

Filipino Martial Arts

Digest

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

Vol 7 No 3

2010

The Arnis Bill has been Approved and Signed
Will Someone Please Take The Lead?

Fabien Jolivel

BALINTAWAK

My way...

Inocencio "Ciok" Glaraga

The Singing Sticks of Ciok

Guro Jovelyn Minoza

JAMEN ZACHARIAS
"Defang the Snake"

LAHUKA

FMA Digest

Publisher

Steven K. Dowd

FMA Digest Representatives

Marc Lawrence

Columns

Building Blocks of FMA

FMA Pulse

Contributors

Marc Lawrence

Jamen Zacharias

Fabien Jolivel

Emmanuel ES Querubin

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FMA Digest 1297 Eider Circle Fallon, NV 89406

(775) 423-3253

comments@fmadigest.com

Publishers Desk

Kumusta

This issue begins with Guro Jovelyn Minoza of LAHUKA Eskrima who resides in Hohenlimburg, Germany she started training in 1980 and has come a long way. The FMA Digest tried to get an article on her a couple years ago but was unable to contact her, however luckily Marc Lawrence came in contact with her and was able to obtain this article which you should find interesting.

Jamen Zacharias brings another view of martial ethics in “Defang the Snake” which is a highly intelligent strategy in Philippine weapons. Fabien Jolivel if you remember contributed in Volume 7 No2 an article on his instructor Master Eddy Velez, well this issue he tells about how he got started in Balintawak and that it is getting established in France.

Inocencio “Ciok” Glaraga known back in the PKA (Philippine Karate Association) days as the regional karate champion of Western Visayas and represented the region in the First International Invitational Karate Championships in 1974 is also well known in the stick fighting world with the nickname given to him “The Singing Sticks of Ciok.” Conservative martial artists consider Ciok a bit extreme basing their impression on the way he dresses up. Others in the martial arts world, however, look on him as a modern day athlete with an ancient warrior’s mentality.

Marc Lawrence talks about the basics of grips and sticks in his column Building Blocks of FMA, and the FMA Pulse is keeping beat with the most current news on the Filipino martial arts both in the United States and the Philippines.

Of course check out the future events section and if in your area or nearby drop in and add some knowledge and skill to your fighting capabilities, or if a tournament join in and see how you fair in competition.

Well the FMA Digest hopes you enjoy this issue.

Maraming Salamat Po

LAHUKA Eskrima - Guro Jovelyn Minoza

By Marc Lawrence

Typically when we think of Eskrimadors we think of tough looking men like stevedores, fishermen, farmers and military men, but not really pretty Filipina let alone Filipina that can really fight! I saw Jovelyn Maria Minoza was in a YouTube video and impressed with her ability to fight. I was reminded of a line from song “never seen a pretty girl look so tough”!

I had never met Filipina who had started her own system. I found this to be very interesting. I became friends with her and found that she had great story to share. I will share this story with you the reader.

I asked her to tell me more about LAHUKA Eskrima and this is what I found out. LAHUKA stands for: Lawas = the Body, Huna-Huna = Mind & Spirit, Kasing-Kasing = the Heart. It is not meant be thought of as a complete martial art system, but it is meant as concepts and methods of teach-

ing the development of ones own instinctive skills and movements for self-defense.

The teachings are emphasized on the adaption of proper body mechanics, and the comprehensive understanding of the techniques being performed. Jovelyn said she developed LAHUKA on the basis of the teachings from the Eskrima systems of her mentors Grandmaster Jose Borces (Eskrido) and Supreme Grandmaster Dionisio Cañete (Doce Pares). Grandmaster Nick Elizar (Balintawak - World Nickelstick) and Grandmaster Pableo Percival (Doce Pares) also played their part in contributing techniques for the further refinement of LAHUKA. She held her first independent seminar in Oberhausen, Germany in 2000.

Jovelyn first start training in Filipino martial arts during her childhood in 1980. She was inspired by her brother-in-law José



Borces who practiced and taught styles, the Japanese Shorin Ryu and the Filipino martial arts, especially the Doce Pares Eskrima that time. He became world-champion several times and he was indeed a source of inspiration. She told me about her other family members training in the Filipino martial arts her brother-in-law José Borces, her nephew Mark Borces and her niece Matet Borces, who today lives in California, USA.

She told me that she first started training in Karate and the Filipino martial arts at age 11. I

LAHUKA

(Lawas = the Body, Huna-Huna = Mind & Spirit, Kasing-Kasing = the Heart)

LAHUKA should not be understood as a complete martial art system, it is meant as concepts and methods of teaching the development of one's own instinctive skills and movements for self-defense. The teachings emphasize on the adaption of proper body mechanics, and the comprehensive understanding of the techniques being performed. Jovelyn Miñoza developed her style called LAHUKA on the basis of the teachings from the Eskrima systems of her mentors Grandmaster Jose Borces (ESKRIDO) and Supreme Grandmaster Dionisio Cañete (Doce Pares). Grandmaster Nick Elizar (Balintawak - World Nickelstick) and Grandmaster Pableo Percival (Doce Pares) also played their part in contributing techniques for the further refinement of LAHUKA.

SAYAW - is a Cebuano word directly translated into English, meaning “Dance”. There are two kinds of Sayaw

1. **Sayaw nga Naadnan** - is a series of movements containing the 5 key factors:

- Rhythm
- Timing
- Speed
- Balance
- Power

2. **Sayaw nga Hinay** - which is called “Slow motion”.

Especially emphasizes the development of proper body mechanics and coordination



Jovelyn Minoza with nephew Mark Lawrence Borces the son of Grandmaster Jose Borces

asked her when she became an instructor. It when she was 18, first in a Japanese Karate style called Shorin Ryu. Years later, in 1995, she started as an Arnis instructor. I asked her about studying other fighting arts and she said she started with Shotokan Karate and the Filipino martial arts during my childhood. Later on she practiced Boxing, Kickboxing, Silat and starting to learn the Thai art called Krabi Krabong. However, her heart still belongs to the Filipino martial arts.

One of the things that I was curious about was how she ended



Champion from National Karate Tournament held in Cebu City... 1988

up in Germany as it is a long ways from the Philippines. She told me that she has been residing in Germany for about 15 years now. She came there, because of her German ex-husband. She met him in the Philippines, and he was very much interested in the Filipino culture and the Filipino martial arts as well. He wrote

a book here in Germany called "From Kali to Eskrima" which deals in depth with the topic of the Filipino martial arts.

She told about her Organization that was formed in a manner to avoid conflicts. It is called "Bagong Katipunan". The website



is (www.bagongkatipunan.de) which composed of 5 Filipinos, their purpose is to keep united and to avoid conflicts with some other FMAers, They don't call themselves Masters they call each other a Guro (teacher).

I asked her what was her favorite weapon and why? Jovelyn said her favorite weapon is the Kris. Why? Because it's double-edged blade; and its shape she thinks is rather sexy.

I asked Jovelyn if she still competed in tournaments. She said not anymore. She said stopped 2003 after she won the International Championships in Cebu City (in form [sayaw] and full-contact fighting. She said that her most memorable tournament was the World Tournament 1992 when she met an Australian woman in the final who was twice as tall as she was. During the fight she put her stretched arm upon Jovelyn's head to keep her in range. During the fight she heard people in my surroundings shouting "fight Gamay!" (Gamay mean small). She was confused for a while then she realized that the physical strength is not after all decisive it is the power of thinking and the ability to react, meaning that no matter what size you have there is always a way of getting into the fight. It was a great final in the end but although she lost, she was declared to be the better fighter. They called me "small but terrible- fearless fighter."

Jovelyn told me that there was this very important award she





Awarded as a tough woman. For winning first tournament in a regional championship in Cebu... 1987



Pose with her brother in law and her mentor Grandmaster Jose Borces - 1990

Jovelyn Minoza with some Arnis colleagues as Most Outstanding Fighters of the Year



received, it was in 1994, and she got "The Sports Woman of the Year award" for being the Toughest Girl in Martial Arts in Cebu City! She told me that she was the smallest on the team as well, She was described as small, terrible (as in fierce) fighter. Having watched some of her video footage, I have to agree she is small in size but large in fierceness when fighting.

I asked Jovelyn what her recommendations to women for preparing for a tournament? Be courageous and DO NOT go for gold but go into the fight with all you have learned and instinct! Gold is what you can easily buy in any





Jovelyn Minoza with her sisters Mary and Beverly during the award as Sports Woman of the Year 1994.

department store but applying and testing what you spent time practicing is much worth than any other trophies!

I asked Jovelyn what she could say about German Filipino martial arts verse Filipino martial arts from the Philippines. She said this: That's a tough question. Although there are some differences like every other arts in every other countries, However I saw a lot of real good German FMAers who even much devoted to the FMA arts and even dig Filipino culture to get close to the really touch as a FMAers.

Performing a form "sayaw" during the 1st Cebu International Championship 2002. Jovelyn Minoza became champion in both, forms and full contact.



Awarded as "World Best Class" show in Datteln, Germany 2000, Jovelyn Minoza did some spectacular exhibitions in Germany and was awarded many times.

Fil-German Eskrimador tops

SHE is a 3rd dan black belt in karate shorin-ryu style with the Kauswagan Self-Defense Brotherhood and in arnis with Doce Pares International. She met and later wed a German journalist in the early 90s, then moved to Germany in 1995.

She is 30-year-old Jovelyn Minoza, sister-in-law of Master George Borces, founder and chief instructor of KSDB in the country.

Having won several medals in national and local tournaments here in the past decades, Jovelyn

lived up to her lofty billing anew as she took gold medals in the recently concluded 1st Cebu International Arnis Championships in Ayala Center Cebu and in Dumanjug, Cebu.

Jovelyn won golds in the forms (sayaw) and sparring (kumbati) competitions in the women's division of both tournaments. Other KSDB eskrimadors who fared well in the events were Regie Demecillo, Reynaldo Combati and Ma. Therese Borces. (Correspondent Elmer Rivera Karaan)



MINOZA

Jovelyn Minoza eldest daughter Amberly

Jovelyn Minoza youngest daughter Alizee



Jovelyn Maria Minoza Ralph Kussler





www.lahuka.com

Jovelyn Miñoza
 Alte Heerstr. 16
 D - 58119 Hagen-Hohenlimburg
 Germany
 +49 23 34 / 44 16 84
 Email: jm@lahuka.com





Filipino Martial Arts Seminar

06./07. März 2010

Carlos Pulanco 9. Dan Kombatan/ Agos Kamay
 Jovelyn Minoza 4. Dan Lahuka/ Doce Pares
 Vicente Batalla 4. Dan Agos Kamay/ Brokil-Estokada





in Halle/Saale

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 So. 10.00 - 14.00 Uhr

Gebühr: 30,00 € für Mitglieder Bagong Katipunan e.V.
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Martial Ethics

Defang the Snake

By Jamen Zacharias

Arguably, the nucleus of Philippine Weapons based martial arts, is embedded within a highly intelligent strategy, called; 'Defang the Snake'. Defang the Snake, though becoming more widely known outside of the Philippine Islands is still a hidden mindset of advanced weapons practitioners, for it commonly requires, a re-wiring of sorts, both in thought and deed.

Most, whether trained or not, are bent on several primary targets when utilizing a weapon, namely, the head and the body, differing from this, many Philippine martial arts have a common principle of thought, which is to hit the opponent's weapon wielding hand first, the essence of what it means to Defang the Snake!

As simple as this sounds; it requires extensive practice, and there are important reasons why!

Mastering the ability to; Defang the Snake, is mostly an exercise in creating a new mind, that is able to welcome on-coming weapons strikes, seeing them more as opportunities, then threats.

Primarily for these reasons, teachers and practitioners of the All Things Institute, highly regard this gift of Philippine based, edged and impact, weapons-craft, considering its intelligence and practical ethical component as a distinct offering to weapons training.

The benefits of training this principle, to; Defang the Snake, hold potential to subtly cultivate elements of internal and external excellence. This cultivation spans not only the enhancement of distinct physical attributes, but carries further to the inner potentialities of human beings.

The principle of; Defang



the Snake, acts as a catalyst for the development of at least 4 vital elements, consistent with an ethically minded, yet highly functional martial artist.

These 4 vital elements can be defined as such:

- Intelligent Attributes
- Transcending Primitive Impulses
- Ideal Internal State
- Force according to Justice

Intelligent Attributes:

Intelligent Timing: The ability to act at the precise moment

Intelligent Range: the range or distance from which a weapon of either player can hit the hand, but not the body, this is called 'largo Mano'. It is the perfect range to intercept an on coming attack, by hitting the attackers hand, therefore nullifying the hand that wields the weapon or removing the fangs, from the snake.

Intelligent Speed: the illusion of greater speed is enhanced, in essence by ensuring the distance and speed required for you to hit your intended target (the weapon hand), is less then the distance and speed required for your opponent to hit you. This is intelligent speed vs. raw speed!

Accuracy: to "Defang the Snake" requires an exact hit, upon the weapon wielding hand. Therefore, development in hitting with superior accuracy and control is a must.



All Things Institute Instructors Jamen Zacharias & Michael D. practice 'Defang the Snake'



Transcending Primitive Impulses:

As human beings, we occupy within us, two distinct tendencies. One of these tendencies is like unto nature, which is subject to the pull of instinct, impulses and natural laws.

The other tendency is in a sense, super natural, for its powers are above and beyond the pull and sway of nature, by its perceptiveness, comprehension and inclinations towards higher understanding and purpose.

When considered in consistency with over all spiritual development, to train to defang the snake, requires we over ride the impulses of our lower self preservation tendencies, and in its stead, rely upon the attributes and virtues of the higher realms of human life.

When we focus upon these higher realities of

being human, we can begin the move away from what I call the states to avoid, which consist of fear, desire to display and competitiveness, which when appeased can lead to further destructive behaviors such as engaging in fruitless contention, mindless dueling, as well as impulses of retaliation or feelings towards vengeance.

Ideal Internal State:

The Ideal Internal State consists at minimum of the following qualities:

- Calm
- Composure
- Proper Perception

In addition, the Ideal Internal State consists of a receptiveness of spirit, attracted to the humane virtues of love, compassion, mercy, justice and sincere desire for peace.

Force According to Justice:

It is the combination of these essential qualities, virtues and skills that make it possible to act more consistently according to the exalted standard of Justice.

Force according to Justice is the practical standard, embedded within the principle of defang the snake. To remove the fang is to make its poison impotent. What remains is the opportunity if appropriate, to spare its life.

Jamen Zacharias
Founding Instructor
All Things Institute of Path of Rest
 Certified Senior Full Instructor
 Jeet Kune Do & Filipino Martial Arts



www.pathofrest.com

BALINTAWAK

My way...

By Fabien Jolivel

After more than 10 years of practice of the Shotokan Karate (black belt and instructor) and an attraction for all other martial arts and combat sports, I had knowledge by means of a specialized magazine (review), about a Filipino Master visiting for a training course of Kali Escrima in Paris (The late Grandmaster Mike Inay, of Inayan Eskrima).

This training course was a true revelation for me; the work with weapons, the speed of execution with the stick and the efficiency of techniques as well as this notion of flow had seduced me. Immediately my interest peaked, I inquired at once about this Filipino martial art and bought some video cassettes to allow me to have more information and to begin to learn some techniques.

I decided not to continue in Karate, but to work some techniques which I was able to find here and there with a friend. Others curious and intrigued by the banging of sticks joined us; we finally got together a group of 5 to train regularly and always, in the forest.

I decided then, to look for a qualified professor. Having met some and having dismissed the beautiful speakers and the swindlers, I finally found Eric Laulagnet who will be my professor, in spite of specializing in Jeet Kune Do (He actually lives in Manila and is an instructor of Pekiti Tirsia which he learned directly from

Grandmaster Léo Gaje and Rommel Tortal).

Indeed, the Filipino martial arts was hardly developed in France, contrary to nearby countries as Germany, Sweden and England, which where several systems were represented.

With my group of pupils, we created our association in 2000 (Club Normand Kali Eskrima), but after some years, I began to have some difficulties in teaching them new techniques, new principles and chains (sequences of movements). It was thus necessary for me to learn a true style, for myself and to be honest in my teaching...

Wishing to learn a style in its entirety, it was in 2005 that I decided to go to the Philippines with 3 students (Martial, Paco and Cyril). Our first attempt was a failure because they asked us for far



too much money. We then tried to ask advice from the young population of Cebu, but nobody knew the Filipino martial arts; only Tae Kwon Do!

Very surprised and a little disappointed, we finally found the cell phone number of the Grandmaster Nick Elizar on the Internet and decided to contact him. After these initiatives, we meet him finally: a small guy, with a moustache, brown skin and with a wide smile, we got acquainted around a glass.

Getting to know each other and getting along well, we defined the number of hours when we wished to train daily (6 hours a day under a terrible heat!), and then we negotiated the price. Everything was decided and we looked forward to beginning. The appointment for training was at 8 am the following morning in front of our pension. It is only at about 9 am when Nick arrived finally with his motorcycle and always with his smile; the receptionist told him, in Cebuano language, that we were ready since 7:30 am. He then attempted to be always very punctual.



My teacher and friend, Eric Laulagnet



With Norman and Nick Elizar, at the restaurant

He shows us first of all with his son Norman, a small demonstration of the style which he teaches; Balintawak.

Seduced and intrigued by this style which was new for us, we shall put all of our heart in the workout and we trained with his advanced pupils, whom it brings systematically with him, to make us progress more quickly.

Faster we learned techniques and the sequences of movements, the more Nick gives us ... He is honest in his teaching and does not play the Grandmaster with magic powers that it is necessary to repeat thousands of times to begin to feel them. No, it is honest and delighted to share his knowledge.

After one month, our vacations to the Philippines is almost finished and Nick gives us one last appointment. It is in fact in a restaurant with Karaoke where he met us, with all the members of the World Nickelstick Eskrima Club, a meal and an official delivery of diplomas

All the instructors were there, with their T-shirt decorated with the logo of Balintawak.

Back in France, we train a lot what we learned from Nick and I decided to put completely the program of Balintawak in my teaching, which serves me as a

“basic” and allows better progress for my students.

Only 3 months later, I returned to the Philippines to continue the adventure ...

Without notifying Grandmaster Elizar, I arrive at Nick's house where I find his son Neil, with whom I have a big complicity. When Nick finishes his work and come home, he is very surprised to see me in his home and the reunion is warm. He did not think that I would hold my promise and would return to the Philippines to follow his teaching and to promote it in France ...

Everytime that I return to the Philippines, I bring Nick or his son Norman, to Malapascua Island (the North of Cebu Island), to train on the beach of white sand, with



Training at the beach of Malapascua Island



Training at Ayala Park, Cebu City, with some students of Grandmaster Nick Elizar



Nick in full thought...



coconut palms and very blue water, by leaving Cebu City with the big traffic and the pollution.

Since, our relationship has evolved. A reliable feeling has settled between us. I am not any more the teenager who worshipped his Professor of Karate. Today I found a Grandmaster which became a friend and with whom I can speak about everything without any taboo.

Last year, with the help of my first teacher Eric Laulagnet, I brought Grandmaster Nick Elizar to France to make a European Tour (September 2009 to December 2009). I was very happy to offer him the opportunity to travel in Europe and make some seminars (France, Spain, Norway and Germany). Everywhere, people enjoyed practicing and learning from him and to meet a very humble man.

Since, I'm lucky to travel many times to the Philippines and

to meet and practices with many Masters. Sometimes, I meet artists from different styles, like Manuel Caballero from De Campo Eskrima, "Buck" from Siete Generales, the Grandmaster Cacoy Canete and his big instructor "John-John", or like Grandmaster Tony Diego with his very nice assistant Arnold who introduce me to the "Punta y Daga". But most of the times, I meet different Masters in Balintawak, like Grandmaster Bobby Tabimina and his son Flint, my teacher Danny Vedula from ASKAL Hybrid Balintawak, and recently my new teacher Master

Big respect for the
Grandmaster Cacoy Canete
who still trains



My teacher, Danny Vedula,
from Cagayan de Oro



Grandmaster Tony Diego
from the Ilustrisimo System in Manila



During a seminar in Paris, France



Samuel Caballero (De Campo Eskrima)
and Romarico "Buck" Mariano, to Toledo City, Philippines



Impossible to not smile,
with a clown like Bobby Taboda.
A Grandmaster, but also very humble person



With my new friend and teacher, Master Eddy Velez



Students of France



Eddy Velez.

Actually, I am very lucky, because most of the time, all these practitioners have something to teach me, but they do it with humility and with the heart.

I like to use this article to tell them how much I thank them, and also my wife Celeste who has always support me.

Grand Masters, Masters, Instructors, teachers... and students,

Maraming Salamat Po.

Fabien Jolivel

World Nickelstick Eskrima Club, France

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The Singing Sticks of Ciok

By: Emmanuel ES Querubin

Conservative martial artists consider Inocencio “Ciok” (sometimes spelled as Sioux) Glaraga “extreme,” basing their impression on the way he dresses up. Others in the martial arts world, however, look on him as a modern day athlete with an ancient warrior’s mentality. Ciok’s unusual get-up is a take-off from the different teachers and styles that influenced his art he calls Yaming, Kalaki, Arnis, which he claims is a product of the “Original Alibataano Majarlika Eskrim-antikua Indak Pilantikan Arcanes.” He, however refuses to explain this further and said that only the “initiated” will really understand.

But, notwithstanding his appearance, everybody who has seen him with his double sticks agrees that he is one of the best Arnisadors ever. Even some “Modern Masters” consider him the “Foundation of Wisdom and Knowledge of classical Arnis de Mano.



Inocencio Ciok Glaraga in a “David versus Goliath” final match against Republic of China’s national champion gigantic Chen Chen, during the First International Invitational Karate Championships in the Philippines in 1974.

Someone who trained with him even gave him the nickname “The Singing Sticks of Ciok.” Others call him Master or Grandmaster, titles that always leave a bad taste on his mouth. Ciok insists that there is no such thing as a living Master or Grandmaster in the Filipino martial arts. He added that all the Grandmasters are dead, like Remy Presas and Tatang Illustrisimo. Ciok, however, does not mind if he is called Master teacher or Mataw-Guro.

Ciok is a well-rounded martial artist. He holds black belts in Judo and in Karate. Before he started propagating the Filipino martial arts, he dressed up ordinarily. He was a regional karate champion of Western Visayas and represented the region in the First International Invitational Karate Championships in 1974. Unfortunately, in the finals he lost in a “David versus Goliath” match against gigantic Chen Chen, na-



tional champion of the Republic of China.

He also was not lucky enough to make the final cut in the selection of the national team that represented the Philippines in the Third World Karate Championships in Long Beach, California in 1975.

Ciok had several different karate instructors, but he credits Louelle Lledo and Emmanuel Querubin in his success in the tournament circuit, albeit limited.

He started his Filipino martial arts career under his father and uncles in Talisay, Negros Oriental where he was born. When he attended the University of Negros Oriental Recoletos, where he graduated with a Bachelor’s Degree in Criminology, he met Remy Presas who was teaching Arnis de Mano. Ciok became Remy’s assistant and was instrumental when Remy Presas was formulating his style of arnis in what he termed, at that time, Modified Arnis. Together Remy and Ciok popularized modified arnis in the university. When Remy Presas moved to Manila,

Ciok took over the University of Negros Oriental Recoletos Arnis instructions.

When Remy Presas got situated in Manila he changed the name of his school to Modern Arnis.

After graduation from the university, Ciok decided to concentrate in the Filipino martial arts. He sought knowledge from other instructors. His search took him to almost all parts of the Philippines apprenticing under different teachers. He lived the life of a wanderer in search of more information and understanding of the Filipino fighting arts.

His search exposed him, not only to the physical aspects of the Filipino fighting arts, but also to the superstitions and the alleged concealed secrets, mysticism and mysteries involved in the art, that is understood only by the “initiated.” This aspect of the Filipino fighting art had a great influence in Ciok’s understanding and perception of Arnis de Mano. The deeper he delved in the roots of the art, the more bearing he rendered to the “esoteric values” of the art.

This led him to the conclusion that the “intrusion of religion introduced by foreign aggressors caused the suffocation of the Alibatan spirit and root knowledge caused by the national prostitution that corrupted the Filipino fighting arts, which resulted in the confusions, conflicts and chaos among the Filipino eskrimadors and arnisadors.”

The more systems he learned in the different parts of the country, the more he realized the similarities in each system. But what puzzled him was the differences, not only in the training method and curriculum but also

in the terminologies used. But he rationalized that these differences may have been caused by the geographic location, the attitude of the masters and their personal values.

He was surprised that some systems do not practice the style of abecedario he learned from his first teachers. There are systems that train the abecedario as a set of drills. There are some that train the abecedario as a set of maneuvers. And there are even systems that do not practice abecedario altogether.

Most abecedarios in the Visayan and Mindanao regions have Spanish terminologies. There are even some in the Luzon area that also use Spanish terminologies. The abecedario that he learned had vernacular terms, later translated to Spanish, and performed in a dance form to hide the real application from the Spaniards. He was familiar with these abecedarios called *depensa natural*, *depensa opensiba*, *contra-opensiba*, etc.

But when he came across the schools that originated from the “*Kapisanan ng Dunong at Lakas*” (later renamed Tabak in Bonifacio), he noticed and observed different *abecedarios*, called *abakada* (the Filipino term), such as *abakada ng limang taga*, *abakada ng pitong taga*, *abakada ng sampung taga* at *abakada ng labingdalawang taga*.

Hearing that Louelle Lledo is actively propagating Arnis de Mano, Ciok joined Louelle at the National Bureau of Investigation gymnasium. They became constant training partners, later joined by Yuli Romo of Zubu Panantukan Pendakali and Rodel Dagooc of Modern Arnis. The four jestingly referred to themselves as the “three musketeers” and Louelle as

“Zorro.”

Together they toyed with the term “system of systems” to mean that their systems have evolved from a “proprietary school of thought” to a “Universal Filipino Martial Art Education school of thought.” They exchanged philosophies, techniques and future plans for their individual schools in particular and Filipino fighting arts in general.

They spent a lot of time training together, Ciok joined Louelle not only at the NBI gymnasium but also at the Cavite State University Gymnasium in Indang Cavite, giving seminars and inspiration to Louelle’s students.

Once a year, Ciok spend several days by himself up in the mountains, with nothing but his trusty *doble baston*. Living off the land, he spends half of his time in meditation and half in training. He said that being away from the noise and din of the city revitalizes him. The meditation and the physical training “re-charges his battery.” It also gives him “the opportunity to commune with nature and the initiates of the esoteric school of the Filipino fighting arts.”

Having a common denominator in their Filipino martial arts experience, Louelle Lledo, Armando Soteco (a Modern Arnis protege of the Presas brothers) and Ciok Glaraga agreed to invest a new title or rank for Filipino martial arts teachers in the academe. The *Maguindanao* term “mataw” was chosen. Mataw means knowledgeable or someone who knows. When combined with Guro (teacher) Mataw-Guro means knowledgeable teacher or Master teacher.



Louelle Lledo and Inocencio “Ciok” Glaraga shake hands after an exhilarating and successful training session at Louelle’s home in Indang, Cavite.

Working with the common traits they have laid down some of the requirements to qualify as a Mataw-Guro:

- Able to understand and resolve many different points of view about Filipino martial arts and not restricted to a narrow, partisan point of view.
- Committed to modern, open approaches to education, including perspectives from diverse martial arts, like academic teachers in their ability to present any course using standard educational approaches and tools (curriculum, lesson plans, etc).
- Lessons are presented in a logical organized fashion, to make understanding as easy as legitimately possible.
- Vocabulary must not increase confusion. Lessons are presented and techniques are described in simple, logical terms in the same language used for instruction in all other classes. Terms with traditional or historical value are important. Nonetheless, historical terms should not be introduced until the students have mastered the actions associated with those terms.
- Strong communication skills and regard for students.
- Knows and respects the lineage of Master teachers in his art(s).
- Has recognized authority and experience to teach the Filipino martial arts.
- Spiritual, mental and emotional affinity for the arts and their students.
- At any given time, student safety and health come before all other concerns.
- Support a genuinely Filipino martial art which is easy to teach and learn without excessive references to foreign martial arts.
- Foster improvements, in teaching and competition and expands his knowledge of traditional arts and evolves what he teaches accordingly.
- Bridge the gap between traditional and academic martial arts instruction for teachers.
- Presently, Ciok is a featured teacher at the Arnis Professionals Class of the National College of Physical Education at the Pamantasan ng Maynila headed by Professor Armando Soteco.



Professor Armando Soteco, left, Director of the Arnis Professional Course of the NCPE, with Mataw-guro Inocencio “Ciok” Glaraga.

Will Someone Please Take The Lead?

By: Peachie Baron Saguin

If I had to write about the different styles of sword and stick fighting in the Philippines, I would probably be able to compile a book with several series. The styles we have are numerous. Some are intricate and some simple, but no matter which styles one prefers adopting, all of them are beautiful and unique in their own special way. It is really just a matter of choice and the comfort a particular style brings to one who chooses it.

For many years practitioners of both Escrima and Arnis are shrouded under the shadow of uncertainty. There are transgressions from some clubs / organizations, subterfuge to discredit other groups happens, and the peril of a divided community is in the air. This is inevitable when members have a falling out, when a group begins to doubt the credibility of one's leader.

Now that a bill has been approved making Arnis the National Sport in the Philippines, this author can't help but ruminate and

wonder the amazing progress it will bring to the Filipino people. We of course have Senator Zubiri to thank for, who really rallied for this bill. One of the major accomplishments of this bill is that Arnis and Escrima will finally gain recognition in the Philippines where the art is deeply rooted. Schools will be required to include it in their curriculum instead of the other international disciplines we have adopted for so long. **Please don't get me wrong.** I do not want to be misconstrued. I am not saying they are not effective, but you see, something does not feel right when one's lineage which is in fact beautiful, is not acknowledged completely. Now, however with the law being passed, it is not anymore a matter of choice or necessity for schools to implement its teaching, it simply is!

What I perceived as a problem is that most clubs have their own set of rules and each has its own tenets that seemed resilient enough to stand on their

own. There is exquisiteness in this but the predicament sets in when a National event is organized and the Filipino martial arts community starts to cogitate on which set of rules to apply. As I have said, all styles are beautiful and for that matter so are their rules, but someone has to take the initiative to integrate the rules of each club, choosing only the best or something mundane might escalate into a bigger problem.

The other dilemma which I think have been hanging over the Filipino martial arts community is the absence of a unified body that all groups will recognize, accept, and look up to as their leader. I believe the defining moment would be, when somebody qualified will eventually take a hand and lead this group of Filipino warriors, thereby and hopefully eliminating all the problems that have been hanging over them for the past years. So how will it be? By election or by appointment?



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All the best with your training,
Simon McMahon.
eskrimakaliarnis.com



By Marc Lawrence

Grips and Sticks

In order to strike with a stick or a blade you must grip the weapon. The most natural grip is an overlapping grip. It is the basic to deliver a power strike. It is one of four basic grips used in Filipino martial arts. The other three grips are straight thumb, side thumb and reverse grip. Each one of these has their special time and application in fighting in the Filipino martial arts.

As previously stated the overlapping thumb is a natural grip used for delivering a power strike, but if done incorrectly you will disarm yourself when hitting, this is typically done when the ring finger and pinky finger is loose when striking. The straight thumb grip has two basic applications, first is for delivering a quick forehand snapping strike with the wrist. This allows for the wrist to move quicker but can lead to an easy disarm if stop blocked and pulled. The second application is done when fighting in Espada Y Daga when holding the knife, this allows you to trap and control a limb with the knife hand.

The side thumb is used to apply side or downward pressure with stick or knife. This allows your hand to brace the weapon while pushing down and not

disarming yourself. This method is use typically in Espada Y Daga with the knife and knife hand when checking and jamming.

All sticks and blades have four parts to them, first is the tip portion, second is the blade portion, third is the handle portion and fourth in the butt or end portion. Each portion has its own special application when fighting. That will be discussed in future column on strikes. To correctly select the size of stick is very important to prevent many problems with your arm! The proper diameter for a Filipino martial arts player is measured by the following: Making a ring with your thumb on top and the forefinger underneath, from the quick-line on thumb to the quick-line on the (index) forefinger. If your stick is too large or too small you can develop golf elbow or tennis elbow as the commonly know or just known as Eskrima Elbow! The correct size and weight will prevent this!

The length of stick has created many discussions and passionate arguments by many Filipino martial arts Guros, Masters, Grandmasters and players. Depending upon where the school plays, practices and the system originated from will dictate the length of the weapon. If you train in an urban environment and have

to fight in tight quarters like on Jeep née then you would favor a short stick. If you had to fight in an open area or against weapons with long reach, you would favor a long stick. If you had to work around a waterfront, beach or on a boat or ship you would favor medium length weapon. Stick lengths I seen start with a 42 inch used two handed by Modified Tapido made of coffee wood. I have seen 36 inch used by members of San Miguel, 29 inch by Doce Pares, 28 inch by most systems, 24 inch Arnis Balite and 21 inch by Serrada Eskrima as well. A family member, Manong Espi used to tell me that the disadvantage of a shorter stick under 36 inches was that if you are playing with punch and kick you could be punched by your opponent while stick fighting.

The two most common measurements for the correct stick length are done as follows: First is with the stick in the armpit arm extended sideways and the fingers extend the stick reach the tip of the long finger. The second is with the stick in the armpit arm extended sideways and the wrist and palm is bent over and the tip touches the palm.

Sticks for practice should be made of material that absorbs shock but retains its strength and shape. The best natural material is Rattan. Yes, there are 600 varieties known and 10 types are typically used in manufacturing natural products. Rattan for sticks can be grown under oil palms in palms groves making better use of the land. Rattan is member of the Palm Family and it will give way and absorb much of the shock of an impact. Harder woods will not do this and can cause joint injuries due to the shock being transmitted back

into the joints. Also if you chose to bag or repeatedly strike hard surfaces with Rattan the same thing will happen to your joints. That means do hit hard wood trees! This happen to friend of mine, he had bone bruises and could not fight in major tournament! The Rattan should be properly cured and be of the correct age. When looking at a typical rattan stick avoid sticks made with very soft rattan (young or cheap variety), very dry rattan (old or improperly cured), and only one- two joint Rattan. One and two joint Rattan is very immature and soft. There is nothing worse than getting a new stick hitting the tire bag and it busts off, or even worse when sparring! My personal favorite is four - five joint, salt water cured, fire-harden oil- finished Rattan stick. Yes, these are very difficult to find so I make my own. There are many good companies that make good rattan sticks in the Philippines and you can select your own favorite finish and design. Yes, there are now synthetic plastic and composite sticks for those who like their feel.

Until next time, train well and train hard! Mabuhay FMA!



**15205 Crenshaw
Gardena, CA, 90249
(310) 961-1266**

The South Bay Filipino Martial Arts Club is a Filipino-American Barangay (Village). If you are Filipino, Filipino-American, Filipino-Hawaiian, Mesteso/Mestesa, Filipino by Marriage, or if you just love all things Filipino you will find our village/club quite welcoming.

Our purpose is to ensure that the Filipino American Communities of South Bay of Southern California does not forget its heritage of the traditional fighting arts know as Arnis, Eskrima, Kali of the Philippines.

We teach Men's, Women's and Children's classes. We actively support and participate in tournaments. We teach from a street and tournament perspective. We host seminars and support community events. There is a limited number of children's scholarship available upon application.



www.southbayfmaclub.com

Email
sobayfma@gmail.com

FMA Past Events

Lewis Clay's Petersburg Karate Open

Chesterfield, VA

March 20, 2010

Cassandra Kossmann: 13 to 15 year olds, red/ brown belts: 1st place weapons, 2nd place forms.

Al Boulo: (Men) green/ blue belts: 3rd place forms, 4th place weapons, 4th place fighting,

Jason Clossun: 16/ 17 year olds, white/ yellow belts, 3rd place weapons, 4th place forms

David Boulo: 5 year olds, white/ yellow belts, 4th place fighting.

Nick Andrews, 9 / 10 year olds, white/ yellow belts: 3rd place fighting, 4th place weapons, 4th place forms.

Wilson members of Kuntaw Palace competed in open martial arts competition. Members bring back trophies, and no one came back empty-handed.



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Guro Nate Defensor Seminar

Marion, Illinois

April 24 - 25, 2010

Hosted By: Guro Wes Bennett

Photos Courtesy of: Wes Bennett

The event was a smashing success in many respects. This event brought several old acquaintances and a few old friends together in a harmonious exposition of phenomenal talent as demonstrated by Guro Nate Defensor.

Guro Defensor put on a great exposition of stick fighting and stick grappling that provided even the seasoned Filipino martial arts stylist with great new technique to add to the tool box.

It was my distinct pleasure to be a part of such an event. Gracious as I've always known Guro Wes Bennett to be, he has not changed a bit. Even more a pleasure was spending the time on the floor with my primary influence in Cabales Serrada Escrima, Pangulong Guro Chuck Cadell. Although Guro Cadell and I often visit over the phone, it is a rare occasion that we are on the floor crossing sticks.

This event was particularly momentous for me as I had the privilege of acknowledging 3 of the most influential Filipino martial arts stylists in the Midwest Region and in Illinois particularly.

As the Midwest Director / Administrator of the WSEF it was my distinct pleasure to present lifetime achievement awards to both Guro Nate Defensor and Guro Wes Bennett for their efforts in the past decades as well as their present efforts to promote the Filipino martial arts systems.

Additionally, a great honor for me was to present my influence of many years in the system of Cabales Serrada Escrima, Pangu-

long Guro Chuck Cadell with a WSEF "Honorary Grandmaster's Certificate in his system of Tanikala de Serrada Escrima".

Please acknowledge and applaud with me the many years of dedication all 3 of these fine gentlemen have provided for all within the Filipino martial arts.



Guro Nate Defensor and Guro James
Demonstrating Techniques



Guro Nate Defensor, Guro Wes Bennett, Guro Mike Schwarz
and Grandmaster Chuck Cadell

Wilton War Games

Wilton, CA.

May 15, 2010

By Dexter Labangon and Marc Lawrence

Originally the event was called the Gathering at Wilton. Everyone asked where the heck is Wilton? Rick was a new student of mine in Sacramento and he showed great interest in the Filipino martial arts and his late wife was of Filipino decent. Sunday training in a garage became common in Elk Grove led by Bahala Na Multi-style Instructors Jeff Lopez and Jim Nordstrom.

One day Rick Becker offered to hold practice at his father's ranch in Wilton so one Sunday we gathered there in Wilton and it was as if Leo brought us there so we could truly understand the memories he relived telling so many times. Stories like when you walk along foot trails no wider than two persons you may not be able to step off the trail to avoid an attack or walking through a bamboo forest it was clear why he emphasized stable footwork as bamboo roots and sprouts could easily prevent your feet from finding level solid ground. I realized this was the place to truly share the memories of the Ebb of Tides.

A chance to bring the graduates and students to a higher level of understanding Filipino martial arts in its true form of origination by the lessons taught by our late teacher Grandmaster Leo Giron who many of us learned directly from him during his living years. The first and second gatherings were such a success that it was appropriate to call the 3rd gathering Wilton War games.

The war games consisted of military "Bolo Regiment" train-

ing methods that were used during World War II by the 1st and 2nd Filipino Infantry Regiments. I was invited to attend by Guro Terry Joven of BaHaLa Na Multi-style Eskrima and of the United Filipino Martial Arts Council "UFMAC". These games were organized by members of the BaHaLa Na Multi-style Eskrima. Everyone signed in, got schedules and a paid the 20.00 dollar event fee, which included your part of the potluck lunch.

The day was well organized in sections the first part was an introduction by Dexter Labonog and Terry Joven. The second part was a stretch out. Third part was Warm up drills in military formation with bolos.

Our drills were very good combat drills. They were the combat drill- roof blocking, Decuerdas blocking, Estilo De Fondo fighting in an anchored position, Estilo Abanico fanning style drills, Miscla Contrás multiple opponents, Estilo Retriada retreating style, and Combate Adentro in-fighting. We all used our favorite bolo for warm-ups! It was great being able to train in a military formation with all of us using our bolos. That is an image to see!

After our drills we practiced defending a bunker against an attacking force. Then, all of us got to go through the Bahala Na Multi style gauntlet! A series of guarded trails and ambushes, this was to practice environmental training concepts and practices from Leo Giron's Book "Memories Ride the Ebb of Tide".

Everyone started at the bottom of the stairs by the river. Each

participant would meet an instructor or multiple instructors in rapid manner at different locations along the gauntlet having to perform the method just taught to them.

The first station was the De Fondo roof block defense with the instructor striking at you, once you made it past that you ran up a set of stairs to another instructor. You had to use your Abanico defense then you ran to the wooded area where you met two instructors. There you had to deflect strikes using your Decuerdas blocking. Then you ran over to a clearing where you were met by three instructors who would strike at you in multiple opponent attack and you had to use your Miscla Contrás defense method. Then you had run over to the Banana grove where you were met by two instructors who would attach you with Cinco Teros advance and you would defend with Retriada method. Then you would advance to the Palm tree grove where there were two instructors and you would defend using Decuerdas blocking, then you would move down the trail to an instructor who would attack with Olisi Y Daga method and you would use Combate Indentro to defend. You then moved down the trail along the river toward a clearing where you were ambushed by two instructors and you would then defend with your Combat roof drill. Then you moved down the trail into the bamboo forest where an instructor would attack with Cinco Teros Advance -3 and you would defend with Retriada. Then you would move down the trail in Bamboo forest to the last station where you were met by three

instructors who would deliver multiple strikes and you defended with Miscla Contrás as they were driving you into the bamboo forest.

We practiced fighting with live sticks, where the student could use defense only on the first round, then the next round with lightly padded sticks. This is where we could hit back, only rule being no head-face shots. Instructors attacked with intent. After we had gone through multiple times we broke for lunch. We had cooked our own lechon on BBQ pit that morning! After lunch, it was time for instructor promotions. Then we all did a group photo. Then it was social time, to talk story as they say in islands. Folks went home around 5:00 that evening with all looking forward to next year's event.



Filipino Martial Arts

Digest



FMA Digest published in booklet form.

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FMAPulse.com is an exciting new website dedicated to the Filipino martial arts. It is the mission of the FMA Pulse to help promote, educate and serve as a resource for the current and new generation of FMA enthusiasts.

The team at FMAPulse.com is presenting Filipino martial arts to the world via the internet using Web 2.0 technology. Users can interact with one another in a setting much like Myspace or Facebook, only that we are focused primarily on the Filipino martial arts. This on-line community will give users around the world the ability to share, learn, teach and stay current with what's going on in the world of the Filipino martial arts.

Not only will this online social network cater to practicing Filipino martial arts students and instructors, but also to anyone interested in learning about the Filipino martial arts and culture. Aside from connecting people together, FMAPulse.com will be offering viewers their own personal blog, articles, upcoming Filipino martial arts events and monthly video or audio pod-casts of different Filipino martial arts instructors and their respective styles. This will give viewers a chance to get to know these leading Filipino martial arts instructors and their styles on a more in-depth level.

We at FMAPulse.com invite you to participate, share your views and ideas so we can all unite to help further promote the Filipino martial arts in a positive way across the globe.

Sincerely,
The FMA Pulse Team

www.FMAPulse.com

In our opinion, to truly understand the Filipino martial arts, one must also learn the Filipino culture as well as Philippine history. Why you ask? Because Filipino martial arts plays a large role in this history. That is why on FMA Pulse we want to make sure our articles are also educational. In our FMA CORNER, some of the latest topics covered were the lesser known warrior tribes or organizations of the Philippines. For example, you can read about:

- The Pulahanes of Samar, a feared group of warriors who were known for their use of the anting-anting and their fearlessness in battle against the Spanish and US occupiers. [www.fmapulse.com/content/fma-corner-talibong-wielding-pulahanes-samar]
- The Cimarrones of Bicol, an ethnic minority group living in the mountainous parts of Bicol, who had their own style of Arnis call "Cimarron Arnis". [www.fmapulse.com/content/fma-corner-cimarrones-bicol]
- The warrior tribes of the Tagakaolos of Davao, who were a constant source of trouble to the Spanish and US authorities, and the Bagobos, a non-muslim tribe, who's aspirations starting from childhood were to become warriors. [www.fmapulse.com/content/fma-corner-marauding-tagakaolos-davao] [www.fmapulse.com/content/fma-corner-warrior-tribe-bagobos]

Other topics covered on FMA Pulse was the Arnis Bill. The Manila Times, which is the oldest newspaper in the Philippines, did an excellent job with their 3 part coverage of the bill. FMA Pulse was honored when asked to submit an article for this series.

The Manila Times.net

- **Rules, Styles Can't Be Taught Until These are Standardized** - By Perry Gil S. Mallari ([Click Here](#))
- **Many Filipinos think it's too old-fashioned** - By Perry Gil S. Mallari ([Click Here](#))
- **Filipino Martial Arts (FMA) is a Growth Industry**

Abroad - By Romeo Maguigad Special to the Manila Times ([Click Here](#))

And finally, don't forget to check out our on-line store. Whether you need training knives, sticks or instructional Filipino martial arts lessons, we want to help fulfill your needs. Train hard!

Past Featured Practitioners that were Interviewed



April 2010: Tuhon Chaz Siangco

Pulahan Derobio Eskrima

Tuhon Chaz Siangco is the Founder of Pulahan Derobio Eskrima and also the great grandson of the legendary Great Grandmaster Braulio Pedoy, founder of Pedoy's Style of Derobio Eskrima.

Learn more and listen to his interview...

[Click Here](#)



JJ Morris



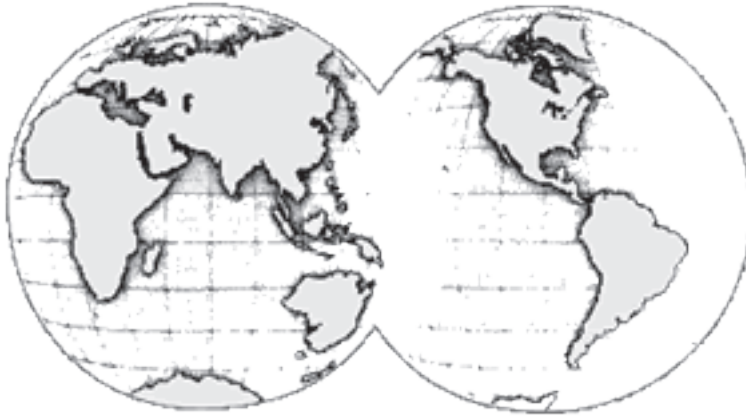
John "JD" Daniels

May 2010: JJ Morris and John "JD" Daniels

Many are probably aware of the rising trend in the use of Filipino martial arts in Hollywood and mainstream media for fight choreography. We had the opportunity to interview two professional stuntmen who are also Filipino martial arts practitioners, and currently work on the hit TNT show "Leverage". We discussed why Filipino martial arts is so popular for fight choreography, what it takes to get in the stunt business and much more. Learn more and listen to his interview...

[Click Here](#)

FMA Future Events



2010

July

Polish FMA Summer Camp

Grandmaster Jose Borces

July 3 - 11, 2010

Wegierska Gorka

Poland

Flyer

Email

Website

Way of the Knife

July 8-12, 2010

Northshore Academy

281 Peterson Rd

Libertyville, IL

Email

Website

Grandmaster Richard Bustillo Seminar

July 10 - 11, 2010

307 White Horse Pike

Absecon, New Jersey

Email

Website

FMA - KaJuKenBo K.S.D.I.

Annual Open Tournament

July 16 - 17, 2010

Tropicana Hotel & Casino

3801 Las Vegas Blvd S

Las Vegas, NV.

Email

Website

WEKAF

11th World Eskrima Kali Arnis Championship

July 19 - 25, 2010

Puerto Vallarta

Jalisco, México

Email

Website

IIMAA Training Conference

July 16-18, 2010

Gaylord Palms Resort and Convention Center

Kissimmee, FL.

Email

Website

Dekiti Tirsia Training Camp

July 16 - 22, 2010

University of Philippines Campus

Los Banos, Laguna, Philippines

Contact: Grandmaster Jerson Tortal Jr:

Email

Email

Website

BarawSenkotiros

July 25, 2010

Oakland, CA.

Contact: Sifu Greg [510] 593-0165

Email

Website

5th Filipino Martial Arts Festival

July 25 to 30, 2010

Puerto Princesa, Palawan Island, Philippines

Flyer

Email

Website / Website

Arnis Balite Workshop

Punong Guro Steven Dowd

July 28, 2010

4438 North Hamlin Ave

Chicago, IL

Contact: Michael Querubin - **Email**

Nate Defensor - **Email**

Flyer

Website

**WMAA 10 year Anniversary
Celebration & Training Camp**

July 30th - August 1, 2010

WMAA Headquarters

(Horizon Martial Arts)

280 Center Rd.

West Seneca [Buffalo], NY.

(716) 771-1291

Flyer

Email

Website

Long Beach Internationals**Martial Arts Festival & Competition**

July 30 - August 1, 2010

300 East Ocean Boulevard

Convention Center

Long Beach, CA.

FMA Contact Information

Coordinator: Darren Tibon

(209)464-3701

Email

Website

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July 30th - August 1, 2010

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280 Center Rd.

West Seneca [Buffalo], NY.

(716) 771-1291

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Website

6th East Coast Filipino Martial Arts Gathering

July 31, 2010

Traditional Wing Chun Kung Fu Academy

3747 Church Road

Mount Laurel, NJ

Contact: Mataw Guro Lou - (856) 359-6166

Christian - (856) 979-6234

Email

Information (Click Here)

Flyer

Eskrido Eskrima Seminar

Supreme Grandmaster Cacoy Canete

Presented By: Aishinkan Dojo and Babao Arnis

July 31, 2010

Aishinkan Dojo

2811 Polk Road

Alpine, CA.

Contact: Fox Sensei (619) 339-8776

**Pre-registration: Grandmaster Narrie Babao - Email
Flyer**

Festival Kapatid III

July 31, 2010

Eagle Rock Park

100 Eagle Rock Vista Dr.

Los Angeles, CA

Contact: Gigi or Rich

(323) 257-6948

Flyer

Website

10th Annual Pambuan Arnis Texas Seminar

July 31, 2010

Martial Arts Center of Plano

2701-A West 15th St.

Plano, TX.

(214) 289-2998

Email

August**Tuhon Ray Dionaldo Workshop**

August 1, 2010

Duarte, CA

Contact: Gigie Alunday

(626) 319-4354

Email

RSVP for address details

World Arnis Open

August 6 - 8, 2010

SMX Mall of Asia,

Pasay City, Philippines

Email / Email

Senkotiros Arnis

August 7 - 8, 2010

Newark, Delaware/New Jersey

Contact: Punong Guro Michael McFarland

(302) 731-4791

Email

Website

PCKEAM Training Camp

August 9- 14, 2010

Veranda del Mar Beach Resort, (FAAF Campsite)

Bao-as, Sta Lucia, Ilocos Sur. Philippines

Email / Email

Grandmaster Guerra's - Mano de Guerra

August 27, 2010

Metz Recreation Center

Austin, Texas

Email

Website

FCS Summer Gathering 2010

August 27-29, 2010

Tampa, FL

Contact: Gigie Alunday

(626) 319-4354

Email

Website

FCS Summer Camp 2010

August 31 - September 3, 2010

Auburndale, FL.

Contact: Gigie Alunday

(626) 319-4354

Email

Website

September

Senkotiros Arnis

September 18 - 19, 2010

St Mary's, Pennsylvania

Contact: Punong Guro Brocks Genevro (814) 512-5001

Email

Website

North American Kombatan Conference & Training

September 24 - 25, 2010

Lake Tahoe, California

Contact: Rick Manglinong

Email

West Coast Filipino Martial Arts Congregation IV

September 25, 2010

Duarte, CA.

(RSVP for address details)

Contact: Gigie Alunday

(626) 319-4354

Email to RSVP.

Details available: Website

No Walk-Ins. RSVP Only. Limited Space!

World Kali Arnis and Karate Championship

September 25 - 26, 2010

1293 Castleton Ave.

Staten Island, New York

Contact: Grandmaster Cecelio Sandigan

(347) 855-0161 - **Email / Email**

Website / Website

Tuhon Ray Dionaldo Workshop

September 26, 2010

Duarte, CA.

Contact: Gigie Alunday

(626) 319-4354

Email

October

Senkotiros Arnis

October 22 - 24, 2010

Georgetown, Texas

Contact: Professor Dean Goldade

(512) 869-2615

Email

Website



www.myfma.net

MyFMA.net - The best source of Filipino Martial Arts information on the internet featuring photos, videos, events, chat, blogs, and forums!

MyFMA.net seeks to bring together Filipino Martial Arts practitioners from around the world in a thriving online community.

This network of mutual respect and camaraderie is open to everyone that wishes to share their love and passion for the Filipino Martial Arts.

Sincerely,
John R. Malmø

Announcements



Awarded by the Central books as Author of the Month for May 2010



Punong Lakan Garitony C. Nicolas is the Founder and Chief instructor of the Modern Arnis Mano-Mano Filipino Matial Arts which was established and registered in year 1995. He was born on July 21, 1968, Manila Philippines. The Punong Lakan has been awarded as an Outstanding Instructor of the International Philippine Martial Arts Federation on December 19, 1987. He's also been awarded the International Hall of Fame Instructor of the Year by the United States Martial Arts Association on July 23, 2005. He published several books: Sistemang Pang-Oran, The Official Anyo of MAMFMA, Modern Sinawali, The Principles of a Good Arnisador, Freestyle, The Philosophy of Arnis Nicolas System, Eagle, and Arnis for Kids.

Visit Central Books and checkout Punong Lakan Garitony C. Nicolas books - **Click Here**



Conceptual Modern Arnis

By Bram Frank

A seldom seen view of Arnis/Modern Arnis the Filipino fighting art of Professor Remy Pisas as seen by 1st Generation student... More > Bram Frank. Modern Arnis is seen through the perspective of the family art of the Bolo and knife,(edged tools) rather than a stick. Some history of Modern Arnis in the USA is told.

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Paperback: \$69.00

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Get Acne Treatment. Oily Skin to Dry Skin.
Have Pores Cleansed to Prevent Acne and Shrink Pores
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Maintain Skin that is Normal or has been Treated.

Lemon Peel - \$35.00

Benefit from a deep Exfoliation that Removes Dead Skin Cells,
So that New Cells can come to Surface.
Skin Tone is also Evened Out and can be Lightened if desired.

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Real 24k Gold is used to Mask the Face.
Gold helps Reduce Collagen Depletion,
And the breakdown of elastin.
Feel like a Millionaire with the Gold Facial experience.

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To Frame the Face Attractively.

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Chin - \$8.00

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