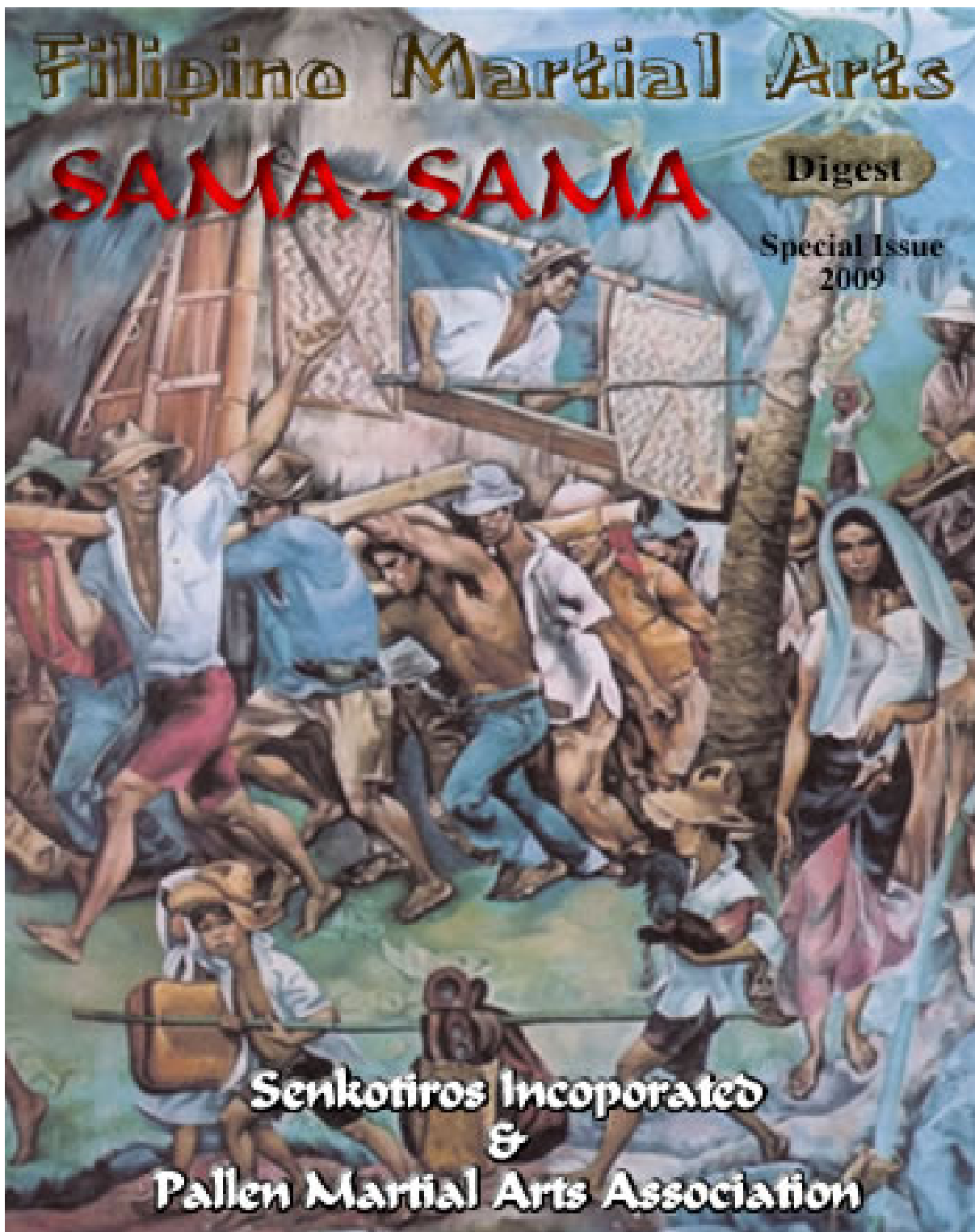


# Filipino Martial Arts

## SAMA-SAMA

Digest

Special Issue  
2009



Senkotiros Incorporated  
&  
Pallen Martial Arts Association

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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 Sama-Sama has been a tradition of Pallens Martial Arts and Senkotiros Inc. for 40 years and 2009 will be its 41st year.

If you have not attended a Sama-Sama then you are definitely missing an event that will both impress and be a memory for you the rest of your life. The FMAdigest was invited to attend the 40th Sama-Sam and it was a fantastic event. A three day event the first day for Senkotiros students only, bring them all together throughout the United States and some from outside the United States. The second night is the banquet and it is there that you can see all the different clubs demonstrating their skills, and you can feel the family togetherness and spirit of all throughout Senkotiros. On the third day Grandmaster Pallen brings in Grandmasters and Masters from different styles to demonstrate and share their knowledge with Senkotiros students.

Throughout the years Senkotiros has grown and is still continuing to grow. And not just as a style or organization but as a family.

This event is most highly recommended to all to attend if at all possible. Be a part of an event that has grown and continues to get better and better with each year that passes.

**Maraming Salamat Po**

### **Pallens/Senkotiros 2009**

#### **Sama-Sama**

#### **Senkotiros Annual Sama-Sama Banquet**

January 31, 2009  
Holly Community Center  
Union City, CA.

#### **Masters Seminar**

February 1, 2009  
PMAA  
13752 Doolittle Drive  
San Leandro, CA.

(510) 396-3532

#### **Email**

**Information:** Grandmaster Max Pallen will teach Filipino martial arts Blade concepts, Professor Joseph will teach empty hand "Mano-Mano" concepts. Professor Max Pallen Jr. will teach staff "bankaw" concepts. Professor Jordan Pallen will teach stick fighting "Arnis" and Bay Area Filipino martial arts Masters as guest Instructors. All styles are welcome!

## Pallen's Martial Arts

By Max Pallen

On January 31, 2009 Pallen's Martial Arts and Senkotiros Inc. will be celebrating the 41st Annual Sama-Sama at the Holly Community Center in Union City, California. This will be a night of food, music, martial arts demonstrations, rank certification and other activities from Pallen's Martial Arts and other affiliated martial arts organizations.

Pallen's Martial Arts was founded in 1968 in Oakland, California, as Pallen's Kenpo Karate. They focused mainly on empty hand competition, known as "kumite". The founder is Grandmaster Max M. Pallen, who in 1959 arrived from the Philippine via Hawaii to find better opportunities in mainland, USA. Soon after, his other 8 brothers arrived and joined his martial arts' adventures.

They competed at almost all martial arts competition in Northern California in the 1970's. The Pallen's clan established a reputation of training some of the best fighters and attracted students in their martial arts school. At times, the Pallen brothers would fight simultaneously in 2-3 different rings winning their divisions and would fight each other in the Grand Finals for the gold. His son, Joseph, was the California champion in the junior division in 1974. During those time to win a gold, one must fight, at least 10 elimination fights the whole day and each fight would be harder than the previous fight, considering competitors are about consist of 4 rings in one division, eliminating the weakest fighter as it goes on.



Grandmaster Max Pallen  
and his son Jordan



Joseph and Max Pallen Jr.



Jordan Pallen (15 yrs old)  
Adult competition

When his other sons, Max Jr. and Jordan, became 15 years old, they were fighting in the adult black belt divisions and took Championship gold in Northern and Southern California competitions. After completion of the school

management program, they opened and continue their success in the family business of martial arts that was established by their father, Grandmaster Max M. Pallen.

Grandmaster Pallen was the mentor for many of the local Filipinos including his brothers. Sometimes Grandmaster Pallen would settle differences from the younger group

by letting them fight to the finish with no time limit and no rules, only “Mano-Mano” and “Sikaran” until one establishes respect from the other.

As years progress to more martial arts adventures, Grandmaster Pallen started to researched Filipino martial art, reflecting the past with his grandfather, who introduced the first martial art to him. Grandmaster Pallen studied under several Masters of Filipino martial art in Northern California, but was always hungry for more. So, he decided to travel back to the Philippines in late 1960's. Through years of research and accumulation of knowledge of styles was the important link to the revival of the Senkotiros system in the year 2000.

### **A Family Tradition - The Beginning**

In the beginning, the Sama-Sama was held in different locations. First, it was informal and held at the school. It was a potluck gathering with students, parents and friends. Through the years Sama-Sama grew and dining halls were rented for the celebration with food, music, dancing and demonstrations like the Oakland Veteran's Hall, San Leandro Community Center, Union City Holly Community Center and several other restaurants in Berkeley, Oakland, San Leandro and the Livermore area. The most memorable Sama-Sama was the extravaganza in 2002 that was held at the Oakland Hilton Hotel.



Sama-Sama 1970  
Spenger Fish Grotto, Berkeley, CA.



Grandmaster Max Pallen in tuxedo  
And Professor Jordan Pallen  
Banquet at the Oakland, Hilton Hotel



Professor Lisa McManus  
Masters Seminar



**Front L-R:** Monay Stacy Desideri, Tugan Ignacio Lopez, Grandmaster max Pallen, Master Michael Bates, Manoi Jim Trapani, Tugan Andre Gaorian.  
**Back L-R:** Tugan Rich Barcirini, Manoi Restie Marvive, Master Michael McFarland, Tugan Dean Goldade.





**Seminar Instructors:** Grandmaster Jeff Delaney - Modern Arnis, Professor Lisa McManus - Modern Arnis, Professor Ed Lake – Dillman pressure point system.  
**Guests:** Master Michael Bates PA, Grandmaster Tyron Crimi – Hikari Ryuza Ryu Ju Jitsu, and Tugan Dean Goldade TX.

Sama-Sama means Gathering to celebrate togetherness, friendships and family. This event consists of Senkotiros membership initiation, martial arts seminars and the family evening banquet. All Pallen's Martial Arts schools, school affiliates and Senkotiros members participate at this wonderful annual event. Every 5 years, we invite close friends from other schools and guest from different areas of United States to join in this festive gathering.

### **A Look Back at Some of the Sama-Sama's Throughout the Years:**

**1988:** Berkeley, California (Spenger Grotto)





**1999:** Antioch, California



Joseph Pallen, Grandmaster Max Pallen, Jordan Pallen



Jordan Pallen demonstrates kicks





**2001: San Leandro, California (Community Center)**



Grandmaster Crispulo "Ising" Atillo - Balintawak,  
Professor Jordan Pallen



Grandmaster Crispulo "Ising" Atillo with Professor Max  
Pallen Jr. and Castro Valley students



Grandmaster Crispulo "Ising" Atillo with Professor Joseph  
Pallen and Davis School students



Grandmaster Crispulo "Ising" Atillo  
with Pallen sons and Senkotiros Disciples

**2003: San Leandro, California (Community Center)**



Union City Students - Shane Peralta,  
Nishta Bhakta, Karla Estabello



Professor Jordan Pallen  
Demonstrating double sticks



Professor Jordan Pallen and Tugan Jim  
Schuafele - Demonstrating solo baston  
techniques





Grandmaster Max Pallen and Senkotiros Disciples



Grandmaster Max Pallen Demonstrating takedowns



Professor Jordan Pallen and San Leandro students

**2004: Union City, California (Holly Community Center)**



Union City student busts through banner to start the demonstrations



Grandmaster Charles Gaylord presents Grandmaster Pallen with book of Kajukenbo. Grandmaster Sid Campbell observes.



Professor Max Pallen Jr. executing a jumping kick, Castro Valley students demonstrating breaking with flying jump kick



Davis School students



San Leandro students



Senkotiros Disciples receiving certificates

**2006:** San Leandro, California (Community Center)



Professor Max Pallen Jr.



San Leandro students



Union City students



Senkotiros Disciples



**2007: San Leandro, California (Convention Center)**

## **Captures Spirit of Family**

By Stacy Desideri

On Sunday, February 17, 2007, Senkotiros International celebrated the spirit of family at the 39th Annual Sama Sama. Senkotiros International, a non-profit organization dedicated to the promotion of cultural awareness and the Philippine Martial Arts. Celebrated every winter, this gathering celebrates family, togetherness, and the deadly beauty of Senkotiros, the art of the solo baston.

Over 300 people from across the nation gathered to attend the Sama Sama, held at the San Leandro Convention Center in San Leandro, California. Students from Delaware, Texas, Central California and the bay area enjoyed delicious foods, good music, and demonstrations of martial prowess. The demonstrations showcased martial artists of all ages and belt levels. All weapons were highlighted, ranging from open hand to sword, from knife to rubber chicken. "Innovation from the different schools' demonstration programs makes the whole night very special to all," stated Professor Max Pallen, Grandmaster of Senkotiros International, "knowing what it meant to perform with passion dedicated to the entire Pallen's Martial Arts, Senkotiros organization as a family". The demonstrations highlighted the strength, skill, and heart of the Senkotiros organization. The highlight of the evening for the audience was the demonstration from Grandmaster Pallen, where he kept the audience laughing and gasping with the thrill of watching him summarily take apart the highest ranking students.

In order to raise monies in support of a training facility in Cebu, Philippines, a raffle was held thanks, in part to Banuelos Kenpo Martial Arts, with matching donations from Tiger Claw. Shauna Okusako, one of the lakan of Senkotiros International, exclaimed "The raffle was fun and exciting and seemed to amp up the energy in the room." The cornerstone of the raffle was a pair of beautiful swords, donated by Pallen's Martial Arts, Davis, owned by Manoi Jim Trapani, Simu Lorie Trapani, and Manoi Richard Bacciarini. Photos journaling the development of the training facility were shared with all.

Demonstrations



Professor Max Pallen



Lakan preformed a bladed sayaw



Davis students.





The Sama Sama event started early in the day, with a special seminar hosted by Grandmaster Max Pallen which included Grandmaster Christopher Ricketts and Master Roger Agbulos.

Grandmaster Christopher Ricketts



Master Roger Agbulos





This seminar was attended by students throughout northern California. One young student, Daniel Scanell, explained why this was such a great time. “The seminar was really cool because the different styles were cool in their own way. Plus the techniques were incredible and can be used in different ways that can be helpful.”



Promotion to Lakan Isa

This event also honored new initiates to the Senkotiros disciples. These students celebrate their promotion to the ranks of the Lakan, students who train with the Grandmaster of Senkotiros himself. In addition, 9 students were promoted to the rank of Lakan Isa. Daniel Bregante was a little overwhelmed about the promotion. “Receiving the belt felt incredible but I was a little nervous at first but then it was just an amazing feeling.”

Other students found this a powerful moment in the life of a martial artist. “Initiation into the Lakan program was a memorable and rewarding experience. I am

honored to train with Professor and see where this journey takes me,” said Rey Morales. Overall, the banquet was an incredible evening for all.

Whether standing on the stage, or sitting in the audience, everyone left with one feeling in mind - we are family, “Keep your eyes on the calendar - next year’s 40th annual Sama Sama promises to be another memorable evening!

**2008:** Union City, California (Union City Sports Center)

### **"The Gathering"**

**February 1, 2008:** Max Pallen held a gathering of the students of Pallen Martial Arts and Senkotiros.

**February 2, 2008:** Sama-Sama Banquet  
**Union City Sports Center**  
31224 Union City Blvd.  
Union City, CA.

The banquet was had an atmosphere of family getting together. With fellow students invited guests, it was a most memorable event, a buffet type of event in which the food was plenty and fabulous. Pallen Martial Arts Association and Senkotiros International demonstrated and entertained the crowd with some professional exhibitions of martial arts and cultural.

The banquet was MC'd by Jordan Pallen. The demonstrations were done by the various schools of Pallen Martial Arts and Senkotiros they included:

Pallen’s Martial Arts - Union City, CA.  
Pallen’s Martial Arts – Davis, CA.  
Pallen’s Martial Arts – Antioch, CA.  
Pallen’s Martial Arts - San Leandro, CA.  
Kokoro Kali  
Pallen’s Martial Arts - Castro Valley, CA.



Joseph Pallen, MC





Jordan Pallen and his youngest daughter, demonstration



Max Pallen Jr.

There were many invited guests, which were introduced to the crowd some were; Professor Crimi, Grandmaster Castro, Grandmaster Bais, Grandmaster Novak, Guro Jerome, Punong Guro Dowd, and many others.

Grandmaster Pallen at the end of the program talked about many things and demonstrated some the aspects of Senkotiros for the crowd. A special moment was when he announced the promotion of his sons Joseph, Jordan, and Max Jr to Professor and announced them as the heirs of Pallens Martial Arts and Senkotiros International.



Grandmaster Pallen promoting his sons



Senkotiros Lakan Cultural Demonstration



February 3, 2008: Sama-Sama Seminar  
**Pallens Martial Arts/Senkotiros Inc. Center**  
13752 Doolittle Drive  
San Leandro, CA

Practitioners got to experience a wide range of Filipino martial arts with the following instructors at the seminar.

Punong Guro Steven Dowd - Arnis Balite: [www.arnisbalite.com](http://www.arnisbalite.com)

Tuhon Jordan Pallen - Senkotiros: [www.senkotirosphilippines.com](http://www.senkotirosphilippines.com)

Mataas na Guro Jon Bais - Bais Tres Manos/Kuntaw

Grandmaster Robert Castro - Eskabo: [www.eskabodaan.org](http://www.eskabodaan.org)

Grandmaster Lito Concepcion - Kombatan: [www.concepcion-combative.com](http://www.concepcion-combative.com)

**Guest Instructor:** Dr. Remy Presas Jr. - Modern Arnis: [www.modernarnis.com](http://www.modernarnis.com)



Punong Guro Steven Dowd



Professor Jordan Pallen



Mataas na Guro Jon Bais



Grandmaster Robert Castro



Dr. Remy Presas

Grandmaster Pallen gives some memorable items to Dr. Presas that his father had given him.





The Sama-Sama is a Family event throughout Senkotiros. Just for information for the 2008, 40th Annual Sama-Sama listed below was the crew that made it happen:

Tickets and Flyer	Manoi Restie Marvive
Facility / Room Set up	Dayang Fritzie Chua
Caterer	Dayang Maria Schaufele and Manoi Jim Schaufele
Flowers for VIP tables	Mayan Jane Hedgpeth-Kessler
Dinner Flow of Traffic	Dayang Maria Schaufele and Tugan Harpreet Bains
Servers	Junior Lakans and Probationary
Bar	Tugan Russ Imbat
Paper and Flatware	Tugan Michael Kessler
Punch Master	Guro Rey Morales
Coffee	Lakan George Vick, Joy & Lillian, and UC Parents
Cake	Manoi Jim Schaufele
Cake Cutters	Dayang Shauna Okisako
Van Shuttle	Tugan Michael Kessler
Door	Dayang Shauna Okisako, Dayang Nisha Bhakta, Dayang Karla Estabillo, Dayang Shirley Ng, Tugan Harpreet Bains and David G. Banuelos and Tugan Andre Gaoiran
Door Security	Tugan Michael Kessler
Security	Manoi Restie Marvive
VIP Greeter	Dayang Shirley Ng
Signs	Manai Stacy Desideri, D. Marissa and Dayang Fritzie Chua
Raffle	Mayan Jane Hedgpeth-Kessler
Videographer	Professor Max Pallen, Manai Stacy Desideri and Mayan Jane Hedgpeth-Kessler
VIP	Manai Stacy Desideri, Mayan Jane Hedgpeth-Kessler and Manoi Jim Schaufele
Trouble Shooters	Manoi Richard Bacarini
Agenda	Professor Joseph Pallen
MC	

MC Shadow  
Sound and DJ

Manoi Jim Schaufele  
Manoi Richard Bacarini and Guro Daniel Scannell (helper)

**Demos School Contact**

1. Union City
2. Lakans: 6:15 - 6:45
3. Dinner 6:45 - 7:45
4. Antioch
5. Concord
6. San Leandro
7. Castro Valley
8. Davis
9. Lakan Demo

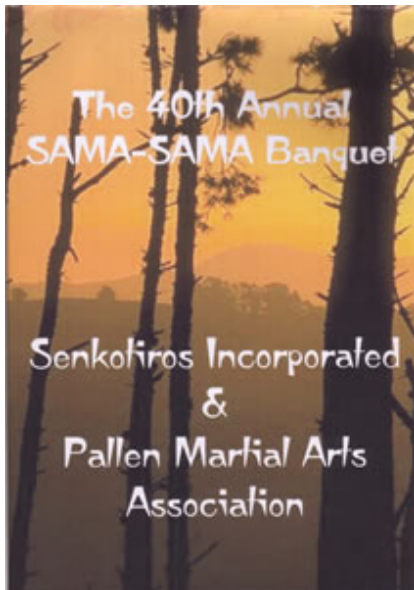
Dayang Fritzie Chua - Music- Guro Daniel Scannell

D. Stephanie  
Mayan Jane Hedgpeth-Kessler  
Manoi Jim Schaufele  
Guro Shirley Ng  
Manoi Richard Bacarini  
Manoi Richard Bacarini

Clean up

All local Lakan + a few others

**Senkotiros Incorporated & Pallen Martial Arts Association Presents:  
The 40th Annual SAMA-SAMA Banquet**



This DVD shows the highlights of the 40th Annual Sama-Sama Banquet which was held at:

**Union City Sports Center**  
31224 Union City Blvd.  
Union City, CA.

See who was at the event. Witness the demonstrations that were held by the schools of Pallen's Martial Arts and Senkotiros.

This DVD shows the event of the year!!!

**Cost: \$20**

Send Check or Money Order to:

**Senkotiros Incorporated**

P.O. Box 3124

San Leandro, CA 94578

**Questions Contact - Email**



### Senkotiros Videos

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Intro to Free Style	\$29.95	
Lost Years	\$14.95	
The Deadly Style of Filipino Arnis: E-Book	\$29.95	
Balintawak	\$49.99	All 3 Only
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Shipping and Handling		\$10.00

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### Senkotiros Headquarters

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San Leandro, CA., 94578

### Questions: Email

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Payable to Max Pallen



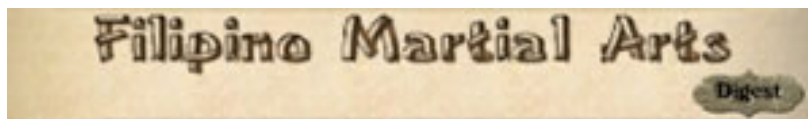
[www.senkotiros.org](http://www.senkotiros.org)



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



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