

Filipino Martial Arts

MAMFMA

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14TH ANNIVERSARY



Publisher

Steven K. Dowd

Contributing Writers

Rene Joy Rivera
FMA Digest Archives

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

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

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From the Publishers Desk

Kumusta

The FMAdigest thanks very much Guro Rene Joy Rivera for donating his time and energy in providing the information for this Special Issue.

The FMAdigest has known Punong Lakan Garitony Nicolas for a little over 3 years, and has met many of the instructors of the Modern Arnis Mano-Mano Filipino Martial Arts (MAMFMA). Punong Lakan Nicolas is an energetic, motivated and industrious individual, which is topped with kindness, understanding and a very good sense of humor. His instructors and students follow his example in being courteous, humble and energetic in the art.

Throughout the years the MAMFMA has donated a great amount of time interacting with schools, communities and the less fortunate in the promotion of the Filipino martial arts.

The FMAdigest selected the MAMFMA as one of the Organizations of the year for 2009, (**Download Issue - Click Here**), for its generous actions and the promotion of the Filipino martial arts.

Author of several books, in print at this time, each demonstrates just the edge of knowledge that Punong Lakan Nicolas has and is putting forth.

Some may think that 14 years is not much time for a Organization to make an difference, however download the Special Edition on the MAMFMA and learn more about them and also as I stated above check out the Special Issue Recognition 2009.

Maraming Salamat Po



Download

Filipino Martial Arts that is MAMFMA

The Filipino martial arts, has a vast history and has been defined and redefined over the years. With countless students, Instructors, Masters, and Grandmasters, the experiences of these individuals have changed the art and sport of Filipino martial arts a lot. And the change does not stop. As Filipino martial arts is being passed from generation to generation, from nation to nation, the needs and wants for the art changes.

In line with this, how does the MAMFMA contribute to the growth of the art and sport? MAMFMA stands for Modern Arnis Mano-Mano Filipino Martial Arts. If you first hear the name, the first thing that probably comes to mind is stick fighting. But it is more than hitting each other with sticks. More than the physical aspects, MAMFMA encompasses the spiritual realm which makes a more holistic approach to Filipino martial arts.

Is it Classical, Traditional, or Modern?

A lot of people might say, "Don't state the obvious" due to the name of the group. Modern Arnis has been a mainstay in the Filipino martial arts scene for the past years in memory and this style together with Mano-Mano which has been put together by the Presas family with its disciples has been one of the most popular styles of Filipino martial arts. Unfortunately, a lot of people and groups have commercialized the style which made it a money-making avenue rather than a symbol of national pride. Even worse, other groups made a laughing stock out of the style.

You might think MAMFMA is a traditional or classical style of Filipino martial arts. But is it not the first few letters of the MAMFMA abbreviation means Modern Arnis. Did the Founder include classical moves in the style? Does it use traditional training style like a lot of field trainings like in the woods or mountains? With these questions in mind, no comes another question: Do the classical moves integrated to the school/system really applicable to the modern needs of people?

To answer these questions we look back into the 14 year history of MAMFMA and its contribution to the world of martial arts. Pictures from the start up days up to the present times are shown to give a better image on how the group got to where it is now. We will also hear some words from its instructors, students, and people from outside the group in regards to how they see MAMFMA. In the end, this may help you see the group and the system in a different light and hopefully give you a deeper sense of purpose in the world of Filipino martial arts.

A Look Back Into History: The MAMFMA Photo Story

When I first came to MAMFMA, I was so fascinated with the many pictures hanging on the walls of the gym. Some of the pictures are very old; some of them are recent clips. This was the first time that I saw a lot of memorabilia hanging around. I suggested to Sir Pet to have the pictures scan so they can be mounted in a tarpaulin poster since some of them are so old already. But Sir Pet mentioned these old pictures are proof how long MAMFMA has been and what the group has done, is doing, and will be doing in the future. So let's travel back in time to the early years of the MAMFMA and see how everything leads to the present time. So join me in this travel back thru time and learn more about the MAMFMA!

Early Years:

The organization was founded by the world renowned Punong Lakan Garitony "Pet" Nicolas in March, 1995 under the name of Modern Arnis De Mano, then situated in the Cosmo Pro Gym, ADR Building in Libertad, Taft Avenue, Manila. The group stayed on the same gym for the next 2 years. The organization started out with 30 students together with the instructors under the tutelage of PL Pet back in the day. To name a few: Jerie De Belen, Antonio Coloma, Jeff Nova, Naki Makalintal, Dwight and Jojo Geronimo.



On July 1995, PL Pet changed the name of the organization to which it is known now as Modern Arnis Mano-Mano Filipino Martial Arts or MAMFMA. This is now the start of the journey of an organization in promoting the

art and sport of Arnis to the rest of the world. And part of this endeavor, the group did not just stay inside the gym honing their skills. They went out to the public doing demonstrations, seminars, and actual trainings to propagate the learning of the native art to the rest of the Filipino people.



A lot of the activities of the group involved bringing the art closer to the grassroots by conducting trainings inside the school setting. One of schools who became beneficiaries of these trainings is the Pasay North High School. Under the leadership of the Punong Lakan, the students were trained in the art of Arnis and Mano-Mano.



But if you're thinking that it just stopped their, then you're wrong. It was just the beginning of a lot of participation in the spreading of the art. The MAMFMA also got themselves involved in other activities like tournaments wherein the group won a lot of awards but moreover the respect of the Filipino community. One of the tournaments wherein the organization participated is the Sta. Clara de Montefalco Parish Knights of the Altar Benefit Games.



The MAMFMA also participated in a lot of demonstrations and exhibitions in different stages. Another notable event is the PSTC tournament/exhibition in 1998.



The MAMFMA also had presentations at the “Concert at the Park” which is a talent shown conducted at the Paco Park in Manila wherein the MAMFMA performs alongside the country’s top singers.

Of course the group did not stop in their endless training, working hard day in and day out, both inside and outside the gym. With the efforts of Sir Pet with his instructors and students, the MAMFMA continued to hone their skills to perfection. Either they are sweating it out inside the gym or under the heat of the sun, the MAMFMA never stopped practicing. Most of the time, they would practice in the Luneta Park or in front of the Cultural Center of the Philippines. At same time, inviting other people to join their practices, for free, and eventually joining the Organization.



their extra-curricular activities. They stayed in the said site for 5 years.



Although the group moved a lot over the years, the desire of spreading the art never died down. In 1997, the group moved to the Cartimar building located in Pasay City. Here, the MAMFMA continued their regular training alongside



As part of its goal to propagate the art, the MAMFMA participated in the weekly demonstrations in the Philippine Indigenous Games Savers Association, Incorporated (PIGSAI) held in front of the Philippine Tourism Authority building, near the Luneta Park in Manila. In 1998, the MAMFMA was part of



the biggest PIGSAI event ever wherein thousands of Filipino martial artists/gamers were present to showcase their brand of Pinoy gaming. The MAMFMA presented the different aspects of the art, from stick fighting, knife defense, to empty hand combat.





open minded with the vast beauty and functionality of the Filipino martial arts. The MAMFMA also had associations with the PHIKAJU headed by martial arts master and actor, Ronald Gan Ledesma.



In its hunger for more learning, the MAMFMA trained further under the tutelage of other Filipino Masters like Grandmaster Benjamin Luna, Grandmaster Vic Sanchez, Grandmaster Nemesio Puno, and Sensei Dannny San Joaquin. Because of these trainings, the instructors and students became more



Part of the competitive spirit of the MAMFMA, the group conducted and participated in more tournaments. Such contests planted the seed of friendship and unity between Filipino martial arts groups. One of the most memorable tournaments joined was "Ibangon ang Sining Marsyal ng Pilipinas" organized by the group. The special guest of honor for that



event is then Bulacan Governor Roberto Pagdanganan. The said contest was held on the Pasay City Sports Gym.



Another tournament joined by the MAMFMA is the Amateur Full Contact Competition sponsored by the Philippine Full Contact Association. The team sent was headed by National Coach Rommel Baustista.





Another major competition where the MAMFMA participated was the “Big Challenge” Tournament in the year 2000. Even though it is a Muay Thai competition, the group was given the privilege to demonstrate the Filipino martial arts which was applauded by everyone in attendance.



Over the years, MAMFMA never stopped in this battle in promoting the art. I should call it a battle since it's always been a struggle to keep Arnis afloat and competitive alongside the foreign martial arts which are being more accepted at the moment. Tournaments, demonstrations, field trainings, the group took every opportunity to present the art to the Filipino people and seek the acceptance of the general public. Below are more pictures that depict the exploits of the Organization.







14th Anniversary Get Together

July 18, 2009 - The day has finally come! The day of celebration! Yes, it was the MAMFMA's 14th year anniversary celebration!

The celebration was held at the MAMFMA headquarters in Libertad, Pasay City. You could really feel the excitement in the air. The program was set to start at 4pm, but as early as 11:30am, Punong Lakan Garitony "Pet" Nicolas was busy with the preparations. As hours passed by, the instructors and students started to come in and started rehearsing their presentations for the program.

At 4pm, the program started as scheduled. The program was hosted by the incoming club President, Guro Rene Joy Rivera. It was started with a short prayer, followed by the singing of the Philippine National Anthem. After which, the group heard inspirational words from the guests Grandmasters and Masters. They were Grandmaster Danny San Joaquin, Grandmaster Celso Sandigan, Master Resty Obispo, and Sensei Arjay Sales.



Grandmaster Danny San Joaquin



Opening Prayer and then some remarks



Defenders Aikido Karate Association demonstration

headed by Sensei Arjay Sales. The group showed their no-nonsense empty hand self-defense techniques which included jaw dropping throws and locks. The next to present was Mink Mongoose Isabela Arnis group of Grandmaster Celso Sandigan. They demonstrated some freestyle Arnis techniques which are very applicable on different

After hearing words of wisdom from the elders, a short demonstration was done by the groups represented. The first group to conduct their demo is the Defenders Aikido Karate Association which is

street situations. Of course, when it comes to demonstrations, resident MAMFMA adviser Grandmaster Danny San Joaquin can never be counted out. The “victim” AKA partner of Grandmaster Danny is Lakan Ronald Regalado who was struck and thrown by Grandmaster Danny, in the name of promoting the Filipino martial arts.



Guest Grandmasters and Masters

And since this is was a MAMFMA celebration, the students and participants eventually took over the spotlight. To start off, the instructors, namely Lakan Junar Vidal, Lakan Ronald Regalado, and Guro RJ Rivera demonstrated a few moves in dagger fighting and Arnis continuous locking.

After which, the ARNIS for Kids club members demonstrated an original MAMFMA move - Modern Sinawali. And after all this, everybody wanted to see something more, or somebody - MAMFMA former President and senior instructor Lakan Romeo Solatorio also demonstrated his interpretation of Modern Sinawali.

After which, the ARNIS for Kids members were awarded the Outstanding Student recognition for their continued efforts in promoting the Filipino martial arts. Also this year, 3 instructors were given the Outstanding Instructor of the Year awards. They were Lakan Jaime Francisco, Lakan Anthony Gatchalian, and Guro RJ Rivera.



Senior Instructors and the new generation of Instructors



At the end of the ceremonies, it's eating time!

At the midst of all these, there is only one thing burning the hearts and minds of the everybody; the love for ARNIS and this will go on continuously not only 14 years but thru eternity!



After 14 years...

What does it really mean to be part of MAMFMA? How do you think the MAMFMA different from other Filipino martial arts groups? How did it really make the difference for the past years?

Although it is true that the Filipino martial arts, belongs to the Filipino, not all of our fellowmen know about it. Sad to say, Filipinos are more attuned to foreign martial arts like Thai Boxing and BJJ. What could be the cause of this? This can be attributed to a lot of things. And one of the factors is that nobody takes a step forward to share and promote the Filipino martial arts to the Filipino people. Although a lot of groups and systems have done their part to uplift our beloved Filipino martial arts, there is still a lot of areas of opportunity. A lot of people still do not have enough “reach” for our art. One of the reasons for this gap is that a lot of people can't find fit in to the system. What do I mean? A 5 year old kid wanted to learn Arnis but he was not allowed to join because he's too young. A security guard really wants to learn the art but because he's working during the night, when he trains in the day, he's having a hard time due to lack of sleep. A

lawyer tried joining a Filipino martial arts group but had to go because he does not have enough time for all the rituals of his group due to his profession. A seasoned Arnisador was kicked out of his group because he has a different interpretation of the art.

Every person has a different personality and different needs. Every person was created different by the Almighty God. Every person came from different parts of society. And in regards to interpretation, it will always be the sum of our experiences not only in training but in life in general. So how does it come to play when training with MAMFMA? The group addresses these differences by adapting to the needs of different people. MAMFMA acknowledges these differences. Every student is dealt with according to their level of understanding. This does not only encourage more people to learn the art but also the living principles behind it. So instead of having a divided group, it binds the members more and comes out stronger. The members learn from each other and become more acquainted with the world around them, as they learn more about the world around them, it gives them the strength and encouragement to go out and promote the art of Arnis.

So in the 14th anniversary celebration of the group, Punong Lakan Pet Nicolas once again brought together different personalities who in one way was involved with the MAMFMA, cherished the memories and recommitted themselves in making Filipino martial arts one of the best, if not the best in the world!

Messages of Congratulations

Congratulations to MAMFMA, particularly to its founder Punong Lakan Garitony "Pet" Nicolas! I salute you for your unselfish and painstaking devotion, utilizing your own precious time, effort and funds to promote and uphold the true Filipino martial arts, "ARNIS"!!

I am aware of the intrigues that were thrown your way to destroy your noble effort. I admire your ability to handle all of them. As the EAGLE would, you flew over the turbulence and it made you soar even higher! Keep it up! I know your apparent success will not make you forget your roots.

Congratulations too, to all Filipino martial artists, who despite of their involvement to other oriental Martial Arts, have not altogether forgotten the indigenous martial arts Arnis!

Thank you for believing in the ideals and principles being upheld by MAMFMA. Your support has brought us this far! Let's keep on together and preserve our symbiotic relationship and attain synergetic result from our combined styles of Arnis! It is the only way by which we can make our slightly different styles work for the ultimate perfection of our very own Martial Arts, Arnis.

I am a practitioner of a least known BICOL ARNIS style. It is here at MAMFMA interaction, that I realized the various Arnis groups, somehow differs only in nomenclature and assigned numbers, given to every execution of techniques. MAMFMA's non-discriminating attitude in accepting members from other styles, plus its allowance to its students to exercise their own creativity in executing a standard technique, served the interest of Arnis well.

In closing, I look forward to the realization of every “TRUE ARNIS” loving martial artist which is the unification and mutual acceptance of each and every particular Arnis style, so that we may be able to hold friendly competitions participated in by various practitioners from different styles under one mutually accepted contest rules.

Mabuhay ang MAMFMA! Mabuhay Lahat ng Arnisdores!

Grandmaster Dannie San Joaquin
Arnis Practionner, Lakan Tagapagpayo
(Adviser) - MAMFMA

I would like to extend my warmest greetings to MAMFMA on its 14th year anniversary! Your years in promoting the art, means a lot and is very precious. Congratulations and more power!

Teacher Daisy M. Gonatise
R and O Academy

Pugay! Congratulations to Modern Arnis Mano Mano Filipino Martial Arts for celebrating a stable 14 years, especially to the founder and father of Modern Sinawali, Punong Lakan Garitony “Pet” Nicolas for all the hard work and dedication. To all the members, instructors, , because of your support and continued patronization of the Filipino Martial Arts, Arnis is now known worldwide as an effective, practical, and easy to learn method of self defense. I wish you all the good luck! Mabuhay ang Filipino martial arts!

Lakan/Sensei Melchor William Amosco
Senior Instructor, MAMFMA
Aikido Yuishinkai Marikina

I would like to congratulate my fellow members of MAMFMA in its 14th year anniversary. I witnessed all the pains and sacrifices that MAMFMA struggled with in the past years. We overcame and survived every obstacle. I am grateful to be a part of this surviving martial arts group. Again, congratulations and more power, keep up the good work! Mabuhay po kayo!

Dayang Rhiverli “Ever” Quine
Senior Instructor, MAMFMA

Here in MAMFMA, we have learned a lot of martial arts techniques through the excellent teaching power of Sir Pet and Sir Meo who patiently taught us. Because of this, a lot of opportunities opened up for us. Our families are very happy. Thank you MAMFMA and happy anniversary to all!

Katrine Joy and Kristoper John Soriano
Students of R and O Academy
Arnis for Kids Club

Happy 14th Anniversary to Modern Arnis Mano Mano Filipino Martial Arts! I am proud and very happy for being part of this group. Congratulations to Punong Lakan in his endeavor in promoting and uplifting our very own martial art of Arnis. More power and God bless!

Lakan Jec
Senior Instructor, MAMFMA

In my long time of training on Filipino Martial Arts in MAMFMA, I learned not only Martial Arts and Self Defense, but most of all the disciplined itself which Punong Lakan taught us. In this organization I gained lots of friendship and lessons that I will carry in my life. Happy 14th Anniversary to all of us..Mabuhay tayong Lahat!!!!

Lakan Ronald Regalado

First of all, my warmest greetings to our Club Modern Arnis Mano-Mano Filipino Martial Arts (MAMFMA) for celebrating its 14th Year Anniversary in the Filipino Martial Arts World. This anniversary and milestone of MAMFMA will not be possible, without the true hard work, perseverance and dedication of our Master, Mentor, Father, Brother and Friend Punong Lakan Garitony "Sir Pet" Nicolas in teaching, promoting and preserving the world renowned Filipino Fighting Art, Arnis De Mano.

Truly, I'm proud to be a member and to be the former Secretary General, Vice President and Club President of Modern Arnis Mano-Mano Filipino Martial Arts (MAMFMA) and with this I would like to take the opportunity to thank our "FATHER" Sir Pet, for trusting and believing in me.

Rest assured that Lakan Anthony Gatchalian will always continue supporting and LOYAL to MAMFMA and Sir Pet.

LONG LIVE MAMFMA...CONGRATULATIONS SIR PET AND MORE POWER

Lakan Anthony Gatchalian

To all the Modern Arnis Mano-Mano Filipino Martial Arts family I would like to greet you a Happy 14th anniversary. I am so proud and very happy for being a part of this group for reaching its 14 years in promoting, uplifting and preserving the art of Stick Fighting - our very own Pinoy Martial Arts "Arnis".

For all the students and students who are now instructors. This time no longer asking what MAMFMA can do for you but what can you do for it and what you can do for our nation. The MAMFMA is not just a club or organization it's a HOME for all of us.

Kudos to Punong Lakan Pet Nicolas the father of Modern Sinawali and Founder/Chief Instructor of Modern Arnis Mano-Mano Filipino Martial Arts and to all the MAMFMA family.

Lakan Romeo Solatorio
MAMFMA Instructor

To all the students, members, and instructors and officers of the Modern Arnis Mano-Mano Filipino martial arts I would like to thank you for supporting my father in propagating the art of Arnis through thick and thin you are always there. This is the life of my father, his dedication, his vocation – promoting and teaching the art of Arnis. Happy 14th Year Anniversary to everybody!

Dayang Mizha Nicolas

CONGRATULATIONS!!!

Modern Arnis Mano-Mano Filipino Martial Arts (MAMFMA) and its founder Punong Lakan GARITONY "PET" NICOLAS!

It is said that seven is God's number. Well then, to MAMFMA it's already twice the blessing of the Almighty God. We recognize you as being an excellent steward of the task that you have been given. May the Good Lord perpetually reward your sacrifices and unselfish actions in sharing what you have.

We congratulate you for your effort and devotion in continuously promoting and upholding our Filipino treasure - Arnis. Keep it up! More power and soar higher in propagating Arnis.

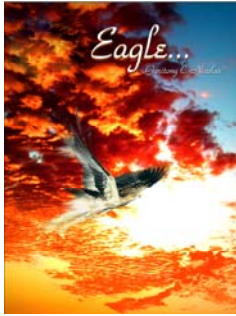
Congratulations also to all the members of MAMFMA. Without your help and support all of these will not come into existence and would not be this far.

Happy 14th Year Anniversary!!! More Power to you and your group!
Pugay! Mabuhay ang Arnis!

Lakan Sunshine Facto
Sayoc Kali Philippines

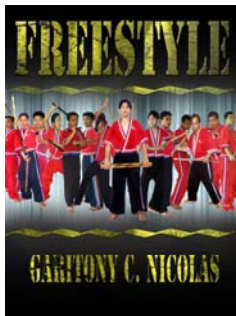
Modern Arnis Mano-Mano Filipino Martial Arts (MAMFMA)

Available Books



This is the new book of Punong Lakan Garitony Nicolas, the title of this 6th book EAGLE. This book is all about Eagle quotes, verses, messages, symbolizes etc that the author collected. This book may serve as inspiration in your life as the author of the book was inspired. (New Released)

The Philosophy of Arnis - This book that you are about to read is a compilation of the reflections of a great man. This man dedicated his life in the proliferation as well as development of Filipino Martial Arts. He showed in this book that everything we do in martial arts have meaning and is just a part of a greater picture. I do hope that everybody who reads this book will find fulfillment in what they are doing and see the meaning of life that has always been there but failed to notice. (Full Colored Book)

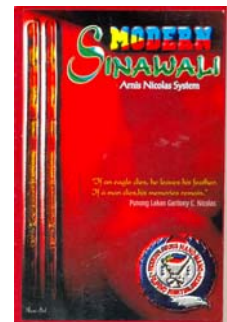


Freestyle - freestyle is doing limitless free flowing ideas, applying wide range of knowledge “*Kathang Isip*” with combination of various stylistic skills and techniques “*Diskarte*” to make it easier to execute. (New Released)

In this book it includes the different freestyle of Modern Sinawali, single stick, art of Arnis locking freestyle etc.

Modern Sinawali (Arnis Nicolas System) - illustrated guide to the training process that practitioner need to know and learn because of the various criss cross movements of the hand.

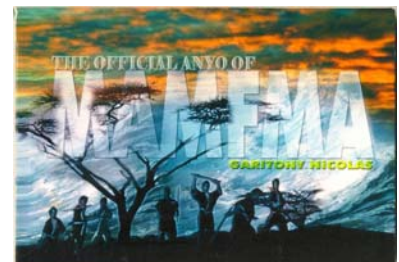
The author includes in this book the art of continuous locking, the principles of counter to counter freestyle disarming of the stick and the art of counter to counter Mano-Mano locking.



The Principles of a Good Arnisador - is a discussion of the principles of the Arnis Nicolas System (ARNIS) and its Art. Including the development of stick fighting - the Martial Arts World.

The Official Anyo of MAMFMA - illustrated guide to the correct form done by each student from beginner to black belt using the three forms of play of Arnis: Single Stick, Two Sticks and a combination of Arnis stick and a shorter one, which represents the espada y

daga system.





Arnis for Kids - This book is about the basic techniques in Arnis for kids. It includes the Alibata writings, the principle of holding the sticks, striking, and blockings among others. It is design for easy learning and understanding the art of Arnis and its culture. (*Full Colored Book all Models are Kids*)

Kapitan Arnis is a new super hero of Filipino Martial Arts born on June 21, 2008 at MAMFMA universe. It was created by Sunshine Facto and Punong Lakan gives his name and power for the kids. Kapitan Arnis was introduced by the MAMFMA.

These the seven books authored by Punong Lakan. The Eagle, Freestyle, Modern Sinawali (Arnis Nicolas System), and The Official Anyo of MAMFMA was release, print and Published by the Central Books distributed by Central books all branches (Glorietta, SM Megamall, Quezon Avenue, Recto Branch, Iloilo Branch, Philippines). You may call at 374-4064 or 372-3550 or Email MAMFMA directly at: filipinomartialarts@yahoo.com



Modern Arnis Mano-Mano Filipino Martial Arts

Punong Lakan Tony Nicolas

Main Headquarters

Unit 204 CK Sy Diamond Building

156 Libertad St.

Pasay City

[632] 480-8618

Email

Website

Website

Website

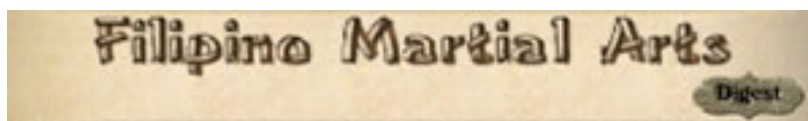
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