

Filipino Martial Arts

Punong Guro Carlos Pulanco
Agos Kamay Style

Digest

Master Jerry Evangelisan
Dekiti Tirsia Siradas

Vol 4 No 5
2007

Psychology of the Blade

The Way of the Frustrated Warrior

Yaw-Yan

Kicking and Bolo Punches

Grandmaster Mon Kiathson
Old Practice Techniques

Punong Lakan
Garitony Carlos Nicolas

Interview with
Grandmaster Rene Latosa

Master Cecelio Sandigan
Mink Mongoose Kali - Arnis

Master Ariel F. Mosses
MSI and Lameco SOG

Master Tony Diego

Filipino Sword Cane

Publisher

Steven K. Dowd

Contributing Writers

Peachie Baron-Saguin	Laura Keeter
Thorsten Utter	Michael Blackgrave
Steven Drape	Ben Harrison
Halford E. Jones	Dante Scott
Malcolm Knight	Dr. Kevin Keough
Roman Wanasen	World Eskrido Federation - Archives
Jens Schoendeling	

Contents

From the Publishers Desk

Agos Kamay Style

What Is It Like to Train with the Master of Kalis Ilustrisimo?

Master Jerry M. Evangelisan

Punong Lakan Garitony Carlos Nicolas

Old Practice Techniques

Master Ariel F. Mosses: MSI and Lameco SOG

Psychology of the Blade

The Secret of the Philippine Sword Cane

The Way of the Frustrated Warrior

Yaw-Yan: Kicking and Bolo Punches

Bagong Katipunan

Mink Mongoose

Ultimate Goal: Black Belt

Bokers E F K: Escrima Fighting Knife

Sterling Modern Arnis Club

Kuntaw, Philippine Martial Art on Web TV

An Interview with Grandmaster Rene Latosa

Grandmaster Gerardo "Larry" Alcuizar

Cultural Awareness - mandirigma.org

FMA Past Events

FMAForum

FMA Future Events

Christmas Shopping

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The ideas and opinions expressed in this digest are those of the authors or instructors being interviewed and are not necessarily the views of the publisher or editor.

We solicit comments and/or suggestions. Articles are also welcome.

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From the Publishers Desk

Kumusta

This issue is the 5th regular issue for 2007 and you maybe asking yourself the FMA Digest only does 4 regular issues a year. True but a couple years back I got off the track when I put out issue number 4 before its time, and now I wanted the 4th issue to come out the last quarter and with this year having 5 issues after this, it will be back online the way I want it.

Anyway enough rambling, this issue Vol4 No5 is jam packed with articles. You have Bagong Katipunan a Filipino group in Europe and featured is Punong Guro Carlos Pulanco Founder of Agos Kamay. You will see a little what it is to train with Master Tony Diego, and learn about Punong Lakan Garitony Carlos Nicolas with his Sinawali system and Master Jerry M. Evangelisan of Dekiti Tirsia Siradas and Master Cecelio Sandigan of Mink Mongoose.

You will also read about some of Grandmaster Mon Kiathson old practice techniques for training. Steven Drape brings some thoughts on knifefighters, and Halford Jones tells a little about the Philippine sword cane. Also a little about Yaw-Yan.

There is also a good interview which Dr. Kevin Keough did with Grandmaster Rene Latosa and instead of just reading what was said you can hear it for yourself.

September 8, 2007 a sad day; for Grandmaster Gerardo "Larry" Alcuizar of the World Eskrido Federation passed away. So learn a little about him, and he will be in the next FMA Digest Legends Special Edition.

Mandirigma.org has had an editorial in the FMA Digest for almost 2 years. Finally you will learn the many aspects of the Organization. Roberto Trinidad of FMAF our newest Editorial section will bring you who is Speaking Up and who is Speaking Out.

I was hoping to report on more Filipino martial arts events that have happened, some send the FMA Digest information others do not. Anyway look in the Future events section and find out what is coming up and you do not want to miss out.

And finally the Christmas section, my favorite for I can tell the family what to get me for Christmas and I can shop for others. So please enjoy this issue and Have a Merry Christmas and a Happy New Year when the next regular issue Vol5 No1 will come out and it is looking great at this time.

Maraming Salamat Po

The Agos Kamay Style

As Founded and Taught by
Punong Guro Carlos Pulanco
By Thorsten Utter



Agos Kamay is a Filipino Martial Art, under the guidance of Chief Instructor Carlos Pulanco. The style is affiliated to and recognized by the International Philippine Martial Arts Federation (IPMAF), as being led by Supreme Grandmaster Ernesto A. Presas.

Guro Pulanco founded that style on June 6th 2000. The art is based on the world-famous Modern Arnis and Kombatan of the Presas brothers Remy (R.I.P.) and Ernesto Amador Presas. After 13 years of intensively practicing these arts Carlos Pulanco called his own interpretation “Agos Kamay” to distinguish it from other Presas Style orientated organizations in Germany. Until this day, the native Filipino travels his motherland to directly learn from the source. Thus, the interested student is guaranteed to receive first-hand knowledge and authenticity.

Agos Kamay was created in order to spread the original, undiluted style of Ernesto Presas in Europe. The intentions and wisdom of Supreme Grandmaster are the main factors within the curriculum. These aspects were something Guro Pulanco missed in other organizations that have been influenced or supported by the Presas family. Two of the biggest German federations dealing with these arts had him as an instructor for several years.

But nevertheless, Agos Kamay is not just teaching what others do, it is a progressive style, which is constantly developing and further advancing methodically. Resulting from the steady research and improvement the founder released an improved and corrected program early 2004.

The basic principle of Agos Kamay is the flow. The flow from one movement to another is something, which Grandmaster Professor Remy and Supreme Grandmaster Ernesto as well as their younger brother Roberto, always stressed, when teaching. The term “agos” means “flowing” and “kamay” is translated as “hands”. Based on the concepts of these Grandmasters Guro Pulanco added self-invented drills and techniques. They shall make it easier for practitioners to improve their skills in the Filipino Martial Arts

As an independent style, Agos Kamay mainly concentrates on the use of weapons such as the stick, the bolo etc. and its application in self-defense situations. Unarmed elements (Mano y



Mano) like Suntokan, Sikaran, Dumog and Buno can be integrated individually. Therefore the style can supplement other Asian fighting systems, which focus on training without weaponry.

Lakan Pito (7th Dan) in Kombatan under Grandmaster Ernesto A. Presas
IPMAF Instructor, under Grandmaster Presas
Founding member of "Bagong Katipunan e.V."
Bagong Katipunan instructor
Founder and Chief instructor of Agos Kamay

1976: First time special training with Grandmaster Professor Remy A. Presas (R.I.P.).
Since - 1990: Instructor at the PSV (police sports club) Oberhausen, Arnis chapter.
1990 - 1998: Instructor at DAV e.V. (German Arnis Organization).
1996 - 2000: Instructor at MAMD (Modern Arnis Mano Mano Germany).
1999: Awarded as "Guro" by Grandmaster Ernesto Presas.
2000: Carlos founds the style of "Agos Kamay" on June 6th.
2002: Earns the rank of Lakan Anim (6th Dan) and recognized teacher of IPMAF under Grandmaster Ernesto Presas. In Arhuis / Denmark, he receives the title of "Master" from Grandmaster Presas.
2005: Pulanco is being ranked as Senior Master, Lakan Pito (7th Dan), in Hinigaran, Philippines.
Until Now: Master Carlos Pulanco is a direct student of the brothers Ernesto and Roberto Presas.



Punong Guro Carlos Pulanco
Agos Kamay-Kombatan
Vikariestr. 2
46117 Oberhausen
Tel. 0208-897944
Email: agos_kamay@yahoo.de



www.bagongkatipunan.de

Punong Guro Pulanco is available for seminars throughout Europe in order to show the grace of his art and share his knowledge. He already has established several Agos Kamay groups in Germany.

What Is It Like to Train with the Master of Kalis Ilustrisimo?

By Peachie Baron-Saguin



I first met Master Tony Diego when I joined Bakbakan International in 1989. He was a friend of the Master of Bakbakan Christopher Ricketts, and was invited frequently in our practice sessions, to share with the students of Bakbakan his style in sword and knife fighting.

When Master Christopher Ricketts left for the States, I started training with Master Diego on a regular basis with his Binondo group, the Kalis Ilustrisimo. My training then took on a leap. I was showed the proper way to hold the blade, not to grip the handle too tight, to prevent it from being disarmed when struck heavily with another sword. I was then taught the different kinds

and forms of striking and blocking, and the footwork and stances that goes for each attack and counter attack. I was asked to repeatedly execute a particular strike before moving on to the next. Master Diego has always reiterated the importance of a repetitive exercise for one to gain mastery of the form.

Soon enough Master Diego taught me how to use the stick and knife at the same time. This style is called Puntai y Daga. From this style, my interest grew more and more and I always look forward to a sword play with Master Diego, where my speed and accuracy to block and strike are put to test, my distance and movements, checked and corrected. There are moments when Master Diego would attack me when my guard is down to find out how I would react. If I stopped, he would tell me not to think but just to react, otherwise I get hit. The word “sorry” is never use in the gym. If you get hit, it’s your fault.

After considerable drills with a wooden sword, Master Diego gave me as a gift, a real sword to practice on. Again my strikes and counter strikes were checked. Using the real sword, Master Diego would ask me to execute the different strikes and counter strikes. The purpose of this exercise, he said, is to gain better control of the blade and to prevent improper techniques from developing, and thus trains the student to hit at the right angle. My first swordplay using a real sword with Master Diego was really scary, but then I passed with flying colors.

Peachie Baron-Saguin training with Master Tony Diego



Suffice it to say, I was taught not only to defend and attack on a standing position, but on a sitting and lying down position as well. The exercise of ascending and descending the stairs during a duel is so difficult and tiring. Disarming is also part of the drills.

Training with Master Diego is not easy. I often find myself catching my breath during the swordplay, while Master Diego is laughing and comfortably attacking and parrying my strikes. At the end of each session, I am totally exhausted. My shoulders ache and I could hardly lift my arms. At home before going to bed, I would take a muscle relaxant to relieve the pain so I could train again in the next session.

As I continue my training with Master Diego, I am learning not only the art of bladed weapons but also, the essence of a good swordsman, the discipline and the commitment that one must have to the art.

Christened as Antonio Ramoneda Diego Maestro, Mang Tony as he prefers to be called has truly lived up to his name, a “Maestro” in bladed weapons... a Master by name and by heart.



576 Marvel Building 2 Juan Luna St.
Binondo, Manila - (632) 245-2974
Monday and Thursday: 7:30 to 10:30
Tuesday and Wednesday is by appointment only
Friday 4pm to 6pm
Saturday 1pm to 4pm



Master Tony Diego and Tommy Dy Tang (Tom) in action using a bladed bolo or sword in an exhibition of Kalis Ilustrisimo. Tom is an instructor of Kalis Ilustrisimo, owner of the gym in Binondo where the group practices.



Sunday training. Standing from left is Shamim Haque, Director and Chief Instructor of Kalis Ilustrisimo Repeticion Original in London, Kevin from Canada. Seated from left is Peachie, Master Tony, Russel and Mang Romy.

Master Jerry M. Evangelisan

Dekiti Tirsia Siradas

A reserve Military Officer in Las Piñas City, Philippines, Master Jerry Evangelisan is in a profession that demands the capabilities of emotional control, immediate decisions, and expertise in self defense.

At an early age living in Cotabato, Mindanao, Jerry Evangelisan had to basically live in a battle zone with the tribes of the region, having conflicts, dodging the occasional gun shoot out, gang physical violence etc.

At the age of 10 years old his family moved to Davao, where there was an atmosphere of at least somewhat more on the norm. At the age of 12 Jerry Evangelisan started to learn different kinds of martial arts including karate, judo, and jujitsu. During his school days enrolling in ROTC, he was trained in a military fashion. Upon coming of age Jerry Evangelisan was commissioned as a 2nd Lieutenant as a reservist in Davao.

In 1999, He went to Manila and while there meet Grandmaster Jerson “Nene” Tortal Sr. of Dekiti Tirsia Siradas and commenced his training daily in a specialized instructorship course. Learning a combination of multiple strategy/tactics toward the long, medium, and close range for combative techniques, with the use of rattan stick,



short long bladed arms and unarms weaponry, which consisted of offense, counter offense, re-counter the counter, and counter the re-counter.

Jerry Evangelisan found while learning and training with Grandmaster Tortal that he had to instill within himself self-confidence which as he trained he found the techniques led to speed, timing and power.

Today Master Jerry Evangelisan is an instructor of Dekiti Tirsia Siradas teaching what he was taught, patient, but firm in his teaching he is a wonder to observe when executing techniques of the art, whether empty handed, with knives, bolos, long sword etc.

Asking Master Evangelisan about when he was a student of Grandmaster Jerson “Nene” Tortal Sr., with a chuckle he recalls,” *when Grandmaster would say attack and I did the next thing I would remember is looking up from the ground while he was calmly standing with a grin on his face, even when he would have multiple attackers with weapons come at him, once it was over there he would be standing, while all the attackers would be on the ground wondering what had happened.*”



Standing L-R: Joemarie Panganiban, Master Evangelisan, Lex Garces.
Kneeling L-R: Bong and Master Evangelisan son Jerry Evangelisan Jr.
April 28, 2007



Awards/Promotion and Recognition Day with Grandmasters Jerson “Nene” Tortal Sr. and Jr. With some of the Dekiti Tirsia Siradas members at Searca Auditorium, University of the Philippines, Los Banos Laguna. December 22, 2006.



Exclusive Advance seminar held at the Searca International House, UPLB, Los Banos, Laguna, Philippines. June 12, 2006.



Dekiti Tirsia Siradas
Master Jerry Evangelisan
Manuela Park, Manuela Subd.
Pamplora Tres, Las Piñas City
[0927] 598-0623
kaliarnis_jme@yahoo.com

Punong Lakan Garitony Carlos Nicolas

Head and Chief Instructor

Modern Arnis Man-Mano Filipino Martial Arts
(MAMFMA)

Modern Sinawali - Arnis Nicolas System

Website



Garitony Nicolas was born on July 1968 in Manila, Philippines, father Antonio Nicolas (deceased) and Zenaida Carlos. Known as Punong Lakan; a master of the hardwood cane. He was barely 13 years of age when he pursued his development in training in the field of arnis under the tutelage of Grandmaster Ernesto A Presas, practicing the system of stick Fighting. He has contributed 363 different variations of Sinawali in which he calls Modern Sinawali. With this he has been called “Father of Modern Sinawali.”

He completed his Arnis Professional Course at the National College of Physical Education (NCPE) – school of Arnis Professionals at Pamantasan Lungsod ng Maynila under Professor Armando C. Soteco. He has learned other systems and principles of martial arts from Grandmaster Nemesio B. Puno, Grandmaster Benjamin Lema, Mr. Lorenzo Morco and Sensei Dannie H. San Joaquin. More than ten years and countless bumps, bruises and black eyes later, Punong Lakan Nicolas is still wielding the arnis stick.

Punong Lakan Nicolas has made him self available to study other oriental martial arts like karate, judo, aikido, ju-jitsu, Tae Kwon Do and Tai Chi. He has registered and copyrighted the Modern Arnis Mano-Mano Filipino Martial Arts School and has also introduced his own system which he calls the Arnis Nicolas System in July of 1995.

Modern Sinawali

The Arnis Nicolas system is designed for the martial arts lovers, especially for the Arnis practitioners in the development of their mental, physical and spiritual skills. Inspired by the fast changing world where there is a great paradigm shift that is taking place almost in all angles of lifestyles. Punong Lakan Nicolas carefully planned, analyzed, prepared, improved and modified the Sinawali system wherein you can find additional crisscross movements of the hands, and of course not leaving behind the traditional way... therefore, the Modern Sinawali - Arnis Nicolas system is a well-rounded development for the martial arts practitioner.

The Modern Sinawali has three hundred and sixty three (363) different variation among, which are the Peripheral Sinawali, Double X Sinawali, Single X Sinawali, etc. The practitioner in learning and training in the Arnis Nicolas system will develop speed,



timing, agility, harmony and power. Footwork will vastly improve along with body movement and reflexes.

All this is a total advantage to the serious practitioner for it serves as a important preliminary exercise to the advance techniques of sol baston, double baston and arnis y daga.

Single X Sinawali



Deliver right arm strike to the left temple.



Deliver right arm strike to the right knee.



Deliver left arm strike to the left knee and put the right arm to the left shoulder.



Deliver right arm strike to the right knee and withdraw the left arm to the left shoulder.



Deliver a left arm strike to the right temple.



Deliver left arm strike to the left knee.



Deliver right arm strike to the right knee and put the left arm to the right shoulder.



Deliver left arm strike to the left knee and withdraw the right arm to the right shoulder.

Advance Single X Sinawali



Deliver right arm strike to the left temple.



Deliver right arm strike to the right knee.



Deliver right arm strike to the right temple.



Deliver left arm strike to the left knee and put the right arm to the left shoulder.



Deliver right arm strike to the right knee and withdraw the left arm to the left shoulder.



Deliver a left arm strike to the right temple.



Deliver left arm strike to the left knee.



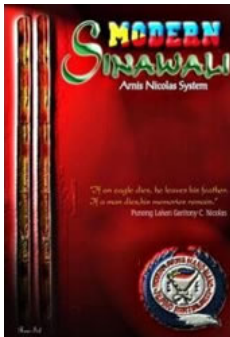
Deliver left arm strike to the left temple.



Deliver right arm strike to the right knee and put the left arm to the right shoulder.



Deliver left arm strike to the left knee and withdraw the right arm to the right shoulder.



Modern Sinawali - gives all the training process that a practitioner needs to know and learn because of the various crisscross movements of the hand. Learning such Sinawali will surely improve and develop the Arnisador's footwork, agility, speed, timing, coordination, instinct, control, skills and proper distance. Not limited to double stick only; it could also be done with one stick against two sticks, stick against Bankaw, one against two attackers, Bankaw against Gilingan, mano-mano and etc...

Punong Lakan Nicolas decided to promote and share the principles of stick fighting at Datamex Computer College, Pasay City North High School – BSP, the International Electronic Technology Institute, Batak Budo, Cosmo Pro-Gym Philippines and UST Martial Arts Club. He was invited to become the fight scene director in one of the GMA 7's Fanaserye Etheria (Encantadia Book 2). At the same time, he trained the actors and actresses of the said Fantaserye. He has conducted seminars at Metro Manila Development Authority Traffic Office Command (MMDA-TOC), Wack-Wack Village Security and Safety Department, MASAKAF Foundation Inc., and Landnet Inc. – Subdivision Police. Before he reached the path of success he first became an instructor of Arjuken Karate Club, Lyceum Martial Arts Club, Hataw-do Martial Arts Club and

Kalisphere Philippines. Since then he became the Arnis Mano-Mano Instructor of many local and international celebrities including other martial arts experts who have come to the Philippines to learn Arnis.

Punong Lakan Nicolas is now teaching at his very own gym in Pasay City, the British School of Manila (ASA) and Rockwell Sports Club Makati. He is the advisor at the Arnis Kickboxing and Combative Arts Gym (CAKCA), Philippine Arnis Mano-Mano Gym Dubai Chapter (PHILAMM) and MAMFMA Wiesbaden Germany Chapter. Punong Lakan Nicolas is a board member of the Philippine Jendo Association (PJA). He is a Arnis Instructor of the Philippine Indigenous Games Sports Saver Association Incorporated (PIGSSAI) under the Philippine Tourism Authority (PTA) and he is a member of the Luneta Tai-Chi Club.



Photo taken; during the promotional examination at MAMFMA Gym.

Standing: Punong Lakan, Maestro Jaime Paclibar, Master John Presas Jr., Grandmaster Jonathan Abaya, Guro Allan Mahinay

Second Row: Guro Oscar Lauro, Mikeli Mapua, Dayang Rhiverli Quine, Lakan Roberto Dela Cruz, Dayang Mizha Nicolas and Lakan Jerrick Tan.

Sitting: Sean Burke (Australia), Romeo Solatorio, Neil Maher (Australia), Josie Ignacio, Christopher Lindfield (British School of Manila) and Belinda Mc namara (Australian Embassy Defense Unit)

British School of Manila (ASA - ARNIS)

36th Street, University Park,
Fort Bonifacio Global City
Taguig, Metro Manila,
Philippines
(632) 860-4800

Email
Website



MAMFMA

Pabgasisan Chapter - Cakca Martial Arts
19 Rizal Ave.
Malasiqui Pangasinan
(0910) 215-0955
Website

Old Practice Techniques

By Grandmaster Mon Kiathson



Grandmaster Mon Kiathson
at Paco Park, Manila, Philippines.

I was born in a remote area in Compostela Valley, Davao Del Norte called Valma-ngan where comforts and amenities of urban living are non-existent. People who lived there had to improvise and utilize whatever nature has provided them to make life easier and bearable. And that was even true in my practice of Arnis.

In any martial arts, balance, speed and strength are very important skill-related components. I guess everybody will agree on that matter and I don't have to elaborate furthermore. But how do you attain these skills in a place where practice equipments are not available. Well

as I have mentioned previously, you need to improvise, like the following old practice techniques that I want to share with you.

1. Developing Balance using Coconut Shells

To develop balance, I used to lay randomly several coconut shells on the ground. I practice at night under the moonlight so I can see my shadow on the ground. Using the coconut shells as my steps, I pretend to be fighting my own shadow and at the same time try not to fall on the ground. It really takes a lot of practice to maintain your balance throughout this routine.

2. Training for Close Quarter Fight (Corto)

For close-quarter fighting (Corto), I fence myself within a 1.5m x 1.5m square using a rope and four stakes. Within the 1.5m x 1.5m square, I lay down randomly coconut shells as my steps. In each corner of the 1.5m x 1.5m square, I tie a rope on the

stakes going up (you have to be under a tree) which serves as posts. Inside the square, I practice striking techniques and try to confine my strikes within the square. If the end of my stick goes out of the square or if I hit the ropes then I know that I am over-extending my strike. An easier alternative for this is to practice inside a bathroom i.e. if you have a small bathroom. Try not to hit the walls.

3. Improving Speed and Strength

Near where I live, there is a shallow river with strong currents. This is one of my favorite practice routines that I do in the early morning when there is a thick mist over the river. I wade in the river knee deep stepping on big rocks. Once I have positioned myself, I practice my striking techniques in the air first. Since there is mist, you can easily see the path of your strike and you would know if you are doing it right. I perform my strikes as fast as I can as if I want to erase the mist using my stick. At the same time, you need to have strong legs to prevent the currents from sweeping you away. After a while, I switch to hitting the water instead to develop my strength. I try to penetrate the water with my stick as deep as I can.

So there you go, these are the old practice techniques I really missed. They are really enjoyable and quite effective. No special equipments needed, who was that guy who said “Necessity is the mother of all inventions?”



Website

**Grandmaster Mon
Kiathson**

Cell: (0916) 425-3540

Email



Master Ariel F. Mosses

MSI and Lameco SOG

Las Vegas, Nevada

Master Ariel Mosses started his training. No not in the martial arts but boxing while in the 8th grade. And continued for 3 years, until one day in 1979 he walked into Grandmaster Conrad A. Manaois school and found that he was drawn into the art of Manaois Modern Eskrima System. This is a system based still on the concepts of economy of motion and continuous and fluid motion - but now more elaborated with 15 angles of attack. This system stems from Ninoy Cinco Teros Arnis, a family system dating as far back as the Spanish occupation of the Philippines.

Through the years Master Mosses has also added to his knowledge, from 1991 to 1997, through the introduction of his first cousin and training partner Guro Dino Flores, he trained under Punong Guro Edgar Sulite of Lameco Eskrima. It was also through

Punong Guro Sulite that Master Mosses' training included Eskrima de Campo originally developed by Grandmaster Jose D. Caballero and Kalis Ilustrisimo developed by Grandmaster Antonio "Tatang" Ilustrisimo.

Master Mosses is a second generation Lameco Sulite Original Group (SOG). While a police officer in the state of Washington, Master Mosses brought Punong Guro Sulite up to the department so to train other officers of the force.

Under Punong Guro Sulite Ariel got his basic knowledge of Kalis Ilustrisimo, but due to Punong Guro Sulite's passing in 1997, Ariel has continued to train in Kalis Ilustrisimo through Master Christopher "Topher" Ricketts. Master Ricketts visits Master Mosses School in Las Vegas, NV. monthly to train and also to train some of Master Mosses students in boxing.

As Chief Instructor of the Manaois Systems International (MSI) continuously strives to gain knowledge and perfect his skills in the art of Manaois Modern Eskrima System. Asked what



Punong Guro Edgar Sulite



Master Ricketts and Master Mosses



Grandmaster Manaois



area of the art he had a hard time in comprehending and adapting to, Master Mosses confessed that it was in Grandmaster Manaois close quarters, which is enhanced in empty hand fighting, and is very difficult compared to medium or long range fighting.

In close range (close quarters) fighting it takes skill to react and anticipate what your opponent will execute in either an initial attack or counter attack, for reaction time must be instantaneous, smooth and flowing. Master Mosses has constantly worked on this prospective of the art and feels comfortable and confident in his abilities, constantly evaluating different reactions to opponents' actions.

What contributed to his expert ability to adapt to close range fighting was his training with Punong Guro Sulite and Master Ricketts, which helped immensely for they commence in long range fighting, which gives Master Mosses insight to his

opponents movements as he would work his way into close range fighting.

What drew Ariel to the Manaois system? As he stated when asked, once meeting Grandmaster Manaois instantly he had a feeling of trust. Grandmaster Manaois is a very quiet and humble individual, which brings about confidence and respect when meeting him. Master Mosses fully believes that a student must have confidence in ones self, patience to learn, and trust in their instructor to be able to fully adapt to, be comfortable in gaining knowledge and trust.

Master Mosses when asked what should perspective look for when looking into training in the martial arts and Master Mosses responds, that a person looking to learn the Filipino martial arts or any of the martial arts should inquire about the lineage of the style and the instructor. What has the instructor or school done for the community? Have an understanding of the culture of that art, whether from the Philippines, Japan, China etc, for then a student can get a better perspective and understanding of the art they are learning.



Manaois Systems International Martial Arts Academy

6366 W. Sahara
Las Vegas, NV. 89146
[702] 325-9876

Master Mosses is the Vice President and Chief Instructor of Manaois Systems International (MSI), Director and Chief Instructor of "Ninoy" Cinco Teros Arnis, Director and Co-Founder of Mandirigma Brotherhood International (MBI), and a member of Kapisanang Mandirigma.

Master Mosses' extensive background in the Filipino Martial Arts and his association of some of the most recognized names within the Filipino martial arts community is only matched by his skills and passion for the art. As a true warrior, he shares the hunger to find the real testing ground of the art of combat. He also has 10 years of law enforcement background.

Psychology of the Blade: Don't Call Yourself a Knifefighter!

By Steven Drape

It is becoming more and more common these days to see or hear the term “knifefighter”. We see it on websites and discussion forums, and there are quite a few training programs selling videos and such using the term as well. For many of these groups, the term is a marketing tool, using the romance and excitement the term carries to catch the young and impressionable beginning martial artists. The swashbuckling hero, like Errol Flynn, is still a powerful model for many young people! But what is meant by the term “knifefighter”? To compare it with other similar terms, a gunfighter was a person who dueled to the death with other men using a gun. A bullfighter generally (though not always) duels with the bull until the bull is dead. Does this mean then that these people who call themselves knifefighters are training to duel to the death with

knives? Well, they probably aren't, or wouldn't say so if asked, yet that is the image that springs to mind.

Blade training that the average person is exposed to is all about self-defense, not dueling to the death. Unfortunately, when students train to duel with blades, the fact is that they are more likely training to die! As many an old eskrimador will tell you, there are only 3 results in a knife fight- he kills you, you kill him, or you both die! A 67% chance of death, and even if you kill your opponent, it is very likely that you would also be severely injured, maimed or crippled. Then there are the legal and moral issues which won't even be discussed in this article. While training extensively can shorten your odds should a blade-to-blade duel actually occur, the odds against it happening are so great that you might consider re-thinking the amount of time spent on blade-to-blade training, unless you are determined to carry a blade around with you all the time.

Now, before we go any further, let's make sure there is no misunderstanding. Blade training is valuable, useful and potentially life-saving, and I am not criticizing the use of blades in practice by any stretch of the imagination. What I am talking about is the focus that some groups place on blade-to-blade confrontation rather than the more likely blade-to-emptyhand scenario, and the insistence that this kind of training earns one the title of knifefighter.

Bigger Is Better

The psychology of the blade is very interesting. Someone might pull a blade in a confrontation, but if one is also pulled in response, the first guy is likely to back off. It's like MAD with nuclear weapons! Mutually Assured Destruction! This is why focusing on blade-to-blade dueling is not really productive, since the odds of a fight continuing after both have a blade drawn is so small. One key point to be made about blade-to-blade dueling, though (if it should happen), is the importance of size. Yes, bigger is better! A larger blade has many advantages over a smaller blade, from the distance you can stay at and still cut, to the severity of the damage inflicted, even to the perception of danger by the opponent. A knife fight might happen even though you get your blade out if the attacker has a large enough blade that he would feel his own safety was not at risk. Lynn Thompson, the founder of Cold Steel, stated in a Black Belt article (April 2001), "You should carry the longest blade you're comfortable with.... The cutting power and effectiveness of a knife go up exponentially as the blade length increases.....If I use a 4" folder against an 8" or 9" blade, it's almost suicide." Now, the average guy in the street probably has that 3-4" folder in his pocket, and if he does need to respond to a knife-wielding attacker (who probably has a much bigger blade, if he was planning the attack), what is likely to happen?

Interestingly enough, there is strong anecdotal evidence that emptyhands are better against a committed knife attack with a small weapon! This is because you have more options to control and defend, while still having the ability to blind or kill at the close-range a small blade requires. The key words here are against a small blade. As the length of the blade increases, the likelihood of a successful emptyhands defense decreases. Over the years the author has asked quite a few old eskrimadors their thoughts on blades vs. emptyhands. All these men said they would rather have a stick or a much longer blade for their first choice. If they had to choose between an equal- or smaller-length blade or emptyhands vs. a small blade, only one man chose the blade. The others

all said they would prefer emptyhands. One, Grandmaster Urbano Borja, a long-time student of Grandmaster Momoy Canete, told me that while they train in espada y daga



Grandmaster Urbano Borja

extensively, his system's knife training is exclusively emptyhand vs. knife, because this is the scenario that happens. Even in the Philippines, actual blade-to-blade duels are rare. Another, Master Allan Cabahug, who is one of the chief instructors of Baraw Sugbu (a blade-only group in Cebu) stated that if his opponent had a blade out first and continued to attack even after he had drawn his own blade to discourage the attack, then depending on the situation, he would consider even dropping his own to deal with the attack!

Possible Knife Scenarios

While these types of duels happen all the time in the movies, the fact is that they are almost non-existent in the real world. There are only 4 basic scenarios where someone uses a knife in the real world, and in three of the four, there is no knife fight unless a macho victim causes it! We will examine each of these scenarios and point out how the above statement is true. (You can supply your own terms to name each of these types of people if you don't like the ones listed here, but the types themselves never change.)

1. **The Hitman** - This individual is out to kill or injure you, nothing else. What causes him to come after you will vary. He could literally be a professional hitman if you are the type of person who might be targetted. His wife might have left him and you are dating her now. He might be a guy you punched out in the bar 3 weeks ago when you were drunk- the reasons are unlimited. Why he is after you doesn't matter, but what does matter is that he doesn't want to fight with you. He doesn't even want you to see him. He wants to get close to you and stick you. Most of the time, in this scenario, the victim doesn't even know he is under attack until he is already hurt! There will never be a knife fight in this scenario, because the attacker is not showing the blade so everyone can see it. If you do notice him, he will quietly break off and go away to wait until another chance presents itself.
2. **The Punk** - This is your standard criminal, the guy you might meet in the street who tries to take something from you by force. He uses the knife to create fear in his victims. He could be anything from a simple mugger to a serial rapist, and he is very serious about making you do what he wants you to do. He may or may not be willing to use the blade if you resist, but this is something you will not know for sure without resisting! In this scenario, you will almost certainly see the blade (or feel it, if from behind). He wants you to see it so you will be fearful and do what he wants without giving him any trouble. There is very little chance of a knife fight in this scenario. If he gets the knife on your throat before you have a chance to see it coming, then to try to pull your own blade would be suicidal. If you see his weapon with enough time to get yours out, what do you think is going to happen? Is he going to look at your blade and think, "OK, let's go for it!"? Very unlikely! He will back off and look for an easier victim. He only wants what you have, not to fight and perhaps get hurt himself. The only knife fight that

happens here is if you then initiate it after pulling your own blade and chasing after him.

3. **The Terrorist** - This scenario is actually a sub-group of the Punk scenario, but is given a separate discussion because of his attitude. The Terrorist uses his weapon to get what he wants, but he doesn't want anything from you, the victim. You are just a tool to be used to coerce someone else to give him what he wants. While a Terrorist will fight if needed to keep his hostage(s) under control, the reason there is no knife fight here is that the Terrorist always almost uses weapons besides or in addition to the knife. Also, since he wants nothing from the individuals that he has under his control, he will quite readily kill one or more people in the beginning to insure the compliance of the rest. A knife is generally not enough to allow a terrorist to get what he wants. For example, in the September 11th incident, the terrorists used knives/box cutters to start the action, but when a fight was begun by the victims, a bomb was used to finish it. Even if a knife fight is offered by the captive/victim, the likelihood of it happening is very remote. More likely you are again committing suicide.
4. **The Mouse** - This individual is someone who, for whatever reason, decides that he needs an equalizer. Perhaps the two of you are having a fistfight and he is losing. This type of person might pull his blade to stop you from beating him. He may even pull his blade before he has been hurt, as a preventive measure. He is not, however, looking to use it to attack. While it is possible that this person could evolve into the Punk if he sees you become fearful, and attempt to extort some concession, if you respond to his blade by pulling one of your own, he immediately reverts to the Mouse persona and will back off. Again, the knife fight could only take place if you push your opponent into it, and with this type of individual, any aggressive action on your part would probably result in him throwing his weapon down and surrendering completely.
5. **The Maniac** - This scenario, where mental illness (*very rare, see note below), rage, drugs or alcohol overcome an individual's sense of self-preservation, is the only one where a knife fight is probable after a blade has been drawn. This individual doesn't care about his own safety, nor does he have any concern for the law or the moral ramifications of an attack. If you pull your own blade in response to his attack, he will keep coming. Not only that, he will probably be very difficult to deal with, because the situation, illness or substance which put him there in the first place will reduce or completely suppress his pain receptors. What that means is that the techniques of blade-to-blade fighting which you have been studying so diligently probably won't work. Unlike what you see in the movies, a person does not get stabbed and then fall down dead or unconscious immediately. In fact, most people who get cut aren't even aware of it in the heat of the battle. While those videos of a knife slashing open a hanging ham are very impressive, putting even one layer of denim, corduroy or leather on that ham will change the cut radically, and just having on a bulky wool sweater will make many slashing attacks ineffective. Even fatal wounds won't stop an attacker immediately, and if you inflict a fatal wound, because of the causal factors in this scenario, your attacker will likely still get you as well. Luckily, this scenario is the least likely to occur. These situations are not as common as TV and the movies would have you think,

and the odds are that the average person will never face a knife-wielding attacker of this sort.

The common denominator in all but one of these scenarios is that there will be no knife fight if you do not push your opponent into one, and in all of them, the time spent on blade-to-blade training might have been better spent! What is important to note, however, is that having a blade that you can produce during a conflict may actually save your life without fighting with it, if it causes your attacker to back off. The question then becomes, if you are going to carry a blade, and be willing to draw it, how much blade-to-blade training should you have in case the situation *does* escalate? There is no easy answer to this question, but blade training is fun, it is beneficial for hand-eye coordination and sensitivity, and it is potentially life-saving, should one of these scenarios actually escalate out-of-control. Each individual needs to think carefully about what they would do in one of these situations, because it does absolutely no good at all to carry a blade that you are not willing and able to use it.

If you do someday fight against another person with blades, should you survive you won't call yourself a knifefighter afterwards. Anyone who has been in a real encounter and survived intact will quickly tell you they wouldn't want to do it again. As Tuhon Christopher Sayoc of the Sayoc Kali-Silak Blade System says, "A knifefighter is a guy who ran out of ammunition!"

* "There are people who commit violent crimes because they are literally crazy...but there aren't that many and virtually none is a serial killer or rapist. The true crazies are not difficult to catch". John Douglas - former FBI expert on criminal profiling. (Douglas and Olshaker, 1998).

"It is...important to realise that people who are mentally ill are only rarely violent". Dr David Canter (1994) - profiling expert and author of 'Criminal Shadows'.

"Only a tiny and unchanging percentage of murders can be understood as a result of actual madness. Truly 'insane' murders are relatively rare everywhere, in terms either of hallucinatory derangement and dissociation from the conventional world or of legal or psychiatric technicalities". Professor Elliot Leyton (Leyton, 1995; p.38)

"Images of axe-wielding maniacs are based on highly visible and intuitively attractive evidence, but are not statistically replicable". Dr Jill Peay (1997).

The Author: Guro Steven Drape is the Chief Instructor of the KBS System. He has spent nearly 30 years in the martial arts, and is presently living in Abu Dhabi in the UAE. He has a MA degree in Applied Linguistics and is an English professor by trade. He currently teaches at the ADNOC Technical Institute in Abu Dhabi. Apart from the time spent in the Middle East (5 years), Guro Drape has lived most of the past 20 years in the Far East- splitting time between Taiwan and the Philippines (Training in Kuntao and Eskrima).



KBS System: Filipino Martial Arts
www.kbs-system.com

The Secret of the Philippine Sword Cane

By Halford E. Jones



Most American Arnisadors and Eskrimadors (those who practice Arnis and Eskrima), know little or nothing about the sword cane of the Philippines, so well kept has been this secret, dating back to the times when Spain dominated the Philippines when skirmishes between the haughty, hot-tempered Spaniards and the 'Indios' (as the Spanish called the Filipinos) arose.

The Spaniards pitted Toledo steel, usually rapiers, against the rattan sticks of the indios. The Spaniards were very confident that they

would spill the blood of the Indios and then to find that the tables were in actuality turned on them.

Since ordinary weapons such as bolos, kris, barong, the Spanish officially banned kampilan and other weaponry along with firearms. Filipinos' made blades clandestinely and concealed within the seemingly harmless rattan and bamboo canes.

Philippine sword cane in its present form usually resembles an eskrima stick or an arnis baston, rather than the conventional canes and walking sticks. Various sizes and lengths and decorations were used and are common. If one is lucky to be able to locate an authentic Philippine sword cane of such vintage, that is one that has spilled the blood of Spaniards in a duel or battle.

The element of surprise is the main feature, naturally, of any sword cane. To reveal this by elaborate pacing, fancy footwork, or pronounced stances of an aggressive or defensive nature would be disastrous. Thus, the various methods of possible utilization shown in this article will differ slightly from the usual Arnis and Eskrima tactics. And the footwork, though such can be employed in a 'classical' manner.

Without detaching the sword section from the sheath of the cane, the weapon can obviously be wielded as a conventional baston or yantok. And is most advisable to begin practice and instruction by so doing this, "confining initial tactics to simple cane maneuvers and then progress to exposed blade work, bearing in mind that once they have exposed the blade - the blade is out of the sheath" or to put it another way, "the cat is out of the bag."

Revealing the blade section too early is the mark of an amateur. Unless the primary motive is to intimidate or scare away the attacker or opponent, and even this is risky.

Although long range or 'largo mano' strikes can be done, either with just the entire cane or with the sections separated, the latter is probably better performed at close range 'rompido' as can be seen. This is probably especially important to remember when confronted by someone who is also armed, perhaps with a longer blade or with flexible weapons, such as chains, whips, or nun-chukus.

In present day circumstances, such as the street, the legal aspect of carrying such a weapon becomes necessary to consider. Therefore keeping the blade sheathed is better in

all likelihood unless if necessary your very life is at stake which means employing the sword cane simply as a stick for as long as possible without revealing its secret.

We should note that instruction of this weapon is difficult to come by and since few know the methods, personal experimentation can be dangerous. So we must emphasize caution and is entirely the responsibility of the person who undertakes it.

No doubt, many will now come forward and claim they are the experts in this weapon. And that they teach this weapon, and seek to promote themselves as having been initiated into the Philippine sword cane. On the other hand it is quite likely that some elderly members of the Filipino community will take exception to the revealing of this weapon to the public and to martial artists and then they will deny its existence or else refuse to teach it except to their closest and most trusted disciples.

Nevertheless, I feel that it is a disservice to the Philippine Martial Arts tradition not to bring this noble art into the open to compare with Western sword canes.

Finally, it cannot be overstated that one must comply with the local laws of the state or town in which one resides before walking about with such a weapon. It is rather certain that most authorities would take a dim view of such being carried about and unwisely displayed or used. Remember, carrying any weapon generally infers the intent to use it. In, hand-in-hand with this goes the urges to use it, the temptation, particularly among the impatient, the hot-tempered, the foolish, the weak, and the uncontrolled.

Holding the Filipino Sword Cane

For those versed in the Filipino Martial Arts of Arnis, Eskrima, and Kali holding the Filipino sword cane will not be too much of a problem, not too difficult. Provided a few cautions are exercised.

First, the concealed tip of the blade must be pointing upwards from the gripping hand. Which can wield the entire stick as if it were but a stick or baston. Care must be taken for the grasping/gripping hand to cover and hold together the two sections, the sheath and the handle. Which looks “if correctly done” to be one solid stick with nothing concealed. A reverse grip on the stick can be done but it requires some special maneuvers to unsheathe the blade.

Various postures, stances, motions, etc. with the stick in hand can be done. All the twirls, blocks, parries, etc. that can be done with a stick can be done with the Filipino sword cane.

The more one practices holding the Filipino sword cane, then more one will discover now it can be manipulated. Start slowly and work for precision and timing, trying to be flexible and coordinated. Try to use both hands that is have the right hand hold the Filipino sword cane and then the left. You can learn to switch hands but again care must be taken in all such instances.



L-R: Roland Dantes [star of the movie “AngelFist” which featured the Filipino Sword Cane as a weapon, Dr. Frank Scalercio, Brigadier General Augustin Marking, and the author Halford E. Jones

The blade can slide out of the sheath rather easily as there is no real locking mechanism to hold it, other than the inner groove through which the blade slides into the sheath.

The Way of the Frustrated Warrior

By Malcolm Knight

It was cooler now, the scorching heat of the day finally giving way to the curtain of night, a light breeze caressed Dannello's face as he climbed toward the top of the small hill "yes tonight would be good" he just knew that tonight would be the night that Arturo met his match.

As Danello reached the top he was pleased to see that the others were already there, the moon was full and lit the scene with a light as if from another world, there was Arturo the swish of the olisi in his hand somehow reassuring.

The participants greeted each other with nods and some friendly backslapping but time was passing and it was time for everyone to assume his fighting stance and pit his own skill against his opponent.

Was this some strange ritual of some secret society! Some cult holding weird initiation ceremonies or ...

This is simply a meeting of village escrimadors, here to try their skill and hopefully learn new techniques or strategies to add to their own personal arsenal. There are no secret societies here, the simple fact is that these guys are simply normal working class guys, farmers, jeepney drivers, stevedores, manual laborers and the only time they have available to practice is night. After a long hard day working from 6.00am to 6.00pm for little money it's good to relax a little and let off steam.

This is the world of the Philippine Escrimador the real world, masters and grandmasters hold ordinary jobs by day and are not put on pedestals looking down with disdain at the common folks. They more often than not are the common folks and also some of the most modest people you could meet.

The west seems to be stuck with this idea of the martial arts master as portrayed in the kung fu movies of the 1970's students dropping to their knees and pressing their faces to the floor as soon as a master enters the room.

So what do I know about it? Am I a master? Have I met any masters? All good questions so let me share my story with you.

I first got involved in martial arts in the 70's, the Bruce Lee movie explosion and daily papers full of stories like "kung fu kid foils bank raid" "kids taught how to kill in new craze" etc get the idea! Well kung fu was the new kid on the block so if anyone kicked another it was immediately hailed as kung fu, hell we could even jump 20 feet in the air if we practiced hard and long enough. Every oriental was suddenly suspected of being a martial arts expert and the local Chinese takeaway just had to be a front for triads.

Of course I signed up for lessons, after all I had been the victim of bullies for as long as I could remember, now I was going to smash them. No longer the underdog no longer picked on and pushed around it was time to stand tall and make truth and justice for all a reality.

Reality, now that's where the problems begin, I tried Kung Fu, Aikido, Tae Kwan Do and a little judo but all failed to live up to my expectations, why?

Well for one thing I was an average type of kid, not especially athletic, certainly not acrobatic as so much of these arts seemed to demand. Unrealistic for the real world as far as I was concerned, kick to the head! You have got to be joking, jumping spinning reverse turning kick "bam" or performing the twirling dance like movements of aikido against an opponent who just stood there arm outstretched off balance waiting for his cue to throw himself across the floor with a flick of your wrist.

In my experience most scuffles / fights take place at close range in bars or clubs with tables / chairs / people or other objects to hinder your efforts to adopt a stylish long low stance or perform blocks in sweeping circular motions never mind kick to the head putting yourself on poor balance and leaving the family jewels open for bashing!

I stopped training and decided that martial arts developed hundreds of years ago should stay in the past, I experimented with a principle that seemed to make sense to me and that was strike and parry at the same time, I found out later it was rather similar to wing chun but I never really pursued it after all what can you do alone?

This is where Escrima or Arnis comes in, this was new to me at any rate, the BBC was showing martial arts documentaries and this looked interesting. Philippines? Where was that! Train with weapons first! Hang on this looks like its realistic, even practical, now that can't be right. Deciding to investigate this phenomena further I found a whole world of Filipino martial arts that nobody seemed to know about, the first place I visited was Doce Pares in Cebu, after all this was the school featured in the documentary. A simple house a friendly openness a desire to demonstrate, discuss and accept criticism about the art. Who was this guy? No other than

Grandmaster Diony Canete as far as he was concerned he was just a regular guy and (although he has money as we all know) he acts just like you and me. In fact talking with Diony this April 2006 he told me of his embarrassment when he visited USA (2005 I think he said) to organize seminar/tournament he was greeted at the airport by limo and taken to top class hotel greeted by the manager and introduced as the grandmaster of the famous doce pares. Thing is he was in old sneakers, tee shirt and also limping so hardly presented the impression of a great warrior the fuss and favor seemed to promise. He found it highly amusing recounting this to me at his home and this is what I mean about not placing themselves on pedestals.



Grandmaster Diony Canete
www.docepareinternational.com

Back home in UK I began searching for instruction and failed miserably, one guy promising instruction turned out to offer 99% Thai boxing and a few siniwali, not even demonstrating basic strikes. A couple of clubs within 30 minutes travel offering 2 hours training per week! It was a joke so I searched the Internet and videos to find techniques to copy; I even sunk a post in the back yard to practice striking and would twirl around thrashing and stabbing like a lunatic. I was no nearer to being a warrior now than I was 30 years ago aged 14, time was running out.

This was when I discovered Balintawak style Arnis on the net and it turned out that a relative in Philippines had actually trained in it! How come I never heard about this

before? Well this was my last chance and I decided to take it, pressuring my nephew in Cebu to find me an instructor in Balintawak style I planned my trip this April 2006.



Nick Elizar

Much searching led me to Nick Elizar Grandmaster and founder of Nickelstick Balintawak style Arnis. And you know what? I didn't have to climb any mountains, swim any raging rivers or complete any trials in order to meet the guy.

When I met Nick my first impression was that here was a small regular looking guy, not a fighter type, no broken nose, scars, massive callused knuckles! Taking a second look I could see that the guy was muscled, he moved easily relaxed, his grip was firm his voice was almost soothing and reassuring.

We had met in a park local to nicks place, Nick and his son Norman were to show me what sort of thing I should expect from training Balintawak, after ten minutes I knew I had at last found my martial home. It had taken me many years and many questions but now finally at the grand age of 48 and only semi fit I knew that this guy Nick Elizar could and would enable me to achieve my dream, I was on the way to becoming a practical modern day warrior.

I know that there is a bond developing between Nick and myself, more than just teacher and student, I believe that Nick has seen into my true intent and desire to both learn and propagate this art and I will do my best not to disappoint him.

More information on Grandmaster Nick and Nickelstick style Escrima can be found at the following websites:

www.sarisari.cjb.net
homepage.ntlworld.com/malcolmk
World Nickelstick Balintawak blog



Yaw-Yan: Kicking and Bolo Punches

By Roman Wanasen

Contrary to most popular belief, Yaw-Yan is not purely a full-contact no-holds barred sport martial arts. It is a complete martial training with body-mind coordination and test of enduring indomitable spirit. More than just physical training, it also involves the mental disciplines of focus, concentration, alertness, flexibility, stamina, speed and continuity. Students train for real confrontation and actual fights - in or out of the ring. Advanced Disciples have to go through a rigorous ritual of practice and discipline consisting of actual full-contact sparring, bag hitting, mind fighting and flexibility exercises.



Napoleon A. Fernandez
Originator and Founder

The acknowledged originator of Yaw-Yan is born Filipino and native of Quezon province. He was undefeated All-Asian and Far-East Kickboxing champion. The Yaw-Yan was designed for Filipino fighters (height doesn't matter) it is specially invented for small Filipinos to fight against big and heavy opponents. The originator created this martial arts in consonant with the Filipinos culture, the organization, food, uniform attitude and others. The word Yaw-Yan was derived from the two last syllables of "Sayaw ng Kamatayan "means" Dance of Death".

Yaw-Yan advantage from other Martial Arts, it is faster and more powerful. A Yaw-Yan fighter utilizes the strength of his opponent against him through leading techniques. The Master called it "non-resistant" martial arts meaning no blocking is involved at all. This is simply redirecting your opponent energy to your favor. Yaw-Yan specialized to disarm knives, guns and stick in a split second without the use of force using the arms and legs as the weapon.

Yaw-Yan is a serious graceful performing art that requires an incredible amount of concentration for lightning speed movements. It is expressive and requires great focus; it is systematic fighting art, realistic, energetic, complete and practical. In essence, it is sophisticated form of street fighting. Yaw-Yan is a perfected special skill with great impact, smooth and very pleasurable like dancing. It is an excellent physical fitness exercise and a fine art of self-defense, which requires the proper full use of skillful body movement. The Yaw-Yan stylist uses mobility and swift maneuvering footwork and it counteracts the balance of force when fighting. It has its own original style and not copied from any Martial Art. It is ultimately a highly develop personal spirituality and physique.

All Yaw-Yan weapons are used for close range, medium range, long distance and in-fighting. Throwing perfect lightning punches and kicks from all angles. The hands and legs techniques are derived from stick and baton movement. A Yaw-Yan fighter can dominate and maintain control over his opponent with his quick reaction and relentless foot/hand fighting combinations to various part of the anatomy. Yaw-Yan ultimate goal is to preserve, promote and continuously improve and further develop our very own Filipino Martial Arts.

The Elbows (siko), knees (tuhod), and shin (lulod) are utilized in much the same way as in Muay Thai. Yaw-Yan practitioners have to learn 40 basic kicks, advanced disciples have to be able to execute and apply complexes advanced kicks requiring great dexterity, flexibility, and mastery. Most of these advanced kicks are trick kicks, which always caught unsuspecting opponents by surprise.

Yaw-Yan Kicks

The Yaw-Yan Back-kick, reversed Yaw-Yan roundhouse stomp thrust and the famous scorpion kicks were some of these kicks popularized in national motion picture by action stars Boy Fernandez, Bernard Bonnin, Franco Guerero, George Estregan Jr and Rey Malonzo, are all Yaw-Yan experts.

The Yaw-Yan mountain-storm kick is hundred times more effective than karate's roundhouse kick and highly effective if not better than Thai-roundhouse kick. It's fluid effortless execution awes most spectators and the receiving end couldn't believe its' destructive power. Mountain Storm kick seemed similar to Thai roundhouse kick except that the kicking leg was drawn up and swung-through in full force swiftly with a continuous downward cutting motion of the shin as you torque your hips in, instead of just plain straight through burst. A carefully planted mountain-storm kick has left most receiving opponents with agonizing pain and were most often carried away due to inability to walk. Yaw-Yan fighters have been known for breaking their opponent's strong femur bone if not the ribs or jaw, with one mountain storm kick... an unpleasant gift to be treasured for life.



Yaw-Yan has 40 fundamental kicks, divided into 3 categories - front, side, and back. There are 3 types of Yaw-Yan kicks - Snap, Thrust, and Snap-Thrust. As of early to mid-1980's advanced disciples were required to be able to execute 68 kicks, which include advanced complex kicks. Here are the 68 kicks of Yaw-Yan categorically taught as follows:

I. **Front Kicks** (the groups of leg muscles utilized here are that of Front muscles of the kicking leg).

- | | | |
|---------------------|---------------------|----------------------------|
| 1. Snap | 8. Forward Scooping | 15. Horizontal |
| 2. Thrust | 9. Outward Slash | 16. Roundhouse Heel |
| 3. Snap thrust | 10. Inside Slash | 17. Roundhouse Shin |
| 4. Heel Snap | 11. Upward Slash | 18. Roundhouse Snap Thrust |
| 5. Downward Thrust | 12. Downward Chop | 19. Side Snap |
| 6. Outside Scooping | 13. Forward Chop | 20. Inside Leg Scooping |
| 7. Inside Scooping | 14. Vertical Chop | 21. Outside Leg Scooping |
| | | 22. Forward Roundhouse |

II. Side Kicks (the groups of leg muscles utilized here are that of Side muscles of the kicking leg).

- | | | |
|----------------|-------------------------|--------------------------------|
| 1. Side Thrust | 7. Leg Scooping Outside | 13. Roundhouse Heel |
| 2. Side Stomp | 8. Ridge Instep | 14. Roundhouse Snap Thrust |
| 3. Hooking | 9. Ridge Ball | 15. Reversed Roundhouse Instep |
| 4. Ridge | 10. Outside Slash | 16. Reversed Roundhouse Ball |
| 5. Ridge Snap | 11. Inside Slash | 17. Reversed Roundhouse Heel |
| 6. Side Ridge | 12. Roundhouse Shin | 18. Reversed Roundhouse Slash |

III. Back Kicks (the groups of leg muscles utilized here are that of Back muscles of the kicking leg).

- | | | |
|------------------------------|-------------------------|-------------------------|
| 1. Reversed Back Kick Snap | 6. Mountain Storm Heel | 11. Straight Back Kick |
| 2. Reversed Back Kick Thrust | 7. Mountain Storm Slash | 12. Rear Upward Chop |
| 3. Reversed Back Kick Chop | 8. Scorpion | 13. Rear Snap |
| 4. Mountain Storm Shin | 9. Scorpion Chop | 14. Rear Downward Slash |
| 5. Mountain Storm Ball | 10. Circular | 15. Back Chop |

Demonstrations of these Yaw-Yan kicks were always crowd pleasers, not to mention that most of the Yaw-Yan kicks are not commonly seen in other Martial Arts style.

Some possible Kicking Combinations (Offensive Techniques):

1. Right mountain storm, continue turning and execute left Circular kick.
2. Right mountain storm, right scorpion kick.
3. Sliding lead left frontal thrust, right mountain storm
4. Automatic Roundhouse - left and right
5. Left Side Snap, Right Side Thrust, Left Straight Back Kick.
6. Right mountain storm, slide right stomping, left straight back kick.
7. Right Roundhouse - left Yaw-Yan back kick, right outside slicer.
8. Left Yaw-Yan frontal side snap, turn left Yaw-Yan back kick.
9. Left outside slicer snap, right forward scooping, left Yaw-Yan back kick.
10. Automatic Scorpion left and right.
11. Triple Kick (same leg) side slash snap, scooping or hooking roundhouse.
12. Right frontal thrust, left straight back kick, right circular kick.
13. Left hooking, right circular, left roundhouse.

Yaw-Yan Jump kicks although taught as part of training curriculum, was not included in the lists above as they have not been required for advanced disciple. Yaw-Yan Jump kicks are normally employed only in exhibition, although Yaw-Yan fighters have been seen successfully executing them on full contact fights. "It has to be seen to be admired," when executed by a trained disciple, behind its awesome acrobatic and cinematic move is it's blindingly fast deadly precision. Grandmaster Nap advised that although Yaw-Yan jump kicks are very powerful, any jump



kicks by nature leaves a fighter susceptible to damaging counter as soon as he is off the ground. Speed, timing, precision, and constant application in training, are the essential part in enhancing confidence to properly employ these kicks.

Yaw-Yan Punches

The forearm strikes, elbows, punches, dominating palms, and hand movements are empty-hand translations of the bladed weapons. There are 12 bolo punches, which were patterned from Arnis, the Philippines' very own, armed art. These punches have continuous fluid striking motions quite similar to western boxing but incorporating the art of Arnis.

The 12 Yaw-Yan Bolo Punches Execution:

1. **Downward** - executed like hitting downward with a butt end of a bolo, like hammering with the closed fist.
2. **Outside** - executed like swinging a bolo from inside of the body to outside, point of contact can be anywhere from forearm ridge to base of closed fist (butt-end side). This variance of an outside elbow strike, the Outside Bolo Punch can be beautifully executed as a turning Outside bolo punch, a favorite technique of Yaw-Yan fighters, the added momentum and movement of the hips gives extra knockout power to it's unexpected turning move.
3. **Inside** - executed like swinging a bolo from the outside with a slashing motion towards the inside part, point of contact can be anywhere from forearm ridge to base of closed fist (the butt-end side).
4. **Bottom's up** - executed by swinging/slashing upward from inside of the body, point of contact is the butt-end side.
5. **Back fist Snap** - executed by snapping and retracting your fist, point of contact is the backside of the closed fist.
6. **Inside rolling knuckles** - executed with the knuckles rolling inside with a push.
7. **Uppercut** - executed the same way as the western boxing uppercut.
8. **Straight Punch** - executed the same way as the western boxing straight punch.
9. **Upward Punch** - executed by bring the punching fist vertically upward.
10. **Crossed Punch** - executed the same way as the western boxing cross-punch.
11. **Overhead** - executed by tucking your head with your one arm and hitting overhead with another fist.
12. **Downward Rolling knuckles** - executed with the knuckles rolling down with the push.

Grappling, ground fighting, and knife fighting had always been a part of the Philippines' martial art and are always incorporated during the Yaw-Yan practice period. Yaw-Yan is a transformation of ancient Filipino Martial Arts and a Modern Competition Sport with high emphasis on practicality and actual confrontation.



www.yaw-yan.com
Email

Philippine Yaw-Yan ArDigma Martial Arts

Roman Roger Wanasen
Hacienda Caretas
San Jose Del Monte
Bulacan, Philippines 3023

4008 Yague St, Pasong Tamo
[Back of Daily Inquirer office]
Makati City, Philippines

Grotto Vista Gym

[Infront of Grotto Vista swimming pool]
Hardware 2000, Tungkong Mangga
San Jose, Bulacan, Philippines
[0917] 516-9729 / (632) 419-1611



www.bagongkatipunan.de
By Jens Schoendeling



Bagong is a Filipino word meaning new. Katipunan can be translated as organization, union, association, gathering or grouping. Bagong Katipunan in this case is an organization promoting and teaching the Filipino Art of Fighting. The term embodies a dedication to the Filipino heroes who fought and lost their lives for independence against the Spanish regime in their homeland in past centuries.

The Arnis group in Moers, 1 Shaolin Kempo Verein Moers e.V. lead by Guro Carlos Pulanco, being the eldest of the group and called "Manong" (which means respected older brother) had an idea to form an organization. Together with Manongs pupils Vicente Batalla (a knife fighting expert Batangas - Balisong) and also skilful in Arnis, Joseph Samonte, a Kung-fu teacher and arnisador, were convinced to jump on board and agreed to be a part of Bagong Katipunan. He has specialized in Suntokan and Sikaran, receiving lessons from Carlos Pulanco in Filipino styles. Jovelyn Minoza, a female escrima expert (Lahuka - Doce Pares) became involved also.

July 2002

Manong Carlos convinced Larry Garcia, an expert in Kempo Karate, Jui-jitsu, Tai-chi and Arnis with skills in Suntokan and Dumog, to become a leading member. He's a pupil and long time friend of Manong and joined to form and organized, structured and an effective Bagong Katipunan.

November 2002

After a Bagong Katipunan seminar in Hagen-Hohenlimburg, Germany, the group was organized, and a committee came into existence in following constellation:

Larry Garcia - President

Joseph Samonte - Vice president

Vicente Batalla - Secretary

Carlos Pulanco - Treasurer

Not to forget founding members Jovelyn Minoza and Ace Lat, a pupil of Manong in Arnis. Jens Schoendeling, a German law student, was given the right as an advisor and honorary member of Bagong Katipunan due to his undying efforts, support and help in constructing the Organizations statute. He has also received teachings by Guro Carlos Pulanco.

May 16, 2003

Bagong Katipunan was registered by the court office in Oberhausen, Germany, and got its approval as an official society.

5 Katipuneros - 5 Pilipino Arts of Fighting



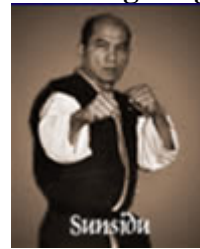
Guro
Carlos Pulanco
Agos Kamay-Kombatan



Guro
Vicente Batalla
Pananandata



Batid
Jovelyn Miñoza
Lahuka



Guro
Laurencio Garcia
Suntukan-Dumog



Guro
Olivier Poissy
Arnis Coredas Obra Mano

Mink Mongoose Martial Arts Kali Arnis

The mongoose may look like a harmless little bundle of fur, but beware – this little guy is a snake killer. In fact, the mongoose has been called a snake's worst enemy. The bravery of the mongoose in the face of a deadly snake is quite amazing. So, what's the low down on this cute, yet vicious little creature, the mongoose?

The mongoose is very fast. In a standoff with a snake, it will usually be able to move to avoid strikes from the snake. The mongoose will typically make a series of feints towards the snake, to finally dash in and seize the snake by the back of the neck. The animal's sharp teeth will bite deeply to break the snake's spine. Coupled with its speed and courage is the fact that the mongoose is a most formidable opponent.



Cecelio Sandigan, Founder and Master of the Mink Mongoose Martial Arts Kali - Arnis, commenced his training in the martial arts when he was 10 years old.. He trained with four different Filipino Masters that represented each a different style of martial art for 20 years.

At the age of 33, Cecelio found himself with the knowledge that he had gained from these masters, however all four masters had passed away. Wondering what to do next Cecelio decided to develop his own style with what he had learned, plus adding his own philosophies. He trained, formulated, analyzed, theorized, and tested for 15 years.

December 2002 Cecelio Sandigan registered the name of his style with the Department of Trade and Industry for single proprietorship. This was the beginning of the style now known as Mink Mongoose.

This martial art specializes in bare hand combat particularly "locking techniques", "lock releasing techniques" and arresting techniques." The

striking techniques have different points of attack, which may result in paralyzing the opponent which composed of well mobilization, elasticity and flexibility of the hand and the body to confuse and avoid the opponent. In the defense of this bare hand combat it using of "jerking" "dropping". "dub trap" and "tossing" this art of different kinds of mobilization, which has the fighter ignore or to counter the attack of the opponent by moving away from the point of attack in order to have the right timing to use the attack against him, make it an art that imitates the mongoose confronting the cobra.

It is a unique art in its defensive and offensive techniques, using 21 strikes and blocks using the baston and which also can be used in knife fighting. The footwork is intricate and balance is of most importance, using smoothness in mobility, yet jerking motions, dropping and other movements of the mongoose. Based on reaction and constantly avoiding the opponents attack point and small movements. The use of pressure points, joint immobilization, and nerve strikes make this style a most formable martial art.



The system of Mink Mongoose Martial Arts Kali Arnis, also specializes in the use of weaponry particularly in long and short stick weapons and long and short bladed weapons, this martial arts not only teach the usage of these weapons but also the art of disarming the weapons from the opponent without being hurt.

The amazing part of this art is that though it sounds as if the practitioner must be a total athlete, however if one is to observe the art and experience it, a whole new concept and perception will be drawn. Stature of the practitioner or the opponent does not constitute the ability to train in the Mink Mongoose style or as a practitioner use it to defend ones self.



Mink Mongoose
Martial Arts Kali Arnis
Founder / Master Cecelio Sandigan
(0921) 583-5554
Email

Ultimate Goal: Black Belt

By Laura Keeter
Daily Times Staff Writer

Patsy Wooten had encouragement from none other than Chuck Norris on her path to earning her executive black belt in Kuntaw Martial Arts.

A few years ago, she had the chance to talk to Norris, an acquaintance of the Kuntaw Grandmaster Carlito A. Lanada, on the telephone.

Wooten told Norris she was starting on her goal of becoming a black belt a little later in life. "He told me to hang in there," she said. She did, and is now the first woman the 10-year-old school has promoted to black belt. The brief conversation meant a lot to Wooten just because of who Norris is in the world of martial arts. "He's an inspiration to all of us," she said. "He's done so much with his life, especially in the martial arts area which made him a movie star and everything. It would be considered an honor to have somebody like him speak to you any words."



Lakan Bini Alice Kossmann, left, trains Patsy Wooten, who recently received her executive black belt in weapons.

Wooten, who is a grandmother, is still taking martial arts lessons, and has the goal now to advance to higher degrees of black belt. "It's a good achievement for her because women of her age, they don't really get that high level," said Alice Kossmann, Kuntaw Martial Arts chief instructor. "For her age, it's nice to stay longer than six months. She stays for five years, and that's good. It's very impressive for somebody to stay that long."

Wooten was further motivated last year when she competed in the State Games of North Carolina in Cary.

Wooten won a gold medal in forms and another, gold in weapons in Executive Women Brown Belt categories. Wooten has learned Kali - the art of Filipino stick fighting using single and double sticks, typically made of rattan. "To win a medal in forms and weapons made me want to continue to achieve my black belt more than ever," she said.

Wooten had always wanted to take martial arts from a female instructor, which she'd never found before she heard about Kossmann. The fact that Lakan Bini Kossmann is the daughter of Lanada, the Grandmaster, "was like icing on the cake," Wooten said. "I was very impressed with her father's achievements and his position in life, and I certainly respect Alice for all she has accomplished in martial arts."

Lakan Bini Kossmann grew up in the Philippines and was a champion in forms. Lakan Bini Kossmann and her husband, Bill, own Kuntaw Palace at 122 S. Goldsboro St., which is the U.S. headquarters of the International Kuntaw Federation.

Wooten said she found martial arts to be just as physical as her previous gym workout, and also a "mental sport" because she had to memorize many techniques and forms for both open hands and weapons. Wooten has good endurance and good health, and she keeps a good pace, Kossmann said. "She's not a quitter person - she wants to be black belt. She dreamed that before we started." Wooten is already well-known in the equestrian world for dressage and carriage driving. She can drive singles, pairs and four-in-hand, or four horses.

Among her equestrian accomplishments, she won the Grand Championship and the Pleasure Driving Championship in 2004 at the Walnut Hill Pleasure Driving Show in Pittsford, N.Y., which is one of the biggest pleasure shows in the world.



www.kuntawmartialarts.com



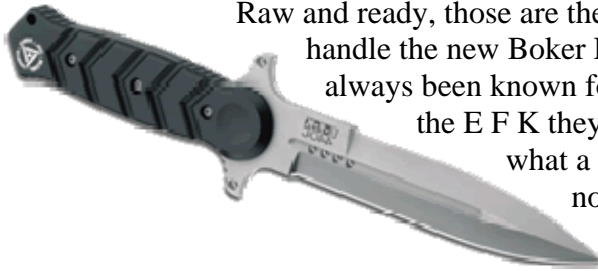
Laura Keeter
Email
(252) 265-7817

Raw and Ready

Bokers E F K

(Escrima Fighting Knife)

By Punong Guro Michael Blackgrave



Raw and ready, those are the two words that first come to mind when I handle the new Boker E F K (Escrima Fighting Knife). Boker has always been known for producing top quality blades, and with the E F K they have in my opinion set a high standard on what a tactical knife should be. The first thing I noticed when I handled the E F K was the comfort, it literally fills my hand allowing for functionality in both sak sak (saber grip) as well as pikal (ice pick grip) and the transition from one to the other is as smooth as can be, a trait crucial to those of us who delve deeply into the bladed arts.

One of the most important features is the double edged 5.88 inch blade. In my opinion double edged is the only way to go, it allows for deeper penetration and devastating back cuts. I put the E F K through some grueling test cuts in both sak sak and pikal grip. I found the penetration factor is high in both. In sak sak I was able to penetrate the yellow pages with a single cavity thrust measuring 1.5 inches this was achieved with average power, when I upped the power thrust I achieved 2.5 inches, not bad at all. In pikal the results were amazing, I was able to drive the E F K a full 4 inches deep into the book with plenty of power still available if needed. The other feature that I truly dig is the striking bezel at the bottom of the handle. This little bad boy is a keeper for sure. I personally love the aspect of being able to not only cut but pummel with my blade and any one who knows eskrima understands that this is a crucial element that unfortunately some knife designers leave out when building a tactical fighter, so kudos to Boker for getting it right.

The E F K comes with a zytel sheath which I definitely like, while tight at first it loosened up after a bit of play yet still remained firm enough so the blade rode snugly in place. The design of the sheath is excellent I was able to attach the blade as a hip carry, cross draw, boot carry and my favorite a lower back concealed carry. It definitely rides light and is easily concealable under a loose shirt or jacket.

Over all I give the Boker E F K four big shiny stars, it is with out a doubt a true tactical fixed blade right up there with the best of them. If you are looking for glitz and glam then I would say look elsewhere but if you are about functionality and simplicity then by all means get yourself a Boker E F K it is a high quality baby that will hold up under any conditions and definitely get the job done in the right hands. Two big thumbs up to Boker for getting it right, obviously Mr. Newmans experience in the bladed arts paid dividends here... great job Boker!



www.bahadzubuwest.org

Western Head Quarters

Representative of Master Yuli Romo Jr.



www.bokerusa.com

Kathleen Enal

Sterling Modern Arnis Club

TDS Family Martial Arts & fitness centers

Sterling Heights, Michigan

By Ben Harrison

I would like to take the time to acknowledge a student who has stood out in the Sterling Modern Arnis Club.

Two things to note; one, she is a girl and two, she is Filipina. Two issues facing the Filipino Martial Arts here in the U.S. is attracting Filipino's to train in their martial arts heritage, and another is dealing with a Martial Culture that is dominated by males. Both have been answered by this young lady.

Kathleen Enal started training in Modern Arnis under Guro Ben Harrison in the fall of 2006. She has stood out as a leader by teaching new students and leading our demonstration team at community festivals and picnics.



Dr. Remy Presas Jr.
and Kathleen Enal

She has helped in our understanding of Filipino culture and language, which has been invaluable to everyone here in our school. We have an inside look into the culture through her eyes and this helps our training as well as respect for the great Filipino culture that we are learning about.

Her younger brother, Kevin Enal, who is only 12, has shown a great interest and has had training from Guro Harrison and his sister.

We have a great opportunity to give back to the Filipino people what we have been blessed to be given by one of their own, Grandmaster Remy Presas. This should be in the heart of every Filipino martial arts instructor, whether Filipino or non-Filipino, to give back what they have been given.

Kathleen is currently ranked as a Likha Isa, brown belt in Modern Arnis, and is looking forward to the day that she will possess the skills in Modern Arnis as a certified Instructor under Dr. Remy P. Presas of MARPPPIO.



Enal Family with Dr. Remy Presas Jr.



www.modernarnis.com



www.tdsfma.com

Kuntaw, Philippine Martial Art on Web TV

By Dante Scott



Antonio Graceffo and
Master Frank Aycocho

Announcing the launch of the new Web TV show, Martial Arts Odyssey, starring Antonio Graceffo (The Monk from Brooklyn) as he travels through Asia, training and documenting martial arts.

The first episode was shot in the Philippines, and features Master Frank Aycocho, teaching Antonio the art of Filipino unarmed combat, Kuntaw. The pilot episode is airing on youtube but the full length series will be airing on a martial arts related Web TV Network to be announced after the contracts are signed.

“I love exotic martial arts,” says Antonio. “The show gives me the opportunity to go anywhere I want in Asia and introduce a worldwide audience to an art that most people haven’t heard of. Kuntaw is a good example. Even in the Philippines many people don’t know about Kuntaw, and it is part of their cultural heritage.”

Graceffo is most well-known for his work to revitalize Bokator, the Cambodian martial art, which was decimated during the Cambodian Civil War. “I have done books and articles about these martial arts, especially Bokator, but Web TV gives me a whole new forum. The power of Web TV is nearly limitless. First of all, unlike my magazine stories, it can be enjoyed by people who don’t speak English. And unlike DVDs or magazines, people can watch for free. Some of the countries where I practice are quite poor. And I am grateful that web TV provides a medium which allows the local people to watch and learn. It also instills pride in people, when they know that the whole world will be looking at their martial art,” said Antonio.

Currently, episodes are being filmed featuring Bradal Serey (Khmer kickboxing) and Bokator. Other shows in the works for October include Voth Vietnam, MMA, Muay Thai, Muay Boran, and Philippine grappling and kick boxing.

“Through the power of the internet, we now have the ability to preserve all of these ancient arts and make sure that none of them fall into extinction.” Says Graceffo

To view Martial Arts Odyssey, Kuntaw - **Click Here**

You can contact Antonio Graceffo through his website **speakingadventure.com** or you can join him at: **myspace.com/antoniobrooklynmonk**

An Interview with Grandmaster Rene Latosa

Part One and Two

Dr. Kevin Keough, host of North Star Guardians and Warrior Traditions, interviews Grandmaster Rene Latosa about Filipino martial arts and the warrior tradition.



Grandmaster Rene Latosa has been actively teaching the Filipino martial arts since 1968. He was strongly influenced by his instructors at the Stockton Escrima Academy in California, including Grandmaster Angel Cabales, Max Sarmiento, Dentoy Revilar and Master Leo Giron, as well as the teachings of his own father. Latosa has received full instructorship certification in the Serrada system and Cadena de Mano. He is the only person ever to be certified in Cadena de Mano by Max Sarmiento.

Rene Latosa has been teaching martial arts for over 30 years. He has schools worldwide and teaches seminars all through the U.S. He is the first person to introduce the Filipino martial arts to Europe.

Latosa Escrima / Concepts is the study and development of the best concepts and strategies of many systems. It is the idea of understanding what you do, how you do it and why it is done. The system is an education in body control, awareness and weapon efficiency.

Interview Part One - [Click Here](#)

Interview Part Two - [Click Here](#)

Visit Grandmaster Rene Latosa's website - **[Click Here](#)**

Warrior Traditions is a series of audio interviews that explores the nature of warriors and warrior traditions from ancient times to the present. - **[Click Here](#)**

Grandmaster Gerardo "Larry" Alcuizar

World Eskrido Federation

September 24, 1934 - September 8, 2007

Services for Grandmaster Alcuizar were held:

Hope Chapel

September 12, 2007

Forest Lawn in Cypress

4471 Lincoln Avenue

Cypress, CA. 90630

Grandmaster Alcuizar was laid to rest in his homeland Cebu, Philippines.

A man who never grew old, for those who were fortunate to know Grand Master Larry Alcuizar and even more fortunate to train with him, at 73 years old Grandmaster lived life and trained as if he was in his 30's. A very charismatic person, the type of person who presents could be felt in a room of many. I can recall introducing him to people that new or cared nothing about martial arts and they would ask me who he was, as if by his presence they could tell he was someone special.

At 73 years old he amazed people in demonstrations with his speed and accuracy. After a demonstration, I enjoyed sitting back and watching for the amazed look on people's faces when they discovered his actual age.

Having been raised in Cebu in the Philippines, Grandmaster as he was normally addressed by his students was raised in the Cebu during the Japanese occupation. Having had him share with me stories of what he had witnessed as a child, I would not wish those experiences on my worst enemy. It helped me to later understand why one might live, eat, and sleep martial arts for over 50 years as he did.

Martial arts; was his life, it was his work, his hobby, and teaching his knowledge to those who he wanted to know his art is what he loved. A life simply satisfied by martial arts, Grandmaster's martial knowledge and experience could fill encyclopedias. For him it was never about the money it was about his passion for martial arts, molding, and shaping his students. As he would regularly say about many martial arts schools "they are just making money" a statement that is unfortunately true. Having lived as a non-native in Saudi Arabia for over 20 years allowed him to test and tune his martial arts in many real life experiences, experiences most people only see on TV. In martial arts Grandmaster was always thinking two steps ahead and always welcoming the challenging questions regarding a technique. Often times asking the difficult question of his own technique, "now what do you do if he is bigger than you" he would ask and then go on to answer is own question, a question others should have asked. Not so concerned about how applicable a technique was for scoring points in competition, Grandmaster always made sure his technique where applicable for true to life self defense and sparing an opponent in a self defense situation was not an option he taught. His art is a hard style that has not been desensitized, an art that has not been turned into a dance or a sport, but a true form of self defense. An art that emphasizes both weapons (stick and knife), and empty hands but always assumes ones opponent may have a weapon.

During his life he had many students from many different corners of the world, both civilian and military. He had the gifted ability not only to excel in martial artists, but

also to be an excellent teacher. His teaching and materials were very organized and methodical. Every new lesson had a syllabus delineating out the techniques to be learned by the student and ever new lesson was linked to what was previously learned and to what was to be learned in the future.

Till the very end a few of us trained religiously with Grandmaster every Sunday at Ron Manrique house in Southern California. Having trained with Grandmaster since his early arrival to the United States, Ron was more like a son than a student to Grandmaster. Grandmaster always had Ron handle the business side and assist in the teaching of the students.

Not only did we lose a Grandmaster, a gifted martial artist, those who trained with him also lost a mentor and a friend. I am fortunate for the time I was able to spend with Grandmaster. Memories that can never be lost, he is a person that someday we will want to tell our grandchildren about. Those who trained with Grandmaster are not only very fortunate to have been able to share his art, but also fortunate to have known him and to have shared his life.

My Sunday afternoons will never be the same, Kirk Gooding friend and student.



It was in 1950 during Gerardo Alcuizar vacation in Sabang, Sibonga, Cebu, the birthplace of his father, that he met Master Maning Tenebro, who became my first instructor in Combat Judo and Arnis. He is a polite, calm, wholesome, and reserved person. He is one of the most respected men in the barrio of Sabang. His father is a faith healer. Maning himself offered to teach Gerardo Alcuizar and a nephew of his sister's husband combat judo and Arnis in preparation for the Sabang barrio fiesta demonstration. At the time, Gerardo Alcuizar was still an elementary student, so he had enough time to practice with Master Maning, especially during vacation. As Gerardo Alcuizar became more interested, he wanted to improve his techniques. He wanted to practice every day, since he was schooling in Cebu City, and practiced every Saturday and Sunday. One time Maning told him that his instructor was Doring Saavedra. Nevertheless, at that time Gerardo Alcuizar was not interested to know who discovered the said art or the style or where it came from. I just hungered for techniques – *“just teach me how to fight, protect, or defend myself if my life is in danger.”*

After Gerardo Alcuizar graduated from Cebu Institute of Technology (CIT), he got a job as a security guard at CIT. That was when he met Master Fernando Candawan from Doce Pares. In a short time, he became Gerardo instructor in Combat Judo and Arnis. Master Candawan was also working in the Registrar's office of CIT. They practiced at the CIT compound every night from 8:00 p.m. to 11:00 p.m. Actually, Master Fernando “Nanding” Candawan, aside from Combat Judo and Arnis, was also a Judo (Japanese) player, and was also a former boxer and a bodybuilder. After a few months working as a security guard, Alcuizar was transferred to the Registrar's office

where Master Nanding Candawan also worked. A few months later, they organized a club with some enthusiasts in Combat Judo and Arnis.

That was the formal birth of DUREX- Judo-Arnis-Karate Club in the headquarters inside CIT. In addition to Eskrima/Arnis (stick defense) and Combat Judo (knife defense), they also offered Korean Martial Arts Moo Duk Kwan (Tang Soo Do). In the same year, they affiliated the DUREX Judo-Arnis-Karate Club to the Doce Pares Headquarters and their Tang Soo Do



to the headquarters in Bacolod City under Grandmaster Casimiro “Chingi” Grandeza. They personally talked to Grandmaster Ciriaco “Cacoy” Cañete about their affiliation to Doce Pares Club, and Alcuizar went to Bacolod City to meet with Grandmaster Grandeza to inform him of their intention to affiliate to the Moo Duk Kwan (Tang Soo Do Assn.).

However, in early 1966, Master Nanding Candawan left Cebu to pursue a job in the Registrar’s office in the University of Mindanao. Nevertheless, Gerardo Alcuizar maintained the practice in CIT every Sunday morning. They had strength of more than one hundred, all CIT students, and were able to expand the club to Lapu-Lapu City Cebu, Minglanilla Cebu, Butuan City Mindanao, Cagayan de Oro City, and Tagbilaran City Bohol.

Later Gerardo Alcuizar went to the club of Grandmaster Felimon “Momoy” Cañete, a walking distance, and to the Doce Pares headquarters with the house of Grandmaster Ciriaco “Cacoy” Cañete. Unknown to all then, Gerardo had private lessons with Grandmaster Momoy Cañete, especially in the Espada Y Daga and double Arnis Amara. Grandmaster Momoy is a secretive man; Alcuizar like that. Almost every Sunday afternoon he attended practice with his senior students, such as Ben Culanag, Ben Irog-irog, Peryong, and Banoy Borja. Gerardo really practiced with Grandmaster Momoy after all his students left the class. Grandmaster Momoy refrained Gerardo from joining the advance students. However, Gerardo always followed his advice and his instructions not to tell or give to anyone what I have learned from him. As Gerardo said earlier, *“he is a very secretive man.”* That is why even in DUREX Club, nobody knew that Gerardo was practicing with Grandmaster Momoy Cañete because he was afraid he might not give him or teach him his techniques anymore. Grandmaster Momoy has so many locks in Combat Judo and Espada Y Daga. He has a beautiful long-range style and Arnis Kata. Maybe no one knew that Grandmaster Momoy and my mother-in-law were very close friends, and that the former house of my mother-in-law was very close to the house of Momoy.

Before Gerardo Alcuizar went to Saudi Arabia, he met Grandmaster Eulogio “Yulling” Cañete. Gerardo Alcuizar cannot forget his advice to him: *“Don’t forget the techniques that you learned from your instructor;”* it is the same Doce Pares style. Later he told Gerardo to always search for techniques to improve my style and abilities.

When Gerardo Alcuizar was in Saudi Arabia, he became a member of WTSDA (World Tang Soo Do Assn.), based in Philadelphia, by Grandmaster Jae Shin, and Gerardo Alcuizar received the Gold lifetime membership of said association. Later, he

also became a member of the WOMA (World Organizer of Martial Arts, Saudi Arabia) by Grandmaster Tianero.

August 1989 was an epic making year. Spearheaded by Chief Instructor Grandmaster Gerardo B. Alcuizar and a handful of energetic, sports-minded individuals and self-defense enthusiasts, he transformed a dream into reality by forming and founded the World Eskrido Federation (WEF) at King Khalid Air Base Sports Complex, Kingdom of Saudi Arabia. WEF concentrated on Arnis/ Kali/Garote (Stick Fighting), Combat Judo (Knife Defense) including Karate influence. Grandmaster Alcuizar devoted much of his time to the propagation and development of the art, taking a more direct and scientific approach.

In October of 2003, Grandmaster Gerardo Alcuizar came to join his wife as an immigrant in the United States of America. Grandmaster Alcuizar resided in Bellflower, California, and was active pursuit of continuing his contributions to the promotion of Filipino martial arts. He used the term “ESKRIDO” as a combination for Eskrima, Arnis, and Combat Judo and registered the name of “**World Eskrido Federation**” in the Philippine Securities and Exchange Commission (SEC).



Website



mandirigma.org
5111 Mt. Royal Drive
Los Angeles, California 90041-1331
Tel | Fax: 1.213.366.9636
info@mandirigma.org

The FMA Digest wanted you to know a little bit about what makes up Mandirigma.org since they have supplied an editorial section since Vol3 No2.. So in this issue's editorial here is what Mandirigma.org is all about.

Kapisanang Mandirigma

Kapisanang Mandirigma is a federation of warriors from different disciplines of the Warrior Arts of the Philippines. It is not a style, nor a representation of any singular style, but rather a federation of practitioners with similar goals to provide a vehicle for growth and personal discovery through continued training in a non-commercial and non-political environment.

This unique federation has an ever-growing but extremely selective membership representing numerous progressive fighting styles. The ideas that interchange between the diverse styles and dedicated members create a dynamic foundation for continuously keeping the Warrior Arts of the Philippines alive with integrity for future generations.

The primary objectives of Kapisanang Mandirigma are as follows:

- Preserve the Warrior Arts of the Philippines in a manner worthy of the warriors of past generations, as the federation considers our inherited knowledge more precious beyond any material compensation, just as much as the blood, sweat and tears that were spilled by our forefathers in order to obtain it.
- Foster constructive collaboration and communication among the various associations, organizations and schools of the Warrior Arts of the Philippines.
- Promote the Warrior Arts of the Philippines in a positive manner that will benefit all members of the federation.
- In the tradition of our teachers, continue traveling on the path of learning and research of the Warrior Arts of the Philippines and to pursue it with a mind, body and spirit in a manner that is honorable.

Mandirigma.org - www.mandirigma.org

Mandirigma.org is a research organization dedicated to cultural awareness. Their focus includes preserving and promoting the warrior arts of the Philippines commonly known as Kali, Eskrima and Arnis. The warrior arts, is one of the most important aspects of any society because its very nature is to defend and preserve the culture it originated from. Thus, mandirigma.org is also involved in researching the culture of the Philippines in issues from ancient to current. The primary objective of mandirigma.org is to do its

part in keeping alive ancient knowledge and give honor to the sacrifices made by previous generations.

Using both traditional and modern methods in its work, mandirigma.org has organized, collaborated with and participated in classes, conferences, demonstrations, festivals, lectures, seminars and workshops with prominent college and community organizations. Aside from their hands-on approach, mandirigma.org utilizes multimedia technologies such as audio, desktop, video and web to reach people across the globe.

Researching since the 1970's, mandirigma.org believes in being actively involved in giving back to the community. They have collaborated with and volunteered in various non-profit agencies. One project included setting up an award-winning program to positively divert at-risk youth from drugs and gangs using the Filipino Warrior Arts and as a metaphor for adaptation and learning. They have also arranged fundraisers in order to assist causes such as indigenous tribal groups and organizations dedicated to cultural preservation in the Philippines. Mandirigma.org believes that this expansive pursuit is at its best a collaborative effort. This has allowed mandirigma.org to meet and work with many fine individuals and organizations throughout the Philippines, the United States and the world. Mandirigma.org welcomes all with an open and positive mind to participate and join them on this never-ending cultural adventure.

Mandirigma.org is a project of Kapisanang Mandirigma.

Kali Klub

Kali Klub, an award-winning project of Kapisanang Mandirigma, initially started as a positive diversion against drugs and gangs for youths in the Temple-Beverly corridor, now known as Historic Filipinotown. It is; a collaboration with several non-profit agencies in the area such as FilAm Arts, SIPA and PWC. Now entering their 9th year, they have expanded to teaching Children (ages 5-12), Youths (ages 13-17), Adults (ages 18 & over) and Elders (ages 40 & Over) the Warrior Arts of the Philippines in a non-commercial, non-political environment where art, culture and heritage are integrated into their curriculum.

Presentations include the dedication of Historic Filipinotown at the Los Angeles City Hall and a lecture/demo at the Filipino Historical Society Conference at Loyola University.

Kali Klub sa FilAm ARTS - www.filamarts.org

The Association for the Advancement of Filipino American Arts & Culture ("FilAm ARTS") was founded in 1999 but has consistently delivered the annual presentation of the Festival of Philippine Arts & Culture (FPAC) since their early beginnings in 1992 and has now added two other programs: the California-statewide Pilipino Artists Network (PAN) and the Eskuwela Kultura Neighborhood Cultural School.

Kali Klub sa FilAm ARTS, established in 2004, is a joint project between Kapisanang Mandirigma and the Association for the Advancement of Filipino American Arts & Culture (FilAm ARTS) under their community-based nonprofit 501(c)(3) status.

Kali Klub sa SIPA - www.esipa.org

Founded in 1972, Search to Involve Pilipino Americans ("SIPA") has long established itself as a key service provider among the low-income and underserved multi-ethnic youth and families in the Temple Beverly corridor and the Pilipino American community of Los Angeles County. Their mission is to enhance the quality of life of the Pilipino American community by: Supporting youth development and leadership; Providing family programs, health and human services and affordable housing; Facilitation of collaborative actions within multi-ethnic communities.

Kali Klub sa SIPA, established in 1999, is a joint project between Kapisanang Mandirigma and Search to Involve Pilipino Americans (SIPA) under their community-based nonprofit 501(c)(3) status.

Kali Klub sa PWC - www.pwcsc.org

The Pilipino Workers' Center ("PWC") was founded in 1997 on the idea that all workers have a right to safe working conditions, living wages, a decent standard of living and quality of life. Their mission is to organize Filipino Workers to collectively address our needs and issues both in the work place and in the community.

Kali Klub sa PWC, established in 2003, is a joint project between Kapisanang Mandirigma and Pilipino Workers' Center (PWC) under their community-based nonprofit 501(c)(3) status.



FMA Past Events

Arnis Balite / Kuntaw
Nevada Cancer Institute
Churchill County
Park & Recreation
June 4 - July 2, 2007

Punong Guro Steven Dowd held a 5 week Self Awareness/Self Defense classes for the Nevada Cancer Institute funded by the Lance Armstrong Foundation.

The classes were for parents with their children, consisting of the family team work. The idea of the course was to bring about awareness of one's surroundings, by the use of common sense. To avoid situations in which parents and/or their children could become a victim of assault, robbery, or physical abuse. And when an unavoidable situation happens, actions to take in defending themselves and get away.

Punong Guro Dowd; lectured on awareness of ones surroundings when out of the home and demonstrated and taught basic empty hand techniques of Arnis Balite and Kuntaw for self defense.

Families worked together in coordinating the mind and body individually and as a team against aggressors.



www.livestrong.org



www.arnisbalite.com



www.churchillcounty.org

Kuntaw Cops 15 Medals in State Games

June 23, 2007



Five members of Kuntaw Palace won nine gold medals in karate competition on Saturday at the State Games of North Carolina in Greensboro.

- Cassandra Kossman led the Kuntaw medal haul - 15 in all - as she won the Sparring, Weapons and Forms competitions in the Girls Ages 10-11 Brown Belt class.
- Rebecca Sullivan took gold in the 14-15 Girls Green Belts in Weapons and Forms while winning the silver medal in Sparring.
- Jesus Melendez was also a double champion, finishing first in the 8-9 Boys Yellow Belts in Sparring and Forms.

Other Kuntaw medalists were Shaniqua Brown, 14-15 Girls Green Belts (Sparring-Gold, Weapons-Silver, Forms-Silver); Cameron Walston, 8-9 Boys Green Belts (Forms-Gold, Sparring-Silver) and Tyre Thorne, 14-15 Boys Yellow Belts (Forms-Silver, Sparring-Bronze).

Senkotiros Seminar

Davis, California

June 23, 2007

By Manai Stacy Desideri



It was another Senkotiros seminar success story of a man humble but yet carrying a big stick in the world of the Filipino martial art. Having just returned from the Philippines where he is organizing the 2008 World Arnis Cup Tournament, Professor Max M. Pallen, Grandmaster of

Senkotiros International, was in Davis, California, at 7:30 a.m. for the 2007 Senkotiros seminar. The Davis School, 20 minutes away from downtown Sacramento, is honored to have annual seminars from this legend of the Filipino martial art. Professor Pallen, Guro William Banuelos from Salinas, California, and I walked down the block to have a “Starbucks” before our seminar, scheduled to begin at 8:30 a.m.



We took some group pictures first for the FMA Digest publication and by 9:00 a.m. the school was packed with students from Pallen's Martial Arts, Davis. As usual Professor Pallen started with freestyle twirling after the warm-up exercises lead by Manoi Jim Trapani. According to Professor Pallen, "An escrimador must master twirling or amara for flexibility. This is one of the most important qualities of a skilled master in the Filipino martial art." Professor Pallen continued his instruction with striking, defending and disarming techniques, detailing some of the finer points for effectiveness. Professor Pallen again amazed everyone with the simplicity of the Senkotiros style and made it "look so easy and smooth," quoted one of the new students.

Professor Pallen's experience in the Filipino Martial Art goes back many years, and his dedication to the younger generation makes him one of those masters that will live forever in the mind of future masters. He explained, "Just like anything else, one must build a strong foundation to develop the skillful mastery of a Filipino Martial Art. It is important to emphasize the proper execution of offensive and defensive techniques with an option to adapt to a changing attack. It is also vital to develop sensitivity skills." Over the years, Professor Pallen had taught us new concepts to support the techniques that he taught us before. Today, he taught us how to counter when someone holds your stick and tries to take it away from you. He said "No one should be able to take your weapon away from you."

One of the new techniques that Professor Pallen showed us at the seminar was a concept to develop disarming fluidity. In this exercise, two Escrimadors face off, grasping the opponent's stick by the end. As the two fighters counter for the upper hand, there are opportunities to explore disarming options. Professor Pallen taught us that instead of panicking over the idea that someone has grabbed your weapon, a sensitive escrimador can strike back, block an attack, release the opponent's grip, disarm the other weapon and take down an attacker with "trankada," or locking techniques. The amazing seminar was so rewarding that before we knew it, lunch break had arrived.

The Chinese food was delicious and filling for those of us who joined Professor at the Silver Dragon Chinese Food restaurant next door. By 1:00 p.m. almost everyone had returned from lunch ready for more Senkotiros-style training. Professor Pallen started with the theory of using the live hand as an empty-hand disarms against a stick or bladed weapon. In this concept, an escrimador would use the empty hand to execute the cross

defense, using the hands in a process similar to using a weapon. Professor Pallen made it clear that effective use of the live hand would make an escrimador more at ease and ready. If one is tense, one move's slow. But, if one relaxes, one can move faster and can sense what will come in an attack. Reflexes will be much faster when relaxed and in control. He showed us many different options that a fighter can utilize. This fighting style is the real deal.

By 2:30 p.m. it was time for a fun part of the seminar. Professor Pallen had us match opponents according to rank and size. It was time for the disarming competition, in which two students would cross their sticks and try to disarm one another in a one-minute round. The competition lasted the rest of the seminar. Great sportsmanship was only matched by the energy and enthusiasm of students eager to try out their new skills. Professor's seminar was great fun and very satisfying. Every student walked out the door having learned new techniques and new ways to look at the art of Senkotiros. The Pallen's Martial Arts, Davis, School gives special thanks to all those higher ranking Senkotiros Instructors who traveled so far, and to local Senkotiros Instructors who assisted Professor Pallen with another successful seminar. Be sure to check the calendar of events to learn when a Senkotiros seminar will be coming to your area.



Senkotiros
628 4th Street
Davis, CA. 95616
(530) 758-5431



www.senkotiros.org

Gathering of Warriors

June 30, 2007

By Tasi Alo

The "Gathering of Warriors" seminar attracted over 130 people showcasing 9 different styles of Filipino Martial Arts in Vallejo, CA on June 30, 2007. Together these different styles shared some of their knowledge and demonstrated their styles for all to see and experience the diversity of Filipino martial arts, which has been our mission to propagate Filipino martial arts, to inspire the next generations of Filipinos and Filipino martial arts practitioners to become teachers by sharing the Filipino culture, fulfilling their heritage with the beauty and benefits that all styles of Filipino martial arts have to offer.

The viewpoint that we endorse is one that says; it isn't about "our or my style" but it is to showcase all Filipino martial arts styles that will help generate increased public interest and growth in Filipino martial arts training.

The 'Gathering of Warriors' provides a venue to showcase the many different Filipino martial arts styles both here in the USA, Canada, Europe and the Philippines to the general public with a spirit of cooperation and brotherhood encouraging all Filipino martial arts practitioners throughout the Filipino martial arts world.

Our gratitude to all who came and to those who did demos of their styles for they all have so much to offer the Filipino martial arts. To all who supported this seminar especially to Team NorCal HQ K.S.D.I. Grandmaster Emil Bautista, Sigung Anthony Ramos, Sigungs Cheyenne and Jerry Corpus for hosting the 'Gathering of Warriors' 2007 we give our utmost respect and gratitude to them. We couldn't have done it without you and to Great Grandmaster Ernesto A. Presas (Kombatan) we give our heartfelt appreciation and Aloha. Our thanks to our friends of "Fine Antique Art and Weapons (specializing in Asian and Islamic) Salamat Po to, Brady Brazil and Braulio Agudelio for sharing their display, it was educational and a visually great collection for all to look at. It really helped to express the theme of the "Gathering" which is about Filipino Martial Arts and the

Demonstrations



Master Nene Teovel Balintawak



Bahalana



Magdangal School of Kali

Filipino Culture. Much thanks to John Santa Catalina and his family for your dedication to making it a great seminar also Much Love to our special guest Professor Rolando Castro (Goju-Ryu) Grandmaster Robert Castro's brother. There were 3 styles of Balintawak represented 'Teovel' Master Nonato 'Nene' Gaabucayan with his student Mike Smith of Teovel Balintawak Gold Chapter of Los Angeles did a crowd cheering demo of his style of Balintawak, Tabimina Balintawak instructor Sylvester 'Jojo' Ygay with Master Alex Ercia was there as was Grandmaster Ver Villasin of Villasin Balintawak Academy joining us for the "Gathering".



Professors Allen and Mario Magdangal

Da'an opened the seminar in the morning session with a warm-up which consisted of fundamentals danced to drums played by Grandmaster Robert Castro and Master Tasi Alo and a workshop which was 2 hours of concepts and techniques unique to Eskabo Da'an. There was a raffle of 2 autographed kamagong swords and an autographed t-shirt by all the Grandmasters and Masters that were there.

Later some Filipino martial arts practitioners were promoted, they were Mike Giron, the son of Grandmaster Leo Giron (Bahalana) to Punong Guro/Master-Lakan Lima, 5th Dan, Master Alex France (Sec. Gen. Kombatan) and Master Alex Ercia were promoted at Kombatan Camp in the Philippines and picked up their certificates of promotion. Gabe Rafael of Upakan Bara Bara was promoted - Lakan Anim/ Master, 6th Dan by the Grandmasters.



Grandmaster Ver Villasin



breaking record, so for this practice trial run he broke 100 Corona beer bottles in 5

Later in the afternoon Grandmaster Lito Concepcion shared Kombatan double stick concepts and basics, then Master Brando Castillo gave a short demo of mano-mano (empty-hands) part of Kombatan. The grand finale was when Grandmaster Lito Concepcion did a practice run to one day set a world beer bottle

minutes 48 seconds; it really got the audience wildly cheering "LITO! LITO!" bringing this "Gathering of Warriors" to a joyful close.

Congratulations to Jun Cauteverio and Wally Estopia and the rest of the guys from one family to another, much love, we hope that all that were at the "Gathering of Warriors" enjoyed this experience of many different Filipino Martial Arts styles that were represented there. Maraming Salamat Po.

Personal Note from Master Alex France:

Master Alex Ercia and Master Alex France and several others received our Lakan 7 promotions from Great Grandmaster Ernesto Presas a couple of years ago; but as his Sec. Gen. responsible for the creation and distribution of diplomas, I just never got around to securing one for Alex Ercia and myself. It was heartwarming to see our friends Lito, Robert and Tasi looking out for us by securing and presenting us with our diplomas. As a result, this diploma I received from Great Grandmaster and my friends is my most cherished one.



Gathering hosts
Grandmaster Bautista and
Sigung Cheyenne Corpus



Grandmaster Robert Castro and Master Tasi Alo



Training the Trainers Seminar - Batch 4

June 30 & July 1, 2007

D.O.T. Quadrangle, T. M. Kalaw St., Manila

A two (2) days seminar on the following lessons:

I - Introduction to Basic Fundamentals

by : Prof. Armando C. Soteco

Introduction to Basic Tapi Tapi

by: Senior Master Samuel D. Dulay

Introduction to Modern Arnis & IMAFP

Introduction to Classics

By: Atty. Salvador P. Demaisip

II - Four Classics of IMAFP

- Abanico - Senior Guro Jimson Dearos
- Kruzada - Senior. Guro Ginalyn J. Relos
- Dikitan - Senior Guro Rodolfo T. Poblacion, Jr.
- Palis – Senior Guro Paulo O. Motita

III - FMA Weapons

Balisong – Master Reynaldo Postrado

(Guest Instructor)

Daga/Knife - Master Reynaldo Postrado

Dulo Dulo - Senior Guro Jimson Dearos

IV - KURIDAS - Senior Master

Modern Arnis Techniques

Senior Master Rodel Dagooc

Participants:

IMAFP Coordinator - Hongkong, Sulu,

Members from : Bacolod, NCPE & Metro Manila

Organized by: Senior Guro Ginalyn J. Relos



Participants



Instructors



IMAFP Junior Sports Arnis Tournament

August 5, 2007

San Andres Sports Complex

Malate, Manila Philippines

International Modern Arnis Federation, Inc. Philippines
The World Brotherhood of Modern Arnis in cooperation
with the Philippine Indigenous Games & Sports Savers
Association, Inc.



Participants



Tournament Officials



Anyo Team Championship



Fighting Competition



Gathering of Winners



IMAFP



WFMA



PIGSSAI



NFMA

NFMA Campus Tour
Lourdes School
Retiro cor , Mayon St.
Quezon City, Philippines
August 7, 2007
8:30am to 12 noon
By Peachie Baron-Saguin
Photo's By Wilma Dulay
Website



I set up my alarm clock at 5am for August 7, as this is the first of our campus tour and our show at Lourdes school starts at 8:30am. I wanted to be up early so I could prepare some sandwiches for the participants. At 4:30 am of August 7, I was already up not waiting for the alarm clock to ring.

7:45am, I was at Gate 11 of Lourdes school, and right after the morning flag ceremony and morning prayers, I was lead by Mr. Marlon Carranza, our contact in Lourdes school to their gym. The court was big and clean, I was really glad, as the participants will surely feel comfortable.

Because of the heavy downpour of rain, we were not able to start on time as only very few participants were presents. Early to arrive was Anna Domingo from St Therese School, the student of Grandmaster Vic Sanchez. Soon enough, a little before 9am groups from different clubs started to arrive and by 9am, we started the program with the PTA Chorale group rendering a beautiful selection of Filipino melody. We also had for our intermission numbers, 2 Yoyo players courtesy of PIGSSAI.

Indeed our first campus tour was a success. Our Filipino warriors did their best to present the different styles and techniques of stick fighting, and before long students, with the permission of their coach Mr. Carranza, joined and tried for themselves the techniques that were demonstrated. It was really a spectacular sight!

It is my hope and the hope of all our Filipino warriors, that more schools will give us the opportunity to share with them, the legacy of our ancestors. In the hearts of every Filipino, runs the blood of a true swordsman. Mabuhay and Arnis! Mabuhay ang Pinoy!

Participants for the 1st Campus Tour:

PIGSSAI and IMAFP

Engr. Dion Diaz

Bambit Dulay, Cheche Secopito, Nonoy Poblacion, Jeff Plotria, and Francis

"Pani" Nagen

Professor Soteco

YoYo team- Meejay Olaybar and Manuel Tolentino

Romo / Illustisimo System

Archelo Eleorda, Philip Roxas, Jayron, Garcia, and Katherine Pingoy

Arkado Club

Leo Angelo Marquez

Dekiti Tirsia Siradas

Jerry Evangelisan, and Eleazar

Warriors Martial Arts

Master Romy Santos, Guro Arnel Hila and his daughter Sharlyn Hila

Arnis Combat Kiatson System

Matser Mon Kiatson, and Cris Santo

Philippine Jendo

Master Jonathan June Abaya, Mary Kristine Abaya, and Lhoyi Biscaro

Kali Arnis International

Rheinan May Estrera, Anna Domingo and MC

Kali Sports Demo Team

Rachel Gonzales and Joy Ganapao

Paclibar Bicol Arnis

Shira Gabriel, Katherine D. Catubay, Benjielyn Crispino, Jonathan Nicolas, Nap Relox, Augsut Mallari, and Amery Salazar

Buena Mano

Mang Fil

The first of what the NFMA hopes to be a series of Campus Tours. Organizing the Campus tour was, Bella Marie 'Peachie' Baron-Saguin. With the support of the various Filipino martial arts styles and systems supporting the NFMA.



Peachie Baron-Saguin



Engr. Jose Dion Diaz talks to students



Dayang Mitze 'Cheche' Secopito

IMAFP

Cheche and Jeff Plotria



Jeff Plotria, Senior Master Dulay, Maestro Rey Postrado, and Senior Guro Nonoy Poblacion



Senior Master Dulay and Senior Guro Nonoy Poblacion



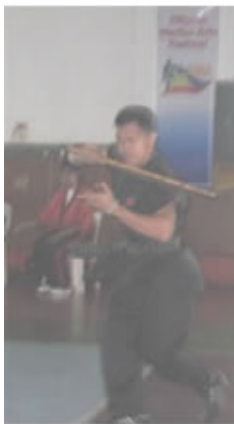
Senior Master Dulay with Jeff Plotria



Romo Illustrisimo System



Arkado



Guro Arnel Hila and Sharlyn Warriors Martial Arts



Master Jerry Evangelisan - Dekiti Tirsia Siradas



Maestro Romy Santos Warriors Martial Arts

Master Fil Buena - Buena Mano



Grandmaster June Abaya Phil. Jendo



Grandmaster Vicente Sanchez
Kali Arnis International



Pacilbar Bicol Arnis



NFMA with Coach Marlon Caranza (in blue shirt)



NFMA Group with
Professor Soteco
(Standing 5th from left)



YoYo Team
Meejay Olaybar and
Manuel Tolentino



Students of Lourdes School



Volunteer Student tries Arnis



Instructors and Students



Appreciation of the great demonstrations



MARPPIO Modern Arnis Seminar

August 18 and 19, 2007
Sterling Heights, Michigan

The Sterling Modern Arnis Club and TDS Family Martial Arts and Fitness Center proudly hosted Dr. Remy P. Presas of MARRPIO Modern Arnis again this year and no one left disappointed.

Friday night, before the seminar on Saturday, Dr. Presas treated us to an impromptu class on Modern Arnis. The class focused on advanced single cane, double cane and empty hand trapping/locking techniques.

On Saturday and Sunday, we continued the theme and moved into cane trapping from Visidario and cane chokes. Sunday's class focused on advanced empty hand locks from Visidario and we ended the Seminar with classical Arnis techniques such as Figure Eight, Reverse Figure Eight and Abaniko.

Dr. Presas shared the history of Modern Arnis from his perspective as the son of Grandmaster Remy Presas in the Philippines. He also shared the influence his mother, Rosemary Presas, had at the Founding of Modern Arnis in Bacolod and then the expansion in Manila.

It was a great time for everyone and especially the new students who were impressed at Dr. Presas humbleness and approachability. He made sure he went around to everyone at the seminar to give advice and encouragement.

The seminar ended on Sunday afternoon with the promotion of Guro Ben Harrison to Lakan Antas 4, Associate Master Level in MARPPIO.

Plenty of pictures, memories and new friends were made and all are looking forward to next year's seminar.



For more information on MARPPPIO and Hosting Seminars with Dr. Presas, Contact:
Dr. Presas at:



www.modernarnis.com

Guro Ben Harrison at:



www.tdsfma.com

MAA-I & WOMA

Presents a high honour in Manila to Grandmaster Ernesto A. Presas

August 25, 2007

Grandmaster Professor Ernest A. Presas - who is considered living legend in the Filipino martial arts, no other has made arnis so popular since his deceased brother Professor Remy Presas by innumerable TV of appearances, books, training videos and seminars whole world.



Guro Bernd Hoehle presenting recognition award to Grandmaster Ernesto Presas for the promotion and promulgating of the Philippine Martial arts.

Guro Bernd Hoehle Headmaster of the Martial Arts Association - International (www.maa-i.com), is a student for many years and "Guro" under Grandmaster Ernesto Presas. Visiting the Headquarters in Manila, Mr. Hoehle had the honour to present Grandmaster Ernesto Presas one of the highest honours of the Martial Arts Association - International and the World Organizer of Martial Arts, which Grandmaster Presas received, with many thanks. The honour was given by the MAA-I & WOMA for

Ernesto Amador Presas was born in the coastal village of Hinigaran, Negros Occidental, Philippines on May 20, 1945. He began his training in the Filipino martial arts at the age of eight under his father, Jose Presas, a well-known stick fighter of his generation. Grandmaster Ernesto Presas is a multi-talented athlete. He was a collegiate athlete in track and field, football and basketball. His training in the martial arts is eclectic. He holds the rank of Lakan Sampu (10th Dan) in Arnis, Lakan Sampu (10th Dan) in Mano-Mano (hand to hand combat) and 8th Dan in Filipino Weaponry. He is recognized as a ranking expert in Judo, Jujutsu, Bo Jitsu, Kendo, Tonfa, Sai, Chaku, Balisong, and Karate.

As a young man, his dream was to reintroduce the art that was so long an integral part of Filipino history and culture. However, he realized that the classical systems presented a limited appeal to those living in the modern world. By analyzing the conceptual framework of the classical systems, he revolutionized the native martial arts into a complete effective fighting system appealing to martial arts students in contemporary society. Nevertheless, he was confronted with a Filipino society that valued foreign cultural icons, including martial arts. A turning point came in 1970 for Grandmaster Presas. To renew the art that was dying in the Philippines, he began teaching the Filipino martial arts at the University of the Philippines and the Lyceum of the Philippines. In the same year, he was invited to Japan to demonstrate the art of Arnis at "Expo 70." Challenged to compare Arnis to the well-known sword styles of Japan, he quickly earned the respect of the Japanese masters who called his art Filipino Kendo. After returning to Manila, he established his first dojo with the help of his compadre, Modern Arnis grandmaster, Frederico Lazo. Later that year, Grandmaster Presas Founded the Modern Arnis Association of the Philippines International and ARJUKEN (Arnis-Jujutsu-Kendo) Karate Association International to formally propagate the native art within the Philippines.

Kombatan was developed by Grandmaster Ernesto Presas of Negros Oriental Province in the Visayas. Grandmaster Ernesto Presas, Founder of Filipino Mano-Mano, resides in Manila and teaches at the University of Santo Tomas and the Lyceum as well as conducts seminars throughout the Philippines, Europe and the U.S.

Kombatan is a composite of various classical and modern fighting systems used in the Philippines. The student of Kombatan is introduced to the various systems. An emphasis is placed on drills to train the student to react instinctively. Students are encouraged to develop their own "style" of techniques within the Kombatan framework.



www.MAA-I.com

World Serrada Escrima Federation

Friedrichshafen, Germany

August 25 - 26, 2007

By WSEF

Recently, in Friedrichshafen, Germany, two of the most prolific figures within the world of Filipino martial arts came together upon international soil in order to further plant the seeds of “Serrada Escrima” and “Jeet Kune Do”.



L-R Grandmaster Richard S. Bustillo, Bernd Renner,
Petra Eischeid, Grandmaster Anthony Davis

Both Grandmaster Anthony Davis and Grandmaster Richard S. Bustillo met at the main international headquarters of the “World Serrada Escrima Federation” in the south of Germany. Grandmaster Davis the co-founder of the “World Serrada Escrima Federation” and Grandmaster Bustillo the chief instructor and president of the “IMB Academy” presented their much respected styles of Filipino martial arts to well over (65) eager seminar participants.

For two-days of non stop intensive action in both the close-quarter systems of “Serrada Escrima” and “Jeet Kune Do” instructor candidates were close-order drilled into some of the most highly advanced stick/knife/ and empty-hand secrets of these two dynamic and explosive systems of combat martial arts. Kicking off the first series of four of the two-day workshops was the indisputable “Iron Dragon” Grandmaster Richard S. Bustillo.

In spite of his (60) plus years; Grandmaster Bustillo moved like a man (35) years younger. Still very fast and accurate, Grandmaster Bustillo flowed effortlessly from one combat maneuver to the next awing the students continuously with his amazing command of skill and precise contact control. Grandmaster Bustillo covered everything in his workshops from the famous Bruce Lee ‘Stop-Kick’ to the amazing signature Bruce Lee ‘One-Inch-Punch’.

Assisting Grandmaster Bustillo was his Frankfurt, Germany {IMB Academy} representative, Guru Tobias Ricker. Guru Ricker did a flawless job of interpreting everything in German that was said by Grandmaster Bustillo in English. Additionally! Guru Ricker also did an excellent job in translating the fundamental theories behind every technique that Grandmaster Bustillo had thoroughly explained and demonstrated.

Next up on deck was the Grandmaster of the “Davis/Cabales Serrada System of Escrima” Anthony Davis. Grandmaster Anthony Davis is one of the foremost authorities in the field of Serrada Escrima, and he is one of the primary promoters of the “Angel Cabales Serrada System of Escrima” worldwide. In 1984, Grandmaster Davis became a private student of the late Great Grandmaster Angel Cabales the “Father of Escrima in America”.

Beginning as far back as 1980, Grandmaster Davis had begun his studies in the scientific, combative field of Filipino martial arts. Extracting information from some of

the best in the Filipino martial arts circles such as, Guru Dan Inosanto, Grandmaster Richard S. Bustillo, Guru Ted Lucaylucay, Grandmaster Rene Latosa, and the late Great Grandmaster Angel Cabales, Grandmaster Davis was able to formulate a well rounded hybrid system of Serrada Escrima in which he has coined the “Davis/Cabales Serrada System of Escrima”. In 1980, Grandmaster Anthony Davis promoted the very first “Kali/Jeet kune Do” workshops in Cleveland, Ohio, featuring the notorious “dynamic duo” Guru Dan Inosanto, and his main partner, Grandmaster Richard S. Bustillo.

Grandmaster Richard S. Bustillo told all of the participants at the recent German seminars that “Grandmaster Anthony Davis was one of the first persons to promote “Kali” and “Jeet Kune Do” in the early 1980’s”. In order to acknowledge Grandmaster Anthony Davis’ many promotions, accomplishments, and contributions within the world martial arts community, Grandmaster Bustillo awarded him the prestigious “IMB Academy Gold Medal Award” along with an “IMB” instructors T-shirt.

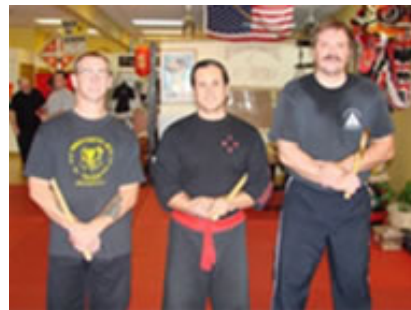
As both Grandmaster Anthony Davis, and Grandmaster Richard S. Bustillo trained at different time periods under the same legendary stick/knife master Angel Cabales, this gave all of the participants at this illustrious gathering a parallel glimpse into the historical past, and into the present ongoing evolution of the art of Serrada Escrima and Jeet Kune Do. Although Filipino martial arts have become widespread all over the world, Germany has become the second largest market place for stick and knife fighting.

In order to secure Grandmaster Richard S. Bustillo’s special guest appearance in Germany, the World Serrada Escrima Federation’s president, Grandmaster Anthony Davis appointed two of his top German representatives Master Petra Eischeid, and Master Bernd Renner to aid in co-promoting this spectacular event. Master Eischeid in conjunction with Master Renner united as one fist in order to manifest this historical production which resulted into a rare ‘grand-masterful’ affair.

Grandmaster Davis stated “It was indeed an immaculate experience to co-star along side of one of the last great (Monongs) a man who was one of the first pioneers that laid down some of the first foundation stones on behalf of Filipino martial arts in America”.

Grandmaster Bustillo said “The nice thing about my seminar is seeing an old valued friend like Anthony Davis, and meeting new ones like Sifu Petra Eischeid, and Sifu Bernd Renner, and the students. The seminar may have passed, but the seminar experience and memories are lasting. My very special thanks to Grandmaster Anthony Davis for the hospitality and support in arranging the IMB seminar”. This last set of seminars in Germany represented Grandmaster Davis’ 10th intensive Serrada Escrima workshop within a three month time period.

Simultaneously! As the “Davis/Bustillo” workshops were taking place in Germany, back in the states the Midwest St. Louis “WSEF” Representatives Punong Guru Mike Schwarz, and Master James Perkins, the Founder of the “World Martial Arts Union (WMAU) presented a “Davis/Cabales Serrada System of Escrima” workshop in Florida at



L-R: Master James Perkins, Master Anta, Punong Guru Mike Schwarz

“Anta’s Fitness and Self-Defense Academy”. Master Anta’s academy is an affiliate and authorized training center for the “World Serrada Escrima Federation”. Additionally! Master Anta is an Apprentice Instructor in the (WSEF).



LR: Bernd Renner
Grandmaster Richard S. Bustillo
Petra Eischeid
Grandmaster Anthony Davis

Just one-week later as a spin off of the “Davis/Bustillo” workshops, the ‘WSEF’ German international representative Master Bernd Renner conducted a ‘Davis/Cabales Serrada System of Escrima’ workshop in Luckau, Germany. As a result of this particular workshop there is now an official ‘WSEF’ representative headquarters in Northern, Germany.

Indeed the golden legacy of the late Great Grandmaster Angel Cabales is definitely being kept alive worldwide by one of Serrada Escrima’s most zealous and most enigmatic ambassador’s within the world triangle of Filipino martial arts, Grandmaster Anthony Davis.



Left: 3rd-Grandmaster Anthony Davis, 4th-Petra Eischeid, 5th - Tobias Ricker,
6th-Grandmaster Richard Bustillo, 8th-Guro Bernd Renner



wsf-mai.defensivecombat.com

For more information regarding the 'World Serrada Escrima Federation', products, membership, classes: private and group, seminars, and instructor trainee programs, contact Grandmaster Anthony Davis at: **anthonyherrada2@yahoo.com**

International Martial Arts & Boxing Academy



www.imbacademy.com

MAA-I Coaches at the University in Bangkok

September 8, 2007

On invitation of the Assumption University in Bangkok, Thailand Guro Bernd Hoehle (Headmaster of the Martial Arts Association International - www.MAA-I.com) with his assistant Dennis Diekmann (of Golden Dragon e.V. Martial Arts Center) presented two Special Filipino martial arts Seminars.

The Assumption University has over 20,000 students and is the largest and most well-known University of Thailand.

Grandmasters S.L. Gihara from New Delhi / India (President Indian Martial Arts Federation and writer for Bruce Lee magazine) and Grandmaster Shiva Bahara of Nepal (Director of Combat Haven Federation Nepal) attended with some their pupils which travelled to the seminars to participate. Also Grandmasters Professor Thomas A. Hodgins and Professor Dr. C Gigante McBaine from Ireland, Master F. Dave from Los Angeles, California, Grandmaster Ajarn D. Satulong from Thailand and Master Q. Chow from China were honoured guests.



Dr. C. Gigante McBaine and
Guro Bernd Hoehle



Guro Hoehle demonstrated the effectiveness of close-in techniques from the ATS, JKD and MAC as well as a part of Kali Concepts. The techniques were received enthusiastically by the participants.

The seminar was accompanied by a film team from a Thai television station. The director of the faculty for

Sport and Physical Fitness, Dr. Chukiat Kiattderarat presented the honours document of the University to the German guest coaches as indication of the Global Peoples Communication and the International Sports Exchange.



L - R: Grandmaster Ajarn D. Satulong, Guro Dennis Diekmann, Grandmaster Shiva Bahara, Guro Bernd Hoehle, Dr. S. Kamgamnerd, Dr. C. Gigante McBaine and Grandmaster S.L. Gihara



www.MAA-I.com

16th Annual Festival of Philippine Arts and Culture

PAKAMUT Eskrima Demonstration

September 9, 2007

By Marc Lawrence

Photo's by Nic B. Arriola

Team PAKAMUT recently attended the 16th Annual Festival of Philippine Arts and Culture on September 9th, 2007. The Festival is Southern California's largest on-going Filipino American tradition. It is attended by 25,000 people and has over 500 artists. The festival is built up every year by volunteers. The festival is funded through its ticket sales, grants and donations. The festival is part of the Fil-Am Arts network. This festival is great example of Filipino American Community coming together in unity and sharing its culture.

Some of the highlights of the festival were demonstrations of Eskrima, traditional dances, the adobo cook-off, the balut eating contest and battle of the Fil-AM bands. There were many activities for the children like a Alibata workshop, a Sungka competition, Filipino Children's story telling, Lapay Bantigue dance workshop and yo-yo making workshop.

Team PAKAMUT was part of the demonstration of artist at the generations' stage. PAKAMUT Fighting Arts is the Visayan fighting system taught by Master Felix Roiles and his family. The Roiles family, are descendants of Datu Lapu-Lapu. Datu Lapu-Lapu and his fighters fought and defeated Ferdinand Magellan and his soldiers in 1521. Team PAKAMUT was led by Master Felix Roiles who demonstrated a variety of Eskrima techniques. Guro Kris Paragas demonstrated a traditional Sayaw with Olisi (stick). Michael Lawrence demonstrated traditional Sayaw (form) with a sword. The father and son team Guro Marc



Master Felix verses Guro Kris Paragas

Lawrence and Michael Lawrence demonstrated controlled sparing with Olisi verses Olisi. Edwin Abo and Guro Kris Paragas demonstrated controlled sparring with locks and



Guro Marc Lawrence and son Michael
Demonstrate Bolo verses Olisi.

throws. Master Felix Roiles demonstrated empty hand verses olisi and empty hands verses knife, complete with chokes and locks. The father and son team demonstrated olisi verses bolo with a disarming of the attacker with the Bolo (sword). Master Felix did the highlight of the demonstration with a disarming and countering two attackers Guro Kris Paragas and Edwin Abo armed with Olisi and Daga (knife).

Team PAKAMUT has performed



Team PAKAMUT L-R:
Michael Lawrence, Guro Marc
Lawrence, Master Felix Roiles,
Guro Kris Paragas and Edwin
Abo

ESKRIMA demonstrations for several years at the Festival of Philippine Arts and Culture. Team PAKAMUT is a supporter of the Filipino American Arts and Culture and performs demonstrations of the Filipino Fighting Arts Team at Community events. PAKAMUT is part of PAKAMUT International.



www.PAKAMUT.com

Master Felix Roiles
PAKAMUT International Association
Main Headquarters
101 Atlantic Ave. Suite 106
Long Beach CA 90802
Tel. (323) 350-8500
felixflp@msn.com

Basic Modern Arnis Training Seminar

16 September 2007

High Court, Admiralty, Hong Kong

Modern Arnis Hong Kong (IMAFP-HK) launched their First “Free Basic Arnis Training Seminar” on 16th of September 2007 at High Court, Admiralty, Hong Kong. This is the product of the joint effort of Guro Rene V. Sorezo - President, MAHK (IMAFP-HK) and Guro Eric T. de Leon - Vice-President, MAHK (IMAFP-HK).

Participants were from different Organizations and Institutions; the IMAP (Integrated Midwife Association of the Philippines), DOMO-HK (DOLE, OWWA, Microsoft Organization HK), RFC (Radiowealth Finance Company), ECC (Evangelical Community Church) and PIS (Philippine International School).

This seminar aims are to open the awareness of fellow Filipinos living and working in Hong Kong and that Arnis is not only a Filipino Martial Arts, it is also a Culture and part of the Philippine Heritage.

A series of “Free Basic Arnis Training Seminar” will be offered to other different OFW Organizations as the Pilot project and part of the Community Service of the newly revived Modern Arnis Hong Kong (IMAFP-HK) and will also be offered to the Filipino community in this part of the world.

For more details and seminar arrangements, please contact:

Guro Rene V. Sorezo

President, MAHK (IMAFP-HK)
IMAFP Coordinator, Hong Kong
(852) 6198-9661

Guro Eric T. de Leon

Vice-President, MAHK (IMAFP-HK)
Chairman, Training & Seminars
(852) 9687-2584

Email
Website



2007 West Coast Filipino Martial Arts Congregation

September 22, 2007

Duarte, CA

By Rich Verdejo and Gigie Alunday
Photos By Lloyd Bandonillo



US National Weather Report Agency reported a storm total of nearly 1 inch of rainfall in the San Gabriel Valley for Saturday, September 22, 2007. However, not even the downpour of rain could keep the warriors from gathering for a humble day of training and sharing in Duarte, CA at the 2007 West Coast Filipino Martial Arts Congregation. dA bEST qUALITY pRODUCTS hosted the packed event which was complete with demos from the participants and a traditional Filipino barbeque buffet lunch.

The hosts of the event aspired to bring about a sense of community and camaraderie among the Filipino Martial Arts groups on the West Coast. It started out as a

get together among friends, and grew to an event which brought in over 60 people from San Diego, Vallejo, and even Tampa, Fl., the first event of its kind on the West Coast. The spirit of the gathering was about sharing. It was seeing old friends, making new friends while Masters shared their history and knowledge freely with everyone.

The day featured a 3 group workshop rotation among Filipino Combat Systems (www.fcskali.com), Galius Martial Arts (www.myspace.com/galiusmartialarts), and Largo Mano Combat Judo (**Email**). The highlights of the day were the 7 demos from Joe Marana and Jon Auzenne of Sayoc Kali (www.intmartialarts.com), Jon Teopaco and Michael Banez of San Miguel/Doce Pares San Diego (www.sd12pares.com), Master Chief Chris Siangco of Pedoy Derobio School of Escrima (**Email**), Master Lloyd Kennedy and Rudy Franco of Center for Practical Self Defense (www.centerforpracticalselfdefense.com), Master Felix Roiles of Pakamut (www.pakamut.com), Guro Ramon Rubia of San Miguel/Doce Pares Eskrima (**Email**), Carlo “Sikaran” Canezo of Filipino Combat Systems (www.fcskali.com), Master Roger Agbulos of Astig LAMECO (www.astiglameco.com).



Tasi Alo, Master Chief Chris Siangco, Guro Ramon Rubia, and Master Roger Agbulos

This gathering was the first of many working towards uniting the Filipino martial arts systems on the West Coast. The goal is to have an event where everyone can all share their different martial arts styles, culture, and meet fellow practitioners. Thanks to the participation and support of the practitioners, the event was a HUGE success and we are looking forward to the next gathering!



FCS Group



Galius Martial Arts Group



Largo Mano Combat Judo Group



dA bEST qUALITY pRODUCTS

**Email
Website**



Houston Stick Fighting Association's 2007

3rd Quarterly Event

Sept. 23, 2007

Memorial Park, Houston, Texas

By Daniel Arola

Photos by: Quinn Aikens

Today's weather felt very welcoming now that the Fall Season had just arrived shortly after the start of school season. This summers past bore some very unforgiving heat coupled with the humidity that was so thickly geared with that "icky-sticky" sensation. It could make a person standing alone outdoors feel claustrophobic from the smothering warmth making a person's body reek of sweat and natural body odor at a few notches below the negative scale. I can't speak for the rest of the state of Texas concerning humidity as is distinctly experienced by the residents of the Greater Houston area, but I do know my fellow Houstonians are nodding in agreement as they had just read the last passage. The Fall season is an extremely welcoming sense of relief for those who enjoy outdoor activities such as running, jogging, cycling, horseback riding, and other such "track" exercises.

I arrived early at Memorial Park at around our designated meeting area for the time prior to locating and setting up our ground to play at. There were a good number of people walking, jogging, and cycling along the trails that run throughout the huge city park that spans for several city blocks long where it's sheltered within all the nice clusters of green trees and remnants of forestry that stayed and remained as part of the park which

provides the clean breathing atmosphere for all who are there for their exercises and other sporting activities. The mornings in Houston seemed to have already cooled down some.

I knew right then it was a great day for some stickfighting.

Manong Joe Galeon was the first person I saw and we hung out 'til the rest of the members like Bill Little, Mike Weiss, Jason and his wife and shortly after a few more showed, we walked over across the street from our meeting area to an open ground where we won't be found in playing around any one else's way. It was the perfect ground for us to also demonstrate to the public and hope to fish for interest in what we were there to do since we were there in the green right alongside Memorial Loop lane within plain view of pedestrians and those on foot with the ball field fence to one side and a church to another side with a few trees standing out on the side next to the ball field area.

Neither clouds in the sky indicated any possibility of rain or drizzle but they sure did help greatly to provide just enough shade for the morning sun to provide the perfect setting and balance of natural lighting for the cameras being used today. Photographer Donna Atwood who had been shooting for some of the last few HSFA gatherings was unfortunately absent this day and out of town for a job in another state. She would have loved it. Another person absent from today's activities was the HSFA president, Johnathan Bolton who was staying home with his family today and busying himself with his kids, and a newborn baby girl and attending to Mrs. Bolton. We had him and those who couldn't make it today in our pre-event blessings, thoughts and best wishes prior to playtime.

That kinda left myself and Manong Joe in charge of today's event, and then one of the HSFA's top advisors and my instructor Tim Mousel showed to watch us play while he was also reacquainting with familiar faces from the past and recent among the members.

We each warmed up in pair's one round at a time with the soft sticks from single to double and even a bit of espada y daga via soft stick and training dagger. Another player from the Irish Cane (Shillaeleigh/Bata) stickfighting style named Chris Amendola and newest HSFA member had introduced his current flavor of delivery to each of his sparring partners with some very unique cane fighting techniques as is practiced among the citizen folk of the Emerald Isle.

Chris is a big man with distinctive Irish features including the red hair and showed to have the cardio-output of a football player in season because he was fighting back to back rounds with a fresh partner in each round to boot. Chris demonstrated a lot of open-minded enthusiasm in exploring how to apply his art with other players regardless of stick-based fighting style. I made sure to voice that very idea to the rest of the HSFA members about being open to explore and



not to be too complacent with what they've been doing within the limits of their own style and background. HSFA member Bill Little also heads a group in Southeast Texas that is Western martial arts oriented along with his background in Pekiti Tirsia Kali. Bill even brought along a practice long sword that he used in a match versus Chris' Irish cane fighting style which made a very fine match with very interesting techniques to watch out for and study. It was a sweet exchange of strikes and skills which included a well-timed double-handed sword thrust by Bill to the mask of his sparring partner resulting in a sweet stop-hit that made Chris lean backwards to hold his footing in between the series of over hand and side head shots to Bill's helmet coming from Chris' cane.

As you are reading this now, it is apparently evident that we the Houston Stickfighting Association do not exclude other stick-based martial artists from the Association even if the current bulk of members training backgrounds root in the Filipino martial arts [Kali, Arnis, Escrima...]. We always make sure to acknowledge that these stickfighting events also provide a profound facility for learning through real-time application and newly-gained experience in the exchange of skills with other players of the various stick-based styles that hail from all over the world. Bill Little was one of the first of original members to bring up the Western martial arts practice swords and shields to the mix. In fact, Bill had brought his own cache of Western martial arts practice weapons in the first couple of events before to introduce these other weapons fighting styles in order to maintain open minds and a sense of refreshed curiosity as is evident among the members of this group that have stayed on.

During the live stick matches, it was pretty intense even for the men who aged above 40 and there were quite a handful of them along with Manong Joe at a very strong age of 65. They played like they had the energy of 8 year old boys until the round was finished. It was an awesome sight to see! I've had a few soft stick matches with the "senior" players also and it was very fun to have a go with every one of them especially with Mike, Bill and Manong Joe. Sparring with the seniors allowed me to pay more attention to how they make their wisely placed set-ups because to them it was a very mental game and they seemed to have had an active sense of consciousness to use strategy and well-planned processes resulting in some well-earned shots to my mask, body and gloves.

I never did put the vest on when I sparred with the live sticks. Strong footwork training and raw basics in blocking headshots in each match sure did help! I won't recommend it for any novice or intermediate to spar without any form of safety just



because I don't use the padded vest. That's a personal preference of mine and I have my own reasons, but as it is being read here in this article. I encourage everyone to train smart, hard and safely. Play wisely.

After the event, Quinn Aikens, a student in my MMA classes and myself trekked on over to a Hooters restaurant for lunch and showed off parts of the videos we filmed for the day's event to some of the attractive wait staff and raising their interest so we can have them talk about us. The HSFA, I mean. It was a great day!



Website
Website
Website

DAMAG-INC
Texas
Email



Speak Up - Speak Out

Roberto Trinidad

Newbie Questions

Let's face it, we were all newbies once.

There are a lot of people out there who have heard of FMA, and are interested in learning. Unfortunately, they may not have access to an FMA instructor or school. For these people, the Internet is their first and sometimes only source of information about FMA.

Most of the members of the FMA Forum are no longer beginners, and are each knowledgeable in their own respective system. We still get newbie questions from time to time from beginners signing up on the forum. Normally, it would be simple to answer beginner questions. But in a community as diverse as the FMA Forum, answers to simple questions may not be so simple.

An example of common question is what FMA style or system to study. Usually, the main consideration is location, but other factors such as the beginner's disposition come into play. A typical example can be found at

[www.fmaforum.org/index.php?showtopic=1471]

Those who have little or no access to FMA instructors usually ask for other sources of information. One beginner asks if it is possible to learn FMA through training videos [www.fmaforum.org/index.php?showtopic=2388] or through online sources on the Internet [www.fmaforum.org/index.php?showtopic=1938]. Beginners who have trouble looking for training partners might want to read this discussion on training solo [www.fmaforum.org/index.php?showtopic=1305].

Other common questions revolve around specific techniques commonly used in FMA such as Sinawali [www.fmaforum.org/index.php?showtopic=1328] and the pakal and saksak grips [www.fmaforum.org/index.php?showtopic=1374].

A variant question is along the lines of "I heard this from an FMA practitioner. Is it true?" Someone asked "A friend of mine said that when it comes to blades, power strikes are unnecessary. Is it true?"

Read the discussion at [www.fmaforum.org/index.php?showtopic=2358].

We've all heard of mixed martial arts. Even in FMA, known masters have studied different systems under different teachers. But is it recommended for a beginner to study more than one system simultaneously? Follow the discussion at

[www.fmaforum.org/index.php?showtopic=1796].

If you're a beginner, check out the FMA Forum [fmaforum.org]. Even if you're an expert, you might find a new perspective on some old newbie questions.

I would like to emphasize that you don't need to register to read the discussions, but you do need to register in order to post. Just head over to fmaforum.org, click on the Discussion Boards link, and join in.

See you there!

FMA Future Events

Seminars



5th WFMAA Expo & Laban Laro

October 5 - 7, 2007

Embassy Suites Hotel - Bellevue

3225 158th Ave. SE

Bellevue, WA. 98008

General Flyer

Registration

Laban Laro Rules

Email

Website

Featured Instructors:

Punong Guro Myrlino P. Hufana - Hufana Traditional Arnis, Grandmaster

Robert Castro - Eskabo Da'an

Grandmaster Conrad Manaois - Manaois Systems

Hari Osias C. Banaag - Global Sikaran Federation

Ama Guro Rufino "Raffy" Pambuan - Pambuan Arnis Tulisan Caballerro

Master Jose V. Tan - Modified Tapado

Guro Sonny Padilla - Kali Academy

Master Ramon Rubia - San Miguel Eskrima/Doce Pares

International Martial Arts Symposium

October 5 - 7, 2007

Columbia, South Carolina

Contact: Hanshi Ridgely Abele

Email

Website

Toma's Modern Arnis

October 7, 2007

Professor Dan Anderson

(Modern Arnis, M-80 system)

4404 West Victory Blvd

Burbank CA 91505

(818) 843-4984 leave message

Email

Stick's 'n' Steel 2007

October 13, 2007

Featured Seminar Instructors

Master Bram Frank CSSD/SC Founder & Chief Instructor

Master of Tapi Tapi Brian Zawilinski (Modern Arnis)

Middletown Kenpo Karate Studio

749 Saybrook Road, Middletown, CT 06457

Contact: Tom Cushing: 860-371-4868

Email

Atillo Balintawak Seminar

October 13, 2007

Glenwood Shopping Center

1143 N. 5th St.

Perkasie, PA. 18944-1868

Contact: Irv Gill (215) 453-1145

Website

Elite Martial Arta & Fitness

October 13 - 14, 2007

Garimot Arnis Training of Chicago

Contact: Guro Mike "Tandang" Eugenio

(773) 318-8525

Email

Website

Combative Edge/ Grand Tuhon Leo Gaje

October 13 - 14, 2007

Valley Forge Convention Center

Philadelphia PA

Contact: Rob Walker of Combative Edge

Email

Texas Samurai

October 13 - 14, 2007

Grandmaster Richard Bustillo

8373 Culebra Rd, Suite 106

San Antonio, TX. 78251

Details: [210] 647-8438

Flyer

Email

Website

Website

Modern Arnis Seminar with Datu Kelly Worden

October 19 - 21, 2007

Thornton Memorial Boys Club

1830 16th Street

Bedford, Indiana

Contact: Ryan Massette (812) 583-4925

Email

Website

Bandalan Martial Arts Academy

Presenting: Supreme Grandmaster Diony Canete

October 20, 2007

2910 Southside Rd.

Hollister Ca., 95023

Contact: Grandmaster Alfredo Bandalan

(408) 310-0101

Email

Website

CPSD and ASTIG LAMECO SD Solutions Workshop

October 20, 2007

Guro Roger Agbulos

CPSD Coach Lloyd Kennedy

Master Rommel Dunbar's BJJ Academy

9960 Indiana Ave STE.13-14

Riverside, CA

(951) 687-9000

Flyer

Website

Contact: CPSD Instructor Rudy Franco

(909) 234-3015 - message

Email

Website

Doce Pares Seminar

October 21, 2007

Grandmaster Dionisio Canete

PMAA/Senkotiros - San Leandro

13752 Doolittle Drive

San Leandro, CA

(510) 483-6560

Email

Website

Website

Website

Senkotiros Seminar
October 20 - 21, 2007
Professor Max M. Pallen
Hawaiian Combat Kenpo
Georgetown, TX
Email
Website

CSSD/SC
Instructor Camp
November 1 - 4, 2007
Lotus Self Defense School
202 West 2nd Ave.
(Spokane Armory Building)
Spokane, Washington
Contact
Lisa Urvat (509) 993-6929 **Email**
Sifu Roy Harrington (509) 624-9129 **Email**
Flyer
Website

Eskrima Serrada Exhibition and Symposium
November 3, 2007
Time - Location TBA
Contact: (888) 221-5462 ext. 3
Flyer
Email
Website

BaHad ZuBu ~ Simplicity with Intent Seminar
November 3 - 4, 2007
Tommy Chens Martial Arts and Fitness Center
526 - 86th Street, 2nd floor
Brooklyn, New York
Email
Website

Senkotiros International FMA Seminar
November 10 - 11, 2007
Professor Max M. Pallen
Senkotiros Philippine Headquarter
Basdiot, Moal Boal
Cebu, Philippines
Email
Website

Pekiti-Tirsia Kali Seminar w/ GT Gaje, Jr.

November 10 - 11, 2007

Glen Burnie, Maryland

6720-D Ritchie Highway

Glen Burnie, Maryland

[410] 768-7788

Email

Website

2nd Professor Remy A. Presas Memorial Camp

November 17 - 20, 2007

Iloilo & Guimaras Beach Resorts

Iloilo & Guimaras Province, Philippines

Information: 632 723-0679

63 906 411-3774 / 63 919 822- 0931

Flyer

Email

Website

Website

L'Academie Bothoan

November 24 - 25, 2007

Garimot Arnis Training of France

Normandy, France

Contact: Guro Anthony "Ulopong" Pousset

(061) 965-6595

Email

Website

White Tiger Martial Arts

December 8 - 9, 2007

Garimot Arnis Training of West Palm Beach, Fl.

Contact: Guro Victor "Hagibis" Rivera

(561) 512-9707

Email

Email

Website

40th Annual Senkotiros Sama Sama

February 1 - 2, 2008

Sama-Sama Banquet

February 2, 2008

Union City Sports Center

31224 Union City Blvd.

Union City, CA. 94587

Flyer
Email
Website
Website

Hinigaran Arnis De Mano Camp

Grandmaster Roberto A. Presas

February 25 - March 7, 2008

Presas Beach Resort

Negros Occidental, Philippines

Contact: Guro Kurtis Goodwin

A.P.I. International Combat Arts Association

5347 NE Sandy Blvd.

Portland, Oregon 97213

[503] 287-4265

Email
Website

THE TIPUNAN GROUP



Tipunan sa Palawan 2008

Details soon at: www.tipunan.com

Tournaments



5th WFMAA Laban Laro

October 7, 2007

Embassy Suites Hotel - Bellevue

3225 158th Ave. SE

Bellevue, WA. 98008

General Flyer

Registration

Laban Laro Rules

Email

Website

Pacific Island Showdown II
Ultimate Warrior
October 13, 2007
Filipino Community Center Ballroom
94-428 Mokuola St.
Waipahu, HI.
Email
Website

Mexican Filipino Kali Tournament Challenge
October 21 2007
Mexico City, Mexico
Contact: Punong Guro Jesús O. Rodríguez
Email

World Eskrima Kali Arnis Federation (WEKAF) USA
WEKAF USA Western Region Championships
October 27, 2007
Centerville Junior High School
Fremont, CA.
Email
Website
Website

Ubusay Lahi "Battle of the Grandmasters 2"
October 31, 2007
Capitol ground
Multi Purpose Center
Bacolod City, Philippines
Email
Website

Transcontinental Silver Sword
2 - 4 November, 2007
Tbilisi, Georgia
(995) 99 58-4859
Email
Invitation to FMA Practitioners

International Arnis Competition in the USA
November 16-17, 2007
Mt. Laurel, NJ.
Organizer: North American Federation of Martial Arts
(IMAFP Chapter, East Coast USA)
Contact: Master Jose Torres
Email

1st World Invitational Sports Arnis Tournament

November 21 - 25, 2007

Iloilo & Guimaras Beach Resorts

Iloilo & Guimaras Province, Philippines

Information: (632) 723-0679

63 (906) 411-3774 / 63 (919) 822- 0931

Ground Rules Flyer

Simplified Rules

Cultural Non-Contact Entry Form

Labanan Contact Entry Form

Email

Website

Website

Manila 1st Asian Martial Arts Games

November 29 - December 5, 2007

Araneta Colliseum, Quezon City, Philippines

Organized by: Philippine Full Contact Self-Defense Federation

In cooperation with: Philippine Jendo Association

For Inquiries: Jonathan Makiling - Abaya

Email

Website

World FMA Triple Tournaments/Adventures

World Cup

July 19 - 20, 2008

Sports Center, Moal Boal

Cebu, Philippines

Contact: Tuhon Jordan or Felpe Pallen

(510) 4836560

Email

Email

Flyer

Website

Website

WEKAF

July 21 - 24, 2008

Cebu, Philippines

Website

Doce Pares Championship

July 25, 2008

Cebu, Philippines

Website

5th WFMAA Expo & Laban Laro



October 5 - 7, 2007
Embassy Suites Hotel - Bellevue
3225 158th Ave. SE
Bellevue, WA. 98008

General Flyer
Registration
Laban Laro Rules
Email
Website

Click the style in italic to learn more.

Featured Instructors:

Punong Guro Myrlino P. Hufana - *Hufana Traditional Arnis*
Grandmaster Robert Castro - *Eskabo Da'an*
Grandmaster Conrad Manaois - *Manaois Systems*
Hari Osias C. Banaag - *Global Sikaran Federation*
Ama Guro Rufino "Raffy" Pambuan - *Pambuan Arnis Tulisan Cabalerro*
Master Jose V. Tan - *Modified Tapado*
Guro Sonny Padilla - *Kali Academy*
Master Ramon Rubia - *San Miguel Eskrima/Doce Pares*

Special Guests - Past Featured Instructors - will not be teaching at this year's Expo

Master Ariel F. Mosses - *MSI Martial Arts*, Las Vegas, NV
Punong Guro Steven K. Dowd - *Arnis Balite*, Fallon, NV
Datu Tim Hartman - *Modern Arnis*, Buffalo, NY
Master Ed Goco Galang - *CKI / Filipino Combat Escrima*, Las Vegas, NV
Guro Scott Brennan - *Brennan Blades / Lucay Lucay Kali*, Friday Harbor, WA
Guro John McCabe - *MSI Academy*, Moses Lake, WA
Guro Chris Turla - *LESKAS* Seattle



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Richard Bustillo possesses a wealth of knowledge and a very unique and motivating teaching style. Credited as being one of the major contributors to revive the Filipino Martial art of Kali/Eskrima/Arnis, Bustillo is recognized by the Council of Grandmasters of the Philippines as Ninth degree Black Belt (Grandmaster) in Doce Pares Eskrima. However, he is best known for his training under Bruce Lee and Jun Fan Jeet Kune Do. Contact: Phone: (310) 787-8793, Fax: (310) 787-8795, E-mail: imb@imbacademy.com

World Serrada Escrima Federation



The WSEF is an International Escrima Federation that was founded in 2003, by Grandmaster Anthony for the purposes of preserving the combative, scientific, philosophical, and the spiritual applications of the late Great Grandmaster Angel Cabales. As stated by Professor Leo T. Fong “Much of Angel Cabales’ system of Escrima I have incorporated into my empty-hand system called; Wei Kuen Do.” Additionally, Professor Fong was one of Bruce Lee’s and Angel Cabales’ star students and personal friends.

Grandmaster Anthony Davis began his studies in the field of martial arts at the age 15. Grandmaster Davis has been keenly instrumental in spreading the “Davis/Cabales System of Serrada Escrima” worldwide. It is essential to note that the System of Serrada Escrima as taught by Great Grandmaster Angel Cabales has extensively influenced several top notched Bruce Lee students such as; Leo T. Fong, Dan Inosanto and Richard Bustillo.

Great Grandmaster Angel Cabales has been noted for the emergence of Filipino martial arts in America, and also, that he is officially considered to be the “Father of Escrima in America”.

For Further information contact Grandmaster Anthony Davis:

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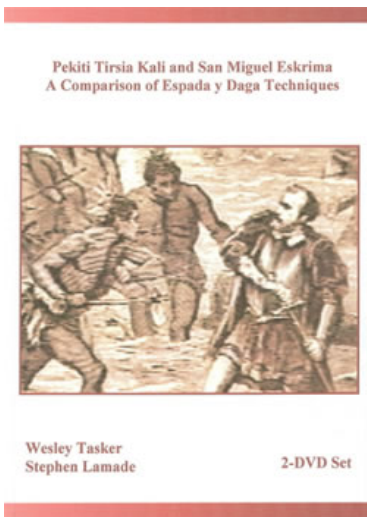


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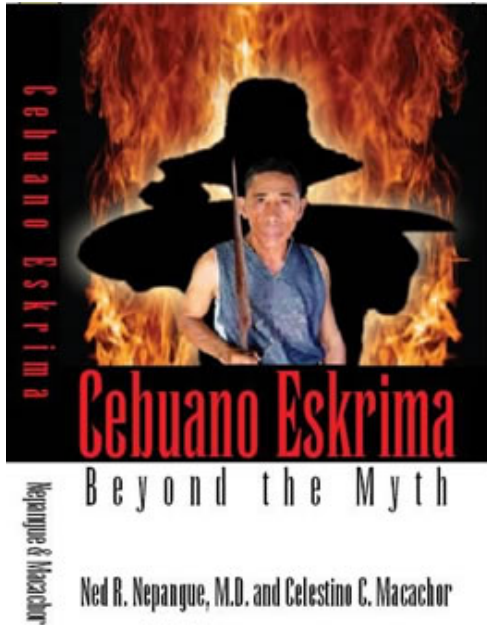
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Cebuano Eskrima Beyond the Myth

By Ned R. Nepangue, M.D. and Celestino C. Macachor



- Cebuano Eskrima: Beyond the Myth boldly unravels with compelling and provocative hypothesis on the Hispanic origins of the Filipino Martial Arts known as eskrima, arnis and estokada.
- The last vestiges of the extinct European medieval fencing could be found indirectly linked to Filipino eskrima.
- The authors present prima facie evidence on the fraud of the supposedly precursor art called kali.
- A more plausible theory on the origins of eskrima are presented in startling detail from its early beginnings as a defense against Moro pirates and slave traders and its later

fusion with Spanish fencing through the Jesuit warrior priests during the pivotal years 1635-1644, the height of Spanish rapier fencing in Europe during the Renaissance.

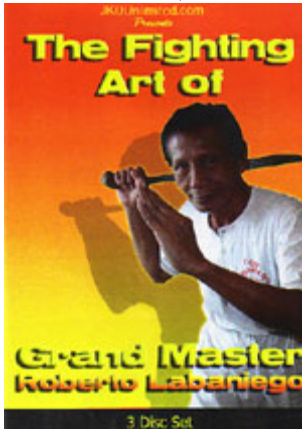
- It also presents a comprehensive chronology on the development of eskrima in Cebu, a meticulous commentary of Cebuano pioneers and innovators of eskrima and elucidates the pre-eminence of Visayans in the art of eskrima / arnis / estokada.
- As both authors are practitioners of this martial art, technicalities in eskrima never before detailed in other materials on the subject are carefully discussed in the book.
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An Introduction to Sports Arnis

Authored by: Joel D. Anajao

This book with disk was published for the purpose of propagating arnis as a sport. It contains abridged competition rules as used by the Sports Arnis Pilipinas Organization on Arnis sparring, basic skills of competitive arnis and the framework of physical preparations for players.

At the book's completion, the reader is expected to:

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- Be aware of the etiquette and safety concerns of sparring with Impact Weapons.
- Be knowledgeable about the physical preparation of players for competition.

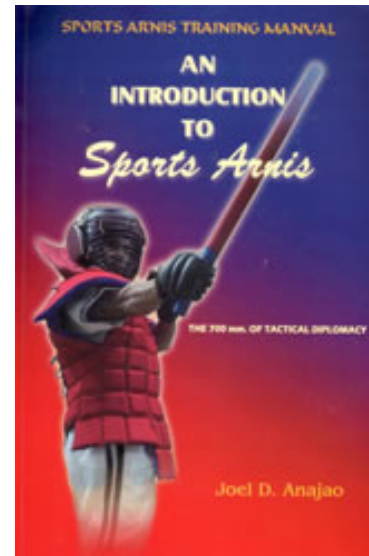
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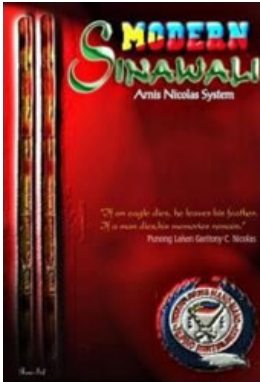
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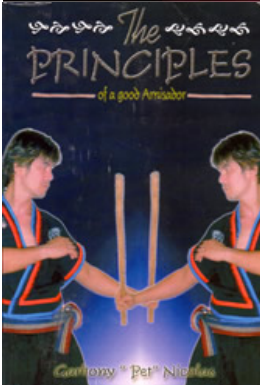
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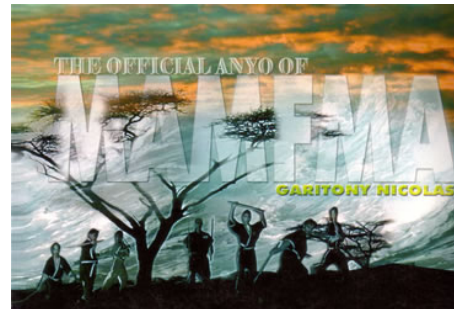
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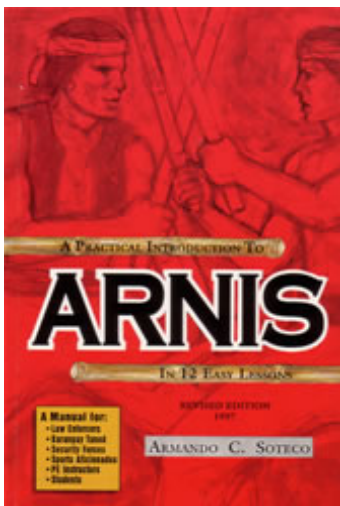


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Volume 2 is Finger Touch Applications, with Tuhon Bo using the Finger Touch System to drop and control several different subjects (including Guro Drape), in many different ways. Guro Drape also gets to demonstrate a bit on someone else!

Volume 3 is a Finger Touch Seminar. Tuhon Bo held a seminar in Imus, Cavite in the Philippines, and demonstrated a wide variety of techniques on many different subjects, including volunteers from the audience.

Volume 4 is a special added value. It is a training video from almost 20 years ago, showing Tuhon Bo demonstrating empty hand techniques from the basic 12 angles of attack of the Sayoc Family System. It includes his famous Dukot (translated as "pickpocket") techniques, where he ties up the attacker's two hands and arms with one of his own. He also demonstrates some basic stick grappling. This volume's quality is not the best, due to its age, but the techniques are clearly visible, and it's definitely worth a look.

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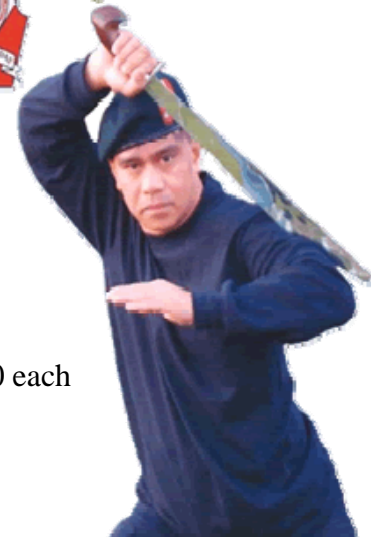
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About the Author:

Grandmaster Tongson took his 1st formal Arnis lesson at age 9 under the guidance of Grandmaster Roberto Presas, using sugarcane since rattan sticks are scarce then. He went to proceed and learned Modern

Arnis under the Grandmaster Remy Presas principle and various Philippine Weapon Systems.

Because of his dedication, he was given the highest privilege granted by the late Grandmaster Mateo D. Estoloso as his 1st man under the ABANIKO TRES PUNTAS system. His leadership quality and wisdom, granted him the extra distinction as member of the Modern Arnis Council of Masters in the Philippines and Adviser to the International Modern Arnis Federation -Philippines (IMAFP), and was recently awarded the International Grandmaster of the year Award for 2006, and acceptance to the International Martial Arts Hall of Fame, World Head of Family Sokeship Council.



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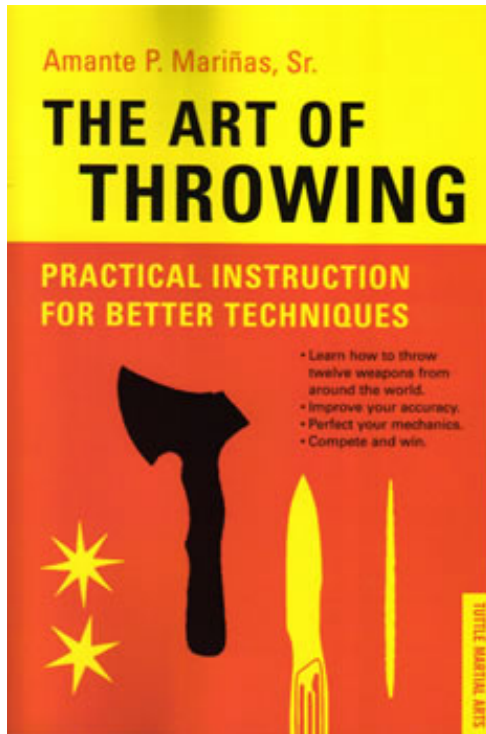
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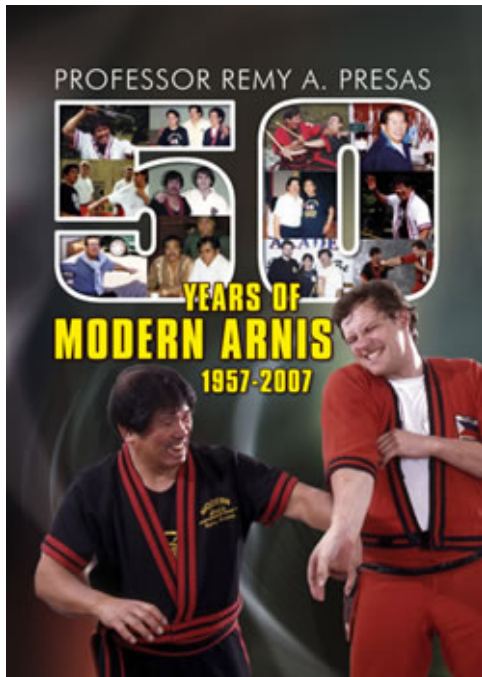


Dieter Knüttel in his studio, where all **ABANICO** videos are edited and dubbed.



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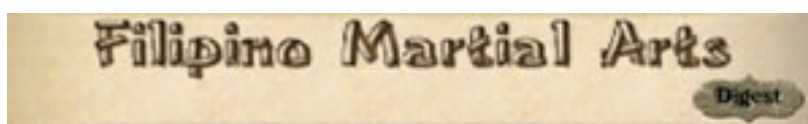
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