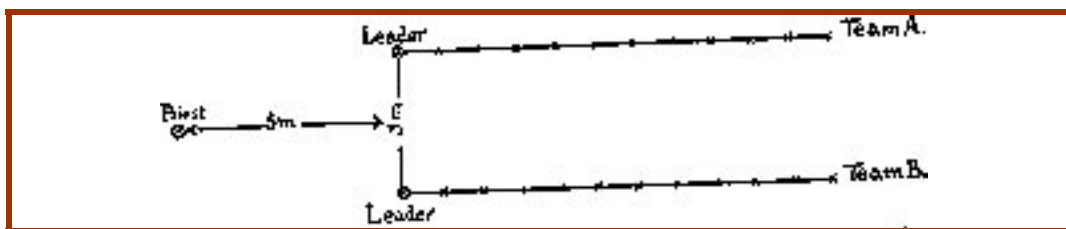
Bordon is a parlor game usually played after prayers for the dead or during wakes. Any number of players can play this game. The participants sit in a circle with both hands joined. A leader (IT) stays at the center. A ring is secretly passed around by a member as they sing the bordon (you can substitute a song of your own here if you don't know the bordon song). The leader tries to guess where the ring is. He continues guessing until he succeeds in pointing at the person who holds it. The holder of the ring guessed by the leader becomes the "it", and he takes the place of the leader.

Bulong Pari (Whisper to the Priest)

Number of players: 10 to 20 or more players

Where to play: Outdoors or Indoors

The players are divided into two teams with an equal number of players. One player is chosen to be the priest and two others to be the leaders of teams **A** and **B**. The two teams stand in parallel lines facing each other. The priest stands or sits in front of the teams at about five meters from the two teams. The leaders of the teams stand at the head of the line.



The leader of team A goes to the priest and whispers one of the names of the players of the team B. Then he returns to his place and the priest calls out, "Lapit!" "Approach!" One of the players of team B approaches him. If it happens to be the very one whom the leader of team A mentioned, the priest says, "Bung!" He then falls out of line and stays somewhere near the priest as a prisoner.

If he is not the one who was mentioned, he is allowed to approach. He whispers to the Priest the name of one of the players of team A.

The game thus continues, and the team which has no player left is the loser.

Penalty: Each of the players of the losing team carries one player of the winning team on his back to and fro as many times as agreed.

This game is also known in the Visayan region of the Philippines as "Honghonganay."

Buwan-Buwan or Bakunawa

Number of Players: At least 8 - 6 for the circle and 1 to play the buwan (moon) and 1 to play the bakunawa (eclipse).

All the players except the *buwan* and the *bakunawa* stand in a circle facing in and holding each other's hands. The *buwan* stands inside the circle while the *bakunawa* stands outside. The object of the game is for the *bakunawa* to tag the *buwan*. The rest of the players try to prevent the *bakunawa* from doing so by holding on to each other and running around the circle as fast as they can and not letting go.

For the *bakunawa* to get into the circle, the *bakunawa* asks one of the players, "What chain is this?" to which the player replies, "An iron chain!" An iron chain is supposed to be unbreakable so the *bakunawa* tries another player. A player who would like to let the *bakunawa* in could say, "This is an abaca chain" and lets go. This is done when the *bakunawa* is feeling tired from running around. Sometimes the *bakunawa* also tries to get in by going under the linked hands - if the player chosen as the *bakunawa* is fast and small enough, this can be easily accomplished. As soon as the *bakunawa* succeeds in getting in, the circle players will let the *buwan* out of the circle. The *bakunawa* then tries to break out of the linked hands again to try and get out to catch the *buwan*. When the *bakunawa* succeeds in catching the *buwan*, they exchange places or if both of them are too tired, another pair from the circle of players are chosen as the new *bakunawa* and *buwan*.

Chato

From: Rick Nuqui

Chato is played by digging a small hole on the ground and using 2 sticks - a short and a long one. Put the short stick on the hole with one end protruding out; hit that end with the long stick and while the short stick is in the air, try and hit it again as far as it can

go. Then measure the distance using the long stick as the yardstick. The winner then gets to hit the short stick, starting from the hole, as many times as his winnings. The loser has to run from that distance back to the hole, all the while shouting "CHAAAAAAAAAAAAAAAAAAAAATO"! If he/she loses his breath while running, the winner hits the small stick again from that point, and the loser has to run and shout again.

Gagamba

Pronounced as: *ga-gam-ba*

Played by two people, each having their own "champion spider". An arbiter will then conduct the spider match on a little stick. The victor will be the spider that eats-up the other one first. Similar to sabungan.

Habulan Estatwa

Pronounced as: *ha-bu-lan es-tat-wa*

Translated literally to English as "Chase Statue". The game is played by any number of players. At least 4 players will be fun enough. Select the "it". Game is played by the "it" chasing everyone. Once the "it" tags someone, the person tagged must "freeze" or become a "statue" in the position he/she was tagged.

If the "statue" moves (voluntarily or not), then he becomes the new "it". Everyone else (tagged or not) is free to run. If an untagged player manages to tag a "statue", then the statue can move and play again. Naturally, the "it" will defend his "catch".

If the "it" manages to tag everyone, he will then wait for someone to move again. Once one of the "statues" move he becomes the new "it". Everyone else is free to move and run-away from the new "it".

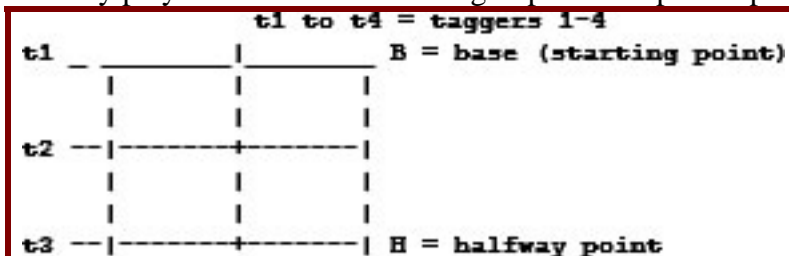
Play until all players are exhausted.

Harangang Taga or Tubigan (Three Nights)

Number of Players: Six or More

Best Place to Play: Outdoors with Plenty of Space

This game is very similar to Patintero with just a slight variation in the number of squares that the two teams cover and it also has a slight variation in scoring. In certain regions of the Philippines though, harangang taga is the same as patintero. Some children also prefer playing this game on a dirt area and use water to make the lines. Thus it is usually played on a moonlit evening to prevent rapid evaporation of the water lines.



The players are divided into two teams of equal numbers. The ground is marked off in a rectangle about five or six meters, divided into four equal parts.

Winning the jack-en-poy or toss or "umpiang" entitles the players on that team to be runners. The taggers stand on lines 1, 2, and 3. Tagger 1 can go anywhere (that is, the

inside and outside lines of the entire square whereas taggers 2 and 3 are only allowed within their horizontal lines) to tag the runners. The object of the runners is to get through all the lines: 1, 2, and 3 starting from the base across the halfway point and then back to the base without being tagged. Taggers 1, 2, 3 try to tag the runners as they cross the lines or as they get near them. As soon as one of the runners crosses line 3 and back to line 1 without being tagged, the runner calls out "tubig" (water). This means a "night" (point) is scored in favor of the runner's team. If a runner is tagged while crossing a line or while trying to cross a line, the teams exchange places and it becomes the turn of the taggers' team to run. The first team to earn three consecutive nights are the winners.

Consequence: The losers carry the winners on their backs to and fro or the winners slaps the hands or make "pitik" (a process wherein one uses the middle finger to hit as hard as one can the knuckles of another person) of the losers for an agreed number of times.

Iring-Iring (Dropping the Handkerchief)

Number of players: 10 to 20 or more players

Any number of players form a circle. An "it" is chosen via the Jack-en-poy or counting-rhyme method. The "it" goes around the circle and drops the handkerchief slyly behind one of the players in the circle. If the person notices the handkerchief, the person picks up the handkerchief and chases the "it" around the circle. The "it" has to reach the vacant space left by the person chasing before "it" is tagged, otherwise, the "it" has to take back the handkerchief and repeat the process all over again. If the "it" does succeed to claim the vacant space, then the person who used to occupy that vacant space (the person chasing the "it") becomes the new "it". If the "it" succeeds in making one trip around the circle without the player in the circle noticing that the handkerchief was dropped behind him/her, that player becomes the new "it"

A variation that we used to do is not use a handkerchief at all since it is so easy to detect the handkerchief. Rather, we just use our hands to tap lightly the chosen "victim" in the circle.

Also, sometimes to make it more interesting and lively, before the new "it" starts choosing a new "victim", he/she is penalized by being asked to choose between doing "truth or consequence." The "truth" penalty would allow a member of the circle chosen by the person being penalized to ask him/her personal questions such as "Who is your crush?" or some silly question... The "consequence" penalty would include dancing or singing or reciting a poem, etc... The point to all these is to make the chasing more challenging since if one doesn't succeed in getting back to his/her place, one is surely going to get some kind of penalty. One has to be a good runner when one is playing this game.

Juego De Prenda

English translation: Game of Penalty

During a vigil for the dead, juego de prenda is played so that people will not fall asleep while watching the dead.

Any number of players may play. The more the merrier. Players sit in a circle with the leader in the middle. Each player adopts a name of a tree or flower. The leader recounts the story of a lost bird that was owned by a king. He says, "The bird of the king

was lost yesterday. Did you find it Ylang-Ylang?" The player who adopts the name of the Ylang-Ylang tree at once answers that she has not found it; so the leader continues to ask the other trees whether the bird has hidden in them. If a player cannot answer at once after the third count, he is made to deposit a thing he owns with the leader until the leader has many things gathered from the members.

The penalty begins. Each one can only regain his belonging by reciting a prayer or a verse. Once a player has complied with the penalty, what he has deposited is returned to him. A variation of the penalty might be truth or consequence.

Kapitang Bakod (Fence Tag)

Number of players: 10 to 20 or more players

Where to play: Outdoors

One player is chosen as the tagger. Other players run from place to place and save themselves from being tagged by holding on to a fence, a post, or any object made of wood or bamboo.

When the tagger touches or tags any one of the players who is not touching any bamboo or wood, the player, tagged will be the next tagger. If 30 or more players are playing, it is advisable to have two or three taggers at the same time.

Lawin at Sisiw (Hawk and Chickens)

Number of players: 10 to 20 or more players

Where to play: Outdoors or Gymnasium



One player is chosen as the **hawk** and another as the mother **hen**. The rest of the players are **chickens**. The chickens are arranged one behind the other, holding each other's waists. The hen leads the chickens and goes around in search of food.

The hawk meets them and tries to buy a chick from the hen. The hawk asks the hen, "Will you let me buy one of your chickens?" The hen replies, "Yes, choose anyone you like."

The hawk sits down and chooses a fat one.

Finally, after bargaining for the price, he pays the hen and takes the chicken with him. He then takes the chicken off and asks her to find grains of rice for his dinner. When the hawk falls asleep, the chicken escapes and returns to the hen. When the hawk discovers that the chicken had escaped, he looks for her and chases her. The hen and the other chickens prevent the hawk from catching the chicken.

If the hawk succeeds in catching the chicken, he takes her again and punishes her by making her dig around for rice grains; if he fails, the game is started again, and he tries to buy another chicken.

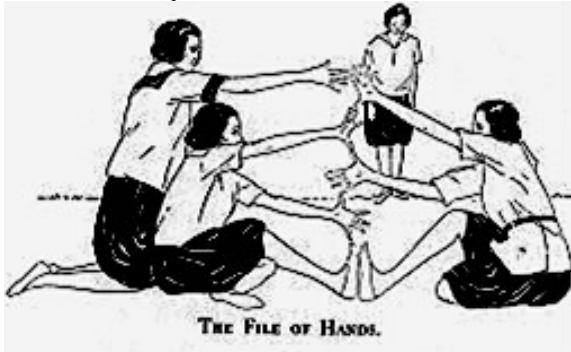
Luksong-Tinik (Jump over Thorns)

Number of players: 4 to 8 players

Where to play: Outdoors or Gymnasium

The players are divided into two equal teams. Two players are chosen as mothers of the teams. The rest of the players are children. The mothers are supposed to be high jumpers, for the object of the game is for players to be able to jump the height of the hands placed one on top of the other without touching them.

The first to jump will be decided by the mothers, who toss a slipper or wooden shoe. The mother who wins the toss will have the first jump, and the other team players will be the *taya* (on base).



Two players on the base will sit facing each other with their right feet touching. The jumpers jump over the feet. Then one hand is placed above the feet with palms and fingers open, then another, and so on until all the fingers are piled one on top of the other. Before an additional hand is placed all the players must have jumped over the file. Oftentimes, the hand of another player is placed at the gap to

prevent the jumpers from jumping over it. Sometimes, five hands are used and a fourth player is called upon to fill the file of the hands.

When the jumpers jump over the hands without touching the hands with any part of their body, or dress, the game is repeated and they will be the jumpers again. If the mother's "children" (rest of the team) touch the hands while jumping over them, it is considered a "fault" (an error), and the mother will jump for them. But if it is the mother who fails, then the team will have to take the place of the team on base.

Palo Sebo (Greased Bamboo Climbing)

Number of players: 2 to 10 or more players

Where to play: Outdoors

This game is played by boys during a town fiesta or on special occasions.

Long and straight bamboo poles are greased and polished to make them smooth and slippery. Before they are set upright, a small bag containing the prize is tied at the end of every pole. It usually contains money or toys.

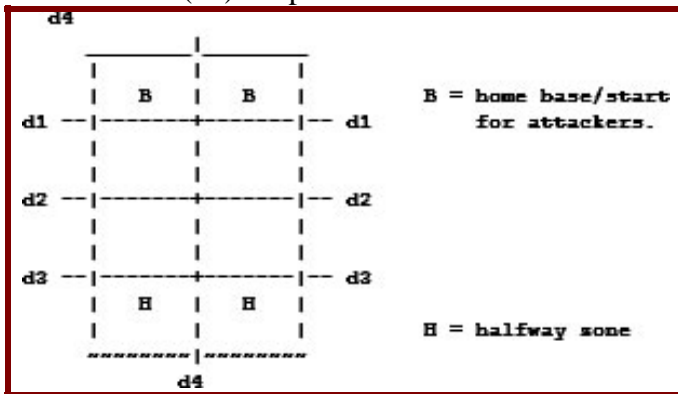
The contestants try to climb the poles to secure the prizes. Anyone who fails to reach the top is disqualified. The winner is the one who succeeds in reaching and untying the prize.

Patintero

Pronounced as: *pah-tin-teh-roh*

This is played by an even number of people, at least 4 people, but a good number would be 6 or 8 (the more the merrier-but it gets more difficult to win). You must also have enough space to play this game--it is basically an outdoor game. Select a relatively flat area. Now, the example below is for 8 players. Divide these players into 2 teams. The position for the first 4 "defenders" is designated below. The patotot [*pah-toh-tot*] or

middle man (d4) is optional....but it's more fun to have one.



All the defending players can ONLY move along their own lines (say, 15 ft in length). Each of the defending players (ie. d1-d3) MUST be spaced far enough from each other so that an incoming "attacking" player will not be TAGGED from the front or behind him while staying idle (resting) in the middle of 2 defending players (even 3 if the middle man is there). Depending on the agreed rules, defending players can only step on their lines and may or may not be allowed to step out to reach an attacking player. The defender must of course have at least one foot on his own line to reach out and tag an attacker. (Something like a catcher in baseball should have at least one foot on the base).

The basic GOAL of the game is: to get one OR as many as possible OR all of the attacking players until the Halfway area and back to Base. Once an attacking player is tagged by any of the defenders, he/she is out of the game. It is up to the players to decide what the definition of a score is. Also, if the attacking player goes out of bounds (outside the game area), he/she can be considered out as well. Attackers and defenders then change roles after a score OR a player is tagged-out, it depends on what is agreed upon before the start of the game.

Variations of the game: Once you have mastered the idea of the game, simply change the rules to whatever you like... one variation is when a single attacking player is tagged, defenders and attackers switch roles (ie. strike out for the whole team). Score can be maintained for how many were able to return to Base, OR how many were tagged-out.

Summary:

Need large space (ie. field, garden) depending on how many playing.

Mark defender's lines if possible. Define outside zone.

Need equal number of players on each team.

Decide the rules, what the definition of score is.

Defenders must stay along their "lines" to tag incoming attackers.

Attackers must get through to the half way zone and back to base in order to win or score, without getting tagged by any of the defenders or stepping on the outside zone.

Once an attacker is tagged:

a. Game over for that player AND/OR

b. Teams change roles AND/OR

c. Continue until all other players make it through AND/OR

d. Continue until one player makes it through.

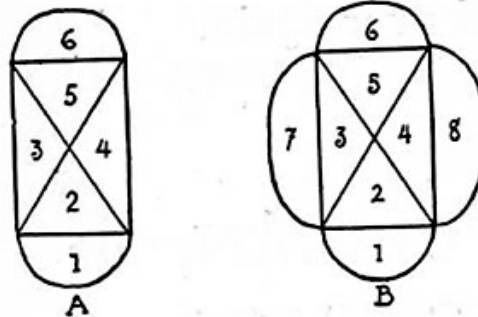
Have fun.

Piko or Buan-Buan (Hopping)

Number of players: 2, 4 or 8 players

Where to play: Outdoors or Gymnasium

If two players are playing, diagram A is used; if 4 or 8 players, diagram B is used.



Numbers 1, 6, 7, and 8 = **buan** (moon). Numbers 2 and 5 = **dibdib** (chest). Numbers 3 and 4 = **pakpak** (wings). A flat stone, shell, or fruit peeling, is used for **pamato** (object to be thrown).

The first player is determined as follows: The players stand on the corners of the playground, and each one throws his or her stone. whoever succeeds in putting the **pamato** at the intersection of the diagonals has the first play. The next nearest is second and so on.

Part I. The players, before starting the game, choose their own **moon**. The first hopper will begin in her moon. She throws her **pamato** in her moon and then hops inside and kicks the **pamato** out of the moon. Then she throws it again in 2, then in 5, and 6. She hops in and kicks it out after each throw. In hopping, she hops on either left or right foot but lands on both feet when she reaches 3 and 4, and hops again on 5 and 6. Every player plays the game twice; the first time he begins in his moon, and the second time in his opponent's moon. When he is through, back and forth, then the second part is started. Care must be taken in throwing the **pamato** into their exact places, in hopping and in kicking it out. The **pamato** and the player's foot must not touch any of the lines. Should the **pamato** or the player's foot touch the line, he stops, and the other player will have his turn. If the second player fails or makes a mistake, then player number one will resume the game.

Part II. The second part of the game is exactly the same as Part I, but instead of hopping, the player walks with his eyes looking towards the sky. After throwing the **pamato**, he steps in, without looking at the ground, to take the **pamato**. At every step, he asks, "Have I stepped on the line?" Should he step on the line, the other player will have his turn. The game goes on as in Part I.

The player who finishes Parts I and II is the winner.

Penalty: The winner pats the loser's hand rather heavily from ten to thirty times according to the agreement. This is called **bantilan** (patting).

Another kind of penalty is the following: The winner blindfolds the loser and takes him to different places. The loser takes a stick or his **pamato** with him. He drops it at the command of the winner. He is then moved about to many places in order to be confused before he is released to look for the stick or **pamato**. This is called **hanapan** (to look for something).

Presohan “a.k.a Tumbang Preso” (Prisoner)

Number of players: 5-10 or more players

Where to play: Outdoors or Gymnasium

Each player is provided with a large throw-away object (could be slippers or a shoe) called "pamato". An empty tin or plastic container (the size of an 8 or 12 oz. tins) is placed in upright position 6 or 8 meters from the throwing line. A player is chosen as the prisoner, guarding the empty tin or container.

The other players stand at the throwing line. They take turns throwing their "pamato" at the empty tin. Everybody tries to knock the tin down. As soon as the can is knocked down, the prisoner must put back the tin in upright position before he can tag the any of the players attempting to recover their "pamato". The prisoner can tag the players while recovering their "pamato" within the throwing line only.

After each throw, a player must recover his "pamato". Should he be tagged by the prisoner before he reaches the throwing line, he becomes the prisoner in the next game.

Pusa at Aso (Cat and Dog)

Number of players: 10 to 20 or more players

Where to play: Indoors or Outdoors

A large circle is marked on the ground or floor. At the center of the circle are sticks, slippers, and other objects which represent the "bones". One player is chosen as the **aso** ("dog") and stays inside the circle guarding the "bones". The other players, who are the **pusa** ("cats"), stay outside the circle. The goal of the "cats" is to take the "bone" from the "dog" without being tagged or touched by him. The "dog" may tag the "cats" with his feet or his hands, but he must remain seated by the "bones."

The "cats" may tease him by stepping in and out of the circle. While he is busy trying to tag some of the "cats", others attempt to steal the "bones". If the "cats" succeed in stealing the "bones" from the "dog" without being tagged, the same player remains as the "dog" in the next game. If he succeeds in tagging any one of the "cats", the one tagged becomes the "dog" of the next game.

Sabungan

Pronounced as: *sa-bu-ngan*

Also known as "cock-fighting". This is played usually by breeders and gamblers. Two champion roosters are matched against each other. They are usually armed with sharp steel blades on their legs. The battle is fought to the death. There are special arenas that hold sabungan matches.

Siklot

Participants: Two persons

Equipment: Odd number of sigay sea shells, tamarind seeds or pebbles, and a flat surface or table.

The first player is chosen through the Jack-en-poy (Rock, paper, scissor) process or another selection process like “maalis taya” or “maiba taya.”

All seashells should be placed in one hand and tossed in the air and should be caught using the same hand with palm facing down. They should be tossed in the air again and this time, be caught with the palm facing up.

When there are already seashells on the table, the player looks for a cue seashell. He or she puts a thumb over the index or middle finger, and flick the cue seashell so that it touches the other shell/s. The cue seashell may bounce and make contact with more than two seashells. The process continues until the first player gets all the shells.

If the first player fails to get the cue seashell to make contact with the other seashells, the second player picks up where the game stopped until the first round is over. The player who has the most seashells wins the game.

If the first player finishes the game without missing any seashells, the second player starts a new game. If the second player misses, the first player is declared the winner; otherwise, another game should be played to break the tie.

Siksik Bulak (Hide the Cotton)

Participants: Three or more

The “it” is chosen through the Jack-en-poy (Rock, paper, scissor) process or another “it” selection process like “maalis taya” or “maiba taya.”

The players sit down in a straight line. While the “it” is facing away from the players, the “bulak” is passed down the line of players. The passing of the bulak starts with the player in front and continues until the bulak reaches the last player in the line or until the players think the bulak is already hidden - usually in a pocket, a shoe or a sock. The leader then shouts “ready!”

All players keep completely silent (no giggling, no clues, no motion so as not to give a hint as to who has the bulak). The “it” then tries to guess where the bulak is. If the “it” guesses correctly, the person who is hiding the bulak becomes the new “it,” and the former “it” joins the group to play.

Sipa

Pronounced as: *see-pah*

Participants: Two or more

The game is named after the act of playing the game. The object being used to play the game is also called sipa. It is made of a washer with colorful threads attached to it.

One of the participants has to be the “it.” A participant may volunteer to be the “it,” or the “it” may be determined through a selection process; it could be through jack-en-poy (Rock, scissor, paper) or a toss coin.

The “it's” task is to lob the sipa to another participant.

After the participant's last kick, the “it” must be able to kick the falling sipa up in the air again (at least above the head of the participant and the it) without the sipa falling to the floor. If the “it” manages to do this, it is the participant's turn to wait for the falling sipa; he or she should be able to kick it up in the air again, and if he or she fails to do so, he or she becomes the “it.”

The winner of the game is the one who became the “it” the least number of times, while the person who became “it” the most number of times is called “burot” or “balagoong.”

Sungka

Participants: Two or three persons

Sungka is a traditional Filipino Game played by two participants. The objective of the game is to amass stones or cowrie shells in the player's home base (bahay) by continuously distributing the shells around smaller holes until the player runs out of shells to distribute. The person who collects the most shells in his or her bahay wins.

A Sungka board consists of a set of cups that hold stones. Each player has six playing cups, along with a home cup at the far right end. Each cup (except for the home cup) initially holds seven stones.

The players take turns removing the stones from a cup on their side and depositing a stone in each of the other cups in a counterclockwise fashion. When the player reaches the end of his or her row, he or she will drop a stone in his or her home cup, and then continue to drop stones on his or her opponent's side. If he or she reaches the end of his or her opponent's row, he or she will not drop a stone in his or her opponent's home cup.

1. When a player runs out of stones, several things can happen depending on where the last stone was dropped:
If the player's last stone was dropped on the opponent's side, the player's turn ends.
2. If the player's last stone was dropped in his or her home cup, his or her turn continues, and the player may select any cup from his or her side to pick up stones from. Play continues until his or her turn ends.
3. If the player's last stone was dropped on his or her own side and last the cup he or she dropped a stone in contains other stones, he or she must take all the stones from that particular cup, and continue dropping stones in a counterclockwise fashion. This can occur multiple times, and the player continues the same process until his or her turn ends due to the other rules.
4. If the player's last stone was dropped in an empty cup on his or her side, the player takes his or her own stone and the stones directly across his or her cup, and deposits all of them in his or her home cup. The player's turn then ends.

Play continues until all stones are in the home cups. If a player has no possible moves left - say there are no stones in any of the cups in his or her side – the player then loses his or her turn.

When the game is over, both players count the number of stones in their home cup. Whoever has the most stones wins.

Sungka also has a three-player variation. When a capture occurs, the player will capture all the stones in the next player's opposing cup. Play continues in a rotating fashion among all three players.

Taguan (Hide and Seek)

Pronounced as: *tah-gu-ahn*

This is also known as hide-and-seek. As usual, an "it" is selected and while he counts out loud (ie. 1-30), eyes closed on a "home base", the rest of the players find a place to hide. Once the time is out, the "it" tries to find the other players. If one is spotted, the "it" shouts "boong ". The two ("it" and player) races to the home base to touch it

(shouts: "save" upon touching home base).

The first player that loses the race, becomes the next "it". The "it" can then continue to find the others, but a new "it" is already guaranteed to replace him. The other players, if they find out, can continue to challenge "race" the "it" to the base without getting spotted or just give themselves up.

Takip Silim (Blind Man)

From: Sonny Dionida

Pronounced as: *ta-keep see-leem*

First, remove the breakables (e.g. glass table, vase, art collection, etc.) There is no set limit to the number of players allowed. The more, the merrier, but the game is better played when the place is not overcrowded.

Set the boundaries. No hiding in closets, bathroom, oven, refrigerators, etc. And to make it easier for the "it", you could limit the boundary to just one room like the living room.

Close the windows, drapes or sun shades to make the room dark.

Choose who will be "it" or volunteer to be one. The "it" will be blind folded and turned around 3 or 4 times and let go. Everybody will run around the room and the "it" will try to catch somebody. When the "it" catches someone, he/she will try to guess who the person is. If the guess is wrong, the "it" will have to let that person go and try to catch another person and make another guess.

Usually, the "it" tries to cheat by lifting the blindfold so he/she can see where he/she is going or who's being chased. People who are being chased run around the room, stepping on couches, hiding under tables or behind the curtains, whatever to avoid being caught.

The game ends when everybody becomes exhausted from all the running around.

Variation: This can also be played outside preferably on level ground with no obstacles like trees or protruding roots on the ground, etc. Also, to make it easier for the "it" and harder for the runners, the area of movement allowed the runners is limited to a drawn circle. If a runner steps out of the circle, the runner becomes the "it". Of course the "it" won't know when runners are violating the rule since the "it" is blindfolded so it is up to the other runners to be vigilant of each other and watch who is stepping out of the boundary.

Tawana (Laughing Game)

Number of players: 20 to 50 or more players

Where to play: Outdoors or indoors

I. All the players are seated around in an irregular order. Before the game starts, all agree as to which side of a two-sided object (a coin for example) should allow them to laugh or stop laughing. The leader tosses up a coin, and, based on the agreement of the rest of the players, the players should either laugh or stop laughing when the object lands on the ground. This is an interesting game since the players start laughing; it would be very hard for many to suppress their laughter immediately if the coin lands on the side that the players are supposed to stop laughing.

II. The leader tosses up an object and makes it a requirement that all must laugh while the object is in the air and stop as soon as it falls on the floor. By varying the height of the throw, laughter may be long or short.

Tumbang Preso

Pronounced as: *tum-bahng preh-so*

This is a relatively simple game. At least 3 players are needed, although the more, the merrier. First, select the "it" or the defender. Next, find a can, or something that can be knocked over easily from a distance. Position this can in the center of the game area (this will be its home plate or base). The game is played as follows.

The "it" will defend the can from being knocked down. While it is in the upright position, the "it" can chase anyone and tag him/her. When a player is tagged, and the can is still in the upright position, that player becomes the new "it".

The rest of the players must then see to it that the can is always knocked down. The "it" of course can always put it back in the upright position. The rest of the players usually use their slippers to knock the can from a distance. Or if one gets close enough to the can without getting tagged, he can kick it and pick-up the rest of the "weapons" or slippers used. Of course, it is usually up to the other players to get their own "weapons" or slippers. For fairness, it would be nice if the players had only two slippers to knock down the can, no more than that. Once all the players are out of slippers, this would be a major opportunity for the "it" to chase everyone before the can is kicked. The can has to be positioned in a particular area of responsibility.

Viola (Straddle Jump)

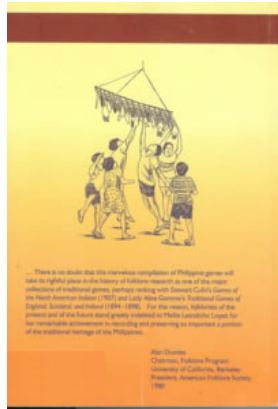
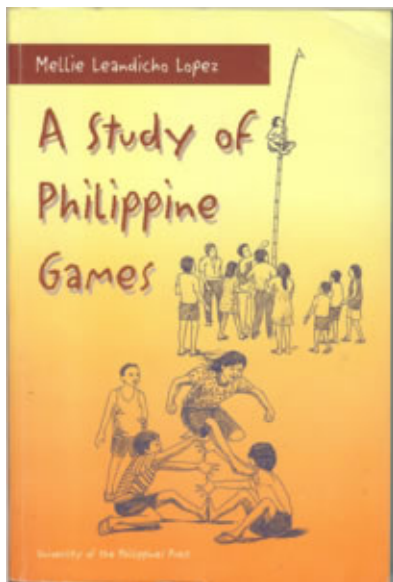
Number of players: 2 to 10 or more players

Where to play: Outdoors, gymnasium

One of the players is chosen as captain of the team, and another as taya (base player). The rest of the players are jumpers. Two parallel lines about five meters apart are marked off on the ground.

The base player stands one foot from the starting line on which a base is placed. He bends his trunk forward-downward and supports his body by putting his elbows on his thighs.

The captain straddle-jumps over the base player; and the rest of the players do the same, one by one. Whatever jump the captain takes, the rest will imitate. After each successful jump by all the players, the base player moves a pace farther from the base. Should a player fail to do what the captain did, or should he touch the base player with his feet while he is jumping, or should he fail to touch the base before he jumps, he becomes the new base player in the next game.



A Study of Philippine Game
 By Mellie Leandicho Lopez
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San Agustin Elementary School Covered Court
 Novaliches, Quezon City

A pilot project of:

Young Women's Christian Association of Quezon City, Philippines

Undertaken by:

Philippine Jendo Association

- Headed by Grandmaster Jonathan Makiling Abaya

San Mateo-Rizal Jendo Association

- Headed by Guro Michael Bryan Alegria

In cooperation with the:

San Augustine Elementary School

Hon. Vice Mayor Herbert Bautista of Quezon City



Grandmaster Abaya being introduce to Quezon City District Supervisor (middle) by YWCA National Chairman for Ways and Means (right-most) Atty. Bienvenida Gruta. Standing in the middle beside GM Abaya, is San Augustine Elementary School Principal and YWCA Quezon City Vice President, Mrs. Eloisa Peña.



Grandmaster speaking during the opening of the self-defense course.



YWCA Quezon City President Atty. Jean Puno.



YWCA National Chairman for Ways and Means - Atty. Bienvenida Gruta.



San Augustine Elementary School Principal and YWCA Quezon City Vice President - Mr. Eloisa Peña



Grandmaster Abaya and his Jendo Trainers, together with the officials of the YWCA Officers.



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 63 (917) 366-7061
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QUEZON CITY

Training





Students



Graduation Ceremony



National Anthem



Opening Prayer

Guests and Officials





IMAFP Junior Sports Arnis Tournament

San Andres Sports Complex
Malate, Manila Philippines

International Modern Arnis Federation, Inc. Philippines
The World Brotherhood of Modern Arnis in cooperation with
the Philippine Indigenous Games & Sports Savers Association,
Inc.



Participants



Tournament Officials



Anyo Team Championship



Fighting Competition



Gathering of Winners



IMAFP



WFMA



PIGSSAI



NFMA

“A New Kind of Arnis Tournament”
NARAPHIL Arnis Tournament
(Cultural Presentation Exhibition/Competition)
 Island Cove Resort
 Kawit, Cavite, Philippines



Cavite has been a memorable place to start with NARAPHIL activities not only of the beautiful places that abounds it or the rich historical background of the province but the very birth place of the NARAPHIL's one organizational pillars - the Liping Maharlika.

She has been the forefront in sponsoring arnis activities and became an ardent partner of NARAPHIL in almost all of its endeavors. Their broad base professional background and management skills and experiences is what made it stood to the test of time.



The Organizing Committee

Standing from Left: Instructor Mike Dela Cruz of LALS; Ms. Jopay Rabosa (Secretariat); Alex Dela Cruz (NARAPHIL Chief Instructor); Instructor Rey Postrado of QCMAC.

Sitting from Left: Cmdt. Junch Martinada (Secretary General); Rene Feranadez (Treasurer); Capt. Rick Sarte (NARAPHIL Exec. VP); Col. Bong Del Camat (Auditor); Instructor Benjie Silo. NOT in the picture Engr. Rodel "Bong" Rogacion (NARAPHIL Board Member).

These dedicated ladies and gentlemen who find time to promote arnis with their stature is something I can only say - what a noble cause! They were the same breed of people who pioneered the very first non-contact type of arnis team tournament twenty-eight years ago at Rizal Memorial Sports Complex gymnastics arena. Their primary objective was to bring the different NARAPHIL affiliate clubs closer thru

a competitive arnis sport that emphasizes on the cultural aspect of it.

As years passed, that non-contact type became of what is today's full contact team tournament which was held annually until 1997.

This 2007, we are bringing back that concept into reality for people who would like to see a different kind of arnis tournament that emphasizes on the cultural nature of arnis. By inviting different groups and styles, we hope that our fellowmen will learn to appreciate it and help preserve each of their own styles. Each group are given time to freely showcase their styles and techniques thru cultural presentation within the bounds of arnis per se.

Today, we look forward for this kind of alternative arnis competition as adjunct to the present full-contact that most of the other arnis tournaments being conducted. This tournament was geared and designed as an alternative competition that delved more on the cultural aspect of arnis. It may be categorized as a non-contact type and showcases the group talents in group Form and team skills, including choreography and interpretation of their own styles.

The origin of this rules and concept came from the first NARAPHIL Inter-Club Competition/Exhibition in the early 1980's. This was due to the collective efforts of the PHILMAT and upon approval of the NARAPHIL Board for its promulgation.

The rules were divided into two portions; namely the basic presentation of their own styles and the special number which usually decides the result. The first part is given ten-minutes to showcase their basics and then three-minutes on the special number.



Officiating Committee
Bro. Rey Postrado, Bro. Bong Del Camat
and Bro. Benjie Silo

in team scoring to achieve the over-all Championship prize. Again, NARAPHIL is looking forward for an alternative venue for other groups to showcase their skills and prowess without hurting each other. And, hoping it may bring arnis groups closer together as brothers in arnis - as one big family!

Always ready to help each other in all arnis endeavors for the sake of the art.



Welcome Remarks
by Capt. Ricardo F. Sarte
(NARAPHIL Executive Vice President)

Groups were then categorized into three Levels; the PRIMER, the JUNIOR and the SENIOR Level. Each team should not be less than sixteen actual participants or more than thirty. In case of a tie, the team with more number of participants is usually given heavier advantage point from the lesser team.

This was the old simple rule then! NARAPHIL is looking forward for bigger participants next year with a stiffer competition and more areas of innovation



Cmdt. Generoso M. Martinada, Jr.
Secretary General



Col. Adriatico Del Camat, Jr. (PNP)
NARAPHIL Auditor and Head Officiating



Sr. Master Rene "Nonoy" Tongson of IMAF
Former member NARAPHIL Board of Directors



Participants



National Anthem

Competition pictures
By: Capt. Rick Sarte



The form of the Champion!

Congratulations to the Winners!!!
By Cmdt. Junch Martinada



3rd Place "ARKADO"



Champion
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Kiwanis Club Walang Tinag
Makes it Possible for Young Arnisadors from Cavite to Shine
1st Indang Arnis Tournament
Indang, Cavite

Guro Nikkie Esmero
(ZAA-SSSI)
Philippine Chapter

Dir./ Punong Guro Mark Louelle Lledo
(ZAA-SSSI)
Philippine Chapter

It started out as a summer outreach activity for selected indigent kids of Indang, Cavite. KC Walang Tinag President Teddy Hernando wanted to have a sports program for kids that would help mold them into more productive citizens of the community and also contribute in keeping the youth away from drug abuse. For this, Mr. Hernando sought the assistance of Zikdokan Amara Arkanis-Philippines.

Founded by Mataw Guro Louelle Lledo and with headquarters in New Jersey, USA, Zikdokan Amara Arkanis instituted the martial arts education program of Cavite State University (CvSU). Mr. Lledo was also the Head Coach when CvSU bagged the overall championships in Karatedo and Arnis for the State Colleges and Universities Athletic Association (SCUAA) meets in 2000 and 2001.

Under the direct supervision of Kwn. Mark Lledo, Director of Zikdokan Amara Arkanis-Philippines, the Arnis summer program of KC Walang Tinag officially opened in the summer of 2005. In order to continuously hone the skills of the kids, the program, originally intended as a summer program, became a continuing activity year-round.

Starting out with 30 kids in 2005, the program now has 100 students under its roll, thanks to the untiring efforts of Punong Guro Mark Lledo and Guro Jojo Penales, and the support of their assistants Guro Tjay Mendoza, Guro Renato Tanglao and Guro Isaac Vida. The dynamic Mr. Presley Bernarte, one of the Barangay Councilors of Indang, ably manages the logistical needs of the group.

After about 2 years of training, the instructors wanted to hold an activity that would help them evaluate the skills of the students. On the other hand, Mr. Hernando wanted to further promote the Filipino martial art of Arnis to the public and also contribute to the festivities of the Indang Day 2007 celebration. The hosting of the "1st Indang Arnis Tournament" was thus conceptualized. Talks between KC

Walang Tinag, Zikdokan Amara Arkanis-Philippines, Sword Stick Society International and the local government of Indang, finalized the plans for the said event.

Serving also as a tune-up activity for the students in preparation for future competitions, Amara Arkanis students from other branches were invited to compete with the students from the main branch in Indang, Cavite. For this purpose, students from the



Parade of the participants.

Imus branches, coached by Guro Ipe Penales, as well as those from Mendez, supervised by Dayang Nickie Esmero, were invited to take part in the said competition. Selected members from technical group (ARMAS) were invited to serve as the tournament officials.

Zikdokaan Amara Arkanis-Philippines and Sword Stick Society International took charge of managing the competition, while KC Walang Tinag provided the logistics for the tournament. The trophies for the winning teams were provided by Hon. Governor Ireneo "Ayong" Maliksi, through the kind support of Dr. Eva Defiesta (Chief, Office of Sports and Youth Development).

A total of 43 participants took part in the tournament. Twenty-three were from Indang, 11 came from Imus and 9 players hailed from Mendez. There were 7 categories in the competition, namely: a) 7-8 years old Boys; b) 9-11 years old Boys (Bracket A & Bracket B); c) 9-11 years old Girls; d) 12-15 years old Boys (Bracket A & Bracket B); and e) 12-15 years old Girls.

There was an opening program prior to the tournament proper. The Invocation was led by Dayang Nickie Esmero, followed by the singing of the national anthem, led by Guro Renato Tanglao. KC Walang Tinag President Teddy Hernando gave his Welcome Remarks soon after, then Hon. Mayor Benny Dimero gave his Inspirational Message to the public. The ceremonial blow, lead by Mayor Dimero, marked the official opening of the competition.



Mayor Benny Dimero as guest of honor.

Other guests included KC Walang Tinag members Dr. Primo Salinas, Mr. Eddie Villanueva and Dr. Andy Mojica. Guro Mark Santos, one of the founding members of ARMAS, likewise graced the affair.



Guro Ariel Ramos

Guro Ariel Ramos, who headed the tournament officials from ARMAS, gave a briefing regarding the mechanics of competition. The history of Arnis and its relevance to the Philippines was likewise presented, as well as a short demonstration bout. Master Rodel "Smoking Stick" Dagooc also amazed the audience with a demonstration of his lightning quick strikes, impressive throws and effective disarming techniques. Master Dagooc is known

worldwide as one of the foremost Filipino Arnis masters, having been awarded with the "Hall of Fame" and "Master of the Year" award several times.

Everyone enjoyed watching the young Arnisadors as they showcased their skills. The public was especially delighted to see kids as young as 7 years old already adept in the indigenous art. The highlight of the competition were the bouts in the 12-15 years old categories, as the senior students had advanced skills and were able to execute the more complex techniques.

As expected, the Indang team clinched the overall championship, having dominated the 12-15 Boys (Bracket A and Bracket B) and Girls divisions, winning a total of 3 gold medals. The Imus team, who swept the 7-8 years old Boys division, also won the gold in the 9-11 years old Boys (Bracket B) division. The group came in second (1st Runner-up) with 2 gold and 3 silver medals. The Mendez team, the youngest of the 3 branches, having been formed only last September, won gold medals in the 9-11 years old Boys (Bracket A) and the 9-11 years old Girls divisions, and came in third (2nd Runner-up).



Presentation of tournament officials "Armas Philippines"

Results of the competition:

A. Medal Winners

7-8 years old - Boys

- Gold - Sean Gabriel H. Reyes, Imus
- Silver - Luis Angelo Hernandez, Imus
- 1st Bronze - Angelo Micaiah Lumbao, Imus
- 2nd Bronze - Ren-Ren Bernarte, Indang

9-11 years old - Boys (Bracket A)

- Gold - Jerick de Castro, Mendez
- Silver - Erramon M. Legaspi, Imus
- 1st Bronze - Giovanni Diloy, Indang
- 2nd Bronze - Edward Silan, Indang

9-11 years old - Boys (Bracket B)

Gold - Rene Theodore Medracillo, Imus
Silver - Kevin Gabinete, Mendez
1st Bronze - Dave Ocampo, Indang
2nd Bronze Carlo Romen, Indang

9-11 years old - Girls

Gold - Keith Cyrille Dimaapi, Mendez
Silver - Robylina Samson, Mendez
1st Bronze - Ma. Klarissa P. Camagong, Imus
2nd Bronze - Bernadeth Erni, Indang

12-15 years old - Boys (Bracket A)

Gold - Xavier Bautista, Indang
Silver - Alvin Saclolo, Indang
1st Bronze - Lyndon Baes, Indang
2nd Bronze - Jonel dela Cruz, Indang

12-15 years old - Boys (Bracket B)

Gold - Joshua Austria, Indang
Silver - Aries Pegollo, Indang
1st Bronze - Reymark Alfante, Mendez
2nd Bronze - Ranel Almira, Imus

12-15 years old - Girls

Gold - Nikka Joy Gundran, Indang
Silver - Mariel Temblor, Imus
1st Bronze - Alyssa Matel, Indang
2nd Bronze - Judy Ann Buena, Mendez

B. Medal Tally

	<i>Imus</i>	<i>Indang</i>	<i>Mendez</i>
Gold	2	3	2
Silver	3	2	2
Bronze	<u>3</u>	<u>9</u>	<u>2</u>
Total	8	14	6

C. Team Championship:

Overall Champion - Indang
1st Runner-up - Imus
2nd Runner-up - Mendez



Organizers, Competitors and Officials
Headed by Guro Mark Lledo and Kiwanis President Teddy Hernando

Because of the success of this activity, similar events are already lined up in the near future. In fact, a similar event in the summer of 2008 is already in the planning stage.

Having witnessed the immense potential of the young Caviteños in Arnis, KC Walang Tinag has also made its commitment to continuously support the young Zikdoka Amara Arkanis players in the practice of this Filipino martial art. With the help of KC Walang Tinag, great things are expected to come for the young Arnisadors from Cavite.

IMAFP's 2nd Interschool Sports Arnis Tournament

EARIST GYM, Nagtahan, Sta. Mesa, Manila



IMAFP's whole year activity includes three types of Sports Tournament, the Interschool, Junior and National. This tournament was scheduled to be the regular event of the Federation. These tournaments were set as a way of evaluating the Standard Sports Rule to come along into the International spreading/promotion of the sports rule.

This year's interschool tournament was revived from the 1st interschool from year 2003 which was held at the San Sebastian College. This year, eighteen (18) teams participated from different schools and universities from High School and College levels; the schools are as follows:

Schools Secondary/High School

Amadeo National High School
Amadeo Cavite
Florida Blanca Integrated School
Cauayan National High School
St. Xavier School, Cauayan, Isabela
Gen. Ricardo Papa Memorial High School
Rizal High School
Muntinlupa National High School
Sta. Elena High School
Pasay South High School
Don Bosco School-Alabang

Tertiary College

Eulogio Amang Rodriguez Institute of Science and Technology
Imus Computer College
Trinity University of Asia
Isabela State University
Polytechnic University of the Philippines
Pamantasan ng Lungsod ng Taguig
Marikina Polytechnic College
Philippine State College of Aeronautics
Rizal Technological University

Officials:

Tournament Director:

Technical Directors:

Committee Directors:

Over all in charge:

Guest Speaker:

Guro Jimson N. Dearos
Senior Guro Paulo O. Motita II
Senior Guro Rodolfo T. Poblacion, Jr.
Senior Master Samuel D. Dulay
Senior Master Godofredo F. Fajardo
Senior Guro Ginalyn J. Relos
Engr. Jose Diaz
Professor Armando C. Soteco

Officiating Officials:

Jimson N. Dearos
Rodolfo T. Poblacion, Jr.
Paulo O. Motita II
Ginalyn J. Relos
Reynaldo Postrado
Godofredo Fajardo
Samuel D. Dulay
Rodolfo O. Espinosa, Jr.
Alan Mahinay

Francis Nagen
Rhodora D. Barrido
Jeffrey A. Plotria
Benjamin A. Silo, Jr.
Marcelo C. Oyales
Marion S. Julian
Rolando Castillo – Apprentice
Carolina C. Ordenez – Apprentice
Ma. Zharina V. Peria - Apprentice



Participants



Officials

Cultural Competition

Standard Anyo



Open / Creative Anyo



Pakitang Gilas / Free Form



Sayaw



Duelo



Synchronized Anyo



Labanan



Tournament Results

Cultural Competition

Standard Anyo

Junior Division

Gold Medal
Silver Medal
Bronze Medal

Senior Division

Gold Medal
Silver Medal
Bronze Medal

Open/Creative Anyo

Junior Division

Gold Medal
Silver Medal

Senior Division

Gold Medal
Silver Medal
Bronze Medal

Pakitang Gilas/Freeform

Junior Division

Gold Medal
Silver Medal
Bronze Medal

Senior Division

Gold Medal
Silver Medal
Bronze Medal

Boys

Joselito Patulot (R. Papa)
Eduardo Poyaoan (R. Papa)
Edimar Estillore (Sta. Elena)

Male

Joey Bong C. Revilla (MPC)
Wilfredo Magsino (Earist)
Jerry Michael Fuertes (Isabela)

Boys

Jayson Dimaculangan (Pasay)
Romeo Tongson (Amadeo)

Male

Bryan Pala-a (RTU)
Jessie Pirante (RTU)
Ederick Gardiola (RTU)

Boys

Ivan CJ Villanueva (Rizal)
Kervin Violante (Muntinlupa)
Rocky Labra (Pasay South)

Male

Jevy Villanueva (Muntinlupa)
Jessie Pirante (RTU)
Earl Balita (Trinity)

Girls

Daisirie Joy Capati (R. Papa)
Cristine Aguinaldo (R. Papa)
Sheena Marie Viesca (Isabela)

Female

Marie Joy Maat (Earist)
Daisy Rafales (Earist)
Maricar Alvarez (MPC)

Female

Daisy Rafales (Earist)
Charmen Rapsing (Earist)
Razel Quiñones (Earist)
Ma. Cristina Uaje (Trinity)

Girls

Reignerose M. Esquiera (Rizal)
Lea Pregillana (Pasay South)

Female

Ma. Cristina Uaje (Trinity)
Tyta Delicano (RTU)

Synchronized Anyo**Junior Division**

Gold Medal
Silver Medal
Bronze Medal

Boys

Pasay South High School A
Pasay South High School B
R. Papa Memorial High School

Senior Division

Gold Medal
Silver Medal
Bronze Medal

Male

Marikina Poltechnic College
Pamantasang Lungsod ng Taguig
Rizal Technological University

Female

Earist
Rizal Technological University
Philippine State College of Aeronautics

Duelo / Synchronized Fighting**Junior Dividsion**

Gold Medal
Silver Medal

Boys

R. Papa Memorial High School
Amadeo National High School

Senior Division

Gold Medal
Silver Medal
Bronze Medal

Male

Marikina Polytech College A
Marikina Polytech College B
Isabela State University

Female

Philippine State College of Aeronautics
Marikina Polytech College C
Marikina Polytech College D

Sayaw / Cultural Dance**Junior Division**

Gold Medal
Silver Medal
Bronze Medal

Boys

Kervin Violante (Muntinlupa)
Jerome Ilustrisimo (Pasay south)
Rocky Labra (Pasay South)

Senior Division

Gold Medal
Silver Medal
Bronze Medal

Male

Richard Galang (Erist)
Jim Misal (MPC)
Jerry Michael Fuertes (Isabela)

Female

Razel Quiñones (Earist)
Shiela Roman (MPC)
Ma. Cristina Uaje (Trinity)

Labanan / Contact Competition**Junior Division****Ages (14yrs. & Under)**

Gold Medal
Silver Medal
Bronze Medal

Boys

Mark Adrian Eduarte (Pasay)
Ronnie Santos (R. Papa)
Neil Monda (Pasay South)
Ivan CJ Villanueva (Rizal)

Girls

Jena Garces (Amadeo)
Riza Dela Peña (Amadeo)
Sarah Joy Manimtim (R. Papa)
Daisirie Joy Capati (R. Papa)

Ages (17yrs. & Under)

Gold Medal
Silver Medal
Bronze Medal

Boys

Romeo Tongson (Amadeo)
John Galvez (Pasay)
June Ray Fuertes (Isabela)
Jesus Sobrero (Pasay South)

Girls

Cristine Aguinaldo (R. Papa)
Regilie Labra (Pasay South)
Reignerose Esquiera (Rizal)
Ana Dominique Guerra (Amadeo)

Senior Division (by Weight)

Gold Medal
Silver Medal
Bronze Medal

Male (55kgs. & Under)

Rowel Pailuna (RTU)
Jim Misal (MPC)
Bon Jovi Gervacio (Munti)
Jevy Villanueva (Munti)

Female 48kgs. & Under)

Hazel Pinuela (Philsca)
Mae Ann Florida (RTU)
Arlene Joy Salvador (MPC)
Persian Maglinte (PUP)

Gold Medal	Male (60kgs. & Under)	Female (48kgs. & Under)
Silver Medal	Jessie Pirante (RTU)	Tyta Delicano (RTU)
Bronze Medal	Alden Vincoy (PLT)	Tonnee Rose Peregrine (MPC)
	Ederick Gardiola (RTU)	Anna Yap (Trinity)
	Paul Tersola (RTU)	Angeline Anne dela Cruz (Earist)
Gold Medal	Male (65kgs. & Under)	Female (56kgs. & Under)
Silver Medal	Joseph Compañero (PUP)	Trisha Gaviola RTU)
Bronze Medal	Reggie Arevalo (PLT)	Nikki Rapa (Philsca)
	Emmanuel Lacs(PUP)	Norilyn Bolivar(MPC)
	Loreto Salada(Earist)	Herminia Medrana(RTU)
Gold Medal	Male (70kgs. & Under)	Female (61kgs. & Under)
Silver Medal	Marlon Custodio (Earist)	Jessa Arevalo (Philsca)
Bronze Medal	Sylvester Mamaril(MPC)	Razel Quiñones (Earist)
	Yves Reyes (Trinity)	Arlene Pescasio (MPC)
	Ariel Bededor (Philsca)	Rowena Gardiola(RTU)
Gold Medal	Male (75kgs. & Under)	Female (66kgs. & Under)
Silver Medal	Francis Amanoy (RTU)	Jennifer Pacheco (Philsca)
Bronze Medal	Artchie Briones (Earist)	Mary Francis Delos Reyes-do-
	Abraham Umali (MPC)	Mary Ann Abanilla (MPC)
	Arvin Pinuela (RTU)	Marie Joy Maat (Earist)
Gold Medal	Male (80kgs. & Under)	Female (72kgs. & Under)
Silver Medal	Juancho Mercolita (RTU)	Jennelyn Sibal (RTU)
Bronze Medal	Chandy Musa (Philsca)	April Ambagan (MPC)
	Alex Olohan (MPC)	Ester Mallari (Earist)
	Brian Mark Jokiton (Earist)	Febbie Gabutan (Philsca)
Gold Medal	Male (Above 80kgs.)	Female (Above 72kgs.)
Silver Medal	Wilfredo Magsino (Earist)	Lovelyn Frugalidad (Philsca)
Bronze Medal	Allan Bryant Rey (PLT)	Sarah Jane Rey (Earist)
	Delfin Cara III (Philsca)	Daisy Raffles (Earist)
	Patrick Tango (MPC)	Shiela Roman (MPC)

Team Standings

Junior	Gold	Silver	Bronze
R. Papa Memorial High School	4	3	3
Pasay South High School	3	5	3
Amadeo National High School	2	2	2
Rizal High School	2		3
Muntinlupa High School	1	1	
Cauayan, Isabela High School			2
Sta. Elena			1
Senior	Gold	Silver	Bronze
Rizal Technological University	8	5	6
Earist	7	5	8

Philippine State College of Aeronautics	6	2	4
Marikina Polytechnic College	3	8	9
Trinity	1	1	4
Polytechnic University of the Philippines	1		2
Pamantasan ng Lungsod ng Taguig		4	
Isabela State University			3

Winners



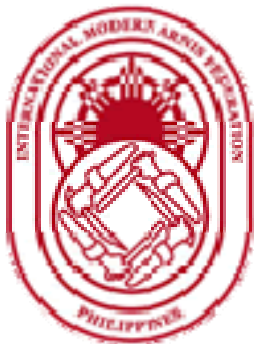
Muntinlupa/RTU/Trinity Team



PLT/R.PaPa



Marikina Team



IMAFP



Earist Team

Kathleen Enal
Sterling Modern Arnis Club
By Ben Harrison

I would like to take the time to acknowledge a student who has stood out in the Sterling Modern Arnis Club.

Two things to note; one, she is a girl and two, she is Filipina. Two issues facing the Filipino Martial Arts here in the U.S. is attracting Filipino's to train in their martial arts heritage, and another is dealing with a Martial Culture that is dominated by males. Both have been answered by this young lady.

Kathleen Enal started training in Modern Arnis under Guro Ben Harrison in the fall of 2006. She has stood out as a leader by teaching new students and leading our demonstration team at community festivals and picnics.

She has helped in our understanding of Filipino culture and language, which has been invaluable to everyone here in our school. We have an inside look into the culture through her eyes and this helps our training as well as respect for the great Filipino culture that we are learning about.



Dr. Remy Presas Jr.
and Kathleen Enal



Her younger brother, Kevin Enal, who is only 12, has shown a great interest and has had training from Guro Harrison and his sister.

We have a great opportunity to give back to the Filipino people what we have been blessed to be given by one of their own, Grandmaster Remy Presas. This should be in the heart of every Filipino martial arts instructor, whether Filipino or non-Filipino, to give back what they have been given.

Kathleen is currently ranked as a Likha Isa, brown belt in Modern Arnis, and is looking forward to the day that she will possess the skills in Modern Arnis as a certified Instructor under Dr. Remy P. Presas of MARPPPIO.





Enal Family with Dr. Remy Presas Jr.



www.modernarnis.com



www.tdsfma.com

Young Practitioners of Kali Majapahit

By Fred Evrard

Kids and teens Kali class in Singapore (Ni Tien Martial Arts Schools):



10 of our kids just pass their test for new rank

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

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

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

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

This is where FMA for kids come in:

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

Modern neurology science has proven that some Filipino martial arts exercises, like the double sticks, have a tremendous impact on the balance of our two cerebral hemispheres. The



Basic Panantukan

child trained in Filipino martial arts will improve results at school, focus capacities, memory, and will sooner or later develop ambidexterity. The Sinawali principles are just a magic tool for body and mind connection.

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

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



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

personal development and health.

The way I see it, competition is everywhere in our modern world, and martial art training can be a chance to step out of the mold and experience something different. Teaching people (especially children) that they can be great without stepping on anyone is one message I try to teach through Filipino martial arts.

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

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

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

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

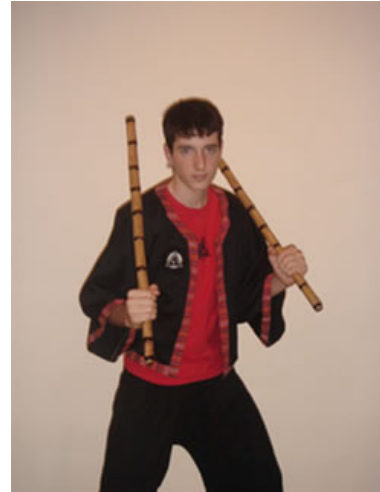


Elisa, 9, training Ubot Lubot drill (Kadena de Mano)

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

Maxime is a 16 years old Kalista. He’s has been practicing for about 1.5 years only, but his flow is already a delight for the eyes, whether he grabs a stick (right or left hand), plays Kadena de Mano, or goes free sparring (Panantukan – sikaran – dumog). Timing, distance, attitude, ambidexterity... he’s got them all!

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



Maxime Delaye



Interview with Maxime Delaye, young Filipino martial arts practitioner:

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

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

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

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

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

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

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

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

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

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

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

A: Perseverance!



Student Maxime and Guro Fred Evrard

Q: *OK, thanks a lot.*

A: Thank you

For further information on Kali Majapahit (kids or adults), please contact:

Kali Majapahit (Ni Tien Schools)

Guro Fred Evrard

14 Yan Kit road

Singapore, 088266.

(65) 9030-0844

Email - contact@nitien.com



www.nitien.com

ARKADO Association of the Philippines

Founded in 1991

Master Virgilio “Vhir” Tubera and his wife Dayang Cecilia “Cecille” Estrada-Tubera have instituted programs for the health and benefit of young practitioners throughout Manila, Philippines.

Both have won many championships in tournaments throughout their years as Filipino martial arts practitioners. Her is their Mass Base Program for Arnis, young practitioners that they are teaching and also some young practitioners that standout among their students.



Introduction

The Constitution mandates the development of a healthy, strong, and alert citizenry and one of the most effective media to promote this is to provide challenging activities. Such challenges, however, should enhance the development of knowledge, skills and values through activities in which the individual can participate within the context of the learning medium.

Our National Government had launched the “Sports for All” program in lieu to the constitution is supporting this program with an extensive sports and combat techniques.

General Objectives

The goal of this program is to teach each individual the appropriate self defense skills they need to implement peace and order in their respective schools and Barangay’s.

At the end of this clinic, participants are able to:

1. Create awareness and appreciation for Arnis as a truly Filipino martial art.
2. Develop positive physical traits like strength, endurance, speed. Agility, flexibility and grace among others.

3. Learn how to make adjustments to the demands of daily life skills and how to survive in any type of environment.
4. Acquire desirable traits and values.
5. Implement peace and order through psychological and physical defense tactics.
6. Spot and develop potential athletes who will compete internationally.

Muntinlupa Arkado Arnis Club



May we present to you Arkado-Muntinlupa Chapter's finest young practitioners.

Kervin Violante

Kervin Violante is 16 yrs old. Started practicing the art when he was 7 years of age, he has been into the club for 9 years now and holds the rank of Jr. Brown Belt. Young as he may seem, this young Arnisador has already contributed honors to the city, he has won several awards both for contact sparring and anyo competitions. The most recent was the IMAF Interschool Arnis Competition where he won 3 gold medals.



Kervin Violante trains with Master Tubera instructing

Marjorie Dadivas

Marjorie Dadivas is 16 years old she has been training for 7 years now and holds the rank as Jr Brown Belt. She is one of our clubs pride and joys, not only because she excels in her class but she takes part in all competitions where Muntinlupa Arkado Arnis Club has been named overall champions.



Kervin Violante - Master Tubera - Marjorie Dadivas

At present, we are training them to be junior instructors, giving them leadership seminars and character building pointers.



Rizal Technological University Arnis Team



MGC New Life Christian Academy



Victoria School Foundation



Trinity University of Asia Arnis Team

Master Vhir Tubera and Dayang Cecille Estrada-Tubera also have a program to teach the handicapped.



Email



Keeping Tradition Alive in Torrance

By Marc Lawrence

It is long way from the mountains of Mactan to coast of Southern California, but that has not stopped this family from keeping Filipino martial arts alive. Michael and Mathew Lawrence are Mestiso, Filipino-American children that live in Torrance, California. Both of the boys are active competitors in Filipino martial arts. Their style is PAKAMUT (pronounced Pa'Ka" Moot).

This style comes from the Mactan region of the Philippines. It was brought to the United States by Felix Roiles, the Grandmaster of the System. The boys train under their father Marc Lawrence, a Master in the PAKAMUT system. His school is PAKAMAUT-FMA-Torrance. They practice in the evenings and on the weekends between other activities.



Michael Lawrence

Michael, who is 13 years old won this year's WEKAF USA National in his age division for Sayaw (form) and single stick sparring. He also won last year in the WEKAF Western Region in single stick sparring. Michael said it was combination of things that made him able to win at the Nationals. Michael said it was things like being on the school's basketball team that gave him the stamina from the daily practice. He applied his foot work skills from PAKAMUT for quick re-angling during basketball games. He said it was coaching by his family that polished his Sayaw and gave him the idea of using an Agong (shield) and Barong (short sword) for his Sayaw. Michael said that his Filipino martial arts, has helped him be better student in school because of the discipline needed to be serious competitor. Michael has shared his Filipino

culture with his middle school in multi-cultural day demonstration of Sayaw and by written stories of things past.

Matthew who is 9 years old is just starting to compete in tournaments. He enjoys going to other schools and clubs and trying his skills. Matthew said that his art gives him skills for school games like his foot work and re-angling for dodge ball and playing prisoner. He said that he pretends that he fighting pirates like in Pirates of the Caribbean when he practices. Mathew had his father come to his summer camp's multi-cultural day last summer. They demonstrated Sayaw, single stick sparring and double stick Sinawali. It was for most of the audience, the first time they have every seen Filipino martial arts. Most have never heard that the Filipino Community had their own fighting systems.



Matthew Lawrence

As their teacher, I have found that to train children in Filipino martial arts the teacher must certain skills. These are some my points:

- First is the teacher must have patience for teaching children.
- Second is the teacher must understand that the lesson must catch the child's interest.
- Third is the teacher must make it fun, it has to be game.
- Fourth is the teacher does not make the lesson too long, no more than 45 minutes.
- Fifth is the teacher must keep it simple, by giving examples they can imagine, like making a door when learning to block.
- Sixth is the teacher is take the training outside.
- Seventh is that the teacher should keep practice of the lesson with an adult. This has dad or mom involved in learning also. This makes the FMA a family art.

To keep Filipino martial arts alive, it takes teachers willing to teach the next generation of young practitioners. This will keep Filipino martial arts alive for future generations.





www.pakamut-fma-torrance.com

Master Marc Lawrence

PAKAMUT-Torrance

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Torrance, California. 90504

(Cross street of Redondo Beach Blvd & Yukon Ave).

(310) 352-6392

Cell: (310) 420-7062

Email

Rodriguez Kali-Eskrima-Arnis

Palo-Mano “Todo Terreno” Style Mexicano

Punong Guro Rodriguez, started his martial arts training when he was, 12 years of age. And with the discipline, self-esteem, and self confidence along with the physical fitness and of course learning how to defend him self, he makes it a point to teach children for those reasons and also to continue passing on the Filipino martial arts.



With today's society and taking in the reality of today,

Punong Guro Rodriguez believes it is very important that young practitioners be able to find within themselves the inner peace, self awareness and self confidence to take on today's challenges.



Also Guro Rodriguez believes that even though the Filipino martial arts, uses weapons such as sticks and bladed weapons. Instructors need to remember when teaching young practitioners that they are apt to not take the weapon serious and cause themselves or others harm.

It is very important that the young practitioner gets training and fully understands the art of empty hand since there is a great chance that they will encounter conflicts in the day to day routine of life.



Rodríguez Kali-Eskrima-Arnis
Palo-Mano Todo Terreno Style Mexicano
Punong Guro Jesús O. Rodríguez
Asuncion No. 308 Valle Dorado
Tlalnepantla de Baz, Mexico 54020
[559] 148-1673

Email
Website



Young Practitioners of Kalintaw

Kalintaw promotes and builds the spiritual, mental, physical, essence of the person, internally and externally for the inner self. Also it truly develops self-discipline, self-control, self-confidence, self-determination, and self-esteem. All when brought together brings strength of inner peace and a balance in ones life.

Master Galo D. Lalic trains the children both hand to hand techniques and some basics stick fighting techniques and as they growing up and progress in Kalintaw, little by little Arnis is increased to the advance techniques.

In learning Kalintaw one learns discipline, but is also aware of the benefits of health, fitness, developing a sharp mind and the self-confidence obtained while gaining the knowledge of the art. In Kalintaw one learns that you do not have to prove yourself to others, but once the limit of self-preservation is broached the training that was obtained in Kalintaw comes forth and the proof comes out with ease and with a confidence that deters any aggressor.



Paolo with his father Master Galo Lalic

Kalintaw Young Practitioners Compete and Performs at Tournament





www.kalintaw-galo.com

Kalintaw
 # 8 Gerardo Street,
 Feliza Subdivision
 Brgy. Malabanias
 Angeles City, Pampanga, Philippines
 (045) 892 – 0065
Email

Doce Pares Eskrima

Lee Cortez-Heindl

By Valerie Cortez

Lee Cortez-Heindl at the age of 14 has had experience in Taekwondo, when his mother signed him up for a class at the age of 5 years old. At the age of eleven Lee through hard work and determination was promoted to Black Belt. Lee has also experienced Aikido which he trained in for approximately one and a half years and was promoted to the rank of brown belt, also for one year he tried Iaido Sword. Currently he is training in Muay Thai Kick Boxing and Doce Pares Eskrima.

His role models are his instructors Andy K and Young S. of Muay Thai and Master Nilo Baron his Eskrima instructor. Lee believes and recommends learning the martial arts to young practitioners for they will learn; disciple, self-esteem, coordination of mind and body, and self confidence. This is also a way to learn the heritage of Asia and shows respect to the Asian community.

For his future Lee first and foremost wants to finish his education, for this is very important for the future. But at the same time he will continue to train in the martial arts.



Lee with his instructor
Master Baron

A little about his Filipino martial arts instructor Master Leonilo "Nilo" Baron



A personal protégé of Grandmaster Diony Cañete, he had all his training for more than 10 years at the World Headquarters before his departure for the U.S. in 1996. Master Leonilo "Nilo" Baron was the youngest to ever be promoted to Master. His exceptional talent was clearly acknowledged when he was commissioned in 1993 as one of the regular instructors of the World Headquarters.

Training with all the top Masters at the headquarters highly benefited him as he learned all the component styles which comprise the entire Doce Pares System. He was authorized to teach the seven systems of the multi-system- Espada y Daga, Largo Mano, Media Largo, the three styles of "corto" (close range) Baraw, Mano-Mano as well as the twelve (12) forms (Sayaw) and the sophisticated technique of Tapi-Tapi (sticky hand).

Because of his age difference the older officers didn't want to respect him as instructor, but after watching his skill their opinions were quickly changed. He said that was one of his earliest big challenges. Master Baron also said that he was put in charge of training the children's classes. He said that there was big difference between teaching children in the Philippines and here.

Filipino Martial Arts Academy
120-C Main Ave. (North)
Northgate Center Suite-C
Sacramento, Ca. 95838
(916) 803.8157
Email



www.docefares.net

Young Practitioners of Kuntaw

NCR Chapter, Manila, Philippines

By Frank Aycocho

Master Frank Aycocho is a strong believer in teach children about discipline, art of fighting in sports competition, self confidence, peace and harmony with other styles of martial arts, safety exercise and sports injury awareness.

Shihan D. Aycocho 13 years old is in his first year of high school and is a Junior Black Belt.

New batch of young practitioner which Master Frank Aycocho calls in Kuntaw Kids class, starts on May 3, 2008 which is made up of four hour sessions, three times a week for three weeks. These classes will be at Master Aycocho's private gym IKF/KNP Chapter, Manila, Philippines. Parents must sign a consent form when enrolling their child.

Subjects include the philosophy and technical mechanics of Kuntaw and Arnis.



Shihan Aycocho during the
Kuntaw summer class at
Divine Grace school

For information and enquiries contact:

Master Frank Aycocho at the NCR Chapter at (frankayacocho@yahoo.com) or by phone (0919) 883-1120. KUMANDOS is a non-profit Organization of Kyud's (brothers) and Kyudai's (sisters).

Working Together for the Children

Kataas-Taasang Punong Guro Antonio Vasquez President/Founder of DULAC and Guro Limuel “Maning” Bonsa of Arnis Rapado are putting together a program to get children off the streets by engaging them in Filipino martial arts, in the hopes to give them direction towards self improvement and a responsible future.



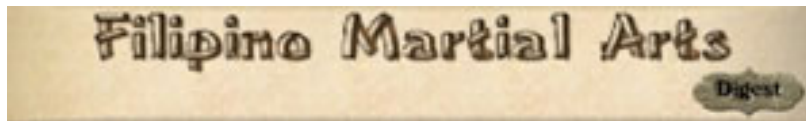
DULAC
Website



Arnis Rapado
Website



Rapid Journal



Filipino Martial Arts Digest

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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.

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

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Hard Copy Application**