

# Filipino Martial Arts

**FMA**

## Young Practitioners II

**Digest**

**Special Issue**

**2007**

**Lizelle Mike Hufana**



**Jendo Basic Self Defense  
Training Course for Girls**

**Anievas System Balaraw**

**Eskabo Da'an**

**Patience, Safety and Encouragement**

**Interview with  
Professor-Punong Guro James Hundon of  
UMAA/IESA**



**Hufana Traditional Arnis  
International**

**IMAFP**

**To Organize  
1st Sports Arnis Competition  
Exclusively for Kids**

**Following in His Fathers Foot Steps  
Jas Dulay**

**Young Turks of the Liping Maharlika**

**Children in Senkotiros**



**Instructor  
Reynaldo Postrado  
Little Angels  
Learning School**

### **Publisher**

Steven K. Dowd

### **Contributing Writers**

Meneleo Estepa, MD  
Capt. Rick Sarte  
Ana Tuangco  
Liping Maharlika Archives  
Tasi Alo  
IMAFP  
Jalonda Fountain  
Abner Anievas  
Shawn Summers

Jendo  
Edessa Ramos  
Max Pallen  
Peachie Baron Saguin  
Beki Light  
Lizelle Hufana  
Michael Hufana  
Wilma Dulay  
Stacy Desideri  
Felix Roiles

### **Contents**

**From the Publishers Desk**

**Liping Maharlika**

**Young Turks of the Liping Maharlika**

**Graduation Rites of LM Bacoar Arnis Club**

**Little Angels Learning School**

**Eskabo Da'an - Patience, Safety and Encouragement**

**IMAFP National Sports Arnis Tournament 2007**

**Eagle & Dragon Martial Arts Academy**

**....A Year of Filipino Martial Arts**

**Williams Home of Escrima**

**Basic Self Defense Training Course for Girls**

**Arnisador Mom Spreads the Art Through Her Children**

**Children in Senkotiros**

**Dayang Melizza Anne Anievas**

**Festival of Filipino Martial Arts at SM Malls**

**Eskrima Serrada for Children**

**Lizelle and Mike Hufana**

**Following His Father's Footsteps**

**Youth in the Martial Arts**

**How to Win Competition/Tournament**

**Parents and Instructors: It Takes Teamwork**

Filipino Martial Arts Digest is published and distributed by:

FMA Digest

1297 Eider Circle

Fallon, Nevada 89406

Visit us on the World Wide Web: [www.fmadigest.com](http://www.fmadigest.com)

The FMAdigest 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.

The authors and publisher of this digest are not responsible for any injury, which may result from following the instructions contained in the digest. Before embarking on any of the physical activities described in the digest, the reader should consult his or her physician for advice regarding their individual suitability for performing such activity.

## **From the Publishers Desk**

Kumusta

The FMAdigest is happy to bring you a second Special Issue on young practitioners. This is the future of the Filipino martial arts; the young practitioners of today are going to be the Grandmasters, Masters, and Instructors of tomorrow.

Liping Maharlika has been very active with the future generation, the IMAFP plans on holding the 1st Sports Arnis Competition exclusively for young practitioners. Grandmaster Pallen through the years has built young Filipino martial arts practitioners, and the results are proven today as he has trusted and respected instructors to carry on his art.

The National Filipino Martial Arts Organization included young practitioners in their SM Mall tours for the month of April and May. Sons and daughters follow in their parents' footsteps to carry on tradition, culture and the art. And it must be noted that parents and instructors must work together in promoting the teachings so the young practitioners will excel in the art they are learning.

Master Felix Roiles a 3 Time World Full Contact Stick Fighting Champion, shares a little insight on competition training for the young practitioner. Professor-Punong Guro James Hundon and Grandmaster Robert Castro share their thoughts on young practitioners.

As I said in the Special Issue on Young Practitioners that came out in 2006, it is nice to teach older teenagers, and adults, but the future of the Filipino martial arts are going to continue and prosper through the young practitioners of today and tomorrow.

Maraming Salamat Po

## Officers of Liping Maharlika

(2004 - Present)

### Officers:

Capt. Ricardo F. Sarte

#### **President**

Supt. Adriatico del Camat, Jr. (PNP)

#### **Vice-President**

Rosana C. Tuangco

#### **Secretary**

Rene N. Fernandez

#### **Treasurer**

Jiegs delos Santos, Jr.

#### **Auditor**

Jennifer O. Gonzales

#### **Press Relation Officer**

SPO1 Silvestre D. Abainza (PNP)

#### **Sgt-At-Arms**

Reynaldo A. Postrado

#### **Liaison Officer**

### Board:

Dir. Romeo C. Mascardo

#### **Chairman**

Dr. Meneleo E. Estepa

#### **Vice-Chairman**

### Members:

Carlito K. Mendoza

Alex P. dela Cruz

Ma. Luz S. Arroyo

Generoso M. Martinada, Jr.

Josephine C. Rabosa

Rodel Rogacion

Rodolfo Pulgar

Zaldie A. Franco

Victoriano P. Gallardo

The creation of the Liping Maharlika in 1982 was the product of the 3rd and 4th generation instructors of Maharlika Arnis-Sikaran Association and later became the organization of the Maharlika Arnis System and as the governing body. We were officially registered to the Securities and Exchange Commission on the 14th of June 1989 with reg. # 164612.

Majority of our members were also the core of the PHILMAT - Philippine Martial Arts Troupe (A Cultural performing arm of NARAPHIL) together with the 1st generation instructors of the MASA. We performed nationwide for a decade from different cities, provinces, schools, universities and national/international events. After finishing our academics, some of us became professionals and businessmen. Others entered the government service. But above all, we bound together to support the Liping Maharlika for the cause of arnis promotion.

With our vast resources in management skills, leadership and finances, we focused our main thrust in supporting the PHILMAT Generation II as our institutional legacy to our country and NARAPHIL.

We have sponsored most of the NARAPHIL Arnis Tournaments in cooperation with other agencies (private and government) and even in publications. Our most active club in sponsoring tournaments is the Nayong Pilipino Arnis Club.

Today, 40% of our members are working and residing abroad but still very much active with the organizational activities. We plan to expand globally and by the year 2010 we will have established an international federation worthy of recognition in the field of arnis.



## Our Vision

Our vision is to upgrade the quality of arnis practice not only as a practical alternative art of self-defense but as a good physical conditioning art as well. Maharlika means nobility, our noble undertaking is to live in the teachings in the way arnis was conceived for, in order to reach the ultimate goal of development of oneself - character building. This is one of our other visions for arnis.

Arnis practice and contest should be treated with full respect for arnis is the martial art of the “Illustrados” (gentlemen). So there is no room for any ungentlemanly conduct.

We live with our motto, “Arnis for Self-discipline; Discipline for Progress”.

## Our Mission

Our mission is to start arnis program in the grassroots level and inculcate the rich cultural importance and practices that is embodied in the spirit of arnis.

For instance, the respect addressed to any elders, “po” and “opo” and the “pagmamano” are fading customs that are still embodied in our practice. Like so, the respect in handling the stick, since it represents the spirit of our Filipino custom and culture should also be practiced but has faded in most of the practitioners. And lastly, respect in terms of self-discipline for development of good moral character.



**Standing from L-R:** Zaldie Franco, Benjie Silo Jr., Alex dela Cruz, Rodel Rogacion, PO1 Jonjon Javier, Rey Postrado (Liaison Officer) and Mike dela Cruz

**Sitting from R-L:** Capt. Rick Sarte (President), Ana Tuangco (Secretary), Dir. Romy Mascardo (Chairman), Leo Estepa MD (Vice Chairman), Rene Fernandez (Treasurer).

## Our People

Maharlika, means nobility; Liping, means a society of elite. As the name suggests, this is an organization of noble professionals, successful businessmen and career public servants dedicated for the practice of the art and uplift it to a level of professionalism. We

dedicate our leisure time and energies for the promotion of our very own indigenous martial art - arnis de mano.

This is our own small way of contribution to our country and to the world who believe in the principle of our own martial art - “Arnis for Self-discipline; Discipline for Progress”.

Therefore, our vast resources in management, leadership and trainers will help professionalize the system and upgrade the quality of its practice into the level worthy of the world best.

### **"Young Turks of the Liping Maharlika"**

Acknowledge contributions in writing this article: Capt. Rick Sarte, Ms. Rosana Tuangco, Ms. Luz Arroyo, Chief Engr. Zaldie Franco and Cmdt. Generoso Martinada Jr. Photography is a compliment and product of Mr. Alex dela Cruz - NARAPHIL Chief Instructor.



A moment of history like this, thirty years ago, this was our playing ground. We spent most of our youthful days in this very ground. We developed our ideals and dreams, we enjoyed our camaraderie and meeting new friends. They became our brothers and sisters in arnis

and eat in the same plate and also share all the hardships and heart aches of life.

#### **Liping Maharlika ..... the next generation!**

The Liping Maharlika Instructors unceasingly and untiringly teaches the young generations on the art of arnis. This is their legacy and they have all the rights to learn it for free. Pictures below illustrates their commitment in the quest of imparting the knowledge to the next generation. That's how they spent their leisure time and contribute that legacy to their country.

They are full of enthusiasm and worked hard for the fulfillment of their mission. These same youngsters are the source of their energy and passion to keep on moving. Hoping that someday may cherish and treasure them the legacy left by our forbears.

They believe in the “Teleological theory”, i.e. good actions results to a good consequence and vice versa. So it is imperative to impart to these new breeds of Maharlikas the noble cause in which the organization was founded. The rich cultural customs and practices that are embodied in arnis make themselves why they were called Filipinos. It is a good training ground for future leaders if not at least a good and responsible citizenry.





The instructors and examiners. From L-R: Mike Dela Cruz (examiner), Rey Postrado (Asst. Instructor), Benjie Silo (examiner), Dr. Leo Estepa, Junch Martinada (Instructor-in-charge), Zaldie Franco (examiner) and Rafraf Navizaga (examiner).

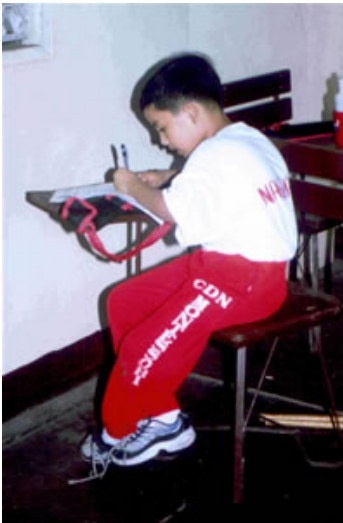


The Casa Del Niño Montessori & Science High School (CDNMSHS) Arnis Club.  
(2003)



Examinees are painstakingly taking their written examination as part of their grading and promotion program to enrich their knowledge not only on the practical aspect but in theories and history of their art.

Instructor-in-charge, Junch Martinada, delivers his briefing to the examinees for grading and promotion in the “Basic Arnis Course” among the members of the Casa Del Niño Montessori & Science High School (CDNMSHS) Arnis Club.



Even the youngest examinee painstakingly answers the written examination given to him. After which they will take the practicum in pairs and execute all the knowledge they have learned. Their grading/promotion is simply classified into: Basic students (Level I & II); then Advance students (Level 1-3); and then the Instructors level (5 levels) and finally the Masters level.



Respect and honor we earned through years of devotion and loyalty to Maharlika. Compounded with our desire to reach our own personal goal of higher education to uplift our character and succeed in our own field of endeavor. And so we did ...

We listen to our instructors and elders. Because we believe and respect them. Follow without hesitations or questions. The success of each and everyone, is the success of Liping Maharlika.







Now we are given the new challenge, ... on-guard we shall be ..... to protect these young Turks from the inequities of life. Like us, we hope to mold them into responsible leaders of this nation. Seeing them succeed in life ... is our profound happiness! MISSION Accomplished!

Now they are ready ... to face the challenge brought unto them. The secret of success lies in their desire to pursue their dreams and be united as one. Practice! ... Practice! ... Practice! Will surely makes all things perfect! No single stone left unturned. This is the beginning of one's development of self-discipline.



Now as our mission is halfway ... we are still here to give light to their desire to learn more. Supervise and guide them that they may not suffer the same heart aches and hardships we have hurdled through the years. Be patient young Turks ... you will have your days ahead of you!



Young once - still beautiful and much matured!

Maharlika Instructors Ana Tuangco, Professor Luz Arroyo and Captain Rick Sarte take their time-out while teaching their arnis students at the Luneta ground. Beautiful faces and unwavering enthusiasm; their energy is boundless and a big heart in sharing their knowledge.

You are the reflection of what we use to be thirty years ago, and there is nothing can withstand the test of time. For the knowledge and dedication are our very backbones in fulfilling that dream. So ..... young Turks you are lucky to have us in guiding your ways and always there to lend a hand or carry you over to the next level in your life. These faces are the product of that era you now behold.

### **Graduation Rites of LM Bacoar Arnis Club**

25 March 2006

By Ana Tuangco



Successful members of Batch 2006

They are the young Turks as Manong calls them! They have taken the initial step in following our path. We look forward for their successful attainment of their dream - becoming members of the PHILMAT Generation II. We hope that their enthusiasm may not falter and our commitment and duties will rekindle that enthusiasm to pursue of what we planned for them to achieve.

They are the hope of the next generation. Congratulation young Turks and may you have more things to achieve in life!



A word with the CEO

As they grow during their initial stage of development, a continuous guidance is much needed for them to orient and remind them of their duties and responsibilities as young Turks of the Maharlika. What must be done and accomplished at their stage, matters a lot for us to

gauge their potentials.

This is the most significant and important stage in their lives because it is in this stage that the molding of character and norms begin. "You are like a lump of clay, that it is easier to mold while still soft." Maharlika is an institution like NARAPHIL where we believe that the building of managers and leaders for our nation can take place!

Please accept your award for all the efforts you've done. May it serve as a reminder of your hardships you have undergone. It signifies the initial step you have taken in fulfilling your goal. A new chapter in your life!



The awarding

**Our congratulations!!!** We would like to take this opportunity to thank Mrs. Cristy Sarte (school owner of Little Angels Learning School), Engr. Zaldie Franco (primary sponsor) and Rey Postrado (chief instructor).

Thank you for your untiring support for the cause of our arnis promotion!



Showcasing their learned skills

Ladies and gentlemen, parents and teachers! May we introduce you the young Turks, of what they have learned for the year of training with us!

This is only the beginning of a stage in their development of their skills.





The Masters

knowledge we have learned from you. Forgive us for our inequities but we shall be of what you wanted us to be...

### **True Maharlikans!**

They have never failed to showcase their skills in the art neither they have falter in sharing their knowledge to the young Turks. Unselfish, dedicated and loving are the only things we can say to them. A true Maharlikans!

So we shall follow as what you have taught us. We shall carry-on the good things you have shown us and share the



We shall follow?

*"You are a lump of clay easier to mold while still soft!"*

By Capt Rick Sarte

### **Instructor Reynaldo A. Postrado**

Little Angels Learning School  
Maharlika System  
Liping Maharlika

### **Maharlika Arnis System In-depth**

The Maharlika Arnis Sikaran Association (MASA) is a non-stock, non-profit organization, founded in 1972, with Romeo de Castro Mascardo as the association president. It is the biggest of the four associations forming the NARAPHIL.

It has five chapters - three in Cavite, namely; the Bacoar chapter (headed by Carlito Mendoza), Imus and Kawit chapters (headed by Amor Cuntapay); the Luneta or Rizal Park chapter (headed by Solomon Manzanilla); and, the Nayong Pilipino chapter (headed by Benjamin O. Capacete).

As the title of the association suggests, they taught both sikaran and arnis simultaneously in their program of instruction.

The emergence of the Maharlika Arnis System came into place when the MASA finally concentrated its practice in arnis. Sikaran was an optional martial art and taught only in the Instructors Course. Five modules came into place, namely; Basic course, Advance course, Instructors course, for Law Enforcers and as a Competitive sport.

In 1982, the Liping Maharlika was born as an offshoot of the MASA and later became the organization of the Maharlika Arnis System corps of instructors and as the governing body of the organization.

### **Reynaldo A. Postrado (A Senior Instructor)**

Instructor Postrado, belongs to the seventh generation of instructors - Batch "Magnificent 7". He commenced his training in 1981 while in college with basic arnis. In 1988 he joined Liping Maharlika. His instructor was Mr. Alex Dela Cruz, who at that time was assigned as the arnis instructor at the U. S. Embassy Arnis Team in Manila. He pursued his interest in the art and joined the regular arnis training classes at the Nayong Pilipino Arnis Club. Only seven out of 18 practitioners were able to finish the instructor course at that time.

Currently, Instructor Postrado is teaching young practitioners at the "Little Angels Learning School" - a chapter of the Liping Maharlika of Bacoar. He instills into the beginners that the art that they are learning is part of their cultural heritage, **"It is their right and legacy"**. He advocates the Liping Maharlika's ideals and values, which is – C.R.E.A.T.E.S. values.

- C** - Customs and practices that the Filipino revered most such as the "pagmamano", respect with the use of words "po"/"opo" and most especially to the practice of the art – respect to the cane.
- R** – Responsibility to God, Country, Family and self.
- E** – Education which is the vital component of personality development.
- A** – Attitude towards fellowmen – human respect for life, authority, belief and moral values.
- T** – Trustworthiness must emanate within oneself by being honest in words and in deeds.
- E** – Esteem can only be achieved if you have met several of the above criteria
- S** – Self-Discipline, then and only then you have achieved the goal of a true martial artist.

So, Liping Maharlika's ultimate goal is not only to develop these young practitioners to be successful in their career but create future leaders and managers for their country, if not, be a responsible citizen.

Arnis is only a vehicle in development of their personality. Self-confidence can only be attained through series of training with endurance, proper coordination of the mind and body, and the determination to achieve whatever ambitions one may aspire.

Starting with the basics of the art, which is the foundation of any martial artists, the stances, and then continuing with strikes, blocks, and defensive counter maneuvers is a repetitious movement condition to obey and developed discipline to follow command until it becomes a part of that attitude one has imbibed – self control. Mr. Postrado works with these young practitioners teaching the basic concepts of the largo (long range) and



the corto techniques in a playful fashion but later on towards real application to real situations.

Young practitioners must be approached on a different perspective in order for them to appreciate the art. A playful situation or sort of games are more appealing than exposing them to the brutality on the use of armed weapons – such as arnis. Children who will be exposed to the bruises and hematomas of practice will usually shy away since it will harm them than to appreciate the beauty of the art. Games are where youngsters excel, straight training can be fashioned into a play simulating an attack and defense system with the concept of counter attack making the young practitioner understand how to maneuver themselves towards the opponent so as to dominate the situation without really hurting themselves.

Mr. Postrado, though known as an outstanding instructor for the young practitioners, is also just as diligent with his adult students, which has been demonstrated during demonstrations with his sparring partner Cmdt. Jun Martinada, with live “bolo’s”.

Adults practitioners differs from youngsters, for the very reason that they are more matured and understandable that in the realities of situations and training, no matter how much one excels and refrain from getting hurt, it happens once in a while without losing their enthusiasm to learn. But both may excel the same way as the other.

**Other Institution where he teaches:**

1. Philippine National Police Academy  
Silang, Cavite
2. Casa Del Niño Montessori School  
Pacita Complex, San Pedro, Laguna
3. San Beda College of Alabang  
Alabang, Muntinlupa City
4. Quezon City Maharlika Arnis Club  
Amoranto Sports Complex  
Roxas District, Quezon City
5. Little Angels Learning School  
Aniban I Subdivision, Bacoar, Cavite
6. Liceo De San Pedro College  
Poblacion, San Pedro, Laguna
7. Immaculate Heart School  
San Vicente, San Pedro, Laguna
8. Brgy. Dela Paz Arnis Club  
Pasig, City
9. Rizal State College of Tanay  
Tanay, Rizal
10. PHILMAT Generation II  
Associate Instructor



Philippine National Police Academy in Silang, Cavite.



He also teach arnis in different schools like the above, Casa Del Niño Montessori School in Pacita Complex, San Pedro, Laguna and below LALS in Bacoar.





## The 1st National Filipino Martial Arts Festival

The kids that perform during the NFMA are students of Mr. Rey Postrado of Liping Maharlika.





### **3rd World FMA Festival**

#### **Liping Maharlika of Bacoor (Batch Maliksi)**

The young practitioners are all grade three students of Little Angels Learning School. They started training in arnis since they were grade one under the tutelage of Mr. Rey Postrado and Mike dela Cruz. With the support and cooperation of the parents, the school administration has included arnis as part of their regular school curriculum. The NARAPHIL Administration is expecting a new breed of Arnis Masters, among this Batch Maliksi.









Instructor Rey Postrado supervising the students on an out of the school training activities at the Luneta Park.

Students enjoying their break during one weekend training at the Rizal Park. Note Rizal Monument at background.





[www.lipingmaharlika.blogspot.com](http://www.lipingmaharlika.blogspot.com)

**Little Angels Learning School**

Reynaldo A. Postrado

28 Narra St.

Aniban I Subdivision, Bacoar

Cavite, Philippines

**Email:** [liping\\_maharlikare@yahoo.com](mailto:liping_maharlikare@yahoo.com)

**Closing Remarks:**

On behalf of the officers and staff of the Liping Maharlika, we would like to take this opportunity to acknowledge the people who have been behind the success of these projects like our brothers and sisters abroad who unceasingly contributed a lot financially and gave moral support to the personnel who manages these programs until to this date like Bros. Monching Del Carmen, Vigie Gallardo, Rolly Tan and Sis. Chona Villa-real of the West Coast; Bros. Boboy Herras, Jun Andres, Rafrat Navizaga, Sis. Minnie Apurada and Sally Pascubillo of the East Coast. Bros. Noel Estepa and Andy Octubre of Toronto, Canada; and, finally Bros. John Gazo and Paeng Gonzalez of Sydney, Australia.

Also, thanks to the Little Angels Learning School administration - Mrs. Cristy Sarte, for officially adopting arnis as one of their primary physical education subjects and Capt. Rick Sarte (manager) of the Pearl Grace Ship management Inc. for being the primary sponsors of our activities in arnis. All the instructors of the different Liping Maharlika arnis clubs like: Bros. Rodel Rogacion, Jimmy Meneses, Ewew Rebosa, Rudy Pulgar, Ariel Duran, SPO1 Ver Abainza, Ollie Memije, Jess Gonzaga, Franklin Legaspi, Redie Camungol, Mike dela Cruz, Benjie Silo, Jonjon Javier, Rey Postrado, Jiegs delos Santos, Sgt. Emmanuel Fontanos, Godo Corpin and Sis. Luz S. Arroyo, Jopay Rabosa, Doray and Weng Rebosa, Corrie Villanueva and Pet Villanueva.

Our senior instructors and newly recognized as arnis masters of the Liping Maharlika; namely, Dir. Romeo C. Mascardo, Carlito K. Mendoza, Juanito M. Gazo Jr., Eduardo F. Paz, Jose-Rene P. Herras Jr., Virgilio M. Madarang, Generoso E. Garcia, Bayani C. Andres Jr., Carlito M. Benito, Fernando M. Vinculado, Anacleto Rous and Solomon Manzanilla.

Lastly, we would like also to express our deepest gratitude for the staff and publisher (Steven Dowd) of the FMA Digest magazine in giving us the opportunity to open and give insights to our reader of what is to be a Liping Maharlikan.

Again, thanks and *“Itaguyod natin ang diwa ng Larong Pilipino - Arnis de Mano”*

**Meneleo E. Estepa, MD**

Vice Chairman

Liping Maharlika Board

## Eskabo Da'an

Patience, Safety and Encouragement

By Tasi Alo

Discussions about teaching Filipino Martial Arts and Eskabo Da'an in a kids and teens class have come up many times with Grandmaster Robert Castro telling the Guros and Masters to simply first teach the basic foundation of Eskabo Da'an, then use the drills that develop the coordination with their eyes and hands. This will build their confidence so that they can see the attack coming, not close their eyes or freeze up. Children usually have no prior experience with martial arts of any kind except what they may see in 'Power Rangers', 'Ninja Turtles', other various martial arts themed cartoons or video games.



Grandmaster Robert Castro teaching basics.



Zlijah with Guro Joseph Bautista sinawali training.

Safety is of the utmost importance, we carefully and patiently work their modified simplified sinawali (double stick drills) and single stick drills along with empty hands training where the check or trap hand is stressed, we explain it to the youth as the right hand with the stick is the offense and (the trap or check) left hand is the defense, We constantly reemphasize safety reminding the young students to practice slowly. Eskabo Da'an uses a short stick 16" to 20" which aids the children with stick control an example

of that is Zlijah, the grandson of Sigung Ramos, he is 4 years old, working with Guro Joseph Bautista. Then we have our youngest guro 17 year old Nino Solano, Grandmaster Castro's nephew. All of the children start with footwork and learning the 12 angles, which is the foundation of Eskabo Da'an.

We are consistently telling the kids that footwork; timing, precision and accuracy are the keys to their success. Learning at a slow pace will help them develop their muscle memory and their eye-hand skills and of course safety which will eventually produce in them the speed in the execution of Eskabo Daan techniques. We encourage them as they practice to start to watch the tip of their stick to where it is intended to strike, to increase accuracy. When practicing the various techniques, the instructors have the student counting the moves' to help the student focus on timing continuing to develop muscle



memory. It reminds me of how cartoons used to be created, with a character drawn on individual pages in different stages of movement then when you flip thru the pages the cartoon character moves flawlessly.



Guro Alo working with the future  
Filipino martial arts practitioners

you ready to dance? The goal is to start the young student developing his or her perception and insight in a real self- defense situation so to give the student the tools to succeed in any scenario that they might find themselves. Granted we cannot know everything that one might encounter day to day but to have the youth prepared for the unexpected is essential to their self defense education.

I myself was faced with teaching kids when I started teaching at Wahiawa Kajukenbo in Suisun, Ca. As it turned out I have a multi-age class of students of adults, teens and kids, as does Grandmaster Castro. He has taught youth classes and seminars at Valdillez Kenpo School in Redwood City twice, as well as his regular children's class in San Francisco where he teaches his own son Arjuna Castro, his daughter Julie Ann Castro and their friends.

We have observed that with our children students, the instructor has to meet each student at his or her own ability to aid them to assimilate the information. We also have a saying in Eskabo Da'an, "No one gets left behind" so as to discourage competition amongst the kids, each one learns at their own speed. Eskabo Da'an uses a multi -instructor format that provides more individualized attention for the children when we are able to provide them that attention.

However we also instill in the youth integrity and character because we believe that a person regardless of age is a being with a body, a mind and a spirit, so we strive to instruct a complete young person with some emphasis on the spiritual nature of life. What has been a fulfilling insight for our instructors is while teaching the young students, how much you are taught by those students and that teaching is a 2-way street. There is an exchange between teacher and student, student and teacher, so that both the teacher and student see the big picture of life. We keep the training simple enabling the youth to

Patience is the key when working with children to develop their coordination both physically and mentally, especially when an instructor starts teaching the Eskabo Da'an basic footwork drills, which always seem foreign to the students when they first start learning them. It is in our footwork drills that the student initializes the timing format of Eskabo Da'an then translates the timing to the hands through counting the steps like one would see in a dance studio class. When starting a class we begin with the footwork drills or we say are



grasp the knowledge applying it in their lives, providing them a path to maturity. This is what a “guro” should do as the title “guro” implies. The inter-action between the student and teacher really does influence the young persons’ life. There are many examples of where I have witnessed great progress in the young student’s physical, mental and spiritual development due to utilizing this concept with my own students. A few of my young students have blossomed with a renewed healthy attitude with good self-esteem. It has been my personal opinion that the Martial Arts is more than just self-defense. Self-defense is one of many paths in life that a young person may choose to take as they fulfill their personal purpose in their lifetime.



The teaching of youth provides the instructor the avenue to pass the information on to others, this was a point made to me by my late uncle John K. Wong, who told me once that the knowledge of the “art” is not for you to possess but for you to pass on then you have fulfilled the purpose of your being. He set this example for me by passing info to myself and others in his life, so in Hawaiian I say: Mahalo a nui loa” to you, ”Uncle John” and to the late Ahgung Tony

Ramos, ”Uncle Tony” who showed me the value of training hard. Thanks to my dad Tasi Alo Jr. one of the “Chosen Few” (Marines) who told me when I was young to learn “hand to hand” in case you run out of ammo, a lesson he brought back from the Korean War. Also I would like to thank Uncle A. Sonny Palabrica, Uncle Clarence Tai Lee and Uncle Ming Lum for the all the wise advise they have given to me over the years. Both Grandmaster Robert Castro and myself say a fond salamat po to the late Grandmaster Angel Cabales for the time, training and wisdom that he shared with us and very special thanks to Great Grandmaster Ernesto Presas of Kombatan for his teaching and support of Grandmaster Castro and the Eskabo Da’an family. This article has been written to share what a wonderful experience and privilege it has been to share the knowledge of Filipino Martial Arts through Eskabo Daan with young kids and teens, watching the positive effect it has taken on their young lives.

My gratitude to the editor of FMA Digest Punong Guro Steven Dowd, and Grandmaster Robert Castro creator of Eskabo Da’an, Grandmaster Emil Bautista of NorCal KSDI, Sigung Anthony Ramos of Wahiawa Kajukenbo, allowing me the privilege to instruct there in Suisun, Ca. and Professor Carlos Valdillez of Redwood City Kenpo and his students, thanks for the support and love. Thanks also to Master Lito Concepcion, Master Ray Cordorba and Master Alex France. Thanks to Sensei Paul Thomas for taking pictures and video. Most especially to all of our young students in training from whom we have shared and learned so much from,” Much Love” and thanks to all. For it is the student that make Eskabo Da’an.





**Wahiawa Kajukenbo**  
 Joe Nelson Community Center  
 611 Village Dr.  
 Suisun City, CA.  
**Website**



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

## **Martial Artist Kids into Sports**

The Future Generation for Filipino martial arts

### **IMAFP National Sports Arnis Tournament 2007**

"Senator Robert Z. Barbers Memorial Cup 2"

February 24 & 25, 2007

San Andres Sports Complex

San Andres, Manila



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

After the launching of the IMAFP revised Sports Rules February 25 and 26, 2006 National Tournament, the Sports Committee has taken the attention on the opportunity of getting more young practitioners to join the Sports Arnis Competition. Like other martial arts, we are now into the full implementation of the Sports Arnis Rule applicable not only for adult players but also mainly for young practitioners who wish to play the Art into Sports.

We are now into focusing the categories from non-contact and contact sports. From the previously held 2nd National Tournament, the entries for the young practitioners are doubled. This is because we are not only promoting the Contact Sports but also the Non-contact which will connect them to our Cultural side of the Art. Surely, other group will follow our lead in promoting this system of competition because our aim is to make the Sports Arnis into the Sports of the Future that will be acceptable to all kinds of Sports Activities not only in the Philippines but also to the International Sports Organization especially the Olympics.

Kids entries are from: Liping Maharlika, Muntinlupa City Team, Sik Paldacan Do, IMAF/FFAI-Pandacan, IMAFP Iloilo City Chapter, Dekiti Tirsia,

IMAFP/MATCOP-Taguig. And soon more are to join as we organize the “1st Sports Arnis Competition exclusively for Kids.”





In the pictures are shown the seriousness of the kids for their performance, the coaches and trainers' assistance and the happy faces after the tournament.



# Eagle & Dragon Martial Arts Academy

By Jalonda Fountain



Guro Burkhalter works with a student. violence. Children involved in Eagle & Dragon Martial Arts Academy programs have shown that they develop a closer relationship with family, remarkable progress in their scholastic achievement and a sense of pride in their community.

Guro Patty Burkhalter has over 20 years of training and experience in the Filipino and Chinese Internal Martial Arts.

Eagle & Dragon Martial Arts Academy Training includes San Miguel Eskrima under Guro Patty Burkhalter. The Filipino martial arts program builds self-esteem, teaches goal setting skills, creates positive peer groups, promotes asset development, and provides children with positive activities, role models and mentors. The program is designed to instill positive behaviors through prevention interventions in an effort to combat juvenile crime and family



## **Eagle & Dragon Martial Arts Academy**

Rocky D. Fountain (Owner/Sensei)

2331a Old Collinsville Road

Belleville IL 62221

(618) 222-2888

(618) 222-2879 FAX

**Website:** [www.edmaa.com](http://www.edmaa.com)

**Email**

## **....A Year of Filipino Martial Arts**

KEAT - Filipino Martial Arts Hong Kong

By: Punong Guro Abner Anievas

Arriving in my office I immediately turn on my computer to read incoming emails. Going through the emails I was surprised to see an Email from South China Morning Post requesting to cover out training for 4 consecutive training sessions. South China Morning Post (SCMP) is the largest English news paper in Hong Kong.

I told myself that this is going to be the biggest publication to promote Filipino Martial Arts in Hong Kong. My heart is filled with joy and emotions... here we are another step to share Filipino Culture Abroad. Not wasting any seconds I immediately returned the email and sent my 100% cooperation for this article.

First Saturday, weather is good and sky was clear we started training while the photographers of SCMP took pictures. They told us to just keep the normal training as if they were not around; I guess they wanted the pictures to be natural.



While we are training I noticed that Mikka one of my young practitioners had been helping some of the our new members. Not letting him know, I watched him with admiration. His movements are completely different from the first time he trained with me. He's been consistent with his training, attending whenever his time permitted. His enthusiasm grows everyday with countless question about the body mechanics.

Mikka had been playing Ice Hockey in Finland so he had developed a heavy strike. He grew up playing Ice Hockey so commenceing his training in Arnis came very natural for him. Having trained in Judo, Mikka quicky learned how to take advantage of body positioning. But just like his father he loves to train with bladed weapons.



Truly after a year of practicing martial arts he was transformed... from curiosity to a serious practitioner. I can see a bright future ahead of him and if he still continues the energy and effort he has given in training... he's going to be one the top instructors of the Filipino Martial Arts.

Mikka has shown great respect and interest to the Filipino Culture. I am flattered and proud to be part of his martial arts journey and guide him in his way to be a responsible human being.

*"A long the way I saw an Apple, I picked it up... but when I cut it open... I saw Mabolo Fruits...sometimes foreigners are more Filipino than Filipino"*



**Website**

**KEAT-CMS Hong Kong**  
Punong Guro Abner P. Anievas  
**Email**

## **Williams Home Of Escrima**

Family Taekwondo Plus  
By Shawn Summers

May 5, 2007, Professor Dominic Cirincione, of Family Taekwondo Plus, hosted a Serrada seminar presented by Professor Wade Williams. The morning started off with, Professor Williams teaching the children a few drills including spinning the sticks so the younger generation could get comfortable with a stick. Professor Williams then took the kids into an outside block on a #1 strike; the group was remarkably comfortable with the technique.

Everybody was having a great time learning this block and they all caught on quickly, which led them to working with the hands using the same movements. This is when the fun began. They all started to understand the correlation between the sticks and the hands. The drills they did were a lot of fun and the instructors had as much fun as the youngsters did.

Professor Williams with his son Master Keenan Williams then showed



some empty hands, building off the block everyone just learned. The young group was so attentive and quick to learn that Master Keenan gave them a joint lock based upon the same outside technique they were already “perfecting”. Professir Williams and Master Keenan did a quick Lock and Block drill to finish up the morning session. Everyone had a blast!



The one thing that Professor Williams was truly trying to drive home to the young practitioners was that the martial arts are for defense only. They are not to use the knowledge to hurt anybody. Due to the great teaching of Master Cirincione, the kids all knew what Professor Williams was talking about and they all agreed.

Professor Wade Williams, a practitioner of Cabales Serrada Escrima, started 1985 with Guro Mariano Bermodes, and then introduced to Grandmaster Angel Cabales and under his tutelage graduated to advance instructor and after continued study, was awarded a masters degree in

December 1987 by Grandmaster Cabales.

Professor Wade Williams’ background includes Masters certificate under Grandmaster Angel Cabales, certified in Bahala Na under Grandmaster Leo Giron, and years of training under Maestro Sonny Umpad.



### **Williams Home Of Escrima**

1611 W. Durham Ferry Rd.

Tracy, CA. 95304

(209) 835-2546

**Email**

**Website**

## **Basic Self Defense Training Course for Girls**

San Agustin Elementary School Covered Court  
Novaliches, Quezon City

### **A pilot project of:**

Young Women's Christian Association of Quezon City, Philippines

### **Undertaken by:**

Philippine Jendo Association

- Headed by Grandmaster Jonathan Makiling Abaya

San Mateo-Rizal Jendo Association

- Headed by Guro Michael Bryan Alegria

### **In cooperation with the:**

San Augustine Elementary School

Hon. Vice Mayor Herbert Bautista of Quezon City



Grandmaster Abaya being introduced to Quezon City District Supervisor (middle) by YWCA National Chairman for Ways and Means (right-most) Atty. Bienvenida Gruta. Standing in the middle beside GM Abaya, is San Augustine Elementary School Principal and YWCA Quezon City Vice President, Mrs. Eloisa Peña.



Grandmaster speaking during the opening of the self-defense course.



YWCA Quezon City President Atty. Jean Puno.



YWCA National Chairman for Ways and Means - Atty. Bienvenida Gruta.



San Augustine Elementary School Principal and YWCA Quezon City Vice President - Mr. Eloisa Peña



Grandmaster Abaya and his Jendo Trainers, together with the officials of the YWCA Officers.



**Philippine Jendo Association, Inc.**  
 16 Mariveles St.  
 City of Mandaluyong, Philippines 1550  
 (632) 717-2782  
 63 (917) 366-7061  
**Email**  
**[www.philjendo.com](http://www.philjendo.com)**





Training





**Students**



**Graduation Ceremony**



**National Anthem**



**Opening Prayer**



**Guests and Officials**



## Arnisador Mom Spreads the Art Through Her Children

By Edessa Ramos

The most inspiring thing we can have in the modern arnis community is to see our children growing up to become responsible people by learning arnis and its values of life and freedom.

Guro Ginalyn Relos, IMAFP official, is one parent who makes sure of this, Guro Relos, not only has demonstrated her untiring dedication to IMAFP and modern arnis, but for her commitment to promoting Filipino martial culture.

### Arnis Training and Sagala



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





## Children in Senkotiros

By Professor Max M. Pallen

When children enter the world, they are 100 per-cent dependent upon their relationship with their immediate families for all their needs. As they age, they begin to expand their relationship to others. Senkotiros can provide a pivotal advantage for any young child during this critical developmental stage.



The primary benefit of Senkotiros training for young people is geared around the emotional and mental development of the child. By the time your child has mastered even the most basic physical skills, he or she has most likely mastered many forms of class etiquette and group interaction.

With my experience I can almost guarantee the fullest achievements of these young Senkotiros practitioners with parent support on my recommendation for a balanced training.

A Certified instructor in Hawaiian Combat Kenpo and also exposed to Philippines martial arts “Arnis” during my younger years I am able to relate the arts, between the two worlds of martial arts. In the Philippines young people learn Philippines martial arts mainly for self-defense because of the environment they live with regional challenges and survival mentality.

Our Senkotiros program teaches necessary “protection skills” but, the emphasis is on developing skills on goal setting, self-control, personal self-discipline and self confidence as well as cultural identity for those that have Filipino heritage. Because of these they find it easier to resist negative peer pressure, improve focus, unaffected by distraction, with self-confidence developed they will be able to tackle all types of challenges skillfully and free to pursue many opportunities in life has to offer.

A few of my junior Guros and Dayangs will soon be going to a University for further education. They started with my Hawaiian Kenpo and Senkotiros program since they were 6 to 7 years old, “I never thought it was that long ago.” They are my “Special Forces”. They are young but responsible individuals. If I am not around they take charge.

Today I have eight of these young Senkotiros disciples in my regular adult Instructors course every Sunday when I am back in the bay area. They went through the same initiation like everybody else to be able to belong to this group of Senkotiros practitioners, coming from different areas of neighboring county for training in Senkotiros style of arnis.

Our Senkotiros classes start with the fundamental program, beginners, intermediate, and then advanced and for motivational purposes we award students sashes when they pass their test every quarter. With four quarters a year it will take them two





years to earn the rank of Lakan” “Black Sash”, only through recommendation can one earn to be initiated for the Senkotiros disciple membership after passing the probationary period.



**Holly Community Center**  
31600 Alvarado Blvd.  
Union City, CA. 94587  
(510) 471- 6877  
[www.senkotiros.org](http://www.senkotiros.org)



### **Dayang Melizza Anne Anievas**

Filipina Blade Junior Master

Anievas System Balaraw

By: Punong Guro Abner Anievas

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 every day he would explain the importance of body mechanics to attain good form. Explaining 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 Ginunting sword, Barong Sword, Double Stainless Knife , 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.

We 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’s around.

Melizza’s was featured in Black Belt Magazine June 2007 issue. She is the youngest Filipina to be interviewed by Black Belt and the first Filipina since 1993. She was also featured in the Hong Kong News Cultural Section and will be special featured in SCMP.



**Website**

**KEAT-CMS Hong Kong**  
Punong Guro Abner P. Anievas  
**Email**



## **Festival of Filipino Martial Arts At**

SM North Edsa, SM Bicutan, SM Manila  
SM San Lazaro, SM Bicutan, Megamall

April - May, 2007

By Peachie Baron Saguin

Wilma Dulay

Photo's By Grace Pible

At various SM Malls throughout the Manila Area in the Philippines, on cooperation with the National Filipino Martial Arts Organization, demonstrations were performed from different styles of the Filipino martial arts.

Besides Grandmasters, Masters, Guro's and their adult students demonstrating their art, young practitioners also showed their capabilities and knowledge in various styles of the Filipino martial arts.

Some of the different styles that were involved in the events:

PIGSSAI



Engr. Jose Dion Diaz

- Philippine Tourism Arnis Exhibition Team
- Tropical Sikaran Arnis Gym
- Philippine Jendo association
- Phil. Jendo Association
- Yoyo

MATCOP Arnis Team - Headed by Senior Guro Nonoy Poblacion, Jr.

Warriors Martial Arts - LASI - Headed by Master Romeo Satos

Mink Mongoose Isabela Arnis Team - Master Celso Sandigan

Paclibar Bicol Arnis - Headed by Master Jaime Paclibar

Hufana's Traditional Arnis with Guro David Devore, Guro John McCabe and Edwin Peregrino

International Modern Arnis Federation Philippines (IMAFP) – Senior Master Samuel "Bambit" Dulay

Arkado - headed by Master Vhir Tubera

Kali Arnis International - LSAI - Grandmaster Vic Sanchez

Kali Sports Demo Team - PNP - Master Rey Dominguez

Kali Integrated Martial Arts (KIMA) - Victor Cusi/Maning Bonsa

Arnis Association International Inc. (AAII) - Grandmaster Rodel Dagooc

Waldas 3-5-7 Kali System - Mr. Ricky Tenirefe

PLV Virulents Tigers Kali Zubu - Master Romulo Romo

AKETS - Mr. Telebangco

Buenamano LESKAS - Mang Fil Buena

Dekiti Tersia - Master Jerson Tortal, Jr. / Jerry Evangelisan

Bahaghari smahang Manlilikha - Mr. Paul Zialcita



**Master Romy  
Warrior Arts**



**Dimples of Asian  
Treasure a TV program  
in Philippines**



**MATCOP**







**Jas-Dulay Grandmaster Sanchez May-Delid**



**Engr. Jose Dion Diaz**



## **Eskrima Serrada for Children**

**An Interview with Professor-Punong Guro James Hundon of UMAA/IESA**

By Beki Light



**Professor-Punong Guro James Hundon  
And some of his students at Whitney Young**

Professor-Punong Guro James Hundon is the founder of the Universal Martial Arts Academy (UMAA), and a Punong Guro in the International Eskrima Serrada Association (IESA) under Pangulong Guro Sultan “Shaykh” Uddin.

UMAA is also the official headquarters of IESA. In addition to teaching his many other martial arts classes, Professor-Punong Guro Hundon instructs children at the Whitney Young Child Development Center in the art of Eskrima

Serrada. The Whitney Young Child Development Center, located in the historically underserved Bayview-Hunter's Point district of San Francisco, is a unique place that helps children of all backgrounds develop to their optimal potential.

**BL:** *Professor-Punong Guro Hundon, why do you feel Eskrima Serrada is a good art for children to learn?*

**PGH:** Like all martial arts, Serrada teaches discipline and being able to focus-but I think Serrada is very practical. It teaches the fundamentals of self defense in a structured way. Serrada training helps kids to develop their strength, motor skills, and muscle memory. Serrada emphasizes balance, the basic stances, footwork, angles, and timing from the beginning.

These are skills that are universal to all martial arts, and also sports. I don't say this to put any other art down-but personally I like the concept of how the art of Serrada has been put together. The IESA curriculum teaches Serrada one counter at a time, the same way Great Grand Master Angel Cabales taught it and wanted it to be taught. Once you have become proficient in a certain number of counters then you are ready for the drills which eventually lead to sparring.



Students practicing hubod-inspired empty hand drills at Whitney Young.

**BL:** *Describe your approach in teaching children.*

**PGH:** I break down movements into their fundamental building blocks, and use repetition and drills to build the body's muscle memory. I emphasize correct form and good footwork as a basis for learning everything else.

**BL:** *Do you feel that weapons' training is helpful for children in terms of self defense?*

**PGH:** Of course, also-even though in my training I learned empty hands first before working with weapons-I feel that empty hands becomes easier after understanding the structure of weapons. Weapons' training develops the foundation, and also lets them work with something in their hands, building dexterity. Then the same concepts are translated into empty hands techniques. The kids might not realize that early on, but later they start seeing what they are already able to do.

**BL:** *Do you have any advice for people who are thinking of teaching children in martial arts?*

**PGH:** You can't teach kids the same way as adults. It is important for the kids to have the structure and the discipline, but at the same time you need to make it fun for them. For example you can use television and video games to illustrate strikes and techniques. Kids like to dance, they like rhythm-so sometimes you have to teach something in a creative way, make a game out of it or a routine to make it fun for the kids.

The earlier they can learn focus and structure, the more it will help them in their education and develop life skills. What you are teaching them will carry them far in life.

**For more information:**



[www.myspace.com/tribe\\_iesa](http://www.myspace.com/tribe_iesa)



[www.umaacademy.com](http://www.umaacademy.com)  
[www.myspace.com/umaacademy](http://www.myspace.com/umaacademy)



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

## **Lizelle and Mike Hufana**

Hufana Traditional Arnis International

The FMA Digest has known the Hufana family since 2000. And if you have gone through the FMA Digest website you will know that we have covered Punong Guro Myrlino P. Hufana's, World Filipino Martial Arts Association (WFMAA) event for the last few years, and also have a Special Issue on Hufana Traditional Arnis International (HTAI).

During the years that we have known Punong Guro Hufana and the family we thought it was about time to let you the reader know about his son (Michael) and daughter (Lizelle).

Carrying on their fathers teachings, both have excelled to become excellent practitioners of the Filipino martial arts. So the FMA Digest asked each to tell you the reader a little about themselves.



Michael and Lizelle - 1996



Michael practicing with his father.



Lizelle and Michael today.



## **Lizelle R. Hufana**

### **A shadow to her father's legacy**



On July 16, 1989, Lizelle Hufana was born into a legacy. With the Filipino/Spanish blood and inheritance of her father's killer instincts, little did she know that the Filipino Combative Art would soon fall into her footsteps.

Daughter to Punong Guro Myrlino Hufana, she has been training in the Martial Arts, specifically Taekwondo and Traditional Arnis since she was barely four years of age. Since then, training was scheduled out from 3-5 days a week, every week. Her father began slowly training Lizelle by showing her the basics of Arnis such as block-check, countering and the basic Sinawali drills.

Since she was young, Lizelle has always accompanied her father at demonstrations and seminars. There, she would meet unforgettable masters such as Grandmaster Ramiro Estalilla and the late Professor Remy Presas, the father of Modern Arnis. At the time when Professor Presas gave permission to Punong Guro Hufana to start his own system of Arnis, Lizelle was far too young to understand what all this meant. It wasn't till just years ago when she realized that this Filipino Art was not only her father's passion but now flowed through her blood.

On the verge of turning 18 years old, Lizelle holds several Hwa-Rang Taekwondo Federation National Championship titles from 2001-present. She currently holds a 3rd degree black belt in Traditional Taekwondo. As for Arnis, she has won the 2003 and 2004 World Filipino Martial Arts Association Laban Laro (WFMAA) single stick teen's division Championship. As the only female thus far to compete at this prestigious event since the commencement of the WFMAA, Lizelle is seen as a brave young lady and a true warrior at heart. Till today, there is yet to be another woman, young or old, to step into the ring at the WFMAA Laban Laro Championships.



Throughout her high school career, Lizelle has been able to maintain consistent training in both Taekwondo and Arnis. In addition to her martial arts training, Lizelle also maintains a part-time job and ran track and field for two years for the Bellevue High School Wolverines. Her favorite event is the 100m hurdles. Being ambidextrous, Lizelle is able to out-perform her competitors. She finished her senior year as the fastest female in King County Championships 2007. With a busy schedule, maintaining the basics and a variation of advanced drills of the HTAI System is a challenge but somehow she still finds a way to juggle it all.



Although moving into the next major stage in her life, college, Lizelle still plans to train in both Taekwondo and Arnis under her father Punong Guro Myrlino Hufana, the founder and grandmaster of the Hufana Traditional Arnis International's HQ (HTAI). Lizelle often encourage other young women to take up martial arts for self-protection and its health benefits.



## **Michael Hufana**

The Warrior and Scholar

My experience in the martial arts has been nothing short of amazing. As far back as I can remember my father has been training me in Taekwondo and Filipino martial arts. This has played a significant role in my life as it has helped shape who I am and will become in the future. It is safe to say that without the guidance of the martial arts, I would not be where I am today and perhaps even more importantly, would lack the perseverance and determination to triumph over life's countless hurdles.

It was not until I began training in the Filipino martial arts that I started to realize there was more to the martial arts world than the physical aspect. Born into a family responsible for countless generations of Filipino warriors, it was no secret that one day I would have to learn the art of my ancestors, because it is, like my father says, "in the blood." Honestly, for one reason or another, I was at first reluctant to begin Filipino martial arts only to find that that was indeed detrimental to my growth as a Filipino. Since then, I have become more serious about the Filipino martial arts, not only because of the dynamic power and speed of the deadly techniques, but also the fact that I have learned more about my Filipino heritage than I would have ever known outside of it. Personally, being a Filipino-American has at times put me at a difficult crossroads: I am Filipino, but having been born and raised in the U.S. makes it that much harder for me to relate to my ancestors. Even so, I am proud to say that my training in the Filipino martial arts has bridged that gap between my generation and those who have become before me. For instance, I am more aware of the Filipino culture as a whole, the languages indigenous to the islands, and the powerful role family plays in the lives of the Filipino and in the Filipino martial arts.

Training under a Filipino martial arts system founded by my father, Hufana Traditional Arnis International has been an enriching experience in many aspects. The Filipino martial arts has augmented my skills as a martial artist, making me a more well-rounded fighter. It is through my Filipino martial arts training that I have become even more confident in my combat skills, which essentially may save my life if a street altercation ever occurs. In terms of culture, I am more aware that tradition, respect, and family all play an equal hand in the Filipino martial arts, along with the martial arts training. Looking at the art itself, I am proud for what my father has accomplished with the World Filipino Martial Arts



Association, bringing Filipino warriors from across the globe as a testament to brotherhood. Moreover, I am proud of what we as Filipinos have accomplished over the past few decades trying to make the Filipino martial arts known around the world. From Professor Remy Presas, to the students, teachers, and masters of today I am proud to be a part of the experience and know that as Filipino martial arts practitioners, we still have much more to look forward to.



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



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

## Following His Father's Footsteps

By Wilma Dulay



At a very young age, Joseph Angelo Samuel or Jas grew up in the environment of the Filipino martial arts and was exposed to Arnis both as career and as a sport. His father, Senior Master Samuel Bambit Dulay teaches arnis as well as practices it as a sport in international competition and exhibitions. Jas and his family live on the 3rd floor of the building owned by Datu Shishir Inocalla, a well-known Arnisador. His father's gym is located at the ground floor of the same building and Jas is lucky to witness his father practice with his fellow Arnisadors, as well as be entertained by their stories about the sport in their home country's history on the Filipino martial arts.

At a very young age, his father used to teach him the basics of arnis. Jas looked at it as play time with his father, never realizing that he would soon follow in his fathers' footsteps. At the age of 8 Jas started training at Ryan J. Fitness Center and now at the Department of Tourism every Sunday. He is now a yellow belter and dreams of gaining the highest distinction: a Black Belt and Master of the sport.

Jas is now twelve years old and is not sure yet what he wants to be when he grows up. One thing is very sure though; Jas has grown to love the arnis and wants to participate in international competitions and



exhibitions like his father. Jas wants the world to recognize the Filipino martial arts in the same class as other Asian martial arts.



Cousin May Delid (left) and Jas Dulay (right)

At present Jas is content with helping his father promote the sport in seminars and tournaments such as the 1st National Filipino Martial Arts which was held last May 2006 and the 3rd International Filipino Martial Arts (FMA) Festival held in July 2006. Jas helps his father do PowerPoint presentations, edit FMA movies, type letters and promotional materials and assists in registration counters. Small jobs, yes, but it's great fun considering that Jas loves being exposed to international practitioners of the sports. According to him, "Someday I will be like my Papa and will be internationally known".

To the question why Jas loves arnis? He would often answer, "Because it teaches me self-discipline and confidence, self-defense, and most of all humility. As they say, in humility there is strength. Arnis is a Filipino Martial Arts and I love contributing to the perpetuation of the sports to the youth like me."



L - R: Master Tabimina, Grandmaster Jerry Dela Cruz (Kruzada), Jas Dulay, Master Celso Sandigan of Isabela Arnis Team and Grandmaster Rodel Dagooc.



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



## Youth in the Martial Arts

By Stacy Desideri



The Philippine martial arts have always been known as beautiful and deadly, but recently it has had an exciting rebirth. The face of escrima has become the face of youth. This growth offers wonderful new opportunities for martial artists of all ages. Professor Max M. Pallen, Grandmaster of Senkotiros International, agrees. "I think it is important for youth to participate in martial arts regardless the style of the art." Grandmaster explains further. "As long as the instructor is proficient and has vision and a positive direction of what he teaches, the martial arts does help develop specific skills and behaviors that increase the probability for success in the life."

The Filipino martial arts lend themselves to developing skills and power in the younger martial artist. As children grow and develop, they look for ways to reach new levels. Many styles of martial arts tend to favor the larger or stronger fighter. The Philippine arts are different. The diversity contained in each Filipino martial arts style gives much to the youthful practitioner. It is important to be sure that students choose the right instructor. In addition to the power and the cultural aspects of training, it is important that an instructor be sure to teach the principles it possess. The right instructor can give students elements of the beauty and culture hidden in the elements of the art.



Senkotiros International has enjoyed an infusion of youth over the past two years. Where the group used to consist of only adults, the Lakan of Senkotiros currently includes 8 teenagers between the age of 13 and 17. Grandmaster Pallen agrees this infusion of youth is vital to the future of Senkotiros. While traveling in the Philippines, Grandmaster Pallen makes it a priority to work with local youth

groups and schools, developing martial arts programs for children. He explains: "I think it is important for us, as an international organization, to have a vision of the future to grow. Today is the time to train young "Lakans" and "Dayangs" to develop a skillful generation of future guros that can propagate Senkotiros International into the future."



Training with young martial artists gives so many instructors the opportunity to explore the understanding of their own style. Grandmaster Pallen also argues that training with the next generation gives much to the entire organization. "Young "Lakan" and "Dayang" need to be exposed now to Senkotiros style. Students develop the mastery of the art and the leadership they can provide to the Senkotiros future. It is the exchange of views and ideas from the old to the new that will set their foundation of the Senkotiros International."



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

## How to Win Competition/Tournament

By Master Felix Roiles

My method of teaching is very easy to learn like A-BA-KA-DA (A, B, C, D, etc. It is not necessarily to do a lot of physical, cardio vascular exercise like in other martial art discipline. My system is direct to the point. Once the Students learn the basic principles and techniques, it allows them develop into the higher degree and level of physical and mental alertness. Our Young Practitioner will learn how to react to protect him/herself and their love ones in any situation.

As a 3-time World Champion in Full Contact Stick Fighting and I trained and produced a lot of Champions in the Filipino Martial Arts field. For kids the most important things would be each of the following that their instructors should keep in mind:

- 1) Build a solid / strong foundation by learning the basics- This means teaching the strikes at all three ranges, Largo, Media and Corto. Blocks at all three ranges and practice the counter strikes with them. This is so they do not just block, but block and counter strike quickly.
- 2) Once the young practitioner- student is good enough to demonstrate the basics, have them build the endurance by doing more repetition of each given techniques. This includes bagging while moving around, shadow fighting with combinations made out of the basic strikes. I have my students do jumping jacks, jump rope and bunny hop drills to help build their endurance.
- 3) **FULL CONTACT SPARRING!!! SPARRING!!!!!!!! SPARRING!!!!!!!!!!!!**  
Start your young practitioners with light padded sticks and move them up into live



stick with full gear. They must be use to being in their gear and fighting. This takes the most energy to fight this way.

- 4) Take it outside and make it fun. Young practitioners love being outside, go to the park and practice in the fresh air. Make it fun, by making a game out of it, it will not be practice but will training with play. Invent games or do old ones like one we did when I was growing up. These days every kid wants to be fighting pirates or be one and if they are not doing that they are be Jedi Knights. So let them pretend and make it fun.



The native fighting art known as PAKAMUT- covers all the ranges in fighting long, medium, and close range fighting, close quarter combat layog o bugno (fight or wrestle) with the use of single and double stick, baraw (knife), kampilan (long sword) and other impact weapons that has been existed long time before the arrival of the Spaniards. These techniques were passed on to

the descendants of Datu Lapu-Lapu and still sacred today. They are still practiced today by them in the remote mountains in the Island of Sugbo (Cebu). PAKAMUT was later called Eskrima, Kali, or Arnis during and after the Spanish regime.

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

My personal mission is to help the Filipino American community and other races to understand and learn the Pilipino Arts and culture, the value of the hidden treasures in the Philippine Island in the art of fighting. Be a part and be proud of our hidden treasure of the Philippines Island.....



.....MABUHAY.....

Master Felix Porio Roiles of the PAKAMUT System  
3 Time World Full Contact Stick Fighting Champion.

**Master Felix Roiles**  
PAKAMUT International Association

For seminars, private lessons, shows and appearance.  
Please book at least one-two months in advance due to high demands.

For more information please contact him at:  
**Flex Services Inc.**

PO Box 65552  
Los Angeles, CA 90065  
(323) 350-8500  
Email: [felixflp@msn.com](mailto:felixflp@msn.com)

For wholesale prices of all Pilipino Martial Art  
Equipment,  
Please call (323) 350-8500



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

## Parents and Instructors: It Takes Teamwork

Young practitioners (ages 17 years and younger), who get interested in the martial arts usually get their first impression from television by watching Power Rangers, Ninja Turtles or from watching the movies whose stars are Jean Claude Van Damme, Steven Seagal, Jackie Chan and Jet Li. So in a young practitioners mind it is a simple path to be able to execute the fighting techniques.

But reality check is an eye opener. As the instructor steps on to the floor; and gives the disillusioning fact by talking of practice, discipline, and hard work.

It is one out of ten who really stay with the Filipino martial arts till adulthood. Others fade into the woodwork to vanish and not be heard from again. Why is this? Is it the school, instructor or the parents?



Instructors must explain the martial arts to parents, so an understanding is attained. Also, the parents should make the instructor aware of their child so the instructor can make the correct approach in his/her instruction. Frequently parents should sit down with the instructor to discuss their child on how progress is being made. It is even wise for the child to hear so he/she can gain in the praise or find out where he/she may need to improve.

What is the best avenue for a young practitioner? It is a partnership between the parent and the instructor. Both must give support to the young practitioner. The instructor should not just be interested when the young practitioner shows up at the door or steps on the floor on what can or can not be physically demonstrated or the financial aspects, but must be interested and in support; supporting aspects as in school work, health, and in the daily aspect of the young practitioner. Not to say knowing every young practitioner's day

to day events, but promotes the accomplishment of homework and good grades, promotes the philosophy of the Filipino martial arts in the use of self-defense. But yet work with the young practitioner to get the most accomplished and the best in the execution of techniques and in building self-confidence and pride plus instilling the philosophy of the Filipino martial arts.

On the parent's part, support comes in the way of praise and a responsible attitude towards the young practitioner in the study of the Filipino martial arts. Support the instructor in being interested in the accomplishments of his or her child in what has been learned and accomplished. Have a positive attitude which promotes the school, instructor and the Filipino martial arts.

Filipino martial arts in part are:

1. The art of self-defense
2. Physical Fitness
3. Coordination of mind and body
4. Endurance
5. Self-confidence



But also should be added the unity of the Heart and the Mind. For with this the respect and the young practitioner strives to do his or her best and understands the philosophy of the art and take on the responsibility of the knowledge that is given.

It is true each young practitioner is different not only physically but mentally. Some can comprehend quickly others are slow. But with the proper support and team work from the parent combined with the instructor the young practitioner attains the needed self-confidence which leads to a healthy well stable productive person in life.

Some examples which have been or can be found in the differences in young practitioners, and how the Filipino martial arts has built self-confidence physically and mentally uniting the heart with the mind are:



1. One example is a young practitioner which at the age of six months developed a condition of apnea, which affects the breathing and can cause loss or stoppage of breath completely. Living on machines during the night which sounds an alarm if he stopped breathing, life was very rough to survive. Doctors at the time did not really know the cause and are continuously striving to gain knowledge on this disorder. But fortunately with the parents care and medical assistance the child continued in life. The child not really having the self-confidence of most



children or the stamina was enrolled in a Filipino martial arts school, and was felt that he would not last long by all that observed him. With the parents support and the instructor working as a team the young practitioner has grown building self-confidence, which has physically and mentally made this practitioner stable and strong in life. Continuously striving he has placed in several tournaments and is working towards his testing for his first promotion.

2. Another case is when a young practitioner walked through the schools doors saying I think I would be interested in learning how to defend myself. As time passed he has turned into a very good student easily grasping all physical and mental aspects of the Filipino martial arts. Through the support of his parents and the teachings of his instructors this child seems to be gifted and will most likely be distinguished as time goes on in the Filipino martial arts. This of course is the example which instructors dream of the dedication and physical capabilities of a student which is like a gift. But this is an exception.
3. Another example is as this young practitioner entered the school he was found to be uncoordinated and somewhat clumsy, with no attentive aggressiveness towards anything in life. At one time he was going to quite for he had had enough of this physical hardship (as he thought of it), with the continuous support of his parents in constantly not letting him get a defeatist attitude and making sure he attended classes, and the instructors constantly working with him so he could see he could attain the goals desired with a little aggressiveness. Self confidence built into the child, noted so in that he just recently tested for his first level and passed. Receiving his promotion with pride he strives even harder now to achieve his next goal which is level two.



These are but just a few examples though it is for sure there are many more which could be told, and even some maybe so impressive and others just heartbreaking. There is one ultimate action which must be accomplished. This is **TEAM WORK** between the parents and the instructor.

The Filipino martial arts school whether a formal school, garage, backyard training environment should be thought of and that is if missed too many times knowledge will not be gained and improvement non-existent.

With little attendance and no support between the parents and instructor this gives no opportunity for the young practitioner to grow physically and mentally. That self-confidence involving the unity of the heart and the mind will never be attained.

And who really is effected and loses, (not the parents with the money aspect), but the child in the chance to grow in self confidence, both physically and mentally.



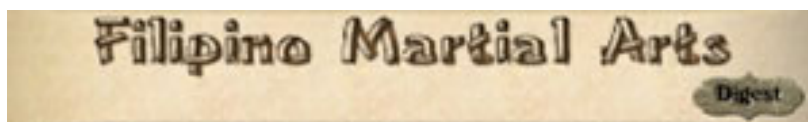
Each young practitioner is different physically and mentally. It takes teamwork of both parents and the instructor to meet success. Success builds self-confidence in a young practitioner.



**Rapid Journal**



**Maharlika-Enterprizes**



**Filipino Martial Arts Digest**

**Register your FMA School  
Post your Event**

**Advertise with the FMAdigest**

An Ad in the Filipino Martial Arts Digest can create Business. Your Advertisement for Filipino martial arts equipment, books, videos etc, can be included in the Filipino Martial Arts digest.

Website Advertisement - Free

Subscribers Online {e-book} digest - \$5 per Issue

**Website Application  
Hard Copy Application**