

Filipino Martial Arts

Digest

Special Issue
2008

IMB Instructors Conference

June 8 - 13, 2008



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Inosanto Academy of Martial Arts Archives

Hayastan MMA Academy Archives

JKD Unlimited Archives

FMA Digest Archives

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Noted Achievements during the Conference

Filipino Martial Arts Digest is published and distributed by:

FMA Digest

1297 Eider Circle

Fallon, Nevada 89406

Visit us on the World Wide Web: www.fmadigest.com

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

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

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

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

From the Publishers Desk

Kumusta

The IMB Instructors Conference started in the late '70s with Dan Inosanto and Richard Bustillo taught the whole week seminar at the California University at Irvine.

In the middle '80s until this day Richard Bustillo wanted his students to experience different martial art styles and the teaching techniques of Master instructors. So he invited many of his legendary martial arts instructor friends to teach at the IMB Conference.

This year was no exception with the talent that taught at the IMB Academy. This year the students that attended got to experience, Cacoy Doce Pares, Silat, Brazilian Jiu-Jitsu, Estalilla Kabaroan, JKD, MMA, Arnis Balite, Sombo, Savate, Muay Thai, Boxing, and training in Knife Defense Awareness, and Hand Gun Safety.

It was a well rounded training conference, with the top professional practitioners of their art demonstrating and instructing.

This happens once a year and is for IMB Academy students throughout the world for participation and experiencing the different martial arts up-close and personal.

In talking to Grandmaster Bustillo, he did mention that sometime in the future besides having the IMB Student Conference, he may have an open IMB Conference for others outside the academy to experience and get a taste of what IMB Academy students get to experience each year. We can hope that at sometime in the future this may happen.

Well anyway if you are an IMB Academy student and you missed this year see the opportunity that you missed and next year, be sure to be there. If you are not an IMB Academy student, you can see what Grandmaster Bustillo offers each year as a training experience for his members, and hope that in the future he may have an open IMB Academy Conference.

Anyway it is hoped that you will enjoy this Special Issue.

Maraming Salamat Po



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International Martial Arts & Boxing Academy



For over thirty years, the International Martial Arts & Boxing Academy has played an important role in the personal growth and professional development of thousands of students locally, nationally, and internationally.

The IMB Instructors Conference started in the late '70s, Dan Inosanto and Richard Bustillo taught the whole seminar at the California University at Irvine.

In the middle '80s Richard Bustillo wanted his students to experience different martial art styles and the teaching techniques of Master instructors. So he invited many of his legendary martial arts instructor friends to teach at the IMB Conference. This worked very well because he could also be a training student.

The IMB Academy is one of the largest and most complete martial art schools in the South Bay area, with over ten thousand square feet of floor space. The classes are conducted in the main training room on a high quality matted floor. The facility also offers a fully equipped weight room and an open workout room with a boxing ring, speed and heavy bags, allowing students to train independently from their scheduled class times.



For 6 days a superb team of world recognized martial art experts taught an awesome array of martial art discipline. A wealth of information that can be put to immediate use, were packed into this one-of-a-kind program. The Conference was open only to active IMB representatives and their approved referred students or applicants. Sessions were fast-paced, with an emphasis on practical and simple combative martial arts.

2008 IMB Instructors Conference Schedule:

Sunday	0900 - 1530	Great Grandmaster Cacoy Canete - Doce Pares Eskrima
Monday	0900 - 1130	Dan Inosanto - JKD / Silat
	1300 - 1530	Grandmaster Richard Bustillo - MMA
	1800 - 2030	Punong Guro Steve Dowd - Balite Arnis / Kuntaw
Tuesday	0900 - 1530	Gokor Chivichyan - Sombo / JuJitsu
	1800 - 2030	Fernando Rodriguez - Savate / Muay Thai
Wednesday	0900 - 1130	Brian Vilorio - Boxing
	1300 - 1530	Ernie Emerson - Knife Defense Awareness
	1800 - 2030	Grandmaster Ramiro Estalilla Jr. - Estalilla Kabaroan
Thursday	0900 - 1530	Burton Richardson - JKD / Multiple Chokes
	1800 - 2030	Fernando Vascancelo - Brazilian Jiu-Jitsu
Friday	0900 - 1300	Richard S. Bustillo, Dave Warloe, and Vince Osorio - Handgun Shooting
	1800 - 2000	Banquet

Supreme Grandmaster Cacoy Canete - *Doce Pares Eskrima*

It's Saturday, time to work out to get rid of the stress acquired at work during the weekdays. The class is doing everything the normal way, the warm up, drills and techniques until Grandmaster Richard Bustillo introduced us to Grandmaster Cacoy. He taught the class that day. I was just amazed how easy for him to execute techniques that are hard to execute. I thought I've seen the best of him. I was wrong. That Saturday class was just a taste of what it is to come.



www.docepare.com

Grandmaster Cacoy started his seminar Sunday by telling us the history of Doce Pares and his battles to other Grandmasters of other styles. These encounters is to prove once and for all what the best style is and who the best fighter is in stick fighting in his time. He constantly accepts challenges from everyone not because he's arrogant but to show the world what style really works in real life stick fighting. The religious Cacoy never challenges anyone but never refused a good challenge either. He never backs down from any challenges. On one occasion, a grandmaster challenge the doce pares organization knowing that Grandmaster Cacoy is not around. Without their knowledge, he is just in a place outside the public eyes. Once he heard the pronouncement he sends his lawyer who was with him that day to accept the challenge right that moment. As he is going out to meet the opposing group, the grandmaster, who is a killer himself, with his members instantaneously disappeared. Because everybody knows how effective the doce

doce pares system is and how good Grandmaster Cacoy in carrying the system out, all challenges never materialized.

Here's everybody's favorite martial artist who is 89 year's old, on August 9th 2008. He walks slow and precise, and he still teaches and performs exhibitions. Grandmaster Cacoy's speed is well known but what struck me the most is his skill in disarming and throwing an opponent with a keen sense of sensitivity. He taught us a variety of ways on how to disarm depending on how the opponent reacts to your movements. He also taught us the basic strikes and basic strike points. True to doce pares system all basic strikes and strike points are all twelve. There must be a reason why in that Saturday class he chose the biggest guy in the room, Eskrima champion Ed Eyas, to demonstrate the effectiveness of the system. He is just throwing the guy as if he is just a boy. And we are talking about a senior citizen doing anything he wants to an over 230 pound guy. In the day of the seminar itself he did it again. He is just toying with 6' 6" tall super heavy weight Eskrima champion Anthony Kleeman as he demonstrates to us various techniques. Both Ed Eyas and Anthony Kleeman by the way are a doce pares hall of fame inductees.

There's nobody in the world who can match the excellence of Grandmaster Cacoy Canete on how he use the stick gracefully, effectively and in blinding speed. Truly he is a God-given gift for all of us to enjoy.



Participants pay close attention to Grandmaster Cacoy Canete



Ciriaco 'Cacoy' Cañete

He is today the best known of the Canete brothers (Filemon, Eulogio, Tirso, Ciriaco, Rufino and Silvestre), prime movers in the preservation and promotion of the indigenous Filipino martial art of stick fighting (eskrima-arnis).



Ciriaco Cañete, or 'Cacoy' as he is known by his Filipino nickname, was born in August 1919 in San Fernando approximately 30 kilometers south of Cebu City, on Cebu Island, in the Visayas region of the Philippines into a family for whom Eskrima was already a tradition. He was the youngest of twelve children. At the early age of seven he was initiated into Eskrima, learning from his brother Filemon or "Momoy" who had in turn learned Eskrima from his father Gregorio and uncles Gavino, Pedro (from his fathers family) and Juancho (from his mothers family). In the 1920's his brothers were already involved in teaching stick fighting. Interest in Filipino martial arts led to the formation by Visayan martial arts practitioners of the Doce Pares Association in Cebu. In 1939, Cacoy's elder brother, Eulogio "Yoling" Canete became president of Doce Pares, the oldest and longest standing martial arts organization in the Philippines and a driving force behind the popularization of Filipino martial arts. Yoling was president of Doce Pares until his death in 1988.

Because of his open mindedness and desire for knowledge, he has trained in many different styles of Martial Arts. Some of the styles he has learnt include Ju Jitsu, Boxing, Kodokan Judo, free style wrestling, Shorin Karate and Aikido. With his acknowledged spectrum of skills through his lifetime of training, he has gained a deep insight and a broad understanding, with mastery of the concepts of self-defense and combat. The culmination of years of learning fused into the style that he teaches which is called 'Eskrido'. This style combines the refined essential elements of every martial art he has learned through his life.

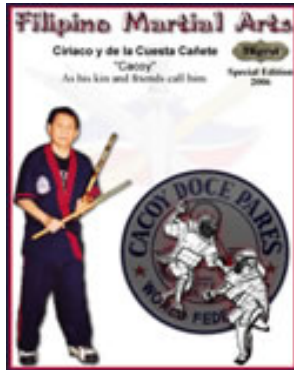
Cacoy served with the USAFFE in the war years and stayed in the army service until 1947. He studied at the University of Southern Philippines and taught martial arts in various Cebu schools. In 1979 he was champion in both the First Open Arnis Tournament in Cebu City and the First National Invitational Arnis Tournament in Manila, both events sponsored by the National Arnis Association of the Philippines (Naraphil). Another Canete, Dionisio (Cacoy's nephew) served as president of both Naraphil and the World Kali-Eskrima Arnis Federation (Wekaf), an organization founded much later in the history of Doce Pares (1987). The remarkable Cacoy Canete has been active in organizing tournaments, exhibitions and training programs in eskrima-arnis in the Philippines and foreign countries.

The legendary Ciriaco "Cacoy" Canete of Cebu Philippines is a prominent, internationally known martial artist who travels the globe to share, teach and demonstrate his martial art skills to others. Currently the Grandmaster promotes his art for self-



defense, sport and personal well being. "Cacoy" Canete is the last surviving member and the only 12th degree black belt and the highest-ranking member of the fame Doce Pares Eskrima Club. He started Eskrima at age 7 under the oldest of eight, brother "Momoy". Now 89 years old, Grandmaster Canete's list of achievements is extensive.

Learn more about Great Grandmaster Ciriaco 'Cacoy' Cañete and Cacoy Doce Pares.



EXE PDF

Sifu/Guro Dan Inosanto - JKD/Silat

Sifu Dan Inosanto truly carries the spirit of Bruce Lee. Remember one of Lee's famous quotes about styles: ***Don't get set into one form, adapt it and build your own, and let it grow, be like water. Empty your mind, be formless, shapeless - like water. Now you put water in a cup, it becomes the cup; you put water into a bottle it becomes the bottle; you put it in a teapot it becomes the teapot. Water can flow or it can crash. Be water, my friend.*** We are talking about a guy who's been in the martial arts world for ages and he is still training. He just got his black belt in Brazilian jiu jitsu under the Machado family. His training never ends, he is still learning up to now.

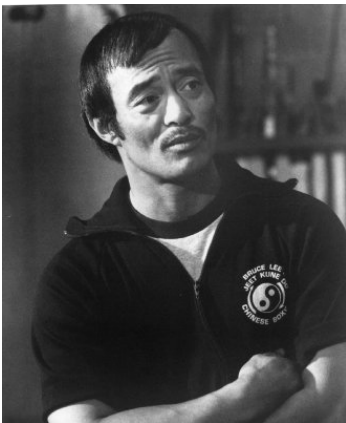
Sifu Dan discusses the history of Filipinos migrating as early as 1900 to other parts of the world carrying with them the reach tradition of martial arts. It is Dan Inosanto who put the Filipino martial arts in its rightful place in the martial arts community and history books explained Richard Bustillo. Guro Dan then introduced us to silat. I was just struck on how Sifu Dan illustrates the smooth movements of silat like he is dancing. The hands are continuously moving as well as the feet sweeping and throwing the opponent down and finishing it with a submission hold. Sifu Dan taught us that what makes martial arts unique is not the technique per se but the study of human body and its movements. It is the study of how the body is placed in a certain way changing its center of gravity and its dynamics which makes it



stronger or weaker. It's only a matter of time before we see more traditional techniques of silat being applied in a MMA setting.



Sifu/Guro Dan Inosanto



Dan Inosanto (born July 24 1936) teaches Jun Fan/Jeet Kune Do, Inosanto Kali, grappling, Muay Thai, Silat and other arts. He was a senior student of Bruce Lee and also studied with dozens of martial art masters elsewhere in the United States as well as in the Philippines, Southeast Asia and Europe After Bruce Lee's death, he has become the principal spokesperson for Jeet Kune Do.

Dan Inosanto has over 30 years experience in the martial arts and is a world authority in Jun Fan Gung Fu/Jeet Kune Do Concepts and Filipino martial arts.

Sifu Dan was originally introduced into the martial arts at the age of ten. During that summer he was taught Okinawa Te and Jiu-Jitsu by a local from his home of Stockton, California. That experience left a favorable impression on Sifu Dan but as boys will be boys he followed his interest in football and track for the next ten years. At Whitworth College in Spokane, Washington he won a track conference with 9.5 seconds in the 100 yard dash. His senior year he was the leading ground gainer for the football team. Later his primary career would be a Jr. High School Physical Education teacher.

After college in 1957 Sifu Dan took, up Judo from a man called Duke Yoshimura. He trained in Judo until 1959 when he entered the service to become a paratrooper in the 101st Airborne Division. During his tour of duty he was stationed in Fort Campbell, Kentucky. While stationed there Sifu Dan was exposed to various styles of Karate with exposure to some other arts as well. It was at this time Sifu Dan got his first look at Kenpo Karate.

In 1961, Sifu Dan was discharged from the military service and he moved to Los Angeles, California. He looked for an instructor in the art of Kenpo. This search would lead him to path that would change his life. Sifu Dan found the "Father of American

Karate”, Kenpo Instructor Ed Parker. For the next several years Sifu Dan would train with Ed Parker and attain a black belt in the Kenpo system.

It was Ed Parker that first inspired Sifu Dan to study Filipino martial arts. Sifu Dan thought the Filipinos had some stickfighting called Eskrima. But Ed Parker informed him that there was a lot more than just stick work to the Filipino martial arts. Sifu Dan later went to his father, who in turn introduced Sifu Dan to many Escrimadors in the local Filipino community. The three of the most prominent were Max Sarmiento, Angel Cabales, and Johnny Lacoste.

In 1964, Ed Parker was organizing his International Karate Championship. During that time Ed Parker needed someone to escort one of his out-of-town guests around town. So Sifu Dan was assigned the task to take care of Sifu Bruce Lee for the weekend. From this meeting Bruce Lee and Sifu Dan started a life long friendship.

In addition to having studied over 20 methods/styles of Filipino martial arts (being an instructor in several), he is an instructor in Muay Thai under Master Chai Sirisute, an instructor in Pentjak Silat under Pendekar Paul De Thouars and Pendekar Herman Suwanda, an instructor in Shoot Wrestling (Shooto) under Yori Nakamura. In keeping with the spirit of always being a student Sifu Dan is currently studying Brazilian Jiu-Jitsu under the Machado Brothers.

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Grandmaster Richard Bustillo - MMA

What can I say about Grandmaster Richard Bustillo. Ever since I started training with him I noticed my skills jumped to improvement tremendously. He corrected a lot of my bad habits accumulated from training in another style to be more reality based. There's no dull moment when training with Grandmaster Richard Bustillo. His style of teaching is unique in a sense that he breaks the technique down so that the students get it easily coupled with some humors and stories related or closely related to the lesson. He has a keen eye to see what each student needs are for improvements. Sifu Richard enhances each student's performance by applying Bruce Lee's philosophy of "The individual is more important than any style or system".

The seminar started with some boxing and Muay Thai drills. Then it progress to some combinations that throw the opponent off balance for a knock down or to set up a takedown. Grandmaster Richard Bustillo showed some techniques that are not done



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properly in a mixed martial arts fight. One example of these is how to block a high kick and not breaking your own arm like what happened to Frank Shamrock in his fight against Cung Lee. Frank kept blocking the high kicks with just one arm until his arm breaks. He then showed us some ground techniques as a finishing submission hold. Everybody is exhausted from the drills. When everybody thought the class is over, Sifu Richard told us to

box each other in the abdominal area to strengthen our bodies. After that we have to hit each other with a Thai pad on the core area of the body by alternating from center to side to side. Grandmaster Richard Bustillo embodies the true meaning of a JKD martial artist. This year he was awarded the Most Notable Doce Pares Grand-Master of the Year by the world renowned Grandmaster Cacoy Canete.

Grandmaster Richard S. Bustillo

Richard S. Bustillo is the Founder and Chief Instructor of the IMB (International Martial arts & Boxing) Academy in Torrance, California. An original student of the legendary Bruce Lee and a founding member of the Bruce Lee Educational Foundation (Jun Fan Jeet Kune Do Nucleus) Board of Directors, he has been honored with induction into The Black Belt Hall of Fame (Instructor of the Year), the Filipino Martial Arts Hall of Fame (Life Time Achievement Award), the World Martial Arts Hall Fame (Pioneer Award), and the United States Martial Arts Hall of Fame (Most Distinguished Grandmaster). He is also a former lecturer at California State University, and is certified as a law enforcement defensive tactics instructor by the FBI, the Los Angeles County Sheriff's Department, and the Los Angeles Police Department, where he functions as a consultant for the LAPD's Civilian Martial Arts Advisory Panel.



Beginning with his training in judo (at age ten) and boxing (age twelve) in his native Hawaii, Mr. Bustillo's martial arts experience has spanned nearly half a century. After competing in junior boxing organizations during these early years, he practiced the Kajukenbo system from age fourteen until his graduation from St. Louis High School, at which time he moved to California to pursue a college education. While a college student at age nineteen, Bustillo competed in Golden Gloves and amateur boxing tournaments for Shaw's Boxing Gym in LA. At age twenty-four, he began studying Jeet Kune Do under Bruce Lee at the Jun Fan Gung Fu Institute in L.A.'s Chinatown.



Grandmaster Bustillo trains on Bruce Lee's original iron kicking equipment

In 1967, along with training partner Dan Inosanto, Bustillo began to research and study the Filipino martial arts of kali/escrima/arnis. As a result, he and Inosanto have been credited worldwide for reviving and promoting the martial arts of the Philippines. In 1974, the two co-founded the Filipino Kali Academy in Torrance, California, in order both to share their experience of Bruce Lee's Jeet Kune Do with others and to preserve and advance the Filipino arts.

In addition to being recognized as one of the world's leading authorities on Bruce Lee's Jeet Kune Do, Bustillo's martial arts resume includes a broad array of instructor credentials. In 1978, he began studying Muay Thai kickboxing and was awarded the title of Kru (instructor) in 1985 from former Olympian and Muay Thai champion Nanfa "Chiridichoi" Satenglam. He is

also a certified USA Olympic Training Center coach and official for U.S. Amateur Boxing of Southern California, a Sensei (instructor) with the Catch-As-Catch-Can Wrestling Association of Japan, a Guro (instructor) in kali/escrima/arnis, and a 9th degree black belt (Grandmaster) under the fame Cacoy Doce Pares Organization of Cebu City, Philippines.

In 1986, after managing the personnel department of a major Los Angeles airline for three years (as the culmination of a twenty-year career), Bustillo elected for early retirement in order to dedicate himself full-time to the martial arts. His ultimate goal is to contribute not only to the martial arts, but to society in general, by helping to instill a sense of confidence and well being in the lives of everyone he teaches.

Other notable points in Mr. Bustillo's career include his tenure as a former columnist for Martial Arts Training and serving as President of the World Eskrima/Kali/Arnis Federation (WEKAF) from 1994-96. As an adjunct to his rigorous schedule of teaching at the IMB, coaching and officiating boxing and kickboxing, and conducting martial arts seminars across the country and abroad, Bustillo also serves his community in a number of auxiliary capacities. He is a Reserve Sergeant for the Emergency Service Detail Marine Reserve Co. 218 (Search & Rescue) of the L.A. County Sheriff's Department, as well as a member of the National Association of Search and Rescue, the California Reserve Peace Officers Association, the California Association of Public Safety Divers, the Council of Grandmasters of Cebu, Philippines, the California Association of Force Instructors and the American Society of Law Enforcement Trainers.

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Learn more about
Grandmaster Richard S. Bustillo and the IMB Academy.



EXE PDF

Punong Guro Steven Dowd - *Arnis Balite/Kuntaw*

Punong Guro Dowd has a unique teaching technique. He projects an old school type training. Everyone was attentive to Punong Guro Dowd's demonstration and explanations of the theory and basic concepts of Arnis Balite. We all enjoyed his baston techniques, strong blocking and powerful strikes. Punong Guro Dowd demonstrated and had the participants train in the basics of Huli Lusob (capture-trap and attack) working with participants individually and in groups and expressed that from the basics the student builds the techniques to fit their personality and body mechanics. He also briefly explained and demonstrated some of the original techniques of Kuntaw.

Master Marc Lawrence of **PAKAMUT** (www.pakamut-fma-torrance.com) assisted Punong Guro Dowd in demonstrating the art of Arnis Balite.

Steven Dowd is recognized as the publisher of the fame Filipino Martial Arts Digest. He is the inheritor of the Arnis Balite and a Master in Kuntaw {Filipino Art of Hand & foot Fighting, 6th Degree Red, White & Blue Belt}. Punong Guro Dowd created and instructed a program of self defense for Military Police at Naval Construction Battalion Center, Pt Hueneme, CA. 1976, and taught Law Enforcement Self Defense for Los Angeles Community College at Subic Bay, Naval Station, Philippines, and also initiated and instructed a combination of Inter-Personnel Communication and Prisoner Control at Subic Bay Naval Station, Correctional Facility, Philippines, 1977 - 1979.



Master Marc Lawrence, Punong Guro Dowd,
and Richard Bustillo

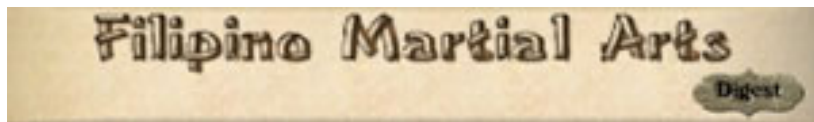
Punong Guro Dowd is a member of Society of Filipino Martial Arts and a recipient of many Hall of Fame awards, accolades and life achievements. Steven Dowd, the author, wrote countless articles for various magazines and news paper. Some of his books are: **Kuntaw** - *"The Ancient Filipino Art of Hand & Foot Fighting"*, **Sayaw-An** *"The Dancing Techniques of Kuntaw"*, **Arnis Balite** - *"Huli Lusob"*, **Kuntaw ng Pilipinas** - *"Beginners Guide"*, *"Kuntaw Isa - Dilawa-Tatlo Arnis Balite - "Arnis de Mano as Taught by Pundador Manuel M. Aguillon"* **FMA Digest** - *Issues Published* (Hard Copy), Volume 1: Issues 1 - 4, Volume 2: Issues 1 - 4, Law Enforcement & Military Trainers, Legends of the Filipino Martial Arts 1 and 2. For Steven Dowd journalist achievements he was awarded the Cacoy Doce Pares Hall of Fame - Best Filipino Martial Arts Journalist.



Grandmaster Bustillo presents Steven Dowd with Cacoy Doce Pares Hall of Fame - Best Filipino Martial Arts Journalist



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Gokor Chivichian - *Sambo/Jujitsu*

Late Monday I was looking forward in Gokor's seminar the next morning. I want to get a close look at Sambo because in every article that I read it always mentions that it is lethal in leg locks which I am truly fascinated because the leg is so easy to get in submission grappling. I woke up early morning and do my usual stuff. When it is almost time for the seminar I got into my car and lo and behold my car is not starting. I called AAA to get it towed to a car repair shop but I found out that my card is expired! Now I'm so disappointed in not attending Gokor's seminar. Finally I was able to get my car towed. Luckily my car just had a busted distributor and the car technician was able to fix it before lunch time. I have another chance of attending the other half of the seminar. I missed the takedown sessions and some standing submission techniques but fortunately enough I have a chance to join the afternoon part.

Gokor started the afternoon session with some ground works. He illustrates one of his favorite arm-bar techniques from the guard which I have not seen before. It started as if you are going for the omaplata but transitioning it to an arm-bar with your face rested on the ground. Then he showed us some leg locks and counter techniques, Sambo style. Then something unexpected happened. He asked me to roll with him right before the class ends! What an experience! Gokor being a judo champion coupled with my inexperience in throwing took me down easily from the clinch. From side mount (I'm at the bottom) he tried to isolate one of my arms for an arm lock but I defended it really well but I knew that in a MMA setting I am really in a bad situation for he can easily punch my head. I then managed to get him to half guard and miraculously I was able to sweep him when he tried to free his trapped foot. Imagine the feeling I'm having the moment I pulled that out! But then again Gokor is not even giving his 30 percent effort because he has an injury in his hip. Right after the sweep I tried to mount him but he moved so swiftly that I did not notice that he got my foot for an inverted heel hook. I have no chance to escape so I tapped to avoid injury to my knee. Inverted heel hook is one of the hardest lock to escape from for you have little time to work before feeling the pressure. That was truly a great privilege for me to roll with Gokor, a great Sambo Master.

Gokor Chivichyan



Gokor Chivichyan is an expert trainer with immeasurable experience. His Grappling expertise is sought after all over the world by UFC, Pride, Extreme, and other no rules fighters. Gokor personally teaches all 400 students, private classes, and seminars around the world. Not only is Gokor's Hayastan MMA Academy the #1 ranked Judo dojo in US, but is also regarded as one of the top MMA schools in the world.

Gokor began his training at the age of five in Wrestling at the Dinamo Studio in Erevan, Armenia in 1968. In 1969, after only one year of wrestling, Gokor began his training in Sambo. He trained a minimum of 4 - 5 hours a day with larger and more advanced students, often besting them in class.

In 1981 Gokor and his family would find themselves moving to America. (Los Angeles). Gokor met and trained with the Legendary "Judo" Gene LeBell. Gene began teaching Gokor techniques he had never encountered before, and quickly Gokor added these techniques to his training.

His professional fighting and hunger for competition took Gokor to many new places like France, Japan, Thailand, Mexico, Canada, Germany, and England to name but a few. While competing in numerous no holds barred fights Gokor started training in Boxing and Muay Thai to improve his already formidable standing fighting skills.

Gokor met some very strong fighters from Brazil that trained in Jiu-Jitsu. They were so impressed by Gokor's skills they invited him to train with them. To this day they are still good friends exchanging techniques and visiting each other's schools.

The United States Judo Federation helped Gokor acquire his US Citizenship in November 1987 to qualify for the US Olympic Team in 1988. Unfortunately, as a late citizen, Gokor did not have enough time to acquire the necessary points to compete in the Olympics.

But fighting was in Gokor's blood, and the long awaited Hayastan MMA Academy opened in Hollywood California in 1991. With his long history of winning championship titles and his unique fighting system, Gokor found his new school and instant success with hundreds of ambitious students.

The Hayastan MMA Academy has drawn students from around the world to train there, establishing a reputation in the fight community as, "The Place to Train for No Holds Barred Fighting".

Right from the beginning Gokor's students have gone forward to become champions in Judo and NHB competitions, including UFC, Pride, Extreme Fighting and many others.

Gokor's school and his role as it's Founder has been written about for cover feature articles in Kung Fu Magazine, Black Belt, Jiu-Jitsu, Grappling, Karate, Germany's Budo Magazine, the Los Angeles Times, and newspapers around the world.

Gokor currently trains professional fighters and amateur students in Judo, Sambo and no-holds-barred fighting.



Many NHB world champions today, come and train at the Hayastan studio, to exchange knowledge with Gokor.

Gokor does seminars around the world and has been training the LAPD self-defense instructors since 1996. He has received city commendations for his services to the Los Angeles community and was recently given a commendation for teaching the LAPD. Gokor has also taught for FBI, numerous SWAT teams and Interpol in Europe.

His dream is that Gene LeBell and Gokor's Grappling World branch out across the world and that their students can go on to become as successful as Gokor has or even more so.

Gokor has competed in over 400 NHB, Judo, and Sambo fights, and has never lost as a professional fighter. Though hugely successful in the fighting world, Gokor is humble, honest and friendly to everyone he encounters. His respect for all mankind is something that you will see the first second you meet him. It is

this extraordinary attitude, which makes him a true champion and not only a champion in fighting, but also a champion in life.

Visit Gokor Chivichyan website to learn his full history and his school.



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Fernando Rodriguez - *Savate / Muay Thai*



Fernando Rodriguez warm up and stretching session



Kru Fernando Rodriguez Savate and Muay Thai class

Brian Vilorio - *Boxing*



Brian Vilorio's stretching warm up

Brian Vilorio was one of the most talked about fighters coming out of the 2000 Olympics. He is a former WBC light flyweight champion and a former NAF champion. I first worked with Brian when he was 7 years old in our hometown of Waipahu, Oahu, Hawaii. When I was on vacation with my family in

Waipahu, Brian's amateur coach, Al Silva, who is a friend of my family, wanted me to watch Brian's performance at the gym and at his weekend bout. In fact, I was given the honor of refereeing Brian's bout that weekend. I had to stop the bout in the second round and award the TKO to Brian because Brian was too strong and too fast and out-classed his opponent even at 7 years old! Since then, I talk about this naturally gifted, talented young man whenever boxing comes up in conversation. I've even had the pleasure of working with him during his professional career, cornering about a dozen of his fights.

Since high school and up to last year at age 27, Brian fought in the 106 pound light flyweight division. Brian is maturing physically which makes it very hard for him to drop weight for each upcoming fight. He lost one fight because the extreme weight loss weakened him too much. He lost his second fight to the champion because illegal drugs were found in the champion's system. The champion was then stripped of his title making a vacancy for the title. Brian stated that when he connected some good shots at the champion he couldn't understand why he wasn't hurting the champion. It was the drugs that held the champion up for a decision. Today, Brian has moved up in weight and is

fighting at a 112 pound flyweight. He tells me that he is more comfortable at this weight and easily won his last three fights. Brian's record is currently 22-2-0 with 13 KOs. I believe Brian will win another title before 2009. I'm hoping with this determination that Brian will fulfill another goal I wish for him: a world championship!

Brian's main goal is to leave a mark in the light weight divisions. A lot of attention is drawn to the larger weight divisions. Not since Michael Carbajal has the 108 pound division or any other light division been really recognized. Brian is trying to bring that back. He is trying to demonstrate that these lighter divisions warrant the same type of recognition as the heavier weights.

Brian has had many coaches and trainers in his boxing career. Boxing Hall of Famer Freddie Roach trained Brian at the beginning of his career. Freddie is not one of those trainers that just screams 'in your face'. He's not one of those guys. Freddie kept Brian focused and he is one of the guys that Brian highly respects in this game. Freddie has been there and brings a lot of experience to Brian's corner. Freddie knows exactly what to say because he has been in the ring and is a fighter himself. Brian highly respects Freddie Roach even though he is currently working with other trainers.

If there was one thing that Brian could change in professional boxing, he would get rid of the dirty promoters and managers out there that have taken advantage of some great fighters. He would change the humanity of the sport. It can be a really, really nasty business. That's something both of us would really like to see change. I know it's probably like asking for world peace, but if I got to make one wish, that would be it. You can't feed all the children, you can't help heal all the sick, you can't stop all the wars, and you can't take out all the bad promoters and managers out there. Unfortunately, they will always be there, but I can only hope that over time it will improve.

Brian's father, Ben Vilorio, gave me a nice compliment at one of our training sessions. He said that Brian had not changed the boxing drills and techniques that I had taught him when he was between 7 and 10 years old. This proves that he is a perfectionist. He masters the basics and keeps practicing them. With this dedication to detail, he can be a champion in anything he pursues.



Brian Vilorio's punching stance and balance

Brian demonstrated his jump rope routine which dazzled the students. They all tried to copy his routine but it takes time and lots of practice to achieve skipping rope like Brian. The great thing was that the students could compare their own skill to Brian's. Working on punching power, practicing footwork with balancing drills, and practicing positioning for counter punches was great. It is written on the wall that Brian will be an excellent boxing coach, trainer, and consultant when he retires from boxing. He is also working in the movie industry when not training for a fight. He will be the best in anything he chooses to pursue.



Ernie Emerson - *Knife Defense Awareness*

Ernie Emerson first met Richard Bustillo as a fledgling student at the Filipino Kali Academy in Torrance, CA in the mid 1970's. He had just moved to California from Northern Wisconsin to train at what was the only full contact fighting school in the world at the time. This was a fighter's school. Needless to say, Ernie was more than a little intimidated at first. After all, here he was in a school filled with some of Bruce Lee's original equipment in front of someone who had trained with Bruce. Richard quickly broke the ice and Ernie came to realize that it was his "Aloha Spirit" that made him such a personable and effective teacher.

Ernie remembers Richard telling the students what equipment to buy and what not to buy. Sifu Richard said, "Don't go out and buy a lot of fancy gear. When you start to go full contact sparring, half of you students will be gone. Don't waste your money." Ernie remembers looking around at all the other students looking around at each other. The same thought was in everyone's mind, "Not me!" Six weeks later, when the class started sparring, the number of students dropped by half. Then Ernie remembered Richard saying, "In a year, there will be only 2-3 of you left. And in 2 years, only 1 of you will be here." Ernie was "the one" from his class.

"I owe my entire career to my time at the Filipino Kali Academy with Richard Bustillo and Dan Inosanto," stated Ernie. "I was a starving student at the time and there were some months when I could not afford the \$12.50 monthly dues. Luckily, they let me clean the bathrooms in exchange for my dues. Well, needless to say, when we started training with knives, I was introduced to the Balisong knife. I was immediately fascinated with the knife and all the maneuvers and manipulations so skillfully taught by Richard Bustillo and Dan Inosanto. Unfortunately, I could not afford to buy one so I decided to make my own. With a hacksaw, hand drill, file, and blowtorch, I made the first "Emerson" knife. It was crude by anyone's standards, but it worked and I found that there

were other "poor" students at the academy. They in turn asked me to make butterfly knives for them. The deal I had with them was that they pay for the materials and I made the knife. The rest, as they say, is history."

"On a side note: I've been conducting training seminars all over the world for 20 years in edged weapons and counter edged weapons skills. I recently returned from London, England where I was instructing. At the end of the first day, we covered unarmed defense against the armed attack. I was teaching a technique, more of a reaction technique than not, that I call a pyramid jam upward and a pyramid jam downward, depending on where the attack is coming from. It is simply a V formed by your arms thrust above your head or a V thrust below and in front of your mid-section. The morning of the second day of the seminar, one of the students came to me with this story. "My partner Kevin (who was in the class the first day) wanted me to tell you that he went on duty as a firefighter two hours after class and was called to a fire in a flat. He needed to break into the adjacent flat since no one seemed to be home. Kevin broke down the door and entered the residence. A guy came running at him with a butcher knife in his hand. He stabbed down and Kevin shot his hands up in a V and crashed into the assailant, knocking him down. His partners tackled the guy and disarmed him. He wanted me to tell you, "Ernie that this stuff really works!" Richard had personally shown me this exact technique about a year ago and I believe that that firefighter is alive today because Richard Bustillo had shown and taught me this simple, direct, and effective technique. "The Filipino Kali Academy and Sifu Richard Bustillo are, to this day, a major influence in my daily activities, the way I live, and the way I teach. These influences were the soil in which I grew my roots and I am so thankful for the chance to have been under the wing of the Iron Dragon for the time that I was, and still am."



Ernie Emerson

Ernie is considered the father of the tactical folder. Back when everyone was making fancy folders Ernie made a few knives for tactical use and became so successful he left the Torrance Fire Department and opened his own knife company. Ernie also teaches

knife combat around the USA in special class's. Ernie still enjoys making these tactical knives himself and only sells at shows he is attending. If you collect tactical folders, Ernie's are a must to have a complete collection!

Grandmaster Ramiro Estalilla Jr. - *Estalilla Kabaroan*



Dr. Ramiro U.

Estalilla, Jr. has studied and practiced Kabaroan eskrima since 1941, just after the outbreak of World War II. Eskrima Kabaroan, a martial art indigenous to the Philippines, is also known as armas de mano, panagigam, pananandata, kaliroangan, par-olisi, arnis, and kali,

among several names. All the various terms refer to the weaponry and fighting arts originally practiced by the pre-Spanish natives of the Philippines.

The term Kabaroan which also means latest, or newest, effectively means modern eskrima. The art (also spelled with “c” cabaroan, or cabarwan) refers to the baruangs (air barons) way of eskrima with reference to “the big stick” style of system of the Filipino martial or fighting arts. The baruangs (baroangs) were recognized as the leaders of the community by virtue of their social status in life (wealth, education) as well as authority vested on them by society and from the government. Although the word Kabaroan comes from Ilocano-speaking Filipinos or Luzon (northern Philippines), the art with big sticks and bladed weapons was practiced and popular as well among the early practitioners in the central and southern parts of the Islands.

A third generation in a family of eskrimadors, Dr. Estalilla has practiced and taught Kabaroan in the context of Philippine history and culture with the three-fold objective: to humanize the art, civilize the artist, and refine the system. His vision and mission is that eskrima might be a means to foster goodwill among all peoples and become a benefit and blessing to humanity. Dr. Estalilla studied from wartime and post-war teachers: Bernardo Banay, Marcelino Bermudez, Menardo Presas, Braulio Roque, and his father, before migrating to the United States in 1976.

Dr. Estalilla introduced and taught Kabaroan Eskrima at Fresno City College (California) in 1982 and at California State University at Fresno in 1985, where he retired from work in 1996 at age 66. In 1995, Mr. Estalilla was inducted into the World Martial Arts Hall of Fame as Grandmaster of the Year. At the international Grandmasters Council he was named Grandmaster of the Year for California in 1996. Finally, in 1999, Mr. Estalilla was given an honorary degree as Doctor of Martial Arts at the World Martial Arts Hall of Fame in Cleveland, Ohio. He is the first Filipino recipient of the Doctorate in Eskrima (honoris causa) and the Golden Life merit Award of Honor. Estalilla is also a member of the World Grandmasters Council based in Florida after his induction (en absentia) into the International Martial Arts Hall of Fame in 1997 under the auspices of

the Head of Family Sokeship Council Founded by Soke (Grandmaster) Frank Sanchez. Estalilla is one of the world's leading 500 grandmasters and over 5,000 eskrima practitioners and martial artists. Mr. Estalilla has taught, practiced, and promoted martial arts with spiritual and natural health of the body and soul.

A graduate of theology from Manila Bible Seminary and Philippine Bible College, and with a liberal arts degree philosophy from Far Eastern University, Dr. Estalilla has made the teaching of Kabaroan as his outreach ministry while advocating the pursuit for natural health through balanced nutrition, composite exercise, and drug-free holy living. As a martial artist and natural health advocate, Dr. Estalilla has presented the physical weapons (wooden and plastic sticks) as merely symbolic of the steel swords, which in turn symbolize and represent the Sword of the Spirit, the Word of God. He believes that physical wars and battles on earth are but shadows of the spiritual battles in the higher realms of life-the fight between the forces of good and evil, the kingdom of light and darkness, and truth and falsehood. A Christian minister by profession, he believes in a balanced physical and spiritual health and points to Apostle Paul's exhortation to believers to preserve their "body (soma), soul (psyche), and spirit (pneuma) until the coming" again of Jesus Christ.

The soft spoken religious eskrimador lives by his art and carries a big stick. He mingles within the training class and gives finer points of the training techniques. Grandmaster Estalilla brought out a 4 X 4 cloth with designs for angles of attack or the basic striking lines of Kabaroan. He explains how strikes can follow a pattern that relates to the Kabaroan style of Eskrima. Grandmaster Estalilla then brings out a long rattan stick to train as a bladed weapon and a short rattan to use as a shield. He demonstrates with ease and perfection. The last Filipino weapon that he performed was the long staff against other weapons, Grandmaster Estalilla a master of the Filipino arts.



For further information on the art you can contact
Grandmaster Ramiro Estalilla Jr. at: (559) 435-8891



Burton Richardson - JKD/Multiple Chokes

Burton is a student of Sifu Richard Bustillo who clearly embraces the "JKD" way. It is so evident that he is well rounded in every aspect of the fighting game. The one thing that he emphasized is to never lose touch with reality in a fight. For example, in a standing fight, he always emphasized that the groin is the most vulnerable part of the body and it's the easiest target. He taught us how to hit it and to avoid being hit in that area. I love the way he teaches. He explains everything about a technique. He breaks down each movement and shows the proper way to do it. It reminds me of how the Gracie family teaches a technique but Burton has a mellower command and more genuine care for the students and no ego at all. He taught different techniques like when you get an opponent in a clinch with one arm underhooked; then you can either go for a strike, takedown, or choke.



Burton demonstrates stop kick with wife Sara

you wrap your arm around your opponent's neck, grab your own wrist with your other arm and crank the neck for the choke. Guillotine chokes with one arm underhooked is so hard to do since you don't have enough leverage because your opponent's one arm is hindering your pulling power against the neck. Burton then showed us the proper way to do it. He also personally saw to it that I was executing the move properly. Afterward, he told me that this particular technique is one of his, along with his wife's, go-to favorite

After lunch, we started some stick fighting to help us digest some of that heavy lunch. Then, he showed us some techniques on the ground. I had one technique that I wanted to ask him about because he has written about a hundred techniques with chokes. The technique is a guillotine choke with one underhooked arm. I saw Antonio Rodrigo Nogueiro, former heavyweight Pride Champion pull this off during his fight with UFC heavyweight champion, Tim Silva.

Traditionally, to do a guillotine choke,

techniques in a fight because the unsuspecting opponent has no idea that the technique works perfectly well. It is now one of the favorite techniques in my arsenal, too!



Burton Richardson

Burton Richardson has studied extensively with many of the finest instructors in the world. Years of intense training has led to full instructor's credentials in Bruce Lee's Jeet Kune Do Concepts, Jun Fan Gung Fu, and Filipino Kali under Guro Dan Inosanto (Protégé of Bruce Lee). He is also a Full Instructor under Sifu Larry Hartsell. Burton's Thai Boxing instructorship was awarded by Master Chai Sirisute, while the title of "Guru" was achieved in Indonesian Pentjak Silat under the guidance of Pendekar Paul de Thouars. Burton earned his instructorship in Kali Ilustrisimo after rigorous training in Manila under Grandmaster Antonio Ilustrisimo, Master Tony Diego, and Master Christopher Ricketts. Burton was awarded his Black Belt in the art of Brazilian Jiu-Jitsu by World Champion Egan Inoue. Burton has trained extensively with many other top BJJ exponents, including the Machado Brothers, Carlson Gracie, Baret Yoshida, Charuto Verissimo, and Marcelo Garcia. Burton has even journeyed to South Africa several times to train with Zulu warriors in their method of stick fighting. It's a long road, but one certainly worth the traveling. This broad spectrum of experience gives Burton a unique perspective on the arts.

Burton wrote for Inside Kung Fu magazine for eleven years, and now writes a monthly column for Budo Magazine, an international publication translated into French, German, Spanish, Italian, Portuguese, and Croatian! His second book was also published by Budo Magazine, while his third and latest book (Choke Em Out) by Paladin Press was released in July 2007. Another one is currently in the works.

Burton enjoys sharing his good fortune through seminars worldwide. He is known for teaching a dynamic seminar in a relaxed atmosphere, with ample time taken to highlight the fine points of the arts. If you have not had a chance to train with Burton, you can get a preview of his teachings through the many instructional videos he has made. Burton's wish is to be able to share as much as possible so that martial artists all over the world can improve themselves and then share their knowledge with others.

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Fernando Vascancelo - *Brazilian Jiu-Jitsu*

What one observes about Fernando is what you can see in almost all Brazilian jiu-jitsu instructors. He has a humble personality, but a commanding presence at the same time. Fernando has been training BJJ for over 20 years, starting when he was a toddler. His BJJ black belt father enrolled him under Professor Rillion Gracie. Fernando has been certified as a professor of BJJ by the Confederacao Brasileira de Jiu-jitsu (Brazilian Confederation of Jiu-jitsu) and the Federacao de Jiu-jitsu do Estado do Rio de Janeiro (Rio de Janeiro State Jiu-jitsu Federation) since 1996.

He has an extensive competition career as a black belt that has earned him the US Open Championship x3, the Pan-American Championship x3 and World Championship. As is customary in all BJJ classes, we started some drills to warm up. Then he tackled the most neglected part of the ground game - standing up from the closed guard. Most of the BJJ practitioners today prefer to just lie on the ground hoping to catch a submission. In the beginning of the UFC, ground fighting was the king of the game because of the general lack of knowledge by the striking art fighters once they hit the ground. Now striking and "ground 'n pound" are both in the spotlight and MMA fighters realize they have to be able to defend any attack. This is what makes Fernando's seminar so relevant. Most BJJ instructors teach a ton of submission techniques but techniques involving standing up from a closed guard are essential in today's fighting world. Truly, Fernando, being a mixed martial artist himself, knows how to observe and adapt to the changing rules of MMA.



Richard S. Bustillo, Dave Warloe, and Vince Osorio - *Handgun Shooting*



Gun Range Bustillo, Osorio, and Warloe

These three gentlemen started the handgun shooting seminar by focusing on safety first. A lot of gun accidents happen due to lack of attention to gun safety practice alone. They also discussed proper handling and target sighting. One thing it surprised me to know is that, generally, people who are right handed use their right eye to focus on the target. However, few right-handed people use their left eye to

focus, but, surprisingly, we did have a few in the class. We then moved on to practicing our stances and loading and unloading the handguns so we could get comfortable before the actual shooting practice.

Shooting for me was exciting, but nerve wracking, at the same time. Once we got to the shooting range, all the seminar attendees took turns shooting both the revolver and



Gun instructor Vince Osorio demonstrate various hand gun stances.

the Glock. Personally, I like the Glock better than the revolver. I felt like I had more control of it while firing, perhaps due to the grip handle. Some of the attendees bought more bullets to practice shooting just to take advantage of the opportunity to fire a gun, especially those who came from Europe. Most of us were first time shooters so it was fun to learn something new.



IMB Instructors Conference hand gun safety, handling and gripping with instructors Vince Osorio and Dave Warloe



Sifu Luca, Orlando, Jessica, Jonathan and Richard practice tap, rack and aim with instructor Eric Nold



Hand gun safe handling and gripping:

Marco Vincelli of Italy, Robert Waite of Arkansas, Erwin Pascua of Philippines,
Dave Warloe - Gun Range Instructor

Noted Achievements during the Conference:



Grandmaster Richard S. Bustillo promotes Kevin to Associate and brother Will Palencia to Apprentice, and Joe Parker to Master Instructor.



IMB Congratulates Chris Eby's achievements: High School Valedictorian and Air Force Academy Scholarship. Multi talented Chris Eby received congratulation cake from his IMB brothers and sisters.



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For over thirty years, the International Martial Arts & Boxing Academy has played an important role in the personal growth and professional development of thousands of students locally, nationally, and internationally.

Richard Bustillo possesses a wealth of knowledge and a very unique and motivating teaching style. Credited as being one of the major contributors to revive the Filipino

Martial art of Kali/Eskrima/Arnis, Bustillo is recognized by the Council of Grandmasters of the Philippines as Ninth degree Black Belt (Grandmaster) in Doce Pares Eskrima. However, he is best known for his training under Bruce Lee and Jun Fan Jeet Kune Do.

Kali / Eskrima / Arnis

Boxing / Muay Thai Boxing

Wrestling / Jiu-Jitsu

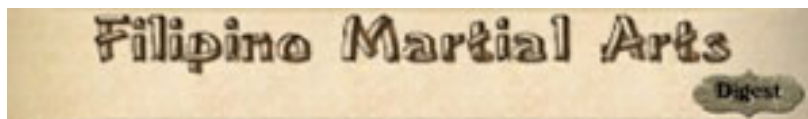
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