

# Filipino Martial Arts



Digest

Special Issue  
2008

## 4th World FMA Festival Philippines

July 20 - 25, 2008

Boracay  
Island Beach and Resort



Iloilo City  
Gala Night / Lapu-Lapu Award

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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**

The 4th World FMA Festival, training held on the beautiful beaches of Boracay Island, and then having the 1st IMAFP International Goodwill Match Tournament and the grand finale Gala night in Iloilo City. A true adventure; with professional Filipino martial arts instructors, tours, competition, gathering of practitioners and then a prestigious Gala night and Lapu-Lapu awards banquet.

With a lot of events going on throughout the world, the FMA Festival always draws a great group of individuals, either teaching, learning, or just for the camaraderie and brotherhood.

The FMA Digest would like to thank Grandmaster Bram Franks, Senior Master Frank Aycocho and Guro Philipp Wolf for sharing their experiences and observations. And to Henried Lamayo for sending the IMAFP International Goodwill Match Tournament results.

And finally a thanks to Edessa Ramos, who has written many times for the FMA Digest for her final comments in remembrance to the event.

Congratulations to all who received awards and/or got promoted at the Gala Night festivities.

**Maraming Salamat Po**



## Introduction

The 1st FMA Festival which started the FMA Festivals was held in February 2002 in Essen, Germany. The 2nd FMA Festival was held in March 2004 in Dortmund, Germany with over 600 participants and was a huge success. The 3rd Filipino Martial Arts (FMA) Festival was held in the Philippines in Tagaytay and Manila Philippines, from July 11 - 21, 2006. Along with the 3rd FMA Festival was also the 1st Remy A. Presas Memorial Modern Arnis Camp which was held prior and then after the Gala Night Banquet, Master Rey Galang held the Bakbakan Invitational Tournament; also the Worldwide Family of Modern Arnis was formed with some of the Senior Masters of Modern Arnis throughout the world.

The 4th FMA Festival were five full days of training, covering Modern Arnis and applied techniques, practical and combat lessons, and lectures on Boracay Beach, Boracay Island. Filipino Grandmasters and top-ranked and competent Master Instructors from all-over the world taught the seminars and workshops. Major lessons on Philippine traditional fighting arts and weapons (tapado, sanggot, balisong, dulo-dulo, bankaw) were conducted.

Filipino Grandmasters handled Traditional and Classical Arnis from the different Filipino martial arts Organizations. Nightly events and special tours brought martial artists together in the spirit of historical and cultural grandeur. On the sixth day was a Sports Festival then the grand finale Gala Night that was unforgettable of martial culture crowned the festival on the last night in Iloilo City, Philippines.



1st FMA Festival



2nd FMA Festival



3rd FMA Festival

Masters and Grandmasters at the 4th FMA Festival at Boracay, Aklan Philippines  
by Leonel F. of France  
Philippines Martial Arts Documentary Video - [Click Here](#)



**Schedule of Events:**

- July 20, 2008** - Boracay Beach
  - Check-in/Opening
  - Island Hopping
  - Welcome Party
- July 21, 2008** - Boracay Beach side Training Camp
  - Modern Arnis Training
- July 22, 2008** - FMA Training Camp - Boracay
- July 23, 2008** - FMA Training Camp - Boracay
- July 24, 2008** - FMA Weaponries - Boracay
- July 25, 2008** - Tour of PANAY
  - Sports Festival
  - Gala Night

## **Boracay Island**

Boracay is a tropical island located approximately 315km (200 miles) south of Manila and 2km off the northwest tip of the island of Panay in the Western



Visayas region of the Philippines. It is one of the country's most popular tourist destinations. The island comprises the Barangay's of Manoc-Manoc, Balabag, and Yapak (3 of the 17 Barangay's which make up the municipality of Malay), and is under the administrative control of the Philippine Tourism Authority in coordination with the Provincial Government of Aklan.

### **History**

The island was originally home to the Ati tribe. Boracay is part of Aklan Province, which became an independent province on April 25, 1956. Formerly undiscovered, it wasn't till the 1970s that tourism began to develop in Boracay, and the island became popular with backpackers in the 1980s.

Boracay Island is located off the northwest corner of the island of Panay, and belongs to the Western Visayas island-group, or Region VI, of the Philippines. The island is approximately seven kilometers long, dog-bone shaped with the narrowest spot being less than one kilometer wide, and has a total land area of 10.32 square kilometers.

South-facing Cagban Beach is located across a small strait from the jetty port at Caticlan on Panay island, and the Cagban jetty port serves as Boracay's main entry and exit point during most of the year. When wind and sea conditions dictate, east-facing Tambisaan Beach serves as an alternative entry and exit point.

Boracay's two primary tourism beaches, White Beach and Bulabog Beach, are located on opposite sides of the island's narrow central area. White Beach faces westwards and Bulabog Beach faces eastwards. The island also has several other beaches.



White Beach is the main tourism beach. It is a bit over four kilometers long and is lined with resorts, hotels, lodging houses, restaurants, and other tourism-related businesses. In the central portion, for about two kilometers, there is a footpath known as the Beachfront Path separating the beach itself from the establishments located along it.

North and south of the Beachfront Path, beachfront establishments do literally front along the beach itself. Several roads and paths connect the Beachfront Path with

Boracay's Main Road, a vehicular road which runs the length of the island. At the extreme northern end of White Beach, a footpath runs around the headland there and connects White Beach with Diniwid Beach.

Bulabog Beach, across the island from White Beach, is a secondary tourism beach and Boracay's main windsurfing and kite-boarding area.

Weather in Boracay is generally divided into two seasonal weather patterns known locally as the Amihan and Habagat seasons. In the Tagalog language, Amihan means a cool northeast wind, and Habagat means west or southwest wind; south-west monsoon.[4] Amihan and Habagat seasons are generally associated respectively with the El Niño and La Niña global weather patterns. The Amihan season is characterized by moderate temperatures, little or no rainfall, and a prevailing wind from the east. The Habagat season is characterized by hot and humid weather, frequent heavy rainfall, and a prevailing wind from the west.

On Boracay, the main indicator of the switch between the Amihan and Habagat seasonal patterns is the switch in wind direction. In most years this transition is abrupt and occurs overnight. In some years there is a period of perhaps a week or two where the wind will switch between Amihan and Habagat patterns several times before settling into the pattern for the new season. As a general rule of thumb, Boracay will be in the Amihan weather pattern from sometime in September or October to sometime in May or June and in the Habagat weather pattern for the remainder of the year. These dates can vary in individual years, though.

Daytime temperatures on Boracay generally range from 77-90°F (25-32°C) from the beginning of the Amihan season into February or March, increase to the 82-100°F(28-38°C) range until the onset of the Habagat season, and moderate back to the 77-90°F (25-32°C) range with the return of the Amihan season. During Tropical Storm periods, temperatures can fall below 68°F (20°C). Tropical Storms can impact Boracay at any time of year, but are most likely to be seen during the Habagat season.

## Languages

Other than Filipino, English is widely spoken in Boracay. Aklanon or Akeanon, is also spoken, as Boracay is part of Aklan Province. The Ati language was spoken by the original inhabitants of the island.

## Transportation

On the island, the two main modes of transport are via motor-tricycles along the main road or by walking along the beaches. Pedicabs are also available for transport along the Beachfront Path. Other means of transportation include mountain bikes, quad-bikes and motorbikes, all of which can be rented.



To explore around the island's coast, motorized bancas and sailing paraws are available for rent. These are outrigger canoes and are common sight in waters around the island. The sailing paraw is a narrow hulled boat with outriggers either side and with passengers sometimes seated on a trampoline platform between the outrigger supports. These are extremely fast off the wind, but can be unwieldy for inexperienced sailors.



## Senior Master Frank Aycocho Experiencing the 4th FMA Festival

The 4th FMA Festival started with several meetings by the organizers of the upcoming event which was to be held at Boracay Island, Philippines. The Director of the program Professor Armando C. Soteco, Director, School of Arnis Professionals had convinced me attend the meeting, and I was honored and it was a gratifying moment. The meeting was at the house of the IMAFP

President and Chairman Atty. Salvador De Maisip, and was attended by a dignified Dr. of Philosophy, Alejandro L. Dagdag Jr. D.E.M. Executive Director, NCPE-PLM, Senior Master Samuel "Bambit" Dulay, invited guest instructors Senior Master Rodel "Smoking Stick" Dagooc of IMAFP, Master Frank Sobrino, Master Celso Sandigan, and of course myself representing Arnis Kuntaw. Preliminary plans were discussed and everyone demonstrated the type of art to show with the presence of Antonio Graceffo the 'Monk from Bronx,' author of Martial arts Adventure in Asia who came to document and interview the gatherings of Filipino martial artists.

As time passed another meeting was called to discuss changes of the events program, everyone got an assigned task so to provide a smooth and orderly function to impress the visiting participants. I was assigned as the Paramedic to supervise the safety, this in addition to my schedule to teach and show the difference and orthodox style of Arnis weaponry in combat with the reverse hold of the baston with its effective defense and offense in real fighting situations. No one knew that this is what I was going to teach, as I was avoiding anyone to duplicate my signature. I was scheduled to teach on 23rd but the program Director called up and advised me to report to the venue in Boracay on the 21st of July to assist in his demonstration of SSS. I had a complete plan to show my advance technique of SSS, but kept it to myself to surprise even the inventor of SSS, Professor Soteco.

I arrived on time on the 21st of July, and was told that the program had been change by Senior Master Dieter Knuettel. It was decided that Master Frank Sobrino would instruct.

July 23rd, my day had come for me to show and share my knowledge and skills. I went on smoothly surprising everyone. My style; has less fancy moves with the solo baston, with the inverted hold of stick defensive but more effective in real combat, the UMBAG way refers to the power strike of arnis that could knock out the opponent in a single strike without breaking the cane.

Once I had completed my instructional period, another group was assembled and Grandmaster and Founder Nick Elizar of Nickelstick Balintawak commenced his



instructional period. Grandmaster Elizar demonstrated his artistic fast and fancy stick moves with Senior Master Philipp M.D. of Germany. In another area, Senior Master Dieter Knuettel, Master Bram Frank, Senior Guro Edessa Ramos, were instructing on bladed and non-bladed weapons while in another area Grandmaster Rene Tongson was instructing Classical Arnis, and some practitioners left to compete in the Arnis Tournament which was being held at the Robinsons Mall in Iloilo City.

Senior Master Rodel Dagooc waited patiently for his turn to do his part of in demonstrating and instructing the techniques of advance smoking stick and ended in shooting a film with Kyud Dennis Santos and Dieter Knuettel, while the other group was training with Senior Master Vasquez. A laundry paddle was introduced by Master Lozanes another alternative of cane similar defense and offense to the SSS.

On the last day on Boracay Island the 24th; started with warming up by mass exercises conducted by Senior Master Dagooc, followed by Master Paulo Motita sports arnis while Atty. Buddy and I assisted in safety supervision during sparring sessions. The class of Master Dani Faynot went on and was suspended for safety reasons while other instructors were doing individual lessons of their own art and style, some participants were hesitant using live sharp bladed weapons such as Master Bram Frank with his knife and Master Jerry Evangelisan, Dekiti Tirsia Siradas exhibiting his bolo (Ginunting).

At the end of the day some were rushing to buy souvenirs from Boracay Island resort others having fun drinking beer with Master Borut Kincl of Slovenia, Europe representing Ryu Kyu Kempo the giant among the participants standing 6'9" with a perfect body built for competition in the UFC.

On the 25th, the early morning started another adventurous day traveling by boat and van to Iloilo City, lunch was at the Chicken House Restaurant in Iloilo City then checking in at the Sarabia Hotel so we could rush to the Arnis Tournament nearby at the Robinsons Mall. I was supposed to assist Master Paulo Motita unfortunately the Professor Soteco needed some assistance for his personal shopping spree downtown.

Upon completion of the shopping adventure we rushed back to the hotel to change into attire for the Gala Night and Lapu-Lapu Award banquet. I was called by Senior Master Dulay to change and wear my full uniform for my art, in which a minute video



was made of me twirling my cane to add to the other video clips, done in seconds, I rushed back to the hotel to change into proper attire for the banquet, I came out like a diplomat wearing my Barong Tagalog with a matching cowboy butch.



Armando C. Soteco and myself. Mabuhay ang Filipino martial artists, “uso lang ang kupas sa maong”.

I was called by Atty. Buddy to come forward to the stage to receive the plaque of Appreciation, “The Kampilan Award” for Mr. Steven Dowd of Arnis Balite / Kuntaw, in recognition of Mr. Dowd’s support and publication of FMA Digest. As honored by all Filipino martial artist, his dedication in providing information thru his internet magazines had convinced us to recognized his well done job and his rank an 8th degree Senior Master, assisted in success by Professor



An inspiring message was given by the Honorable Janetrita Lazatin, ASEC. Dept. of Tourism and Hon. Salvador D. Sarabia Jr. USEC, Dept. of Tourism.

Awardees: Hon. Ramon Yee, Mayor, Lapu-Lapu award Professor Remy A. Presas, Kampilan awards; Steven K. Dowd, Professor A Soteco, Senior Guro Edessa Ramos, Engr. J. Dion Diaz, Senior Master Bram Frank, Senior Master D. Knuettel, Alexander Piesaikin, and Jay de Leon.

Surprise promotion awards were given to: Atty. Salvador De Maisip, Samuel Dulay, Dieter Knuettel, Rodel Dagooc and Bram Frank and others.

*“Old masters never fade away, we exist to spread and protect the legacy of Filipino martial arts and culture, some are maybe physically weak of some illness but mentally strong to stand on his own wisdom, we stand united, divided we fall.”*



NCR chapter can be reached at (**frankayacocho@yahoo.com**) or by phone (0919) 883-1120. **KUMANDOS** is a non-profit Organization of Kyud's (brothers) and Kyudai's (sisters).

## Grandmaster Bram Frank at the 4th FMA Festival



Grandmaster Bram Frank travelled from Caticlan to Iloilo City, to Manila, Philippines continuing onto Seoul, Korea, then Los Angeles, California and finally home to Tampa, Florida. After three days of travel to get home and living through two Mondays because of crossing the International Dateline.

Grandmaster Frank taught for several days at the 4th FMA Festival and of course he taught Tactical Knife and the Bolo.



Getting to and from Boracay Island

Boracay Island scenery



Grandmaster Frank was very kindly referred to as the "*Guardian of the Legacy of the Blade*" and as one of the 'Best Knife Guys' in the world or to quote Grandmaster Vasquez, Grandmaster Sobrino, Grandmaster Tongson and Professor Soteco, "This is our friend Bram and he's the best with a knife in the world." Even if it was to make me feel good ... it was good for my ego, especially to hear it from some of the greatest Grandmasters in the Filipino martial arts world in their own backyard.

Grandmaster Frank was awarded the Kampilan Award. The Government Officials of the Dept of Tourism Directors and Directors of Arnis Philippines made the presentation.



Honorable Janetrita Lazatin



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**Grandmaster Bram Frank** has seminars all over the World.  
 If you are interested in hosting a seminar please contact us at:  
 (727) 319-0550

**You may also Email:** info@cssdsc.com

## DAV at the 4th FMA Festival

By Philipp Wolf

From July 20 to July 26, 2008, the 4th FMA Festival took place on Boracay Island and Iloilo City, Philippines. After long times of planning and various obstacles that had to be handled, as well as the worries after a typhoon hit the Philippines just weeks before the Festival, the 4th FMA Festival took place and some participants even arrived a few days early at the Camp Site.



Traveling to Boracay

Official registration already started on the evening of the 19th for the early arrivals. At registration, each participant was handed a package which included the training schedule, a pair of sticks with a stick bag, an FMF 4 hat/cap and bag, and many other informational and useful things.

### Accommodations and Food

Accommodation was arranged in two different hotels / resorts on Boracay, which were located almost next to each other. First was Roques Hotel. Here, the participants were accommodated in 4 person bedrooms with shower/bathroom, AC and all necessary comforts that were needed to have a great and relaxing camp. Also, the Roques Dining Room was the meeting place for gatherings of the group, as well as where lunch and dinner for all participants were served. The second place was Alice Boracay Resort. At this place, the participants shared two person bungalows which were arranged around a nice garden and pool area, which also included a pool bar. Both places were located only about 200m away from the beachfront and the bayside walk, that offered all kinds of tourist attractions like bars, clubs, shops, thereby giving the participants the option of combining a relaxing time at the beach as well as enjoying Boracay nightlife.



Entrance of Alice Boracay Resort



Pool and bungalows



Garden area

## The Side Program

Aside from training, the camp and the island had a lot to offer throughout the Week. On the 20th of July, IMAFP arranged an island hopping tour with the option of swimming and snorkeling. Also besides the night life of Boracay there was special get together arranged at the beach, to spend a relaxing time for socialization. The introduction to some indigenous Philippine games was also great fun for all who enrolled or watched the activities.

Besides the pre arranged program, the island also offered all options of recreation from trekking tours through the mountains and jungle to sunset-sailing and naturally all sorts of water sports like banana boat rides, scuba diving, jet skiing, kite surfing etc.



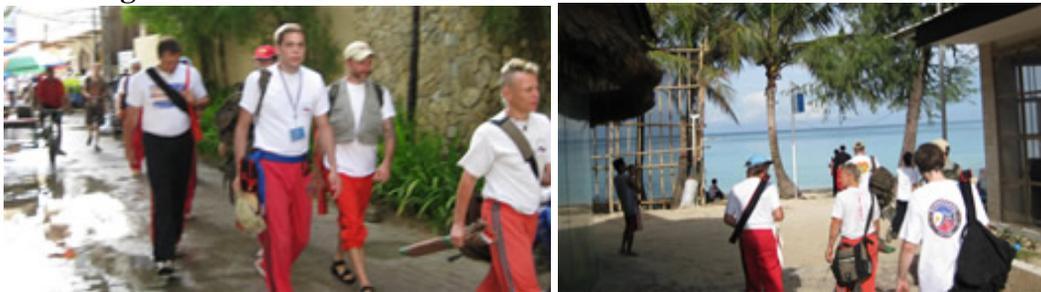
On the way to island hopping and a picture from the boat

Returning to the hotel in style

Training area morning to sunset



## The Training



To offer the participants an optimized training, the participants were sorted into 4 different groups according to the individual's rank or experience. There were between 8-10 people in each group which made a very personal training and teaching possible for the instructors.

The training schedule included 4 training sessions of 60 minutes each in the morning and another 4 in the afternoon. After each training, there was



a rotation of the groups/instructors, so each group had the chance to train with each instructor and experience his teachings, techniques or style.

**The following shows a list of the instructors of the Camp and what they taught:**

Christino Vasquez, 9th Dan Modern Arnis - Ipit Pilipit  
Rene Tongson, 8th Dan Modern Arnis - Abanico Tres Puntas  
Dieter Knüttel, 8th Dan Modern Arnis - Tapi Tapi  
Rodel Dagooc, 8th Dan Modern Arnis - Classical Arnis Dagooc Style  
Frank Aycocho, 7th Dan Kuntaw - KUMANDOS  
Godofredo Fajardo, 6th Dan Modern Arnis - Songkete und Higgot  
Jimson Dearos, 5th Dan Modern Arnis - Abanico and Krusada  
Paolo Motita, 5th Dan Modern Arnis - Palis-Palis and Sports-Arnis  
Nonoy Poblacion, 5th Dan Modern Arnis - Dikitan  
Ludy Lozanes, 5th Dan Modern Arnis - Pakang (Traditional Filipino Weapon)  
Edessa Ramos, 4th Dan Modern Arnis - Sanggot (Traditional Filipino Weapon)  
Amando Soteco - Soteco SingSing System  
Bram Frank - Knife and Bolo of CSSD/SC  
Frank Sobrino - WEDO Eskrima, Dumog and Sikaran  
Nickomedes Nick Elizar - Balintawak  
Julius Villaflores - Alakdan and Yaw Yan  
Mike Vasquez - Modified Tapado  
Danny Faynot - Doblete Rapillon  
Celestine Sandigan - Mink Mongoose Arnis and Balatinga Arnis  
Ibarra Lopez - Golden Kamagong Arnis/Eskrima  
Rey Postrado - Balisong



Grandmaster Rodel Dagooc instructing the session



Enjoying fresh coconuts during break  
in between training sessions



In the evening a get together

## Examinations

On July 24, after official training, there was a rank-testing for DAV students scheduled. Under the watchful eye of the DAV board of examiners, as well as of Grandmaster Rodel Dagooc, the following students took the challenge:

Sascha Knuettel, Essen for 4. Klasse

Schiwa Niku, Darmstadt for 3. Klasse

Jörg Heutmanek, Darmstadt for 3. Klasse

All three passed their examination and happily received their certificates with the signature of a Filipino Grandmaster.

## Travel to Iloilo

On the 26th, we started our journey to Iloilo. After taking a boat ride from Boracay to Caticlan in the morning, all participants as well as instructors



German delegation enjoying the chicken

and staff of the camp boarded three mini busses, and started a quite adventurous tour across Panay Island to Iloilo City. In Iloilo we received a welcome lunch at a restaurant that served Iloilo Best Chicken - which was quite necessary after the extraordinary tour through paths that were sometimes hard to actually be defined as roads .

After lunch, we were brought to the hotel where we were supposed to stay the last night and where the Gala Night of the festival was going to take place. For some of the participants, there was no time for resting and after check in, they went straight on to SM-Mall where a local tournament of IMAFP took place and the participants had been invited to join the competition.



From the German delegation of DAV there were three Fighters entering. Alexander Friedrichs (Munich) who fought excellent and won 1st Place in his division. Christoph Russer and Philipp Wolf both took 3rd Place in the up to 65kg class.



L-R: Philipp Wolf, Alexander Friedrichs, Christoph Russer  
(all DAV after Competition at SM Mall)

### **Gala Night**

For the closing celebration of the Camp, IMAFP once again arranged a Gala Night which took place on the 25th of July. After a great buffet, there was a show program with various audio-visual presentations and Arnis/Eskrima demonstrations. Also during the Gala Night, many awards for outstanding efforts in spreading the Filipino martial arts had been given.



Quite a big surprise was the promotion of Samuel Bambit Dulay and Datu Dieter Knuettel to the rank of Lakan Walo (8th Dan) Modern Arnis and the awarding of the title of Grandmaster. The promotion was announced and supported by Cristino Vasquez, Rene R. Tongson, Rodel Dagooc, as well as Salvador Demaisip, Chairman of the International Modern Arnis Federation Philippines. The promotion was also supported by Grandmaster Jerry dela Cruz, who was not able to attend that evening.

### **Departure**

Next morning, the camp was officially over and some participants had to leave very early to catch their flights back home. Others did not go back straight away but stayed in the Philippines for some time to either do some more training with the local masters and grandmasters or just have a relaxing vacation at the Filipino beaches or go scuba diving.

Altogether it was a great and memorable event, where many old friends had the chance to reunite and many new



friendships had been formed. We are all looking forward to the next camp in the Philippines to meet with all our old and new friends from the Philippines and all other parts of the world, under the banner of the Filipino Martial Arts! Mabuhay and see you at FMAF 5!



[www.modernarnis.de](http://www.modernarnis.de)

Philipp Wolf  
Lakan Tatlo Modern Arnis  
Vice President DAV  
Instructor Nickelstick Balintawak

Visit the DAV website to learn more on their adventures at the 4th FMA Festival.

# Training Pictorial

## Training and Relaxing

### Pictorial Pictures were provided by:

Michael Angelo L. Gubat, PMP

Mikrho Creations

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### Picture that are in the Special Issue 4th FMA Festival Gallery

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# Beach Training



### Indoor Training



### Nightly Get Together



## Iloilo City

The City of Iloilo (Hiligaynon: Ciudad sang Iloilo; Filipino: Lungsod ng Iloilo) is the capital city of the province of Iloilo in the Philippines. It is the regional center and the main economic hub of the Western Visayas region.

Iloilo is historically one of the major agricultural centers of the country, and began exporting sugar, copra, bananas, mangoes, and other natural resources during the Spanish and American colonial periods.

### History

Even before the Spanish colonizers came, Iloilo had a flourishing economy. In the 13th century, ten Bornean datus came to the island of Panay and bartered a gold hat (salakot) for the plains and valleys of the island from a local Ati chieftain. One datu, named Paiburong, was given the territory of Irong-Irong.

In 1566, as the Spanish conquest of the Philippines was underway and moving north toward Manila, the Spaniards under Miguel López de Legazpi came to Panay and established a settlement in Ogtong (now Oton). He appointed Gonzalo Ronquillo as deputy encomendero, a position which would later become governor in later years.

In 1581 Ronquillo moved the town center approximately 12 km east due to recurrent raids by Moro pirates and Dutch and English privateers, and renamed the area La Villa de Arevalo in honor of his hometown in Ávila, Spain.

In 1700, due to ever-increasing raids especially from the Dutch and the Moros, the Spaniards again moved their seat of power some 25 km eastward to the village of Irong-Irong, which had a natural and strategic defense against raids and where, at the mouth of the river that snakes through Panay, they built Fort San Pedro to better guard against the raids which were now the only threat to the Spaniards' hold on the islands. Irong-Irong or Ilong-Ilong was shortened to Iloilo and with its natural port quickly became the capital of the province.

In the late 18th century, the development of large-scale weaving industry started the movement of Iloilo's surge in trade and economy in the Visayas. Sometimes referred to as the "Textile Capital of the Philippines", the products were exported to Manila and other foreign places. Sinamay, piña and jusi are examples of the products produced by the looms of Iloilo. Because of the rise of textile industry, there was also a rise of the upper middle class. However, the introduction of cheap textile from UK and the emergence of the sugar economy, the industry waned in the mid-19th century.

The waning textile industry was replaced however by the opening of Iloilo's port to world market in 1855. Because of this, Iloilo's industry and agriculture was put on direct access to foreign markets. But what triggered the economic boom of Iloilo in the 19th century was the development of sugar industry in Iloilo and its neighboring island of



Negros. Sugar during the 19th century was of high demand. Nicholas Loney, the British vice-consul in Iloilo developed the industry by giving loans, constructing warehouses in the port and introduced new technologies in sugar farming. The rich families of Iloilo developed large areas of Negros, which later called haciendas because of the sugar's high demand in the world market. Because of the increase in commercial activity, infrastructures, recreational facilities, educational institutions, banks, foreign consulates, commercial firms and much more sprouted in Iloilo. Due to the economic development that was happening in Iloilo, the Queen Regent of Spain raised the status of the town into a city, honored it with the title *La muy leal y noble ciudad de Iloilo*, and in 1890, the city government was established.

In 1896, the initial reaction of Ilonggos in the outbreak of the Revolution in Manila was hesitant. Yet because of the Spanish colonizers blow by blow defeat by at first with the Katipunan and later by the Americans, Ilonggos later on got involved with the fight for independence. On the other hand, after surrendering Manila to the Americans, the Spanish colonial government moved their seat of power to Iloilo.

In October of 1898, the Ilonggo leaders agreed to revolt against the Spaniards. By December 25, 1898, the Spanish government surrendered to the Ilonggo revolutionaries in Plaza Alfonso XVII (Plaza Libertad today). Although the Ilonggos were victorious, the American forces arrived in Iloilo in late December 1898 and started to mobilize for colonization by February 1899. Resistance was the reaction of Ilonggos upon the invasion which went up until 1901.

The American colonizers came to Iloilo reverted the city's status into a township again, yet because of the continuous commercial activities and still retained as an important port of call in the Visayas-Mindanao area, it gained cityhood status again in July 16, 1937 incorporating the towns of Molo, Jaro, Mandurriao, La Paz and La Villa de Arevalo. During the Commonwealth era, Iloilo was prosperous and was popularly known as The Queen City of the South.

However, prosperity did not continued as the sugar's demand was declining, labor unrests were happening in the port area that scared the investors away and the opening of the sub-port of Pulupandan in Negros Occidental, has moved the sugar importation closer to the sugar farms. By 1942, the Japanese invaded Panay and the economy moved into a standstill.

During World War II, Iloilo was controlled by several Japanese Battalions, Japan's ultimate goal was to entrench itself deeply into the Philippines so that at the close of the war they could occupy it just as the Spanish and the Americans had years before. However, when Filipino and American forces liberated Iloilo from Japanese military occupation on March 25, 1945 the remnants of these battalions were held in Jaro Plaza as a make-shift detention facility.

By the end of the war, Iloilo's economy, life and infrastructure was damaged. However, the continuing conflict between the labor unions in the port area, declining sugar economy and the deteriorating peace and order situation in the countryside and the exodus of Ilonggos to other cities and islands that offered better opportunities and businessmen moved to other cities such as Bacolod and Cebu led to Iloilo's demise in economic importance in southern Philippines.

By the 1960s towards 1990s, Iloilo's economy progressed in a moderate pace. The construction of the fish port, international seaport and other commercial firms that

invested in Iloilo marked the movement of the city making it as the regional center of Western Visayas.

### **Subdivisions**

Iloilo City is politically subdivided into 180 barangays. The barangays are grouped into six districts:

Arevalo (13 barangays)

City Proper (45 barangays)

Jaro (42 barangays)

La Paz (37 barangays)

Mandurriao (18 barangays)

Molo (25 barangays)

All of the districts of Iloilo City were once individual towns. They were incorporated into Iloilo when it became a city in 1937. All districts have their own churches, which are part of the Archdiocese of Jaro. Jaro,



Mandurriao and Molo are considered commercial areas, while Arevalo and La Paz are residential areas. Molo was once a residential district, while Mandurriao is the home of the city's largest shopping mall, SM City Iloilo. City Proper is also a commercial area and the political center of the city and of Iloilo province. It is also home to the Iloilo seaport.

## The 1st IMAFP International Goodwill Match Tournament

July 24 - 25, 2008

The 1st IMAFP International Goodwill Match Tournament that was held on July 24 to 25, 2008 in Robinson's Place in Iloilo City Philippines was part of the 4th FMA Festival which opened in Boracay Island last July 20, 2008 and culminated on July 25, 2008 in Iloilo City, Philippines. The events participants were delegates coming from different countries such as Germany, Russia, Japan, Slovenia, U.S.A. and our very own from the different provinces and cities of the Philippines.

During the tournament IMAFP Negros was represented by 2 Arnis teams namely Team Arnis Unlimited and Golden Kamagong Arnis Eskrima. IMAFP Negros was headed by its Coordinator Guro Henry Burbano.

As they say "no person or organization is perfect". Despite the flaws encountered during the tournament members of the Team Arnis Unlimited and Golden Kamagong held on steadfast to display the highest level of discipline.

Team Arnis Unlimited won 1 Gold, 2

Silvers, and 3 Bronzes. Golden Kamagong Arnis Eskrima for its part won 2 Bronzes.

Team Arnis Unlimited and Golden Kamagong Arnis Eskrima are spearheading the propagation of IMAFP Sports Arnis in Negros Island.



Ricardo Hecita (seated in blue armor) of Team Arnis Unlimited prepares and waits on deck as teammate James Infante stands by his side to coach for the fight. Also standing nearby are Guru Henried Lamayo - who was incidentally the official in charge of the tournament control area; standing at the back of Guru Henried Lamayo is Romeo Ballares a student of Modern Arnis and a Yoshinkan Aikido 5th Dan. Ballares is instructor of the Aikido Yoshinkai Main Dojo - Japan and currently instructs the Tokyo Riot Police in Aikido. Ballares won the gold in the Men's 80kg and above category while James Infante won the silver in the same category. James Infante is also a senior instructor in mix martial arts with the Bacolod Fight Club.



Team Arnis Unlimited fighters with their medals

**Standing L-R:** Guru Henried Lamayo - co-trainer and coach, James Infante - silver (Senior Men's 80 kg), Mark Lusabia, Ricardo Hecita - silver (Senior Men's 70 kg)  
**Seated L-R:** Ava Lucas - Infante, MD - silver (Creative Anyo Senior Women's), Carjeuren Lusabia - bronze (Senior Women 60-70 kg), Aileen Lamayo - gold (Senior Women 48-53 kg), and Ma. Lousie Grace D. Begasa - bronze (Junior Girls 13-14 years old).



Ricardo Hecita of Team Arnis Unlimited (left) and Klents Anatoly of Russia won the silver and gold respectively in the Senior Men's 70kg and above category.



Senior Master Godo Fajardo congratulates Ma. Lousie Grace D. Begasa of Team Arnis Unlimited after winning the bronze in the Junior Girls 13-14 years old.

Official results of the 1st International Goodwill Match Tournament held at Robinson's Place, Iloilo City last July 24-25, 2008.

**Seniors M 75/80 kg.**

- Gold Geonanga, Christopher - Guimaras
- Silver Friendrichs, Alexander - Germany
- Bronze Pisarkin, Alexander - Russia & Saludo, Ariel – Guimaras

**Senior Men 80 kg & Above**

- Gold Ballares, Romeo - Japan
- Silver Parreno, Henry - IMAFP Iloilo
- Bronze Infante, James - IMAFP Negros (Arnis Unlimited)

**Kids Girls 11-12 Years Old**

- Gold Santillan, Joy - Sta Barbara
- Silver Baacio, Angelica (TPA)
- Bronze Parman, Razzel )TPA)

**Junior Girls 13-14 Years Old**

- Gold Santillan Jean - Sta Barbara
- Silver Sulleza, Doris - Sta Barbara
- Bronze Lascano, Kim - Cavite & Begasa, MA.
- Lousie, Grace - IMAFP Negros (Arnis Unlimited)

**Senior Men 55 kg**

- Gold Gabito, Rhowel - Guimaras
- Silver Palec, Rhet - PASSI
- Bronze Tanollo, Jarry - Guimaras
- Arturo, Rey - IMAFP Iloilo

**Senior Men 60 kg**

- Gold Cadensas, Jonel - Antique
- Silver Salinas, Jerry - Guimaras
- Bronze Cometa, Clenn - IMAFP Negros GK

Dumalaos, Carl Antony - AJUY

**Senior Men 65 kg**

Gold

Estaniel, Isreal - Guimaras

Silver

Tanagwa, Michael - Guimaras

Bronze

Wolf, Philipp - Germany

Russer, Christoph - Germany

**Senior Men 70 kg**

Gold

Klents, Anatoly - Russia

Silver

Hecita, Ricardo - IMAFP Negros (Arnis Unlimited)

Bronze

Villanueva, Ever - Guimaras

Simbahan, Ryan - Guimaras

**Junior Girls 15-16**

Gold

Garces, Jenna - Cavite

Silver

Guerra, Anna - Cavite

Bronze

Sucgang, Hailene - IMAFP Negros (GK)

Carbon, Nina - ITSMIAI

**Junior Girls 17-18**

Gold

Jalloses, Vivencia - Guimaras

Silver

DeLa Pena, Rizza - Cavite

Bronze

Parcon, Frances - ITSMIAI

Belleza, Rachelle - IMAFP Iloilo

**Senior Women 48 & 53 kg**

Gold

Lamayo, Aileen - IMAFP Negros (Arnis Unlimited)

Silver

Araba, Marilyn - Antique

Bronze

Chavez, Myrell - Guimaras

Pamplona, May - PASSI

**Senior Women 60/65/70 kg**

Gold

Gallo, Jan - Guimaras

Silver

Gabasa, May - Guimaras

Bronze

Lazarte, Jeanne - ITSMIAI

Lusabia, Cargeueren - IMAFP Negros (Arnis Unlimited)

**This segment prepared by: Guro Henry Burbano**

**Kids Boys 9-10 Years Old**

Gold

Cortez, Kim - ITSMIAI

Silver

Padernal, Charles - TPA

**Kids Boys 11-12 Years Old**

Gold

de Leon, Ralph - IMAFP Iloilo

Silver

Jimenez, Hakeem - ITSMIAI

Bronze

Daca, Francisco - IMAFP Iloilo

**Junior Boys 13-14 Years Old**

Gold

Dulay, Jay - Manila, Lap-Lapu

Silver

Tongson, Jose - Cavite

Bronze

Subrida, Mark - ITSMAI  
Detablan, Von - Sta Barbara

**Junior Boys 15-16 Years Old**

Gold

Espada, Raymund - Sta Barbara

Silver

Zamoras, Rav - ITSMAI

Bronze

Solinap, John - Sta Barbara

Oscars, Mike - Sta Barbara

**Junior Boys 17-18 Years Old**

Gold

Seneres, Camilo - ITSMAI

Silver

Hilarde, Gideon - AJUY

Bronze

Arim, Mike - CASASAI

Gasis, Joven - Guimaras

**Sayaw Senior Men**

Gold

Gonzales, Rey - IMAFP

Silver

Navarro, Renel - Tranditional Philippine Arnis

Bronze

Dolleguez, Gil - Antique

**Duelo Kids (mix)**

Gold

Navarro, Relen - Traditional Philippine Arnis

Navarro, Reggie - Traditional Philippine Arnis

Silver

Baacio, Angelica - Traditional Philippine Arnis

Guarnes, Sean Paul - Traditional Philippine Arnis

**Duelo Juniors (Mix)**

Gold

Tongson, Romeo - Cavite

Tongson, Carlos - Cavite

Silver

Santillan, Jean - S.B.

Dulma, Michael - S.B.

Bronze

Detablan - S.B.

Santillan, Joy - S.B.

**Duelo Seniors (Mix)**

Gold

Saludio, Ariel - Guimaras

Salinas, Jerry - Guimaras

Silver

Sulleza, Nelie - S.B.

Hechanova, Janet - S.B.

**This Segment Prepared by: Guro Jose Tanalgo Jr.**

**Cultural**

**Standard Anyo Senior Men**

Gold

Gabito, Rhowel - Guimaras

Silver

Amor, Cirlen - ITSMAI

**Creative Anyo Kids Girls**

Gold

Santillan, Joy - S.B.

Silver	Navarro, Relen - Traditional Philippines Arnis
<b>Creative Anyo Kids Boys</b>	
Gold	Navarro, Regulos - Traditional Philippines Arnis
Silver	Navarro, Reggie - Traditional Philippines Arnis
Bronze	Ballena, Danilo – Sikrima Warriors
<b>Creative Anyo Junior Girls</b>	
Gold	Guerra, Anna - Cavite
Silver	Dela Pena - Cavite
Bronze	Lascano, Khim - Cavite
<b>Creative Anyo Junior Boys</b>	
Gold	Palma, Michael - S.B.
Silver	Espada, Joseph - S.B.
Bronze	Arim, Mike - CASASAI
<b>Standard Anyo Kids Girls</b>	
Gold	Santillan, Joy - S.B.
Silver	De Leon, Roselle - IMAFP
Standard Anyo Kids Boys	
Gold	De Leon, Ralf - IMAFP
Silver	Jimenez, Hakeem - ITSMAI
<b>Standard Anyo Juniors Girls</b>	
Gold	Santilla, Jean - S.B.
Silver	Sulleze, Nelly - S.B.
Bronze	Garces, Jenna - Cavite
<b>Standard Anyo Juniors Boys</b>	
Gold	Palma, Michael - S.B.
Silver	Espada, Joseph - S.B.
Bronze	Dulay, Joseph - Manila
<b>Standard Anyo Seniors Girls</b>	
Gold	Chaves, Myrell - Guimaras
Silver	Hechanova, Janet - S.B.
Bronze	Parcon, Frances - ITSMAI
<b>Creative Anyo Senior Women</b>	
Gold	Gabasa, Gerlin - Guimaras
Silver	Luces, Ava - Arnis Unlimited
<b>Creative Anyo Senior Men</b>	
Gold	Alejandra, Zoe - IMAFP, Iloilo
Silver	Arturo, Rey - IMAFP, Iloilo
Bronze	Salinas, Jerry - Guimaras
<b>Sayaw Kids Boys</b>	
Gold	Navarro, Requillus - Traditional Philippine Arnis

Silver

Navarro, Reggie - Traditional Philippine Arnis

**Sayaw Kids Girls**

Gold

Dee, Razzel - Traditional Philippine Arnis

Silver

Navarro, Relen - Traditional Philippine Arnis

**Sayaw Junior Boys**

Gold

Ruiz, Jovanie - S.B.

Silver

Palma, Michael - S.B.

Bronze

Tongson, Romeo - Cavite

**Sayaw Junior Girls**

Gold

Cevero, Cristy

**Sayaw Senior Girls**

Gold

Araba, Manilyn - Antique



**L-R:** Ava Luces - Infante, MD, James Infante, Carjeuren Lusabia, Mark Lusabia, Ma. Lousie Grace D. Begasa, Aileen Lamayo, Guru Henried Lamayo, & Ricardo Hecita. Not in the picture is Guru Gilbert N. Begasa

Team Arnis Unlimited proudly displaying their banner

## **The March of Modified Tapado**

By Henried Lamayo

The march of Modified Tapado has been slow but sure with the strict supervision of Grandmaster Mike Vasquez. Its established standard in propagating the art, science, and discipline has been maintained from teacher to student. We say that the march is slow but sure because the growth in the number of qualified masters and instructors is slow as focus is quality rather than quantity; sure is because a person awarded a rank is to be deserving of that rank.

In the 4th FMA Festival held in Boracay island, Aklan, Philippines last July 20 to 25, 2008 Modified Tapado achieved another milestone and left a mark in the minds of participants and spectators alike. Distinguished participants have compared Modified Tapado with other long stick arts with foreign origin and have been awed by its trademark simplicity and power. As they have observed, the underlying scientific principles behind the methods and techniques puts Modified Tapado at par with other well-known long stick arts. Discussions about its attributes continued even after the seminar sessions had been ended and while the participants are out enjoying the beach.

On the other hand, spectators composed of curious bystanders, beach-going tourists, hotel guests, and other Arnis masters and Grandmasters gathered around the seminar venue to witness demonstrations of various Modified Tapado techniques which extended in a form of discussions after the seminar. There were those who took pictures, others took a videos of the demonstrations, and there were those who bought books on the fundamentals of the art. Even more interesting to note is that in various FMA blogs and forums, and in postings in You-tube certified Modified Tapado practitioners abroad are invited by local groups in order to establish linkages.

Thus, it can be said that the march of Modified Tapado may be slow but sure and continues to make a lasting impression on people from various walks of life and would continue to do so as long as established standards are maintained.



Grand Master Mike Vasquez (center) with Masters Enrique Barraca, Jr. and Henried Lamayo during the 4th FMA Festival Gala Night held at the Saravia Manor Hotel



Master Enrique Barraca, Jr., Grand Master Mike Vasquez, Guru Renato Sorezo (IMAFP Hong Kong), and Master Henried Lamayo during the Gala Night socials.



Master Henried Lamayo taking a blow from Grand Master Vasquez during the Gala Night demonstration.



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

## **The 4th FMA Festival: True to its Promise**

By Guro Edessa Ramos

The 4th FMA Festival held true to its promise and objective of reuniting teachers, students, and practitioners of the Filipino martial arts. Participants flew in from over a dozen countries to come together in the spirit of learning, friendship, knowledge exchange, and affirmation of achievements made in the name of the Filipino martial arts.

The island of Boracay was the perfect setting for such a reunion. The weather kept itself perfect throughout the camp, deliciously hot in the daytime, balmy and breezy in the evenings. The white sandy beaches were brought to life by the red and black clothing of the arnisadors, striking against the backdrop of crystalline blue waters and a pristine sky.

Training on the beach was both a physically challenging and heavenly experience. Classes were spread out in groups across the stretches of sand, led by top-notch instructors who kept the arnisadors moving and weaving and executing techniques in such a unique environment. And once the heat and sweat became too much to bear, the students merely ran down the beach and plunged into the waiting cool waters. After the dip, it was a run back up to the beach to train again. The evenings were devoted to indigenous Philippine games, such as the competitive team game of catching the coconut in the sea. That one was quite an adventure, with players thrashing around in the waters, tackling each other, in a desperate bid to claim the coconut!

The mixture of Filipino instructors and those visiting from abroad gave the FMA Festival the maximum benefit of exchange of knowledge. Lessons ranged from classical arnis and traditional art forms passed down by generations of warrior families, to the modern styles and tactical applications. What was most significant about such a camp are three things:

- The chance to train with and learn from the Filipino masters and arnisadors and experience their unique execution of techniques and attitude towards the fighting art that has run through their veins for centuries
- The reunion with arnis comrades from around the world to exchange news and compare the challenges of how arnis is promoted and developed in the countries where they practice and teach
- The chance to meet new teachers and discover new styles in this fighting art that never ceases to surprise and inspire with its promise that “learning arnis is a lifelong venture and commitment”.

For a Filipina arnisador like me who has lived so long away from my country, visiting the Philippines every year has always been devoted to re-invigorating the arnis way of life. The longing and passion for more knowledge is constantly re-kindled by the chance to train with fellow Filipinos and under Filipino Masters. For many of us living abroad, this annual reunion is the

cornerstone of our ability to keep up-to-date and at the same time rooted in our very own martial art. This year, there is the added reward of meeting new teachers and being introduced to new weapons and versions of fighting, such as the WEDO of Grandmaster Frank Sobrino, the Modified



Training with WEDO under Grandmaster Frank Sobrino (2nd from R)



Guro Edessa with Robert Gawer practice Tapado under Grandmaster Mike Vasquez

Tapado of Grandmaster Mike Vasquez, Dekiti Tirsia Siradas with Master Jerry Evangelisan, the exciting weapons known as Balatenga from Master Celso of Mink Mongoose group and the Palakol from Guro Ludy Losano. There is more to mention in terms of the various styles and the sterling line-up of instructors, but I have left that to the other writers in this issue, for them to expand on and pronounce their views.



After a day's training, Arnisadors gather on the beach

The trip to Iloilo after the camp was quite a challenge due to road damage by the recent typhoon. Iloilo City was the ideal setting for the gala night, being one of the seats of arnis history dating back to the time of the first Bornean datus. The only thoughts I have to add would be the wonderful impression made by the local arnis children performing classical fighting dances in awesome acrobatic moves and flowing grace. It brought to



The Miag-ao Church in Iloilo symbolizes culture and history

mind the suitability of teaching the Filipino martial arts even to very young practitioners and helping them to grow up in the spirit and guided by the values of their warrior heritage.

It was an overwhelming burst of pride that greeted the Filipino Guros upon our promotion to the next higher rank in modern arnis by the IMAFP masters, led by Grandmasters Cristino Vasquez, Rene Tongson, Dieter Knüttel, Bram Frank, and IMAFP president Atty. Buddy



Reuniting with Grandmaster Cristino Vasquez at the Gala Night

Demaisip. The promotion was given to a whole line-up of Blackbelts sharing the same length of years and dedication to IMAFP and modern arnis. It brought an even sweeter taste to that reunion with arnis classmates of old, and a sterling remembrance of the times spent together, learning and strengthening our arnis family over the years. I think especially of Paolo Motita, Nonoy Poblacion, Jimson Dearos, and Ginalyn Relos. Although Ginalyn was in Dubai and could not physically attend the event, her spirit was strong among us and the hard work she put in for the festival despite her distant headquarters was truly and deeply appreciated.



Meeting Ginalyn in Dubai to exchange news of the festival

Many years ago, we used to train under the burning skies and heaving atmosphere of Luneta Park in Manila. Flanked by the stately monument of Philippine national hero Dr. Jose Rizal on one side, and the relentless traffic of jeepneys and commuters on the others side, and under the watchful eye of the mighty statue of Lapu-Lapu, we trained together. Much of this activity has also expanded to the Quezon Memorial Circle, with the same vigor and camaraderie as in Luneta. A vigor fuelled by so many groups practicing all kinds of Filipino martial arts styles under the leadership of able instructors, all of whom originate from extremely different fighting backgrounds and as far as the southern islands of the Philippines. Groups wearing their own versions of the arnis uniform can be seen training under the trees, on the rough hot concrete, on the steps of the Tourism building, everywhere you look. IMAFP had always dreamed of the possibility of uniting all these groups under one banner, that of love for the Filipino martial arts, as well as bringing in the arnis groups from other parts of the world who share the same passion but never had the chance to meet each other and train together. And so, standing years later on the beaches of Boracay to see this dream come true, no wonder it brought tears to many an Arnisador's eyes.



You may learn more about Guro Edessa Ramos and the Filipino martial arts. Visit the following website:

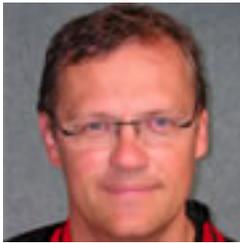


[www.silkensteel.com](http://www.silkensteel.com)

## Congratulation

It is an honor for the FMA Digest to congratulate Samuel "Bambit" Dulay and Dieter Knüttel, who were promoted to 8th Dan Modern Arnis. They were also recognized as Grandmasters by the following council of Grandmasters:

- Grandmaster Christino Vasquez, Ipit Pilipit System, Lakan 9 (9th degree) Modern Arnis, Philippines
- Grandmaster Jerry Dela Cruz, Kruzada System, Lakan 8 (8th degree) Modern Arnis, Philippines
- Grandmaster Rodel Dagooc, AIA Classical Arnis, Lakan 8 (8 degree) Modern Arnis, Philippines
- Grandmaster Rene Tongson, Classical Abaniko Tres Puntas System Lakan 8 (8th degree), Modern Arnis, Philippines
- Senior Master Salvador Demaisip  
Chairman, International Modern Arnis Federation – Philippines (IMAFP)



Dieter Knüttel



[www.modernarnis.de](http://www.modernarnis.de)  
[www.dieterknuettel.de](http://www.dieterknuettel.de)



Samuel "Bambit" Dulay



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

Also the FMA Digest would like to congratulate the following in receiving the Kampilan Award for individual achievements:

- Grandmaster Remy Presas - Lapu-Lapu award (posthumous)
- Ramon Yee, Mayor of Cabatuan, Iloilo - Special Award for Hosting Modern Arnis events
- Professor Armando Soteco
- Engr. Jose Dion Diaz
- Bram Frank
- Dieter Knüttel
- Edessa Ramos
- Alexander Pisarkin
- Jay de Leon



Visit Jay de Leon's the FMA Museum to see more on the 4th FMA Festival.

**Click Here**



1st



2nd



3rd

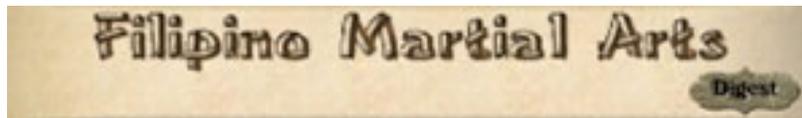


4th





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