

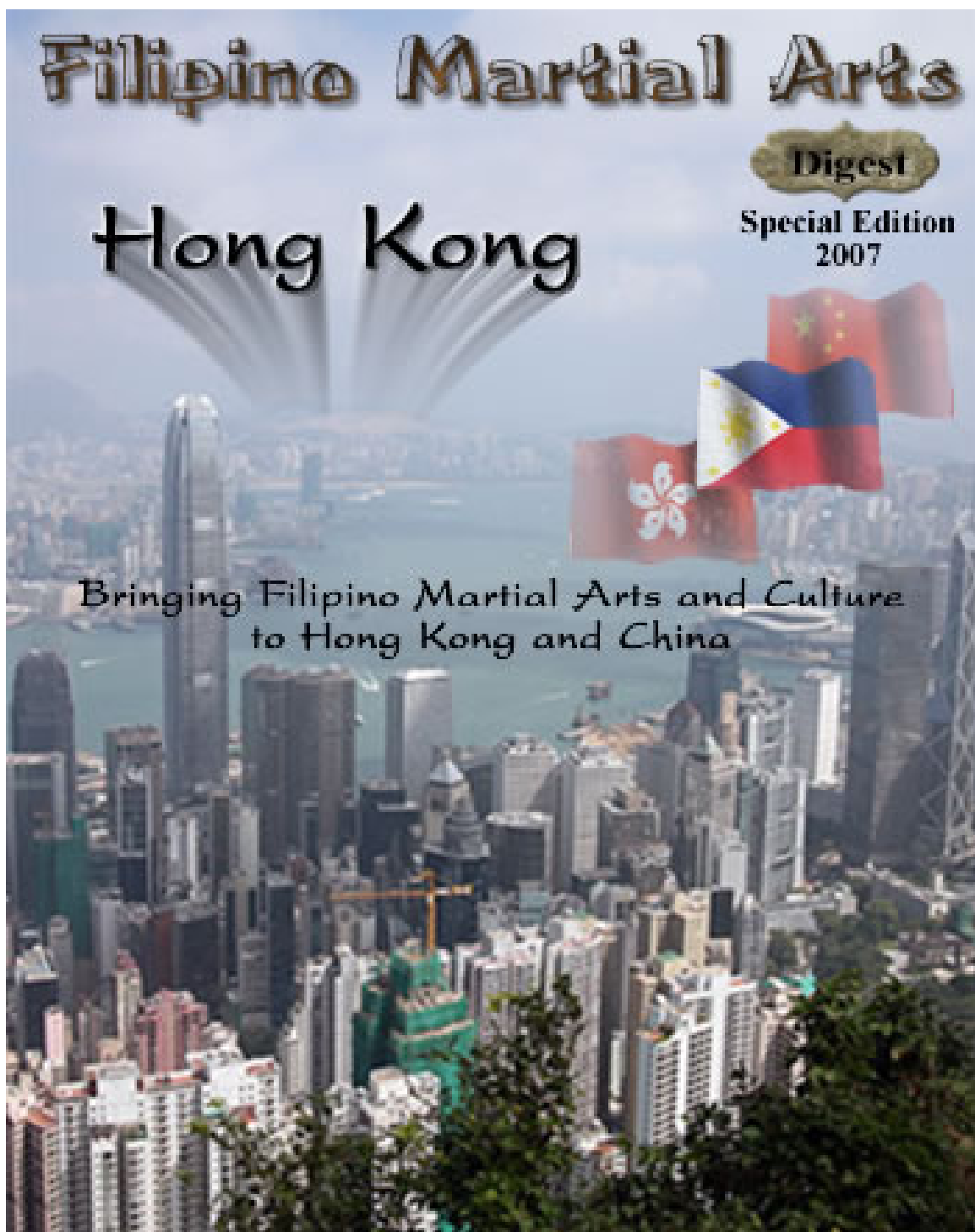
Filipino Martial Arts

Digest

Special Edition
2007

Hong Kong

Bringing Filipino Martial Arts and Culture
to Hong Kong and China



Publisher

Steven K. Dowd

Contributing Writers

Abner Anievas
Samuel "Bambit" Dulay
Ginalyn Relos
Ed Kwan
Allen Jude Manabat
Oliver Mason
Don McPherson
Philipp Wolf

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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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From the Publishers Desk

Kumusta

Hong Kong and China are especially known for the different forms of Kung Fu, Tai Chi, Shaolin plus many other styles. Some of the most popular martial art actors have come from Hong Kong and China, such as Bruce Lee, Jackie Chan, and Jet Li.

The beginning of what was known as the “Chop Stick Flicks” which had martial artists doing techniques that looked good, but let’s be real; the movies gotta make it look good to be successful.

The Filipino martial arts have been in Hong Kong for many years, but virtually unknown, since Chinese martial arts, was dominate and the Filipino martial arts, basically was taught in back rooms, parks, and really not advertised.

With the migration of Filipino’s to Hong Kong and China increasing and with them bringing the Filipino culture with them, slowly the Filipino martial arts is making its way to getting known openly in Hong Kong and is starting to spread to China.

In this Special Edition a little of the past, present and future of the Filipino martial arts is being discussed and promoted. It is known that there is more practitioners in Hong Kong, however some only teach when they have the time, or just practice among themselves and do not wish to openly teach since they may only be there for a short time in the work they are doing.

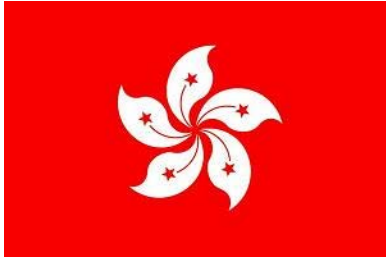
So it is hoped that you will enjoy this issue, and in visiting Hong Kong or China, might run into some Filipino martial arts practitioners.

Maraming Salamat Po



Introduction

The Hong Kong Special Administrative Region of the People's Republic of China is one of the two special administrative regions of the People's Republic of China, the other being Macau. The territory, comprising over 260 islands, is commonly known as **Hong Kong** (Chinese: 香港), but was often written **Hongkong** in older English texts.



The Hong Kong Government officially changed the name of Hongkong to Hong Kong on 3 September 1926. In Chinese, it means "The Fragrant Harbor," and it has also been called "The Pearl of the Orient," "The Gateway to the East."

Hong Kong is located on the eastern banks of the Pearl River Delta on the southeastern coast of the People's Republic of China, facing the South China Sea in the south and bordering Guangdong Province in the north. Boasting the world's most liberal economy and being a global centre of finance and trade, Hong Kong is China's richest region in terms of GDP per capita and gross metropolitan product figures.

Hong Kong was a British colony from 1842 until the People's Republic of China resumed the exercise of sovereignty in 1997. It is governed as a special administrative region under the Basic Law of Hong Kong, the territory's constitution. Under the terms of the Sino-British Joint Declaration and Basic Law, Hong Kong will retain a relatively high degree of autonomy until at least 2047, fifty years after the transfer of sovereignty. Under China's "One Country, Two Systems" policy, Hong Kong maintains its own legal system, currency, customs policy, cultural delegation, international sport teams, and immigration laws while the PRC represents the territory in diplomatic and military affairs.

Hong Kong and China are also known for some of the greatest martial artists and martial art movie actors of the world, such as Yip Man and Bruce Lee, Jackie Chan, Sammo Hung, Buck Sam Kong, Jet Li. And styles such as Wing Chun, Tai Chi, Shaolin Kung Fu, Hung Gar, Choy Li Fut, and the list could go on.



Yip Man



Buck Sam Kong



Bruce Lee



Jackie Chan



Jet Li

There are on average around 140,000 Filipinos in Hong Kong. Although Filipino domestic workers vastly outnumber other Filipinos in other professions, there are a notable number of Filipino professionals in Hong Kong. Many are architects and civil engineers, working on some of the most prominent buildings and construction projects in

Hong Kong. Some are information technology professionals, and many are in professional services (accounting, law, finance). A significant proportion of those employed as domestic workers in Hong Kong have other professions in the Philippines, there are those with university degrees who work Hong Kong for more opportunities.

Filipinos are also nearly ubiquitous as singers and musicians in bars and hotels. The first Filipinos to have worked professionally in Hong Kong were these groups who went to Hong Kong during the post-World War II years and following the fall of the Mainland to the Communists in 1949. Many Filipinos also work in the recently opened Hong Kong Disneyland.

The Filipino martial arts; has also been in Hong Kong and continues to strive in getting established and bring the art and the Filipino culture to Hong Kong and China.

In the late 60's, early 70's Trovador Ramos left the Philippines to play music in Hong Kong, while employed as a musician he also broke into the cinema. Before returning to the Philippines and getting his debut in the Hong Kong cinema, it has been said that before he was to leave, Bruce Lee approached Trovador in the nightclub he was working at to offer him a role in [at that time] an upcoming movie that was to be titled "Enter the Dragon."



Unfortunately if Trovador accepted this role it would require him to be defeated in a fight on screen. Trovador could not accept this kind of role and turned down the role and returned to the Philippines to continue his acting career. Trovador believed that he could not and would not be bested in a fight scene. The only time he lost in a fight on the big scene was when approached from behind and was hit in the head.



In returning to the Philippine Trovador Ramos continued to promote his martial arts TRACMA "Trovador Ramos Consolidated Martial Arts." Also continuing his acting career he starred and played supporting roles in various movies.



So throughout the years Filipino practitioner has visited, given seminars, worked, or resided in Hong Kong and China. Bring with them the Filipino arts of Kali, Eskrima, and Arnis. Teaching in parks, back rooms or where ever they could.

Filipino Martial Arts Practitioners Visit Hong Kong to Spread their Art

Senior Master Samuel “Bambit” Dulay IMAFP



Senior Master Samuel Bambit Dulay started training in Filipino Martial Arts in Dumog and Judo in 1968-69. While studying karate jujitsu under Romy Lisondra He also started training with basic Arnis in 1972.

Witnessing a bladed weapon demonstration between Master Roberto Presas and Master Cris Vasquez in 1974, it inspired him to seek higher instruction in Arnis.

Moreover, when Bibing Lisondra went back to Bacolod he endorsed Master Bambit to Grandmaster Remy Presas (Modern Arnis) and Grandmaster Ernesto Presas (Kombatan).

He has contributed in the growth of Kombatan by helping Grandmaster Ernesto in being one of the "guinea pigs" during the conceptualization process of Kombatan. He helped formulate the forms/anyo of Kombatan.

Under Grandmaster Presas, he learned Dumog, Mano Y Mano, Classical Arnis, Palis Palis. Close quarter of Balintawak, ifugao and Crusada.

Eventually in 2000, he became the Chief Instructor of the International Modern Arnis Federation Philippines (IMAFP) under Grandmaster Remy Presas. Grandmaster Remy Presas appointed him as the successor of the art of “Tapi Tapi” in Modern Arnis in the Philippines. Tapi-tapi is the heart of Master Bambit techniques, which is "the way of the flow" concept.



Senior Master Dulay has played a major part in the recent Gathering in the Philippines. He was a consultant of the First National Filipino Martial Arts Festival, and the First Remy Presas Memorial Camp and 3rd World Filipino Martial Arts Festival.

During his seminar in USA, he earned a reputation of being lightning fast and had the moves of a cat.

He still continues to teach and inspires young Filipino martial arts instructors to propagate the arts; in a foreign lands. Master Dulay is spreading the Filipino arts and continuing the legacy of Modern Arnis.

He's continually trains Punong Guro Anievas in the art of Tapi Tapi and guiding him in the development of the Filipino martial arts in China. Filipino martial arts in China wouldn't be possible today without his help and support.

Contact Details:

Website:

IMAFP - www.imafp.com

WBMA - www.worldbromodernarnis.com

Tel: 632 (927) 214-5759



Master Dominguez and
Punong Guro Anievas

Master Rey Dominguez

Dominguez Kali

World Arnis Sports Alliance

Philippine Council of Kali Eskrima Arnis Masters

Master Rey Dominguez a champion in numerous tournaments and is the instructor for the PNP (Philippine National Police). The PNP Kali Arnis Teams through Master Dominguez always demonstrate their professional skills in competition in all Arnis Clubs in the National Capital Region as well as those Arnis Clubs in the South and even at the World Championships in the Philippines. Police Eskrimadores are trained to become a fighter with a hearth and passion for the art of a True Sportsman in the name of arnis in a REAL sense of sports".



Guro Ed Kwan

Lakan Tatlo, Certified Instructor

IMAF, Inc.

Guro Ed Kwan is a Chinese born and raised in Hong Kong. Like a lot of Chinese teenagers, he enjoyed sports like table tennis, badminton, basketball, soccer and of course martial arts.

Growing up in the 70's, Tae Kwan Do, Karate was still developing their market in Hong Kong, Filipino Martial Art was unheard of at the time, so Kung Fu was naturally the choice of martial arts. Ed Kwan studied Hung Gar and Wing

Tsun for a little while and fully enjoyed the movements from both systems. He later moved to the United States where he met his Karate instructor, and spent seven years with him and attained a third degree black belt in the system.

Ed Kwan was first introduced to Filipino martial arts by a friend while going to college in the United States. He showed me the first Sinawali drill which Ed thought was way cool. Ed later met Professor Remy Presas at an arnis seminar, he was fascinated by his skill and speed, Ed Kwan has ever have stuck with Modern Arnis after that.

One major difference between Kung Fu, Tae Kwan Do, Karate and Arnis is that arnis starts you out with weapons, and then goes into empty-hand applications, versus the other martial art systems usually starting with empty-hand then advance to weapons training. Another difference, Ed thought is arnis spends more time in working with partners on different drills and less emphasis on forms/kata.

There is no such thing as one martial art system better than another. How good you are depends on how much time you put into your training. Picking a good teacher is a major consideration. Does he or she know the system? Can he or she explain the techniques? A good practitioner is not necessarily a good teacher. Does he or she care for their students? Guro Ed Kwan met Punong Guro Abner Anievas via the internet a few years ago, Guro Kwan has worked with Punong Guro Anievas and has seen him teach his students, Punong Guro Anievas is someone that truly enjoys teaching the Filipino martial arts and he is definitely a very good Filipino martial artist.

Guro Ed Kwan returns to Hong Kong from time to time and helps spread the Filipino martial arts when there. Guro Ed Kwan would very much like to see the Filipino martial arts spread throughout China.



Guro Kwan stands to the left of Senior Master Dulay in Hong Kong.



www.imafp.com

IMAFP and IMAF Join Forces in Hong Kong

By Senior Guro Ginalyn Relos



www.modernarnis.net

Modern Arnis Seminar on August 2005 formally launches IMAFP Hong Kong.

Senior Guro Ginalyn and her brother who is also a practitioner of arnis Senior Guro Jimson Dearos along with one of Senior Master Dulay's Students, Joseph Florendo took the opportunity to be in a seminar held in Hong Kong.

It was an international seminar that boasted of noteworthy instructors, led by Master Samuel "Bambit" Dulay, who flew in from Manila together with Guro Dayang Ginalyn Relos and Guro Lakan Jimson Dearos. A vital figure in the seminar was Guro Ed Kwan who was the international instructor in behalf of IMAF from the United States.

It was a whole day seminar of single and double Baston, Knife and Dulo Dulo and of course Tapi Tapi. Assisting Senior Master Dulay in his teaching, was a very good experience to be with a different nationality teaching the Filipino martial arts especially when they cannot understand the language. Even English, only few Chinese people in which there were only a few who could understand English, so it was through mostly sign language that the seminar was taught.

The seminar was attended by over 25 participants. The event capped years of dedication by Punong Guro Abner Anievas in promoting Modern Arnis in Hong Kong. Punong Guro Anievas proudly declares; "My goal and mission is to promote the Filipino martial arts in Hong Kong especially to young Filipinos who are residing and growing up in a foreign land. They have an Art to be proud of and which also reminds them of their roots."

Because of the work begun by Punong Guro Anievas and IMAFP-Hong Kong, more and more members of the Filipino community express commitment in encouraging their children to participate in Filipino martial arts programs. "Hong Kong is a very fast paced city with shopping, computer game arcades, internet and chatting all over the place," said Punong Guro Anievas. "It is really a big task and a challenge to divert their attention to the art. Nevertheless, I am quite confident that we will succeed in this mission."

This seminar was a launching of relationship between IMAFP Philippines and IMAF Hong Kong, a start of promoting the art, and the spreading the Modern Arnis.

It is hoped that some masters will do the same, helping junior instructors to develop, promote and expose their skills in foreign lands, thinking of the goodness for the next generation.

Well done, Punong Guro Anievas. We are very proud of you and pledge to you our support, in whatever part of the world we may be.



Local kickboxing practitioner, Joseph Florendo, Senior Master Dulay, Punong Guro Anievas, Dayang Ginalyn Relos, Master Ed Kwan, Senior Guro Jimson Dearos

Senior Guro Ginalyn, Guro Jimson Dearos, Senior Master Dulay, and Joseph Florendo; arriving, sightseeing and departing Hong Kong.





Kali Eskrima Arnis Tapado-CMS

www.geocities.com/keat_cms_hk

The Filipino Martial Arts have long been the backbone of Filipino society. It was the practice and preservation of these arts that have kept the Philippine archipelago from permanent domination by a foreign power. There are several hundred styles of these warrior arts presently being preserved and taught throughout the Philippines.

Filipino Martial Arts is now practice in many parts of the world, popular names and groups in Arnis have been busy propagating the Filipino Martial Art (FMA) and sport, pushing its teachings and techniques. Some people even successfully made their way into martial arts schools, police academies, military schools, educational institutions, government agencies, and even in the entertainment world.

An ancient art primarily practice for self-defense designed to be simple and easy to learn style of martial arts. It is a complete martial art system, encompassing weapons training and empty-hand self-defense.

Filipino Martial Arts very adaptive, pragmatic and are equally based in weapon and empty hand skills. An ancient art primarily practice for self-defense designed to be simple and easy to learn style of martial arts. It is a complete martial art system, encompassing weapons training and empty-hand self-defense.

Filipino Martial Arts is an eclectic (made up from elements from various sources) style. There are empty hand forms, stick forms, Filipino Jujutsu, grappling, kicking, Sinawali Boxing, stick and dagger, knife, double stick, single stick, anti-stick grabbing, as well as combinations of all the parts mentioned.

Kali Eskrima Arnis Tapado-CMS was formally established September 01, 2006 in Hong Kong by Punong Guro Anievas. He established Kali Eskrima Arnis Tapado to be able to propagate Filipino Martial Arts without limitations, restrictions and boundaries.

KEAT is a blend of Classical and Modern system of Filipino Martial Arts. KEAT doesn't represent any System of Filipino Martial Arts. Its goal is to promote Filipino culture, its heritage, sports and history. One of KEAT-CMS goal is the preservation and development of the art is to continuously and selflessly teach the art.

KEAT-CMS is devised to be a complete system, integrating the cultural connection of the Filipino arts and the ability to adapt and make your foundation art more functional for self-defense. KEAT-CMS has the functional value of traditional Filipino concepts Abaniko (fanning of the stick), Palis-Palis (passing of energy), Banda y Banda (horizontal slashing or striking), Rompida (diagonal slashing or striking), Sungkite (thrusting), and other principles extracted from the stick work, offering a great deal of adaptable translation and flow based qualities. All these concepts are interactive depending if the intent is to strike, lock, throw, control, disarm, slash, stab, attach, or disengage.

KEAT practitioner focuses more in blade training and incorporates it into stick work and empty hand techniques. The practice is base on the classical form of strike Banda Y Banda, Sunkite & Rompida. Its knife training is development from Punong Guro Anievas research about the importance of body mechanics and motion of the body. The empty hand module of KEAT is a combination of Aikido, Kuntao and Muay Thai.

KEAT now have setup training in Shenzhen China, Macau China and soon in Shanghai China

KEAT-CMS will provide leadership, growth, and comprehensive mental and physical training in the Remy Presas Modern Arnis system in its entirety. The KEAT-CMS member arnisador will learn to embrace and apply the Way of the FLOW in Life. Ultimately the Modern Arnis practitioner will learn:

- (1) Self-discovery and self-control.
- (2) Achieve personal excellence.
- (3) Gain self-mastery, in the face of Life's daily uncertainties, challenges, and opportunities.

The KEAT-CMS commits itself to higher goals: to enable the art to serve the Filipino people, to spread the art to foreign land, contribute development progress and above all the pride of the Filipino People.

KEAT won't be here today without the continuous moral support of many respected Filipino Master outside and inside the Philippines.



KEAT-CMS group Hong Kong



2004



2005



2006

To: My Grandfather, Master Ramirez, Senior Master Samuel Dulay, Datu Shishhir Inocalla, Grandmaster Roland Dantes, Punong Guro Myrlino Hufana, Manong Meneleo Estepa, Manong Fil Buena, Senior Master Rodel Dagooc, Seniormaster Chris Vasquez, Grandmaster Mike Vasquez, Guro Ed Kwan and Punong Guro Steven Dowd and the support of my family.

Whatever my accomplishment in promoting Filipino Martial Arts in China.....I owe it all to you.

Punong Guro Abner Anievas
Founder and Chairman

Punong Guro Abner P. Anievas

Filipino Martial Arts Master



Founder of Filipino Martial Art in Hong Kong and China, was born in the farmland area of Pililla Rizal. Living in a small barrio with no doctors available for miles, Guro Anievas family acted as one of the healers (albularyo) in their town and he grew up learning oración (incantation) and anting-anting (amulet).

During his youth, fighting was a part of his teenage years. Having a small physic, he started studying martial arts at the age of 10. His first teacher was his Grandfather a member of USAFE who fought against the Japanese during World War II.

His family is also known in their town as good breeders of cock fighters. He grew up putting “TARE” on the Roosters leg. “Tare is a razor blade weapon size like “Kerambit” which they attached in a rooster leg for fighting.” Eventually when he handles “Kerambit” it is just very natural for him to develop his own fighting skills with bladed weapon.

His passion in Martial Arts start at the very young age, He watched every martial arts movies shown in every movie theatre and would imitate the movement he watched in the movies afterwards. His approach to martial arts training helps him establish a good foundation in the Filipino martial arts. With his sharp mind and talent in dancing, his movement’s compliments any weapon put into his hand.

He’s been trained in the Advance Module of Modern Arnis Tapi Tapi from Senior Master Samuel “Bambit” Dulay Chief Instructor of IMAF Philippines.

Punong Guro Anievas has also been personally trained by Senior Master Cristino Vasquez in his IPIT-PILIPIT System. Senior Master Vasquez is the highest ranking Modern Arnis Black Belt of Lakan Siyam under Grand Master Remy Presas, known as the Father of Modern Arnis. Also his yoga and spiritual teacher Datu Shishir Inocalla is his guiding light to the right path on his martial arts journey.

Punong Guro Anievas is known as one of the prominent Filipino Martial Arts Master. His dedication to propagate Filipino Culture in Hong Kong and China is commendable. He has trained police officers from Atlanta USA, and also stuntmen who work in Disneyland in Hong Kong. He is also proficient in using bladed weapons and traditional Filipino short weapons such as Dulo-Dulo, Balisong, Sanggot and Kerambit.

Punong Guro Abner Anievas ensures his commitments to higher goals: to enable the art to serve the Filipino people, to spread the art to foreign lands, to contribute to the development progress and above all to promote the pride of the Filipino People. He recently established FMA Shenzhen, FMA Macau and Looking to open FMA Shanghai.



“The best weapon is your mind...the best technique is deception...power comes from within.”

Likha Juergen Schuessler

Head of FMA Shenzhen China KEAT-CMS Group



Likha Juergen Schuessler started his martial arts training back in the early 80's. He became a member of a Tae Kwon Do school (ITF Tae Kwon Do) in his area of Germany for several years achieving the rank of Red/Brown Belt.

As he was relocated to the south of Germany he started under Sifu Alan Baklayan, Hung Gar Kung Fu in Munich, Germany. In which he pursued for several years. However, he discovered that his interests were more into Boxing and Kickboxing. When he went back to the northern part of Germany he started practicing Kick-Boxing (without the low kicks), this was for more than 10 years.

Due to health problems (high kicking became difficult), Juergen started to look into other martial arts styles that would have a clear focus on practicability and self-defense rather than as a sport martial art.

This brought Juergen to the Filipino martial arts, (in particular Modern Arnis) as the idea of learning more about weapons became appealing. In 2000 he commenced his training under Senior Master Dieter Knuettel (7th Degree Black Belt) and Master Peter Rutkowski (4th Degree Black Belt) in the town of Essen, Germany who became my main principal teachers of Modern Arnis as taught by the German Modern Arnis Association (DAV). Juergen is following up on his Modern Arnis in Germany by traveling at least once a year to Germany for private lessons with Senior Master Dieter Knuettel.

In the meantime he has been awarded a Blue Belt (2. Klase), in accordance with the training syllabus for the Modern Arnis Association of Germany.

In 2002, he relocated to Hong Kong where he studied shortly with Senior Guro Alex Hayes (Black Eagle Escrima) and for 3 years with Sifu Gary Ma (Philippines Martial Arts Association Hong Kong) who is teaching his version of Kali Ilustrisimo.

In 2005, Juergen met Punong Guro Abner Anievas and has been training with him probing deep in Punong Guro Anievas knowledge in the Filipino bladed weapons by attending seminars with Punong Guro Abner, as well as organizing seminars with him and by joining his training classes in Hong Kong.

Recognizing his dedication and contribution to the Filipino martial arts Punong Guro Anievas, with the blessing from Senior Master “Bambit” Dulay and Datu Shishir Inocalla has awarded First Degree Brown Belt to Juergen Schuessler. Juergen has also been instructed to propagate the Filipino martial arts in Shenzhen, China and has been made the head of Filipino martial arts in Shenzhen China, under the guidance of the Filipino Masters.

Juergen continually trains with Punong Guro Anievas whenever he's in Hong Kong and working closely to develop Filipino martial arts in Shenzhen and other major cities in China.

To Juergen the most important part of the Filipino martial arts is the "flow" and economy of motion that distinguishes martial arts to him from many other styles which are more rigid in their motions. To "flow" from one movement into the other without stopping, to blend from one strike into the other is something he feels is extremely practical and effective in life and in combat.



Lakan Isa Allen Jude Manabat

Head of FMA Macau



Martial Arts is the only sports I have loved in my entire life because it taught me the guiding principle of respect, courtesy and self-discipline. When I was a lad, I loved watching Japanese karate and samurai, Chinese Kung Fu, Korean martial arts movies and the Filipino "Moro-moro" stage show, a dance and drama depicting the battle won by the early Filipino Warriors led by Lapu-Lapu against the hostilities initiated by the Spaniards in 1521. And every time I am on my Filipino Boy Scout uniform, the jungle knife reminds me of my warrior identity.

My real training in martial arts started when my younger brother was grabbed, punched and kicked by drunk bystanders in our hometown in the early 1980's. My foremost goal was to learn martial arts as fast as I could then have vengeance. I joined the Chung Do Kwan in our place in Bayombong, Nueva Vizcaya, Philippines.

Waking-up early was required for me to participate the pre-dawn training at 4:00am for several years and earned my black belt degree. It was a hard and painstaking training but as I gained more knowledge and techniques, my original goal of revenge faded and replaced with the real spirit of martial arts which is respect and self-discipline. After earning my Civil Engineering degree, I joined the Asian Martial Science Development Academy in Manila where I learned Taekwondo, basic Aikido and Judo. I majored



in the arts of Taekwondo and was sent to different competitions and demonstrations. Prior to my job relocation in China, I earned my Black Belt, 2nd Dan in Taekwondo under the IWTF-Philippines. When I arrived in Hong Kong, I got an interest in Chinese martial arts and started learning.

In 2005, I met Punong Guro Abner Anievas in Hong Kong whom I found a very dynamic person promoting Filipino martial arts in East Asia. I gained the basic knowledge of Filipino martial arts during my college days wherein a part of our school curriculum was the basic and classic Arnis. However, Punong Guro Anievas got me deeper in Modern Arnis under the concept of the late Founder Grandmaster Remy Presas.

Likewise, he taught and led me to the different Filipino Martial Arts (i.e. knife technique, empty hands, etc.) which humbled me so much that I know nothing about my own heritage. I realized the beauty and effectiveness of Filipino martial arts both in real encounter and in my personal development. My mission is to promote my own culture through the Filipino martial arts wherever I may go. My Vision is to see the Filipino martial arts as the promoter of unity, good health and wholesome sports. Because of its dynamic approach, there are no bounds in learning the Filipino Martial Arts and it will be a process spans a lifetime.



Lakan Jukka Jaatinen

Head of FMA Shanghai China
KEAT-CMS Group



Lakan Jukka Jaatinen is a retired Finland Air Force since 1999. He started Training in the Martial Arts in 1985 with Shorinji-Ryu Karate, Western Boxing, Wrestling as part of his military training and close quarter combat both armed and unarmed fighting.

His path to Filipino martial arts started in 1989 with Eskrima based on the Serrada style instructed by Mr. Kaj Westersund and Mr. Pasi Polonen which was his basic influence in training in the Filipino martial arts.

Had took a break for about three years just training occasionally with some of his students (both from national counter terrorist units of Police Force (SWAT), called "Bear Group").

His blade work was influenced from Pentjak Silat (Bhukti Negara or some form of it), some from street fighting and some from free fighting.

Martial Arts Training Experiences:

- Military Police Training of Finland Forces and other military units armed and unarmed combat.
- Defensive Spray training program.
- American certified instructors as a trainer.
- Collapsible Banton Trainer.
- Armament System Procedures for Finnish Defense Force.
- Weapon Manufacturer "Board Examiners.
- Black Belt in Kali Eskrima Arnis Tapado from Punong Guro Abner Anieva and Senior Master Bambit Dulay.
- Filipino Knife Fighting System.
- Dulo-Dulo (Palm Stick) module for self defense.
- Ginunting - Training with traditional Visayan Sword.



Lakan John Bauer

Head of Atlanta Filipino Martial Arts KEAT-CMS Group
Hong Kong



John has been training in the martial arts since 1984. He has not kept the martial arts as a separate pursuit from other parts of his life. To the contrary martial arts have always been present in John's daily life and in who he is as a person. As a martial artist John chose a career in law enforcement so that he could use his good health and martial arts abilities for the benefit of others.

He currently serves as State Police Officer in Atlanta, Georgia U.S.A. He sees his career as being an extension of

his martial arts training. Like martial arts John believes, "everyday on the job as a police officer is a new challenge and an opportunity to be more prepared for what life has to offer him tomorrow". Although John has had the opportunity to train in various types of martial arts he identifies himself as being dedicated to Filipino Martial Arts. He will quickly explain to anyone who asks, that he feels that the Filipino martial arts has all the answers to his questions as a martial artist.



He believes that his journey within the martial arts world was necessary so that he could truly appreciate the beauty, effectiveness, and simplicity of Filipino Martial Arts. This is why John regularly visits Hong Kong to train under Punong Guro Abner Anievas and his students. John has also recently started a practice group in Atlanta so that other

Americans can have the good fortune to experience, the simplicity, and effectiveness of Punong Guro Abner Anievas training system.

Lakan Simon NG

Filipino Martial Arts Black Belt
Vice-President Filipino Martial Arts Hong Kong



Lakan Simon NG started his martial art journey at the very tender age. Just like everybody in Hong Kong he was exposed to martial arts during his school days.

As like every family in China, his father sent him to a traditional Chinese martial arts school that is close to his home. Martial arts; in China is a part of a long tradition and culture, in order to train children both physically and mentally.

Simon NG took his Martial Arts training vigorously and intensely. There was a time that he would spend a whole month in a Horse stance. Simon even went so further as to exploring different style of Chinese martial arts such as Hung-gar kung fu, Wing Chun, Qigong and Tai Chi.

He really enjoyed training in the Martial Arts, but deep inside, he got this feeling that there was something missing. Simon then researched and looked for other form of Martial Arts. He looked outside his culture and searched for a more combative form of martial art. He found Filipino Martial Arts... he then researched into the philosophy and adaptability of the Filipino martial arts and commenced his search for a school In Hong Kong.

Just like everybody in Hong Kong, he found it very difficult to find any Filipino Martial Arts schools.

He then came upon a website leading to one Filipino Martial Art Master. This was Punong Guro Abner Anievas contacting Punong Guro Anievas asked to have a meeting. It was the start of his quest to train in the known art of the Philippines; it was called “The Warriors Art of the Philippines.



Lakan Simon NG and
Lakan Jukka Jaatinen training

Since 2005 he has been training under Punong Guro Abner in the art of stick fighting and blade training. With his long commitment to the art he was awarded Lakan Isa by Punong Guro Abner Anievas with the blessing from Senior Master Bambit Dulay and Datu Shishir Inocalla of Arnis Maharlika. Both are instructors of his teacher Punong Guro Anievas.

Lakan Simon felt that his long search for a true martial art that was his inner calling

has come to an end and also to a beginning of a life long movement in becoming a Arnisador. This he felt deeply when he first held the Arnis Stick.

Dayang Melizza Anne Anievas

Filipina Blade Junior Master
Anievas System Balaraw



I started training in the Martial Arts with my father who taught me, we would often train while waiting for my Taekwondo class to begin. However, after reaching my Green Belt I had lost interest in it and started learning arnis from my father.

At first, I didn't really have a big desire to learn, but just a huge sense of curiosity towards the Filipino Culture, so I started training with Kuntao. I also began training with the sticks for a couple of months.

After a while, I became a bit bored. My father noticed this and he asked me what I would like to learn. I simply replied, "I want to learn the dulo-dulo and anything that has a blade on it."

I understand that this is very unlikely heard of from a girl my age. So, it was no surprise seeing my father's shocked reaction to my words.

I trained with him almost everyday, he would explain the importance of body mechanics to attain good form. He also. explained the ethics, respect and moral values, respecting other people right and always be true to one self.

We are now developing our own Knife Training Module and I will call it my Family Surname in the Future "Anievas Systema Balaraw"

I have my own Double Stainless Knife, Ginunting sword, Kris Sword and my Balisong, all hand made to suit my hands.

As I continue training, I began to love the Filipino Martial Arts, especially of course the blade.

It has made me stronger, more confident and fit. Just like my great grandfather who fought the Japanese invaders during World War II, I feel that the fighting was in my blood.

My father and I often watch martial arts movies together and he's always explaining to me what reality is and what is not. I am very proud of having my own father as my teacher, because I can train whenever he is around.



Datu Shishir Inocalla



Arnis Martial Arts, Tai-Chi Kung, Yoga, Meditation, Golf. Shishir Inocalla comes from a family of martial artist and Healers from Paracale, Camarines, Norte Philippines.

Born January 12, 1955, Shishir was introduced to his family tradition at a young age. At the age 8 he started his official martial arts training in Karate, Judo and Arnis. At age 12 he was sent to India for his formal training in Yoga and Spirituality under the guidance of Shrii Ananda Murti “Babajii”, Founder of Ananda Marga Yoga. At age 14 he became the first Filipino “Acharya” means teacher and was sent to teach in North America.

Combining Martial Arts and Yoga he started Yoga Centers and in competition won over 50 Championships in USA, Canada and Philippines.

1972 - Shishir ran an orphanage in Bihar, India, 1973 he joined the AMURT Relief Team to serve Bangladesh war victims.

1974-1986 - competed and won several martial arts Championships in USA and Canada.

1974 - Master “Babajii” was arrested and sent to jail for opposing the Indian Government-Martial Law which was imposed. All Babajii’ students including Shishir visited his Master were arrested without charge. Also all opposing groups in India were persecuted and jailed. While in jail Shishir spent his time meditating and practicing internal martial arts discipline. Shishir survived a 9 months political detention.

After his release he pursued his martial arts and film career. He has been featured in several newspapers, magazines and over 30 films and television shows. Shishir was featured in Blackbelt magazine, the article “From Monastery to Tournament Floor” August 1974.

1984 - Studied and was promoted to become the first “Datu” Master Instructor by Professor Remy Presas Founder of Modern Arnis. He was awarded “Goodwill” Ambassador and Vice President for the International Arnis Federation, (Official Government Body of Arnis in the Philippines) and Philippines Indigenous Games and Sports Association. He was also appointed as President of the Modern Arnis Philippines in 1995.

He is affiliated and a certified instructor for The International Modern Arnis Federation (IMAF, Inc) under Dr. Randi Shea. Together with Shishir’s Arnis groups in the Philippines led by House of Representative Juan Miquel Zubiri they authored the Arnis Bill #1173, declaring Arnis to be the National Sports of the Philippines. With their efforts the City of Manila passed a resolution to make Arnis as the official martial arts of the Manila and the town of Hinigaran in Bacolod City declared Professor Remy Presas as the Founder and Son of Hinigaran-Hometown of Modern Arnis.

1986 - Was presented Arnis in the 1986 World Expo in Vancouver, BC.

1987 - Wrote books on “Orasyon” Meditation and the “Balisong”.

1990 - Produced several tapes about arnis and had the best selling book on Tai-Chi for relaxation, distributed by Columbia House.

1992 - Won the audition to become “Michealangelo” in the Teenage Mutant Ninja Turtles 3, produced by Golden Harvest Films.

1993 - Co-starred and co-produced “The Process” aka “Ultimate Fighter” with Ernie Reyes Jr and Sr., distributed by Blockbuster.

1996 - Was awarded outstanding Filipino-Canadian by the Philippine Embassy.

1997 - Became one of the Ninja Turtles action star for the Ninja Turtles live animation 24 episodes TV series. (Double Venus, Leonardo, Splinter).

1999 - Featured as Master and fight coordinator for “Hasbro” commercial, aired on “Seinfeld” and “Friends” TV USA Network.

2000 - Together with his Family they started Arnis Maharlika Sports and Wellness in USA, Brazil and Philippines, uplifting Martial Arts towards Wellness and Sports. Shishir became Co-Grandmaster, with Madhuree Inocalla and Herbert Yogabrata Inocalla, to train teachers and propagate the Wellness, Service and Peace.

2001 - In Brazil, they have started a “Peaceful Warrior” program integrating Tai-chi, Yoga and Martial Arts in action working with the environmental education and protection. Grandmaster Dada “Bert” Inocalla and his students of Mag-Kaisa Martial Arts works with the different Holistic groups, universities and government bodies promoting, educating healthy lifestyle and implementing projects to protect and conserved nature such as water falls and rainforests.

2002 - Co-Grandmaster-Dr Madhuree Inocalla and family launched a self-sufficient community farm in Bicol with projects such as school for children, farming, vegetarian restaurant, yoga therapy. Dr. Inocalla also practices Psychiatry and Naturopathic clinic in Marion, Virginia.

2002 - Vancouver, BC Arnis Students collaborated with “Katara” folk dancers from Davao, Philippines, performing in various events around British Columbia, promoting the Filipino culture. There are now Arnis classes in Ontario, Alberta and British Columbia.

2002 - Shishir started to teach in Orlando, Florida. He continues to pursue knowledge mastering different internal disciplines and teaches Arnis Martial Arts, Tai Chi Kung Fu, Reiki, Internal Force (Chi Khi Prana and Yoga-Meditation. He studied professional golf under the No #1 golf coach David Leadbetter and instructors at DLGA Golf Academy.

2004/5 - Shishir also studied fitness at Canyon Ranch and Florida Hospital - Disney Celebration Health and Fitness. He also pursued training in Reike Tummo system; using inner heart for enlightenment under the Founder Grandmaster Irmansyah Effindi from Indonesia.

2004/5 - Shishir works with Ms. Wendy and Boboy Doromal, School of Service Learning (Project of Florida School board) and promoting the Filipino cultural arts and music. They have organized fundraising for the Homeless and the Tsunami victims.



2003 - Created Arnis Golf to assist Golf players to attain Balance and fitness for body, mind and spirit. . 2006 become the Wellness Trainer and Body, mind and spirit coach for David Leadbetter Golf Academy -the leading Professional Golf School in USA, teaching Arnis, Meditation, Yoga and Healthy lifestyle. He trains leading amateurs, and Professional LPGA and PGA Golf players. Some of his students and clients are David Leadbetter, Andy Leadbetter, Michelle Wei, Julieta Granada, Mu Ho, Jasper Parnavic, Solam Jeon, A Ram, Kelly Froelich, Sandra Gal, Cristina Kim, Cindy Fung, Samantha Head, Doug Parra etc.



David Leadbetter, Shishir and Lee Westwood

Datu Shishir plays an important part in the development of Filipino martial arts in Hong Kong by guiding Punong Guro Anievas to the right path of martial arts

Datu Shishir Inocalla is plan to visit Punong Guro Anievas to him help Introduce and Develop Arnis Golf in Hong Kong

Arnis Maharlika Sports and Wellness - www.shirinocalla.com



My Trip to Asia

By Philipp Wolf

After finishing Medical School in spring 2006 I decided it's time to go abroad for some time before starting my residency at a hospital. My destination was supposed to be Asia - for once because I wanted to further my studies in Traditional Chinese Medicine, but also to intensively study various forms of Martial Arts.

After travelling through China and spending some time at the Shaolin Temple in Henan, I continued my journey to the

Philippines.

My Time in the Philippines

I deliberately scheduled my trip in such a way so I could participate in the 1st Remy Presas Memorial Camp as well as in the 3rd FMA Festival, where I first met Punong Guro Abner Anievas.

After spending several more weeks in the Philippines and having had the great privilege to meet and train with many Masters and Grandmaster of various styles and systems of the Filipino Martial Arts,



I followed an invitation by our DAV Association Member Juergen Schuessler and continued my trip to Hong Kong.

Spending Time in Hong Kong

During my time in Hong Kong I have been training with and teaching Juergen Schuessler and his students and had the great pleasure to meet Punong Guro Anievas again.



Sitting at the Rear End: Punong Guro Abner,
myself and Guro Ed

During the training session which I joined, there was another Modern Arnis Expert present – Guro Ed from the US. We had a great time and Punong Guro Anievas invited each of us to teach one third of the class. It was a great training atmosphere and, even though there have been many beginners to the Art, there seemed to be a great deal of motivation and fascination for the Filipino Martial Arts.

After class the whole group went out for dinner where we were able to talk about the Art and its development in Hong Kong and China among other things.

Just before leaving Hong Kong to get back to mainland China (Beijing), I was invited by Sifu Cliff Au Yeung (of VT-Hong Kong) to teach a seminar in Filipino Martial Arts as well as Jun Fan / Jeet Kune Do in his academy. It was a great honor to accept this invitation.



Some Participants of FMA/JKD Seminar, at Sifu Cliff Au Yeungs VT Institute/Hong Kong.

During the seminar the students were particularly interested in the limb destruction methods (Guntings) of the Filipino Fighting Arts.

Filipino Martial Arts in China

While spending the next three months in Beijing I have tried to continue training the Filipino martial arts. Besides some beginning students I also found one Wing Chun Instructor who offered to teach me his style in exchange for me teaching him some of my styles.

Unfortunately my time was very limited due to education and work schedules in the hospital – so I was not able to create a continuous group of Filipino martial arts practitioners during that time.

Still it was good to see, that the styles and methods are being accepted by the Chinese population and there is quite an interest in this type of Fighting/Self Defense.

I believe that there is a great potential for growth and development of the Filipino martial arts in China. So far, it is practically unknown in most parts of the country.

I wish Punong Guro Abner, Juergen Schuessler and all other Filipino martial arts practitioners and groups in China and Hong Kong good luck on their path of spreading the Filipino martial arts throughout Hong Kong and mainland China!



Modern Arnis Germany
www.modern-arnis.de

Philipp Wolf - Germany

- Lakan Tatlo Modern Arnis (DAV&IMAFP)
- Advanced Instructor Modified Tapado (Mike Vasquez)
- Instructor Inosanto-LaCoste Kali & Jun Fan / Jeet Kune Do
- Founding Member „Worldwide Brotherhood of Modern Arnis”
- Vice President “German Arnis Federation“ (Deutscher Arnis Verband/DAV)
- Member Technical Committee “German Arnis Federation” (DAV)
- 3rd Dan Blackbelt JuJutsu
- 1st Dan Blackbelt Judo
- 1st Dan Blackbelt Taekwondo
- 1st Dan Blackbelt Chinese Kenpo

Just a Few Words...

Oliver Mason

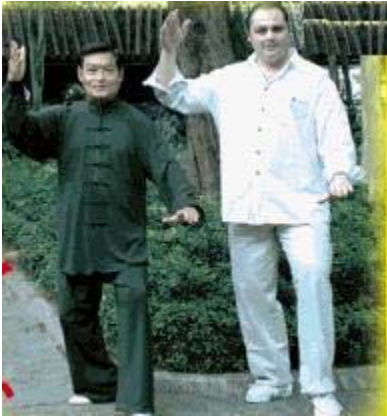
Shotokan Karate Black Belt London, UK.



privilege to meet.

I have been lucky enough to visit many martial arts schools in Hong Kong, the United Kingdom and Japan. But Punong Guro Abner Anievas open my eyes to what the Filipino Martial Arts can offer. In my experience Punong Guro Anievas is one of the finest martial artists and teachers I have had the





Sensei Don McPherson
Instructor Traditional JuJitsu
Mixed Martial Arts Instructor

Greetings and “Mabuhay” fellow Martial Artists.
In Hong Kong’s Quarry Bay Park, I recently had the privilege of participating in an exciting Filipino Martial Arts lesson as instructed by Punong Guro Abner Anievas of Kali Eskrima Arnis Tapado - Classical Modern System.

Although it was my first time to attend the class and I was unfamiliar with their routine, Punong Guro Anievas and his students were kind in welcoming me as well as being patient as I followed along and practiced with them. Punong Guro’s skill and knowledge of the Martial Arts was apparent and I could appreciate the realistic techniques and how effective such skills would be in a self-defense situation. Punong Guro, along with one of his higher-level students who was my training partner throughout the session, helped to guide me step-by-step through the various patterns and techniques involved. I would recommend that practitioners of the Martial Arts, beginner through to expert levels, would benefit in learning the practical skills and techniques offered by Filipino Martial Arts.

My respect and sincere thanks go out to Punong Guro Anievas, his students and their KEAT Filipino Martial Arts Group.



Sensei Don McPherson
Traditional JuJitsu and Mixed Martial Arts
Tai-Wo Building, 11th Floor, 513 Nathan Rd,
Yau Ma Tei, Kowloon, Hong Kong.
(Close to: Yau Ma Tei MTR, exit C)
www.hkjujitsu.com

Filipino Martial Arts and Cultural Events in Hong Kong

108th Philippine Independence Day Celebration

Hong Kong

Punong Guro Abner Anievas of **and** KEAT were invited to do a 20-minute program late in the afternoon, on June 18, 2006 at the Cultural presentation held in Hong Kong on 18 June for the 108th Philippine Independence Day Celebration. As the group was going to the venue the Cultural Officer from the Consulate inform Punong Guro Anievas that they could not perform on stage due to change of program. Instead they said that they would have to do the demonstration in the street and that they would provide an enclosure boundary.

Punong Guro Anievas could have declined but did not want to break the group's heart, which had been training and looking forward to performing, especially for this monumental occasion.

So Punong Guro Anievas and the KEAT performed in the street. They started with Espada Y daga and continued all the way to Sinawali with the young practitioners ages 8 and 10 who provided the finally.

In the middle of the presentation, Punong Guro Anievas and the KEAT group could not help themselves in noticing that the members of the media in Hong Kong started turning their attention to the demonstration and was covering the groups presentation, everybody in the crowd took photos and videos. Punong Guro Anievas was approached by the consulate personal and asked if he invited the media to cover his and his group's demonstration ... Punong Guro Anievas said "NO". Punong Guro Anievas



went on to say that they (the consulate) should be the ones covering the demonstration since they are the organizers. Suddenly the attitude of the consulate personal changed when they saw that presented was an excellent demonstration of the Philippine martial arts had and would have been well worth putting on the stage.

By the end of the day, the crowd was asking many questions. And was very interested in what they had seen of the Filipino martial arts and even ask if they can take photos of the group.

Mr. Eric Derupe, the Consular Officer, together with the other organizers talked to Punong Guro Anievas upon conclusion of the show asked Punong Guro Anievas and the group for more and would

set aside a longer time for their demonstration for the next show. They said; "ang ganda at nakaka-inspire" (it's beautiful and inspiring).



KEAT-CMS

Seminars and Workshops are offered in Hong Kong by Filipino martial arts instructors. Here are but a few that have been offered to any and all who have had interest.



PALM STICK for Women's Self Defense

It's no secret that sexual assault and rape are threats all women have to fear. Through the study of self-defense, you can gain confidence, self-esteem and control over your life. By learning some of the basic principles of self-defense you can take control of your life and your safety whether you're at home, in the

parking lot of the mall, or in the clutches of an attacker.

A defensive weapon like Palm Stick is primarily intended for defending the user against an attacker. A weapon is a great equalizer for any large strong attacker, not only that it will give you confidence having a weapon it can neutralize the threat more effectively.

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You will be shown how to use this simple and discreet weapon to ward off would-be assailants. You will be exposed to striking techniques, disarming methods, take downs



and many other useful applications. These techniques can also be used with a pen, flashlight. Its also a fist load for punching, for hooking and for locking an assailant.

Organized By:

KEAT-CMS and Filipino Martial Arts Hong Kong

Instructor

Punong Guro Abner Anievas - KEAT-CMS

Lakan Jukka Jaatinen - Filipino Martial Arts Hong Kong

Lakan Simon NG - Filipino Martial Arts Hong Kong

Where: Quarry Bay Park, Taikoo Shing

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Senior Master Samuel Bambit Dulay

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Senior Master Samuel Bambit Dulay

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A Basic Modern Arnis Training Video

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Title: A Walk to the Warriors Art Vol. 2

A Basic Modern Arnis Training Video

Video type: VCD

Cost: 25 USD

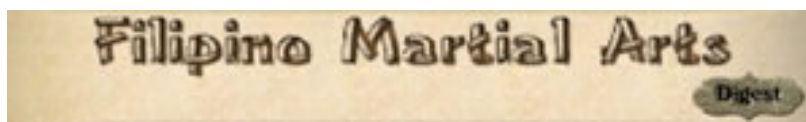




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