

# Filipino Martial Arts

**PAKAMUT**

INTERNATIONAL ASSOCIATION

FILIPINO FIGHTING ARTS AND CULTURE

Digest

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**Publisher**  
Steven K. Dowd

**Contributing Writers**

Marc Lawrence  
Prince Loeffler  
John McCurry  
Kris Paragas  
Joe Tan

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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

Master Felix Roiles says that; “PAKAMUT” is the Indigenous Pilipino art of fighting in the Mactan Island a province of Cebu, Philippines. Master Felix’s mission is to help the Filipino American community and other races to understand and learn the Filipino arts and culture, the value of the hidden treasures in the Philippine Island in the art of fighting.

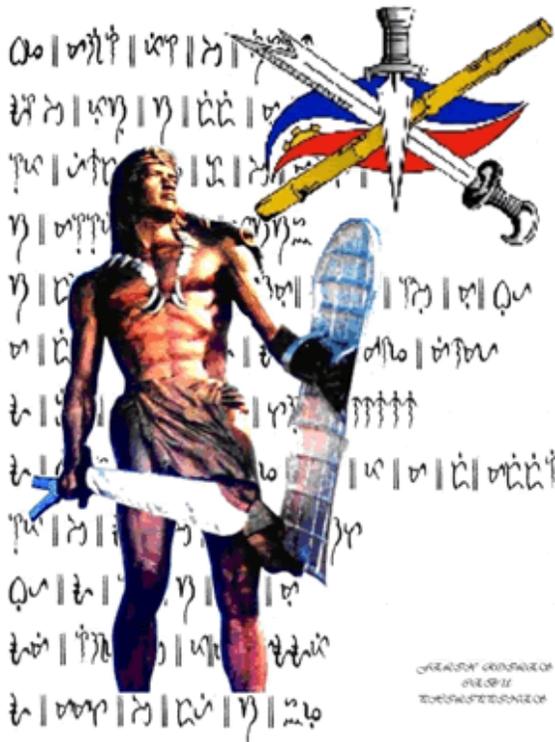
PAKAMUT based on practicality. The principles apply to long range, medium range and close range fighting. The triangle concept fighting system is used with stick, knife and empty hands techniques. This training principle uses exercise and drills to incorporate the lessons into practical moves.

Master Felix Roiles throughout his life has been a competitor whether in school sports or in the ring. Master Roiles has competed in many tournaments and usually against larger opponents to come out victorious. Known as a superior competitor in the martial arts arena he has continuously trained himself and his students to be the best they can be.

His annual “Best of the Best,” full contact stick fighting tournament tests competitors to the ultimate in their skills and the champion at the end of each year has proven himself to rightfully be known as the Best of the Best.

The FMAdigest has to thank Guro Marc Lawrence very much in gathering the material for this Special Edition. So it is hoped that you the reader will enjoy and learn something about PAKAMUT. And if ever in the Los Angeles, California area be able to meet and maybe train with Master Roiles or one of his instructors.

**Maraming Salamat Po**



**A Message From:** Master Felix Roiles and PAKAMUT Fighting Art

PAKAMUT- Is the Indigenous Pilipino Art of fighting in the Mactan Island a province of Cebu, Philippines. This system of fighting was practiced and used by the native warriors against their enemies in the neighboring Island and it was tested to foreign invaders lead by the late Ferdinand Magellan during the famous battled of Mactan that took place on April 27, 1521. The first and famous Filipino hero Datu Lapu-Lapu who defeated Magellan, it is believed he was an expert in PAKAMUT and had been taught by his father who is the part of the Sri Visayan Empire of ancient Malay in the 13th century.

This native fighting art covers all the ranges in fighting long, medium range and close quarter combat to Layog o Bugno with the used of single, stick, Baraw, Kampilan and other impact weapons that has been existed long time before the arrival of the Spaniards. This technique was passed on to the descendants of Datu Lapu-Lapu and still sacred and practiced by then especially in the remote mountains in the Island of Sugbo (Cebu). Pakamut- Later called Eskrima Kali Arnis during and after the Spanish regime.

Master Felix's mission is to help the Filipino American community and other races to understand and learn the Filipino Arts and Culture, the value of the hidden treasures in the Philippine Island in the art of fighting. His method of teaching is very easy to learn like A-BA-KA-DA. It is not necessarily to do a lot of physical, cardio vascular exercise like in other martial art disciplines, the PAKAMUT system is direct to the point. Once the Students learn the basic principles and techniques it develops into the higher degree and level of physical and mental alertness. Our Practitioners learn how to react and protect themselves and their love ones in any situation.

Be a part and be proud of our hidden treasure of the Philippines Islands.....

.....MABUHAY.....

**Master Felix P. Roiles**  
President/ Chief Instructor  
PAKAMUT International Association

## **Introduction to PAKAMUT**

PAKAMUT is traditional village style fighting art. The Filipino Martial Arts are taught in the Philippine Islands are known commonly as Eskrima, Arnis or Kali. Filipino Martial Arts use weapons to train the body through muscle memory to learn to fight and defend oneself.

The PAKAMUT fighting system is based on practicality. It is simple as learning your ABC's. This native fighting art covers all of the ranges of fighting; long (largo) range, medium (media) range and close (Corto) quarter combat as well as Layog o Bugno (wrestle or fight). This is done with single and double stick (pangtusok), Baraw (knife), Kampilan (sword) and other impact weapons (bunal) that were in existence long time before the arrival of the Spaniards. It uses the triangle as a principle for its foot works, striking patterns and defensive positions.

The principles apply to long range, medium range and close range fighting. The triangle concept fighting system is used with stick, knife and empty hands techniques. This training principle uses exercise and drills to incorporate the lessons into practical moves.

### **Basic Principles of the PAKAMUT System**

PAKAMUT was designed to be simple to learn. The fighting system was originally used to train fellow villagers in a short period of time for combat against other island villages and foreign invaders. There was no time or reason to teach flashy techniques or train only those with special abilities. The people had to become proficient quickly or perish in battle.

The fighting system is based upon natural body movements (body mechanics') that have been proven effective and could be easily taught were the ones used. Datu Lapu-Lapu's people depended on this fighting system's effectiveness and simplicity for their survival. This is the philosophy of simplicity is still used today and is the underlying base of the PAKAMUT fighting system.

### **The Stick and its Purpose**

Why do you first training with a stick? The stick is a training tool, as well as weapon at the same time. The stick is just a poor man's training tool that trains the user for the motions of a blade and empty hands (hand to hand) fighting. The strikes and blocks motion of stick fighting translates to blade or to the knife or to empty hands.

### **History**

PAKAMUT the original name of the Pilipino Fighting Art that originated in MACTAN island province of Cebu, central Visayas, Philippines is a reflection of the Filipino people's history, the philosophy and culture. The naturally graceful, powerful, harmoniously, circular and linear movements used in the Filipino Fighting Art System. Filipino fighting art covers all the ranges in fighting long, medium and close quarter combat with the use of single, double stick, kampilan, baraw, pinuti to close quarter in both armed and unarmed combat.

The Philippine islands lies in the Pacific Ocean south of the Asian mainland, has an area of 115,831 square miles. It consists of 7010 islands, only 154 of which have an

area exceeding 5 square miles. Most of the population is concentrated on eleven islands exceeding 1,000 square miles each. In these major areas Luzon, Visayan, and Mindanao, Visayan is in central Philippines composed of Panay, Negros, Bohol, Samar, Leyte Siquijor and Cebu. Cebu is the birth place of the Filipino fighting art. It was believed that Datu Mangal, the father of Datu Lapu-Lapu was the one who brought the art of fighting to the Philippines. Datu Mangal was one of the great kinsmen of the powerful empire of ancient Malay the Sri Visayan Empire who conquered so many lands in the 13th century. After few centuries the empire was taken over by the Maja Pahit Empire of ancient Sumatra and Borneo. Datu Mangal together with the ten datus fled and settled on the island called Visayan.

It was in the early sixteenth century when Spain invaded the Philippines. Ferdinand Magellan was the first famous foreigner to encounter the native fighting art. To Spain and the old world, Magellan was the discoverer of the new land. To the Filipinos he was just another invader, a pirate who sought to enslave people as part of the Spanish conquest. During the encounter of the local warriors lead by Datu Lapu-Lapu on the island of Mactan, Datu Lapu-Lapu battled against Spain's finest steel, the native warriors armed only with fire hardened stick and bamboo lances. When the smoke of epic battle cleared on April 27, 1521 Ferdinand Magellan the leader of the Spanish conquistador lost his life.



Magellan's few warriors sailed back home without him. It was after half of a century the Spaniards returned again this time with more fire power and religion. Though, the Filipinos fought hard against the Spaniards who were well equipped. The Spaniards were not able to conquer the people of the Philippines with the use of force; however the people were conquered because of the faith that was implanted by the friars.

After the Spaniards took control of the Philippines, the practice in the art of fighting was totally banned throughout the Philippines by the Spanish government fearful of the Filipinos exceptional skills in fighting as noted during the arrival of Miguel Lopes de Legaspi in 1565.

In order to preserve the art, the Filipinos in the rural area still practiced the fighting art disguising it as a dance or practiced under the light of the full moon in secrecy. The Filipinos were not able to be totally overthrown by the Spanish colonization and in 1898, as noted by one of the Filipino hero's, Andres Bonifacio during the revolution he said "go home brothers and sharpen your sticks."

1901 during the American era the Filipino fighting art became the favorite among the royalty as entertainment. The descendants of the warriors who live in the hinterlands still practice the art called PAKAMUT but widely known as Eskrima-Kali-Arnis. During that period of time the art could be taught only to selected people or between the clans, fearful of their rivals.

Today the Filipino fighting arts popularity that is widely known as Eskrima-Kali-Arnis surfaced and as predicted by the elders of the past it has been known as the martial

art of the century, famous martial artists around the world recognize the importance of the Filipino fighting arts that will be very effective when incorporated into their present style of discipline.

PAKAMUT International Association/ Master Felix Roiles, has continually worked to preserve the traditional way. He was taught by the elders back on the island which has been passed on from generation to generation. This way of teachings and techniques, which have been proven by Master Felix Roiles and throughout time to be very effective in both stick fighting sports and in actual combat Master Felix Roiles 30 years experience in Filipino Art of Fighting brought him to won 2 World Full Contact Stick Fighting Championship.

## **The Beginnings of PAKAMUT**

By Marc Lawrence

*This story is based upon personal conversations with Master Felix Roiles and myself; about the early days in his life and the events that led up to the PAKAMUT system being brought to the USA.*

Master Felix Roiles grandfather's name is Bagari Roiles. He was from the Mactan Province of Cebu. He lived back in the boondocks aka the bundook. Grandpa Bagari Roiles told about origin of the name Roiles and how the family came from Datu Lapu-Lapu. Grandpa said that a long time ago the whole village had the Lapu-Lapu name. This was because they were all related to Lapu-Lapu. They had to change their last names when the Spanish came, so they could register for church and school and other official documents. Grandpa said that the last name Loy-Loy was also related to Lapu-Lapu, like the Roiles family was. Grandpa said that all of them had come from Datu Lapu-Lapu's children.

Master Felix said that his earliest memory was at four years old of his grandfather saying to him; let's go outside and play Pakamut. He said they would play with a stick in yard. When Felix Roiles was six years old he was told that he had to go a live with his grandfather. He was told that by tradition that as he was the fourth boy of the family and he was to carry on the old ways and traditions of the family. He told me his first though was am I being punished for being a bad boy because I fight with my brothers! He said that even though he was the littlest he was there one always fighting with his brothers.





Felix's younger brother Zim on the Carabao and Cousin running the Carabao Plow is Noël.

The first thing his grandfather did was to sit him down when they got to his farm and taught him was about his responsibilities. These responsibilities were of being the inheritor of the knowledge and traditions of the family. His grandfather explained about he would learn how to survive, the responsibility of protection of the family and how to do his chores on the farm.

I asked him “what was the first training session like”? He said it went like this; Grandpa said the (Pinuti) knife has a blade edge and when you hold the stick your knuckles are like the edge of the blade and strike with the blade! There are left hand and right handed blades. Grandpa said that you swing the blade just like you cut the banana bunch. Use the X-pattern when you swing the blade.

Master Felix told me about when his grandfather gave him is his first test of courage. On his grandfather's farm they had a Karabao (carabao/water buffalo) that was the farm's draft animal. After working the carabao all day, grandfather would take it down to the river to water it and let is cool down in the river. The river was about 45 minutes to 1 hour walk from the farm. They retrieve the Karabao at night and let it graze in the field till morning every day.



Master Felix was about six years old he was not very big he said he was maybe 40 pound of weight. One night his grandfather said to him “go get the Karabao from the river”. It was about 9:00 at night and very dark in the jungle. He told him to go with no light just his stick and his knife down to the river and bring it home. He said that when walking down to the river there were many hazards. He said there in jungle there were snakes; large monkeys and wild cats called Singgawng that weight as much as him. He said he walked for about 45 minutes to an hour then go to the karabao and pulled on the rope to get the karabao moving then go onto its back and rode it back.

His grandfather would make him train whenever grandpa felt like it. This would be first thing in the morning, in the evening after work, at night by the light of the moon and even when sitting around the house after working on the farm. He said even when he came back from school every day he had to train. Master Felix said that Grandpa Bagari

would spar with him using the center stem of the banana leaf. His grandfather used this because it would sting but not leave a mark like a stick. He said that grandpa would have him use the stick and practice bagging with a bunch of green bananas. For empty hands practicing grandpa would have Felix punch and kick on green banana bunches. He said that it would help the cuts on the hands heal and his hands would not swell.

In 1996 Master Felix Roiles came to the USA for the WEKAF world tournament at Carson, CA. He decided that he would immigrate to the US. In 1997 he started thinking about all of the things his grandfather had taught him. He decided to start writing down all of those teaching that had been so successful for him in fighting. He said that he wrote down how and where Pakamut came from. He wrote out the teaching of his grandfather. He said that he had realized that the Filipino people should be proud of their art and not of the foreign arts that were so popular like Tae Kwon Do, Judo and Karate in the Philippine Islands. He decided that he should acknowledge his family's art. In 1997 he started teaching in Carson, California. He said that some of his early students were Joe Nappial, John McKerry, John Garcia, Henry Cabillon and others. Many of these fighters went on to become world class fighters. He continued for another eight years working on the Pakamut fighting system project.

In 2005 Master Felix Roiles started on the daunting task of restoring/restructuring the Pakamut system for teaching to others. He felt that he had a great system based upon having some many students being winners in major Eskrima tournaments. He said that his grandfather taught him these techniques and they had been better than any modified system he and his students had seen or fought against.

## **The Early Training Years of Master Felix Roiles**

By Marc Lawrence

*This story is based upon conversations between Master Felix Roiles and Guro Marc Lawrence of PAKAMUT International.*

Felix Roiles was about 12 years old when he from Elementary School to High School in the Cebu City area, Cebu, Philippines. He started High School as a working student and one of his teachers had him live with the teacher's family while Felix worked around the teacher's house and farm. Felix worked to cover his room and board. When he first got to High School he was introduced to a variety of sports. He was rough and tumble player in basketball so the teacher in-charge of PE decided to have Felix try his hand at boxing. After the coach watched Felix fight, the coach said that he did not fight like anybody else but boy could he fight! Felix quickly gained a reputation as the best fighter in school.

The sports coach had Felix start going boxing matches with other High Schools; he quickly showed his skill using his Grandfather's PAKAMUT training and his boxing skills from his coach. While he was at one particular match and had fought quite well he met a Master of Shotokan Karate named Jacinto Sarvida. Master Sarvida ran the Cebu Lions Combat Judo Karate School, in Cebu City. Master Sarvida invited Felix to come and spar with his students. Felix used his combination of PAKAMUT skills and boxing. In

his first match he was boxing his opponent and then found out it was OK to kick! The sparring session got really good then. The Master was very impressed with his skills and asked him to come and spar every time they had a tournament. Because of Felix's love to fight and his unusual level of skill for his age the Master invited him to practice at his school.

Felix went every evening after school when his chores were done to school to train and spar. He loved the fighting but not the doing Katas; this sometime got him trouble with the Master. His sparring skills became so good that for 5-years Felix went undefeated as a karate champion in the Visayan Mindanao region. Master Sarvida had Felix fight older more experience opponents like members of the Philippine Army and Special Forces. The Army tried very hard to recruit him as he beaten their best champions. Felix decided to serve his community in another way. He at 20 years old volunteered to become a Baranggay Peace Officer. This was a volunteer peace officer position to help keep the peace in his community.

Felix saw that his fellow Peace Officers needed training in hand to hand combat, so he took it upon himself with the blessing of his Captain to train his town's unit. At one of the monthly meetings of the Baranggay Captains, his Captain discussed what they were doing in training. The Mayor was present at this meeting and he felt that all of the officers needed this in hand to hand and stick fighting training. The Mayor of Cebu city agreed to sponsor a location for the training. Felix for his work and forward thinking was promoted to Assistant Chief of the Baranggay Lahug, Cebu City Peace Officers. Doce Pares was contracted to help with the training. This was where Felix Roiles met Grand Master Dionisio Canete, Master Percival "Val" Pableo, and Master Leonilo "Nilo" Baron and others of Doce Pares.

It was at one of these city sponsored training sessions that Felix got to try his hand at sparring in protective gear. Felix sparred in gear with the Doce Pares instructors from Cebu City gym on his first time. Grand Master Dionisio Canete was very impressed with his skills. After seeing him fight, Grand Master asked Felix to join their school in Cebu City. He was given free access to their facility so he went there everyday after working his business and between shifts as Peace Officer. His skills became more refined daily training.

Felix Roiles was entered into the "Quest for the Best" tournament; Felix had to fight many larger opponents than his 160 pound class. Because of his skills that he had shown, Grand Master Dionisio had him find in the heavy weight division. Meanwhile Felix had to support himself and his growing family having married at 19 years old he had a built up a small business of purchasing, dressing delivering chickens to restaurants and grocery stores. This led him to starting a small mini-market as his family had grown to two children and wife at 24 years old. He also invested in an export business for garments. He continued his work with the Baranggay Peace Officers.

He continued his stick fighting in WEKAF tournaments for Doce Pares; this led to his first victory in the WEKAF world tournament in the heavy weight division.

## Family Training



Felix Roiles, uncle "Papa" Inting on his right and his father Bining Roiles on his left.



Bining Roiles and "Papa" Inting sparring



Felix Roiles and "Papa" Inting



Felix and his father training his nephews

The PAKAMUT art of fighting that passed on to master Felix from his humble grandfather Bagari Roiles who were the descendants of the famous Filipino hero Datu Lapu-Lapu is so simple to learn. Once you learned the basic principle fighting with the sticks it will be very easy to apply in any edge weapon, weapons against empty hand even empty hand. This technique was proven very effective by law enforcement personnel, correction officers, security personnel, body guard and military. The few technique Master Felix Roiles going to demonstrate are some of a few technique that he learned from the family.

### Against Forehand Strikes



1



2



3



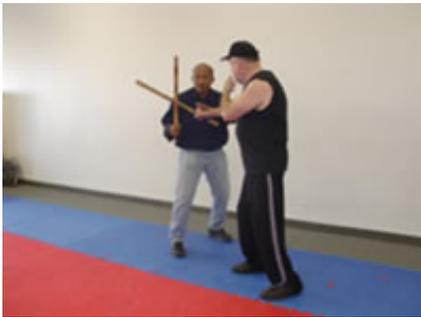
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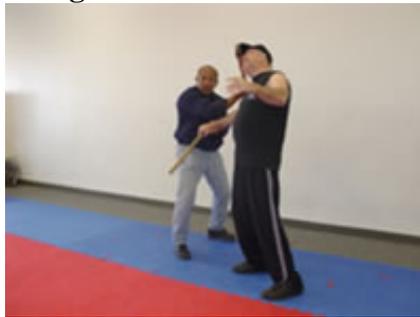
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Master Felix is in field interview position as the attacker attack directing the strike to the left side of the body fig.1 as Master Felix executed blocking the weapon at same time checking the attacker's weapon hand. 2. Master Felix control the attacker's weapon hand then counter strike to the leg. 3. Master Felix reverse strike the leg again attacker's weapon still in control. 4. Master Felix restraint the attacker by applying palm up palm down principle. 5. Master Felix neutralized the treat by putting the attacker into a complete restraint.

### Against a Backhand Strike



1



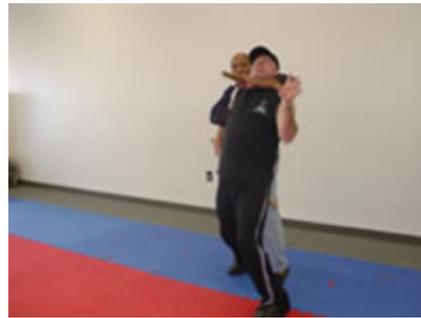
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3



4



5

## PAKAMUT - Curriculum Level-1 Training

1. Basic Principles of Pakamut
2. The Stick and its Purpose
3. Basic Stance Concepts
4. Basic Footwork and the 10 Stances
5. Single Stick Grips and Types of Strikes
6. Striking Patterns for Long Range
7. Striking Patterns for Medium Range
8. Blocks and Blocking the Six Basic Long Range Strikes
9. Blocks and Blocking the Ten Basic Medium Strikes
10. Counter Strikes to the Ten Basic Strikes
11. Hand Checking and Counter Checking
12. Disarming Your Opponent- Vining / Snaking Principles
13. Physical Conditioning Concepts and Practices
14. Knife Fighting Concepts and Practice
15. Empty Hands Concepts and Practice

### Striking Patterns for Medium Range Single Stick Single Stick Fighting

The medium range basic sticking pattern is based on a 10 strike system. Ten strikes are easy to remember as you have ten fingers!



Strike #1 is downward/across to the right shoulder/collar bone.



Strike #2 is downward/across to the left shoulder/collar bone.



Strike #3 is across the body to right hip.



Strike #4 is across the body to left hip.



Strike #5 is downward/across to the right knee.



Strike #6 is downward/across to the left knee.



Strike #7 is upward/across to the right elbow.



Strike #8 is upward/across to left elbow.



Strike #9 is downward to the right side of the face.



Strike #10 is downward to the left side of the face.

## Hand Checking & Check-Counter Checking

Hand checking is an important part of blocking. While blocking, you check your opponent's weapon hand with just enough pressure to stop motion. Check the weapon and the hand at the same time. Two fingers to the weapon and two to the hand. Then you counter strike. For all blocks on the left side of the body it is for forehand strike. For all blocks on the right side, it for a backhand strike. Passing needs to be done sometimes to clear the weapon to counter strike. This is done by checking the weapon hand, then giving it a quick downward push/slap, then counter striking at the same time checking the weapon hand again.



This is done by checking the weapon hand, then giving it a quick downward push/slap, then counter striking at the same time checking the weapon hand again.

## Empty Hands- Layog o Bugno (Fight or Wrestle)

### Striking with Empty Hands

Basic empty hands is just close range fighting. Your kicks are medium to close range fighting. Basic empty hands strikes are done with the use of a hammer fist. The hand is a closed fist and the striking portion is bottom of the fist or the knuckles in cutting fashion. Your fist is the end of the club or stick and your forearm is the stick. Your other hand can do the same for fast 1,2, 3 striking pattern.



Strike #1 is downward/across to the right shoulder/ collar bone or face.



Strike #2 is downward/across to the left shoulder/collar bone.



Strike #3 is across the body to the belly or floating ribs.



Strike #4 is across the body to the belly or floating ribs.



Strike #5 is a kick or strike to the right leg.



Strike #6 is a kick or strike to the left leg.



Strike #7 is an inside kick to the right knee.



Strike #8 is an outside kick to the right knee.



Strike #9 is a kick to the groin or left thigh/knee.



Strike #10 is downward to the left side of the face.



Strike #11 is downward to the right side of the face.

### **Kicks**

Pakamut kicks are not fancy or high kicks. They are kicks never above the waist. First is a simple kick, it is a front kick done with the toe of your shoe. If you are wearing no shoes or sandals use the ball of your foot. Lift your toes or you will break them. Remember to imagine that you are kicking through your target when your kick. Put all of your weight into it as you kick.

#### **Front kick targets are the following:**

**Shin** - This stops them in their tracks

**Knee** - This jams the knee and they can not walk

**Thighs** - This paralyses the thigh muscle so they can not kick.

**Groin** - This paralyses with the most pain.

Low round kicks are done with your body rotating with your leg to make a powerful strike. The shin bone becomes the stick striking the side of the knee or even just back/side of the knee.

#### **Low round kick targets are as follows:**

**Knee** - This causes the leg to buckle.

**Thigh** - This paralyses the thigh muscle so they can not kick.

These are striking points 5 and 6 and 7 and 8 modified. Remember that Pakamut teaches striking and blocking patterns not fixed target points.

## Students of Pakamut

### Prince Loeffler - Head Instructor Shugyokan Dojo's

Shugyokan Dojo's Head Instructor Prince Loeffler began his path in the martial arts in 1985 when he took up training in Aikido; a style which combined traditional Aikido and Brazilian Jujutsu under Mitsu "Mitz" Yamashita during his college years.

Mr. Loeffler has had the honor and privilege of training with many masters and other black belts from various styles of karate. His past training experiences include traditional Japanese and Korean Karate styles such as Shorinji Zendo-Ryu Karate, Kyokushinkai Karate, Shotokan Karate, Wado Ryu Karate, Ryobu-Kai Karate-Do, Chang Hun Taekwondo, Chang Mo Kwan and Shito-Ryu Karate. Furthermore, Prince has also trained in traditional Japanese Budo and other martial arts such as Judo, Aikido, Jujitsu, Kenjutsu, Hapkido and Aikijujitsu.

In an effort to share his passion for the martial arts he has also dedicated much of his time to conducting karate demonstrations and seminars focusing on the introduction of traditional karate and self defense and safety awareness to private groups and schools. Prince Loeffler has been featured in martial arts magazines and newspapers and has been quoted in Kate Adamson's best selling book "Triumph over Adversity".

Mr. Loeffler holds positions from several martial arts organizations. He is a West Coast Director for the International Traditional Taekwondo Alliance (ITTA) as well as a South Bay Representative for the Pakamut International Association; a traditional Filipino Stick fighting Organization under Master Felix Roiles.



Prince and Master Felix Roiles practicing Olisi Y Daga. Prince Loeffler credits his teachings and training in Matsubayashi Ryu Karate- Do to his current mentor and teacher Art Ishii Sensei, a student of Shoshin Nagamine, the founder of Matsubayashi Shorin Ryu Karate-Do. As the years progress, it is Prince's desire to continue to promote Matsubayashi Ryu and the teaching of Shoshin Nagamine sensei thru Ishii Sensei to the general public, while maintaining its purity for the future generations to come. As he fervently has mentioned before, "To me the practice of



Master Felix Roiles and Prince Loeffler

Matsubayashi Ryu Karate- Do and Budo is the blue print of how we should live life to its maximum potential.

Redondo Beach, CA. Progressive Taekwondo and Budo Alliance West Coast Director Prince Loeffler, hosted a successful Stick Fighting Seminar with the legendary 2 time World Full Contact Stick Fighting Champion Master Felix Roiles at the PTBA West Coast Headquarters.

Prince Loeffler is also Master's Roiles student under the traditional Philippine martial art of Pakamut. Master Roiles has been training in Stick fighting for over 30 years under many notable grandmasters from the Philippines. Master Roiles is a direct descendant of the famed Filipino warrior Lapu-Lapu who is known to have personally killed Magellan during the Spanish invasion of the Island of Mactan.

### **Magtutodlo John McCurry**



Magtutodlo John McCurry of Long Beach California a very successful martial artist started his training in 1956 at the age of 8 years old, thru his father in a blade art. He received his first black belt in mixed martial arts in 1960 which consisted of judo, jujitsu, wrestling from Sensei Michael Scott.

Blade Master John McCurry is also a President and Founder of a four system art called Balika Jujitsu the art and science of the blade, M.C.B.S. McCurry's combat blade system, M.A.S.S. McCurry's American Silat System and U.B.S. Universal Balisong Society.

John McCurry is involved in thirty different blade art systems from Philippines and Indonesia. He has earned a high ranking in Karate, Kung Fu, Grappling and many more various arts/ disciplines. He also a Guru in Cobra Phytton Silat from Mahu Guru Abkar Momin, a Guro in Balisong Knife Fighting from Professor Felix Mercado and he also is one of the original first generation students of Master Felix Roiles in the Art of PAKAMUT.

In 1996 he met Master Felix Roiles in Carson, California. Felix had just coached the Doce Pares team at the WEKAF World Tournament held in Las Vegas, Nevada. Felix Roiles a 2 time world full contact stick fighting champion, who is a Master in PAKAMUT and the descendant of Datu Lapu-Lapu.

Master Felix Roiles the art that came from the mountains of the island of Maktan in the province of Cebu Philippines. Master Felix explained to John that PAKAMUT was passed on from his humble grand parents in the Philippines who were the descendants of the native warrior from Maktan Island province of ZUBU or Cebu.

### **Guro Kris Paragas -- Pakamut - Los Angeles, California**

My first glance in the Filipino Martial Art was during 1989 when I first received my spanking from my grandmother. I was only 2 years old. I asked myself about why the

elders spanked us kids with the use of sticks? But then on, I was fortunate enough, that it wasn't a Bolo or a Machete!

I started training in the Filipino martial arts around December of 2004 with Grandmaster Felix Roiles. I used to work as a receptionist at Impact Martial Arts where Grandmaster Roiles used to rent, for the Filipino martial arts training. The owner of the gym asked me once if I had heard about the Filipino martial arts and I said "yes!" I've heard of it. But shamefully, I ignored it.

One Sunday, I managed to pass by to check it out. My second time seeing a Filipino martial artist geared up like a Japanese Warrior. And I was very amazed at their hand speed and body movements. I've never seen anybody moved that fast throughout my martial arts experience.

I remember watching for about 10 minutes and then a man approached me and asked how my training was with Impact Martial Arts. And I told him that I'm taking a break from an injury. And he said, "C'mon! Hit the bag so you can still have a work out going."

The following week I came back to train with them. I've never have had such a hard 2 hours training in my life. For 2 hours, we were hitting, hitting and hitting, drills after drills, blisters after blisters then to calluses. My palms turned into a construction palm full of calluses.

My 3rd week, I took my training to the next level. Sparring, Grandmaster Roiles' favorite part in training, I sparred with my Pakamut brothers for 3 rounds of 1 minute. And it was the longest 1 minute I'd ever experienced.

After 6 continuous months I decided to test my skills. My very first tournament was the 2005 Western Regional (WEKAF). That morning I showed up for registration to pay the tournament fees and to weigh in. The very first person that saw us greeted us with a warm welcome saying, "uh oh! Here comes trouble!" Obviously, it wasn't for me. It was for Grandmaster Roiles. And I asked myself whether if it was a good thing or a bad thing? But I counter it by telling myself, I'm just here to have fun and experience what it's like. I wasn't aware that my 1st tournament was the Regional Tournament.

So here I go, I just did what Grandmaster and I worked on in the gym and what he was saying during my round breaks. 1st opponent had gone, 2nd I was clearly the winner but they handed it to the other guy. And when Grandmaster heard that, he contested the score cards and found out that there was a calculation error. Towards the end, they gave it to me. The championship round was a former World Champion. That was the toughest among all of them. I fought hard and opened up a couple of blisters. After fighting for 4 rounds (including the decision round) the judges handed me my victory.

I couldn't believe it myself! I had the best debut fight in the world! And the most rewarding part was seeing Grandmaster shouting and cheering. I made him proud and also my team. I had up held the Pakamut reputation!

After 1 year of continuous fighting and training, Grandmaster decided to promote me to instructor. I took a month of preparation, went from the very basic all the way to the advance techniques. After the curriculum testing, I sparred with one of the seniors, Allan Santos without any armor and lastly, Grandmaster himself as an initiation. After 2 hours of blood, sweat and tears, I finally passed the test and I am currently running the Pakamut Los Angeles team also known as Eagle Rock Pakamut.

Lastly, I want to pay my full respect to Grandmaster Roiles and to thank him for everything he has done for me. Not only was he my Grandmaster, he has also become my 2nd father who motivates, and support me in and out of the gym.

More power Grandmaster Felix Roiles! Pakamut all the way!

Guro Kris Paragas  
Pakamut Los Angeles, CA.

### Master Joe Tan and Master Felix Roiles



I met and known Master Felix for about a year now. Several occasions we did actual hand to hand, stick to stick controlled combat sparring and I can vouched that this guy is really skillful and knowledgeable of what he is propagating - the art of Arnis.

Not only he is good in stick fighting but he is also a sort of professional boxer, knife fighter and disarm innovator. His numerous records and accomplishments speak for themselves. His mountain of awards and plaque of recognitions are

incomparable. He has years of experience when it comes to stick fighting, teaching, seminars, writing and making books and videos. A large group followers show this.

One can feel the positive energy whenever he is around. He is not boastful but rather reserved and can be very mean and deadly if summon to action. I also noticed that he is a good teacher that can communicate instructions easily to his students.

He makes a lot of researched so as to improve and reinvent new techniques. One thing I admired about him is his ability to listen as to what you are offering not only in terms of martial arts styles but any business or personal topics.

He is a smart businessman too, who runs business in a leaner ways so as to reduce overheads. Lastly, he is a good and sincere friend, a good and dedicated father and a person who can make things happen.

In summary, this is the quality of a martial artist worthy of the Grandmaster title.



L - R: Master Joe Tan, Professor Max Pallen, Guro Marc Lawrence and Master Felix Roiles.

**Senior Instructor Joe Valencia Tan**  
Modified Tapado/Lapu-Lapu Vinas Arnis  
Style Practitioner-Propagator  
(818) 904-9156

**Email**



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

# In the News

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**Sports**



**Nursing Student Wins Eskrima Tournament**

Kris Paragas a Filipino nursing student and who are among few of Filipino-American who wants to be proud of our heritage and the development of the Filipino arts and culture in the field of martial art that widely known as Eskrima/Kali Arnis during the pre-Hispanic time. He studied under Master Felix P. Rolles a known Filipino Martial Artist and 21times World Full Contact Stick Fighting Champion who teach Filipino Martial Art in their studio in 2131 Colorado Blvd. Los Angeles CA.

Kris won a championship medal during the recent World Eskrima Kali Arnis Regional tournament that was held at the Quirino Grandstand in the Quito City, Philippines. He was particularly proud about going to Los Angeles to participate in the tournament. He was the winner of the tournament and he was awarded a trophy.

**RP I**

the grand an at the Quirino Grandstand. Officials inspect the venue for the opening day.

"All participants are particularly proud about going to Los Angeles to participate in the tournament. He was the winner of the tournament and he was awarded a trophy."

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**Sports**

Orlando C. Sanchez - Editor

SUN STAR DAILY, Thursday, August 1, 1991



**WINNER.** Felix Rolles of Lincoln Self-Defense Karate Club Hq. (second from left) receives the runnerup trophy from sponsor Eddie Mugar during the awarding ceremonies after the recently concluded karate tournament held at the ICC gym in Ozamis city. Philippine Karatedo Federation Region VII coordinator Bart Sanchez (second from right) is also present.

MAY 11, 1987

**Sun-Star sports**



**MEMBERS of the Lincoln Self-Defense Karate Club** which captured the team championship in the Mandaue city karate tournament last May 11. From left (front row) - Nelson Sanchez and Gerito Diaz. (Standing same order) Victor Sanchez, Bart Sanchez (founder, president and also kate champion), Bart Sanchez, Jacinto Saravia of Lions Karate Club, Benny Bergado and Leopoldo Romeo.

**LSDKC tops Mandaue city karate tourney**

Top karatekas of the Lincoln Self-Defense Karate Club (LSDKC) dominated the first Mandaue city open invitation karate championship tournament and kata competition Sunday (May 11).

The tournament was sponsored by the Black Krimson Karate Club and the Mandaue City Council. The event was held at the Mandaue city square.

The LSDKC club, which was organized by Victor Sanchez (founder, president and also kate champion), Bart Sanchez, Jacinto Saravia of Lions Karate Club, Benny Bergado and Leopoldo Romeo.

The LSDKC club, which was organized by Victor Sanchez (founder, president and also kate champion), Bart Sanchez, Jacinto Saravia of Lions Karate Club, Benny Bergado and Leopoldo Romeo.



**DELEGATE:** Felix Rolles of the Central Visayas Karate Association has been chosen to be one of the Philippines' representatives to the coming first Congressional Cup, Duel of International Karate Champions to be held in Manila on April 15. (Contributed photo)

**O.I.A.M.A**  
**1st International Stick Fighters Seminar**  
Gran Master Felix Roiles  
Hotel Casa Tonatzin, Morelos, Mexico  
November 25 - 26, 2006

The seminar covered fighting distance, footwork, sticking, body mechanics, counters, defense, disarming, locks and takedowns. It was a big success at the end of the two days seminar the participants keep following Master Felix to learn more and if possible to stay with them more days. The organizer Guro Nayar Arqueta and Profesor Castrejon Ponce promise the participants to have Master Felix again next year for much bigger seminar and stick fighting tournament.



Professor Castrejon Ponce  
PAKAMUT, Mexico City



Guro Nayar Arqueta  
PAKAMUT Representative for Mexico and  
South America





December 16, 2006

By Marc Lawrence

PAKAMUT International hosted its 3rd Annual Full Contact Stick Fighting tournament. It was organized by 3-time World Full Contact Stick Fighting Champion and President of PAKAMUT International Association Master Felix Roiles. Many of the local Filipino Martial Art schools and clubs participated as well as ones from other states and countries.

Some of the participating schools and clubs were; PAKAMUT Las Vegas Nevada, led by Pat Fletch, The Filipino Martial Art Academy, Sacramento, CA led by Master Nilo Baron and Guro Jojo Antolin, Doce Pares Sacramento, CA, led by Master Nito Noval, Mt. San Antonio College Martial Art School led by Master Steve del Castillo, TAE KALI DO Oxnard, CA. led by Master Henry Garcia, Bandalan Doce Pares, Hayward, CA led by Guro John Garcia, LADP club led by Master Erwin Mosqueda, Team PAKAMUT Paramount, CA. led by Guro Sonny Sanico, Doce Pares San Diego CA. led by Guro Albert Mendoza, Philippine National Police (PNP) Team, Manila, led represented by PO2 Marcial Chavez Jr, International Martial Art & Boxing, Carson, CA. led by Ed Iyas, LAMECO SOG, Los Angeles, CA. led by Guro Arnold Noche.

The Master's Demonstrations event was one of the highlights of the tournament with Grandmaster Atillo of Balintawak and one of his student demonstrated weapons defense and disarms, Grandmaster Christopher Ricketts of Kali Ilustrisimo and one of his students did a bladed weapons defense and disarms. Master Shea Gipti of Hawaiian Karate did Japanese traditional sword form using a Katana then converted this form using Bolo machete. Guro Arturo "Dino" Flores of SIDA LAMECO and one his students did a demonstration of bladed weapons attacks and counter attacks. Master Felix Roiles did an awesome demonstration of stick verses stick, knife verses knife, empty hands verses weapons complete with disarms and takedowns. Master Felix Roiles did an Filipino martial arts empty hands verses Master Shea Gipti's Karate empty hands that was simply phenomenal!



Grandmaster Esing Atillo



Grandmaster Christopher Ricketts



The proud father Don Gipti with his phenomenal son SHEA GIPTI.  
During the 3rd Annual Los Angeles Open Full Contact Stick Fighting Championship.

After the demonstrations was the start of the battle for the “Best of the Best” in competitor single elimination rounds. Each of these rounds was a single elimination round with 15 competitors in this division. In final elimination round Marcial Chavez defeated Ed Iyas. Marcial Chavez Jr. won the six foot 2006 Best of the Best Competitor Trophy.

But Chavez thought the day was complete, however the 2005 Best of the Best Champion who is under Master Steve del Castillo of Mt. San Antonio College of Martial Art, Al Romo was waiting for the challenge for a DEATH MATCH type fight, both fighters wore only head gear in a no holds bar match.

Al Romo is 6’2” and 275 pound super heavyweight class competitor. Marcial Chavez Jr is 5’10’ and 175 pound heavyweight class competitor. These two competitors fought in a no holds barded fight similar to “death matches of old”. The fight was spectacular going back and forth with Al Romo won in the end despite a valiant effort by Marcial Chavez Jr when the fight went to the ground.

This fight concept was created by Master Felix Roiles based on his experiences he witnessed at a young age back in the Philippines. Fighters used only head gear and hand gear using rattan sticks 32-inches long and 1 inch diameter. Fighters could use all manner of stick strikes, punch, kick, throw, grapple, choke and lock. The fighter were briefed of the dangers of the fight and still agreed to fight.

Al Romo successfully defended his title of the “Best of the Best” The fight was personally refereed by Master Felix with assistance from Bradford Namoe Director of HK3. Al Romo was able to retain the coveted “Best of the Best” Grand Champion Cup.



PO2 Marcial Chavez , 2006 Champion  
Being awarded the trophy.



2006 BEST of the BEST Grand Champion Al Romo



Men's Form Winner



Women's Division Winner



Women's Form Winner

During the award ceremony at the end of the tournament, two special awards were handed out by PAKAMUT President Felix Roiles. These were two Silver Medal US Presidential Fitness Awards for Training to the Master of Ceremony Guro Marc Lawrence and to his son Michael Lawrence for their many hours in training with Filipino Martial Arts. The entire tournament was covered by Martial Arts TV and Filipino Martial Arts Digest magazine.

**Presidential Fitness Awards for Training**



Marc Lawrence



Michael Lawrence



This souvenir photo was taken during the biggest Filipino Martial Art gathering that organized by 3 times World Full Contact Stick Fighting Champion Master Felix Roiles last December 16, 2006 at Yosemite Recreation Center 1840 Yosemite Drive, Los Angeles California 90041. Among the famous masters standing from left to right Guro Rudy Divero, Master Joe Valencia Tan from Tapado Longstick Fighting Art, Guro Hospecio Bud Balani, Dino Flores from LAMECO SOG, Frank Goodin and Wilson from U.S. Navy, Master Felix Roiles from PAKAMUT International Assoc., Master Henry Garcia Tae Kali Do, Oxnard, CA. Setting from

left to right Guro Gabriel, Master Arnold Noche from Mandirigma and Grandmaster Christopher Ricketts the brother of famous Filipino action star Ronnie Ricketts whose been traveling all around United States promoting the Filipino Fighting Arts in general.

## 2007 Stick Fighting Tournament

March 3, 2007

By Marc Lawrence



2007 Tournament Winners and Judges.

The Compete 2007 event in Karate is considered the most prestigious event in the U.S.A. People from all over the globe attend to witness this event. The organizer Mohammad Jahan-Vash added stick fighting as a division this year. The stick fighting division was coordinated by Master Felix Roiles and managed by members of Team PAKAMUT. Mohammad had previously seen Filipino Martial Arts demonstrated by Master Felix Roiles at a Martial Artist for Christ event. Martial Artist for Christ is headed by Bob

Mitchell who is long time sparring partner and friend of the legendary Chuck Norris.

Master Roiles was asked to organize, coordinate and support this division. The PAKAMUT Association came and assisted in supporting the stick fighting division. It was considered a huge success by all of the participating Filipino martial arts practitioners.

### The scoring for the sub-divisions is as follows:

<b>Youth Forms</b>	1st John Banaag 2nd Michael Lawrence
<b>Advanced Forms</b>	1st Kris Paragas 2nd Shea Gipti
<b>Men's single stick</b> 150 -175	1st Anderlson Tocang 2nd Kris Paragas
<b>Men's single stick</b> Below 150	1st Mark Castro Jr. 2nd Shea Gipti
<b>Men's single stick</b> Advanced 150 -175	1st Kris Paragas
<b>Men's single stick</b> 176 -200	1st Paul Dy
<b>Men's single stick</b> Above 200	1st Anderlson Tocang
<b>Men's single stick</b> Novice	1st Anthony Tuimaseue 2nd Shea Gipti
<b>Women's single stick</b>	1st Angel Ecdao



Mohammad Jahan-Vash and Master Felix Roiles.

**Men's single stick**  
Advanced-Senior

1st Marc Lawrence



Womens division Angel Ecadao winner.

Because of the fighter's performance in this division, the Compete 2007 staff requested a demonstration from Team PAKAMUT. This Demonstration was composed of: Master Felix Roiles, Marc Lawrence, Michael Lawrence, Kris Paragas, Mark Castro Jr. and Shea Gipti.

The demonstration team was asked to perform in front large audience of 700-800 People. The demonstration portion of Compete 2007 is normally a demonstration competition with big teams, big names, well funded and choreographed. They had never seen a Filipino martial arts demonstration team before so they completely



Marc Lawrence advanced- Seniors- Mens and Master Felix presenting.



Demo team- left to right front row Michael Lawrence and Shea Gipti, back row is Marc Lawrence, Master Felix Roiles and Kris Paragas.

amazed that just small group of well trained Filipino martial arts practitioners of PAKAMUT could perform so well. The audience was made up of celebrities, Government Officials and sponsors of big name teams like Paul Mitchell Demo team, Red Dragon and others.

The PAKAMUT Demo team demonstrated single stick form, stick and dagger form, Empty hand verse knife, Empty hand verses stick, Stick and Knife verses Stick and Knife and last but not least stick locking and take-downs.

## **Pakamut Full Contact Stick Fighting Sports Rules**

### **General Information and Rules**

The organizer reserved the right to reject or accept application on the basis of the participant/organization's previous participation record /behavior. In no way will the organizers be under obligation to accept all application.

**Registration Deadline** - See the corresponding tournament for deadline and extension dates. All completed forms and entry fees must be received no later than the deadline date.

**Cancellations** - There will be no refund of registration fees for cancellation made during the late registration period.

**Check-in** - All participants must be at Tournament hall no later than 9:00am. Failure to appear after a 30 minutes grace period will be ground for loss by default.

**Weigh-in** - There will be a random weigh-in on the day of the tournament. Participants should put their weight and height.

**Judges** - There will be three judges per ring .All of the judges have undergone training and orientation on the rules and procedures of the tournament. The selected and pre-certified judges are trained in Weapons and Unarmed Combat.

**Referees** - All referees are veteran martial artist and have undergone training and orientation on the rules and procedures of the tournament.

**Tournament Directors** - Executive Tournament Director (s) will be Master Felix Roiles. Assistant Tournament Directors will be selected from the representative of participating schools and organizations.

**Time and Score Keepers** - Non- participating and volunteer members of local organizations will alternate in these roles.

**Mandatory Equipments** - Headgear, gloves, arm, knee, elbow pads, groin protector and mouthpiece.

**Weapons / Sticks** - will be provided.

**Dress Code** - All participants must come in:

- Proper school / organization uniform.
- Sweat pants and T-shirts must (must carry school logos)
- No Jeans
- Rubber shoes is mandatory
- Inappropriate outfit will not be allowed

We encourage everyone to cooperate and help to make this a memorable, dignified and prestigious event.

**The tournament will be conducted under the following rules:**

The organizers reserve the right to modify the rules as necessary in order to preserve the safety of the participants.

A match will be composed of three 60 second per round and two 30second rest period in-between rounds, each round and rest period will be monitored by the time keeper.

**Primary Targets are:**

- Top, Front and Sides of the head/ headgear
- Front and Side of the Thighs and Body.
- Both Arms and Hands.
- Back of the Body and Headgear are legitimate targets when facing each other.

**There will No:**

- Punching, Kicking, Kneeing and use of elbow.
- Grappling or Wrestling.
- Trusting
- Throwing / Foot sweeps
- Strike to the back when opponent is not facing.
- Locking and Holding
- Use of foul or abusive language.
- Spitting.

Jamming with free hand is allowed. Jamming is defined as controlling by interception the opponents weapon or hand. However, any interception that comes in contact with opponent weapon will be considered a hit.

Disarms must be immediate, or have immediate release. Joints may not be locked or twisted for disarm. 1-2 disarms shall be scored as part of the match. 3 disarms will result in a TKO.

Loss of Weapon/ Grips during attack or counter attack is considered as disarm. The Referee must call attention of Judges for the score/award.

Broken weapon during contact is not considered as disarm.

**Scoring**

Scoring is based on the total combination of the following:

- Technique
- Power
- Accuracy
- Defense
- Offense
- Aggressiveness, and

- Over all ring performance.

Scoring - All matches will be scored by three Judges using the Ten Point must system.

**Ten Point Must System**

- Even Round 10-10
- Slight Edge 10-9
- Wide Edge 10-8
- One Sided 10-7

**Out-of- Bounds** - Participants must remain within the boundaries of the designated ring. Repeated out of bounds will result in a point deduction.

The Referee will monitor the general progress of the match. He will determine the observation and adherence to the rules, the legitimacy of disarming techniques and all point deductions for any foul action or behavior.

**For each foul, the referee may progressively issue:**

- Casual Warning
- An Official Warning (Notify Judges)
- A point deduction ( notify Judges)
- A Final Warning
- A Disqualification

For any blatant, malicious and dangerous offense, The Referee can and should immediately issue a final warning or Disqualification.

**Note:** Fighters / Participants are restricted in officials table. We encourage every school and organization to have representative.

**Pakamut Schools and Instructors**

**Main Headquarters**

101 Atlantic Ave. Suite 106

Long Beach CA 90802

Tel. (323) 350-8500

**Email:** felixflp@msn.com

**Website:** www.pakamut.com

**Master Felix P. Roiles**

President/ Chief Instructor

PAKAMUT International Association

P.O. Box 65552

Los Angeles, CA. 90065-0552

**Tel:** (323) 350-8500



**Email:** felixflp@msn.com

**List of Certified Instructor of PAKAMUT International Association**

**PAKAMUT International Association “Philippines”**

Philippine Representative  
Master Robert Du  
Salasar Institute of Technology  
Nataleo Bacalso Ave.  
Cebu City, Philippines 6000

**PAKAMUT International Mexico**

Magtutodlo Castrejon Ponce  
Ave. Muyuguarda No. 206  
Col. San Lorenzo la Cebada, Xochimilco  
Mexico City  
**Tel:** 5676-5712 / 04455-1012-6273  
**Email:** balisongmexico@yahoo.com.mx

**Pangulo Nayar Arquieta**

Director PAKAMUT  
Mexico and South America  
**Tel:** 5446-5930 / 04455-3421-7720  
**Email:** balisongmexico@yahoo.com.mx

**PAKAMUT International Association “Norway”**

Magtutodlo Mel Guio-guio  
Ulsteinvik Clubb 86  
6067 Ulsteinvik, Norway



PAKAMUT International Association “Norway”

## **United States**

### **Phoenix AZ.**

Magtutodlo Edgar Banzon  
Tel: (602) 358-9044

### **Baldwin Park CA.**

Magtutodlo Elvis Tabungar  
13417 Benbow St.  
Baldwin Park CA 91706  
Tel: (213) 595-8709

### **Cerritos CA.**

Magtutodlo Alden Maxino  
4152 E. 183rd St.  
Cerritos CA 90703  
Tel: (562) 213-7198

### **Eagle Rock CA.**

Magtutodlo Kris Paragas  
1520 Yosemite Dr.  
Los Angeles CA 90041  
Tel: (323) 528-7214

### **La Crescenta CA.**

Magtutodlo Marc Castro  
3750 2nd Ave.  
La Crescenta CA 91214  
Tel: (818) 640-0318

### **Long Beach CA.**

Magtutodlo John Maccury  
3620 Harding st.  
Long beach CA. 90802  
Tel: (562) 602-0313

### **Paramount CA.**

Magtutodlo Sonny Sanico  
8600 Contreras St.  
Paramount CA 90723  
Tel: (562) 630-5209

### **Hesperia CA.**

Magtutodlo Vallardo Sanico  
10259 Maple Ave.  
Hesperia CA 92345  
Mobile: (310) 962-4394

### **South Bay Area CA.**

Guro/Magtutodlo Marc Lawrence  
16404 Ardath Ave.  
Torrance CA 90504  
Mobile: (310) 420-7062  
Email: marc.lawrence@ngc.com

### **Torrance CA.**

Guro Marc Lawrence  
2140 Artesia Blvd. Unit A  
Torrance, CA 90504  
Tel: (310) 420-7062  
Email: mjlawrence@sbcglobal.net

### **Whittier CA.**

Magtutodlo Allan Santos  
8426 Sanger Ave.  
Whittier, CA 90606  
Tel: (562) 544-0561

### **Las Vegas NV.**

Guro Pat Fletch  
Mobile: (626) 644-7726  
Email: info@lasvegas.pakamut.com

## PAKAMUT - Level 1 Basic Fighting Manual

As Taught by Master Felix Roiles



Master Felix Roiles and Guro Marc Lawrence have completed the self-published Level 1 manual on the PAKAMUT fighting system. This was a 1 year long project, on the subject of the traditional style village based fighting system taught by the Roiles family in the Mountains of Mactan. The project was originally started by Master Felix Roiles in 1996 in an effort to record the knowledge passed on by his ancestors. Master Felix Roiles is best known for his 2-time world heavy weight championship titles in the WEKAF tournaments.

This book is designed to be basic training manual to continue the training system in traditional way utilizing the old ways with training starting with stick, transiting with knife and finishing with empty hands. This book loaded with practical tips, training methods, and to how make your own training aids!

The cost of the book is 10.00 US funds, shipping is extra.

To order your copy contact:

### Master Felix P. Roiles

President/ Chief Instructor

PAKAMUT International Association

P.O. Box 65552

Los Angeles, CA. 90065-0552

U.S.A.

Tel. (323) 350-8500

Email: felixflp@msn.com



### Main Headquarters

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Long Beach CA 90802

Tel. (323 ) 3508500

Email: felixflp@msn.com

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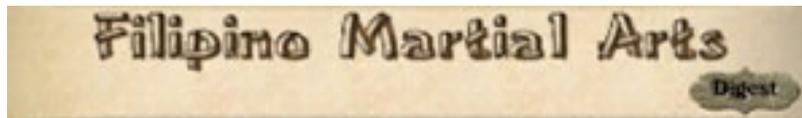


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