

Filipino Martial Arts

Digest

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

Special Issue
2010

MAMFMA

15TH ANNIVERSARY



FMA Digest

Publisher

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Congratulations

Acknowledgements

Friends and Students

of MAMFMA

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

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

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

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Publishers Desk

Kumusta

The FMA Digest has known Punong Lakan Garitony Nicolas for a little over 4 years, and has met many of the instructors and students of the Modern Arnis Mano-Mano Filipino Martial Arts (MAMFMA). As you will read in this Special Issue Punong Lakan Nicolas is an energetic, motivated and industrious individual, which is topped with kindness, understanding and a very good sense of humor. All students, instructors and friends have been highly impressed with his motivation in promoting not only the MAMFMA but the Filipino martial arts overall.

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.

This year Punong Lakan Nicolas added a Hall of Fame and has recognized individuals who have promoted and promulgated the Filipino martial arts and are deserving of the honor of being recognized.

The FMA Digest selected the MAMFMA as one of the Organizations of the year for 2009, 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 15 years is not much time for a Organization to make an difference, however download the Special Edition on the MAMFMA and in doing so learning more about the Organization and Punong Lakan Garitony Nicolas you will see that the Organization has made a very favorable steps in promoting not only the art of MAMFMA but the Filipino martial arts.

Maraming Salamat Po

Understanding MAMFMA



The Filipino martial arts, has a vast history and has been defined and redefined over the years. With countless students, Grandmasters, Masters, and Instructors, 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.

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, now comes another question: Do the classical moves integrated to the school/system really applicable to the modern needs of people?

To answer these questions download the FMAdigest Special Issue MAMFMA 14th Anniversary and 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.

Modern Arnis Mano-Mano Filipino Martial Arts School is duly recognized and registered by the Philippine Government under by the Security Exchange Commission and the Department of Trade and Industry with Registry Number 00156129. The MAMFMA was first registered July 21, 1995, second registration year 2000 and third registration was 2005. The logo name of Modern Arnis Mano-Mano Filipino Martial Arts was copyrighted at the National Library, Manila on October 6, 1995 with Copyright registry no. O 95-1006 by Punong Lakan Garitony C. Nicolas which he called Arnis Nicolas System (ARNIS). The Arnis Nicolas System promotes the classical, traditional and modern approach of teaching the principles and philosophy of the art of stick fighting - Arnis.



Download

MAMFMA Club Presidents

Roice Garrette Ang July 21, 2010 - present
 Rene Joy Rivera - July 22, 2009 - July 20, 2010
 Anthony A. Gatchalian - March 19, 2009 - July 21, 2009
 Romeo S. Solatorio - July 16, 2007 - March 19, 2009
 Roberto R. Dela Cruz - March 1, 2005 - July 15, 2007
 Jerrick Cyrus L. Tan - June 1, 2003 - January 15, 2005
 Christopher B. Ellazar - January 1, 2002 - May 31, 2003
 Rhiverli C. Quine - May 16, 1998 - December 31, 2002
 Sheila A. Hiceta - November 16, 1997 - May 15, 1998
 Marian Florina S. Hernandez - December 1, 1996 - November 15, 1997
 Antonio V. Coloma - August 30, 1995 - November 30, 1996



MAMFMA Secretary Generals

Earl Ray Nufable - July 21, 2010 - present
 Rene Joy Rivera - March 19, 2009 - July 21, 2009
 Ronald P. Regalado - October 16, 2008 - March 19, 2009
 Anthony A. Gatchalian - December 16, 2007 - October 15, 2008
 Joesie N. Ignacio - August 16, 2007 - December 15, 2007
 Romeo S. Solatorio - May 16, 2005 - July 15, 2007
 Cesar S. Turingan - March 1, 2005 - May 15, 2005
 Roberto R. Dela Cruz - August 1, 2003 - February 28, 2005
 Alfred A. De Guzman - April 1, 2003 - July 31, 2003
 Elbert T. Marquez - August 16, 2002 - March 31, 2003
 Junar F. Vidal - February 16, 2001 - August 16, 2002
 Christopher B. Ellazar - March 1, 1999 - February 15, 2001
 Benedict S. Makalintal - December 16, 1998 - February 28, 1999
 Anthony A. Chua - September 1, 1998 - December 15, 1998
 Rommel A. Bautista - February 16, 1998 - August 30, 1998
 Edward T. Ello - November 16, 1997 - February 15, 1998
 Augusto A. Sunga - October 16, 1995 - November 15, 1997
 Marcelina I. Pacurib - July 1, 1995 - October 15, 1995



The Man Behind MAMFMA

Punong Lakan Garitony Carlos Nicolas

Head and Chief Instructor
Modern Arnis Man-Mano Filipino Martial Arts
(MAMFMA)

Garitony Nicolas was born on July 1968 in Manila, Philippines, to Antonio Nicolas (deceased) and Zenaida Carlos. Known as Punong Lakan; a Master of the hardwood cane. He was barely 13 when the passion and determination to pursue his training in the field of Arnis led him to another Master of renown, flourishing under the tutelage of Grandmaster Ernesto A. Presas Sr. for no less than 12 years.

In the years since, Punong Lakan's passion led him to pursue knowledge of the various systems and principles of other martial arts disciplines. As part of this journey, he succeeded in his objectives, attaining both awareness and friendship from experts of their own field, such as Grandmaster Nemesio Puno, Professor Armando C. Soteco, Grandmaster Benjamin B. Luna, and Sensei Danny San Joaquin.

On July 21 1995, Punong Lakan announced to the world the product of his many years of learning - a legally trademarked system of his own called the Arnis Nicolas System, to be taught by his school, the Modern Arnis Mano-Mano Filipino Martial Arts (MAMFMA). Applying his creativity to the techniques of his various teachers, Punong Lakan introduced additional movements, such as advanced sinawali to further improve the coordination, reflex, and learning ability of his students. Similarly, the introduction of his

now renowned Pang-Oran system served to bridge the gap between armed and empty hand systems, seamlessly integrating the different aspects into a fluid and practical set of techniques that are the envy of many practitioners.

Firmly believing in the continued evolution of the art, Punong Lakan continues to refine his system and knowledge of martial arts. He completed his Arnis Professional Course at the National College of Physical Education (NCPE) - school of Arnis Professionals at Pamantasan Lungsod ng Maynila under Professor Armando C. Soteco. He has learned other systems and principles of martial arts from Grandmaster Nemesio B. Puno, Grandmaster Benjamin Lema, Mr. Lorenzo Morco and Sensei Dannie H. San Joaquin. More than ten years and countless bumps, bruises and black eyes later, Punong Lakan Nicolas is still wielding the arnis stick.

Punong Lakan Nicolas has



made himself available to study other oriental martial arts like Karate, Judo, Aikido, Ju-Jitsu, Tae Kwon Do and Tai Chi. He has registered and copyrighted the Modern Arnis Mano-Mano Filipino Martial Arts School and has also introduced his own system which he calls the Arnis Nicolas System in July of 1995.

Learn More About Punong Laka Nicolas and MAMFMA

Download



The Modern Arnis Mano-Mano Filipino Martial Arts celebrated its 15 years Anniversary on Saturday July 24, 2010 and was held at the Coconut House Quezon City Circle, Quezon City Philippines. The occasion was headed by Punong Lakan Garitony Nicolas Founder and President of MAMFMA.

At the event there were demonstrations, promotions, and the MAMFMA Hall of Fame.



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Jerome Lagahit - Vice President

Earl Ray Nufable - Secretary General

Mark Somera - Assistant Secretary General

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Volker Christmann - President

Lukas Christmann - Secretary General

Pondering on the Past and Future

Fifteen years. Fifteen long years is a very long time to live by. A lot of things come and go a lot of people come and go in fifteen years. As the old saying goes, change is the only thing constant. Kids grow up, old kids become older, and adults bask underneath the sunset. But while all this happens, an Organization was able to live through the tough times. The times might have changed; the students' faces might be all that different. The interests of people have changed as well. But the terms "sinawali", "mano mano", "dumog" and all that were kept as sacred as the Holy Word. The name of the Organization - MAMFMA: Modern Arnis Mano - Mano Filipino Martial Arts.

On July 24, those 15 years were remembered and celebrated by the members of the Organization, headed by Punong Lakan Garitony "Pet" Nicolas. Held at the Coconut House located inside the historical Quezon City Memorial Circle, Quezon City Philippines, the instructors and students gathered together to commemorate this special day. Although the program was set to start at 4PM, the students, as well as the teachers were already getting busy. Pictorials, last minute rehearsals, table assignment, welcoming of guests, everything is running smoothly.

The host of this program is Guro Rene Joy "RJ" Rivera, outgoing club President of the Modern Arnis Mano-Mano Filipino Martial Arts and at the same time his birthday celebration. Everything started with a prayer, led by RJ Tejada of Defender Aikido Karate Association Inter-

national. After which, the singing of the National Anthem followed led by Master Restie Obispo of World Empire martial Arts Command (WEMAC). At this point in time, the special guests were asked to step forward, the elders and Founders of the different martial arts Organizations, to be given the proper respect, led by the incoming club President Guro Roice Ang, the students and young instructors gave their "Pugay" to the people who went ahead of them, who paved the way for the present.

As this was a special event, a special and very inspiring message was needed to be delivered. At this time, Grandmaster Danny San Joaquin of Philippine Amateur Judo Association and COJUKAP stepped forward to give a talk about honoring and improving the past to be able to confidently face the future. Learning to not forget the past, remembering your mentors and masters, is part of building dignified lives, not only of a martial artist, but as a person. But not only to rest on were the laurels of the past, each student reminded to continue improving their craft and learn to adjust to the times for the art to survive through. Everyone was also reminded that the different arts are connected to each other and must be respected.

After the message, special acknowledgements and MAMFMA Punong Lakan Hall of Fame award immediately followed. The presentations were done by no less the Punong Lakan and Guro RJ Rivera. The awarding of promotional belts for the MAMFMA Instructors and students witnessed by Dayang Peachie Saguin from

bakbakan International, Sensei Arjay Sales from Defenders karate aikido Martial Arts Association International, Grandmaster Henry Espera - Founder of Rapido Realismo, Sensei Melchor Amosco MAMFMA Marikina Chapter, Grandmaster Dannie San Joaquin were present. Every commendable act by the instructors and students were recognized by the Organization.

As this was a martial arts Organization Anniversary, demonstration of skills were presented. Started by the MAMFMA members, the students and instructors showcased their skills and talents in front of the large audience (Alon Severino son of the famous newscaster and commentator of I-witness, GMA 7 was the youngest Arnisador performed on the said occasion. He performed the Sinawali with two Arnisador). Next a demo from the World Empire Martial Arts Command, and Sinag Martial Arts headed by Guro Sunshine Facto immediately followed.

Now looking back at the past 15 years, change really occurs and will continue to occur. But the truth will remain the same, MAMFMA is here to stay!

PROMOTIONS

Lakan Walo	Punong Guro Julius F. Quintans
Lakan Pito	Punong Dayang Rhiverli C. Quine
	Punong Guro Rogelio Vasquez
Lakan Anim	Punong Guro Junar F. Vida
Lakan Lima	Dayang Mizha D. Nicolas
Lakan Tatlo	Lakan Jayme D. Francisco
Lakan Isa	Lakan Julius Escleto
Tagapagturo	Guro Roice Garrette Ang
	Guro Earl Ray Nufable
	Guro Jerome Lagahit
Likha 3	Antunius Bautista
Likas	Reden Royo Guererro



Punong Guro Julius F. Quintans



Punong Dayang Rhiverli C. Quine



Punong Guro Rogelio Vasquez



Punong Guro Junar F. Vida



Lakan Jayme D. Francisco



Guro Roice Garrette Ang



Lakan Julius Escleto



Guro Earl Ray Nufable



Antunius Bautista



Reden Royo Guererro



Guro Jerome Lagahit

MAMFMA HALL OF FAME AWARDS



Punong Lakan Lifetime Achievement Award
Grandmaster of the Year
Man of the Year
Woman of the Year
Filipino Martial Artist of the Year
Master of the Pen
School of the Year
Senior Instructor of the Year
Female Instructor of the Year
Instructor of the Year
Aikido Instructor of the Year
Arnis Kid of the Year
Arnis Kid of the Year
Most Outstanding Student
Most Outstanding Student

Punong Guro Julius F. Quintans
Grandmaster Danie San Joaquin
Lakan Jayme Francisco
Dayang Peachie Baron Saquin
Lakan Perry Gil Mallari
Lakan Romeo S. Solatorio
School of Arnis Professionals
Punong Guro Rogelio R. Vasquez
Punong Dayang Rhiverli C. Quine
Lakan Junar F. Vidal
Sensie Arjay Sales
Andrea P. Cabanes
Vince Alvin C. dela Cruz
Earl Ray Nufable
Roberto Alon Severino

The Punong Lakan Award

The PUNONG LAKAN Award, also called the Contributor's Award, is the highest honor given to an individual by the MAMFMA Founder himself. This award is bestowed to that person who has given more of themselves for the Organization. The Punong Lakan Award began this 2010 and carries the distinction of being considered an actual part of the MAMFMA Hall of Fame.



**Punong Lakan Lifetime Achievement Award
Punong Guro Julius F. Quintans**



**Grandmaster of the Year
Grandmaster Danie San Joaquin**



**Man of the Year
Lakan Jayme Francisco**



**Woman of the Year
Dayang Peachie Baron Saquin**



**Filipino Martial Artist of the Year
Lakan Perry Gil Mallari**



**School of the Year
School of Arnis Professionals**



**Senior Instructor of the Year
Punong Guro Rogelio R. Vasquez**



**Instructor of the Year
Lakan Junar F. Vidal**



**Female Instructor of the Year
Punong Dayang Rhiverli C. Quine**



**Aikido Instructor of the Year
Sensie Arjay Sales**



**Arnis Kid of the Year
Andrea P. Cabanes**



**Most Outstanding Student
Earl Ray Nufable**



**Arnis Kid of the Year
Vince Alvin C. dela Cruz**



**Most Outstanding Student
Roberto Alon Severino**

CERTIFICATE OF APPRECIATION



Master Restie Obispo



Jun Tiangco



Mike Pacis

Also receiving a Certificate of Appreciation was **RJ Tejada**

Guests: Grandmaster Dannie San Joaquin, Professor Armando Soteco of School of Arnis Professionals, Dayang Peachie Saguin of Bakbakan International, Perry Gil Mallari of Manila Times, Guro Sunshine Facto of SINAG, Master Restie Obispo of World Empire Martial Arts Command (WEMAC), Sensei Arjay Sales of Defenders Karate Aikido Martial Arts Federation International, Punong Guro Julius Quintans of Combination of Arnis Kickboxing Combative Arts (CAKCA) and Guro Melchor Amosco - MAMFMA Marikina Chapter.

The Modern Arnis Mano-Mano Filipino Martial Arts Officers and Instructors would like to thank the following persons who supported the said event: Phil Mar Nadela from Alberta Canada, Mr. and Mrs. Teodoro Bulatao from New Zealand, Frederick Salvan and family from USA, Roberto Ugaddan from Calgary Alberta Canada, Mr. and Mrs. Francisco Carpio, Rex Sopenasky of Paclibar Bicol Arnos, Punong Guro Danilo Huertas - Doce Pares From Norway.

Friends, Students, and Instructors

Enjoying a Meal





Well Wishes, Congratulations, and Acknowledgements

Not so long ago I have viewed Punong Lakan Garitony “Pet” Nicolas at the local T.V. Channel 7 featured as collector of his passion Eagle souvenir (Eagle-Philippine National Bird). He has been a talented actor of the local T.V. station with some fighting scene in martial arts dealing with swords and Arnis. He was featured by Dyan Castillejo host of sports unlimited, author of different books such as “Arnis for Kids,” “The Philosophy of Arnis Nicolas system,” “Modern Sinawali,” “Single Sinawali,” “Free Style Arnis,” “The Principles of Good Arnisador,” “Arnis for Educators & Students,” “Sistimang Pang-Oran,” and “Katutubong Sining ng Pilipino Arnis”.

Surprisingly, in 2008 at the School of Arnis Professionals where I was a guest instructor held at the Dept. of Tourism, I’ve seen Punong Lakan Nicolas with his foreign student Simon Lear who’s pictures appeared in an article I had written for the FMAdigest in the past event section 2008 featuring National College of Physical Education. I was formally introduced to Punong Lakan Nicolas by Professor Soteco but I did have a chance to chat with him at that time.

As a year has gone by, we met again at the same school where I was again a resource person in “Traditional Creative form of Arnis,” I introduced Punong Lakan Nicolas to my guest from Washington “International Bak Fu Martial Arts Assn.” who came for cross training and recognition at the Philippine Council of Kali Escrima Arnis Masters and in Kuntao Kali Arnis Aycocho System International Inc. PCKEAM and KKAASII are both legitimate and registered Organizations at S.E.C., also some other cross training resource persons of foreign visitors were Grandmaster Rodel Dagooc and Grandmaster Pepito Robas key organizers of PCKEAM and myself representing AMAC- Aycocho Martial Arts Center, other guest resource person were R. Baxacfra and Jesselyn representing Galaw Tanggulan “Philippine Normal University”.

As a year has passed, in the quest for the Arnis Bill of Law in support to the author Honorable Senator Migz Zubiri, Filipino Arnisador’s struggle to win the battle, and fortunately Arnis has become the Philippine National Sports Martial Arts, P.D. 9850. Then summer of 2010 Punong Lakan Garitony “Pet” Nicolas and I meet again at the Chinese Garden, Luneta Park, Manila while we were both assisting Arnis training of foreigners under Professor Soteco.

It was a great pleasure working with you Pet, your contributions to provide education to the younger generation throughout the world is a milestone achieving excellence, “manatili ka sanang matapat sa lahat at ako’y pumupugay bilang kaibigan, kapatid sa sumisikip na mundong ating ginagala-wan.” There are some who are waiting for us to fail, however united we stand, divided we fall! My unsolicited piece of advice, old Masters do not fade away, uniform lang ang kumukupas.



Punong Lakan Nicolas, Professor Soteco, Grandmaster Aycocho with foreign students



Grandmaster Frank Aycocho
Founder of AMAC “School of Martial Arts”



In 1995, the Modern Arnis Mano-Mano Filipino Martial Arts was born headed by Punong Lakan Garitony C. Nicolas - the Father of Modern Sinawali and founder of Pang-Oran system.

I am proud and highly respected and love for the MAMFMA and specially to Punong Lakan. He is a very good and supportive man of who is always willing to help his students to assist. He is always there for everybody and you can talk all over him he is ready to listen. Punong Lakan is a good friend and a good master, very energetic, and ready to support his student. I would like to thank to all the mamfma members for accepting us and make us feel that we are part of this family.

Punong Lakan is very dedicated to the MAMFMA in the promotion and uplifting the Philippines stick fighting martial arts and self-defense.

I would like to congratulate the MAMFMA for its 15 years anniversary and especially with Master Pet Nicolas. He appointed me as the Secretary General of the MAMFMA Wiesbaden Chapter on 6 July 2010. It was a great honor and I am proud that he trusted me.

I am looking forward to a meet and to have a good relationship with Modern Arnis Mano-Mano Filipino Martial Arts Family and I hope it will last long.

MAMFMA is very well-known and for the long existence i would like to promote, teach the system and to continue of what Punong Lakan was started and his legacy.

Lukas Christmann
Secretary General
MAMFMA Wiesbaden Chapter
MAMFMA no. 2127

(Original in German)

Im Jahre 1995 wurde das System „Modern Arnis Mano-Mano Filipino Martial Arts“ (MAMFMA) von Meister Pet' Nicolas in Pasay City gegründet und wurde im selben Jahr noch in der Natioanlabücherei eingetragen und registriert.

Ich verneige mich mit vollem Respekt und Liebe zu der MAMFMA und speziell vor Pet' Nicolas. Er ist für alle ein Guter und Liebenswerter Mensch der immer bereit ist seine Schüler und Studenten zu unterstützen und sollte daher von allen MAMFMA Mitgliedern äußerst Hochachtungsvoll Respektiert werden. Er ist immer für alles und jeden da und man kann mit ihm über alles reden. Er ist wahrlich ein guter Freund und Meister.

Die MAMFMA Organisation ist auf Ihre Berufung und Hingabe für die Förderung des philippinischen Stockkampfes speziell Fixiert.

Ebenfalls Gratuliere ich der MAMFMA zum 15 Jährigen Jubiläum und möchte mich vor allem bei Herrn Pet' Nicolas bedanken, denn mein Meister Pet' Nicolas hat mich am 6. July 2010 zum Secretery General of MAMFMA Wiesbaden Chapter benannt und ein großes Dankeschön die mir dazu Gratuliert haben.

Ich freue mich schon auf eine Gute Zusammenarbeit und Kommunikation mit der MAMFMA Family und hoffe, dass es für immer gut läuft.

Ich freue mich auch schon auf das weitere und lange Bestehen der MAMFMA, sodass ich noch lange diesen Stil Trainieren und Promoten darf.

Maraming Salamat at Congratulations to all of us.



The Modern Arnis Mano-Mano Filipino Martial Arts is more than a decade of existence, in these 15 years there has been enormous challenges and hinder, and it still the organization keep strong and solid.

The MAMFMA Organization the objectives is to promote the Filipino martial arts, and to help the young people in developing their skill, talent, sportsmanship, loyalty and respect.

I would like thank you Punong Lakan Garitony Nicolas for giving as a home like this MAMFMA Organization. He is a very good friend, brother, Father, a good mentor for everybody. He gives his wisdom and the principles of his teaching the art and pass to other who want to learn. He is not the type of master, who is selfish, he is very happy when his student will learn and continue his heritage.

I would like to thank all the instructors and student for their loyalty and support to this organization. You give your time, effort and support in order to learn and teach the system and the art of stick fighting in what Punong Lakan teaches us and to continue in promoting the stick fighting.

Now the 15 years celebration, thank you to all the friends, members and supporters of the MAMFMA who come and joins us in these very special day.

I am so proud and honored that I was appointed by Punong Lakan as the President of Modern Arnis Mano-Mano Filipino Martial Arts – Wiesbaden, Germany Chapter. I hope that we will have a chance to meet all the members of the MAMFMA and to have a strong relationship between the members.

Again congratulations to all of us (Herzlichen Glückwunsch an alle) and Mabuhay. Maraming salamat po!!!

Volker Christmann

President of MAMFMA Wiesbaden Chapter
MAMFMA Membership number.: 2128

(Original in German)

Seit mehr als ein Jahrzehnt existiert Filipino Martial Arts (MAMFMA) schon. In diesen fünfzehn(15) Jahren gab es enorme Herausforderungen und Hindernisse die es zu überstehen galt, und doch hat es auch zur selben Zeit große Verbesserungen gegeben.

Die MAMFMA ist eine gemeinnützige Organisation zur Förderung der Philippinischen Kampfkünste und bietet Hilfe für Junge Menschen zur Entwicklung ihrer Fähigkeiten, Talente, Sportlichkeit, Loyalität und vor allem eines RESPEKT. Respekt ist das A und O in dieser Organisation.

Ich danke Punong Lakan Pet' Nicolas für die Gründung und Errichtung dieser MAMFMA Organisation. Er ist ein sehr guter Freund, Bruder, Vater und ein guter Mentor für uns. Er gibt sein Wissen an Menschen weiter, die seine Prinzipien erlernen wollen und es so auch weitergeben möchten.

Ich danke den gesamten Instructoren für ihre treue Unterstützung. Sie geben ihr Zeit um das zu Lehren was unser Gründer auf uns übertragen hat. Ich möchte auch allen Studenten dieses Stiles danken, die bereit sind zu lernen und die MAMFMA aufrecht zu erhalten..

Schließlich möchte Ich noch all meinen Freunden danken, die unsere Organisation unterstützen. Bitte kommt zu uns und genießt diese Atmosphäre dieser unbeschreiblichen Organisation. Das ist ein ganz besonderer und wichtiger Tag für die MAMFMA.

Ich bin überglücklich darüber das unser Gründer und Meister Pet' Nicolas mich am 6.7.2010 zum President der MAMFMA für den Wiesbaden Chapter eernannt hat.

Ich werde mein bestes dafür tun die MAMFMA zu unterstützen und zu Promoten.

Ein großes Dankeschön an Pet' Nicolas für sein Vertrauen das er in mich setzt.

Ich freue mich schon auf eine gute Zusammenarbeit und Kommunikation mit der MAMFMA FAMILY und hoffe, dass es für immer so gut läuft und die MAMFMA noch mehr mtglieder bekommt um uns zu unterstützen.

Salamat Po Sir Pet

Mabuhay und Herzlichen Glückwunsch für 15 Jahre MAMFMA

Good day I am iIdelbert Cristobal from Marilao Bulacan Philippines. I am blessed with a very kind and beautiful wife named Marissa and a baby boy. I'm almost 2 years in the group and am a yellow belt.

I'm so proud to belong in this group coz I find them very much patriotic and a world class martial arts practitioner. I'm a practitioner of Karate and Tae Kwon-Do when I got a desire to do something for my country which is to get back to my own identity by practicing my own attitude which is Arnis... and this is where God granted my desire, one day I met Punong Lakan in Quiapo. I'm familliar with Punong Lakan coz I saw him before in a TV show. For me Punong Lakan is a noble and a kind hearted warrior always willing to show us his weak points and strong points in order for us to be more equipped in this attitude. So when we crossed paths I immediately approached him and from that time I became a proud genuine Filipino Arnisador.

Happy 15th year Anniversary.
To God be the Glory...

Del Cristobal

First of all, I would like to greet MAMFMA & Punong Lakan Garitony Nicolas on their 15th year anniversary.

I am Mar Dizon, a professional drummer/musician and a martial arts student as well. I met Punong Lakan when I was surfing the internet looking for a good Arnis school for my 13year old son Marcus. I was also an Arnis student so I'm very meticulous when it comes to choosing a gym for my son. Having found MAMFMA was so great. Punong Lakan is a Master of his craft, and that's what I really wanted for Marcus and I'm very thankful for that.

More power to MAMFMA and to Garitony Nicolas. Mabuhay kayo!

Mar Dizon

We congratulate Modern Arnis Mano-Mano Filipino Martial Arts (MAMFMA) on their 15th year anniversary, and their continuous development in quality and quantity.

We also give applause to its Founder, Punong Lakan Garitony C. Nicolas, for his utmost effort and undying commitment to the distinct art of the Filipino people. With his prolific works of more than 10 books, Punong Lakan hasn't only immortalized his system and ideas, but also contributed much to the Filipino martial arts community. With innovation and productivity, Punong Lakan Nicolas is a must to be sought after Filipino martial arts Master.

We also want to thank the MAMFMA family for their support and friendship to our group. Their work together with us has been very rewarding. May our partnership flourish perpetually.

Again, happy 15th year anniversary to MAMFMA! Kudos to Punong Lakan Garitony C. Nicolas!

Pugay at mabuhay kayong lahat! Pagpalain kayo ng Maykapal!

Guro Sunnie Facto
SINAG Filipino Martial Arts Institute



Congratulations to the Founder and members of the Modern Arnis Mano-Mano Filipino Martial Arts on its 15th year anniversary. I could still remember a while back when I decided to learn Arnis. I did not have any knowledge of Arnis so I didn't even know where to start looking. I looked at the classified ads of local papers and eventually I found two styles offering lessons in Arnis in the village mail. I called their contact numbers and found out that one calls Punong Lakan and the other Master. I tried to see their respective schools. The Punong Lakan's school was located on Taft Ave. near the EDSA LRT station. After three tries and a lot of misadventures I did find the school and was able to talk to Punong Lakan himself. Upon returning home, I had decided that I will undertake my study with the Punong Lakan as I will be studying a Filipino martial art and Punong Lakan sounds suitable to the Filipino martial arts rather than Master. Up to this time I have no regrets about taking my lessons from Punong Lakan himself. My interaction with the Founder, leaders and members of the Modern Arnis Mano-Mano Filipino Martial Arts is a rewarding experience. Once again congratulations and more power!

Nagpupugay,
Lakan Jayme D. Francisco



Hi, I'm Guro Andre Rainier Fuggan I've been a member of MAMFMA for 5 to 6 years now or may be more... hahaha!!! Lost track of the years but more or less it's been a long time.....

I met Sir Pet during a demonstration for a TV series here in the Philippines, back then I was with a different group. He was always nice and accommodating whenever we would meet him and not to mention he is as friendly then as now. One day an unfortunate thing happened between us the student and our senior (not a formal instructor) let's just not get in too much detail... but it is one of the saddest I had in my Martial Arts Journey... We were left like stray dogs with nowhere to go... Fortunately for us Sir Pet came along, adopted us in his Organization, trained us patiently until we became qualified instructors under his group

and treated us like family... It even came to the point that when I got married I asked him to be my Godfather which he whole heartedly accepted... So here I am now after all these years I may not be that active anymore but my respect and loyalty to Sir Pet has never tarnished or faded... I may be teaching and promoting other arts alongside Modern Arnis but I would always be proud to say that Punong Lakan Garithony "Pet" Nicholas is one of the Instructors who molded and influenced my growth in the martial arts and as a person.

Message to Sir Pet: Stay the course sir your doing a great job promoting and uplifting the Filipino Culture though Martial Arts! Keep it up!

We won't walk behind you, We will walk beside you!

Guro Andre Rainier Fuggan



My warmest felicitation to members and officers of Modern Arnis Mano-Mano Filipino Martial Arts on the celebration its 15th year Anniversary on July 24, 2010. The MAMFMA is 2 years older than me and I am very happy that I have trained and became a part of this Organization. I am learning the discipline and principle of the Filipino martial arts and it has helped me to develop my skills, sportsmanship, loyalty and respect.

To you Punong Lakan you're a great leader, a good father, productive author, singer, actor, composer and a good teacher. Thanks you for teaching me to be a better person. To all my instructors thanks you for teaching me and supporting the MAMFMA.

Congratulations to all of us and more power!

John Paulo Antunius Bautista
MAMFMA no. 2041

I spent 6 months living and training with Sir Pet during the summer of 2008, and it was a profoundly life-changing experience. Training 5 days a week (sometimes more) was an intensive physical and mental challenge, but one that Sir Pet expertly managed me through. He is a patient, knowledgeable and passionate teacher, always willing to take questions and demonstrate techniques. An open-minded teacher is a rare thing in the world of martial arts, and this is possibly what makes Sir Pet so impressive. Not only is he constantly seeking to improve his art, but his adaptable personality means he takes a truly fluid and positive approach to any challenge. During my time with him, I suffered a broken foot, but he worked with me to build a training plan around my injury and rehabilitation - maximizing the learning I could achieve in my 6 months stay. He turned what could have been a disaster into a truly positive training experience for me.

Significantly for this 15 year Anniversary, I believe it is also important to recognize that Sir Pet attracts, retains and improves a high quality of student. The loyalty they show to him is reflected in that, after many years of training, many of them are now established instructors themselves. I was fortunate to meet and train with many of these people and was genuinely impressed by their skill and teaching abilities.

Sir Pet firmly believes that his martial art provides an opportunity to help others, and this is reflected by MAMFMA's community projects and work with schools. It was an honor to be part of this during my time with Sir Pet, and I believe that many martial arts clubs can learn from the example of MAMFMA.

In summation, I have seen that under the guidance and leadership of Sir Pet, MAMFMA provides not only an extremely high standard of training in Filipino martial arts, but gives back to the local community in volunteer and community activities. I will forever be grateful to Sir Pet, his students and instructors for the education they provided me in both the Filipino martial arts and way of life. I travelled across the World from England specifically to live and train with Sir Pet and MAMFMA, and would recommend anyone interested in Filipino martial arts and culture to do the same.

Simon Lear
England

As far as I can remember, I had a problem with my nephew when he was in High School. I suddenly found myself having to deal with the same problem when I was about the same age and time in my life when I had to deal with bullies in my school. But, back then it was easy and different. I had a whole battalion of cousins in the higher classes to back me up.

In this case, Michael was all alone while I am at work dealing with my own problems in the computer I had just started a few years back. This time, he did not have a battalion to back him up. And, to make matters worse, he had a battalion of bullies to deal with -- a gang!

While worrying that afternoon, I stumbled into a small ad of pictures of martial arts students practicing the old art of "Arnis" and immediately I did not hesitate in finding out more about it.

It was just a small gym in a corner of a marketplace building just outside and opposite my computer

school. And there I met Master Pet...

He was pretty confident of his art while I was interviewing him and listened and interrogatively asked questions on how my nephew could apply this age-old martial art technique in his predicament. Frankly, I was impressed by his anecdotes. I remember one when he allegedly used a rolled-up newspaper to give a robust, military-trained applicant (who afterwards became a dedicated student of his art), a blackened mark on his chest when he forced Master Pet for a simple demonstration!

From then on, Michael became ever so confident, that the gang stayed away from him so far without even lifting a finger -- oh yes, Michael was quite eager to use his training but with Master Pet's guidance he never had to use it because the gang knew that if they picked on Michael, they would be SO SO SORRY!

Manuel "Mac" Makalinaw



Mid 90's the Modern Arnis Mano-Mano Filipino Martial Arts was born located at Pasay City and it was registered and recognized by the Philippine government.

I salute, respect and love my dad for having all the character traits of a "Real Arnisador" being a very good leader, loving father not only me but for everybody, a good friend who always ready to support and listen to all his student. For your vocation and dedication on promoting the Filipino art of stick fighting, for spreading a plan to revitalize and arouse a deeper interest in the art and for your untiring effort in propagating our cultural heritage. Thank you Dad for loving me.

To all the member of MAMFMA, friends and supporters I would like to thank you for supporting my Dad and the respect that you given to him without you the MAMFMA will not come along this way.

Maraming salamat at Congratulations to all of us.

Dayang Mizha Nicolas
MAMFMA No. 4-099



When I started in MAMFMA I was 19 yrs old, my first instructor was very strict during our training. During that time when I started my training in Arnis I realized that it is not easy for me to start the training, there is not avoiding to get mad to my instructor because of the strict instruction to me when the time had passed I imagined my training is my life like a punishment when I do wrong in one thing they will punish me whatever they want to do so that is my lesson when life goes on and now the MAMFMA 15th Anniversary I will continue to teach what they taught me to other becoming student in the Nicolas system thank you.

Mabuhay! MAMFMA Pugay!

Earl Ray B. Nufable

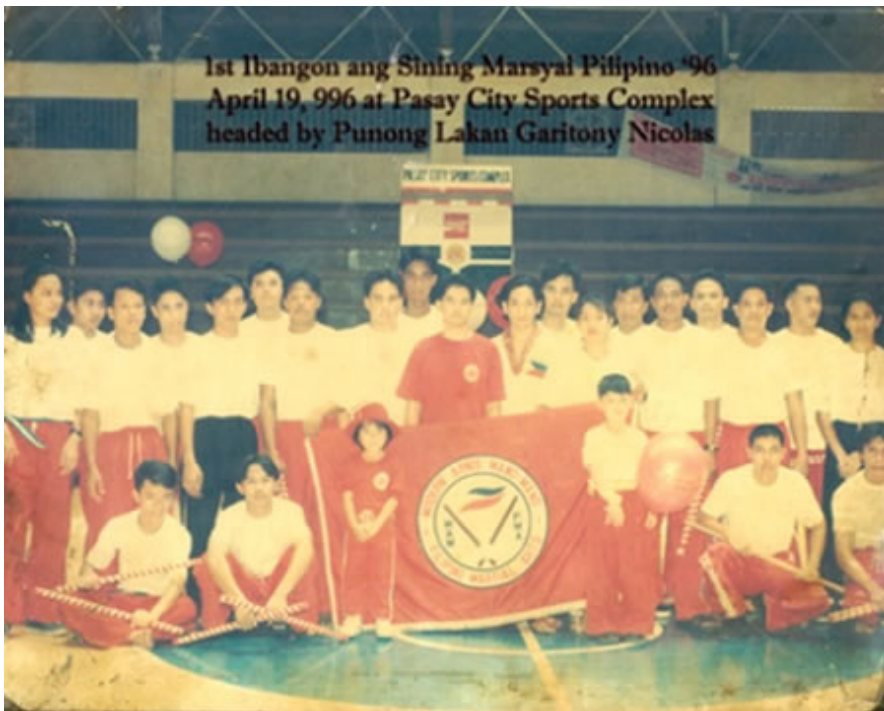
How I met Punong Lakan?

Year 1995, I first met this young, timid, good looking guy, Punong Lakan Pet Nicolas at his humble gym along Taft Ave., Pasay City (ADR Building). He was the youngest instructor at that time to have his own gym that's why there are a lot of questions who is Pet Nicolas? Where did he start? What style? Etc... Lots of martial artist in different styles asking what this guy can contribute in the world of Filipino martial arts.

I was one of the guest Masters attended his first Filipino Martial Arts Festival and Tournament held at Pasay City Sports Complex on April 19, 1996. It was my first time I saw this guy to perform a Blind Fold Bladed Exhibition using a sharp ITAK. He showed to the people who are watching that exhibition that someday he will be a well-known Filipino martial art Instructor in the next generation and the rest is history...

15 years later now questions still there but in different manner. Where can I meet this guy? What was his achievement and bla bla bla... he was still the same person I met with a humble heart but a well-known Master, a prolific author, good leader, talented, a fight director, brilliant and has a good wisdom. The question before was answer by the time past by...

There was a saying "You cannot put a good man down..." That's him, Punong Lakan Garitony "Pet" Nicolas in his 27 years of promoting and uplifting the Filipino Culture he is now celebrating his Modern Arnis Mano-Mano Filipino Martial Arts in its 15 Years Anniversary celebration. To all the members of the MAMFMA I would like to congratulate your organization of one of the active organization in this field. To you Mr. Nicolas keep up the good work and more power to you.



Master Restie Obispo
Founder/Chief Instructor
World Empire martial Arts Command
(WEMAC)

APPLAUSE TO ARNIS

I, peacefully defend
I, peacefully attack
They, peacefully teach
You, peacefully learn
We, peacefully create the masterpiece.

The art of arts
The skill of skills
The ability of champion
The beauty from within.

We, You, they, I;
Proud of having the ability of Modern Arnis Mano-Mano Filipino Martial Arts
All discovered by Punong Lakan Garitony C. Nicolas
The One. The M.A.M.F.M.A.

Lakan Brian Plaza
MAMFMA No. 25396

A Glimpse on the Soul of Punong Lakan Garitony “Pet” Carlos Nicolas Up close and personal

Punong Lakan Garitony Nicolas is a study contrast. Standing 5 feet and 5 inches with a slight build and a boyish face, one tends to classify him as another hopeful graduate seeking his own space in the skills market. This impression is disabused once the man starts explaining the Filipino martial art of Arnis and its hidden art of Mano-Mano. To top it all, he talks about Pang-oran. It is an innovative self defense straight from the creative mind of Punong Lakan. Incorporating the proven techniques of the various martial arts disciplines with Arnis, it is steadily gaining adherents and winning the grudging respect of the established martial arts practitioners.

He is acknowledged Father of Modern Sinawali, a stick fighting which is characterized by cross weaving movements. He is as quick as a cheetah in full stride and as observant as an eagle soaring high in the air when he does his indigenous martial art. This is the unvarnished truth. This is also the reason why foreigners with martial arts inclination from Europe, the Americas and Asia trod the beaten path towards his humble training gym in a busy place in his native Pasay City, Metro Manila, Philippines. They realize their search has ended when they are taken in as students of Punong Lakan Nicolas, unfailingly after incisive evaluation by the eminent Arnisador himself. A sincere desire to learn the art and imbibe its principles is a major factor in the acceptance or rejection of the prospective student.

Is he unreachable given his international stature at such a young age? The answer lies with those who are still with him through his martial arts career and from his newly enrolled students. Pet Nicolas is a man for everybody. Humble and unassuming, he exudes an aura of sincerity that transcends personal and professional considerations. In and out of the gym, he is always ready to lend a helping hand. In the gym, he patiently explains the sequence of an Arnis movement again and again in a soothing, conversational manner. This relaxes the student who just moments before had his hands and feet in knots and were all tensed up trying to do the movement. He is able to restore the latter's confidence and reinforce the person's desire to learn the art. Outside the gym, making use of his gift of healing, he tries to ease the physical affliction of whoever seeks his help without the slightest intention of any material consideration. He has intimidated that he would refer to be remembered as a healing Master or wisdom Master more than a being Master of techniques. It is culmination of a lifetime spent to internalize, live and achieve the philosophy of his own martial art. Surely, it is a legacy that is within grasp given the fortitude and character of Punong Lakan Garitony Nicolas.

Mabuhay and congratulation to you Punong Lakan and to all the MAMFMA members.

Dr. Quintin Guanio and family



I'm a floating MAMFMA practitioner, having found a home in Costa Rica, I practice with Punong Lakan whenever I got the chance to go back home to the Philippines. Here, I would like to share with you on how we met, in hopes that it would help you with your article.

Ever since my dad gave me my first ninja costume when I was 8, I have been an avid martial arts fan. When I got older, I had my pick on which art to take up. With an insatiable hunger to learn, I took up Jeet Kune Do, Yaw Yan, Sambo, and my latest one, MAMFMA.

Before Facebook, Friendster was one of the most powerful medium to help you find clubs or the likes, and that was where I first learned of MAMFMA. I wanted to learn knife fighting

before I leave my dear country (Philippines) in two weeks, and I took a chance on sending out a message. I didn't expect a reply that very day, and especially the part that I'm going to get a "Yes." For some martial arts school, my request would've been either ignored or that I would have been told that I must abide to a curriculum before I can get into touching a knife, but MAMFMA agreed to my request.

When I got the direction on how to get to the place in where I will be taught in, I went for a visit. Conveniently located at the end of the LRT station at the time, it was an easy find. The MAMFMA headquarters was located in the edge of the busy city of Manila, I have always been amazed on finding such places, as if I'm always reminded that talent can spawn from any place. When I met Punong Lakan "Pet" Nicolas, he didn't grunt or flexed his muscles as to show how tough he is, he greeted me with an all out Filipino gesture: a sincere smile, and instantly, I felt welcomed on the spot.

As far as I can remember, I've never had a real weapon training, so my movements were awkward and to condition myself to the Mano a Mano style, it took a bit of doing. Punong Lakan was patient, and dedicated the time in getting my movements right. His teachings were substantial, and more so, he knows how to teach. Those classes were memorable, for not did I only learn knife fighting, and other weapons thrown in for variety, but also, with Punong Lakan's oozing enthusiasm for his art and it being Filipino, I learned to be proud of being a Filipino learning this homegrown martial art.

As two weeks winded down, we said our farewells and shook hands. As I walked out of the MAMFMA headquarters, the grip of his handshake still weighed heavily on my hand. In that handshake I felt a sincere gesture of friendship, and also of trust. This collector of eagle memorabilia, Punong Lakan entrusted me with one of his "feathers," his legacy... his martial arts knowledge and values.

Years after, out of respect and friendship, I visit him whenever I go back to the Philippines, my skills might be rusty by the time we meet, but he's always there, correcting my form, and always welcoming me with a smile.

Rayan Ramos

It was October of 2007 when I first met the Master of the art. A man who is medium built, simple but has a big heart when it comes to dealing with others. A person who is so respectful and religious. In him I've learned many things and served as an inspiration of what a true martial artist would be.

Truly, he's really blessed and success continues to pour on him, thus making the art of MAMFMA more effective and expandable because of his ability to create, visualize and elaborate further from a simple (2) sticks to a more dynamic one. A success which brought him to create and became an author that has produced him many books.

My heartfull thanks to you... Master/Founder Garitony "pet" Nicolas!
Happy 15th years anniversary to MAMFMA!

Sensei Arjay Sales

Defenders Karate Aikido Martial Arts Phils.
Rm 17, 2/f DSM bldg. Ortigas Ave
Ext. Cor Alfonso St. Rosario
Pasig City, Philippines



More than a decade of promoting Filipino martial arts, the MAMFMAs' special anniversary brings together people who supports and patronize one of our country's martial arts (Arnis). In these fifteen (15) years, there have been tremendous challenges and obstacles, and yet at the same time there have been great improvements.

The MAMFMA is a non-stock, non-profit Organization dedicated to promote and uplifting the Filipino arts, fostering Nationalism; helping the young ones in developing their skills, talents, sportsmanship, loyalty, respect and leadership. We have achieved these and will keep on doing so until there are people who are willing to learn.

I am thanking Punong Lakan for founding and establishing the MAMFMA not just a gym or Organization we considered this as FAMILY for treating us like his children to all his students, he is a very good friend, brother, father, a good mentor to us and a great leader; and to spread his knowledge to people who want to learn his principles and live on it.

I thank the entire instructors who support and gave their time to teach what our Founder passed on us. I would also like to thank all the students who are willing to learn and keep on supporting the MAMFMA. Lastly, my deeply thank to all the friends and supporter of the MAMFMA who have given their time to come and celebrates with us on a very special day.

Mabuhay and Congratulations!

Lakan Romeo S. Solatorio

MAMFMA Membership no. 48-1518

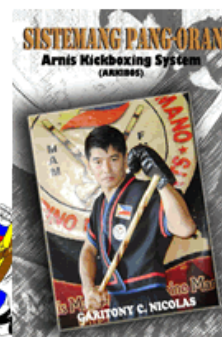


I started to learn Arnis during my high school days when I was at the first year level at the Pasay City North High School (year 1998). That is the time I met the Founder and Chief Instructor of Modern Arnis Mano-Mano Filipino Martial Arts (MAMFMA), Punong Lakan Garitony “Pet” Nicolas. After my two year training I stop training due to my situation. While I’m not connected at the MAMFMA, I apply to my life what I had learned from Punong Lakan. After 10 years I’m back in the Organization, I was so happy that lots of students come and go, but still Sir Pet is teaching Filipino stick fighting. He is so dedicated in promoting, teaching and uplifting the art of Arnis. Arnis is his Life. For him Filipino martial arts is a way of the Filipino Life. I was so honored even I have not trained for 10 years he is still the same person that I met; very humble, active, supportive and ready to help. He is an excellent teacher and a good mentor; I treat him as my father.

For his 27 years in this field and 15 years existing of the MAMFMA I would like to congratulate all the members and officers for their continuous support. Thank you very much Punong Lakan for everything....

Mabuhay ang MAMFMA...

Guro Mark Christopher Somera
MAMFMA membership no. 68-356



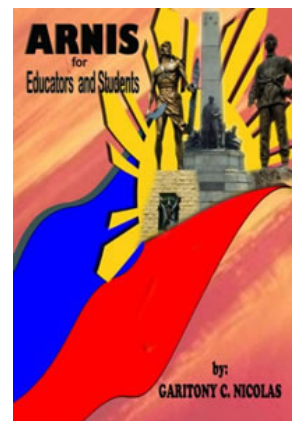
Arnis de Mano Releasing and Locking - this book illustrates and explain the techniques of the MAMFMA in sticks and empty hand. It includes the basic releasing of sticks and mano-mano, the locking techniques, the disarming and etc. this is the official reference book of Modern Arnis Mano-Mano Filipino Martial Arts

Mano-Mano - Mano-Mano is the Filipino Martial Arts of Hand to hand combat. This book is all about the 40 techniques that were taught at MAMFMA. Includes the bone breaking, neck lock, joint lock, throwing techniques.

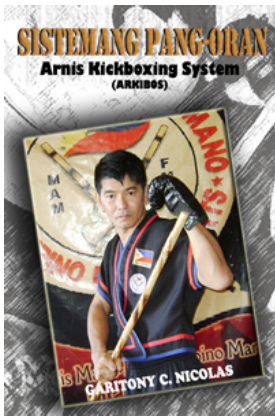


Arnis for Kids - this is a full colored book for the children. The children will learn the basic strike and blocks and the Sinawali. It includes the alibata and at the same time the kids can color the book with the super hero Arnos for Kids.

Arnis for Educators and Students - there are 12 easy lessons in teaching the arnis for the elementary, high school and colleges. This book discuss the striking techniques, blocking techniques, application of striking and blocking, the different strikes like: sungkiti, banda y banda etc. , Sinawali and redonda.

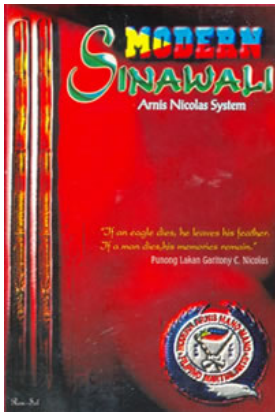
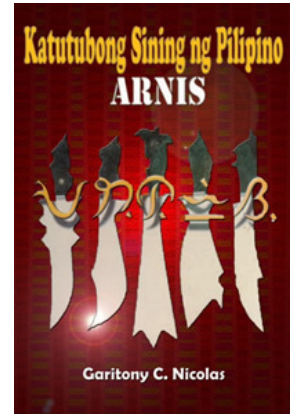


Free Style - this book is for the advance practitioner in learning the art of arnis. This include the counter to counter locking, free style single stick, the counter to counter Mano-Mano and many more.



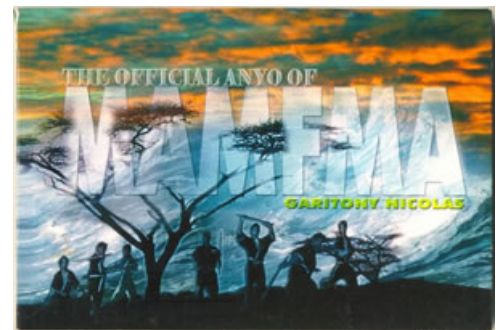
Pang-oran (Arnis Kickboxing System) – this book is the official reference of the Modern Arnis Mano-Mano Filipino Martial Arts. The book discusses the basic strikes of Pang-oran using the punching bag with the combination of Punches, elbow, kicking and arnis strikes. It includes the tournament rules and regulations of the ARKIBOS system: the amateur rules, pro-am and professional rules.

Katutubong Sining Piipino (Arnis) - this is the first Filipino book that Punong Lakan published. The book is all about the different attacks, blocks, strikes and applications. It includes the Sinawali and the disarming techniques.



Modern Sinawali - it is all about the different strike in single sticks and double stick. It includes the list of 363 Modern Sinawali and the different application using the different weapons.

The Official Anyo of MAMFMA - the book discuss the solo baston anyo from 1-5, Espada y daga anyo isa and the double stick anyo isa. This is the official anyos of MAMFMA.



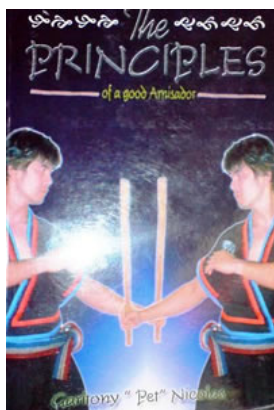
Single Sinawali - discuss the different variation of single Sinawali and applications using 1 stick, two sticks against one stick, 1 player against 2 players, single Sinawali thrusting system, the abaniko system and the variations of different Sinawali.



The Philosophy of Arnis Nicolas System - this is a full colored book discusses and explain the philosophy of every techniques, like blocking, sungkiti, hirada, palis palis etc.



Sistemang Pang-oran - was the first book that Punong Lakan was published.



The Principles of a Good Arnisador - this books explain the different principles of Arnisador and the different techniques in holding the sticks and the proper holding.

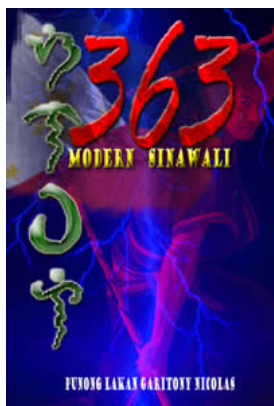
Eagle - this is the compilation of different quotes, phrases, biblical words that Punong Lakan was collected.



Espada Y Daga - Illustrates the official Arnis y Daga of the Modern Arnos Mano-Mano Filipino Martial Arts from 1-20



Mano-Mano Self Defense - This book illustrates the mano-mano self defense, kicking dfense, mano-mano disarming and the knife defense technique. In Modern arnis Mano-Mano Filipino Martial Arts philosophy if one practitioner doesn't know the mano-mano system he is not a 100% complete of arnis.. 70 % is arnis and 30% mano-mano it makes a 100 percent for the art..



Coming Soon!

The 363 Modern Sinawali - will illustrates all the system and different variation of the modern sinawali..



All books published and distributed by Central Books Supply - **Website: central.com.ph/centralbooks**

Or order directly from Grandmaser Garitony Nicolas, **Email: filipinomartialarts@hotmail.com**

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