

Filipino Martial Arts



Digest

**Vol 4 No 1
2007**

Modified Tapado

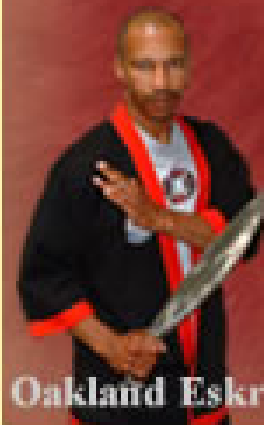
**Senior Instructor
Jose Valencia Tan**

**Grandmaster and Founder
Nick Elizar
Nickelstick Eskrima**

**The South Australian
Stickfighting Alliance**

Strength in Motion

**Mata sa Bagyo
Guro Carlito Bonjoe Jr.**



Oakland Eskrima Club



Crow's Martial Arts Academy



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Mike Macro
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The FMA Digest is published quarterly. Each issue features practitioners of martial arts and other internal arts of the Philippines. Other features include historical, theoretical and technical articles; reflections, Filipino martial arts, healing arts and other related subjects.

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

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

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

From the Publishers Desk

Kumusta

This is the first issue of 2007. 2006 was a great year for issues, besides the regular 4 Issues; there were 11 Special Issues and 12 Special Editions, packed with information on and for the Filipino martial arts practitioners.

In this the first issue of the year you'll learn about Guro Carlito Bonjoc Jr. an amazing and talented practitioner. Also Nickelstick created by the Founder Nick Elizar. "Strength in Motion," by Mike Macro who is a Personal Fitness Trainer and Filipino martial arts instructor.

Read about the schools and instructors of Crow's Martial Arts Academy, Ola'a-Nalo Eskrima, Oakland Eskrima Club, and DAMAG-INC. Also you will find interest in the South Australian Stickfighting Alliance headed by Master Vincent Palumbo.

Find an aspect of Cabaes Serrada Eskrima from Guro Khalid Khan, that is interesting and an eye opener. An organization that has come to be "British Council of Kali Eskrima Arnis Instructors" looks as if this is going to be a very good brotherhood in the UK.

Of course we have the editorial by **mandirigma.org**, which always brings Filipino Culture to light. Starting this issue Master Jon Escudero of 'SEGUIDA' the official monthly newsletter of Academia Tercia Cerrada Caderilla y Espada y Daga will also be contributing an editorial section to the FMA Digest called FMA Sunday School.

There are also quite a few great past Filipino martial arts events. So if you missed them, read and do not miss another if it is in your area or nearby. And you may want to check with the people that held them to see if they are going to have another event. So I hope you enjoy this issue, and with your support the FMA Digest will be able to bring you even more Filipino martial arts information in 2007.

Maraming Salamat Po



2006 Woman of the Year
Guro May Williams with her husband Guro Michael Williams of the **Martial Arts Research Institute (MARI)**. Get the FMA Digest Woman of the Year plaque presented to her.

Read about the Man and School of the Year also and download the 2006 FMA Digest Recognition Special Issue.

E-book - [Click Here](#)
PDF - [Click Here](#)



Carlito Bonjoc Jr.

By Bee Landrum

At first glance, Carlito is a very unassuming individual, always ready with a good word and a smile that can light up a room. He walks on crutches or uses a wheelchair due to Spinal Bifida and a leg amputation, he tells the story of why his leg was amputated like this: Being from south Stockton, CA. is very dangerous. One day I (Carlito) was getting out of my car and something grabbed my leg and started dragging me. I looked down, and saw a dog holding my leg in his teeth (he was really locked on), I screamed for help, but no one came. So I started punching the dog as hard as I could but he wouldn't let go. He was one of those vicious dogs, and people listening would shout, "PIT BULL, DOBERMAN, ROTT WEILLER!" He would respond with, "No it was that other vicious dog...a CHIHUAHA!" People would stare in disbelief and then start laughing like crazy. Carlito is always ready with a joke.

This is the kind of light-hearted person Carlito is. Underneath this jovial kind hearted charismatic personality, beats the heart of a true warrior. One who has overcome both physical and emotional battles that no one would wish to endure. Carlito Bonjoc is a very knowledgeable and capable Escrimador, despite his limitations... He spends countless hours studying and teaching in Stockton, Roseville and around the world.

On June 20th 2006 I had the honor and privilege to interview this interesting character. Guro Carlito Bonjoc Jr. started training at the age of 10 years old. He studied 3 Filipino martial arts styles:

1. Talawan escrima, under Grandmaster Roy Onor.
2. Cadiz Lapu-Lapu escrima, under Grandmaster Carlito Bonjoc Sr.
3. Cabales Serrada escrima, under Grandmaster Angel Cabales.

Bee Landrum: *Master Bonjoc; thank you for coming to do this interview.*

Guro Carlito Bonjoc: You're welcome Bee, it's my pleasure.

BL: *Can you please tell us how you got started.*

CB: My parents moved us from the Philippines to Stockton, CA USA when I was about 10 years old. Being new to this country I spoke differently, dressed differently, and walked with a limp due to Spinal Bifida so I stood out like a sore thumb. I was like a nose, easy to pick on. The other children would chase me and hit me knowing I couldn't run away. At the end of the day I would cry to my older sister Bernadette. My sister started training with my father when she was about six or seven years old in the grappling aspect of my fathers style. When I was that age I wanted to learn escrima too, but my father felt I didn't have the proper temperament yet so he would not train me yet. With all of the stuff that was happening in school it was tough for my sister to see me crying almost daily so she begged my father to start teaching me.

I was always taught not to fight by my parents, they wanted me to be able to talk my way out of a bad situation. I never had a lot of problems with kids in the Philippines, but it was different here. Especially at the school I attended. The kids here were much tougher. You see, this was the poor side of town, South Stockton. This was the type of neighborhood where if you showed any type of weakness they would take advantage of it. There was this one particular kid that used to bully me. We were low-income, my parents were farm laborers and my sister and I used to get free lunch tickets. After I'd get my free lunch that one kid would come take my food out of my lunch tray. On other occasions he would take my lunch money and beat me up just for good measure.

My sister explained all of this to my dad and he felt it was time for me to start training. This is when I started with my dad's friend, Master Roy Onor. Manong (address of respect to elders) Roy had an informal class in his backyard with three kids that would train on the weekends during the warm season. I was lucky because my family was living in Manong Roy's house so on days when there was no school I would get extra training. He started me off with Filipino boxing, it was a little different because you could throw elbows, knees, head butts, and eye gouges. In other words, dirty fighting. He never took it easy on me. I remember him pinning me to the wall and having to fight my way out. On the weekends when the other kids were there he would have us go into his backyard and we would practice with sticks.

He would tell us to pretend that our sticks were blades. His style (Talawan System) was very offensive. Everything was direct hitting with specific targets in mind before the kill like slicing the legs, resulting in the opponent hitting the ground, and then you are ready to finish him.



BL: *Guro Carlito, can you tell us what the word Talawan means?*

CB: This was style that was geared against multiple opponents. The word Talawan in the Visayan dialect means afraid. Manong Roy was from the Island of Bohol. He said that

most of the fighters from this part of the Philippines like to fight at close range but the Talawan fighters prefer to hit and move because you had to position yourself so that you are never caught between two people. By using strategy and creative footwork you give yourself a higher possibility of escape. That's why the Escrimadors called them Talawan (afraid). Now we use the name proudly.

BL: *Can you tell us about your Father and Cadiz Lapu-Lapu.*

CB: At the time I trained with Manong Roy my father was trying to train me too. My father was trained by my grandfather and he in turn was trained by his father. So I am 4th generation to continue this tradition. So this style of Escrima (Cadiz Lapu-Lapu) is based on the double stick drills and using techniques with the Kris sword in mind. At medium to close range using bare hands we employ; punching, kicking, elbows, knees, throws, head-butts and joint manipulation. In Manokan, Zamboanga del Norte, Philippines my father has a great reputation as a no holds barred fighter with just one loss after many fights. Although he was a great fighter he was not a good teacher for me. Maybe because I was his son he didn't just have the patience to tolerate my hard headedness. When I couldn't get things right he would lose his patience and he didn't like yelling at me so he would just walk away. This is why he had me train with Manong Roy and later on with Manong Angel Cabales. After getting the bulk of my foundation from these great masters it was only then that I began to understand my Dad's unorganized training method. Now we had a great time; no more yelling!

BL: *Training with the legendary Angel Cabales; please can you share with our readers your experience with him?*

CB: Besides being the great fighter that he was Grandmaster Cabales was an excellent instructor. Without sacrificing the combative concepts of Serrada he would use his student's natural tendencies to tailor their training so they can utilize those natural tendencies to a greater advantage. After observing me training some of the students, Manong Angel told me that with proper guidance I could also become a good instructor. I'm glad that he felt this way because when my doctor told me that I might lose my leg. We knew that this was the only way I was going to be able to participate in this art. This is when Manong Angel seriously trained me specifically to be a teacher. For this I can never give him enough thanks.

BL: *What makes you a better teacher and why should someone come to you instead of someone who has full use of his legs?*

CB: Well Bee, I don't claim or think I'm the best around, but I do feel that I do have an understanding that others might not. Not all, but most instructors base their teaching approach on the way that they would fight. Having physical dexterity, strength & quickness they would train their students as if they were equal in those traits. As for me I've always had to compensate, adapt and overcome or cheat if I had to. I rely more on proper techniques, both traditional and creative ones in order to win. This is what I share with my students. By relying on these principles, physical dexterity is an added bonus to the technique.

BL: *Guro Carlito, again I would like to thank you for taking time out of your busy schedule to share with us your thoughts and experience.*

CB: Thank you Bee, it was my pleasure, please leave a check under the mat.



Attacker (Bee Landrum) draws blade.



Guro Carlito quickly closes range as he controls the weapon hand as he draws his own knife.



Maintaining control of the attacker's knife, Guro Carlito fillets the attacker's triceps.



Next Guro Carlito inserts his blade in to the attacker's throat.



Attacker elbow is hooked with the blade & the attacker's blade is pushed back against his own carotid artery.



Guro Carlito inserts his blade behind the attacker's clavicle.



Attacker is then spun around for the finish.



Guro Carlito prepares to defend himself.



Having found an open hand Guro Carlito grabs the attacker's fingers as he draws his weapon.



Using the fingers to draw his opponent in.



Guro Carlito inserts his weapon into the attacker's neck.



Using wrist control to raise his opponent to his toes & utilizing his own head to lock the attacker's arm into position so he can insert a puncture in the lung.



Guro Carlito dislocated the attacker's shoulder.



Off balancing his opponent to impale the attacker on the knife.

MATA SA BAGYO
EYE OF THE STORM

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World Nickelstick Eskrima Club Balintawak Style

By Malcolm Knight Student of World Nickelstick Eskrima Club

World Nickelstick Eskrima Club, Balintawak Style, where did it come from and what is it?

Nickelstick has only been around since 2003. When created by the Founder Nick Elizar, the Nickel being a combination of name elements and stick denoting that it is essentially a single stick style. Although Nickelstick is so new it has a fantastic pedigree behind it. Lets start from the beginning, as far as the world goes, Nickelstick so far has seven chapters (club branches) in different parts of the world, Philippines, France, Sierra Leone, United Kingdom, a full list is included at the bottom of this article.

Grandmaster and Founder Nick Elizar started his involvement in combat sport at the age of 13, experience in boxing, karate, combat judo and kung fu (under Grandmaster Johnny Chiuten) Nick had a wealth of techniques, experience and approach to combat methods to draw upon. It was then that Nick met up with an old school friend he had not seen for years, no other than Bobby Taboada, after catching up on old times Bobby invited Nick to come and have a look at this eskrima he was studying.

This was Nick's exposure to Teovels Balintawak style eskrima, such was the impact on Nick of the styles directness and simplicity that he signed up for lessons right away.

Nickelstick Balintawak style is I suppose a hybrid style, it retains the core of Balintawak, direct easy to execute effective techniques with flavoring from Nicks experience in other systems and knowledge of what works and what's needed in actual combat.

Still essentially a single stick style, Nickelstick uses the grouping method for it's teaching with the emphasis being on building a good solid defense before worrying about the offensive. Knife work is included in the syllabus as in most flavors of Balintawak but



Grandmaster Elizar working with Malcolm Knight.

Nickelstick also has some specific knife and stick / sword work (espada y daga) which is unusual for Balintawak.



Working Grasp and Pull

The student is encouraged to explore the ability to interchange techniques and pulls, pushes, elbows, knees, kicks, throws, chokes they are all in there, a result of combining combat judo, karate, boxing and standard Balintawak hand techniques. Long-range technique is also covered in as much as the student is taught how to close for the kill, from long range to short range where the Balintawak combat method is so effective.

In short Nickelstick Balintawak is about practicality, what works, what will get you out of trouble and put a finish to it, not looking cool. No roof blocks no twirling no dancing around like a cat on a hot tin roof just combat.

Interview with Grandmaster Nick Elizar

Founder of Nickelstick Balintawak Escrima

MK: *Nice to see you again Nick, first let me say how much I enjoyed my training with Norman and yourself in Cebu, April just past (2006). I am really looking forward to my next visit but for those folks that do not know of you, your reputation and the Nickelstick Balintawak style perhaps*

you could give a small introduction.

GM Nick: Okay, let me first introduce myself, I am Grandmaster and Founder of World Nickelstick Balintawak Escrima Club, Nicomedes Albutra Elizar, born on September 15, 1948 in the small municipality of Ronda, southern part in the province of Cebu, Philippines. I was only five years old when my parents migrated to the queen city of the south - Cebu city, Philippines in order to seek a greener pasture.



Grandmaster Nick Elizar and Malcolm Knight
Demonstrating Palakaw

Click Here

MK: *So Nick how long have you been involved in martial arts I know you have experience in systems other than escrima, what was your first martial art and what attracted you to it? Is involvement in martial arts a family tradition?*

GM Nick: At the young age of 13, my favorite sport was boxing, a first year high school student in university of the Visayas, Cebu city, Philippines, I have already some amateur boxer friends in our school. At first I am only learning this as my body fitness, but later on, I learned that boxing was a very good lesson in martial

arts self-defense. My father told me that my grandfather was also good in eskrima martial arts, although I was not able to learn from him because by the time that I started training self-defense, he was already dead.

MK: *What made you change to eskrima and was the Balintawak style your first choice? If not what other styles did you try and why did you change to Balintawak?*

GM Nick: After being trained in boxing for about three to four years, I changed to karate. Then after learning karate I formed my own fighting style in combining my punching and kicking, at that time kickboxing was not yet introduced in our place.

I was also training in kung fu under Grandmaster Johnny Chiuten, if you have a copy of the book entitled *Warrior arts of the Philippines*, you can find there some demonstration between gm Johnny and me.

As years went by I, again keep on searching for more improvements in martial arts, I happened to visit different martial arts clubs in

Cebu city way back in 1972, one day whilst I am walking through the street of Colon, in Cebu city, one of the oldest streets in our country, I accidentally bumped into Bobby Taboada, my childhood neighbor and a very close friend of mine. After exchanging stories and updating each other on our lives, Bobby Taboada invited me to attend in his eskrima training session in Balintawak International Self-Defense Club. During that time the club was run by late grandmaster Atty. Jose Villasin as the president, late Teofilo Velez, as the vice president and the great late Venancio Bacon as the Grandmaster. Grandmaster Venancio Bacon was the Founder /Grandmaster of the Balintawak's original club. After viewing some of the Eskrima techniques being demonstrated by late Grandmaster Teofilo Velez and Bobby Taboada, I applied right away for enrollment as a new student of the club.



(L to R) bobby Taboada, Romeo Dela Rosa, Chito Velez and Nick Elizar



Norman and Francis caught practicing.

Click Here

MK: *I believe that in the old days Balintawak had no amarra or empty air sequences to learn am I right? I am thinking of the 8,9 and 10 count striking patterns, the basic 12 position butting and of course the power strikes. I am sure there are other innovations that I am as yet unaware of.*

What was your motivation for introducing these into the Nickelstick System?

GM Nick: Before World War II our eskrima /arnis merely consisted of plain hitting the opponent by the attacker and vice-versa with the used of sticks of varying length and size,

usually a rattan stick not less than one meter long and about one peso coin in circumference. But now, our eskrima/arnis style has developed by combining punching, elbowing, holding, pulling, pushing, butting, head batting, kicking, foot sweeping or tripping as well as the application of combat judo.

MK: *When was the birth of the Nickelstick Balintawak system and what prompted you to develop it?*

GM Nick: The year 1977 was very fruitful and gratifying when I was finally given the opportunity and authority to organize an eskrima club in Dumaguete city, Philippines by both the president and vice president of the Balintawak International Self-Defense Club. During my time in that city I happened to meet some eskrimadors who came to my club maybe to test my expertise in eskrima, but luckily not one of them succeeded in defeating me, so my club continued.

In 1979, when I returned to Cebu city I stayed at my elder brothers place in Englis, barangay Guadalupe. There I formed an eskrima club consisting of not less than 30 students, but at the same time continued developing and training with gm Teofilo Velez. So that when the Teovels Balintawak group was formally organized in April 17, 1982 headed by gm Teofilo, I was one of those inducted as a member of the Board of Directors and Instructors.

On February 17, 1990 Grandmaster Teofilo Velez passed away and his eldest son Pacito Chito Velez became the successor of his father and became the new grandmaster.

In 1994 during the birthday anniversary of the late Grandmaster Teofilo I was one of the awardees to receive a certificate of master degree from Grandmaster Chito Velez and became the chief trainer and chief instructor of the World Teovels Balintawak Self-Defense Club - white chapter for a couple of years.

But perhaps more in answer to the question, Filipinos are martial arts loving people, hence it is but logical and proper, and we should develop our own style or flavor of martial arts.

It is then that I organized and formed a more developed eskrima style, the World Nickelstick Eskrima Club, Balintawak style.

On April 27, 2003 together with my officers and members of my World Teovels Balintawak - white chapter, held a general meeting and one of the items on the agenda was to rename my group into World Nickelstick Eskrima Club, which was carried unanimously. The officers and members who were present during the aforementioned meeting strongly and formally endorsed me to be the Grandmaster of the new club, and this was the birth of the World Nickelstick Eskrima Club, Balintawak style.

Nickel is from my name Nick



Grandmaster Nick Elizar and Malcolm Knight
Introduction to additional of punches and pushes

[Click Here](#)

plus the first two letters of my last name joined, stick signifies the single stick style of Balintawak.

MK: *What do you see as the future development for Nickelstick style Balintawak?*

GM Nick: Right now I am busy conducting arnis seminars and workshops to different groups of martial arts aficionados, police officers, and some physical education students from other universities. Propagating and promoting this cultural treasure from our forefathers, our Filipino martial arts, and arnis.

My goal in organizing and forming this club is to promote our very own Filipino martial arts especially the World Nickelstick Eskrima Club, Balintawak style to the rest of the world.

MK: Thank you Nick and finally may I say what a pleasure it has been to discuss these matters with you and I personally wish you well with all and any attempts to put Nickelstick Balintawak fairly and squarely on the map where it belongs.



(L to R) Francis (visiting from USA) Nick Elizar, Malcolm Knight, Norman Elizar and Chris

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

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

World Nickelstick Eskrima Club is represented on the British council of Kali, Eskrima, Arnis Instructors. Enquiries concerning seminars should be directed to the following address.



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Senior Instructor Jose Valencia Tan

Modified Tapado Chapter, California USA

Born in the province of Negros Occidental in 1950. The same region where the late Grandmaster Remy Presas and also where Grandmaster Leo Gaje and Grandmaster Nene Tortal are residing. Senior Instructor Jose Tan came to meet Remy Presas (before he was a well known to the Martial Arts world as being the father of Modern Arnis) invited Jose Tan to do the actual drawing of his arnis forms and techniques in real time, since Grandmaster Presas wanted to come out with his book on Modern Arnis. Jose agreed and commenced drawing/sketching Grandmaster Presas forms for couple of months, in exchange; Grandmaster Presas gave Jose Tan free lessons. It must be noted that Mr. Jose Tan isn't claiming any credit for Grandmaster Remy Presas Modern Arnis books of today. At that time Jose Tan's interests was in the art of Karate and so his exposure and lessons with Grandmaster Presas were short and limited.

Jose Tan was fortunate to learn and study personally with the following recognized Grandmasters.

- Grandmaster Nono Mamar - Founder Of Tapado
- Grandmaster Jose Vinas - Founder of Lapu-Lapu Arnis Aficionados
- Headmaster Mike Vasquez - Founder of Vasquez Martial Arts Center and author of Modified Tapado, and Modified Karate books.

Senior Instructor Tan has studied and trained in the following styles, Vinas Arnis, Ricarte Arnis, Encruzada Arnis, Ojido Style, Tapado (long stick arnis) and Shotokan Karate. For personal advancement, he did some cross training in Muay Thai and Silat (mostly just the basic requirements only).



Since arriving in the United States, Senior Instructor Tan does not have a school or teach, since he is a full time businessman running his family business (unrelated to martial arts).

Senior Instructor Jose Tan was designated by Headmaster Mike Vasquez of Modified Tapado in the Philippines to propagate and run the operation of Modified Tapado in California, and is committed in spreading the art of Modified Tapado globally.



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Strength in Motion

By Mike Macro

I am a Personal Fitness Trainer (functional fitness, strength conditioning, endurance training and sports specific) and Filipino Martial Arts instructor. Consider this famous quote by Darwin:

“Fitness is not defined by speed or strength but adaptability. The creature which can adapt to its environment the quickest, survives.”

How does your general fitness training compare with your martial training?

- Is your fitness training conducive to your desired martial mechanics?
- Do you train as a body builder and use isolation exercises?
- Are you cross training in a specific or random manner?
- Are you aware of any other training regimes, which will save time, for more important things, say, having a life?

In essence our martial training is specific for our desired mechanics. Specific fitness trains our neuromuscular memory so our body mechanics become subtle and discreet. The body naturally seeks the easiest route to accomplish a given task, and conserve valuable calories for survival. This is the double-edged sword of specific training - it cuts both ways. Our need for subtle, effective and economical mechanics will eventually cause injuries and wear and tear on our bodies. To counter this many of us cross train.

Cross training usually takes the form of playing sports or weight training in the local gym. Now to be quite honest there is nothing wrong with these pursuits. However, they are not the most economical way to cross train either. By playing sports that you are not accustomed to can be dangerous as the body is not prepared for the reactive stressors. I have known many clients (who I have to fix) who have decided to undertake a sport to get fit, and ended up with a sprained ankle, dislocated shoulder or twisted knee. The reason for this is you have to be fit prior to playing the game.

The apparatus available in most gymnasiums tends to favor the machines, as this is the most efficient way for a person with little or no experience to train in a manner conducive to the male and female archetypes promulgated by the fitness and fashion industry. Most magazines have information geared towards increasing or decreasing size depending on the sex of the reader. This is usually directed at isolating muscle groups. The gymnasiums may have some equipment (Swiss ball, medicine balls, rubber bands, balance boards) geared towards personal trainers who know how to effectively instruct the client to train smarter rather than harder and still get the desired results. Although these training devices are excellent, have many qualities and can effectively be used by martial artists, the exercises very rarely cover all the desired ground.

The basic tenets of fitness are to challenge the:

- Endurance

- Strength
- Balance
- Range of motion

This is accomplished by the principle of progression. The concept of adaptability is also governed by the same tenets as fitness as they are one and the same. The Martial artist embraces adaptability for utilizing his/her environment. This is made more apparent in the Filipino Martial Arts as we are instructed from the beginning that the motions are applicable for, empty hand, specific and impromptu weapons.

Now, as I said earlier cross training is the most effective way to counter specific training to keep the pounds off, save our joints and injuries from repetitive stress disorder.

Rather than training in a random manner, why not train smarter instead of harder. Training in a functional manner will give us a good base to venture in many specific directions, but still permit the return to basic functional training. Do the least amount for the most benefit. Sound familiar?

What I am about to share with you is nothing new and to be honest greater men than I have been training in a similar manner for a long time. Sometimes it takes a new view on things to get the information across. Using functional fitness concepts developed by Juan Carlos "JC" Santana Director of the Institute of Human Performance (www.ihpfit.com or (561) 620-9556) and by amalgamating those concepts with Indian club training - still practiced today by the Royal Navy, although as a form of traditional training and not part of the main curriculum - and by Doctor Ed Thomas of motion RX (www.motionrx.com) and medicine ball training, I have developed an exercise regime and a training tool (Torqueblade) which encompasses martial, sports specific and functional training.

“The human body moves in three planes of motion that of the saggital, frontal and transverse plane. The saggital separates us from left and right, the frontal from back to front and the transverse is a rotational plane that separates from top to bottom.”

Juan Carlos "JC" Santana

The fitness training of the British military circa 1800:

“The British military, moving with the times decided to upgrade the Royal Navy. The Admiralty at that time replaced sails in favor of steam, to power the new warships. Consequently, labor was not as demanding and the Admiralty perceived a lack of fitness. So the R.N. adopted the training regime of club swinging. To this day the fitness instructors in the R.N. are still referred to as Clubs.”

Information kindly supplied by Warrant Officer Richardson P.T.I. (R.N.)

“Club swinging is believed to have originated in India by soldiers as a method of improving strength, agility, balance and physical ability. During the annexation of India, British officers witnessed the graceful motions and essential property of expanding the chest and exercising every muscle of the body. The British brought the Indian Clubs to Europe where the Germans and Czechs adopted club swinging into their physical training systems.”

“For serious and recreational athletes alike, the pain and instability that result from shoulder injuries can jeopardize careers and alter lifestyles. As with many injuries, this number could be greatly reduced with the proper care and training. Strength of the shoulder should be complemented by flexibility, yet many Americans never fully develop their natural shoulder girdle mobility and muscular balance. When the ball-and-socket joint of the shoulder is made strong, aligned and mobile, other joints like the wrist and elbow also benefit.”

Information kindly supplied by DR. ED Thomas of **Motionrx.com**

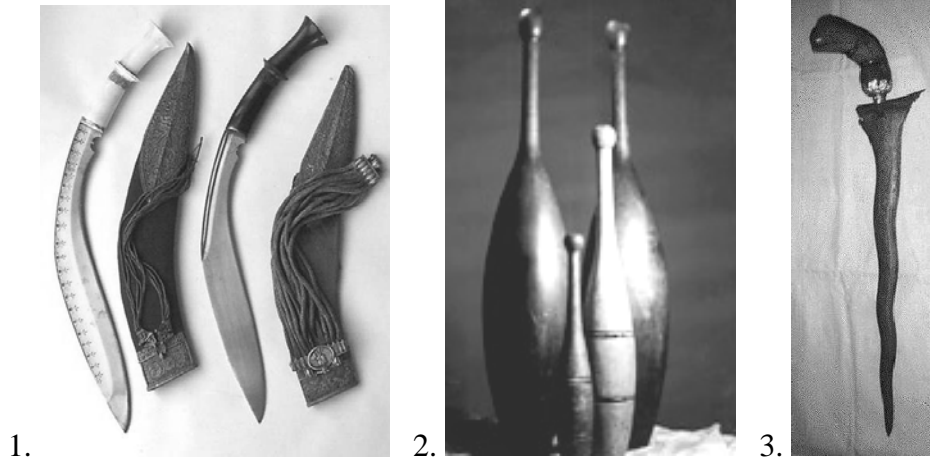
I realized (again I am not the first to make this statement) that when training with weapons (swords give you direct visual bio-feed back for wrist orientation to lines of force), students' body mechanics improved quicker than when training empty hands alone. The reason for this is that when the equilibrium of the body is challenged by holding an object outside of its natural range of motion the core of the body has to react quicker to regain balance. This reaction of muscles turning off and on to regain balance is called proprioception. If in a fight or flight situation, the ability to adapt - by way of proprioception - my neuromuscular system for an impromptu weapon (if warranted) would be somewhat hindered, due to the oncoming threat and the abundance of, lack, of time.

“So training in a manner which would prehabilitate my body for such an eventuality would seem to be the ideal way to go”.

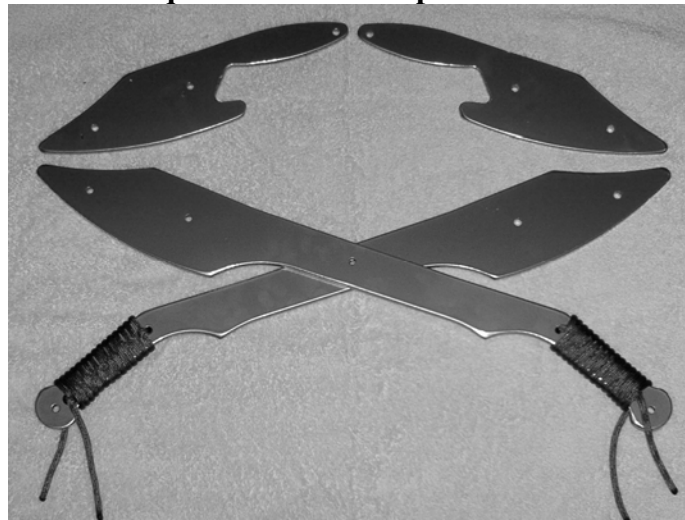
Training in a traditional gym type setting would not be conducive to my requirements. The only exercises, which would allow me to train in all planes of motion, would be those similar to medicine ball training and those exercises of the Indian Gurus or club swinging. These exercises would be made all the more challenging, with the unique design of the Torqueblade.

All impact tools are designed to make the job easier. This is why a hammer has its head facing the line of force, or swords of combat are weighted for a specific task. In times past the warriors of the day realized the worth of training with heavier weapons than the ones they would be taking into the field of battle. So I designed a blade, which would do this.

The Torqueblade adopted the weighted tip of the (1) Nepalese ghukri, an elongated belly to resemble the shape of the (2) East Indian club, and pistol grip of a (3) Philippine blade (kris).



Torqueblade and Companionblades



Torqueblade training is a synthesis of fitness methodologies.
This amalgamation is firmly rooted in principles of functional fitness.

The Torqueblade has been specifically designed to be an awkward implement. An unbalanced tool challenges grip, coordination and body mechanics. Once these challenges have been overcome, the quicker one can adapt. To allow adaptability to flourish a training tool with the ability to increase and decrease its load would be ideal. This is why the Torqueblade has a Companionblade, which can stand alone in sword and knife drills, but can also be used as an attachment to increase the weight of the Torqueblade if needed to challenge adaptability.

The exercises have been designed to challenge the bodies' equilibrium under duress of torsion. Torsion is the rotational force generated about a fixed point. Torsion is required to develop linear force.

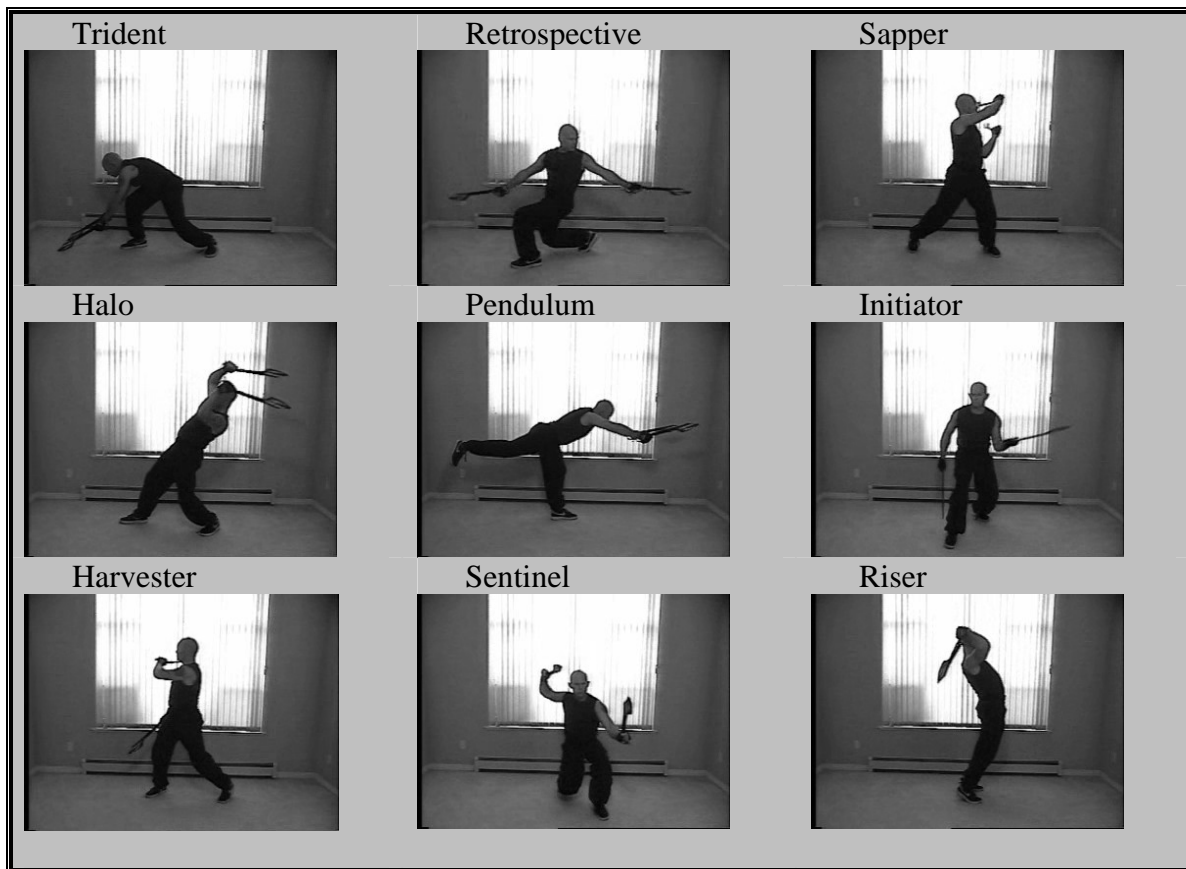
Force is Power and Power is strength to develop and maintain motion or the cessation of motion. Therefore, Strength in motion!

“The exercises cross as many planes of motion as possible to be as varied as the motions we may use in everyday life, including recreation and at work.”

There are nine full body exercises incorporating leg motions coupled with torso motions. These exercises coupled with the Indian club swinging motions make an excellent all over body conditioning regime. Because of the configuration of the exercises, and continuous rhythm, a sub maximal anaerobic threshold is maintained throughout the session. In other words, you will be breathless but able to hold a conversation when training. This is the most economical way to effectively increase levels of strength to weight ratio and endurance. In other words, lean body mass and sleek muscles.

“Train from the inside out, fitness first, aesthetics’ will follow, become the natural, adaptable, desirable creature we were designed to be”.

Nine exercises:



“Everything that we do requires our muscles to work in synergy with each other. Every required task moves through all three planes of motion (multi-planer). Only the intent changes the outcome”.

The exercises for functional fitness (Torqueblade Training) may look familiar as the human body can only move in so many ways. However they are based on motions I have been exposed to over my twenty-two years of fitness and martial training. I have taken into account the need for prehabilitation of the joints on the lower extremities and compound motions required for every day life.

I have personally been training in this manner for over a year now. I have developed greater grip strength, more range of motion in my shoulder girdle, a stronger core and strength to weight ratio. I have also had success with several of my students and they are constantly challenged by the Torqueblade regime and using the Torqueblade in their F.M.A. largo forms.

I hope my article has given you some ideas for training, if you wish to contact me regarding any fitness questions please do.

If you require any additional information on how to acquire a Torqueblade (and regime) and Companionblade set please contact me at:

www.torqueblade.com

www.edg-ma.com

or 001 (outside Canada) (604) 562-6562

The South Australian Stickfighting Alliance

By Vincent Palumbo

An unusual name that undoubtedly creates images in your mind about a group of crazy people that enjoy hitting each other with sticks, but it's not quite the way it seems. After watching these guys in their stickfighting armor and in action, it's obvious that they really get off on this stuff, because they go at it pretty hard on each other, and without a doubt they really have to be incredibly fit to do so as well!

The South Australian Stickfighting Alliance's claim to fame on the big International scale, is because of the fact that they spar very hard with each other, and they all try to beat each other up with that 29 inch hard rattan stick, and this is all in good fun for them.

"Full Contact Eskrima" is the name of their game, and they all play it very hard during the combative sparring that they do with each other! "A stickfight is an intense adrenal experience, and the all of the habitual learning because of the big necessity, creates a higher learning process that takes place in this altered state, which is of an entirely different order from the ordinary learning. The greater the intensity of the full contact stickfight, the greater the need to simultaneously tap into a centered awareness that keeps you from taking the shot that would be too much for your body to handle.

The South Australian Stickfighting Alliance was born in 1991, and it has produced many champion stickfighters over the years since its formulation as South



Australia's first stickfighting enthusiasts getting together down at the park for a whack and a bash with their sticks!



Master Vince Palumbo looking on.

Master Vince Palumbo 8th Dan Black Belt in Cacoy Doce Pares Eskrima started the group, and he is also a South Australian, Australian and World Champion of the full contact stickfighting arena, with over 50-sport stickfighting fights under his belt as a competitor.

The group has produced many champions in the past, people such as- Kevin Seskis, Maris Lukasevics, Mario Pastro, Mark Martini, Chris Rew,

Vladimir Mihal, Barry Jamieson, Richard Blumbergs, Joseph Scali, Tony Salerno, Gary Smith, and Michael Harris. The stickfighting group has produced many female champions as well, with women like- Nadia Blake, Andrea Wheatley, Vicky Simos, Rochelle Martini, Litza Pastro, and their new upcoming champion in Angela Wood.

The group usually gets together once a month, and they go down to a park where they can all get into their armor and have the best time sparring each other without any feelings of malice towards anyone, and the one rule that everyone keeps in mind, is that there are no big winners or losers, and that there is no 'bullshit' ego's either.



The group has grown to about 30 members, and they all really enjoy the day of sparring with the other members of the group, and it gives them a chance to spar against opponents of all shapes and sizes. The Stickfighting members win no trophies, and the only rule is that everyone must remain friends at the end of the day. (And we are all just aiming at trying to improve our skills in sport stickfighting!)

The right attitude is only part of what it takes to become a full contact stickfighter, and we ask that everyone leaves the ego at home, and any bad attitude or bad mouthing will not be tolerated at all.

The rounds go for 3x2 minutes, with a 1 minute rest period in between the rounds, and all the fighters try to get in about 15 rounds of action, in order to ensure that they have had the best day of stickfighting, and to ensure that they all have a great day of fun!

Everyone accepts that they are participating at their own risk, and its their responsibility, and our main goal is that no one spends the night in the hospital, and that everyone finishes up the day with the same IQ that they started the day with.



We are a group of men and women that love to go to the park and have a good bash out with our eskrima sticks, and we are in no way wanting to give off the wrong impression, or that we are trying to copy the awesome Dog Brothers, and the type of sparring that they do, this is definitely not our intention at all!

Stickfighting in the armor can be pretty nasty, and its not uncommon for the stickfighters to get or receive some injuries while sparring each other, and many of them have received the broken

fingers, burst ear drums, dislodged finger nails, fracture of the ribs, wrist or forearm, and large welts or the bruises on the legs, arms and shoulders! (Yes, it still hurts!). The other injury that the stickfighters can receive while sparring is a nasty dose of concussion, especially after receiving a really good strike anywhere on the helmet that is worn to protect the head.

With every gathering of the group members, it is considered that the whole day of efforts are the equivalent to a 1 no-decision stickfight bout, and this is documented into the members fight log!

For most people, it definitely takes a special type of training schedule to be able to survive and thrive in such a full on stickfight experience. We all feel like there is much more than just being sweaty, smelly, or to be considered as just a psychopath with a stick! The range of skills that is required for our kind of stickfighting, is a so quite broad, and in my own opinion its an excellent testing ground for a student searching to find where they truly belong as a person in the world today, because the experience instills so much real confidence in the player. Our goal is to continue and to try and develop the real martial art skill that is required throughout the entirety of one's life, not only when one is a young competitive athlete. (One of our top stickfighters is 50 years of age!)



After a few hours of full contact stickfighting, they all sit around and have a nice cold drink together, and of course, compare their bruises from the days fight action with the eskrima sticks.

The core art of our 'STICKFIGHTING' system is from the Philippines, and the art that we all study is called the CACOY DOCE PARES ESKRIMA, and a lot of the

techniques that we incorporate into our fighting skills and knowledge, have been taught to us by the great Grand Master Cacoy Canete of Cebu City in the Philippines.

We keep our sparring strictly to stickfighting, and we disallow any of the grappling techniques to be included during any of the combat on the day! (Let the stick do all the work!)

Our kind of full contact stickfighting sparring is designed to give our members a taste of the sport eskrima, and it is an activity that allows our members to get physical in a combat kind of a way, but in doing so, we try to minimize the rate of injuries by ensuring that all of the participants are all using the correct protective equipment when they spar each other!



Master Vince Palumbo on the left

everyone has to go to work on the Monday!

Master Vince Palumbo and Master Kevin Seskis have experienced real full contact stickfighting with out the protective jacket, and with just a headgear, elbow and knee guards, groin cup and gloves. But they both said that the injuries they received while sparring in that way was too demanding on their bodies due to the very nasty injuries they received with that type of no-armor stickfighting.

We are trying to keep the injury potential rite down, because we know that



**International Combative
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**Email
Website**

Crow's Martial Arts Academy



Today, the Filipino Martial Arts are no longer obscure, as they were in the late 70's and early 80's, when Guro Crow started teaching them in his backyard and then his own Wing Chun Academy. These arts are flourishing in North Texas as they are at Crow's Martial Arts Academy!

Guro Crow's favorite is Floro Villabrille's Numerado! He is also partial to Johnny La Costa's combination of kali and silat (which takes optimal advantage of out-zoning the opponent and gets him off-balance) and his agile, dance-like style, and Angel Cabales' checking with his alive hand is also emulated.

Guro Raymond Crow teaches Filipino Martial Arts at his Crow's Martial Arts Academy in Carrollton, Texas, situated northwest of Dallas, Texas. The Academy offers group classes and private lessons. Elements of Kali, Eskrima, Arnis, Panantukan, Sikaran, Dumog – Inosanto/La Costa Method, Villabrille, Lameco, Doce Pares, Pekiti Tirsia, etc. are included in the curriculum.

The Academy's training includes intensive weapons training intended to train the body to respond quickly to attack: sword and dagger (espada y daga), single stick (baston) and two sticks (sinawali).

Guro Crow has hosted and taught many seminars over the years and his aim is to pass on the love of Filipino martial arts to more people. He encourages students to practice their flow, since without flow, there's no awareness of the opponent's intentions and skill level. Without flow and sensitivity there's no technique and certain defeat is in store. To acquire flow and sensitivity, a lot of sensitivity drills are needed, and Guro Crow's teaching at the Academy emphasizes that.

Guro Crow strives to present the richness of the Filipino arts, with the traditions differing from area to area, from village to village. The history and culture of a people and the terrain (fighting ground) are reflected in the martial art of a people.



Guro Crow, his wife Marthe, and Instructor Ronald Nance

Guro Crow started his martial arts training at age sixteen with Judo, Tae Kwon Do and then Wing Chun, his base and favorite art. His big influence was SiGung Bruce Lee, who impressed him with his technique and speed as well as his philosophy.

Then in his 20's, Raymond Crow had only one thought: learn Bruce Lee's arts! In his quest he got in touch with Sifu/Guro Dan Inosanto. He talked with him on the phone and asked to be trained by him. Guro Dan Inosanto was noncommittal and told Raymond that he didn't personally train beginners much less teaches them privately. Raymond was determined and found a way to finance his trip to California, the first of a few more.

One day he showed up at the Inosanto Academy on Normandy Street in Torrance and waited for Guro Dan sitting on the doorstep. Guro Inosanto tested his knowledge right then and accepted him as a student due to his solid Wing Chun training. Guro Dan was also impressed with the young man's flexibility due to training in gymnastics.

In his lessons, Guro Dan mixed the Filipino techniques with Bruce Lee's Jun Fan Gung Fu/JKD concepts in a very impressive and effective way. Raymond was awed by Guro Dan's kind and humble personality and his vast martial arts knowledge and application skills. The fluency and effectiveness of the Filipino arts captivated Raymond Crow then and still do to this day. His students are being shown this as well when he demonstrates the effectiveness of abanico and redondo, or the swiftness of hits in a floretti.

The pure Filipino arts were taught at the Torrance school in-group classes by Chris Kent and others. The attending students all showed a high level of skills and talent. Besides the Inosanto/La Costa system, the systems of other masters were taught: Angel Cabales, Floro Villabrille's Numerado...

Guro Crow was the first Texan to train at Guro Inosanto's Torrance School and the first Texan to get certified, in the mid-80's, by Guro Dan Inosanto and Sifu Larry Hartsell, another Bruce Lee student and Bruce Lee's first full-contact fighter. He was also certified to teach under Ajarn Chai Sirisute (Thai Boxing); in the 80's a certification in Thai Boxing with Ajarn Chai was required under Guro Dan Inosanto's instructor program. In the mid-80's, Guro Crow helped Ajarn Chai train the Dallas Cowboys at their training camp.

Guro Crow brought Guro Dan (who took Ajarn Chai with him at one time and had Guro Crow set up a seminar for Ajarn Chai) and Sifu Hartsell to Texas for Seminars in the 80's, at a time when Tae Kwon Do was king here. Other arts were not widely practiced yet, and Guro Crow felt out of place, in a way, but also on top of the world in other ways... These seminars sparked a lot of interest, and students flocked to Guro Crow's Wing Chun Academy on Tucker Street in Dallas.

Guro Dan had recommended both Ajarn Chai and Sifu Hartsell to train with. As he studied at the Inosanto Academy, Guro Crow met other instructors as well over the years, like Sifu Francis Fong (Wing Chun) and Salem Assili (French Savate), and trained with them as well. His love for the martial arts also led him to MaHa Guro Victor de Thouars, who a few years ago allowed him to teach his Pentjak Silat Serak system.

In 2006, Sifu/Guro Raymond Crow was inducted in the USA Hall of Fame for the "Multi-Disciplined Master of the Year" category!

Crow's Martial Arts Academy

1225 W College Avenue #502,

Carrollton, TX 75006

Located at the North-West Corner of I-35 and Belt Line (Mapsco 12B)

(972) 446-0024

Email

Website: www.crowsmartialarts.com

Single stick attack - Counter with strip and hits



Single knife attack - Counter with strip and 2 cuts





Ola'a-Nalo Eskrima

By Ron England

It happened one December morning in 2004 while standing in my living room at 3:00am quietly practicing the 12 offense and defensive movements. I received a ghostly visitation from 5 Eskrima Manoyos (word of respect for elderly Filipino men). The message from these Eskrima "Guides" was clear to me: preserve the movements and spirituality of the Filipino Martial Arts as it was taught to me by my master. We also should learn to embrace the healing, spiritual and martial concepts of traditional Eskrima and how the art relates to the jungle and people that it came from. Immediately after the vision I sat down and wrote the martial basis and philosophy of Ola'a-



www.olaa-naloeskrima.com

Nalo Eskrima.



Master Ron and Maestro Tony "Learning Locks"

and knowledge to establish Ola'a-Nalo Eskrima 20 years later.

Olaa-Nalo, the namesake of our martial system, is dedicated to the Asian immigrants that migrated to Hawaii in the 1900's. These newcomers were assigned to the Ola'a Plantation on the Big Island of Hawaii and the Waimanalo Plantation in the fertile Waimanalo Valley on the island of Oahu, Hawaii. It was in these camps that some of the Filipino immigrants practiced the deadly fighting arts known as Eskrima, Kali and Arnis.



Master Ron and Maestro Randy



Maestro Pat and Maestro Randy

This message from the Eskrima guides takes me back 24 years to when I first started Derobio Eskrima training in 1980 under Master Braulio Pedoy. At first I was training because it was fun and a good way to get regular exercise. However, when I fully understood the opportunity presented to me, I never missed a class for the next 12 years. Over the years, people have said to me "you were lucky" to have trained under such a renowned master and I can only reply, yes, I am fortunate, very fortunate! Training under my master from 1980-1992 gave me the foundation

Olaa-Nalo Eskrima is a weapons based martial art that draws influences from the various fighting martial arts of the Pacific Basin. A new student must first become proficient in the basic movements of Derobio Eskrima before advancing to rough terrain blade fighting movements of Jungle Style.



Ola'a-Nalo Patch: We show no weapons on our patch. We believe that weapons should not be displayed in public. The diamond shape of the patch is from the original Spanish fencing diagram. The 12 rayed Sun represents life itself and signifies the 12 offensive and defensive movements of Eskrima. The mountains are the 2000 ft Koolau mountain range found bordering the Waimanalo valley. The tree in our patch is the Banyan tree. The root system of the Banyan tree is massive, signifying that without "the roots" you have no foundation in the martial arts.

In Jungle Style we utilize the Cinco Teros, "5 strikes". Focus is on direct movements,



Class in the Park

direct counters, direct disarms believing, if it takes more than 3 moves it is too many. Bladed techniques are learned. Light to medium sparring is required in this level of training. Heavy sparring and/or tournament fighting is optional but encouraged. Rough terrain jungle combat is practiced. The Eskrimador must learn how to use the jungle terrain to his or her fighting advantage. Weapons utilized in this open training are various length daggers and machetes. Firearms

familiarization is encouraged.

As a traditional Eskrima instructor I focus on details of movement: including body position, striking accuracy, range to target, footwork and angles of attack. Survival is always of first concern.

My purpose in teaching the Filipino martial arts is to pass on the teachings that I learned from my master and share my own martial techniques and life experiences that I have acquired in 25 years training in Filipino martial arts and nearly 60 years of living, traveling and working in the Pacific basin. Over the past 15 years many people have come through my classes. I have cross-trained in several styles of Filipino martial arts as well as other martial arts. My primary focus in martial training has always been: "does the move work"? As a traditional instructor I believe the martial and healing



Maestro Pat and Maestro Tony "Outside Attack"

arts are parallel pathways; they follow the same path and you must study both. I hold instructor certificates in Eskrima and a 2nd degree in Reiki (traditional Usui method) and have trained in the healing disciplines of Hilot and Magnetic Therapies. Many of our maestros and students also practice the healing arts. As in Yin and Yang, positive and negative, balance is essential for harmony.



Maui class at the Kihei Youth Center



Maestro Ron and Maestro Tony "Enganyo Works"

Our schools and instructors: I have also been blessed with an exceptional group of instructors and students. Presently we have 12 instructors including myself. Our Chief instructors have been training with me for over 12 years each. Our maestro instructors have been training with me for an average of 3-6 years each. We have 2 schools in Hawaii (Oahu and Maui) as well as Texas, Washington D.C. and Iowa. Most of our instructors hold Sensei ranks in other martial arts as well as Eskrima. I strongly support cross training as long as it does not interfere with the fluidity required in Eskrima. In Hawaii we train outdoors at night in the public parks. We prefer night training as it provides a real life perspective to combat. In the semi-dark you have to watch the opponent's body as you can hardly see his weapon.



Night training - it is not as easy as it looks

To understand the Filipino Martial Arts, you must study the various movements, history and culture of the art.

The Ola'a-Nalo Eskrima main school is located in Waimanalo, Hawaii. Classes are held on Tuesdays and Thursdays, 6:30-8:30pm at the Old Stadium Park, located at the corner of South King and Isenberg Streets in Honolulu, Hawaii. For more information on classes please contact the following instructors:

Honolulu - Hawaii: Master Ron England at [worldwideaq@cs.com]

Maui- Hawaii: Maestro Brian Aganos at [bkaganos@aol.com]

Arlington - Texas: Maestro "Chief" Berto M. at [one.chfbert@gmail.com]

Washington D.C.: Maestro Daniel "Breaze" Breazeal at [breaze3po@hotmail.com]

Davenport - Iowa: Maestro Gary Shroeder at [shroederg@davenportschool.org]

To learn more about Ola'a-Nalo Eskrima, please visit our website at: **www.olaa-naloeskrima.com** where you will find information on our system, upcoming seminars and training products that are available.



Oakland Eskrima Club

Master Burford

By: Allan Duncan

From its early beginnings, the Oakland Eskrima Club played a major role in the development of Filipino Martial Arts in the San Francisco East Bay and Northern California. Originally known as the Berkeley Eskrima Club in Berkeley, California, the Oakland Eskrima Club was formed in 1995, under the instruction and leadership of Master Reginald Burford.

Master Burford's interest in Martial Arts began at the age of 5, where he would attend boxing training sessions with his father. At the age of 11, his family moved to Washington D.C., where he was introduced to Chinese Boxing. It was at this point that Master Burford developed and immense interest in the Asian Marital Arts.

In 1970, the Burford family moved to Ohio. Here Master Burford attended the Ohio Black Belt Academy for 6 years and attained the rank of brown belt in Tae Kwon Do and Hap Ki Do, under the instruction of Master Moon Chu Beck.

Upon joining the U.S. Army in 1976, Master Burford was assigned to, Special Weapons 2nd Division stationed in Wejanbu, Korea. Master Burford served a 2-year assignment in Korea. During this time, he earned his black belt in Tae Kwon Do and Hap Ki Do under the instruction of Master Cho.

In 1979, while still in the Army, Master Burford received reassignment to San Francisco, California as an Army Military Policeman at the Presidio in San Francisco. During this assignment, Master Burford began to hone his skills, developing combat techniques for real-life situations. This began his focus toward simple realistic fighting techniques in combat and for self-defense.

Master Burford was discharged from the U.S. Army in 1979. Always looking for excitement and new challenges, he opted for enlistment into the U.S. Navy. During this,

his stint in the U.S. Navy, Master Burford toured the world, boxed for the Navy and taught Tae Kwon Do to fellow shipmates.

Upon his discharge from the U.S. Navy in 1983, Master Burford settled in Oakland, California. He was fortunate to connect with Mr. Huey in Oakland's Chinatown, where he began to study Tai Chi. After learning Tai Chi for several years; Master Burford began teaching the art for the City of Oakland. In 1985, Master Burford was introduced to the Filipino Martial Arts as he began to study Modern Arnis with Clem Wings at the Hand-to-Hand Martial Arts Studio in Oakland, California. During this time, he was fortunate to train with both Remy and Ernesto Presas. He continued his development in Modern Arnis for several more years. In 1986, Master Burford joined the Berkeley Eskrima Club with Master Ed Abinsay and Guro Leo Fernandez. Training for the Berkeley Eskrima Club was conducted at the Finnish Hall in Berkeley, California. Master Burford quickly adapted his extensive martial arts background, utilizing his previous knowledge of edged weapons from Hap Ki Do, and recently acquired understanding of balance, movement, and energy from Tai Chi, blending these techniques to form a unique interpretation of Eskrima.



Master Burford (in red) at the
1st First World Eskrima Championship
(WEKAF)
Cebu City, Philippines - 1989

Master Ed Abinsay and Leo Fernandez, along with Alfredo Bandalan, were instrumental in their efforts to organize national Eskrima tournaments in the late 1980's and early 1990's. The Berkeley Eskrima Club sent several competitors to local and national tournaments, as well as the First and Second World Eskrima Kali Arnis Federation (WEKAF) World Championships held in the Philippines. Master Burford's list of competitions during this time period are listed below.

In preparation for these tournaments, Master Burford was asked how he trained for the competition in Cebu. He tells the story that after the conclusion of the USA nationals; he had 6 months to prepare for the world championships. This included hours of intense training as well as saving money for the airfare and accommodations. What kept him focused was the idea of traveling 10,000

miles, and come home empty handed. This was NOT going to occur. So, the workouts were focused on technique, stamina, always concentrating on the ultimate goal, world champion.

USA National Eskrima Championship

San Jose, CA 1988 - 2nd Place

First World Eskrima Championship (WEKAF)

Cebu City, Philippines. 1989 - 1st Place

Manila Arnis Eskrima Kali World Invitational
Manila, Philippines. 1989 - 1st Place
USA National Eskrima Championship
Fairfield, CA 1990 - 2nd Place
Second World Eskrima Championship (WEKAF)
1991 - 1st Place



Master Burford celebrates his victory at the 1989 World Championship in Cebu. (Left to Right: Modern Arnis Grand Master Ernesto Presas, Master Burford, James Saccamono, Roland Issac, Doce Pares Grand Master Dionisio Canete, Lightning Scientific Arnis Grand Master Benjamin Lema and Kali Ilustrisimo Grand Master Antonio Ilustrisimo.)



Master Burford with
Great Grandmaster Cacoy Canete

During the World WEKAF tournament held in 1989, Master Burford was introduced to Great Grand Master Cacoy Canete, and Doce Pares Eskrima. Over the years, Master Burford has trained and assisted Great Grandmaster Cacoy at numerous tournaments and seminars. Additionally, during his time in the Philippines, Master Burford had the fortunate opportunity to training with several of the Filipino masters. They have included, Grandmaster Dionisio Canete, Grandmaster Filemon “Momoy” Canete, and Master Abner Pasa.

Master Burford reflects back over the years training and assisting Great Grandmaster Cacoy Canete. “Training with Great Grandmaster Cacoy has been a joy, honor, and painful experience. Inevitably, I am selected to assist with technique demonstrations, and to help teach the participants. However, this has allowed me to better understand

Great Grandmaster Cacoy as an instructor and his unique system.”

In contrast, training with Grandmaster Diony Canete is a completely different experience. Master Burford reflects that, “Grandmaster Diony relishes the opportunity to sit with students and discuss Doce Pares and Filipino Martial Arts. He welcomes discussion and questions. He enjoys the interaction, and the chance to relate the history of the art to others. There is much to be learned from Grandmaster Diony, not only techniques but history and tradition.”

In 1990, Master Ed Abinsay turned over instruction of the Berkeley Eskrima Club to Master Burford. He continued instruction at the Berkeley Eskrima Club until 1995, when it was renamed the Oakland Eskrima Club. From this time on, Master Burford has focused instruction on Doce Pares Eskrima. However, not to loose the basis of his roots in Martial Arts, Master Burford has managed to inject his unique background to create a formidable style of Doce Pares Eskrima. In the summer of 2003, Master Burford was recognized for his unique adaptation of Doce Pares Eskrima when he received the high honor of Master of Doce Pares from Grand Master Dionisio Canete.

Master Burford continues to train interested students his unique blend of Doce Pares Eskrima. Today, instructing his students, Master Burford likes to blend many styles of the Filipino martial arts into his teaching style, as well as the various Asian Martial Arts he has studied throughout the years. Master Burford makes the point, “I am a traditionalist. My Martial Arts roots are steeped in tradition. I teach my students the basics and they adapt my teachings to what works for each individual. My general philosophy is, learn the techniques and make your mistakes in class, not on the street. Keep it simple. Simple works. And above all, train within the realm of reality.”



Master Burford with the late
Grandmaster Leo Giron



Master Burford can be reached at the following contact information:

Oakland Eskrima Club

C/O Hoa Sen Dojo
4770 San Pablo Ave.
Emeryville, CA 94608
510-393-8928

Email
www.oaklandeskrima.com

Note: open sparring sessions are held every 3rd Sunday of each month.

DAMAG-INC

(Daniel Arola Martial Arts Group Inc)

Kali Combatives



DAMAG-INC is a training group based in Fayetteville, North Carolina. The group trains in the Filipino Combative systems of Kali/Escrima/Arnis integrated with Jeet Kune Do Concepts, Thai Boxing, and submission grappling to complete the ranges of combat.

The main focus of DAMAG-INC Kali Combatives is to develop, train, and fine-tune each individual practitioners combative skills via the use of hand-held impact and bladed weaponry (i.e. stick and knife) to aid in building armed and unarmed combat skills.

Daniel Arola began training in Filipino martial arts in 1983 while growing up in the Philippines at his grandparents' home. His first lessons were under the guidance of a wiry-framed and crafty old medicine man of a sun-reddened dark complexion with a few forehead wrinkles and strong calloused hands from work in the fields. This old man with a colorful sense of humor Daniel knew as Uncle Arsenio (distantly related). Under Uncle Arsenio Daniel also learned a form of dirty boxing with the use of the elbow, and various open hand and knuckle techniques, which is basically akin to Panantukan and Pangamut as it was called in other regions of the archipelago.



Daniel left the Philippines in the summer of 1986 to move to Houston, Texas. His Filipino martial arts training then took a backseat when he became interested in learning about other martial arts systems. Reading about in the popular Martial Arts magazines that were on the stands back then. Daniel dabbled a little bit in Tae Kwon Do and some Karate for a very short time through friends, fellow martial arts players and an occasional free introductory lesson at a local dojo here and there. Finally, he elected to study Tang Soo Do and Hapkido with Master Chris Yaeger in Deer Park, Texas in 1990. Daniel learned a lot about kicking from Master Yaeger and learned how to do all the jump spinning and flying kicks in Tan Soo Do, which I found a lot of fun to do. Daniel really did enjoy the Hapkido class a lot more because the aim was for self-defense and practicality.

Then in 1993 after earning his black belts in Tang Soo Do and Hapkido from Master Yaeger, he met Tim Mousel who is an instructor in Jeet Kune Do Concepts, Thai Boxing, Grappling, and Filipino Kali. During that time, Tim was the only certified ranking instructor (in the book) in Houston Texas, under Guro Dan Inosanto. With Tim, Daniel also found his way back to rediscovering his roots in Filipino martial arts.

While training with Tim, his school, Mousel's Self Defense Academy had hosted numerous seminars featuring some well-known martial artists such as: Guro Dan Inosanto (JKD/Kali/etc.), Sifu Larry Hartsell (JKD/Kali/grappling), Ajarn Chai Sirisute

(Thai Boxing), Erik Paulson (CSW Shooto), Ralph Gracie (BJJ), Burton Richardson (Kali/JKD), and Rick Faye (Kali/JKD).

Daniel took in every single lecture at each seminar like a sponge for the abundance of information being shared. Daniel even traveled with Tim for a day's drive to attend more seminars as taught by Guro Inosanto at the other schools throughout Texas that are closely associated in the Inosanto Kali/JKD circle.

Training at Tim Mousel's academy to Daniel was like living in an open vault of much-valued information and training methods suiting all the ranges of combat from weapons, stand-up to ground fighting. There was an abundance of technique and training material to work on and Daniel was loving every bit of it! Like the kid in a candy store, he enjoyed all of what he had learned at the academy because first and foremost, he found the information and training to be very practical and useful in fighting and most especially suited for self-defense and survival.



Sometime in 1995, Alvis Solis of Humble Texas was a student at Mousel's Self-Defense Academy in Eric Williams' Combat Grappling class on Monday and Wednesday evenings. Alvis, (aka "Hound Dog") is a member of the Dog Brothers tribe and is the first person that got Daniel hooked on full-contact stickfighting with minimal protective gear. On the side, before and after grappling class, they would practice. Daniel loved the full-contact sparring and learned quickly to appreciate the qualities behind each heavy hit of the sticks whether he gave them or took them.

In Alvis' he found a "pointer of the way" to practice, train and teach the Filipino martial arts to levels of extreme heights and intensity and to bring out the most in even any martial arts system as practiced by the individual Escrimador themselves.

Daniel was a student at Tim Mousel's academy eventually becoming one of the academy's instructors until early 2005 when I moved to North Carolina. It is a great fortune knowing Tim Mousel as an instructor and eventually as a friend. We are still in touch regardless.

DAMAG-INC was established in early 2005 upon moving from Texas to North Carolina.

Methods of training include:

- Multi-angular power strikes on the tire targets.
- Footwork training for mobility and controlling distance and zoning against multiple opponents.
- Flow, timing, reflex development through impact drills with weapons along with building speed, accuracy, precision and other important attributes including fighting mindset/attitude adjustment to hone proper states of mind in situations that call for surviving mortal confrontation.
- Full-Speed/Full-Contact weapons sparring with the use of fencing masks and street hockey gloves for protective gear.



Miscellaneous padding (i.e. elbow, forearm, knee pads) is optional.



Website
Website
Website

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Email



Martial Arts a Tool to Educate People

by Guro Khalid Khan
Cabales Serrada Eskrima

In true meaning of martial arts, there is a difference between fighting between ordinary people, and fighting of a true martial arts practitioner.

Ordinary people fighting can demolish each other. A martial arts practitioner in true sense should not apply techniques to maim or kill the opponent. He should instead present his entire self, his personality as well as his fight knowledge, to educate the opponent. Thus, a martial arts fighter will contain the fight using hold and locks eventually, and then forgive an opponent. Meaning, he will defeat the opponent but not disrespect him or demolish him permanently.

Later, the opponent learns that he has met a teacher. The opponent can change and become a copy of the martial artist who defeated him. Thus, when a noble man touches even an opponent the opponent will change and become guided towards the light. Historically, this was true of all men of God.

Much of this depends on "Characteristic". Meaning the condition of the spiritual heart of a person. In order to cleanse it to be near God, you must be in prayer at times of the day. Specially, nighttime prayer before going to sleep is very important. Then, early morning you remember the Lord. During the day you keep away from greedy pursuits and slow down to see Life. If your spiritual essence is clean, you will never be jealous, afraid or angry. Thus, you will be able to see clearly any subject and be fair in your conclusion.

Your prayerfulness will induce mercy in you, and give chance for others to learn and reform themselves. Otherwise, you may use your fighting knowledge to defeat and punish people. But instead you should use it to create lessons for the people, and guide them towards spiritual cleanliness and the correct path.

Thus, martial art means thorough study of the subject of fighting. Tempered with Prayer to God, a martial art then becomes a tool to educate people.



Serrada Eskrima empty hand C-hand applications: When the incoming attack is hap- hazard and you can not find a moment to apply a Serrada counter. You must first sample his attack, using the C-hand sampling technique. Keep each hand tight as a "C", and within the Serrada boundry. You can sample his fists inside between the two arms, or on the outside using your same C-hand, 'pic 4 - 6'. You can also capture his hand and press it against your chest to control him, and also transfer it to the other C-hand and pull him into your elbow.

The following show Serrada Eskrima stick disarms against strike #2 and strike #4 and strike #5.



Disarm against strike No #2

Disarm against strike No #4

Disarm against strike No #5

Photos of Michael Mendez - Khalid Khan

Interested in a seminar by Master Khalid Khan – [Click Here](#)



The British Council of Kali Eskrima Arnis Instructors
“United we grow strong”

C/O 33 Ridge Crescent, Middlestown, W. Yorkshire WF4 4QS
info@bckei.co.uk www.bckei.co.uk

May 2006

Dear F.M.A. and Press Members,

Enclosed you will find documents regarding the British Council of Kali Eskrima Arnis Instructors. Please feel free to use this information as you may require.

With the growing popularity of the Filipino martial arts on a world wide scale and especially in Great Britain, it was felt that there was a need for a body to be organized that could inform the general public of what the real Filipino martial arts are all about.

A need for an organization to help guide the general public in the right direction as to who are the real instructors of this unique martial art. Many of the leading instructors, Masters and Grandmasters of the FMA based in Great Britain have for the first time united together in order to help bring the correct information and to help promote the art of the Philippines in a non political, non fee paying, unified organization.

Over the years the FMA has been known for its politics and bickering, this is what makes this organization so unique, it is a gathering of various styles who previously would not have even shared the same room, now joining together in a brotherhood to promote the Filipino martial arts on a national scale regardless of style for the betterment of the FMA as a whole.

The Council has received unprecedented acceptance in the Filipino martial arts community both in the UK and in the Philippines and we are proud to be advancing the cultural and martial heritage of the Philippines.

The Council is a gathering of properly qualified authentic instructors in the Filipino martial arts who can trace their lineage back to the Masters and Grandmasters of the arts in the Philippines, all of our instructors are bonifide representatives of the native Filipino martial arts styles and teach those methods as they are taught by the Masters and Grandmasters in the Philippines.

We hope you enjoy our brief presentation and that you will read and consider the information herein contained.

Maraming salamat,

Master Pat O'Malley
Vice President & Official Spokesman

ORIGIN AND HISTORY

Realizing the need for a body of impartial and senior Filipino martial arts instructors to ensure fair and unbiased promotion of the real martial art styles of the Philippines, a group of leading instructors in Great Britain united to make this dream become a reality.

The British Council of Kali Eskrima Arnis Instructors was formed in May 2006 by what is considered to be some of the leading instructors of the FMA in Britain and even Europe.

Tuhon Pat O'Malley who is internationally known and well respected around the world including the Philippines and is the first European to be accepted as a member of the Philippine Council of Kali Eskrima Arnis Masters - winner of no less than 40 full contact Eskrima titles including 3 World and 5 European titles is the prime moving force behind the British Council and it has always been his dream to bring together the various unique styles of the Filipino martial arts. This dream has now become a reality.

There are many who claim to be teaching the Filipino martial arts mainly due to it's rise in popularity in the world of martial arts, but there are a few individuals who have no real qualifications or lineage back to the Masters of the art in the Philippines who are informing the public that they are bonifide instructors of the art simply to make money from the unsuspecting general public.

There are also many who are competing for recognition in the Filipino martial arts sector of the martial arts and unfortunately, some are attempting to give the impression that their style or organization is superior or the only qualified body to represent the Filipino martial arts. This has resulted in divisiveness and discontent and the Council is concerned about the observations and impressions that will be made by the general public and the martial arts community as a whole.

The Filipino martial arts have suffered from such problems and we feel there is nether reason or excuse for this syndrome to continue in the Filipino martial arts community anymore. Kali, Eskrima or Arnis, whichever term one may use this martial art is part of the Philippine national heritage and should be promoted as such.

The British Council of Kali Eskrima Arnis Instructors seeks only to unify the practitioners of Filipino martial arts on a national scale and to see equal acceptance and recognition for all qualified instructors regardless of style. The enclosed mission statement describes the focus of our Council.

We welcome all input and suggestions from any and all who share our vision of uniting the Filipino martial arts under one organization.

MISSION STATEMENT

It is the goal of the British Council of Kali Eskrima Arnis Instructors to unite the practitioners of the Filipino martial arts under an umbrella of “national brotherhood” and cooperation - recognizing the merits of all bonifide styles and schools as being equally relevant and appreciated. Any and all Instructors of the Filipino martial arts are welcome and respected, providing they adhere to the spirit herein described.

We seek to continue and expand the recognition and legitimization of the Filipino martial arts as both a competition sport and combat art - and to promote both sectors in and for those groups who seek to advance their knowledge and level of participation.

Further, we seek to overcome the petty rivalries and jealousies that pervade so many similar societies and to relegate competition to “sporting events”. No politics and no denigration of any Arnisador, Eskrimador, Kalista or style will be tolerated and the Council will aggressively defend any who are unjustly or unfairly treated, within the community.

To actively seek the most senior instructors of each bonifide style, system, group or organization that are willing to uphold our values to have representation on the Council.

To established and continually develop a “Code of Ethics” for the practitioner's, which will be welcomed and subscribed to by Filipino martial arts clubs, styles, systems and organizations around the United Kingdom. This will include but not be limited to: Respect for ones Master, Loyalty to your fellow Arnisadors, Eskrimadors, Kalistas and devotion to the Filipino martial arts. These are sacred tenants of our martial arts. This tradition must be upheld.

To help promote and inform to the general public only those who are of good character as well as being bonifide Filipino martial arts instructors, styles, systems, groups and organizations.

With the appointment of Directors to the Board from the head instructors of each style, system or organization, annual competitions and events in various sporting styles of the Filipino martial arts, ongoing communication and “Goodwill Tours” demonstrating our art - we hope to achieve our goals and dreams for the Martial Arts of the Philippines.

To work closely with other similar organizations around the world including the Philippine Council of Kali Eskrima Arnis Masters in the promotion of the Filipino martial arts as a whole.

OBJECTIVES

To be a non-fee paying and no political organizations who's sole purpose is the promotion of the Filipino martial arts and it's bonifide instructors, Masters and Grand Masters regardless of style, system, group or organization.

To establish and maintain a level and spirit of openness and cooperation to unite the British Community of enthusiasts and practitioners of “Arnis De Mano”, Kali, Eskrima - promoting the art and enhancing the image of the Republic of the Philippines as it’s birthplace.

To promote “brotherhood and inter-style” appreciation, thereby over coming the competition and petty jealousies that are all too prevalent in the worldwide martial arts community.

To actively seek recognition for both the Filipino martial arts and sport versions of the art with the official Government bodies such as the Sports Council as well as the British Olympic Committee.

To recognize, help and support those who are of good character, with authentic lineage via the recognized Masters.

To produce a database and web site which will be available to the general public listing all bonifide Filipino martial arts instructors who are members of the Council.

OUR STRATEGIC APPROACH

Our intention is to seek out strategic partnerships in order to show the Filipino martial arts in a high profile in the eyes of the general public. We will be actively be seeking out media coverage wherever possible and we will offer unique opportunities for “co-op” advertising and promotions - not to mention media exposure via our Public Relations Office.

With Strategic Partnerships we are looking to provide opportunities for:

- Television and film participation
- Event marketing opportunities
- Access to Domestic and International Instructors and Masters
- Access to International sports events
- Access to Filipino festivals
- Co-op campaigns with our strategic partners
- New products introduction, promotion and test marketing
- National and International recognition

For further information please contact:

The British Council of Kali Eskrima Arnis Instructors:
Pat O’Malley Vice President and Official Spokesman
Lucy O’Malley Administrations and Promotions Director

Email
info@bckeai.co.uk

Website
www.bckeai.co.uk



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Guba Doce Pares
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 Doce Pares Original Multi Style Systems
 Balintawak Arnis
 Lightning Scientific Arnis

Official Styles Looking for Representative Instructor in the UK

Nickelstick Balintawak
 Rapido Realismo

More Executive Board Members to be added

British Council of Kali Eskrima Arnis Instructors is actively seeking out the most senior instructors of each bonifide style, system, group or organization who are willing to uphold our values to have representation on the Executive Board of Directors.

To qualify for a position of the Board of Directors you must either be the most senior instructor in a style, system, group or organization that is not already represented on the board, or the an individual put forward to represent your style, system, group or

organization. You may also be appointed by the Board of Directors as an officer in charge of a particular department if the Board deems you are the right person that would benefit the Council in that area.

COUNCIL RULES AND BY LAWS

1. No one individual member of the Executive Board of Directors will have sole charge of the Council regardless of position within the Council.
2. All Executive Board of Director members will have equal voice and voting powers.
3. The Executive Board of Directors will run and organize the British Council of Kali Eskrima Arnis Instructors equally.
4. The Executive Board of Directors will be made up from the most senior instructors or their official representatives of each individual style, system, group or organization. E.g. Senior Instructor, Chief Instructor, Master, Grand Master. Unless the individual style, system, group or organizations wishes to nominate a particular individual to represent them on the Council.
5. All bonifide Filipino Martial Arts Styles, Systems, Groups, Organizations and FMA Sporting Organizations will be recognized by the Council as equal in status.
6. No Biased, Politics or Slandorous comments will made towards any individual style, systems, group, organization or individual who is a member of the Council.
7. No Biased, Politics or Slandorous comments will made towards any individual style, systems, group, organization or individual who is accepted as being a bonifide in the FMA as a whole, even if they are not part of the British Council of Kali Eskrima Arnis Instructors.
8. Any fees taken on behalf of the Council for the purposes of the day-to-day administration costs of running the organization shall be strictly voluntary or via any event or merchandising profits.
9. No membership fees shall be taken on behalf of the Council.
10. All Council members shall aggressively defend against any biased, political or slanderous comments made towards any member of the Council or any bonifide style, systems, group, organization recognized by the Council.
11. The British Council of Kali Eskrima Arnis Instructors is a FREE, not for profit and non-political organization.
12. To promote both the Council and it's members and the FMA as a whole in a good light whenever and wherever possible.
13. To treat all bonifide individuals, styles, systems, groups and organizations on an equal basis.
14. All members shall accept that their lineage and background can be checked and authorized by the British Council of Kali Eskrima Arnis Instructors or bodies outside of the British Council as we see fit.
15. Any member or candidate seen to be showing the Filipino martial arts in a bad light both past or present, or causing mistrust and or political unrest between individuals, styles, systems, groups or organizations both past and present will be refused membership to the Council.

16. Any individual can be refused membership to the British Council of Kali Eskrima Arnis Instructors, if any member of the Executive Board of Directors, The Philippines Council of Kali Eskrima Arnis Masters or any other bonifide Body, Master and or Grandmaster gives a bonifide objection and or reason as to why you should not have membership to the Council.
17. All membership to the British Council of Kali Eskrima Arnis Instructors is subject to acceptance of all of the Executive Board members.
18. Ordinary Member ship to the Council of any individual can only be approved by the most senior instructor of that individual style, system, group, organization represented on the Council.
19. To hold membership to the British Council of Kali Eskrima Arnis Instructors an individual has to be of at least full instructor level or equivalent of a bonifide Filipino martial arts style, system, group or organization.
20. All membership candidates to the Council must have a checkable lineage, history that is traceable back to a bonifide Master, Grandmaster, Style or System of Filipino Martial Arts.
21. Membership to the Board of Directors will only be allowed by a UNANIMOUS vote by the Executive Board of Directors in favor for any individual candidate application, no exceptions will be made.



mandirigma.org

This article was brought to our attention by Guro Arturo "Dino" Flores. Quoting Guro Dino, "Many history books about the Philippines seem to essentially say that the Spanish came and conquered, and that was the end of that. Most books being from a Eurocentric perspective fail to say there has been constant resistance throughout the occupation. Between the periods of Lapu Lapu defeating Magellan in 1521 to the Katipuneros ejecting the Spaniards in 1898, the Filipinos never gave up the fight for freedom. The story of Francisco Dagohoy and the Boholano Revolution Against Spain is an example of the fight. Even if it meant certain death, in a conflict with one of the world's strongest empires."

Thursday, September 29th, 2005

The Boholano Revolution Against Spain

By Alan Cajés

Francisco Dagohoy led the longest revolt against the Spaniards in Philippine history. The revolt took the Spaniards 85 years (1744-1829) to quell. Forced labor was one of the causes of the revolt. But what triggered the decision to rise up in arms against the Spanish authorities in Bohol was the refusal of a Jesuit priest to give a Christian burial to Dagohoy's brother.

Dagohoy was a cabeza de barangay of Inabanga. Upon the order of Father Gaspar Morales, a Jesuit cura of Inabanga, Sagarino went to the mountains to arrest a Boholano renegade. The fugitive, however, resisted arrest and killed Sagarino in a fight before he himself died.

When Dagohoy learned about his brother's death, he searched for his brother's body. He found it and brought the remains to Inabanga for a Christian burial. Father Morales, however, did not agree saying the Sagarino died in a duel. Besides, Sagarino did not receive the sacrament of extreme unction. Hence, giving him a Christian burial was contrary to religious practices at that time. What complicated the situation was the order of the priest to expose the rotting corpse for about three days in front of Inabanga Church. It is also possible, however, that since the priest refused to grant the request, Dagohoy decided to place the corpse there to force the priest to change his mind. Dagohoy eventually buried his brother without the benefit of a Catholic burial.

These strings of events led Dagohoy to make a vow to correct the wrong done to his brother. In the process, he stopped paying tribute to the Spaniards and refused to render the required "forced" labor. He also called upon his relatives, friends and the other residents to do the same and fight for their freedom.

The ground was fertile for Dagohoy's call. Around 3,000 Boholanos rallied to his call and joined him in a revolt against Spanish injustice and tyranny. Together with other leading members of the Tagbilaran, Baclayon and Daus principalia, Dagohoy proclaimed the "Independence of Bohol" in the mountains of Talibon and Inabanga. The concept of independence, however, might not be applicable at that time. What is most likely is that the revolutionaries stopped submitting themselves to the dictates of the Spanish authorities and decided to move to the mountains where they can live on their own in peace.

Up there in the mountains, the revolutionaries established their headquarters, which they fortified with trenches of big rocks. Just like the way some upland farmers pile up big rocks on top of another in their farms. They also build dwellings for their families and cleared up some of the forest areas so that they can plant crops for their subsistence. Since Dagohoy has experience in leading a community being a cabeza de barangay, it is safe to assume that he set some rules and norms to maintain peace and order in the new community. When the other Boholanos heard about the revolt, they expressed their sympathy by joining the revolutionaries or by supplying them with arms and money.

From time to time, the revolutionaries would raid the coastal towns, assault the Spanish garrisons, loot churches and kill Spaniards. In one of these raids, they killed the cura of Jagna, an Italian Jesuit priest, and Father Morales. Dagohoy fulfilled the promise he made over the grave of his brother and continued to lead the revolt until his death. It is unknown when and how he died. It is probable that he died of old age or sickness a little before or after the 1800s. What is certain is that the revolution did not end with his death. The Spaniards were not happy with the Dagohoy-led revolt. In fact, there were several attempts to suppress it. The historian Gregorio Zaide has this to say:

"News of the remarkable success of Dagohoy worried the Spanish authorities in Manila. In 1747 Bishop Juan de Archederra, acting Governor-General of the Philippines (1745-1750), dispatched a punitive expedition to Bohol under the command of Don Pedro Lechuga. Commander Lechuga won a few skirmishes but failed to crush

the rebellion. In desperation, he sent a commando unit into the mountains to kill or capture Dagohoy, his sister Gracia, and other leaders. The commandos returned empty-handed because they could not penetrate Dagohoy's fortified stronghold (p. 154)."

The nationalist historian Renato Constantino also narrated Spanish efforts to quell the revolt. He said: "Perhaps the best indication of the importance and the success of this rebellion may be seen in the persistent efforts exerted by both the State and the Church to negotiate with Dagohoy. After the unsuccessful military attempts to suppress the revolt, it was the Church's turn to make the effort. Bishop Espeleta of Cebu tried to persuade the rebels to give up their resistance by promising to secure a general amnesty, to find remedies for the abuses of government officials, and to assign secular priests instead of Jesuits to the Bohol parishes. The rebels refused the offer."

The revolt continued. By 1770, five years before the waging of the American War for Independence against Great Britain, there were already about 30,000 revolutionaries in Bohol.

It was only in April 1828, three years after the arrival of Governor-General Mariano Ricafort, that the Spaniards sent its strongest expedition to Bohol. This is understandable because Spain experienced problems in its other colonies in the 1800s. For instance, the Spanish American colonies revolted in 1810 until 1826, thus severing the link between Acapulco and Manila. It was, therefore, a hard time for Spain. It was no longer a world superpower as it was in the 16th century. And it could not quell the Dagohoy revolution in Bohol.

Probably to help save its face after its defeats from the forces of Dagohoy and its loss of colonies, Spain decided to put an end to the revolt using Spanish and native (like Cebuanos) troops. According to Zaide: "Fighting with desperate courage, the indomitable Boholanos resisted the enemy, whose heavy artillery pieces caused much havoc to their fortifications and took a terrible toll of human lives. Wearied by the ceaseless combat, weakened by hunger and thirst, and depleted in numerical strength, they made their last stand in the mountain of Boasa under the command of the valiant brothers, Handog and Auag. In June 1829, they fought their last battle and were crushed by Spain's superior arms. The survivors fled into the forest, where they grimly continued to carry on their hopeless cause (p. 156)."

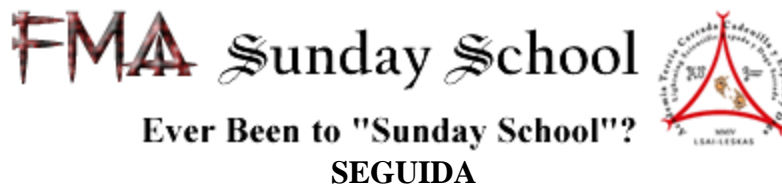
The revolt ended formally on August 31, 1829. Manuel Sanz, commander of the Spanish forces, officially reported that 3,000 Boholanos escaped to other islands, 19,420 surrendered, 395 died in battle, 98 were exiled and around ten thousand revolutionaries were resettled in the areas of Balilihan, Batuan, Bilar, Cabulao and Catigbian. These figures all point to the fact that the revolt was widespread in the province; hence, it was not simply a Dagohoy revolt. Dagohoy started it and continued to be a source of inspiration to his comrades even after his death. But it was a Boholano revolution against Spain.

Notes:

1. Some sources claim that the real name of Dagohoy was Francisco Sendrijas and that he is called Dagohoy due to his ability to move like the wind. Literally, the name is a combination of "dagon sa hoyohoy" that means "talisman from the breeze".
2. Constantino claimed that Dagohoy's brother, Sagarino, was a renegade who had abandoned the Christian religion and that Father Morales ordered a native constable to arrest Sagarino. Sagarino resisted arrest and killed the constable before he himself died.

Main References:

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**Stabbing for the Heart**

Let's start with a few introductions. I'm Jon, Sunday School Headmaster and now apparently, FMA Digest columnist. I guess I want to give you a heads-up on what to expect in my column.

It's all about you, me and all us practitioners and enthusiasts of the Filipino Martial Arts. Maybe a little bit of something on the more personal level. We martial artists are people too, contrary to popular belief. I guess I want it to be like a journey. A journey inside my experiences... Some of them may be similar, different, parallel or opposite, but then again it's an experience.

Journeys start with a first step. What was yours? I took mine real young... mostly for play and to just pass the time... I was a hyperactive child always inquisitive, always moving around... short-eared, hairless energizer bunny. And now, still hairless, a proponent of the Lightning Scientific Arnis International - Lightning Scientific Espada y Daga Serrada system of fighting.

Lots of serious practitioners have more or less tried different arts before deciding on their path. Or for some... when their path is revealed to them.

Did you choose your martial art, or did it choose you?

As a teacher I've met a lot of different types of people who, to some degree, wanted to learn the martial arts. I'm not referring to any martial art in particular, just martial arts in general. It's hard to remember everyone I've met so I've kinda classified them into four simple categories with varying degrees of interest.

Beginner-Novice-Dabbler

I love these people. They are so eager, enthusiastic and just plain excited. We all start here. Or some place close to this. Everything is such a wonder. Everything is an

experience. Everything is amazing. Our teachers amaze us and we are mystified by all the knowledge that surrounds us.

Recreational Practitioner

A fitness obsession, a hobby for people who want to look cool. People who want to learn something cool. I guess this is the end of the line for some people. It may seem a bit abrupt. But this is pretty much it for some people. If not the end of the line, at least some sort of holding pattern for others.

Serious Practitioner

It's not about having time anymore. They make time. It borders on an addiction. Life gets in the way. Making a living becomes an obstacle to training. Relationships become a test. At some point some people have to make a choice. At some point a choice has already been made for some people. These are dangerous people. They have the knowledge and they know how to use it. Some are realizing that they do have some real potential as a teacher or leader. Some are seriously thinking of becoming instructors. Lines are crossed and decisions are made. Lives change.

Hardcore

Identity. That's what this boils down to. Make the tough choice. Luckily for some others that the choice is made for them. Others have to fight on... and fight every minute to make it happen, to pursue the knowledge, to keep the legacy alive.

But let's think about it again... Is it a level or a mindset? Either way it's a win for the FMA. We need every practitioner we can get. The FMA has been severely underestimated and even ridiculed for a long time.

We are getting there I think. To bringing FMA the recognition it deserves. We do have one thing to thank the Americans for, in terms of their contribution to the FMA. It's for the term FMA itself. We have always thought of it in terms of styles and weapons. Now there's a banner we can band together under. I mean seriously. Styles and affiliations can be so divisive.

But then again, this column isn't about that. This is about individual journeys we go through as practitioners and students. It's also about being teachers and mentors. It's about people who do what we do, what questions we get asked and what issues we face.

FMA is much more than the styles that represent it or the personalities that promote it. It's about heart. It's about the love for it. It's about Passion.

We fight with passion, we train with passion, we write with passion...

For any comments, suggestions, replies email to **escudero_j@yahoo.com**

FMA Past Events

White Tiger Martial Arts Academy

June 16 & 17, 2006

Presents: Punong Guro Mike Schwarz



Punong Guro Schwarz
Demonstrating of angle 1 outside deflection
(initial pass)

around Indiana. Aikido practitioner and Videographer Sensei Jim McCoy, recorded the event for a future compilation into a CD training series that PG Schwarz plans to release in coming months. Other seminar participants included Tae Kwon Do Sensei Brock Brown, Inayan Eskrima Advanced Practitioner Ron Robertson and other students of the Filipino martial arts Brent Marple, Steve Ames, Jonnie MunLeon, Jason Harbeit and Kirk Bowser.

Due to prior commitments, Inayan Eskrima Guro Kim Satterfield was unable to attend, but he expressed his gratitude to Punong Guro Schwarz afterward that the event was eye opening for all of his students that were able to attend. Guro Satterfield noted the difficulty exposing students to other systems, which allow for growth and comparison to those they actively study, as Filipino Martial Arts styles/schools are limited or difficult to find in many areas. So for his students, this event was indeed an eye opener.

After introductions and an overview of the Cabales Serrada Eskrima system as founded by the late Great Grandmaster Angel Cabales, everyone got to work. First up was showing the 12 Angles of Attack as practiced by Cabales Serrada practitioners worldwide. As one could expect, seminar participants started out somewhat overwhelmed by the material covered but as

On June 16th and 17th, 2006, White Tiger Martial Arts Academy in New Haven, Indiana was the scene of the first Davis Cabales Serrada Seminar held outside of the system's home base of Sacramento, California. Punong Guro Mike Schwarz, teaching under the direction of Grandmaster Anthony Davis, made the trek eastward from his home base near St. Louis, MO. to an eager and most appreciative seminar audience.

Academy owner, Sensei Mark Best 3rd Dan ITF TKD, opened his Tae Kwon Do school to basic and advanced eskrima practitioners as well as the curious from



Punong Guro Schwarz demonstrating a possible
follow up strike for angle 1 inside deflection

the weekend progressed, they got the hang of things and quick! Besides being shown what the 12 angles represent, participants went through each of the stances, positions and strikes by the numbers.

Hungering for more, the majority of the weekend was spent introducing seminar participants to inside/outside deflections as well as cross block deflections. Working with the first three angles of attack due to time constraints, participants learned about the counters to each angle of attack as well as lower level attacks. Instruction in the free flow drill of "Sumbrada" was the other major topic to be covered during the fast paced weekend seminar.

Exhausted but happy, participants left with new appreciation for the teachings of Great Grandmaster Cabales and the Davis Cabales system of Serrada Eskrima.



Punong Guro Schwarz instructing participants on the inside deflection of angle 1.

White Tiger Martial Arts
New Haven, Indiana
Sensei Mark Best
Email



Defensive Combat Initiatives
Punong Guro Michael Schwarz
P.O. Box 413
Highland - 62249
[618] 979-3558
Email
www.defensivecombat.com



By: Harold "Boss" Hernandez
June 30, 2006

The first ever Filtacdo Belt Promotion which was held last 30th of June 2006 at Al-Yahya Multipurpose Gym, Abha, Saudi Arabia. Invited guests and other martial arts clubs witnessed this event. There were 11 white belts, 1 green belt and 4 brown belts students participated to evaluate their skill and to qualify for the belt promotion exam.

It was a huge success for all the students who participated in the belt examination. All of them have passed the exam and they were promoted to one belt higher to their previous belt. Also, the Grandmaster Ferdinand Salino gave numerous awards to the deserving students who really work hard, show their devotion and with their persistence to move one step ahead to the goal, they receive a certificate of recognition as best student of the year, black belt of the year, Best Instructor of the year and Certificate of Appreciation awarded to those people who really sacrifice with their great effort exerted to teach students and for their utmost help to overcome the dark days of the Grandmaster career as Martial Arts practitioner.

Grandmaster Ferdinand Salino gave his utmost appreciation to Master Jimmy Espadilla, and Chief Instructor Defirio De Vera who really believe in his capacity and ability and they showed their full support, stick beside him to establish this club even with a little light shining on.

Exerting great effort, patience and most especially showing their mastered skills in martial art, enchant the students to utter words of Filtacdo masterpieces in their circulation of friends. To this enchantment, the number of the student's increases day by day, and by this date, Filtacdo have 50 new students that need a great attention to teach them the Filtacdo practiced art.



White Belt performing arnis kata



Brown Belt performing arnis kata



White Belt Arnis sparring,
and Master Jimmy Espadilla is the referee.



Brown Belt karate sparring

Congratulations:

Sensei Melvin Ferrer
Sensei Ronaldo Laure
Sensei Danilo Catubig
Sensei Ferdinand Bulandos
Gup Ali Mohammad Yahya Assiri
Gup Armando Rejas Jr
Gup Joel Gambuta
Gup Rannie Ygot
Gup Joffre Edwin Neri

1st Dan Black Belt
1st Dan Black Belt
1st Dan Black Belt
1st Dan Black Belt
Brown Belt
Yellow Belt
Yellow Belt
Yellow Belt
Yellow Belt

Gup Wennie Saragena
Gup Renato Burdaje
Gup Zosimo Crodua Jr.
Gup Celedonio Herro
Gup Jhonny Gabor
Sensei Defirio De Vera

Yellow Belt
Yellow Belt
Yellow Belt
Yellow Belt
Yellow Belt
3rd Dan Black Belt - Best Instructor of the Year



Newly promoted (yellow belt)

Remarks and Special Thanks

By Grandmaster Ferdinand Salino



I would like to congratulate of all newly promoted, also to the officers and members of Filtacdo. Our Filtacdo martial arts family, is growing, I hope it will continue to pathways to excellence as the vital requisites in our bib for growth and progress. But this cannot be achieving without your support and cooperation's.

As a practitioner progresses, a color belt is worn which represents not only the degree of achievement, but which exhibits their authority and dignity as well.

To our newly promoted as yellow belt you are now signifies hope, happiness, expectation and challenge. It represents new growth, which appears spring. Our Filtacdo knowledge begins to veal itself.

And to our newly black belt – Black Belt represents maturity, calmness, dignity, and sincerity, the first degree of black belt is the final stage of one life cycle and the beginning of the next. Filtacdo practitioners we are able to Achieve our goal of being a successful Martial arts learner, but you should remember the our goal is always located behind the pin and sacrifice. I would like to inculcate to you the factors. First is discipline, determination, and perseverance, this are the continuity to your goal, to follow what you want to be, to persevere in the chosen profession.

By the way, special thanks to Master Jimmy Espadilla, Engr. Harold Hernandez, Contantino Madrelijos, Ramon Tadipa, and to all members thank you for all the efforts you have made in order to make this event a success.



Filtacdo founder Grandmaster Ferdinand Salino with the officers and, members together with Master Romy Basilio of TRACMA.



Filipino Tactics Combat Judo

Grandmaster Ferdinand Salino

P.O. Box 2840

Khamis Mushayt

Email

Website

WEKAF 9th World Championships

July 2 - 8, 2006

As for the tournament itself, Tom and Sue Sipin worked furiously if not courageously, to make this event, the best WEKAF Worlds that was ever staged.

All events except the dance were held in the 35,000 sq. ft. Pacific Ballroom at the Walt Disney World Dolphin. The opening reception was Sunday night. Opening ceremonies were Monday, with a Parade of Countries, the various national anthems sung by team members, and forms competitions in the afternoon and evening. Children, Teens, Women and Senior fighting was all day Tuesday, with everyone enjoying the largest fireworks displays of their lives at night- the 4th of July. Men's single stick fighting was on Wednesday, with Grandmaster Bong Jornaes teaching a Filipino Rope seminar after. Double stick fighting and team competition was on Thursday, with Master Graciela Casillas following with edged weapon training. Thursday night was the "blow-out" at the

Atlantic Dance hall at Disney's Boardwalk - a short walk away, and a "kids' dance" at the Dolphin. Friday was the first day of the FMA Invitational, featuring traditional WEKAF style fighting. WEKAF Chairman Emeritus and Doce Pares Grandmaster Dionisio Cañete ran training for several hours afterward. The closing banquet followed later. Saturday featured padded stick fighting, using new "engagement" scoring and "Smak-Sticks", which appeared to be thoroughly enjoyed.

To learn more about this great event download the FMA Digest Special Issue "WEKAF 9th World Championship."



[Click Here](#)



[Click Here](#)

Freedman's Method Ketsugo Ju-Jutsu

Boston Arnis Club

July 5, 2006

Arnis Balite Workshop



Punong Guro Steven Dowd presented the basic concepts of Huli Lusob. First going through Pitong Hampas (7 strikes), Limang Patusok (5 thrusts), Unday Salag (swing blocks), and Kalasag Salag (shield blocks). Then moving on to the angles of offense and defense and countering.

Putting the basics together and moving onto the theory of Huli Lusob, Punong Guro Dowd then demonstrated the basic applications against the strikes and thrusts.

The students then took the basic concepts of Huli Lusob and adapted them to their personality and physical abilities.



Guro Peter Freedman
working with his wife Pauline.



Guro's Michael and May Williams
from the **Martial Arts Research Institute**
dropped by for a visit and participated.



Boston Arnis Club
PO Box 171
Weare, New Hampshire 03281
(603) 529-3564
Email
Website



Arnis Balite
Website

Hiyas Philippine Folk Dance Company and Hiyas Music Ensemble

In cooperation with the Filipino Youth Coalition

July 7 - 8, 2006



Performing “Sariling Atin II”, translated “Our Own II”, a dance and musical production that explores five distinctive elements of Philippine cultural dances - Northern Cordillera, Spanish, Lumad, Southern Islands and Rural. A fascinating piece, "Sariling Atin II" featured breathtaking choreography in a picturesque journey and ingenuity drawn from these antiquated elements. Each passage was portrayed with a mixture of dance styles ranging from the episodic traditions of the cultural minorities of Mindanao to its illustration of the rural life of the Philippine countryside, exhibiting the rich cultural folklore of the islands. "Sariling Atin II" - an artistic vision joining together the roots of the Philippines; the land, their spirits and the people, funded in part by grants from Arts Council Silicon Valley and the City of San Jose Office of Cultural Affairs a division of San Jose's Arts Commission.

This amazing cast of 20 seasoned performing artists, directors and members follow the statement of Philippine national artist and folk dance research pioneer Francisca Reyes-Aquino, “Let folk dances be as they are - of the folk. We cannot sacrifice heritage for progress,” and strives to present Filipino folk dance in its most traditional form in an era where authentic steps and movements are modernized or forgotten. The word "hiyas" (pronounced hee-yahs) means "jewel" or "gem," referring to how its members truly treasure Philippine folk arts and culture. For future performances and information visit **www.hiyas.org**.

Garimot Arnis Training Group International

G.A.T. Summer Retreat 2006

Gat Puno Abon "Garimot" Baet

July 7 - 9 2006



The event was another success with 35 Garimot Arnis students and friends who came from Missouri, Chicago, West Palm Beach, Pompano, Miami, Ft. Lauderdale and other parts of Florida.

The Garimot Arnis Training Summer Retreat is a vehicle for advanced training in traditional Eskrima-Stick Fighting, Buno-Filipino Grappling and Tres Puntos-Knife Fighting. The Program is not limited for members only; this is open to all and any style of Martial arts experience is not necessary.

First Day: Covered Tres Puntos-Knife Fighting, The Abakada (ABC – Basic and Drills), Largo Mano Drills and Corto Mano Drills including "Sambutan", Tabuyan and Direct Cutting and Sticky hand Drills. The other ½ of the day was Knife Sparring, which was broken down into (one) soft padded Knife, (two) Medium padded knife and (3) the wooded knife fighting Sparring.

Second Day: Covered "Suntukan (Filipino Boxing), Precision Striking, and Defensive techniques, Siete Mano Teros (Seven Close Quarter Empty hand Drills and Application). Guro Shane Singh taught the Basic Clinch and Basic Takedown, while Gat Puno Abon covered the basic Trankadas (Arm Locks, Head Locks and Leg Locks, and off-course the Agos Trankadas (Flow of Locks). Then during the other ½ of the day, they did Panuntukan (Boxing Matches) Referee by Guro Victor Rivera, which was followed by Garimot Buno (Grappling Matches).

Third Day: Covered Eskrima "Double Stick, the ABAKADA (ABC Drills), Basic Striking and Drills, Crossada (Long Range), Sumbrada (Close Range), and Disarming. Then during the other 1/2 of the day we proceeded with Stickfighting matches, the Traditional "Eskrima sa Banko (Eskrima Bench Matches), where the practitioner chose from either soft padded, medium padded, or the hard padded. And the sparring included single stick, short and long stick, and double sticks matches. We also covered the free ground sparring, one vs. one, one vs. two, and one vs. three, as part of their Rank Testing.

Congratulation to promotion of the GAT-Guro:

Gat-Guro (Lloyd "Liyabe" Libbertucci)

Gat-Guro (Tim "Tamaraw" Rivera)

Gat-Guro (Colin "Bakaw" Kepley)

Gat-Guro (Felix "Tirador" Torres) (Apprentice Gat-Guro)

Gat-Guro Dalawa (Mario "Rocky" Ingoglia) Theodore O'Neill

Gat-Guro Dalawa (Luis "Palaka" Arana) John Eckhart

Gat-Guro Tatlo (Glenn "Bakulaw" Harris) Linus Lin

Gat-Guro Tatlo (David "Bato" Alcaraz) Michael Alcaraz

Guro Tatlo (Victor "Hagibis" Rivera)

Gat Gat-Guro Pito (Shane “Matsing” Singh)

1st Day of 3 - Garimot Arnis Training Summer
(Knife Fighting)



Hammer Grip Knife Fighting Drills



Ice Pick Grip Knife Fighting Drills



Tap and Thrust Drills



Sensitivity Training Drills



Free Sparring using Smak-Knife



Free Sparring using Garimot Padded Knife



Free Sparring using Wooden Dagger



Practice of Largo Mano is a must Practice

2nd Day of 3 - Garimot Arnis Training Summer
(GARIMOT BUNO-Grappling)



Suntukan (Basic Filipino Boxing)



Siete Mano Teros (Empty Hand Drills)



Pag-Dikit (Clinch Entry)



Pag-Hagis (Throwing Techniques)



Trankadas (Basic Arm, Head and Leg locks)



Agos Trankadas (Flow of Locks)



Panuntukan (Boxing Sparring)



Buno (Grappling Matches)

3rd Day of 3 - Garimot Arnis Training Summer
(Garimot Arnis – Stick Fighting)



Abakada Doble Baston
(ABC-Double Stick)



Agaw Baston (Disarming)



Ekrima sa Banko (Escrima Bench)



Double Stick Bench Sparring



Long and Short Padded Stick Sparring



Head Gear Optional



Multi Opponent Sparring (1 vs. 2 or 3)



Rank Testing (GAT-Guro level)



Garimot Arnis Training Group International

If you are interested in joining us in 2007 GAT-Training in the Philippines, please plan ahead of time. It is a ten-day visit and training with the remaining Grandmaster of Arnis in Paete, Magdalena and other towns in Laguna. Be trained in and learn the authentic Largo Mano system, which is unique from Laguna and is guaranteed to change your views on Filipino Martial Arts.

If you missed this year's opportunity, plan ahead of time to attend next year 6th GAT-Summer Retreat (June 23, 24, and 25, 2007) T.Y. Park, N. Park Hollywood, Florida.

If you are interested in being part of the GAT-Instructorship Program, **Email** Gat Puno for details and catch Gat Puno Abon for one of his seminar schedules for a seminar closer to your area.

Gat Puno Abon "Garimot" Baet

(Founder/Head of the Family)

Garimot Arnis Training Group International

Email

Website



July 8 & 9, 2006

Adam's Mark Hotel

The Buffalo Summit was indeed an opportunity for instructors of different martial arts to meet one another, work together, talk/dialogue, develop new friendships and

establish new networks of information and support. Instructors as well as participants were from the East Coast, Mid-west and West Coast. There was karate, gung fu, aikido, arnis, kenpo, ju-jitsu and eskrima instructors each sharing with participants as well with each other their arts. This was really is a beautiful example of martial arts brotherhood and mutual respect for one another.

The Buffalo Martial Arts Summit featured a self-defense format with all of the teachers on the instructional team committed to the martial or fighting side of the arts.

Instructors who shared their knowledge were:

Master Roger Agbulos - Lameco Eskrima

Sensei John Borter - Modern Ju-Jitsu

Sifu Daniel Donzella - Liu Seong Combat Arts

Punong Guro Steven K. Dowd - Arnis Balite

Dr. Stanford McNeil - Kifaru Jitsu

Sensei Steven J. Pearlman - Genri Ryu Life Protection Arts

Paul Martin - Independent Escrima-Arnis

Guro Bob Manalo Jr. - International Serrada Eskrima Association

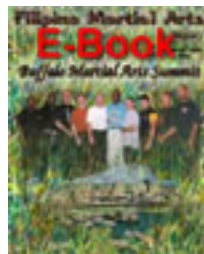
Jerome Barber, Ed.D. – Paradigm Escrima-Kenpo-Arnis

Special Guest Instructor:

Sensei James Franklin - Suenaka Ha Aikidao



To learn more about the Buffalo Martial Arts Summit download the Special Issue dedicated to the event.



[Click Here](#)



[Click Here](#)

3rd World Filipino Martial Arts Festival

July 11 - 21, 2006



The 1st and 2nd Filipino Martial Arts (FMA) Festivals were a huge success in Germany. Now the 3rd edition was held in the Philippines from July 11 – 21, 2006. Tagaytay and Manila hosted, the much-awaited homecoming of the Filipino Martial Arts.

There were eight full days of unlimited training, covering Modern Arnis and applied techniques, practical and combat lessons, and lectures. Filipino Grandmasters and top-ranked and competent Master Instructors from all-over the world taught the seminars and workshops. Major lessons on Philippine traditional fighting arts and weapons (tapado, sanggot, balisong, dulo-dulo, bankaw) were conducted.

Philippine Grandmasters handled Traditional and Classical Arnis from the different Filipino martial arts organizations. Nightly events and special tours brought martial artists together in the spirit of historical and cultural grandeur. A grand finale Gala Night that was unforgettable of martial culture crowned the festival on the last night.

To learn more about the 3rd World FMA Festival download the Special Issue dedicated to the event.



[Click Here](#)



[Click Here](#)

The 1st Filipino Martial Arts Festival

United Kingdom

July 15, 2006

Queen Elizabeth's School
150 Chesterfield Rd. South
Mansfield



The British Council of Kali Eskrima Arnis Instructors (BCKEAI) was formed during May 2006, after many months of discussion and co-operation between several senior Filipino Martial Arts (FMA) instructors within the UK. Having observed many years of unfounded political bickering among various systems, the minor status of the Filipino martial arts in general and sharing the dream of enhancing the profile of the Filipino martial arts in the eyes of the general public, it was

clear that a new approach was needed. Taking the lead from the Philippine Council of Kali Eskrima Arnis Masters, the BCKEAI is a totally non-political and a not-for-profit organisation, with the sole aim of equally promoting all systems of the Filipino martial arts.

Giving a unique opportunity for enthusiasts to gain insights into several respected systems of the Filipino Martial Arts, the First National FMA Festival was hosted by the BCKEAI in Mansfield on 15 June 2006. Participants travelled from around the UK from as far as London, Scotland and Ireland, to learn from five of the most senior Filipino martial arts instructors in Europe.



Grandmaster Danny Guba assisted by Guro Keith Gilliland.

Grandmaster Danny Guba, the most senior Filipino martial arts instructor in Europe, gave the first session of the day. Grandmaster Danny set the scene with a fast paced session covering various amarra drills up to 15-count, the 12 strikes of Guba Doce Pares, with the associated blocking methods against each strike. A variety of counter methods were demonstrated and taught, including switching tactics to zone outside the opponent's weapon. Grandmaster Danny finally covered the principles of sparring, making use of a preparatory six-count drill and the palasut drill. This session gave an excellent overview of the many training methods and techniques of the Guba Doce

Pares system.

www.dannyguba.co.uk

Punong Guro Peter Lewis, Head Instructor to the Zu' Bu Kali Ilustrisimo system of Grandmaster Yuli Romo and Senior UK Representative of Bakbakan International, presented the second session. Starting with double weapons, Punong Guro Peter taught a "Redonda" theme as practiced in Bakbakan Kali Ilustrisimo. Starting with the base solo and partner drills for versatile redonda pattern, which was followed by adding the Rapido, Bukang Liwayway and De Cuerdas methods of striking and linking into the redonda pattern. Throughout, Punong Guro Peter demonstrated and carefully explained simple striking, parry and strike and enganyo (feinting) methods. Punong Guro Peter then taught the Balangkas 3 single weapon form. This diverse sword form includes many methods of feinting and switching tactics and was extremely well received by all participants.

www.zubu-kali.co.uk



Punong Guro Peter Lewis discussing techniques with Grandmaster Danny Guba.



Guro Alan Jones (right) teaching Balintawak.

Guro Alan Jones, a senior UK representative of Grandmaster Bobby Taboada of Balintawak Eskrima, presented the third training session. Guro Alan started with a clear and detailed explanation of the system, discussing body mechanics and demonstrating a “block, check and counter” strategy adopted at the basic level. Due to the very explosive nature of the System, Guro Alan stressed the

importance of built-in safety methods during training. The session progressed to methods of developing the alive hand, using the “lifting and clearing” drill. Guro Alan demonstrated this method at considerable speed, much to the delight of the many inspired participants. Establishing clear links between the stick and empty-hands, Guro Alan demonstrated a range of defensive techniques both with and without weapons.

www.worldbalintawak.com

Giving insights into the Doce Pares Original Multi Style Eskrima system, senior UK representative, **Magino’o Lucy O’Malley** presented the fourth training session of the day. The session covered a large number of disarming techniques applied against the 12 strikes of the system. Starting at a basic level, Magino’o Lucy demonstrated and taught each disarm against all angles, ably conveying methods of switching sides and rapid applications. Stressing the importance of body positioning and multiple striking methods, prior to the disarming technique, Magino’o Lucy demonstrated free-flowing multiple striking with very fast disarming techniques. The flexible approach and versatility of applications was very well received by participants.

www.rapidarnis.com



Magino’o Lucy O’Malley (right) teaching disarming techniques.



Tuhon Pat O'Malley teaching empty-handed applications of Espada y Daga.

this at the highest level. The session was greatly enjoyed by all participants.

www.rapidarnis.com

Tuhon Pat O'Malley, Chief instructor for Rapid Arnis International, presented the final session. Tuhon Pat taught his dynamic approach to a Tapi-Tapi method of Espada y Daga. Emphasising the importance of body positioning, footwork, and fluid motions, Tuhon Pat taught a highly structured sequence of Espada y Daga. Starting with three basic motions, the sequence soon progressed to develop skills in zoning and moving from the inside to the outside of the attack. Drawing on his considerable experience in the Filipino martial arts, Tuhon Pat showed the applications at speed and also demonstrated several translations into empty-handed techniques. Espada y Daga is the backbone of the Filipino martial arts and Tuhon Pat taught

The First National FMA Festival hosted by the BCKEAI was a huge success. Many participants, from novice to world champion, commented how refreshing it was to attend an event that totally lacked in politics and intrigue. Everybody enjoyed the training in a diverse range of systems, covering many aspects of the Filipino martial arts. All presenting instructors competently shared their art in a totally open and relaxed manner. So successful was this event, that the BCKEAI propose a much bigger two-day event during July 2007. The world of Filipino Martial Arts in the UK is entering a new era. Instructors from varied backgrounds are working together for the greater benefit of the Filipino martial arts in general, regardless of system practiced. The British Council of Kali Eskrima Arnis Instructors is leading the way in this new and very positive direction.

For further information on the British Council of Kali Eskrima Arnis Instructors, please visit: **www.bckeai.co.uk** or email: **info@bckeai.co.uk**

Master Vince Palumbo
Visits Jakarta, Indonesia
July 2006

Master Vince Palumbo, one of the senior most ranked Australians within the Cacoy Doce Pares Eskrima World Federation (CDPEWF) Filipino stick fighting system of Arnis Eskrima, visited Jakarta, Indonesia during July 2006 to conduct a seminar on the system.



Master Vince Palumbo (right),
Glen Gardiner (left)

Invited to come to Jakarta by fellow Cacoy Doce Pares 5th Dan Instructor, Glen Gardiner, brother of Cacoy Doce Pares 7th Dan, Martin Gardiner, Master Palumbo conducted a week long seminar beginning on 5 July, on Grand Master Cacoy Canete's unique system of stick fighting. Master Palumbo is well qualified as a seminar instructor due to his training in numerous martial arts disciplines. He's competed in over 200 fights to include boxing, grappling, kickboxing, karate, and stick fighting for over thirty years!

A multiple world titleholder in this stick fighting art, Master Palumbo concentrated the seminar towards developing the club's competition stick fighting abilities and ring technique. Seminar training consisted of two sessions a day consisting of two hours in the morning and three hours in the evening. The intensity of the sessions focused on match fitness and fight training, especially taxing in the heat and humidity of Jakarta. Technique development was also structured as to enable maximum endurance and fitness development with the seminar focused on doing as much full contact sparring as possible.

The Jakarta club members had an opportunity to spar single and double stick with standard protective armor, as well as single stick wearing only headgear, gloves, elbow, and knee protection. As you'd expect in an intense training environment, the improvement in the participant's skills were indeed very noticeable by the end of the week's seminar. Their desire to succeed coupled with Master Palumbo's infectious enthusiasm and intense teaching style, empowered participants to overcome the challenges and fears of full contact fighting with either single or double sticks. At the completion of the seminar Master Palumbo himself had fought well over 120, two-minute rounds with and without gear! For participants to include novices new to the art, the opportunity to familiarize them with ring conditions while facing off against a multiple world title champion was an honor and challenge in itself.



Master Vince Palumbo
and Glen Gardiner Stick drill

Certainly this boosted the confidence of the participants and fostered an exceptional learning experience for all. It was most impressive for a seminar instructor and fighter of Master Palumbo's caliber to see the eagerness of all participants, to actively participate while never declining or shying away from an opportunity to fight. It was this fighting spirit that enabled them to overcome any aversions or uncertainties they

may have had at the beginning of the seminar. When they finished, they left knowing they earned Master Palumbo's deepest respect for making the seminar a success by their enthusiasm, and for achieving a newfound understanding of the basics of the Cacoy Doce Pares Eskrima system.



Master Vince Palumbo and Glen Gardiner
(in black).

The Jakarta members of the CDPEWF are planning to compete in the next CDPEWF World Title competition scheduled for Cebu, Philippines during November 2006. The club is relatively new having just been established in January 2006, with the majority of the members also being new to the concept of Pilipino stick fighting. The timing of Master Palumbo's visit was coordinated to boost the club's ability to focus on match fitness and ring technique as well as the competitive reality of full contact stick

fighting. In their remaining time before coming to Cebu, these men and women will concentrate on perfecting fitness, technique and honing the competitive skills that were learned during Master Palumbo's week long visit.

Master Palumbo intends on returning to Jakarta early in November 2006, immediately prior to the upcoming World Title competition. His own team, coming from his home base of Adelaide, Australia will accompany him there. Both teams will train together for approximately one week before departing for Cebu, where competition will be held from 24 - 26 November 2006.



Jakarta Seminar Group



**International Combative
Martial Arts Academy**

Master Vince Palumbo
96A Grange Rd. Welland
Adelaide - 5007
08 [8] 340-4588

Email
Website



**4th Annual World Filipino Martial Arts Association
Expo & Laban Laro**

August 4 - 6, 2006
Palace Station Hotel & Casino
2411 W. Sahara Ave
Las Vegas, Nevada 89102

The 4th Annual World Filipino Martial Arts Association Expo & Laban Laro, which was held in Las Vegas, Nevada, was a fabulous event. The Brotherhood was most evident and togetherness throughout, participants, instructors and staff was truly notable.

To learn more about this great event download the FMA Digest Special Issue "WFMAA."



Click Here



Click Here

Battle of the Frontiers

August 5 & 6, 2006
Tijuana, Mexico
By Katy Sigle

Dedicated to Grandmaster Labitan, promoted and coordinated by Sifu Ernesto Hernandez. All the competitors, were students of Grandmaster Bert Labitan of Siete Pares Escrima.



Results:

1st place-Keenan

2nd place -J.R.

3rd place-Arturo

4th place-Arturo

U.S. Nationals Martial Arts Competition

August 11, 12, and 13, 2006

Washington, D.C.

Kuntaw Palace represented Wilson, North Carolina at the nation's capitol in the U.S. Capitol Classics and China Open International Martial Arts Competition, and returned National and International Champions.

Following competitors, took places:



Pictured Left to Right:

Laura Keeter: 1st place forms, 1st place sparring, 2nd place musical weapons, 2nd place weapons Adult women green/blue belt division.

Richard Morrisroe: 1st place forms, 1st place musical forms, 2nd place sparring, 4th place weapons (10 to 12 year old boys, green/ blue belt division).

Alicia Kossmann (Chief Instructor): 1st place sparring (China Open), 1st place self-defense, 1st place musical forms, 3rd place weapons, (adult women black belt division).

Cassandra Kossmann: 1st place musical forms, 2nd place sparring, 2nd place forms (China Open), 4th place weapons (10 to 12 year old girls brown/black belt division).

Bill Kossmann: 1st place sparring, 1st place musical forms, 3rd place weapons, and 4th place forms, Finalist for grand champion (adult men black belt division).

Not pictured:

Will Claphan: 1st place forms, 1st place sparring (China Open) (adult men black belt division).

Dante Frias: 4th place forms, (adult black belt division).

Helen Mulroy: 1st place sparring (China Open), 2nd place forms (China Open) (adult women white/yellow belt division).

Rizaldy Costa: 2nd sparring (China Open) (men white/yellow belt division).

Marino Villaluna: 2nd place forms, 3rd weapons (green/blue belt men division).

Dean Edwards: 2nd place sparring (China Open) (adult white belt division).



Kuntaw Palace
122 S. Goldsboro St.
Wilson, NC 27893
252-206-7900
Cell: 252-289-5878
Fax: 252-206-7909

Email

www.kuntawmartialarts.com

The Benefit For Sonny Umpad

August 13, 2006

It is a sad note that on August 25, 2006, Master Sonny Umpad passed away. The FMA Digest send its condolences to family. This was the last event that Master Umpad attended.

2006 has been a year of historic proportions for gatherings of the clans here in Northern California. This weekend marked another milestone as students and friends of ailing escrima master Sonny Umpad came together for the first time in a group for a benefit seminar on his behalf.

There were over 70 participants filling Nash's Northern Tiger Kempo in San Francisco, a tribute to the esteem in which Sonny is held within the martial arts community. People came from all corners of the Bay Area and from a wide range of different arts (FMA, Wing Chun, Kempo, Hwarang-do) in order to show their support for one of the most innovative martial art teachers of our generation.

Attendees were rewarded with a strong showing by more than half a dozen of Sonny's senior instructors. Their demonstrations of his Visayan Corto Cadena system covered a range from empty hands to sikaran (kicking), sticks, knives, bolos and swords.

It was as thorough an exposition of Filipino martial arts as one might ever see, reflecting Sonny's versatility in integrating so many facets within FMA.

Detailed attention was paid to Sonny's "pendulum," which uses dynamic Moro-based footwork to counter and evade. This is the basis for the sophisticated movement required for close quarter combat with the blade, representing a very high level of understanding timing and range.

Participants got a taste of some of these concepts in their workouts, and there were plenty of Sonny's senior and advanced students to assist those who were more novice.



Instructors

This was a warm and friendly crowd, all there to show support. Egos were checked at the door. I was particularly impressed with how the instructors got along, working together as a team and supporting each other. This too is a reflection of their maestro, for Sonny is a genuine and humble man who shares great talent freely with those around him.

If there was an off-note to the day, it was that Sonny himself was not feeling well enough to attend, spending the day at home with family and old friends, and his absence was the elephant in the room. In truth, this has been one of the hardest blogs for me to write. Most of the people there know and love Sonny, and all our prayers go towards his health.

Here are some of Sonny's students who were there, listed simply by alphabetical order, not by seniority. My apologies to any whom I might have missed:

Chris Suboreau, Cisco Spano, Craig Merchant, Eric Nomburg, George Yore, Gregory Manalo, Jason Santucci, Jay Pugao, Ken Ingram, Kevin and Felicia Baptiste, Maija Soderholm, Manny Piojo, Mike Braten, Phillip (Professor Pitt) Colas, Renato Alphonso, Steve Seto, Steve Van Manen.





escrima.blogspot.com

Tuesday, August 15, 2006

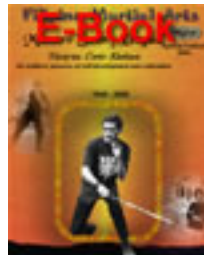
With permission from Jeff Finder



www.stickman-escrima.com

Specializing in modern H-Impact
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Read some more on Maestro Sonny Umpad



[Click Here](#)



[Click Here](#)

The Boston Arnis Club Ketsugo Bu-Jutsu Kai

Yearly Cook Out!!!!

Weare, NH.

August 27, 2006

This year's cook out was dedicated to the Late Guro Grande George H. Brewster (Mr. B.). Starting around 12:00 noon, the cook out was free a potluck event everyone brought their own food and drink. Friends, students and invited guests of Mr. B., the Boston Arnis Club, and Ketsugo Bu-Jutsu Kai attended.

The cook out went really well even though it rained. The grills were under the overhang of the dojo roof. Chick Wetherbee did his thing on tracking or survival. Then Rob and Dawn took over and taught the art of drawing the Japanese sword and Chinese Pole forms. Then Michael William of the **Martial Arts Research Institute** took over and taught Pentjak Silat. It was awesome sight to see. Every one was so impressed with Michael's power and ease of movement that he used. Halford Jones came by and it was a real pleasure, he has so much knowledge of Martial Arts he just shared it with every one. And of course there was a demonstration on Guro Brewster Arnis stick fighting.

The food was awesome... May Williams brought some very tasty noodles and Chicken, Phil's egg rolls are now famous, boy they went as soon as he put them down. For the people who could not make it this year, well there will always be next year.



Boston Arnis Club

PO Box 171

Weare, New Hampshire 03281

(603) 529-3564

Email

Website



Fisherman's Hall

Vancouver, Canada

Master Roger Agbulos

September 2, 2006

By Michael Macro

Saturday morning at the fisherman's hall, Ladner, Delta, British Columbia, the start of the last long weekend of the summer, "sigh". But the start of seminar season Woo-Hoo! A select few of dedicated determined Filipino martial arts practitioners took part on the fundamentals of ASTIG LAMECO by Master Roger Agbulos.

I have been to many seminars (and by no means do I profess to be an expert in all things martial-just a layman observing) over the years and have been lucky to rub shoulders with excellent highly skilled individuals and talented masters in the Filipino martial arts. Each Masters system has aspects, which are scientific and applicable for street defence. However, due to the teacher's personality and preference, the tutorial instructed will differ.

Seminars are usually a hard format to instruct, a set amount of time to get as much as possible across to the people who are gathered.

"What do I want to share"?

"How can I instruct this concept"?

Are usually the questions, which flicker across the Guro's mind.

The fundamentals of fighting can be broken into many modalities. The most common tend to be Body mechanics, tactile awareness drills (hoo-bud etc), Reflex (grouping systems etc), and Lines of force (pressure). There is one more fundamental of fighting and that is of timing, cadence and rhythm. This is usually left to the student to discover, as this concept is less tangible than the others. Those of us who are not as gifted as natural athletes struggle to understand and apply this paradigm.



ASTIG LAMECO Master Guro Roger Agbulos instructs in a relaxed manner with excellent comic timing, which is a nice segway back to the modality of timing. Guro Roger's concept of instructing body mechanics with high cardiovascular combative intensity (sub maximal of anaerobic training/anaerobic training) is not uncommon as it can be found in the sports science arena. Natural ability only goes so far and every training concept will be used to enhance the athlete's skills. The striking patterns and footwork combinations are designed to illicit responses from your foe. This in turn forces your opponent to act instinctively.

The cardio-combative striking combinations and footwork are internalized on sub conscious level because of the high heart rate. This anaerobic threshold training is indicative of a fight or flight episode. Training in this manner will prep you for fight or flight reactions. Once intent is added with visualization the exercises are reinforce on a

“neuro-linguistic” as well as “neuromuscular” level. Guro Roger constantly reinforces the need to train how you fight and fight how you train.

I am looking forward to hosting Guro Roger again towards the end of this year all being well. For additional information of ASTIG LAMECO seminars in the Lower mainland of BC please contact me via my web site www.edg-ma.com

Master Seminar in Surrey British Columbia, Canada

Featuring: Ama Maestro Bernardo Fabia Salinas

By: Andrea Morrow

September 3, 2006

Hosted by: NLSDA No Limits Self-Defense Academy

Guro Doug Klinger of the No Limits Self-Defense Academy recently hosted a seminar on the authentic Filipino Martial Art of Sinkatan Arnis Estrella. The seminar, was held at the Phoenix Martial Arts (Surrey, British Columbia, Canada), and was taught by Ama Maestro Bernardo Fabia Salinas (10 Degree Sinkatan Arnis Estrella).

The seminar was attended by an enthusiastic group of Filipino and non-Filipino martial artists. Participants of the seminar ranged in variety of styles including Modern Arnis, Tae Kwon Do, Balintawak Arnis, Kempo Karate, La Coste Kali, Sinkatan Arnis Estrella, Hapkido, and Jeet Kune Do. Sinkatan Arnis practitioner Andrea Morrow travelled from Fort St. John to Vancouver to attend this workshop and support her mentor Grandmaster Salinas. Also in attendance was Master Bill Thurston (Darkstar Martial Arts) of Vancouver B.C.

Ama Maestro Salinas wowed the crowd with demonstrations and instruction of practical techniques. Guro Doug Klinger, who trains with Grandmaster Salinas, assisted in the demonstration and application of the techniques. Ama Maestro Salinas took the opportunity to train and correct each individual student as they learned techniques from his family's system.

The 6-hour seminar covered various aspects of the Sinkatan Arnis Estrella system including: Origins/Philosophies, Ocho Tiro Orihinal and Cinco Tiros Orihinal striking, Lima-Limaan (empty hand technique), flow drills, basic stick against knife, and hands against weapons (knife or stick). Grandmaster Salinas also differentiated between traditional training and sports training to let the practitioners understand the art of his system.

At the end of the training there was a review and summary of the training criteria. This included Questions and Answers, and the introduction of the Larga Ocho Tiro



Ama Maestro Salinas demonstrates a vertical block against
Mano horizontal strike executed by Guro Doug Klinger

Original numbering system and its translation in Lima-Limaan techniques. Participants stayed afterwards to speak with Grandmaster Salinas and show appreciation for the knowledge he shared. With the success of this seminar, it is planned to bring Ama Maestro Salinas back in 2007.



Sinkatan – Arnis - Estrella

9514 - 102nd Ave.
Fort St. John, BC Canada V1J-2C6
(250) 787-7144

Email

Website - **Sinkatan-International**
Website - **sfma International**



Tournament Competition Training

IPMAF USA HQ

Inside Club One Fitness Center

4460 Hacienda Dr.

Pleasanton, CA.

September 9, 2006

Coaches: Masters Ed Farris, (retired) **IPMAF** Chief Instructor for the U.S. and Rick Lafrades

From 10am to noon, Master Ed Farris and Master Lafrades instructed participants in the importance of Tournament Competition in the use of footwork, angles, and baston usage. Starting with the development of proper stance, then footwork, then moved into angles of attack, and the ways to obtain the best in defending and striking the opponent.

This was an excellent training opportunity for those who attended. The FMAdigest interviewed both Masters and in a future issue the readers will find out the experience that they have compiled throughout the years. Subscribers to the digest can read about the experiences that the two have compiled.



Master Ed Ferris



PAMANA NG MANDIRIGMA (WARRIOR'S LEGACY)

"Preserve the Legacy, Add to the Legacy, Pass the Legacy on"

September 9, 2006

IPMAF USA HQ

Inside Club One Fitness Center

4460 Hacienda Dr.

Pleasanton, CA.

Punong Guro Steven Dowd of Arnis Balite was the featured instructor from 1 pm until 5 pm. Instruction first began with the basics of Arnis Balite from strikes, thrusts, blocks, angles, and footwork. From there Huli Lusob was incorporated demonstrating the angles and basic concepts and philosophies of capture, trap and attack. Once the participants understood the basics, they continued on by adapting Huli Lusob to their personal usage and movement.

Then still using the basics of Huli Lusob the participants trained in empty hand against baston, using leverage and angles to disarm the opponent and follow up with a counterattack. The last hour was spent on Kuntaw ng Pilipinas its history, philosophy, and original techniques.

During the seminar many senior practitioners dropped in to visit. It was an honor and privilege to be able to see old friends, and meet new ones.

Some visitors included: (Click the style to learn about it)

Grandmaster Robert Castro - Eskabo Da'an

Master Ed Ferris - Arnis de Mano

Master Tasi Alo - Eskabo Da'an

Master Warlito "Lito" Concepcion - Conception Combative Martial Arts

Master Jeff "Stickman" Finder - Serrada

Master Wade Williams - Serrada

Master Jojie Camins - Eskabo Da'an

Punong Guro Rick Lafrades - Lafrade Martial Arts

Guro Gabe Rafael - Upakan Bara-Bara Martial Arts Academy

Guro Joseph Bautista - Eskabo Da'an

Guro Mateo Masellones - Kombatan

Guro Em Angeles - Bahala Na

Guro Phil Cortijus - Eskabo Da'an





www.presas.org

IPMAF USA HQ

Alex France
Inside Club One Fitness Center
4460 Hacienda Dr.
Pleasanton, CA.
(925) 924-4498



Jeff Finder - Steven Dowd - Wade Williams



LA Filipino Artist Festival

September 9-10, 2006

Point Fermin Park

San Pedro, CA.

Master Felix Roiles of the PAKAMAT School is one of leading Kali Masters and Founder of the Los Angeles Full Contact Stick Fighting championships. A native of Cambangkaya, Catmon, Cebu, Philippines has been a practitioner in the martial arts for more than 30 years. On September 10th he organized and did a demonstration of the Filipino martial arts.



Red Bluff, CA.
The West Coast Youth Explosion
September 14, 2006

On Sept. 14th The West Coast Youth Explosion heading up to Red Bluff to do demonstrations of Filipino martial arts and give motivational speaking to the students of 3 different schools. The West Coast Youth Explosion team took 3 members up to demo on Thursday evening for Fridays demo and speaking. The members were Master Wade Williams, Assistant Guro Keenan Williams, and top student Guro Shawn Summers.



The 1st assembly we did was a Salisbury high school. The students there were wonderful. The demonstration started off very fast. We showed the basics of our system as Keenan and Shawn showed take disarming, takedowns and locks with blazing speed. The students roared with approval. Little did they know this was just the beginning. We then showed them espada y daga. The guys performed with excellence. The students noted later they could hardly see the sticks, due to the speed of the practitioners. Master Wade then grabbed my 2 sticks to give them lock and block myself. Keenan and Shawn amazed everyone with their accuracy, speed and power behind their hits and blocks as Master Wade delivered this drill to them.

They wanted to bring up the level of excitement within the students even more. Master Wade pulled his associates one at a time and sparred with them. The sticks were moving so quickly that the students gave us a great round of applause before they even finished.

Now was the time for then to pull out the swords. Keenan and Master Wade started showing them how to mirror the blade in a pendulum drill. The idea is to angle away and mirror the oncoming blade with your own. They walked the entire assembly while doing





this drill. The blade would barely clear some students heads, some students jumped out of the way. They even went toward the principle; he also quickly moved to give us more room. This drill is always under control with complete accuracy, not to make a mistake with anybody they were around. Once right in the middle of everyone, they went at it. The

swords clashed with such power, speed and control. They were not using any protective gear. If they missed a block they would get the blunt edge of the blade against them. The students roared when they did this for them. They kept screaming they wanted them to do more.

Now came the time for the motivational speaking. Master Wade spoke to the students to let them know their importance, their value, and how much they mean to us. We are a group that travels up and down California giving young people an opportunity to realize they have choices. We were showing them by using Filipino martial arts, that we are "FIGHTING FOR THEIR RIGHT TO MAKE GOOD CHOICES IN LIFE". That we stand with them anyway we can. The 2 following assemblies at 2 different schools were just as exciting. The team had the opportunity to speak to between 300 and 400 students that day.

After each assembly they would give out a flyer with an invitation to come see the whole team perform on Saturday night at the First Southern Baptist Church. Pastor Robert Wheatley was so gracious in letting us come in and perform for the students and parents that came that night. The ' WARRIORS OF RIGHTEOUSNESS ' from Capitol Christian Center in Sacramento Ca. also joined them with Guro Ed Banuelos.

They helped them with their demonstration and did an incredible job. Guro Ed also shared with the people a hope in Christ. It was a very power packed night with the Filipino martial arts, testimonies, sign worship with my wife Anna and our close friend and tremendous rapper San Joe, who did as usual a phenomenal job bringing the message of Christ in his



rap music. Many made decisions for the Lord that night. Pastor Robert and their team have already made a difference in the lives of those who attended. Master Wade is excited about going up there again next year to meet and speak to the students of that wonderful city. He looks forward to when we can come into your city to help make a difference with your young people.



Williams Home Of Escrima

1611 W. Durham Ferry Rd.

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(209) 835-2546

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Tipunan sa Los Angeles

September 16, 2006

Airtel Plaza

Van Nuys, Ca.



Promoted and hosted by Jay de Leon, founder of **Tipunan International** and Commissioner for the International Modern Arnis Federation of the Philippines (**IMAFP**).

In keeping with its tradition and its mission of promoting authentic Filipino martial arts and featuring world-class, dedicated instructors, the seminar had an impressive array of seasoned performers. The following is a complete list of instructors who performed at Tipunan sa Los Angeles 2006, as well as their styles.

Featured instructors:

Christopher and Bruce Ricketts – Kalis Ilustrisimo, Bakkaban

Roger Agbulos – Lameco Eskrima, Astig Eskrima

Ramon Rubia – San Miguel Eskrima, Doce Pares

Felix Valencia – Lameco Eskrima

Mike Rayes – Lucaylucay Eskrima

Victor Gendrano – Inosanto Kali

Willie Laureano – Inosanto Kali

Jay de Leon – Modern Arnis

Guest instructors:

Ron Balicki – Lameco, Inosanto Kali

Dan Anderson – Modern Arnis, Modern Arnis 80

In addition to being a featured instructor, Roger Agbulos also acted as Master of Ceremonies and with his ebullient personality, adroitly managed instructors, participants, the venue and time for an orderly but fun event.

As usual, martial arts and celebrity guests dropped by to say hello to old friends, watch some good Filipino martial arts being demonstrated or promote upcoming events and products. Two actually ended up giving demonstrations on the floor, including

Modern Arnis Senior Master Dan Anderson of Washington, who was in town for several of his own seminars, and Ron Balicki, renowned Lameco and Inosanto Kali instructor.

An interesting sidelight was the seminar turned into a joyous reunion of sorts for Edgar Sulite's Lameco "backyard" group. This consisted of Roger Agbulos, Ron Balicki, Felix Valencia, Arnold Noche, Bud Balani and Dino Flores, now senior instructors of Lameco in their own rights and with their own following.

The featured instructors were in peak form, their presentations and demonstrations were awesome, the energy of the participants was high and the camaraderie and interaction among instructors, participants and guests were viral and intense.

True to form, while Tipunan sa Los Angeles 2006 might have been a local event, its Filipino martial arts was authentic and true to its Filipino roots, and its reach and influence seemingly far-reaching beyond its local venue.

When asked about plans for next year, host Jay de Leon of Tipunan International replied, "We do not have plans for a venue or a line-up yet, but it will definitely be bigger, more exciting and even more full of surprises than the previous ones." That might have sounded like a stock answer about raising the bar, but, in Tipunan's case, raising the bar seems to be another one of their traditions.



Instructors and participants of Tipunan sa Los Angeles 2006.

1st Annual River City Rumble

September 23, 2006

Sheldon High School Gym

8333 Kingsbridge Dr.

Sacramento, CA.

By Gemebin McKenzie

On September 23, 2006, the Filipino Martial Arts Academy (FMAA) hosted their 1st Annual River City Rumble Full-Contact Sparring and Sayaw/Forms Tournament at Sheldon high school in Sacramento, California.

Students at all levels competed to showcase their skills, technique, and stamina to go toe-to-toe with other eskrimadors. There were close to 100 participants representing schools from New Jersey, Colorado, Los Angeles, San Diego, Fresno, and Sacramento. Only the top 3 schools were acknowledged with trophies for winning the most medals overall.

Master Nilo Baron from Filipino Martial Arts Academy (FMAA) took 1st place. Winning with 21 medals overall competing in Sayaw/Forms, Single Stick, and Double Stick:

1. Jasmine Broxton – Bronze (Forms)
2. Jadine Haduca – Gold (Forms)
3. Sierra Haduca – Silver (Forms)
4. Erick Marzan – Silver (Double Stick)
5. Keilani Guevarra– Gold (Single-Stick)
6. Mike Ibe – Gold (Single Stick)
7. Mike McKenzie Jr. – Silver (Single Stick)
8. Jeremy Antolin – Gold (Single Stick) & Silver (Double Stick)
9. JD Tabayoyong – Gold (Forms), Gold (Single Stick), Silver (Double Stick)
10. JR Del Rosario – Silver (Single Stick); Gold (Double Stick)
11. Marlon Guevarra – Gold (Forms) & Gold (Single Stick)
12. Nadine Haduca – Gold (Single Stick)
13. Joel Marzan – Bronze (Double Stick)
14. Geoff Casey – Gold (Double Stick)
15. Paul Cabrera – Silver (Double Stick)
16. Brian Sopha – Gold (Single Stick)

Master Jun Onas from Los Angeles (DP Eskrimador) took 2nd place, and Master Felix Oriaes from Los Angeles (Pakamut) took 3rd place.

Single Stick Sparring - Men's Division

Marlon Guevarra (1st place)

Mike McKenzie Jr. (2nd place)

Francis Fletcher (3rd place)



Single Stick - Women's Division

Jadine Haduca's first sparring competition.

She won 1st place, she just started Eskrima 3 months ago.



Single Stick - Boys Jr Division

Mike Ibe (1st place);
Kristoffer Hidalgo (2nd place)
Ronald America (3rd place)



From left to right: Guro Mike McKenzie Sr., Grand Master Casio, Master Felix Roiles, and Master Nilo Baron.

Hosted By: Filipino Martial Arts Academy in association with Doce Pares International World Headquarters (Cebu, Philippines).

Tournament Directors: Master Percival Pableo and Master Erwin Mosqueda.



We look forward to seeing you again next year! If you would like to see more info regarding the event please visit www.docepare.net

DAKIP DIWA Martial Arts

Master Wade Williams and Guro Carlito Bonjac Jr.

September 23 - 24, 2006

Inside - World Tae Kwon Do Center

2656 Somersville Rd.

Antioch, CA.

www.wtkdc.net

The Filipino martial arts came to Antioch CA, at The World of Tae Kwon Do school in a big way. Master Wade Williams and Guro Carlito Bonjac came together and

teamed up to teach a seminar at this big school. Master Williams showed his dynamic style and finishing moves as Guro Bonjoc showed his keen and explosive moves using sticks and blades. Special guests included Master Ron Saturno and Guro Jojo Soriben.

Master Williams had 2 assistants, Guro Keenan Williams and Guro Shawn Summers, who are excellent instructors in their own rights, displayed their skills during drills and working techniques. Guro Keenan worked with a senior student of the late Maestro Sonny Umpad, Guro George Yore. The material that they were working on was nothing short of incredible, such skills they both possessed.

Guro Carlito had 2 talented assistants with him to help teach techniques. Professor Hundon also attended the seminar, with a member of his school. The seminar was informal and loaded with great teaching and a lot of fun. Everybody had a great time and walked away better Escrimadors, due to the knowledge of these two great Filipino martial arts instructors. Thanks goes to Guro Carlos Aquilar for being a very hospitable host.



Williams Home Of Escrima

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Guro Carlito Bonjoc Jr.

Stockton, CA USA
1 (209) 992-0832

Email
Website

FMA Future Events

Seminars

Russian Modern Arnis Camp

February 2 - 8, 2007

Ekatarinburg, Russia

Email

Website

Warrior Arts Workshop

March 11, 2007

Vee Arnis Headquarters

4202 Avenue U

Brooklyn, New York

Email

Website

International Spring Camp 2007

March 30 - April 6, 2007

North East England

[07834] 465 817

Email

Website

Two Systems - One Base - One Course

Laban Baston Eskrima Club in association with Guba Doce Pares and Rapid Arnis

Modern Arnis Summer Camp Germany

10th Modern Arnis Summer Camp

German Arnis Association DAV

August 6 - 12, 2007

Osterburg, Germany

Email

Website

Anyone who is interested can contact **Email** Senior Master Dieter Knuettel,
with "Modern Arnis Summer Camp Germany" in the subject line.

Tournaments

Filipino Martial Arts Qualifier as part of Disneyland Martial Arts Festival

February 3 & 4, 2007

Disneyland Hotel

Anaheim, CA.

Coordinator Elrick Jundis

[510] 499-3701

Email

Flyer

Flyer

Schedule

Website

AFC - 1st Philippine Open Invitational Tournament

April 6, 7, and 8, 2007

Agrifina Circle, Lunet Park

Manila, Philippines

Organizing Committee

Philippine Full Contact Self-Defense Federation

Philippine Jendo Association

63 [917] 366-7061

63 [906] 517-7621

Flyer

Email

Email

Email

Email

Website

International Martial Arts & Boxing Academy



IMB Academy

22109 S. Vermont Ave.

Torrance, CA 90502

www.imbacademy.com

With over ten thousand square feet of floor space, the IMB Academy is one of the largest and most complete martial art schools in the South Bay area. Our classes are conducted in the main training room on a high quality matted floor. Our facility also offers a fully equipped weight room and an open workout room with a boxing ring, speed and heavy bags, allowing students to train independently from their scheduled class times.

For over thirty years, the International Martial Arts & Boxing Academy has played an important role in the personal growth and professional development of thousands of students locally, nationally, and internationally.

- Kali / Eskrima / Arnis** (Long range) Weaponry self-defense from the Filipino Martial Arts, featuring single and double stick coordination drills that provide a better awareness towards the various angles of offense, defense, and counters.
- Boxing / Muay Thai Boxing** (Middle range) The development of an individual's personal weapons, emphasizing punch, kick, elbow, knee coordination and evasive body movements for an effective defense.
- Wrestling / Jiu-Jitsu** (Close range) We are extremely fortunate to offer the expertise of the R.C.J. Machado Jiu-Jitsu to our program. Their highly effective art of ground grappling includes a wide variety of position and submission training methods, which strengthen an individual's ability to defend themselves from the ground.
- Jeet Kune Do** (Self discovery range) The philosophies, concepts and training methods of Bruce Lee's Jeet Kune Do, increasing an individual's awareness through the understanding of their own personal abilities and limitations.

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

Training Trip to Southeast Asia

Fall 2007

Philippines and Indonesia

Martial Arts Research Institute



Grandmaster Jerson "Nene" Tortal (seated) of Dekiti Tirsia Sirradas with the visiting American instructors.

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In Indonesia Travel to city of Jakarta in West Java, stay at IPSI (Ikatan Pencak Silat Indonesia), a Pencak Silat school regulated by the Indonesian Government. Train with Grandmaster Guru Edward Lebe of Baringin Sakti Pencak Silat.

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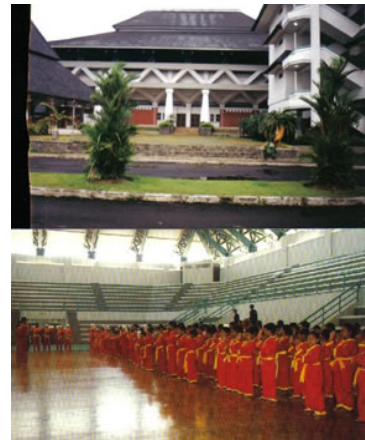
Website

(978) 745-2555 / (978) 777-0586

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Philippines 2005, U.S. group visits with Ifugao tribe (Head Hunter Tribe) members all over 100 years old



IPSI (Ikatan Pencak Silat Indonesia)

Keith Roosa Hand Made Wooden Weaponry



Keith Roosa hand makes many different designs including Kampilans, Kris, Bolos, Pinutes, and many Indonesian blades. H also makes custom trainers for people that send him their own design.

Keith Roosa prices vary because of availability and cost of the hardwoods he uses. The Presas Bolos and the Abanikos will sell for \$70. He makes a cheaper line that sells for about \$20 less, which have parachute cord wrapped handles. Keith Roosa's prices sometimes scare people off until they have the weapon in their hands and feel the balance and see the quality the work. Each one is hand built and not off an assembly line.



Bram Frank's Abanikos are made from Bolivian rosewood w/ zebra wood handles (left) and purple heart w/ bubinga handles (right).



The Presas bolos in the second picture are made from macaucaba, which has the hardness of kamagong. The left one has Birdseye maple handles and the right one has cocobolo handles.



Different Bolo and a few Abanikos designs



Keith Roosa
Hand Made Wooden
Weaponry
Inquiries: **Email**

JAY DELEON ANNOUNCES LAUNCH OF TWO NEW E-BOOKS

Jay de Leon, *Modern Arnis* guro and *Filipino Martial Arts* historian and writer, recently announced the launch of two new e-books, “Mindanao Jottings” and “Philippine Odyssey 2006.”

A few years out of college, Jay de Leon traded a corporate job as a junior executive in an American pharmaceutical firm in Makati, the Philippine commercial district, for the rough-and-tumble life of road construction work in rebel-infested Mindanao in the southern Philippines.

In “Mindanao Jottings,” Jay gives us a historical as well as a personal glimpse of those turbulent times in the 70’s. Interspersed are well-known events in Philippine history such as the declaration of Martial Law and the Christian versus Moslem armed conflicts of the times, with institutional problems such as graft and corruption and political violence, along with religious and social mores of the times involving love, sex and relationships.

Testimonials have started to pour in:

“A chaotic period of history... Light and easy reading, lively language.” Marko Ronkainen, Finland.

“A narrow slice of Philippine history, but a very revealing insight into Filipino cultural nuances and social mores.” Manny Tiangha, Torrance, California, USA.

“On the surface, an easy read, but tugs at your heart strings.” Cris Rugprayoon, Covina, California, USA

As an added bonus for a limited time, when you purchase this e-book you get the other e-book titled “Philippine Odyssey 2006” which documents the *3rd World FMA Festival 2006* and other events of Jay’s recent trip to the Philippines, with about 200 original pictures.

Both e-books are available at the online store at www.filipinomartialartsmuseum.com or you may click “Click Here” below each book icon.



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www.FMATalk.com

October 2006 will mark one year of **www.FMATalk.com**. For those whom are not familiar with FMA Talk, they are the largest FMA discussion forum in the US of this kind. Their forum offers a non-political environment to share information as well as networking with fellow Filipino martial artists around the world. For more information contact us at **info@FMATalk.com**

FMA Talk forums, is dedicated to the discussion of the Filipino Culture and Martial Arts. FMA Talk is a new approach to discussion the exciting and diverse systems and families of Filipino martial arts! FMA Talk has several sections to find out what is going on and what people are saying. It provides knowledge from other Filipino martial arts enthusiasts.

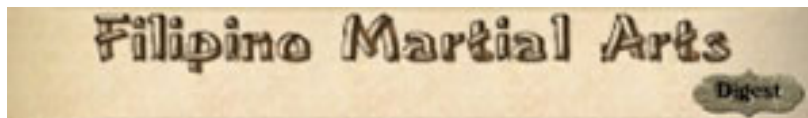
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