

# Filipino Martial Arts

Digest

Dedicated to the Filipino Martial Arts and the Culture of the Philippines

Special Issue  
2010

## 6<sup>TH</sup> East Coast Filipino Martial Arts Gathering

July 31, 2010  
Mount Laurel, NJ

For the 1st time in the United States the Mataw Guro's (Master Teachers) of the different Filipino Fighting Art systems will share their systems ABAKADA (ABC's) for FMA Education based on the Original Filipino Martial Arts - Armed and Unarmed Systems. Which is now known as a System of Systems.



Filipino Martial Arts Education for Arnis de Mano

*Mataw-Guro Richie Acosta - Kuntaw Kali Kruzada*

*Mataw-Guro Steven Dowd - Arnis Balite*

*Mataw-Guro Zack Taco - Original Teovel Balintawak International*

*Mataw-Guro Jerome Barber - Eskrima Kempo*

*Mataw-Guro Wesley and Walter Crisostomo - Ultimate Eskrima*

*Mataw-Guro Michael Giron - Original Giron Eskrima*

*Mataw-Guro Spencer Gee - Pananandata*

*Mataw-Guro Andy Sanano - Sanano Martial Arts*

*Punong Mataw Guro Louelle C. Lledo, Jr. - Amara Arkanis: Sistemang Praksiyon International*

*Guro Peter Freedman - Brewsters Arnis*

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## **Contents**

### **Publishers Desk**

### **Forming a Foundation**

2

*July 31, 2010*

### **Introduction of Mataw-Guro's and Guests**

5

### **Workshops and Presentations**

**Mataw-Guro Richie Acosta - Kuntaw Kali Kruzada**

7

**Mataw-Guro Steven Dowd - Arnis Balite**

8

### **Punong Mataw Guro Louelle C. Lledo, Jr. Introduces**

**David Elston-Phillips and Grandmaster Cecelio Sandigan**

9

**Mataw-Guro Zack Taco - Original Teovel Balintawak International**

10

**Mataw-Guro Jerome Barber - Eskrima Kempo**

11

**Guro Peter Freedman - Brewsters Arnis**

14

### **Sword Stick Society Presentation: Belts / Daga**

15

### **Punong Mataw Guro Louelle C. Lledo, Jr. Presents: Sword**

17

**Mataw-Guro Wesley and Walter Crisostomo - Ultimate Eskrima**

18

### **Punong Mataw Guro Louelle C. Lledo, Jr. Presents:**

**Pre-Published 2nd Book Amara Arkanis** 20

**Mataw-Guro Michael Giron - Original Giron Eskrima**

21

**Mataw-Guro Spencer Gee - Pananandata**

23

**Mataw-Guro Andy Sanano - Trecehampas Arnis**

25

**Punong Mataw Guro Louelle C. Lledo, Jr. - Amara Arkanis**

29

### **Gathering Comes to an End**

32

### **Parking Lot Training**

33

### **Comment: Dr. Ronald J. Parente**

*August 1, 2010*

### **Cookout Gathering**

34

### **Thank You**

36

### **Mataw-Guro Meeting in the Philippines**

37

### **Constitution and By-Laws: Mataw-Guro Association (MGA)**

40

### **The Need for the Mataw-Guro Association**

46

### **Are You A Teacher or Instructor?**

48

### **Teaching is an Opportunity for Leadership**

49

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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## Publishers Desk

### Kumusta

The 6th East Coast FMA Gathering most likely should have been called the meeting of the Mataw-Guros. From the West Coast, Mid-West and East Coast all gathered at the Wing Chun Kung Fu Academy owned by Master Keith Mazza and also with the Sword Stick Society in attendance.

This was a gathering of Filipino martial artists with the sole purpose of sharing the basics of their style. No rank and no attitudes were allowed and none shown, just practitioners having a great time and sharing their knowledge. And with so many practitioners it was a wonder how everything got done, but it did.

As you read this Special Issue you will see and read about all who attended. With all the Mataw-Guro's in the United States attending with the exception of two which unfortunately had prior commitment it was truly a educational experience.

Even though the gathering ended around 8pm, all went to dinner and then back at the motel where most were staying who lived to far from home to make the travel home that night, the sharing of knowledge continued until the wee hours of the morning.

The next day with Mataw-Guro's, the Sword Stick Society members and other guests all met at Dr. John Lee's residence for a Barbeque get together. Mataw-Guro Lou Lledo got the Mataw-Guro's together to pass on what had happened at a meeting of the Mataw-Guro Association held on July 31, 2010 in the Philippines as told to him by Professor Soteco the President of the association.

The day continued with food, friendship, and relaxation. Making the weekend one of the most memorable weekends a Filipino martial arts practitioner could have for the future.

The FMA Digest would like to thank Linda Roach for assisting Flora Lledo and her daughter Kathlou for setting up and keeping the refreshments in order and especially keeping the coffee available at all times. And a special thanks to Kathlou Lledo for the "Cloud 9".

So the FMA Digest hopes you will enjoy reading this Special Issue and understand that it was just a bunch of Filipino martial arts practitioners getting together sharing knowledge of the basics.

**Maraming Salamat Po**



**Mataw-Guro's and Guests**

# Forming a Foundation

Told By: Louelle C. Lledo, Jr.

Documented By: Emmanuel ES Querubin

On 31 July practitioners gathered for the 6th East Coast Filipino Martial Arts Gathering. This was not the typical gathers for practitioners from throughout the United States attended to share their knowledge. The theme of the gathering was that teachers would demonstrate, teach and promote what is called the “ABC’s” of their art, the basics that make up their style of Filipino martial arts.

But let’s not get ahead of ourselves. This all began in November of 2008 and as strange as it seems the Mataw-Guro Association had an eerie start, for it was at the wake for Mark Lledo, son of Louelle Lledo when the idea of an association to strengthen the position of teachers of Arnis de Mano as educators in the Filipino martial arts educational system was born.

To offer their condolence, the group of Roland Dantes of the Kali, Eskrima and Arnis Masters, Atty Salvador Dimaisip, President of International Modern Arnis of the Philippines, and Professor Armando Soteco, Training Director of the School of Arnis Professionals, motored to Indang, Cavite at the residence of Louelle Lledo.

While watching Louelle Lledo, conduct his class at the Cavite State University, the group agreed that a standard program of instruction was necessary to upgrade Filipino martial arts to the level of an educational curriculum. Even Arnis Philippines, the national sport association recognized by the Philippine Sports Commission, does not seem to have a well-

defined direction towards this goal. One thing led to another. Although nothing concrete came out of the talks, the framework for an association of educators was established.

The need for a term to convey the meaning of a high standard teacher of the martial arts in the academe environment became necessary. The term Mata-Guro, coined from Mataas na guro was suggested. But the word did not have the “ring” or the “backbone” required. The term was later changed to Mataw, which was coined from mataas ang tanaw (high standard). Thereafter, the term Mataw-Guro or teacher of high standard came about. Ciok Glaraga further reinforced the selection of the word when he confirmed that he came across the term in his travels in Southern Philippines. When Zack Taco, who was born and grew up in Maguindanao, heard the word from Louelle Lledo, Zack confirmed that elders in his hometown always referred to people who are knowledgeable as Mataw. The title Mataw-Guro (knowledgeable teacher or master teacher) thereafter was chosen as the rank of the highest level in the academe.

With the title and the need to form an association of educators agreed upon, it became imperative to set down the qualifications and requirements to be a member.



This task fell on the shoulders of Louelle Lledo. He selected the teachers he knows who have a successful program of instruction. He is aware of the success of the program of Professor Armando Soteco and the School of Arnis Professionals. Ciok Glaraga, Rodel Dagooc and Yuli Romo’s programs are also very successful. Jose Sidlacan, a Professor of criminology has a program that is adopted by the Philippine National Police Training Academy. They are highly qualified to be the founding- members of the Mataw-guro Association or MGA.

Among the non-Filipino teachers of the Filipino Martial Arts Education, the names Steven Dowd, the Tagapagmana of Arnis Balite and Professor Jerome Barber are on top of the list.

Steven Dowd has published several books outlining the program of instruction of the complete Arnis Balite and Kuntaw systems. Professor Jerome Barber a direct student of Remy Presas and his Original Modified Arnis de Mano, has conducted a successful martial arts education program at the Erie Community College in Upstate

New York.

Louelle Lledo has witnessed the capability of Alex France as a teacher in a workshop in San Francisco and in his gym in Hayward, California, which also was more than necessary to qualify as a Mataw-Guro.

Rico and Richie Acosta of Kali, Kuntao, Kruzada, Zack Taco of Original Teovel's Balintawak, Walter and Wesley Crisostomo of Ultimate Eskrima and Spenser Gee of Panandata have displayed their program of instruction in several prior gatherings in New Jersey and New York.

Michael Giron, son of the great Leo Giron who developed the Original Giron Eskrima system, has demonstrated his program of education in a workshop in Las Vegas and it was a program that satisfies the requirement of a Mataw-Guro.

In the same workshop in Las Vegas, where he witnessed Michael Giron's ability as a teacher, he also saw Andy Sanano of the Labing-tatlong Hampas system and was convinced that he is a teacher of high caliber and is worthy to be a Mataw-Guro.

So it was on February 12, 2010, the Mataw-guro Association was formally established, composed of the 17 founding members and 2 posthumous members.

On March 6, 2010 at the Joy Tsin Lau Restaurant, 1026-2B Race St., Philadelphia, PA., where the United Fellowship of Martial Artists was holding their first Hall of Fame Banquet. With the cooperation of Dr. John Lee the head of the United Fellowship of Martial Artists, Punong Mataw-Guro Louelle Lledo was able to commence forming a foundation for his dream of uniting the teachers of the

Filipino martial arts.

In this a category for the main body of Mataw-Guro-s (Master Teachers) was formed and recognized.

**Award of Excellence, for the  
Propagation and Development  
of Filipino Martial Arts Educa-  
tion in the USA**

Mataw -Guro Alfredo Rico L. Acosta ~ Kredo Kuntaw Kali  
Certificate #00128

Mataw -Guro Rich Acosta ~ Kuntaw Kali Kruzada  
Certificate #00129

Mataw -Guro Walter Crisostomo ~ Ultimate Eskrima  
Certificate #00130

Mataw -Guro Wesley Crisostomo ~ Ultimate Eskrima  
Certificate #00131

Mataw -Guro Dr. Jerome Barber ~ Kenpo Eskrima  
Certificate #00133

Mataw -Guro Steven K. Dowd ~ Arnis Balite  
Certificate #00187

Mataw -Guro Alexander Bayot France ~ Kombatan  
Certificate #00188

Mataw -Guro Spencer Gee ~ Panannadata  
Certificate #00132

Mataw -Guro Michael Giron ~ Original Giron Eskrima  
Certificate #00189

Mataw -Guro Andy Sanano ~ Sanano Martial Arts System  
Certificate #00134

Mataw -Guro Zack Taco ~ Balintawak Eskrima  
Certificate #00127

Mataw-Guro Mark Louelle Lledo - Amara Arkanis, International  
(Posthumous)

To note again in the Mataw-Guro Association the practitioners are designated with the same title, and the reason is that all are equal in the development of the Mataw-Guro Association which the Association will (once fully established) be comprised of Filipino martial arts practitioners that can properly teach the ABC's (basics) of the Filipino martial arts.







Mataw-Guro's with Dr. John Lee of the United Fellowship of Martial Artists (Left) and Dr. Chris Viggiano of the Sword Stick Society.

Just to mention other Filipino martial arts practitioners that were recognized at the Hall of Fame were:

**Outstanding Contribution: Historian & Researcher: Filipino Martial Arts**

Grandmaster Emmanuel Querubin ~ Sikaran: Fighting Arts of the Filipino Farmer: Certificate #00111

**Martial Arts Author of the Year: Filipino Martial Arts Education**

Mataw Guro Louelle Lledo ~ Amara Arkanis the Fighting Art of the Mandirigma: Certificate #00112

**Propagation & Development of Filipino Martial Arts Education**

Mataw Guro Mark Louelle Lledo (1974 - 2008) ~ Amara Arkanis: Certificate #00126

# July 31, 2010

The Gathering was held at the Traditional Wing Chun Kung Fu Academy at 3747 Church Rd. Mt laurel, New Jersey. Owned and operated by Master Keith Mazza.

As early as 12:30 practitioners and guests were arriving for this event and you could feel the excitement for the upcoming daylong event. Old friends talking that have not seen each other for a long period of time, new friendships being acquired and fellow practitioners that see each other on a daily or weekly basis chatting.

Shortly after 1:30pm Mataw-Guro Louelle C. Lledo, Jr. stepped on the floor. Saying a few words to the participants of the gathering, he called out for the Mataw-Guros that were to teach and special guest to come out with him.

Dr. Chris Viggiano of the Sword Stick Society said a prayer to bless this most historical gathering, and then all faced the United States of America and Philippine flags for the respect national anthem of each country.

Upon conclusion of the national anthems, Mataw-Guro Lledo again addressed all at the gathering introducing all the Mataw-Guros, Sword Stick Society representatives, other guest teachers, and the FMA Pulse and FMA Digest representatives present. Also mentioned was that Mataw-Guros Rico Acosta and Alex France would not be present due to prior commitments, but were there in spirit.







Few words of greetings from Mataw-Guro Lledo

Dr. Chris Viggiano of the Sword Stick Society said a prayer to bless this most historical gathering,



Playing of the United States of America and Philippine National Anthems

Mataw-Guro Lledo introducing all the Mataw-Guros, Sword Stick Society representatives, other guest teachers, and the FMA Pulse and FMA Digest representatives





## Mataw-Guro Richie Acosta - *Kuntaw Kali Kruzada*

The Chief Instructor of Kuntaw Kali Kruzada. Mataw-Guro Richie Acosta taught a high speed two person drill called “Big-ay Tama” which is a give and take drill in which the feeder uses one or two sticks to feed full force attacks in various combinations from 6 different angles. The defender uses a single stick and has to angle out and evade the strikes utilizing a trapezoid footwork pattern, while simultaneously blocking or deflecting the incoming strike with equal force, followed up quickly by 1/4 beat half strikes aimed at the feeder’s head, which in turn is blocked by the feeder.

Mataw-Guro Acosta explained that this drill helps his students get use to defending against aggressive attacks delivered with speed and power, reinforcing the need for proper body angling, evasive footwork and proper timing.



**Kuntaw Kali Kruzada**

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## Mataw-Guro Steven Dowd - *Arnis Balite*



Mataw-Guro Dowd the explained and demonstrated the basic Pitong Hampas (seven strikes), Limang Patusok (five thrusts), Unday Salag (swing block), and Kalasag Salag (shield block). To accommodate the time frame and have the participants be able to experience Arnis Balite's basics Mataw-Guro Dowd put together as a combat flow that moves from long range to medium range to empty hands verse stick with the finish in empty hands (open hands) sparring.

Arnis Balite does not have set routines in training which is repetitive. In Arnis Balite the exercises constantly change. Due to time limitation during the seminar only 2 strikes were used (strike 3 - shoulder to wrist, and strike 4 - shoulder to wrist), and only one



blocking was used unday salag.

Important is the angles, balance and proper technique in blocking and countering. This exercise consisted of 5 steps, the aggressor would get two strikes while the defender would have to move in and block and counter each strike. This was long range moving into medium to short range for the counter, this was a continuous exercise for when the defender executed the second counter they would become the aggressor.

The second part of the exercise the defender would move in to close quarters and defend against the aggressor, and upon the second counter would then become the aggressor, (The first two steps of Huli Lusob was used for this part of the exercise). For the third part one of the opponents would be disarmed and then it would be baston vs. empty hand. The empty hand

practitioner would have to disarm the aggressor and then attack, in which then the other would become the empty handed practitioner and have to disarm and counter the other.

The fourth and fifth part, once one of the practitioners



disarmed the other the baston was discarded and it became empty hand vs. empty hand. Now this had a (A) and (B) which can be shifted to at anytime during the exercise. To begin the aggressor executes a punch and the defender executes an inside block and then parry to end on the outside of the aggressors punch and then executes a punch, this continues and when desired the practitioners switch to ganting hataw one practitioner striking, the other defending, then switching back to the fourth exercise and then switching to ganting





hataw once again this time the other striking with the other practitioner blocking.

This five part exercise is continuous for as long as the practitioners desire in each part. This builds reflexes, coordination, timing, and endurance.



**Arnis Balite**  
[www.arnisbalite.com](http://www.arnisbalite.com)

## **Punong Mataw Guro Louelle C. Lledo, Jr. introduces**

*Isse Elston-Phillips and Grandmaster Cecelio Sandigan*



Punong Mataw Guro Louelle C. Lledo first introduced David Elston-Phillips who is the Co-Director and Sponsor of the Kutztown Health, Martial Arts and Tai Chi Festival, which will be held in the near future. This event is a Non-Profit all volunteer event and all are invited no matter what style the practitioner trains in. There are No Egos, Politics allowed. This event will be held on May 20 – 22, 2011, further information call (215) 380-8558

Next Grandmaster Cecelio Sandigan was introduced and he talked a little about his style Mink Mongoose and that a tournament will be held in the near future in New York and that all were invited. Grandmaster Sandigan is now teaching out of Calla Karate located in West Brighton, N.Y. owned by Sensei Eddie Calla.



**Sensei Eddie Calla and Grandmaster Sandigan**

## Mataw-Guro Zacarias Taco - *Original Teovel Balintawak International*



Mataw-Guro Taco who teaches the World Original Teovel's Balintawak Arnis system (WOTBAG) in the Bronx, demonstrated the dynamic high-speed, close range drills and techniques that Balintawak is renowned for. Mataw Zack started off with a demonstration of how to properly execute the basic striking patterns of Balintawak, and then he demonstrated the corresponding blocks and counters in a block and counter drill. He also demonstrated how stick locks, and disarms can be executed real-time with speed and power. He also shared Sinawali drills from his system which can be employed after disarming your opponent.



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# Mataw-Guro Jerome Barber - *Eskrima Kempo*

(Original Remy Presas Modified Arnis de Mano)



Mataw-Guro Jerome Barber conducted a seminar on a martial arts concept that has been termed ‘the economy of motion’. He was first made aware of this concept by his first Asian martial arts instructor, Sifu Donald Zanghi, who taught a blended system that consisted of Tracy System Kenpo and Modern Arnis. Sifu Zanghi explained that he had read about the idea in a book by Grandmaster Ed Parker. So naturally Mataw-Guro Barber had to read the document for himself and try to get all of the details that he could from the original source. Mataw-Guro Barber still did not know if the term originated with Grandmaster Parker, however, the concept stuck with him and he later found self defense technique that fit the principle perfectly.

The technique is called “Aiming the Spear” and comes from the Tracy System, but it has been applied by Mataw-Guro Barber students and himself against a variety of attacks - 9 to be exact, with 3 of the 9 attacks being stick/blunt instrument attacks against an unarmed opponent, as would be encounter in a typical Mano-Mano self defense situation as taught in an Eskrima/Arnis program.

At the FMA Gathering,

Mataw-Guro Barber was scheduled to teach the 4th seminar of the day and all three people who preceded him (Rich Acosta, Steven Dowd and Zack Taco) had taught sessions involving the single stick.

Mataw-Guro Taco’s

program consisted of a presentation of the Teovel Balintawak System and the first grouping set of stick against stick countering. As Mataw-Guro Taco and his assistant were ‘flying through’ their workshop, Mataw-Guro Barber found himself smiling and nodding with approval because he had trained with several people who taught this very system and these two men had all the correct elements going for them. There was no way that Mataw-Guro Barber was going to comfortably follow them with another single stick presentation, so he opted to present my “Economy of Motion” workshop using ‘Aiming the Spear’ as his technique of choice

Mataw-Guro Barber choice was actually quite easy because he had just completed his final edit of an article on Economy of Motion” for the FMA Digest. I had promised Punong Guro Steven Dowd, the FMA Digest publisher, the article about a year earlier and had just added the final photos and captions, so it was very fresh in his mind.

The core technique is based on being very assertive in your response when you are being attacked by someone engaged in using a forehand slapping motion

or roundhouse stick attack. Assuming that your attacker is using his/her right hand, you will step straight forward with your right foot, execute a left hand outward block while simultaneously using a right hand upward heel-palm strike



to the attacker's chin; you will then follow up with a left hand half-fist (leopard's paw) strike to the attacker's exposed throat as you step forward with your left foot, maximizing the impact of your strike and the use a right front snap kick to the attacker's mid section. Retract your foot to the rear and establish a left side forward ready stance and the retreat to a safer place if the encounter has ended.

The same general technique can be used against a forehand single stick strike to the defender's head as described above. A safer adaptation would include the following alterations to the general technique. The defender would begin with the same simultaneous right heel-hand palm strike and outward left forearm, while stepping forward with the right foot. The alteration comes in when the defender traps the attacker's right arm with his right hand after the block is executed. The defender also uses a down-

ward vertical elbow strike to the attacker's chest as the follow-up strike after the upward heel-palm strike to the chin. He then steps to the rear with his right foot and swings the attacker's trapped right arm across his own body from the left to right side to execute a stick disarm. The disarm occurs when the defender grapes the attacker's stick with his palm facing up and uses a small counter-clockwise circular back toward his own left side, literally peeling the stick out of the attacker's hand; the defender then counter-strikes with a backhand strike to the attacker's elbow.

This variation allows the defender to first, control the attacker's stick arm, then disarm the attacker and finally counter strike using the attacker's own stick against him. If the general "aiming the spear" technique were used against the stick attack, the defender does not have any assurance that the attacker will drop his weapon during the sequencing



Mataw-Guro Barber demonstrating with Jon Kovacs

of the 2 hand strikes and low-line kick. There is the very real possibility that the attacker could retain control of his stick and use it to attack a second time.

These 2 examples of "aiming the spear" have been expounded upon in more detail in an article that Mataw-Guro Barber recently submitted to the FMAdigest for publication. In that article he has





also included some photos to give the reader a graphic representation of the technique with several variations including the forehand stick strike, backhand stick strike and overhead stick strike. The article is entitled “Economy of Motion: Aiming the Spear”. In that article Mataw-Guro Barber has explained how he uses the economy of motion concept to teach his students several self defense applications from a single basic technique. Hopefully, this article and the upcoming “Economy of Motion” article will blend smoothly with one another and help the readers understand the concept.



Guest Teacher

## Guro Peter Freedman - *Boston Arnis Club/Brewster Arnis*



Guro Freedman decided to showcase the Flexible weapons aspect of the Filipino martial arts, in this case, the Lubid (rope). Guro Freedman decided to keep it simple and fun and focus the core of the exercise against the Cingko Teros.

Guro Freedman emphasized the importance of footwork, going slow and the understanding of the anatomy to develop precision in performing the basic trankada (joint locking) fundamentals of his system. He further explains that the most important aspects of this exercise is understanding the concepts of the system, the counters that he demonstrates simply showcase the principles of the technique.

More of the highlights can also be seen here... [Click Here](#)



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



# Sword Stick Society Presentation: Belts / Daga



The Society represents the creative talents of Mataw Guro Lou Lledo and Dr. Christopher M. Viggiano, and their many years of

dedication and commitment to the Preservation, Promotion, and Perpetuation of the Spiritual, Health, and Combative Elements found common in all martial arts.

Coming from a medical and military background, what makes Sword Stick Society International unique is the blending of many approaches while maintaining the main focus on teaching accurate and effective skills through building the Biomechanics and Science of Anatomy, Physiology and Physics, the Art of Self Expression, and the Philosophy of

the Spiritual Warrior. A Code of Ethics, Discipline, Humility, and Honor are the Core Virtues that we strive and live for.

Although we may only cross this path once... enjoy your experience with us, do your best, thirst and search for knowledge. Know thyself in that you may know and motivate others.

Through humbleness, we discover the finest qualities in all things big and small ... By knowing ourselves, we can begin to know others. Uncover the hidden talent within as you follow the Path of Life in search of ... The Way.

***"It is not the Style, but the Person... that makes all the difference"***

***Learn More about the Sword - Stick Society: Click Here***

The Sword Stick Society presented the Mataw-Guros with a belt and Daga, in recognition of their attitudes, knowledge and professionalism.

**The Sword Stick Society was represented by:**

Guro Louelle C. Lledo, Jr.

Chris Viggiano - Shen Wu Dao/ Sword Stick Society

John Lee - International Traders Group/ Sword Stick Society

Keith Mazza - Traditional Wing Chun/ Sword Stick Society



**Sword Stick Society Presentation: Belts / Daga to:**

*Mataw-Guro Richie Acosta*

*Mataw-Guro Rico Acosta*

*Mataw-Guro Jerome Barber*

*Mataw-Guro Walter Crisostomo*

*Mataw-Guro Wesley Crisostomo*

*Mataw-Guro Steven Dowd*

*Mataw-Guro Mataw-Guro Alex France*

*Mataw-Guro Mataw-Guro Spencer Gee*

*Mataw-Guro Michael Giron*

*Mataw-Guro Andy Sanano*

*Mataw-Guro Zack Taco*







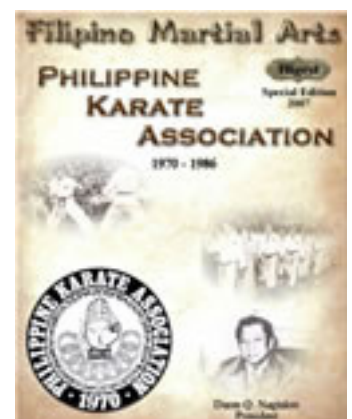
## Punong Mataw Guro Louelle C. Lledo, Jr. Presents: Sword



Emmanuel ES Querubin is thought of by Mataw-Guro Louelle C. Lledo, Jr. as a mentor throughout his years in the martial arts from their beginning friendship in the Philippines to present day. In recognition of this Mataw-Guro Louelle C. Lledo, Jr. presented Emmanuel ES Querubin with a personal sword made in the Philippines.



*Learn More About when Emmanuel Querubin and Mataw-Guro Louelle Lledo came together... [Click Here](#)*



*Learn More About Emmanuel Querubin... [Click Here](#)*



## Mataw-Guro's Wesley and Walter Crisostomo - *Ultimate Eskrima*



The demonstration started by showing the ABC's of Ultimate Eskrima using the basics of Decuerdas of Liborio Heyrosa. It is important to know that without the understanding the Filipino martial arts basic moves or watching demonstrations. A guided understanding of the basics is a start and knowing them the martial art. The history, the culture and the heritage must be passed on to all Filipino martial arts practitioners so as to provide good background and education of this indigenous martial art.

With the basics as the foundation of learning it will be easier to transcend or progress advance learning the different systems in the future. The ultimate goal is to acquire the discipline, skills and techniques of a good warrior rather slowly and in specific manner so everyone can catch up with the flow progress during the demo. The usage of the various joints of human hands and arms when and during offensive modes.

The hand and footwork

combinations were demonstrated and explained in a more elaborate manner so everyone can catch up with the progress of the flows and maneuvers during the demonstration. It was further explained the two different personalities of both the right and the left hand while performing the combat aspect of Arnis.

These strikes are not meant to be blocked as emphasized to Walter and Wesley Crisostomo by the late Grandmaster Iti Boring. And because of the complexities and quickness of the actions when executed in real time the maneuvers were slowed down enough so the flow could be observed and appreciated.

Ultimate Eskrima striking patterns are based on principles some of which are the principles of deception and speed. Since the eye can only perceive the next movement in its visual area of sensitivity this was used as an advantage of the originator of our system to be used in perfecting the

striking patterns.

Ultimate Eskrima uses the basics of Decuerdas de Liborio Heyrosa. It uses a distinct striking signature compared to other system where multiple strikes are common. These series of strikes are executed in combat settings most specially in close quarter combat are almost always effective because of its proximity and speed because of its unorthodox style of offense and defense it has greater advantage in hitting its target more efficiently, less effort, ease of flow and choices of open areas to target score a point incase tournaments. Where effective strikes are difficult to do at close range there is what is called the variance strikes as alternative to get through the defense deployed by the opponent. Variance strikes are simply other ways of wielding one's weapon to penetrate a well defended area of choice as your target. If the opponent delivers one strike or two; our system will return the favor by delivering more than twice as the case maybe.



The Crisostomo brothers ended the demonstration by giving simple tips on how to block and execute some disarms that were easy to learn so the practitioners could take home and practice.



**Gentle East Martial Arts**  
 8749 Flower Ave.  
 Takoma, Silver Spring, MD - 20910  
 (301) 768-8401  
 Fax (301) 588-4916

**Walter Crisostomo: Email**  
**Wesley Crisostomo: Email**



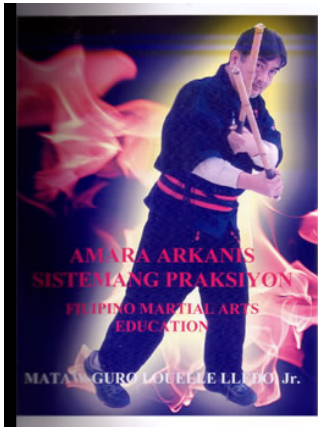
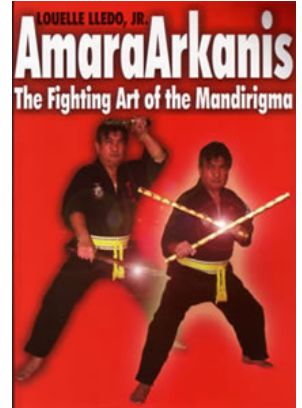


## **Punong Mataw Guro Louelle C. Lledo, Jr. Presents: Pre-Published 2nd Book Amara Arkanis**

### *“Amara Arkanis Sistemang Praksiyon “Filipino Martial Arts Education”*

Mataw-Guro Louelle Lledo Jr. published his first book Amara Arkanis “The Fighting Art of the Mandirigma”. Which was designed for the Beginner in the Filipino martial arts, so they will have a concrete foundation, going through a step-by-step learning of the fundamentals. It is for the Advanced Student who may not have gone through this type of training, so they will understand the underlying principles of the maneuvers they execute. And for the Prospective Teacher, so they can better organize a more systematized lesson plan or course of study for a more effective and efficient teaching and learning experience of the Filipino martial arts.

This is the same Filipino Martial Arts Education Program that Mataw-Guro Lledo used successfully at the State Colleges and Universities Athletic Association Region IV and his students who are teaching in the Philippines. This book is a necessity to those who wish to format their teaching at a higher educational level and give their students a deeper understanding of their training.



Now soon to be published his second book Amara Arkanis Sistemang Praksiyon “Filipino Martial Arts Education” will continue to describe the Filipino martial arts education.

Mataw-Guro Lledo presented the following with a pre-publication copy of his upcoming book.

**John Lee** - International Traders Group/ Sword Stick Society

**Chris Viggiano** - Shen Wu Dao/ Sword Stick Societ

**Keith Mazza** - Traditional Wing Chun/ Sword Stick Society

**Michael Querubin** - FMA Pulse

**Steven K. Dowd** - FMA Digest





## Mataw-Guro Michael Giron - *Original Giron Eskrima*



Mataw-Guro Michal Giron did a presentation on the abecedarios of the blade concepts of the Original Giron Eskrima System. The Original Giron Eskrima System uses the blade concept to allow for a more precise targeting and to enlighten the student on the reality of the art. What Mataw-Guro Giron tried to convey to the students is the basis of the Giron System which is “Control”.

**There are three types of “Control”:**

- 1) **Blocking**
- 2) **Parrying**
- 3) ***Evasion***

**Blocking** - you are not only defending yourself from being hit but, you are blocking to create openings for access to the deadly/crippling areas of your opponent. By blocking at a certain angle deflects your opponent’s weapon to open the target you are after.

**Parrying** - primarily is to use the empty hand to redirect your opponent’s weapon arm to place your opponent in a vulnerable position. The empty hand is also used for stopping, checking, lifting, grabbing and locking.

**Evasion** - is to shift your body out of the path of your opponent’s weapon. By using proper footwork with the minimum amount of movement allows you to be in the proper body position to gain access to the target area you are seeking.

Mataw-Guro Giron had the students defend themselves against the basic Cadaan (old style) Cinco Tero strikes. After, they learned the basic idea of the drill and its intent. Mataw-Guro Giron now progressed them in to applying the drill and to apply it at close range, medium range and then the long range attack. The close and medium range can use all of the above control factors. Therefore, proper footwork

When you have the correct amount of area to fight applying the “Larga Mano” cannot be beat. Your opponent will have to pay the price in order to execute the close and medium methods of fight-

ing. Evasion is the only factor used as you are not within range to apply the others. By using aluminum trainer blades in the demonstration puts a different perspective on the art. The student is more attentive with the trainer blades and the reality of the art begins to surface.

Finally, by blending all of the above control factors produces a well disciplined Escrimador in the Original Giron Eskrima System. Mataw-Guro Giron closed the presentation stating “*We are all martial artist and we are trained to focus in on targets that we are all trained to recognize. The day you know longer see these targets but, you are now looking at the eyes of your opponent you are now a Killer. Weigh your battles and remember that you are the only one responsible for your actions*”.





**Original Giron Eskrima**  
**"Bahala Na"**  
**Original Giron Eskrima Federation**  
 Vallejo CA  
 (707) 853-2477  
 Email  
[originalgironeskrima.homestead.com](mailto:originalgironeskrima.homestead.com)



## Mataw-Guro Spencer Gee - *Pananandata*



Mataw-Guro Gee was asked to keep his presentation brief since it was getting late so he decided to just give a concise series of teaching tips to help in the process of learning the Filipino martial arts.

To begin with to help the student of Filipino martial arts understand the proper use of handling the rattan stick, use an ergonomic aid that supports the wrist position for the various striking angles. For example practice the basic strikes with a flat stick or training sword. The reason for this is that the shape of a flat tool guides the hand and wrist into a chopping or slicing position which is not as clear when holding a round tool like a rattan stick. I myself prefer using a polo mallet! While the the shaft is round and made of rattan the handle is flat and square. If a polo mallet is not available to you try using a yard-stick, ruler, or axe handle!



To continue to help the student of Filipino martial arts learn the coordination necessary in learning sinawali drills have he/she tape their sticks in white tape for the right hand and black tape for the left hand. This color code will provide a visual aid to connect the white stick with the training partner's white stick ( held in the right hand ) and the black stick with training partner's black stick (held in the left hand). This simple training tip will expedite the learning process and save on countless hours of confusion and frustration! This also helps any student with ADD, ADHD.and dyslexia.

Insist on wearing protective eye wear when free-fighting and use a progression to live sticks, i.e. spar with padded sticks by covering live rattan sticks with piping insulation padding from Home Depot, practice jabbing with horse crops and horse whips. and allow the student to make full-contact onto the teacher's hand while

wearing a protective covering such as a goalie's street hockey glove.

Practice proper distance, timing, and rhythm by doing sinawali drills with assymetric weapon pairs i.e. one stick vs. two sticks, pole vs. two sticks, stick and knife vs. two knives etc.

Avoid over use injuries and training burn-out by cross-training with other weapons in the Filipino martial arts like the balisong, latiko (Filipino horse-whip), sibat (spear), hawakan (tonfa), lubid (rope), and blades like the kris, barong, and kampilan! You'll never get bored again when you try such a wide array of choices!







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

**Mataw-Guro Spencer Gee**

Email

(516) 996-1694

Snap Fitness

8088 Hicksville Rd.

N. Massapequa, NY 11758

(516) 765-3150

Two Worlds Dance/Fitness

340 Wheatley Plaza

Greenvale, NY 11548

(516) 484-6604

## Mataw-Guro Andy Sanano - *Trecehampas Arnis*

True self-defense, according to the Sanano Martial Arts System, has one goal. That is, you could say that the goal of true self-defense is to escape harm with little or no harm to the attacker. It is tempting to show our martial arts training and skills when some fool decides to make any of us his/her victim. Our traditional teachings and the modern judicial system limits the extent of reaction allowed when attacked. If the attacker strikes you, you are trained to respond in many ways, many of which might cause great harm to the attacker. Within the law, the defender is allowed only to react with force enough to stop the attacker from further action. We are held liable for any additional harm to the attacker. More might feel great, at first. Many would say that he/she deserved to be beat-up. Witnesses might be very impressed with the skills you demonstrate in your trained response to the attack. The police will also be impressed as they arrest you for assault as your response might be excessive in the eyes of the law. And the law suites?...the one who tried to harm you can sue you and win. Remember, as martial artists, we are responsible for the safety of the

opponent.

Traditional teachings do not encourage violence against others. The days of dueling and deadly vendettas are over. The philosophy of the Sanano Martial Arts System is reflected in our motto or slogan, "Learn to fight, not to fight." That is, when a person has that urge to fight, the battle is best fought inside in order to prevent the "need" to bring violence to another. It seems that the battle is with violence itself. There are many ways to prevent a fight with another. If you think for a moment you might find many times when you chose not to fight. Even in what seems to be self-defense situations, you can prevent the need for the use of force.

The second portion of the seminar was demonstrating and teaching Sinawali. Sinawali refers to a pattern using the basic Arnis forehand-backhand striking. The word refers to a "weaving" pattern of striking. It is a "2 and 1" using 2 baston (sticks). That is, the



fighter holds 2 sticks and strikes/counts 1-2-1< as follows:

- \* Taas (All Up)
- \* Taas Baba (2 up & 1 down)
- \* Baba Taas (2 down & 1 Up)
- \* Baba (All Down)

There are more advanced editions of Sinawali. Learning Sinawali is fundamental to learning Arnis. It helps the student/practitioner develop combinations of blocking and striking. In addition, this will help the student develop skills working with partners.







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

**Sanano Karate Club**  
 1019 Farlow Ave.  
 Rapid City, SD 57701  
 (605) 348-ANDY (2639)  
**Email**



## Punong Mataw Guro Louelle C. Lledo, Jr.

### *Amara Arkanis: Sistemang Praksiyon International*



Mataw-Guro Louelle Lledo explained the techniques and principles of the Abecedario which is a set of techniques, which are arranged, to defend against the basic five offensive movements, the four strikes of kruzada and the forward thrust to the heart, which originally was called the sinko-bocales, and later on sinko-tiros.

Mataw-Guro Lledo explained that in Amara Arkanis, the Abecedario, is considered part of progressive techniques, on account that they are combinations of different maneuvers. It is for this reason that Amara Arkanis program of instruction, starts with the basic techniques individually, until the underlying principles of each technique, is understood and applied. Only after the underlying principles of the basic techniques are learned and grasped thoroughly, is the student introduced to combinations of techniques and maneuvers, in the progressive phase of training such as the Abecedario. The Abakada or Abecedario of Amara Arkanis Sistemang Praksiyon, Filipino Fighting Art, which is a process of combining various elements of the art to learn effective sets of basic engagement techniques. It is intended to develop the student's understanding of a particular technique, and his ability to use that technique in a set of drills.

Mataw-Guro Lledo and his advance students, performed the Defensa Natural Abecedario.





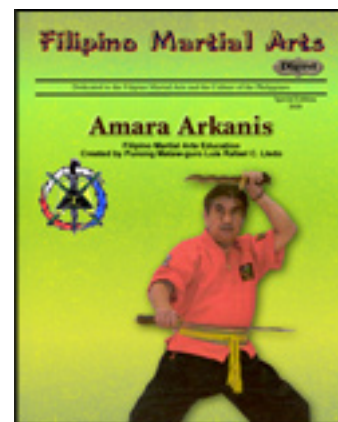
[www.amara-arkanis.com](http://www.amara-arkanis.com)

**AMARA ARKANIS**  
**Filipino Martial Arts Education**  
**(856) 359-6166**

**Dr. Lee's Martial Arts Academy**  
 5 Scott St., Riverside, New Jersey - 08075  
 (Wednesday 7-10pm)

**Traditional Wing Chun Kung Fu Academy**  
 3747 Church Rd., Mount Laurel, NJ - 08054  
 (Saturday 1-330pm)

Private Lessons are Available with Mataw Guro Lou on Wednesdays and Saturdays!



**Learn More about Amara Arkanis: [Click Here](#)**





With some parting words from Punong Mataw-Guro Lledo about the gathering it was noted that the day brought about the very basics of the Filipino martial arts, friendships from the past, new friendships and a historical moment in which the Association of Mataw-Guro's have come together and established a bond for the promulgation and promotion of Filipino martial arts education

Well all great things come to an end, as this gathering moves to its conclusion, it must be noted that a great thank you must be given to Mataw-Guro Louelle Lledo's wife Flora and his daughter Kathlou for the cooked foods and the overall coordination and organization of the refreshments. And to John Lee for providing refreshments which were brought from his South Wah Chinese Take Out, Rt.130 Burlington, NJ.

Also to Swordstick Video Grapher: Steve Warthen Philadelphia and Amara Arkanis Video Grapher: Darreal Delle Site for recording this historical event of the Mataw-Guros.





Mataw-Guro Spencer Gee  
Dr. Chris Viggiano



Guro Peter Freedman



FMA Pulse with the Mataw-Guro Wesley and Walter Crisostomo



Mike and Jennifer Querubin - Steven and Vicky Dowd



Even after the event Mataw-Guro Taco continues to enjoy training



Mike Querubin, Gloria and Emmanuel Querubin  
(A family reunion)





**Amara Arkanis group**

**Sponsors and Guests:**

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**[www.swordsticksociety.com](http://www.swordsticksociety.com)**

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**Shifu Dr. John (Hsi) Lee**

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Traditional Wing Chun KungFu Academy

3747 church rd., Mt. Laurel NJ.

**[www.traditionalwingchun.com](http://www.traditionalwingchun.com)**

**Shifu Andy Cappuccio**

Everspring Martial & Healing Arts

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**Shihan / Guro John Kovac** - Yishendo Escrima-JuJutsu

Penfield, New York - Email (585) 905-4488

**Punong Guro Richard Lundy** - Trecehampas Arnis

**Bapak Guru Ismail Sujadi PT.4** - Pasundan Pencak Silat

**Sifus Dave and Isse Philips**

Complete Mind, Body & Spirit Tai Chi Association



611 Fellowship Rd.  
Mount Laurel, NJ

Even though the Gathering had come to an end and all went to the Pho Eden Restaurant for dinner. Training and sharing of knowledge continued to the wee hours of the morning in the parking lot of the Econo Lodge where most of the Mataw-Guros were staying at, that did not live in New Jersey and would be attending the barbeque the next day at Dr. John Lee's residence.



**Pho Eden**  
*Vietnamese Crusine*  
Springdale Plaza  
1900 Greentree Rd.  
Cherry Hill, NJ 08003





## Dear fellow FMA practitioners,

It is an honor and a privilege to share my perspectives with you regarding the 6th East Coast Filipino Martial Arts Gathering that occurred on 07/31/2010. This was an auspicious occasion for the Filipino martial arts community at large, for my school Amara Arkanis Sistemang Praksiyon Filipino martial arts Education USA and especially for my teacher Mataw Guro Louelle Lledo.

The destiny of the Filipino martial arts was altered with its recent designation as the national sport of the Philippines. This represents a landmark event which, in my humble opinion, will elevate our art to a higher level and solidify our expanding influence in the martial arts community as a whole

The 6th East Coast Filipino Martial Arts Gathering marked another critical step in the evolutionary process of FMA, the recognition of the core concepts common to all Filipino styles, the emphasis on teaching the fundamentals as a basic Filipino martial arts education and the progression of the art from those underlying principles.

“Styles” in attendance that day included Kuntaw Kali Kruzada, Kredo Kali Kruzada, Eskrima Kempo, Ultimate Eskrima, Arnis Balite, Kombatan International, Pananandata, Original Giron Eskrima, Trece Hampas Arnis, Original Teovel Balintawak International and of course, Amara Arkanis Sistemang Praksiyon.

Mataw Guros in attendance included Rich Acosta, Walter Crisostomo, Wesley Crisostomo, Dr. Jerome Barber, Spencer Gee, Andy Sanano, Michael Giron, Zack Taco, Peter Freedman, Steven Dowd of FMA Digest and, of course, Louelle Lledo. We were also honored to have with us Sikaran Grandmaster Emmanuel del Espiritu Santo Querubin (Emmy, please do not be angry with me for stating your rank!), Wing Chun Sifu Keith Mazza (who honored us with use of his facility in order to host the event), Shen Wu Dao Shifu/Shihan Dr. Christopher M. Viggiano, Kung Fu Sifu Dr. John Hsi Lee and Sifu Andy Cappuccio. These highly accomplished Masters traveled up and down the east coast, from the mid west and even the west coast of the United States to share the basics of their arts, and the commonality of all Filipino martial arts styles. Each Master Teacher displayed technique and provided instruction. Mataw Guro Lledo ended the session. It was my honor to be among his students who displayed the first five movements of the abecedario defensa naturale (natural defense) against cinco tiros (the original five strikes), which comes from the root knowledge at the foundation of Arnis de Mano. This historic gathering was attended and covered by Michael Querubin, esteemed Founder of FMA Pulse.

As a senior student of the Filipino martial arts, I found the event to be thrilling and inspiring. Seven to eight hours of non-stop instruction literally flew by. Afterwards, approximately 50 of the 100 plus attendees shared our perspectives over dinner. Following this, I met up with several of my fellow Amara Arkanis students at a local hotel to share our thoughts of the day over a beer or two. We were greeted by several of the Mataw Guros. Several students from various schools followed and before we knew it we were treated to another Filipino martial arts seminar in the hotel parking lot until 1 AM!

What struck me most about this event was the tremendous camaraderie between all of the Master Teachers and all of their respective students. In an era when various martial art styles and even teachers within a given style, often criticize each other, bicker, quarrel and shun each others events, it was extremely heart-warming to see such accomplished Masters laughing and learning from each other. This mindset naturally translated to students of the various schools in attendance as well. It is my hope that this camaraderie and shared passion for the Filipino martial arts is the wave of the future.

Mataw Guro Louelle Lledo is a pioneer in his steadfast dedication of propagating the Filipino martial arts as a logical, simplified educational process in order to demystify and cultivate the art, for the benefit of all. I am only one student, but I urge all Filipino martial arts practitioners to embrace the evolution of Filipino martial arts education. The entire Filipino martial arts community shares in the progress. So much more joins us than that which could divide us.

Salamat Po

**Dr. Ronald J. Parente**

Mantas

Amara Arkanis Sistemang Praksiyon FMA Education USA



# August 1, 2010

On Sunday Mataw-Guro's and invited guests came together at Shifu Dr. John (Hsi) Lee home which overlooks the Delaware River for a Barbeque / Cook out. As everyone started to arrive and things were made ready for the cook out everyone settled in for a good time, amazingly before and after the cookout it would rain off and on, however during the cook-out itself not a drop.

Mataw-Guro Louelle C. Lledo asked everyone inside for a short meeting and to share the news about a meeting the Mataw-Guro Organization in the Philippines had and what was said.

After the short meeting and information sharing everyone was outside and the cookout began.

Dr. John Lee provided Chinese food from the South Wah Chinese Restaurant and hamburgers and hot dogs and franks. Flora Lledo, her sister Rosita and her daughter Kathlou cooked Filipino food. Linda Roach brought her famous rich, decadent and deli-

cious vanilla banana pudding, while Carina "Roommate" Delle Site brought Filipino delicacies the food was delicious.

Also celebrated as a surprise where the Birthdays (which were all in July) of Vicky Dowd (July 11), Gloria Querubin (July 12), Catalina (mother of Renee Mesina also July 12) and Flora Lledo (July 24).

Everyone chatted, some got a boat ride on the river, and others enjoyed the scenery.

FMA Pulse conducted interviews for future video and audio of featured instructors, so be sure to check ([www.fmapulse.com](http://www.fmapulse.com)) for some very interesting conversations and some facts said by practitioners you may have never known or heard.

As the day went on some had to leave, for their long trip home, take care of personal things etc, all said goodbye and talked about getting together in the future. All thanked Dr. John Lee for his hospitality.



Lou Lledo and Emmy Querubin



The Birthday Girls of July







Jessie Santiago and Wesley Crisostomo



John Kovac, Jerome Barber, Mike Querbin



Jerome Barber, Jennifer and Mike Querbin



Vicky Dowd reunited with family and friend



Boating on the Delaware

**Guest included:**

Shifu Dr. Chris Viggiano

Shifu Keith and Laura Mazza

Shihan Steve Lunguist - *Isshin Shorinji Ryu Okinawate, North Jersey*

Sifus Dave and Isse Philips

Sifu Art E. Eng - *117 N. 10th St., 4th Fl., Philadelphia, PA. (215) 351-6227*

The 6th Filipino Martial Arts Gathering was a success. I would like to express my gratitude to all that attended this significant event, especially to the Mataw Guros (Master Teachers) who made an effort to unite and help standardize Filipino Martial Arts Education. The feedback from the attendees has been very positive and looking forward to next year's event.

**Special Thanks to:** FMA Digest and FMA Pulse – Owners and Publisshers, Steven Dowd and Michael Querubin for spending the whole weekend covering the Gathering, and interviewing the Master Teachers for their respective publications. They will surely help in spreading the importance of Filipino martial arts Education to the world.

**Master Teachers who taught their Abecedarios:**

- 1) Mataw-Guro Richie Acosta - Kuntaw Kali Kruzada
- 2) Mataw-Guro Jerome Barber - Eskrima Kempo (Original Remy Presas Modern Arnis)
- 3) Mataw-Guro Walter Crisostomo - Ultimate Eskrima
- 4) Mataw-Guro Wesley Crisostomo - Ultimate Eskrima
- 5) Mataw-Guro Steven Dowd - Arnis Balite/FMA Digest
- 6) Mataw-Guro Spencer Gee - Pananandata
- 7) Mataw-Guro Michael Giron - Original Giron Eskrima
- 8) Mataw-Guro Andy Sanano - 13 Deadly Strikes of the Filipino Warrior
- 9) Mataw-Guro Zack Taco - Original Teovel Balintawak International

**Emmanuel Querubin** - World Sikaran Pilipinas - He is consultant to the Mataw Guro Association and writer of its by-laws and programs for Filipino martial arts Education.

**Sword Stick Society International** - for sponsoring the event and providing decorations. the Directors of SSSI includes Sifu/Shihan Chris Viggiano of Shen Wu Dao, Sifu John Lee of International Traders Group/ Martial and Healing Arts Academy, Sifu Andy Cappuccio of Everspring Iternal Arts, and Sifu Keith Mazza of Traditional Wing Chun Academy for providing his school for the event.

**Special Mention:**

Punong Guro Peter Freedman and Guro Phil Duldulao of the Boston Arnis Group - They drove 8hrs from the New Hampshire area just to attend the FMA Gathering. They also did a great demo showing the basics of flexible weapons.

**Students of Amara Arkanis:** Sistemang Praksiyon - Who helped set-up and organize the event. The Greeters/Hosts - Linda Roach and Renee Messina, Registration/Security - Dave McMillan, Ron Parente, Bernie Griffin, Joe Matthews, and Mon Herrera, Photographers - Darrel Delle Site and Jo Roman.

**Punong Mataw Guro Louelle Lledo, Jr.**  
Amara Arkanis: Sistemang Praksiyon  
Filipino Martial Arts Education





# The Birth of FMA: Samahan ng mga Mataw-Guro ng Arnis de Mano International

## (FMA: Association of Mataw-Guro - Arnis de Mano International)

By Perry Gil S. Mallari

While the creation of Republic Act 9850 better known as the Arnis Law was a great triumph to proponents of the Filipino martial arts (FMA), tremendous amount of work is still needed to professionalize and standardize the teaching and propagation of Arnis

As dictated by law, Arnis is now the Philippines' national martial art and sport. But the big problem lies in the fact that there is a dearth of qualified instructors to teach the art in the Philippines and abroad.

### Three Masters with a Vision

Timely with this quandary, three renowned Arnis Masters, Armando Soteco, Inocencio Glaraga and Louelle Lledo Jr. have banded together to establish FMA: Samahan ng mga Mataw-Guro ng Arnis de Mano International (FMA: Association of Mataw-Guro - Arnis de Mano International), a body whose foremost objective is the formation and development of an international association of "Master Teachers of FMA Education, which shall form an integral part of the Philippine culture based on the principles and philosophies of Arnis de Mano."

*A Filipino Muslim term, the etymology of "mataw" is Maguindanaoan and translates to "knowledgeable." On the other hand, "guro" means "teacher" in Filipino, so taken together, "Mataw-Guro" means "knowledgeable teacher" or "master teacher." In Tagalog, "mataw" can be interpreted as "mataas ang tanaw," which means "with high standards." Using this interpretation, the "Mataw-Guro" therefore, is a high level rank that is well above entry level for professional FMA teachers.*

**The three Founders** - Mataw Guro Soteco, Mataw-Guro Glaraga and Mataw-Guro Lledo, all esteemed Arnis Masters are highly qualified to spearhead a martial arts endeavor of this magnitude.

- **Mataw-Guro Soteco**, besides being an Arnis Master and author of arnis books is among those who have taught Arnis in Philippine schools for the longest time teaching in San Beda College from 1967 to 2002 and in Centro Escolar University from 1971 to 2001. Mataw-Guro Soteco is currently active teaching Arnis and other material subjects at the Integrated College of Physical Education and Sports and as director of the School of Arnis Professionals.

- **Mataw-Guro Glaraga** is refuted as the most eccentric Arnis Master in the Philippines. But despite his eccentricity, Mataw-Guro Glaraga boasts of solid academic credentials and is a walking encyclopedia of traditional Arnis knowledge. Much of the concept of the Mataw-Guro association was his idea.

- **Mataw-Guro Lledo** is the venerable Founder Amara Arkanis, which he described as a complete martial art. Lledo is a real world fighting Master that possesses actual military and law enforcement experience. He has trained among top caliber Masters and practitioners not only of the Filipino martial arts but of other martial arts as well. A dynamic educator, it was through Lledo's constant encouragement and generous support that have brought the Samahan ng mga Mataw-Guro ng Arnis de Mano International into fruition.

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### First Organizational Meeting

The first association meeting of FMA: Samahan ng mga Mataw-Guro ng Arnis de Mano International took place on July 31, 2010 at Inasal Restaurant, Quezon City Memorial Circle, Quezon City, Philippines. In the absence of Mataw-Guro Lledo, which is based in New Jersey, USA, the meeting was presided by Mataw-Guro Soteco and Mataw-Guro Glaraga. Among those present were various experts, scholars and advocates of the Filipino martial arts like Dr. Alejandro Dagdag,



Engineer Jose Dion Diaz, Atty. Salvador Dimaisip, Grandmaster Pepito Robas, Grandmaster Garitony Nicolas, Master Julio Penales, Master Felipe Penales, Professor Leo Robert Viajar, Mr. Teodoro Hernando, Mr. Romeo Reyes, Mr. Renato Tanglao Jr., Mr. Herbert Hernando, Mr. Nickie Esmero, Manila Police Sgt. Virgo Van Villareal and the writer.

The body first discussed the Association's objectives and by-laws then proceeded with the appointment of officers. A real Filipino *maginoo* or gentleman, Mataw-Guro Soteco initially declined the offer to be the Association's President stating that that it was Mataw-Guro Llaraga who deserves the honor. Mataw-Guro Soteco however was finally persuaded when Mataw-Guro Llaraga and the body insisted that it would be for the best interest of the association if he took the helm of leadership because of his good experience and status in the Filipino martial arts community.

Consecutively, it was also agreed that Mataw-Guro Glaraga will be the Associations Vice



Mataw-Guro Armando Soteco President Speaking

President for National Affairs while Mataw-Guro Lledo will be Vice President for International Affairs. Mataw-Guro Soteco also commended Mataw-Guro Lledo for insisting that all Mataw-Guro certification must come from the Philippines, the birthplace of Arnis.

Mataw-Guro Soteco repeatedly stressed that the sole focus of the Filipino martial arts: *Samahan ng mga Mataw-Guro ng Arnis de Mano International* is education meaning the standardization of the teaching methods of Arnis in the Philippines and

abroad, "*Standardization is one of the best ways to unite all Arnisadors,*" he stated.

While the government would definitely draft plans to standardize the Arnis curriculum that would be taught to the different schools, Mataw-Guro Soteco is apprehensive that it is bound to fail unless Arnis experts and not mere academicians were commissioned to do the job. Mataw-Guro Soteco, speaking from experience pointed out that the whole thing just boils down to specialization, "*Let a lawyer handle lawsuits and the physician medical woes,*" he said.



Mataw-Guro Inocencio Glaraga speaking

#### Left - Right

Mataw-Guro Armando Soteco  
Atty. Salvador Dimaisip  
Engineer Jose Dion Diaz







Dr. Alejandro Dagdag Speaking

Relaxing and talking after the meeting



#### **Attendees:**

Armando Soteco - School of Arnis Professionals

Dr. Alejandro Dagdag - NCPE

Atty. Salvador Demaisip - IMAF

Engr. Jose Dion Diaz - PIGSSAI & IMAF

Nickie C. Esmero - Amara Arkanis and Cavite State University

Inocencio Y. Glaraga - EMK

Herbert Hernando - Kiwanis Club Int'l.

Teodoro R. Hernando - Kiwanis Club Int'l. and Amara Arkanis

Perry Gil Mallari - Manila Times

Garitony Nicolas - MAMFMA

Julio C. Penales - Lyceum of the Philippines University and Amara Arkanis

Romeo C. Reyes, Jr. - Cavite State University

Pepito Robas - Robas Otsotiros Baston Arnis System

Renato S. Tanglao, Jr. - Amara Arkanis & Cavite State University

Leo Robert B. Viajor

Virgo Ban Villareal - Manila Police Sgt.

# Constitution and By-Laws

## Mataw-Guro Association (MGA)

### Filipino Martial Arts Education for Arnis de Mano

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#### **Preamble**

Conscious of the need of developing enthusiasm, interest and dedication in the field of Filipino Martial Arts Education, and in order to act as guardian of the noble and beneficial aims of Arnis de Mano and compelled by our desire to establish an association which shall be the rallying point of all teachers of Arnis de Mano as a Filipino Martial Arts Education, we hereby mutually agree to unite and associate ourselves for such purposes and hereby adopt this Constitution and By-laws of the Mataw-guro Association .

#### **ARTICLE 1 - Name and Official Language and origin**

**Section One:** That the name of the said organization shall be MATAW-GURO ASSOCIATION, with the initials MGA.

**Section Two:** Official language of the association shall be in English to provide for the needs of the members, both nationally and internationally.

**Section Three:** All records of the association shall be promulgated in the English Language, except for the Certificate of Membership which will be in Filipino with English translation.

**Section Four:** The term Mataw-guro is derived from the Maguindanao word Mataw, which means knowledgeable. In Tagalog, the term Mataw is coined from “Mataas ang tanaw” which means high standard. Combined, Mataw-guro means Knowledgeable Teacher or Teacher of High Standard. For uniformity and simplicity, the term Mataw-guro is translated in English as Master Teacher.

**Section Five:** The Mataw-guro Association is a non-profit non-political, non-sectarian association of practitioners, enthusiasts and supporters of the Filipino Martial Arts Education registered with the Securities and Exchange Commission and the Intellectual Properties Office.

#### **ARTICLE 2 - Purpose and Objective**

**Section One:** To form, establish and develop an international association of Master Teachers of Filipino Martial Arts Education, which shall form an integral part of Philippine culture, based on the principles and philosophies of Arnis de Mano.

**Section Two:** To encourage and promote professionalism in the teaching and learning of Arnis de Mano as a truly Filipino Martial Art Education with a uniform standard of teaching, grading and ranking of students and teachers.

**Section Three:** To promote, develop and improve Arnis de Mano, as an ancient historical Filipino art, as a superior science of fighting and a modern competitive sport with a standard and uniform set of rules of competition.

**Section Four:** To cultivate mutual friendship and brotherhood among practitioners of Arnis de Mano, regardless of race, creed, political and religious affiliation and color.

**Section Five:** To establish good relationship with the nationally approved Arnis de Mano sports association and other international Arnis de Mano bodies, federations or association but not to be subservient to any other Arnis de Mano organization.

**Section Six:** For any other objective as may be necessary for the good of the members and the association.

**Section Seven:** To publish and print journals or any publication of plans and programs of the association and which shall be the exclusive copyrighted property of the Mataw-guro Association.

#### **ARTICLE 3 - Organization and Government**

**Section One:** Officers of the Mataw-guro Association shall be selected from the original founding members of the association.

**Section Two:** The entire executive and administrative government of the Mataw-guro Association, shall be vested on the Board of Directors, which shall be made up of elective and appointive officers.



**Section Three:** Elective officers shall be:

President  
Vice-President for National Affairs,  
Vice-President for International Affairs,  
Executive Secretary-General

**Section Four:** Appointive officers shall be:

Chairman of the Board, who shall also serve as Coordinating Director  
Director for Research and Standards  
Director for Planning and Programming  
Director for Educational Institutions  
Director for the Armed Forces  
Director for the National Police  
Director for Operations and Logistics  
Director for Membership and Qualifications

**Section Five:** Elective officers may hold appointive positions provided that the position shall not be in conflict with the position to which they were elected.

**Section Six:** Tenure of office of the officers, both elective and appointive shall be four (4) years with an indefinite term for re-election or re-appointment.

#### **ARTICLE 4 - Duties and Functions of the Officers**

**Section One:** Elective Officers:

**President:**

- Preside over all meetings of the association, preserve decorum and order and shall be held responsible in the actions and undertakings of the association.
- Serve as Chief Executive and Operating Officer and reserve the right to decide on all matters of the association and/or functions of elective and appointive officers
- Appoint Directors of the various committees. With the concurrence of the Board of Directors appoint a Chairman of the Board, who shall also serve as the Coordinating Director
- Hire salaried employee or employees to serve as Administrative Assistant(s) and perform all functions that may be assigned for the furtherance of the aims of the association
- Accept or deny membership of a prospective member.
- Uphold the Constitution and by-laws for the furtherance of the aims of the association and its members.

**Vice-President for National Affairs:**

- Implement the plans and programs of the President in the national level.
- Automatically act as President upon the absence or disability of the President until such time that the members of the Board of Officers can hold a special election to fill the vacant position.
- Perform duties pertinent to his position and other duties that may be assigned by the President or Board of Officers.
- Hold appointive position that does not conflict with duties of his elective position.
- Uphold the constitution and By-laws for the furtherance of the aims of the association and its members.

**Vice-President for International Affairs:**

- Implement the plans and programs of the President in the international level.
- Automatically act as President upon the absence or disability of the President and the Vice-President for National Affairs until such time that the members of the Board of Officers can hold a special election to fill the vacant position.
- Perform duties pertinent to his position and other duties that may be assigned by the President or Board of Officers.

- Hold appointive position that does not conflict with duties of his elective position.
- Uphold the constitution and By-laws for the furtherance of the aims of the association and its members.

#### **Executive Secretary-General:**

- Keep and maintain administrative, financial and technical records of the association and submit monthly report of the same to the Board of Officers during its regular meetings or at any time that may be required by the Board of Officers.
- In the absence of the President or the Vice-President, represent the association, together with the Director for Logistics and Operations, in any governmental or non-governmental function that will be advantageous to the association or its members.
- To solicit and accept donations in cash or kind for the use of the association and the furtherance of its aims.
- Together with the Director for Logistics and Operations, recommend and set aside representational allowance of the officers for the furtherance of the aims of the association.
- Recommend and set aside the salary of any employee or employees hired to serve in the secretariat.
- Uphold the constitution and By-laws for the furtherance of the aims of the association and its members.

#### **Section Two: Appointive Officers:**

##### **Chairman of the Board:**

- In the absence of the President or the Vice-President preside over all meetings of the association, preserve decorum and order and shall be held responsible in the actions and undertakings of the association.
- In the absence of the President or Vice-President serve as Chief Executive and Operating Officer and reserve the right to decide on all matters of the association and/or functions of elective and appointive officers.
- Uphold the constitution and By-laws for the furtherance of the aims of the association and its members.
- Coordinate the programs and plans of the different committees headed by the different directors.

##### **Director for Research and Standards:**

- Draw a plan of a standard program in the teaching curriculum of Filipino Martial Arts Education.
- Draw a plan of a standard ranking and grading system of Arnis de Mano.
- Draw a plan in qualifying and rating teachers of Arnis de Mano as a Filipino Martial Arts Education.
- Draw a standard rule in tournaments and competitions.
- Coordinate with the other officers and experts in the field for a successful program of research and standards.
- Uphold the Constitution and By-laws for the furtherance of the aims of the association and its members.

##### **Director for Planning and Programming:**

- Coordinate with the other officers in drawing up plans and programs and for a successful implementation of all the plans and programs of the association.
- Uphold the Constitution and By-laws for the furtherance of the aims of the association and its members.

##### **Director for Educational Institutions:**

- Draw a curriculum of studies applicable to:



- a- Elementary Education
- b- Secondary Education
- c- Tertiary Education
- Coordinate with the other officers for a successful implementation of the plans and programs of the association.
- Coordinate with the Department of Education for an effective and successful implementation of the curriculum of studies of Filipino Martial Arts Education.
- Uphold the Constitution and By-laws for the furtherance of the aims of the association.

**Director for the Armed Forces:**

- Draw a plan and program of studies in line with the needs of the members of the Armed Forces in defending democracy and the Republic.
- Coordinate with the Special Services Section of the Armed Forces for an effective and successful implementation of the curriculum of studies of Filipino Martial Arts Education based on the “one-strike-one-kill” principle without violating the rules of the use of force and treatment of suspected enemies and prisoners of war as dictated by the Amnesty International and the Geneva Convention.
- Coordinate with the other officers for a successful implementation of the plans and programs of the association.
- Uphold the Constitution and By-laws for the furtherance of the aims of the association.

**Director for the National Police:**

- Draw a plan and program of studies in line with the needs of the members of the National Police Force in keeping peace and order, keeping in mind the rules regarding use of force as regulated by the Penal Code, other appropriate laws and Departmental Orders.
- Coordinate with the other officers for a successful implementation of the plans and programs of the association.
- Uphold the Constitution and By-laws for the furtherance of the aims of the association.

**Director for Logistics and Operations:**

- With the Executive Secretary-General, coordinate with non-governmental and civic agencies and solicit the assistance of said agencies for the furtherance of the aims of the association.
- Coordinate with the other officers for the successful implementation of the plans and programs of the association.
- Draw a plan and program of operation and the logistical needs of the association.
- Uphold the Constitution and By-laws for the furtherance of the aims of the association.

**Director for Membership and Qualifications:**

- Draw a plan to solicit qualified members.
- Draw the qualifications and requirements for membership.
- Investigate the credentials submitted by prospective members as to accuracy and truthfulness and collect the required fee.
- Recommend the acceptance or denial of membership of a prospective member to the Vice-President, who will either deny it or endorse it for approval by the President.
- Uphold the Constitution and By-laws for the furtherance of the aims of the association.

**By-Laws**

**Mataw-Guro Qualifications**

- \* Verifiable experience in teaching a legitimate style of Arnis de Mano.
- \* Verifiable authority to teach a legitimate style of Arnis de Mano.
- \* Must submit a written Program of Instruction of the Filipino Martial Arts Education that is currently being used in teaching.

- \* Must have trained at least three guros with verifiable credentials.
- \* Must be recommended by a Mataw-guro.
- \* Must be able and willing to attend meetings, workshops or clinics to upgrade the skill level.
- \* Self-trained applicants or applicants that are not currently actively engaged in teaching the Filipino Martial Arts may take a qualification examination to be given by the Technical Committee of the association.
- \* Physical Education teachers or any educator who have attended the School for Arnis Professionals may be qualified by the Training Director and at least 2 Training Instructors.
- \* Other qualifications that may later on be promulgated by the association.

#### **Mataw-Guro Candidate Requirements:**

- Able to understand and resolve many different points of view about Filipino Martial Arts and not restricted to a narrow, partisan point of view.
- Committed to modern, open approaches to education, including perspectives from diverse martial arts, like academic teachers in their ability to present any course using standard educational approaches and tools (syllabus, curriculum, lesson plans, etc).
- Lessons are presented in a logical organized fashion, to make understanding as easy as legitimately possible.
- Vocabulary must not increase confusion. Lessons are presented and techniques are described in simple, logical terms in the same language used for instruction in all other classes. Terms with traditional or historical value are important. Nonetheless, historical terms should not be introduced until the students have mastered the actions associated with those terms.
- Strong communication skills and regard for students.
- Knows and respects the lineage of master teachers in his art(s).
- Has recognized authority and experience to teach.
- Since there is still no standard in promotion and grading, the recommendation and endorsement of a other Mataw-guro is necessary.
- Spiritual, mental and emotional affinity for the arts and their students.
- At any given time, student safety and health come before all other concerns.
- Support a genuinely Filipino martial art which is easy to teach and learn without excessive references to foreign martial arts.
- Foster improvements, in teaching, competition and expands his knowledge of traditional arts and evolves what he teaches accordingly.
- Bridge the gap between traditional and academic martial arts instruction for teachers.
- Other requirements that may later on be promulgated by the association.

#### **Mataw-Guro Application Process:**

- \* Submit an official application form that may be obtained from the association's office, attaching therewith the necessary documentations as to qualification and recommendation of a Mataw-guro.
- \* Submit the required one-time fee with the application, in cash, check or international money order:  
Membership fee:  
US\$ 100.00 (for out of the country members)  
PHP 1,000.00 (for in the country members)
- \* All monies received for membership is non-refundable and will be deposited under the account of the association and may be disbursed with proper authorization for the advancement of the association.

#### **Registration and Special Order Number:**

- \* Registration number will be sequential, starting with No. 001.
- \* Special Order Number will have three-sets of numbering arranged sequentially:  
First set of numbers will be the year when membership was accepted, starting with 2010.  
Second set of numbers will be the sequential membership number for the year starting with 01.  
Third set of numbers will be the sequential acceptance for the year number starting with 01.



## **Regulations and Restrictions:**

- \* All members must follow all regulations and restrictions. Members who refuse or fail to follow regulations and restrictions may be suspended or expelled.
- \* Any member who is expelled will be stripped off the title, rights and privileges of Mataw-guro and will be banned from re-membership and from all affairs of the association. Unanimous decision of the President, the Vice- President for National Affairs or Vice-President for International Affairs and 2 other officers of the association is necessary to expel a member.
- \* Upon the recommendation of at least 2 officers, the Vice-President or the President may suspend any member for cause for a period no less than 180 days but no more than 360 days. A suspended member may file for membership re-instatement after 180 days. If a member does not file a membership re instatement after 360 days, the member shall be considered to have forfeited membership and shall be considered expelled.
- \* A member may file a leave of absence without losing any privilege except the right to vote, be elected or be appointed to any position. If any officer files for a leave of absence, his position will be declared vacant. If it is an elective position, he may run for re-election in the next election. If it is an appointive position, he may be re-appointed if the position becomes vacant.
- \* Any member who is suspended or on leave of absence, may not, during the period of suspension or leave of absence, enter into an agreement, conduct classes, seminars or workshops using the name of the association in any manner.
- \* Any member who conducts a class, seminar or workshop outside of the regular class, using the official title of Mataw-guro or under the name of the association, without prior authorization from the Director of Training, attested by the President, is guilty of violating the By-laws of the association and punishable with suspension or expulsion.
- \* Any non-member of the association who uses the term Mataw-guro or misrepresents himself as a member of the association is guilty of breach of copyright and is in violation of the Business Code of the Securities and Exchange Commission and guilty of a misdemeanor punishable by the appropriate laws.
- \* Requests to conduct classes, seminars or workshop, outside the Mataw-guro's regular class must be coursed to the Secretariat and be approved by the Director for Training, the Vice-President and the President.
- \* All fees and monies collected in the course of the class, seminar or workshop must be reported to the association and be divided 70% / 30%, with the greater amount going to the Mataw-guro and the lesser amount going to the coffers of the association.
- \* In representing himself / herself as a member of the association, the member must only use the title of Mataw-guro, regardless of his / her other title in his/her own school.
- \* Other regulations and restrictions that may later on be promulgated by the association.

Accepted and Adopted this **12th Day of February**, in the Year of our Lord **2010**

**Armando Soteco**  
President

**Inocen Cio Glaraga**  
Vice-president for National Affairs

**Louelle Lledo Jr.**  
Vice-president for International Affairs

**Salvador Dimapisip**  
Executive Secretary-General

*The FMA Digest asked Mr. Emmanuel ES Querubin for a few comments on his thoughts on the forming of the Mataw-Guro Association. Mr. Querubin attended the 6th East Coast Gathering which comprised of almost all the practitioners which have been designated as Mataw-Guro's in the United States. With Mr. Querubin vast knowledge, experience, and actually living through many years of the history of martial arts in the Philippines and also as a high ranking official in the Philippine Karate Association (PKA) when it dominated the Philippines, historian for Sikaran and friendships of various well-known Filipino martial artists both in and outside of the Philippines. It was thought he could give a good aspect to the forming of such a association and the chances of its unifying the teachings of the Filipino martial arts basics in an established educational program.*



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

## The Need for the Mataw-Guro Association

By: Emmanuel Querubin

Arnis de Mano has a history as old as the country itself. However, there was no and there is still no standard curriculum of teaching and learning the art. Whether this is caused by the geographical division of the county, or the “secrecy” attached to the practice of the art by the old Masters, is a matter of conjecture.

Presently, there are more Arnis schools or systems than there were 50 or even 100 years ago. But despite this many number of schools, there is no standard curriculum or even terminology of the techniques. Every school has its own label on the techniques. This labeling of techniques, gives the “Master or Grandmaster” of the system the feeling of having “invented” or “developed” an original tactic giving him the right to call his system another name. Instead of unification that may lead to standardization, it only leads to more confusion. Each system claims to have a program of instruction, but close scrutiny will reveal that it is still the old “engagement and evasion” of the old school. The closest that came to a standard program of instruction is the program of the School for Arnis Professionals of Professor Armando Soteco. But

even that falls short due to time constraint. Even Arnis Philippines, the National Sport Association recognized by the Philippine Sports Commission does not have a well-defined direction towards this goal. Nor does it have a serious plan for unification. In fact, it has estranged itself from the other major groups.

When Dr. Aparicio Mequi was Philippine Sports Commissioner, he had a vision of an association of teachers and educators who will seriously work towards a standard curriculum of instruction from elementary to tertiary education, a uniform ranking of students and rating of teachers and consistent conduct of competition. Before he could accomplish his brainchild, it was time for him to leave the position, with the change of political administration.

Like water that seeks its own level, the need for such a movement will find a way of fulfillment. Strange as it seems the Mataw-guro Association had an eerie start. It was in November 2008 at the wake for Mark Lledo, son of Louelle Lledo when the idea of an association to strengthen the position of teachers of Arnis de Mano as educators in the Filipino Martial Arts educational

system was born.

To offer their condolence, the group of Roland Dantes of the Kali, Eskrima and Arnis Masters, Atty Salvador Dimaisip, President of International Modern Arnis of the Philippines, and Professor Armando Soteco, Training Director of the School of Arnis Professionals, motored to Indang, Cavite at the residence of Louelle Lledo.

While watching Louelle Lledo conduct his class at the Cavite State University, the group agreed that a standard program of instruction is necessary to upgrade the Filipino martial arts to the level of an educational curriculum. One thing led to another. Although nothing concrete came out of the talks, the framework for an association of educators was established.

The need for a term to convey the meaning of a high standard teacher of the martial arts in the academe environment became necessary. The term Mata-guro, coined from Mataas na guro was suggested. But the word did not have the “ring” or the “backbone” required. The term was later changed to Mataw, which was coined from mataas ang tanaw (high standard). Thereafter, the term Mataw-guro or teacher of high standard came about. Ciok Glaraga further rein-



forced the selection of the word when he confirmed that he came across the term in his travels in Southern Philippines. When Zack Taco of the Original Teovel Balintawak System, who was born and grew up in Maguindanao, heard the word from Louelle Lledo, Zack confirmed that elders in his hometown always referred to people who are knowledgeable as Mataw. The title Mataw-guro (knowledgeable teacher or master teacher) thereafter was chosen as the rank of the highest level in the academe.

With the title and the need to form an association of educators agreed upon, it became imperative to set down the qualifications and requirements to be a member. This task fell on the shoulders of Louelle Lledo. He selected the teachers he knows have a successful program of instruction. He is aware of the success of the

program of Professor Armando Soteco and the School of Arnis Professionals. Ciok Glaraga, Rodel Dagooc and Yuli Romo's programs are also very successful. Jose Sidlacan, a professor of criminology has a program that is adopted by the Philippine National Police Training Academy. They are highly qualified to be founding members of the Mataw-Guro Association or MGA

On February 12, 2010, the Mataw-Guro Association was formally established, composed of the 17 founding members and 2 posthumous members. On March 6, 2010, the United Fellowship of Martial Arts, based on the East Coast awarded Certificates of Recognition to the Mataw-Guros for their contribution in the development and propagation of the Filipino Martial Arts Education.

On July 31, 2010, the first

Gathering of Mataw-Guros was held in New Jersey. At the same time, a meeting was being held in a restaurant in Quezon City, Philippines, ironing out the details for registration with the Securities and Exchange Commission and the Intellectual Properties Office.

One step at a time, albeit baby steps, Dr. Aparicio Mequi's brain-child is seeing fruition, there is now an association of educators willing to shelve their egos for a common good and a title to give them recognition in the academe. What remains to be seen is how soon a standard program of instruction, ranking of students, rating of teachers and uniform code of competition, can be drawn up and implemented.

# ARE YOU A TEACHER OR INSTRUCTOR?

In the English language, the terms teacher or instructor are used interchangeably and are synonymous with each other. In Filipino, these terms are both translated as Guro.

However, in Filipino, the term teacher is normally used in an educational institution, and carries a deeper meaning. A teacher builds character and attitude. A teacher invokes virtues that make a good individual great.

In martial arts, the term usually used is instructor. An instructor drills students in techniques and maneuvers. An instructor's goal is to make a better practitioner of a particular system or art.

A teacher must cultivate the student's mind, not only to be excellent in the performance of the techniques, but also to be an exceptional strategist. The teacher must always impart to the student the desire to always strive for perfection by diligent and constant training and endeavor to build a solid foundation, both mentally and physically. A teacher must instill in the student the importance of accurate performance rather than just a demonstration of power. A Teacher must teach individuality of behavior.

Learning is much easier than teaching the fighting arts. To be a teacher one must have learned the art in a level that must be greater than ordinary. Having

learned the art, one must be able to put the techniques into practice and believe in what he teaches. Finally, one must be able to realize and work on an individual's characteristics and learning habits.

A teacher must understand and master the principles and the techniques himself and then be able to impart this knowledge and mastery to the student. The teacher must always remember that teaching is also a process of learning.

Patience is a virtue that all teachers must possess and practice. Not all students have the same learning ability. There are students that are fast learners and naturally gifted. There are students that are slow and awkward. A teacher must always base the techniques on correct principles, no matter how uncoordinated the student may be. The teacher must adapt the art to the physical limitation of the student. The teacher who follows this attitude will himself make great progress in the techniques he is teaching. A teacher must constantly strive for correct progress.

A teacher must not try to stand out as compared to his students by showing off his strength or skill. Strength and skill are different from being a good teacher. It is very desirable to be technically skillful and be a good teacher at the same time, but sometimes a teacher may not be skillful at the techniques himself but can suc-

cessfully teach others to be skillful. Sometimes a practitioner may be very skillful, but cannot successfully teach others, hence is not qualified to be a teacher.

A good teacher must not teach students to imitate the techniques alone, but must make the student understand the techniques with each bodily movement which conforms to the correct principles. By striving and devising a system to teach a slow learner, the teacher develops discipline and leadership in the basic principles and finer points of his art.

A good teacher must have the genius to bring out the students' talents and abilities. He does not need to either justify or promote his actions. He must be respected and not feared by his students.

A good teacher must always motivate his students to strive for superior performance and be able to unleash all of the student's physiological reserves of energy at the right instance. A student's spirit is a mirror image of the teacher. If the teacher has a humble spirit, the student likewise will have a humble spirit. If the teacher is conceited, the student will also be conceited. A mediocre teacher produces a mediocre student, a good teacher produces good students and an excellent teacher produces an excellent student. Conversely, an excellent student brings out the excellence in a teacher.

# TEACHING IS AN OPPORTUNITY FOR LEADERSHIP

By Jerome Barber, Ed.D., Principal Instructor,  
Independent Escrima-Kenpo-Arnis Associates

**T**eaching is an opportunity for leadership if the person doing the teaching has been properly prepared to assume the dual roles of teacher and leader. Too many, this might seem an obvious and simplistic notion which requires very little thought; however I contend that there is a great more to the teacher as leader duality than most people are aware of or are properly prepared to take on in the Filipino martial arts.

Teaching is not the same as training. Most people in the USA are trained in the FMA but they have never been taught how to become teachers and educators, even within the cultural context of the USA. "Training means, to make proficient by instruction and practice, as in some art, profession, or work. Education on the other hand, is much more comprehensive. It is the act or process of imparting or acquiring general knowledge, developing powers of reasoning, and judgment and generally preparing oneself or others intellectually for mature life. (*Bob Orlando, Martial Arts America: A Western Approach to Eastern Arts. Frog Ltd., Berkeley CA*).

Generally, leadership skills are developed through an educational process that teaches the student core or guiding principles which establish a solid foundation of understanding about the particular matter being studied. Training explains how something is done or constructed but seldom ever explains to the student why or what connects the various components of the subject matter in which one is being trained. A leader is some-

one who understands the social, cultural and physical aspects of the endeavor that his/her is teaching others. A good leader directs, organizes and controls others in their pursuit of knowledge associated with the immediate subject matter so as to provide a broad base useful knowledge that will enhance the student's life long after that person has parted ways with his/her teacher.

Good leadership actually provides the necessary tools that the student can use to solve problems within their preferred field of study long after their teacher has left the scene. Any leadership efforts that compels the student to slavishly follow the logic, preferences and collective interests of the person charged with being at the forefront of the organization is a dictatorial situation. It is akin to being politically, emotionally and physically bound up as a jailed prisoner.

There are numerous leadership styles that can be discussed and I will list several positive types below for consideration by the readers.

- An Inspirational Leader is one who conveys to his/her students the joy and pains of leadership while inspiring them to seek out more information and work through the negatives, while always seeking out the positives within their work.

- A Quietly Confident Leader knows and explains that knowledge and leadership are companions. This leader views leadership

as a journey through life with both ups and downs. The quietly confident leader clearly inspires others, though not necessarily his/her best students to seek out and participate in the leadership role. These students are discouraged from being or creating carbon copies of themselves. Over time the students begin to realize that leadership isn't as easy as their teacher made it look, but it was done without any schemes, mind-games or false premises.

- A Positive Dynamic Leader is someone who excites his/her students through their own personality and presence. They want their students to excel and have a firm understanding of the basic principles of the system being taught to them. This leader type wants his/her students to grow and develop to their fullest potential within the art. If that takes the student beyond the abilities of the leader so be it! This leader understands that the art is larger and more important than he/she is. If the art is to survive and grow, new people must be found and trained... it's the next generation that really matters.

A Multi-faceted Leader combines several of the above mentioned traits, but almost never all of them. The key thing that separates this leadership type from all of the above mentioned styles is his/her inclination to push their students to think for themselves

These leaders are true educators. They understand and clearly articulate the interplay between physical structures and the underlying philosophical concepts that



bind the system, style or method together. These leaders teach their students that the physical structures/techniques are interdependent with the philosophical concepts and neither can truly exist without the other.

The multi-faceted leader is much more likely than the others listed above to occasionally follow the ideas and insights of their students from time to time. They understand and actually enjoy taking a subordinate position thereby allowing their students to learn about leadership by doing. There will be mistakes at times, however, who hasn't made their own mistakes in life?

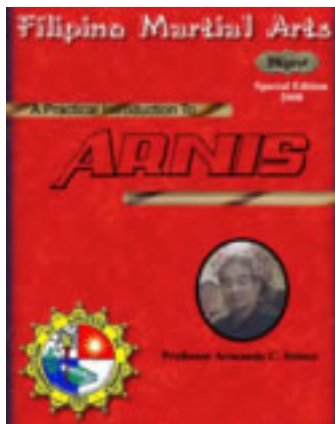
A key personal and professional characteristic of the multi-faceted leader is that they are ready and able to allow their students to 'leave the nest' without feeling betrayed or rejected.

I have based all of my above comments on both my educational experiences as a student and Professor of Sociology, plus my experiences, observations and conversations with many martial arts instructors in Kenpo and Modern Arnis. My decision not to include any comments on the negative leadership styles/methods in this article is based on the idea that I wanted to get away from negatives, while accenting

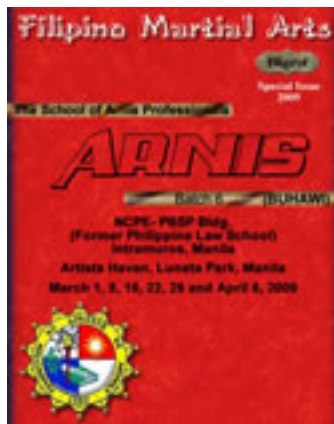
the positives of leadership. There is also the idea that some people would be tempted to put names and faces against my descriptions of negative leadership, while totally ignoring my statements about the positive side of leadership. It's the negatives of behavior that sells newspapers and encourages people to read and comment on internet forums.

Hopefully, the reader will try to reflect on my comments and if teaching a Filipino martial art, try to adjust their teaching method to become better teachers, thereby producing better students, who will work toward keeping the Filipino martial arts alive and growing.

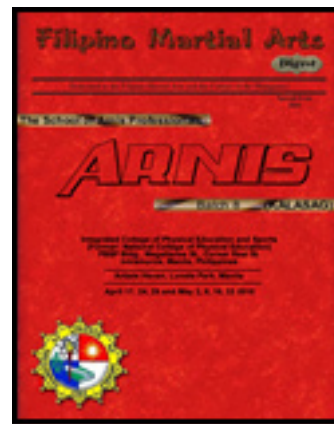
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