

Filipino Martial Arts

Louie D. Lindo
Ikatan Kali

MDT Training System

Hudson Academy

Digest

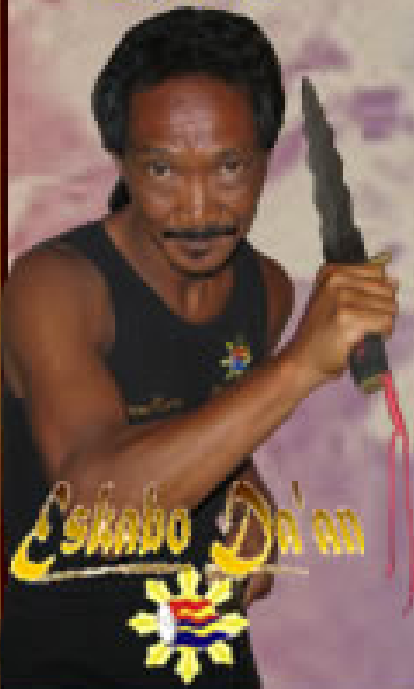
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Guro Mariano Bermodes

Guro Bob Manalo
IESA



The Halo Halo Man
Master Lafrades



Esikabo Da'on



Babao Arnis

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

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

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

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From the Publishers Desk

Kumusta

Starting this issue Zena Sultana Babao has written an article about Babao Arnis which of course is headed up by her husband Master Narrie Babao. Then an interview with Grandmaster Rob Castro of Eskabo Da'an a man that has brought together his personal style and has kept it low keyed for quite a while and has decided to surface and bring the art out for others to know.

Continuing in this issue we get to know about Guro Louie D. Lindo of Ikatán Kali, Master Instructor Roger Hudson of Trecehampas Arnis/Awayan, The Halo Halo Man - Master Rick B. Lafrades, and also Guro Mariano Bermodes, Guro Bob Manalo, Punong Taga-Pagturo Scott Kendrick.

The FMA Digest received an article on Maestro Sonny Umpad, but it was too late for the Special Edition that came out, so we have added it here in this issue. Some serious health situations for Roland Dantes a good friend of the FMA Digest and Master Noel Peñaredondo, but the good news is that they both are still with us and I am sure will be for a long time to come.

The FMA Digest editorial section is really good with **mandirigma.org** and **FMA Sunday School** by Jon Escudero.

The FMA Past Events section is loaded with events that you may have missed, and if the instructors are in your area having a seminar, you really should attend and gain the knowledge they have to offer. You will not regret it.

We hope you enjoy this issue, so without further comments, turn the page and read on.

Maraming Salamat Po

The Evolution of Babao Arnis

By Zena Sultana Babao



It was not until we moved to the United States in 1973, when I learned that my husband, Narrie Babao, is an expert in the Filipino martial arts called Arnis de Mano. This was four years after we were married. At that time, the Filipino combative arts were really secret arts, passed down within the family. Narrie told me that his father, the late Buenaventura “Turing” Babao, started teaching him the Batangas method of Arnis

in 1963, three years before we met. All I knew was that Narrie was a black belt in karate.

Narrie and I met on a blind date. I was a reporter for Naga Times in the Philippines, when I was asked by Rafael Plantado to become the master of ceremony for his karate club’s benefit demo, dinner and dance. Rafael Plantado was the owner of the Griffins Karate Club, the largest of the martial arts schools in Naga City at the time. Rafael was assisted by his elder brother, Romeo “Romy” Plantado, in teaching judo and Shotokan karate.

One of their brown belts, Narrie Babao, was selected to pick me up, and be my official escort.

During the karate demonstration, the Plantado brothers broke boards and concrete cinder blocks with their bare hands and feet. Narrie demonstrated his expertise in breaking a large flat stone, and a thick empty bottle of Coca-Cola. The broken bottle nicked his right hand in the process. He showed me the cut, and I offered my handkerchief to stop the bleeding.

The crowd went wild during the sparring exhibitions. And to add that cinematic effect, the live band



Narrie and Zena's wedding in Naga City

played the “James Bond Theme”. Romy asked four of the students to fight him at the same time, and none of them scored on Plantado. After a minute, Romy asked to spar with Narrie. At first the crowd were perplexed when they saw spots of red blood on Romy’s white gi. They later realized it was from Narrie’s bleeding hand. The finale of the sparring exhibition was when the Plantado brothers fought each other. It was hard to tell who outscored whom.

After a few months, the Griffins Karate Club sponsored the first karate tournament in the Bicol region. Most of the competitors were from the Griffins, followed by the Tigers Karate Club, which was composed exclusively of practitioners of



Narrie Babao and Romeo Plantado

Chinese descent.

The unique thing about this tournament was that there were no particular divisions. The year was 1966, and karate was still new in the Philippines. All the competitors were mixed: white belts, green belts, brown belts, and black belts. After the eliminations and semifinals, only one will become the ultimate champion.

By the luck of the draw, the Plantado brothers fought each other in the earlier rounds. Romy did his best to outscore his brother Rafael. The blows and kicks were supposed to be controlled, but anybody who ever sparred with Romy Plantado knew otherwise. Back then there were no groin cups, no mouth pieces, nor pads to protect the hands, feet, shin, and elbow.



In the second group, Narrie worked his way to the semifinals by easily eliminating his opponents. The semifinals were composed of two pairs of competitors: Narrie versus Romy Plantado, and the other pair was between another brown belt and an unknown white belt.

Narrie lost by one point to Plantado. For the championship, Plantado had to fight the unknown white belt, who eventually won the match. The crowd knew very well that if the match had been to the death, Plantado would emerge the winner.

That tournament was the last time the general public witnessed Romy Plantado fight in friendly matches. A former police officer in Naga City, Romy Plantado became a fugitive when he was wrongly accused of killing a suspect during an interrogation.

Although Narrie was well qualified to test for black belt, the Plantado brothers did not have any certificate to award in their school. Narrie was always meticulous when it comes to being certified as a martial arts instructor. A friend of his convinced Narrie to travel to Manila and take a crash course in the Black Master Sphinx Karate system, under Master Jimmy Galez, the first karate instructor of the NBI (National Bureau of Investigations).

In a short span of time, Narrie learned a lot from Jimmy Galez. He was promoted to the rank of first dan, and Narrie became the leading exponent of Sphinx Karate in the Bicol region.

Narrie even went as far as Dalaguete, Cebu, his mother's hometown. And after being asked by Fr. Jose Cervantez, the parish priest. Narrie agreed to teach karate to the church's altar boys. He stayed for around three months in the church's convent, just meditating and teaching the altar boys. His mentoring came to a sudden halt when he received notice to report to Sangley Point in Cavite, for a written and physical exam, the first process in enlisting with the United States Navy. Narrie preferred to join the United States Marine Corps, but that window of opportunity was



Jimmy Galez

not open yet. The only agreement between the governments of the Philippines and the United States was for Filipino men to enlist with the Navy.

In February of 1968, Narrie swore his allegiance to defend the United States from all enemies, both foreign and domestic. After the basic boot camp in San Diego, Narrie was assigned to a brand-new amphibious and helicopter assault carrier, the USS New Orleans. Some of the crewmembers had seen Narrie practicing his karate katas, and they too wanted to learn. One of his students was a Navy lieutenant, who was a karate brown belt. Two enlisted men from the Marine Amphibious Unit also joined.

It was at this time when Narrie first started teaching the Arnis that he learned from his father. No doubt that it is a very effective form of fighting even back then, when Arnis was not yet classified as a bona fide martial art. During one of the Marine's amphibious missions, one of Narrie's Marine students was flown back to the ship in a body bag. Narrie had nothing to do with this.



As a young sailor on board the USS New Orleans



While not patrolling the Vietnam waters, the New Orleans would dock in Subic Bay, Philippines, for loading of provisions and for necessary repairs. Narrie and I got married in September 1969. The ship was in the Philippines, and Narrie took his first annual military leave.

Subic Bay is located in Olongapo City. Narrie found out that Carlito Lanada opened a Philippine Kuntaw headquarters in Olongapo City. When Lanada visited the

Griffins karate club in Naga city in 1966, he was still endorsing Latino Gonzales, the grand old man of karate in the Philippines.

During his visit to Naga in 1972, Narrie learned that his former sensei, Romeo Plantado, was recaptured and was in the custody of the PC (Philippine Constabulary). He was captured a year earlier by the local police. However, Plantado managed to overpower the prison guards, killing one of them, and escaped with two Carbine rifles.

This time, Plantado was in



Grandmaster Carlito Lanada's visit to the Griffins Karate Club

his own isolated cell inside the PC compound. Being a police reporter, I was able to convince the PC provincial commander to let us interview Plantado. We even brought along our first born, Narrison, who was in a baby carrier. Plantado was happy to see us, and he did not hold anything back during the interview. He said he had to shoot the prison guard, because that guard was in the way of his prison break.

When the topic went back to Plantado's first case about the teenage suspect who died while in police custody, he vehemently denied having killed the boy. He told Narrie he only slapped the kid. The killing that Plantado was really proud of was when he fought another toughie in Naga City in a mutual combat. This happened when Plantado was a fugitive. It was a flying front kick to the chest that felled the other guy. Plantado left the scene, unsure if his opponent was dead. The downed opponent was dying when the police reached the scene. He was able to tell the cops that he fought Plantado in a hand-to-hand combat. Narrie found it hard to believe that Plantado's flying kick actually killed his opponent.

It was not until years later, after Narrie studied CPR, that a broken sternum on a person's chest could do more harm than good on that person's heart. Plantado told us a movie producer from Manila already wanted to make a movie about his life. He was advised that the only setback was that he was still alive. Narrie was planning to write an article about Romy Plantado for Black Belt magazine, so he was wondering if we could go to a nearby karate studio for a photo session. Again, I was the one who asked the PC Provincial Commander to accommodate us. So with two armed PC troopers watching, Narrie and Romy showed their karate skills for the camera.

We escorted Plantado back to his cell, and said our goodbyes. Once we got home, I realized that the .22 caliber revolver that Narrie gave me was inside my purse all along. I think because of my being a reporter, the PC troopers never bothered to inspect my purse. We found out years later that Plantado once again escaped, and joined the Communist-influenced New People's Army (NPA). He rose up through the ranks, and his nome de guerre was Commander Romy.

The Black Belt magazine rejected Narrie's article, explaining that it was too violent. It was not until 2004 when we learned that Romy Plantado passed away in Naga City due to heart failure.

In 1973, we relocated to San Diego, California. We have two sons then: one-year old Narrison, and newly born Jack. It seemed Narrie could not wait to impart his martial arts knowledge to his sons. It was at this period when I found out that Narrie studied Arnis de Mano from his father.

During the 1920's, Turing Babao learned the Baston Batangas Arnis from Ka Juan, a Katipunan rebel under General Miguel Malvar of Batangas. The practitioners of this system were not called Arnisadors or Mag-aarnis. They were referred to as Bastoneros. Turing's training partner under Ka Juan was his cousin, Nacing Babao Trillanes.

Turing Babao did not teach his Arnis system to anyone else but to Narrie. Their training started in Naga City in November of 1963, when Narrie was 18 years old. His father was suffering from hypertension, and the doctor advised him to pursue an active work out. Turing wanted to hit two birds with one stone, to get back into physical fitness, and to impart his martial arts knowledge.

Narrie was actually a reluctant disciple of Arnis. He had other interests. Foremost were bodybuilding and weightlifting. A year later, Narrie won the Jr. Mr. Philippines title, which was sponsored by the Philippine Weightlifting and Bodybuilding Association, which was headed by former Mr. Philippines, Eldy Doroteo.

For two years, the father and son trained hard in Arnis. Their training consisted mainly of free-style sparring with one stick, two long sticks, or with a long and a short stick. Only after getting hit would Narrie learn the lesson for the day. His father would methodically explain why he got hit.

That was the old school of Arnis, the School of Hard Knocks. His father was precise in controlling his strikes to the body and head, but hits to the knuckles were unavoidable.

With his knuckles busted many times over, Narrie looked for a good excuse to take a sabbatical from Arnis training. He enrolled at the Griffins karate school, and that's how we met.

Every time Narrie went on leave in the Philippines, he would consult his father about Arnis techniques. Without a regular sparring partner, Turing's Arnis workouts diminished. He finally passed away, after a third stroke, in 1974.

Narrie had about a dozen of students at the Naval Training Center gym. The curriculum then consisted of Arnis and the barehanded Kuntao. Both of us joined the now defunct San Diego County Martial Arts Alliance. When Narrie told the president that his style was a mixture of Arnis and Kuntao, the president who was a Lima Lama blackbelt instructor queried, "What kind of animal is that?"

The members of the Alliance finally saw their first glimpse of the Filipino martial arts when Narrie started competing in tournaments. Stickfighting contest was still unheard of at that time, so Narrie had to contend in joining the Weapons Forms events.



Circa 1974
Narrie, Zena, Narrison and Jack



Our kumpadre Dan Inosanto

Most of the time, Narrie and Ted Tabura, the Kama king, would vie for the championship trophy. In the history of Ed Parker's annual Long Beach Internationals tournament, Narrie was the first practitioner to demonstrate the use of the balisong knife in the weapons form competition.

It was sometime in 1975 when we met Danny Inosanto and his then partner, Richard Bustillo. Years earlier, Narrie had read that

Dan was Bruce Lee's top student in Jeet Kune Do. He thought that Dan was Japanese. It was not until reading an article in Inside Kung-fu about Eskrima, did Narrie learn that Dan was of Filipino descent. In a letter to the editor Narrie mentioned that he was a practitioner of Arnis de Mano, which was another method of Filipino fighting system. Dan saw the letter to the editor, and that was how the flow of communication started.

On weekends, we would travel to the Filipino Kali Academy, and Dan and Narrie would constantly exchange Arnis, Kuntao and Eskrima techniques.

A year later, I gave birth to our youngest son, Kris, who was named after the wavy Moro blade. Dan Inosanto became our "kumpadre", when he became the godfather of Kris.

It was also in 1976 when Inosanto introduced Narrie to Kali Master Ben Largusa, who accepted him as a disciple. It was in November of that same year, when Narrie and Inosanto formally introduced the arts of Arnis and Eskrima to the people of San Diego, California.



Kris' baptism with Dan as Ninong



The 1st all-weapons Kumite in 1978
Grandmaster Ben Largusa.

It was in 1981 when Doce Pares Grandmaster Cacoy Canete arrived in the United States. He conducted a seminar at the Filipino Kali Academy, and that was how we met Manong Cacoy. Narrie was captivated by the close quarter combat fluidity of Eskrido, which was developed by Grandmaster Cacoy in 1948.

During his visit to the Cebu City Doce Pares headquarters in 1984, Narrie was promoted to the rank of 4th Grade Blackbelt.

In July 1978, Narrie became the first Weapons Sparring champion at a tournament sponsored by Kyukushinkai instructor Ben Singleton of Vista, California. This type of competition was the first of its kind in the American martial arts scene. The head referee was Solomon Kahewalu of the Hawaiian Lua system. Narrie defeated other fighters who used esoteric weapons like the Nunchakus, Bo, and Shinai. It was also on that same year when Narrie was promoted as Kali Guro' by then Grandmaster Floro Villabrille and



Narrie with Grandmaster Ben Largusa

He met the elder Canete brothers, Grandmaster Yoling and Grandmaster Momoy. He also met the legendary Master Vicente “Inting” Carin and Grandmaster Diony Canete.

It was also in 1984, when Narrie was able to change his rating in the U.S. Navy from that of a Mess Specialist to that of a Master-at-Arms (MAA). In fact it took an “act of Congress” for him to change his rating. Narrie requested to change his rating twice, and both times was turned down by the Navy’s Bureau of Personnel. Narrie was told that the Mess Specialist rating was in a critical level, that the changing of ratings was not encouraged.

At the time, Congressman Duncan Hunter was still new at the House in Washington. He was aware of my articles in the local newspapers endorsing his candidacy since the first time he ran for Congress. We campaigned for Hunter, since he was a Vietnam veteran. He actually defeated an incumbent San Diego congressman, Lionel Van Deerlin. After he was elected, he appointed me as one of his advisers.

I mailed a letter to Congressman Hunter regarding Narrie’s situation in the Navy. In less than a month, Narrie received a memo from Congressman Hunter that he personally passed by the Bureau of Personnel and talked to the people in charge. Within a week, Narrie received a message from the Navy that he was allowed to change jobs.

The Master-at-Arms rating was the first designated rating in the U.S. Navy. The MAA’s original duties include being the keeper of the armory, and enforcer of the ship’s regulations. The modern MAA’s functions the same as that of the Military Police.



First tour as a
Master-at-Arms on board the
USS Belleau Wood

Narrie was on board the USS Belleau Wood when he converted as MAA. Right away, the ship’s Chief Master-at-Arms assigned him his first project- to retrain the ship’s MAA force and Shore Patrol in a better method of using the wooden baton and the steel Maglite flashlight. At the time, the Navy’s training manual was based on the Koga method of baton techniques. Robert Koga was a defensive tactic instructor for the LAPD.

Back in the Seventies, the CHP (California Highway Patrol) was the model agency for the other law enforcement groups in the state. Whatever the CHP would advise and adopt, the other agencies would usually follow. The training was usually done through the POST (Police Officers Standards and Training) course in Sacramento.

Before the CHP replaced their straight baton with the side-handled baton called the Prosecutor (PR-24), which was modeled after the Okinawan tonfa, the CHP’s top brass asked the opinion of Officer Ted Mason.

Ted was our fellow member at the San Diego County Martial Arts Alliance. He was one of Tang Soo Do Grandmaster Hwang Kee’s blackbelt, and he owned a dojang in Oceanside, California. Ted was also an avid Kendoka, and was often called as an expert witness in court trials, whenever an Asian hand held weapon was used in a crime.

During the Alliance’ monthly meeting, Ted Mason asked Narrie’s opinion about the CHP’s dilemma. In an impromptu demonstration, Narrie clearly proved that compared to the straight baton, the PR-24 is a poor substitute. Narrie even proved that

contrary to what they saw in Kung-fu movies, the straight stick was still superior to the nunchaku.

Ted recorded the demo with an old-fashioned Betamax video camera. The demo ended after Narrie disarmed a nunchaku attack. The nunchaku went flying and punctured the drywall of the dojo, where the meeting was held.

Ted Mason brought the videotape with him, and presented it to his superiors in Sacramento. According to Ted, the top brass were awed by Narrie's handling of the baton. However, they concluded that the Arnis techniques were too complicated for the future cadets to learn at police academies. Before long the CHP adopted the side-handled PR-24 in lieu of the straight baton.

Everyone in the Belleau Wood agreed that the baton techniques Narrie was teaching was far superior to that of the Koga method. Even the veteran MAAs would not dare try their baton skills against him. When asked, Narrie would casually explain that the techniques he was teaching had its roots in the Filipino martial arts. He would teach the use of a single baton to new personnel. The veteran MAA's could learn the simultaneous use of a baton and steel flashlight, which Narrie actually based on the Espada y daga techniques.

When dealing with drunken sailors or riots among the crewmembers and Marines, the MAA's and Shore Patrol do not depend on drawing a sidearm. The baton is their main tool in preserving the peace.

Within a year after changing his rate, Narrie was promoted as a Master-at-Arms Chief. While on shore duty for three years, Narrie attended various military schools that pertain to shipboard security and counter terrorism. The various instructors included former Navy Seals and Delta Force members.



Former World Middleweight Champion
Ceferino Garcia showing Narrie the ropes

Sometime during the Eighties, I had the honor of interviewing the great Filipino boxer, Ceferino Garcia, for an article with a local paper. During his prime, Garcia was the World Middleweight boxing champion. He decided to spend his twilight years in San Diego. He was in his late eighties during my interview, and he was impeccably dressed in a suit. When he learned that Narrie is a FMA instructor, Garcia removed his coat and the two of them worked on boxing techniques. Needless to say, Narrie remains on record as the last

man taught the wicked "bolo punch" by Ceferino Garcia. A few years after the interview, Ceferino peacefully passed away in his sleep.

When Saddam Hussein invaded Kuwait in 1990, Narrie was not only the Chief Master-at-Arms, but also the Assistant Physical Security Officer of the USS Jouett. The USS Independence Battle Group was the first line of defense that President George Bush sent to intercept any oncoming threat from the Iraqi Air Force. The Jouett, which was positioned 200 miles ahead, was the main escort of the Independence. If the Independence was the spear of the U.S. defense, then the Jouett was the tip of that spear. While the White House and the Pentagon were planning on how to drive the Iraqis out of Kuwait, it was the Independence Battle Group that was guarding the Persian Gulf.



MAA Chief Babao leading the Jouett's Boarding Party

After a thorough demonstration of their abilities in handling shipboard security, the highest-ranking SEAL officer in the Persian Gulf endorsed that the Jouett Security team was capable of becoming a Boarding Party, whose purpose was to inspect any suspected vessel going to or coming from the port of Basra in Iraq. The Jouett's Boarding Party was fully trained by Narrie, who eventually received a letter of commendation from Rear Admiral Unruh, the highest-ranking Navy officer in the region.

In his quest to become the first Filipino martial artist to have used a balisong in modern warfare, Narrie asked the permission of the ship's Executive Officer to let him carry the knife. Being in a war zone, the XO agreed to look the other way. Narrie concealed the balisong inside his right combat boot. Months earlier, Narrie confiscated the balisong from an erring sailor, who was eventually dishonorably discharged. Narrie was about to dump the balisong into the ocean, when Saddam's troops invaded Kuwait.



Grandmaster Cacoy Canete and Narrie
They are also trained to instantly switch their mindset when dealing with sticks, with sharp blades, or barehanded techniques.

In 1996, Grandmaster Cacoy conferred to Narrie the rank of 6th Grade Master of Doce Pares Eskrima. Then in October 25, 1997, Narrie was again promoted to the rank of 8th Grade Master.

Like the three sides of the triangle, the current Babao Arnis system is composed of three combative methods: the Villabrille-Largusa Kali, Grandmaster Cacoy's Doce Pares Eskrido, and the original Batangas Arnis taught by Turing Babao.

The practitioners are required to learn 36 different angles of attacks and basic defense.

The entire curriculum is composed of 24 units. Having actually experienced fighting other martial arts instructors who used other Oriental weapons, Narrie incorporated fighting techniques against nunchakus, shinai or bo attackers.

Unlike some instructors who teach their students everything they know, Narrie always reminds his students that 20% of what he knows would not be taught, except to the chosen future successor.

In light of that, the system's curriculum is documented in the Babao Arnis Training Manuals. Composed of six volumes, it is not available to the general public but only to the guros and advanced students. Guro' Dave Bertrand, a retired member of the San Diego Police SWAT Special Response Team, was instrumental in the development of the training manuals. It describes in detail the various forms and techniques. The grand design of the manuals is for the guros to have a uniformed way of teaching the system.



Narrie with Cliff Stewart,
Mr. T's bodyguard



Narrie
with Graciela Casillas

Narrie refused to have the last six units included. This way, the guros would readily have the 20% advantage over their own students.

Most of Narrie's students were already black belts in the other martial arts when they started their Arnis training. At present, some of the students are in law enforcement. Three of the students are Defensive Tactics instructors at the San Diego Regional Law Enforcement Training Academy. They are Chris Cross (Regional Academy coordinator), SDPD Sgt. Romeo de los Reyes, and SDSU Police trainer Marc Fox, who is also a 5th dan Blackbelt in Aikido.

There are also students who are police detectives, a DEA agent, and an Air Marshall, who Narrie prefers not to identify.



Narrie and Zena with Narrison, Jack, Kris,
and eldest grandson Jayson

Some of Narrie's noted former students include Cliff Stewart, the former bodyguard of Mt. T, and Graciela Casillas, a female martial artist extraordinaire.

The future of the Babao Arnis System is in the hands of the successors: our three sons - Guro' Narrison, Guro' Jack, and Kris, and our four grandsons - Jayson, nine years old, twins Matthew and Nathan, four years old, and Jaydon, who is only one year old.

I'll be attending big future events of Grandmaster Cacoy's Doce Pares in order to write about them in future issues of this publication.

About the author: **Zena Sultana Babao**, a professional journalist, wrote for the Philippine News Service (now Philippines News Agency), Manila Times and other Newspapers in the Philippines. Here in America, Zena has written for Filipino-American Newspapers in San Diego and Las Vegas, and is currently a feature writer with **www.ladyyluckmusic.com**, a website based in Canada.



Interview with Grandmaster Rob Castro

By Abby Sewell



Grandmaster Rob Castro could be called a Renaissance man. Thirty years ago, after leaving a enviable career as a professional musician, Castro turned to martial arts and set out to develop a system based in Filipino martial arts that could counter all the existing weapons-based and empty-hands systems. After studying intensively under Grandmaster Angel Cabales, the father of Cabales Serrada Eskrima, and Great Grandmaster Ernesto Presas the Founder of Modern Arnis, Castro began fusing Serrada and Kombatan with elements of other systems to develop his own system, Eskabo Da'an. The system is heavily based in the Filipino stickfighting arts of Serrada eskrima, kali, and modern arnis, but it also incorporates elements of jujitsu, boxing, and jeet kune do. The strength of the art lie in its speed, precision, and economy of movement, features which have attracted practitioners from other systems as well as martial arts novices.

Although Eskabo Da'an remains under the radar in much of the martial arts world, it is quickly gaining momentum, with schools currently operating in the San Francisco, CA. Portland, OR. St. Louis, MO. and New York, NY. soon to be Dominican Republic.

After a recent seminar in Portland, Abby Sewell had the opportunity to interview Grandmaster Castro about the philosophy and development of Eskabo Da'an.

AS: *Would you like to tell me a bit about how you developed the system of Eskabo Daan?*

RC: Well, the way the system of Eskabo Daan started is that I was basically a professional musician living in Los Angeles and really close to being famous, but living in Los Angeles caused me so much grief that I thought I was going to die. So, I left, and I found martial arts. I had studied Gojukai since I was a little child under a guy named Yamaguchi. They called him Cat Man Yamaguchi. I started with him when I was fourteen. My brother is fifth degree; almost a professor in the system, so I thought Gojukai was the ultimate system.



When I came out of LA. a friend of mine Grandmaster Kavi Jones said, "Check out this Filipino stickfighting. It's your culture - you should check it out." I said, "No, I know karate. It's not going to work." But he said, "Come on, you gotta go check it out!" So, I went and checked it out, and I was hooked. My sensei that I can't mention his name said to attack him with a bat. I said, "You're crazy." He says, "Go for it." I attacked him with the bat, he took the bat, and I was on the ground going, "Damn, what happened?" (laughs) I said, "This is awesome!" That hooked me. From that point on, I started studying stick fighting and I started with kali, which was from Danny Inosanto's system.

I did that rigorously. For the first three years, I trained eight hours a day, sometimes ten hours a day, seven days a week, doing tournaments and seminars, doing everything, doing tons of shows, tons of seminars. Finally, I met Angel Cabales, who is the Grandmaster of the Serrada system. When I met him I already knew kali, and I just implemented that into the Serrada system. Angel Cabales is the death match champion.

His system is based on twelve angles and he's had nine death matches on record, how many unrecorded? The Serrada system was one of the deadliest systems that, was out there, and I just fell in love with it. So, when I learned the Serrada, I started asking questions - how do I counter this deadly system? I started asking questions and going to other arts, and finally I came to a system where I decided that I needed to combat all the systems in stickfighting and empty hands out there. So, I went and studied with Angel for about 7 years straight. One of his students and Angel would show me all that he had learned. I would stay in contact with Angel until his death and then I meet another grandmaster, Ernesto Presas, who developed the system of modern arnis for nine years I studied his system. Ernesto Presas is one of first innovators of Filipino Martial Arts. I became very good friends with him, to the point that he supports me in all ESKABO ways and I him. I took his system and put it with the serrada system and the kali system, and I combined the techniques so I could open with a serrada, end up with a kali, or open with Kombatan, end with Serrada. And then I started learning jujitsu and judo, and from the great grandmaster I learned the lock flow, and I changed the lock flows into Eskabo forms. The Eskabo Daan system was created to combat other systems, so if you're

attacked by somebody that knows Serrada you can combat his system. If somebody that knows modern arnis attacks you, you know how to counter it. If you're attacked somebody that knows kali, you know how to counter it. And then, you might not have a stick with you all the time, so I decided I must stress the empty hands, and I went into JKD (jeet kune do), which is Bruce Lee's system. What I did with the JKD, is I applied the Filipino concepts to it, and I took the Thai boxing concept and applied it to the JKD and put it all together - what I came up with was Eskabo.

In Eskabo the “e” stands for eskrima, the “s” stands for serrada, the “k” stands for kali, the “a” stands for arnis, the “b” stands for boxing, and the “o” stands for jeet kune do. And “Da'an” means “the way” - **Eskabo Da'an**. Now I've been doing the system for close to thirty years, and I've been teaching for over twenty-five years, so I've perfected a system that everybody's trying to understand. The system is so all-around that people don't know how to categorize it - it's so deep in its aspects that I could show you techniques for the next year and you would still get another year's worth of techniques.

It's a hybrid system, a learning system that's so fast that within a month you're already working the stuff. I teach ESKABO at a university level. First you must learn the basics of Serrada, Kombatan, and Kali. Then you learn to combine to create ESKABO, The Jue, JKD, Tai, and Boxing fits like a glove. Within six months you should be so proficient you can take just about any attack coming to you, and within one year, it's all over for the person who attacks you. But the growth of the student depends on his or her ability to train. I based my concept on physics and timing and once you understand how physics works, you're already in charge of the combat, because where the arm goes a finger goes, where a thumb goes, an elbow goes, it's all controlling the body.

The system is based on self-defense. We never make the first move – this is a counter system. You have to attack me, but the attack is actually a counter to an offense. We never initiate the fight. We are the ones who are attacked, so that gives us the ability to counter anything that comes. We teach you the jujitsu, the stickfighting, the knives. We teach you how to take a weapon from somebody and use it on them. We teach you how to take the knife away from somebody trying to stab you and use it on them. It's hard to explain unless you see it. It's such a beautiful system that you have to see it, to see the concepts and the application.

But again, this is after twenty-five years of teaching, and studying with great grandmasters, and thinking in my bed at night, going “How do I do this?” I forced myself to find out combinations and counters to every system out there - Thai boxing, the JKD, the small circle jujitsu. All these systems, the more I tried the easier it got, just like music, I tried to figure out how I could counter and combine them. Eskabo Daan was developed for that. Through all my diligence in trying to combine systems, I came up with a really cool system, and the proof is in the pudding.

AS: *Have you had many opportunities to practice this system in combat against people from other systems?*

RC: I've been challenged or checked by just about every system out there, and I've always been able to bet my opponent. Thank God. I used to fight when challenged no gloves, back then you didn't have all the latest toys. Full contact means fighting, bones could be broken, arms and legs broken. Pain is part of the art, so once you understand pain you can ignore it, but again, you have to work at this. It's nothing simple. But that

was in my younger days. Now I'm left alone to do my thing. I like it that way.

AS: *What would you say are the basic principles of Eskabo Daan that set it apart from other systems?*

RC: Well, it's the spiritual aspect. Due to Angel Cabales, it's been proven that this art can kill. So, you have to include God in your spirituality while learning this art, because it has to be used only for good. If it is used for the wrong purposes, it won't work. It's been proven that it works, so why do you have to go in the street to prove it? But I've never had to worry about it. I've sparred and fought always beating all my opponents and I've fought guys that were ninth degree black belts, professors, I've fought Tai Kwon Do, Wing Chung, Kung Fu, all the arts, and I won. They came to me I didn't go looking for them.

Mind you, they all have something good to offer and anyone can be beaten in any given day! Be respectful, humble, and help each other grow. ESKABO DAAN is about unifying people and martial arts not segregating. Not controlling students just showing them the way. I teach adults, who can make their own decisions, and all arts have something good to offer.

AS: *What was it like training with Angel Cabales?*

RC: It was awesome. I regarded Angel as not a grandmaster, but as - in the Philippines to show respect you would always call them tata, which is like grandfather or a form of respect. So I never called him Grandmaster. He would come over to my house and eat dinner with me after seminars. We'd be in the kitchen, Angel would talk and I would listen while I'd be cooking and he'd show me more techniques - it's like a one on one thing. This went on for years. Angel, again, was my friend. I never wanted a degree from



Angel; just the knowledge, I was never into paper. I never wanted to be called grandmaster or anything. That's not my whole essence of doing the art. My whole essence in doing the art was to change my life and find direction and still keep my integrity. It's not about money in Eskabo Daan, even though we need it to survive, and Angel taught me that knowledge itself is more important than worrying about the material outcome of the knowledge. He taught me freely. I mean, the man was a grand master

and imagine this - "Okay Robert, we're eating. Okay, let's take a break, let's do techniques." It's very simple and one on one, no dramatics to it, just like I'm talking to you right now.

AS: *How many people are now certified to teach Eskabo Daan?*

RC: I have ten Master Gurus, - one thru twelve Guru I have eight - One through six I have another fourteen. So, master instructor's ten, guros maybe fourteen, and that's just in San Francisco. If you're talking in other states, other cities then you're talking up to thirty. But I believe in passing on the art - that's the whole object of martial arts. Once you learn an art, it's your responsibility not to hold it, because you were given a gift. This

gift is not to make you puffed up, it's not to make you arrogant, it's to free you from all these things. And the energy you get from this, you must pass on. If you don't pass it on, the energy is lost there is no energy any more. It just stagnates. And my whole concept is not to stagnate anything.

AS: *What advice would you give to students who are just starting out in this art?*

RC: Be patient. This art is based on speed, timing and precision, most of all thinking. You have to think before you act. But once you understand the fundamentals of Eskabo Daan it's very simple. All you have to do is be diligent. Later you will use no mind. I tell you, if you see this art in action, either you're going to run because you're so scared or you're going to go, "Wow, what did you do? You killed him, but it was so beautiful! How'd you do that?" You will be amazed at the speed; you will be amazed at what you can do. I've seen people who had only one leg use this art and people with one arm win in battles, so it's the individual. But you have to see it. If you can't see it, you won't belong with Eskabo, but if you do see it, you'll become a lifelong student and instructor, part of the Eskabo family.

AS: *Have you had many women students? Why do you think more women don't get involved with martial arts?*

RC: Well, I do have many women instructors. In fact, one of my head instructors is a woman Jeina Pinpin, and she owns a school in Foster City, Daly City, and she has been with me now for nine years. The beautiful thing about the art; is that part of the art "stick fighting" was created by women. And I try to apply the system so women can use it, because a woman created it, or part of the system. Once you get to a point, more women will appreciate it. I'm a man, so it's hard for me to put my mentality in what women think, but my application is just to show them things that will save them in case they're grabbed or stabbed or somebody's trying to rape them. Eskabo is actually very perfect for that. It's just a matter of time. Eskabo Daan has been underground for so long that it's just now getting a lot of attention because of its versatility, its ability to teach women, and the more they come and see this, the more it spreads. I have five female guros and that number will just grow.



Seminar in Pleasanton, California

AS: *What process did you have to go through to get Eskabo Daan recognized in the martial arts world?*

RC: Well, that's one of those problems I've been doing it so long and I won't go away. Ha Ha. One of the problems I'm having now is that Eskabo is so versatile and so unique that the stick-fighting world doesn't know where to put it. So Eskabo Daan is still underground, and yet you'll see it everywhere. You'll see it in the corner of a page – Eskabo Daan – ah, what is it? It's growing now by leaps and bounds, because the people that are involved are causing it to come up. Eskabo Daan is not doing that itself, it's the people in Eskabo Daan that are doing it, and it's growing because of the people, not because of the art, even though ESKABO is cool. People see the art, they love the art because it expresses them, it gives them the ability to create and expand their awareness, and at the same time doesn't stifle or control them or put them in a tunnel vision mentality.



www.eskabodaan.org

San Francisco, California
(415) 585-9646

Schools: In the Bay area, where ESKABO is taught.

Kajukembo
Tony Ramos Jr.
611 Village Dr.
Rio Vista, CA.
(707) 208-3876

Regina PinPin Kempo United Studios
1064 Shell Blvd. Suite E
Foster City CA.
(650) 577-9234

**Red Wood City Police Activities League
(PAL)**
Professor Carlos Valdillez
Grandmaster Rick Alemany
3399 Bay Road
Red Wood City, CA. 94063
(650) 556-1650

Schools: Other locations where ESKABO is taught.

East West Martial Arts Golds Gym
Master Scott Brown
Guru Bob Berger
515 N. 6th. St.
Saint Louis, MO. 63101
(314) 504-3888

Master Jimmy Choi
Guru Brandol Martin Varges
1604 1st. Ave.
New York, NY. 1008
(415) 794-7468

Professor Michael Morrel
Master Harlod Short
2001 SE 50th Ave.
Portland, OR.
(503) 239-1068



Personal Note from Grandmaster Castro:

I would like to thank Grandmaster Angel Cables for his friendship and all the knowledge he gave me in our time together talking and training. Also Great Grandmaster Ernesto Presas for faith and support through all these years allowing me to fuse Kombatan to ESKABO and who without him and Angel Cables ESKABO would not be.

I also thank Professor Leo Fong for his vast knowledge and especially his wisdom that he has given me in dealing with life's journeys, Master Alex France & Grandmaster Lito Conception Kombatan, Professor Valldias Kempo, and Regina PinPin Kempo, for their love and support. Last but not least I would like to thank Punong Guro Steven Dowd for his relentless effort to promote the Filipino martial arts, to put it out there good or bad.

Without the student ESKABO would not be. So I thank Master Harold Short, Master Jay Dizon, Professor Michael Morrel, Master Jimmy Choi, Master Patrick Atkinson, Master Jojie Camins, Master Freddy Dizon, Master Scott Brown, Guru Paul Ubongen, and Guru Joseph Bautista. Guru Romel Gella, Guru Lance Leung, Guru Jimmy Rabuco, Guru David Eng, Guru Brandol Martin Varges, Guru Morgan Broussard, Guru Kass Hiroshima, Guru Bob Berger, Guru Anthony Martin and Master Tasi Alo and Malcolm Boutwell for coming forward along with the other gurus and students. I would like to give special thanks to Master Gaidi Nkruma for all the students you have passed my way and future Gurus Tony and Antonino Solano, Phil Cortijus, Mel Diaz, Erneil Tuazon for there help in supporting ESKABO. Forgive me if I did not mention all the students and Gurus names. You are all in my heart. This story is dedicated to Grandmaster Kavi Jones and Rocky Jones.

Grandmaster Robert Castro

Guro Louie D. Lindo

Ikatan Kali

Louie D. Lindo was born in Iloilo, Philippines on March 29, 1959. His first exposure to the martial arts was at a Karate club in Manila in the summer of 1973. From 1974 to 1984 he was an active Korean Taekwondo practitioner under Yong Man Park and Hong Sung Chon. He taught at various locations around Metro Manila and became a member of the following: the National Taekwondo demonstration team, the De La Salle University Taekwondo team, the Blackbelt TKD Brotherhood batch 1. He also competed at the 1st, 2nd and 3rd National TKD Championships. His training partner was childhood friend Benjie Magsino, who is an accomplished instructor and former Asian Championships National Team member. As teenagers, they would both go around downtown Manila visiting martial arts clubs.

In 1984 he relocated to Los Angeles, California and during 1985, started training in Kali, Muay Thai and Jun Fan Gung Fu at the IMB Academy in Carson, California under Richard Bustillo, Dave Lear, Greg Lontayao and Dan Inosanto. His training partner was Victor Gendrano, Jr. who is currently an instructor at the Inosanto Academy. It was also during this period that he met Arnis Grandmaster Guillermo Lengson (assisted by Rey Galang and Topher Ricketts) during a seminar at the IMB Academy.

He acknowledges Professor Greg Lontayao as his first formal Kali instructor in the fundamentals of the Villabrille-Largusa System of Kali.

A major highlight in his growing interest in the Filipino martial arts was attending the 1987 West Coast Eskrima Championships as there were several grandmasters and masters in attendance namely, Giron, Tendencia, Largusa, Tobosa, Canete, Lontayao, Cepeda and many others.

In 1987, he began training in Indonesian Pencak Silat Mande Muda under the late Herman Suwanda with emphasis on the Cimande and Cikalong styles of Silat. He also assisted Herman Suwanda in his initial seminars and efforts to introduce his unique system of Silat to the public. He appeared in Herman's first instructional videotape titled Harimau Silat. Louie D. Lindo received his Silat instructorship in April 1990.

Prior to relocating to Canada, he went back to Manila, Philippines in 1990 and had the opportunity to meet the late Grandmaster Antonio Ilustrisimo, Master Tony Diego and Master Freddie Fernandez at the Luneta Park through Master Topher Ricketts.

Relocating to Vancouver, Canada in May 1990 gave him the opportunity to teach Kali and Silat to the local martial arts practitioners through the assistance and friendship of local Arnis instructor Ross Doromal. Shortly thereafter, he established a small club and organized seminars by Herman Suwanda, Ted Lucaylucay, Edgar Sulite and other's.

He traveled to Cebu in 1994 and met Doce Pares Grandmaster Dionisio Canete, Balintawak Grandmaster Cres Go with Sergio Arcel, San Miguel Eskrima Grandmaster Momoy Canete, Doce Pares Grandmaster Inting Carin, Grandmaster Navales and Grandmaster Seneres. Then at the World Arnis Championships in Manila, he met Grandmaster Benjamin Lema and Master Elmer Ybanez. Also in attendance at the tournament was Grandmaster Antonio A. Ilustrisimo

His Kali club in Vancouver was visited by other instructors from other systems, these were: Grandmaster Bobby Taboada (Balintawak Arnis), Miguel Zubiri (Bakbakan International and Kali Ilustrisimo), Dan Rutano (Estokada), Mike Zimmer (Villasin

Balintawak), Jopet Laraya (Lapunti Arnis de Abaniko), Bernardo Salinas (Arnis Estrella), Philip Gelinis (Pekiti Tirsia and Dog Brothers stickfighting), Roedy Wiranatakusumah (Silat Jati Wisesa), Tharyana Sastranegara (Silat Perisai Diri), Ted Wong (Jeet Kune Do), Roger Agbulos (Lameco Eskrima), Josh Wood (Kalis Ilustrisimo), Leonard Trigg (Lucaylucay Kali), Rick Mitchell (Balintawak Arnis) and others.

Sometime in 1993, he co-founded with local Pekiti Tirsia and Dog Brothers stickfighting instructor Loki Jorgenson the Vancouver Kali Silat Association with the main objective of unifying all locally based Filipino martial arts instructors and students from different styles and systems under one informal association thru participation in joint training seminars, in support of each other's activities and collectively propagate the Filipino martial arts in the Province of British Columbia.

A career move in 1999 prompted Louie to move to Calgary, Alberta. The move gave him another opportunity to teach Kali and Silat. While in Calgary, he was able to share the art of Kali to the police-training unit and organized a Tulisan edged weapon seminar by Master Rey Galang. This gave the local Kali practitioners an insight to the knife fighting art of Kali Ilustrisimo.

While in Alberta, he attended training seminars in Kali Ilustrisimo conducted by Norman Suanico and Sonny Padilla. He attests that their single weaponry Level 1 and 2 programs as very simple, direct, functional and easy to retain. These two programs are now a major part of Ikatan Kali's Phase 1 training curriculum.

In 2001, he moved back to Vancouver and through the kindness and generosity of local Taekwondo, Hapkido and Inayan Eskrima instructor Michael Sirota, he was given the opportunity to teach Kali at Master's Sirota's Martial Arts Centre in Richmond. The first Kali Ilustrisimo edged weapon seminar by Norman Suanico was also held there in 2003. He has since then, taught Kali to beginners, advanced students, instructors, security, military, police units and has conducted seminars in other major cities in Canada and Washington State.

He also enjoys learning the fundamentals of Wing Tsun and acknowledges former Kali student, Chris Chinfen, for sharing this realistic self-defense method with him. He gives credit to all the grandmasters, masters, instructors, practitioners and students he has come across since 1973 who had contributed to his martial arts development and maturity and to those who continue to inspire him. Presently, due to time constraints, he has decided to concentrate his training in the fundamentals Ilustrisimo system and the further development of his empty hand skills program. He acknowledges the following individuals for sharing and introducing the fundamentals of this art to him: Miguel Zubiri, Edgar Sulite, Rey Galang and Norman Suanico. He looks forward to being a lifetime student of the Kali Ilustrisimo system.

He currently teaches a semi-private group of dedicated Kali practitioners, conducts seminars and continues to develop his personal expression of the Filipino-Indonesian combat arts – **Ikatan Kali**.



Ikatan Kali group

Ikatan Kali

IKATAN KALI is Louie D. Lindo's personal expression of the Filipino-Indonesian combat arts. Ikatan, meaning to interweave, is not a new system. The empty hand skills training program is influenced by Silat Cimande, Silat Sabetan and other martial arts systems from Southeast Asia, while the weaponry program is inspired mainly by Kali Ilustrisimo.

Our Ikatan Kali program is constantly evolving. The above program serves as a primary guideline only, as we are always researching to further simplify, streamline and refine our Art. Ikatan Kali can be defined in three words; simplicity, directness and functionality.

In terms of our approach to training, fighting concepts, philosophy and strategies - there is only one mindset..."We train mainly for self-preservation."

"The Legacy of the late Grandmaster Antonio 'Tatang' Ilustrisimo continues: Binondo, Manila."

On a recent trip to Manila, Philippines in July 2006, to visit my family also afforded me the rare opportunity to learn and experience



Louie D. Lindo with Mang Tony Diego of Kalis Ilustrisimo Orihinal Repeticion.

the fundamentals of the Ilustrisimo system direct from Mang Tony Diego and his assistants Tom Dy Tang and Arnold. It was a humbling experience and I felt like a raw beginner once again. These lessons were indeed one of the best lessons I had received in the Filipino combat arts. It was well worth the 1-2 hour drive (depending on the unpredictable Manila traffic) from my parents place to Binondo, Manila. Not to mention the minor flooding due to typhoon and heavy rains. Classes were informal and are conducted late at night for about 2 - 3 hours. Footwork, body mechanics and basic strikes was emphasized. I will forever treasure these training sessions and I look forward to visiting the Kalis Ilustrisimo Orihinal Repeticion Club again in the near future. Me and childhood friend, Kenneth Co were deeply honored for the learning experience and opportunity.



Kenneth Co, Tom Dy Tang, Tony Diego and Louie Lindo
Taken at the Kalis Ilustrisimo Orihinal Repeticion gym in Binondo, Manila

Guro Louie Lindo (**Ikatan Kali**) teaches a small semi-private group in the Richmond / Vancouver (Canada) area. If you would like more information, contact Guro Louie Lindo **Email** or (604) 874-0239.

Punong Taga-Pagturo Scott Kendrick
Valencia Lameco



Scott Kendrick currently holds a black belt or instructor status in Valencia Lameco, Hapkido, Bushido Kai Karate and Tae Kwon Do.



He has been training with Guro Felix Valencia for little more than three years now. Guro Valencia is a dynamic and energetic instructor with a system of training that is very easy to learn and retain but very demanding on a physical aspect. Always working on the basics and physical conditioning. The use of weighted pipes on tires, empty hand striking drills, kicking drills, working knife and stick techniques, and a lot of sparring constitute a large portion of the training. Much time is spent on the ground as also in the up right standing position learning to defend and/or control an opponent with a weapon or empty hands. I pass this on to my students and keep them pumped for two to three hours each session.

Guro Felix Valencia was born in the Philippines. He trained early in various Filipino Eskrima and Arnis Systems. He chose systems that work in the military and on the streets that allows him to flow without interruption between each range. Guro Valencia became known as Edgar's Brawler when he found a home within Punong Guro Edgar Sulite's Filipino based system of LAMECO Eskrima. Guro Valencia has worked with military and law enforcement agencies including the LAPD and FBI. Guro Valencia is a two-time inductee into the Filipino Martial arts Hall of Fame.



Felix Valencia (R) and Allen Bridgman

Since the passing of Punong Guro Sulite, Felix has studied, practiced, and placed in practical application empty hand and weapon fighting techniques to determine what works and doesn't work. With Team Valencia, Felix uses different fighters to determine practical, easy to learn techniques to incorporate into what is Valencia Lameco.

Basically there are eight Senior Instructors across the Nation who teaches Valencia Lameco. Guro Valencia brings techniques to the different team members who try them during competition or with each other to see if the techniques are viable to the system.

The team members are:

- Allen Bridgman - WY.
- Jimmy Lui - CA.
- Dustin Hinson - UT.
- Sherri Clayton - CA.
- Tim Llacuna - CA.

- Kevin West - VA.
- Michael Rayas - CA.
- Scott Kendrick - OK.

Scott Kendrick's first exposure to the Filipino martial arts was around 1992 training with a friend of his, nothing formal just learning a little here and there. In 1995 he started to study more from different instructors through seminars and from other students on the side just for the enjoyment of training and the knowledge.

This changed upon discovering Guro Felix Valenica and gaining a respect and passion for the knowledge that was being passed on to him.

Currently an Oklahoma State Certified Law Enforcement Defensive Tactics Instructor and Sr. Instructor of Defensive Tactics at the Oklahoma County Sheriff's Office. Scott has incorporated many of the techniques into his training of law enforcement and specifically the detention officers working for the Sheriff's Office. In their job they are confronted with or recover more edged weapons then do the officers on the streets. Teaching them to defend and overcome an edged weapon attack is a necessity for survival.

The MDT Martial Arts Systems is currently at home with "The Body Shop Gym and Fitness Center".



Scott Kendrick with a student at a training seminar in Prescott, AZ.



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Master Instructor Roger Hudson

Trecehampas Arnis/Awayan



Born and raised in Cleveland, Ohio, where he began his martial arts training at the young age of ten. At that time Roger met David Green who would introduce him to Tae-Kwon-Do, a Korean form of martial arts.

From 1976-1977, Roger studied under Masters Ken Ferguson and Jamal Oden both of Cleveland, Ohio.

August 1984 Roger enlisted in the United States Air Force as a Personnel Specialist. A few months after arriving at Vandenberg Air Force Base, California Roger began studying Modern Street Fighting.

October 1986 Roger was re-assigned to Ramstein Air Base, Germany. During his assignment in Germany, Roger studied the following disciplines: Chinese Boxing from October 1986 - June 1987, Tang-Soo-Do and Kenpo Karate under Masters Bruce Bianchetta and Gilbert Velez from 1987-1991.

October 1991 Roger was re-assigned to Ellsworth Air Force Base, Rapid City, South Dakota where he met Grandmaster Andy Sanano and began his training in Trecehampas Arnis/Awayan. Initially he had no idea what he was doing, but soon learned how valuable the information and overall lessons about life Grandmaster Sanano had to teach really were.

Trecehampas Arnis/Awayan

Trecehampas means the “original 13 strikes of the Sanano family, Arnis is one of many forms of stick fighting practiced in the Philippines, and Awayan means art of fighting.” What makes Trecehampas Arnis/Awayan so intriguing and unique is the philosophies of the system “learn to fight not to fight.”

Within every Martial Arts system you will find a basic foundation. Striking arts have various punches, kicks, blocks, and ground-fighting systems contain throws, joint locks, falls etc. Trecehampas is no different; however, tradition is the key to the system. In other words, the basic techniques from katas, sparring, and self-defense are practiced on a regular basis. You must strive for total understanding of your basic foundation, before you can achieve the F.L.O.W. (First Level of Wisdom). This is a level of comfort that is unique to each practitioner, but should be shared with others in order to help them find their F.L.O.W.



Grandmaster Andy Sanano

The techniques of Trecehampas Arnis/Awayan are taken from various styles of Martial Arts to include Karate, Judo, Sikaran (Pilipino high kicking) and Panandayan (Pilipino low kicking). Another unique feature of Trecehampas Arnis/Awayan is that, few techniques are discarded as “useless” instead they are practiced over and over until the basic purpose and deeper understanding of the techniques are revealed. Like most Filipino systems of stick fighting, Trecehampas offers an abundance of disarms, counter strikes, locks, takedowns, etc. In addition, disarms are taught using both the stick, and empty hand, which makes the techniques practical for various situations.

Grandmaster Sanano often says “if you lack foundation, you lack understanding.” This foundation is not only found in the Martial Arts but life as well. The knowledge shared by Grandmaster Sanano begins and ends with the practitioner, not only in the school, but in every aspect of life as well. The lessons to be learned in the DOJO begin with how you practice. If you understand the reasons and the purpose for practicing Kata, Self-Defense and fighting, you will have gained valuable knowledge about your art.

If you learn, except and appreciate your limitations and strengths in life; combine these two together, you will soon learn there is no reason to fight, just relax and “learn to fight not to fight.” Due to his prior training and his exceptional talent in the Martial Arts, dedication, and discipline in adopting the Sanano Martial Arts System (S.M.A.S.), he was awarded the honorary Black Belt from Grandmaster Sanano on January 1, 1992. On November 13, 1992, Roger was awarded the rank of 1st Dan Black Belt, title of “Sempei”, and permission to teach the Sanano Martial Arts System. A few months later Roger was selected as the Head Instructor of the Ellsworth Air Force Base, Youth Center Karate program, where he taught from December 1992-1994.

In March 1994 the Pennington County Sheriffs Office, Rapid City South Dakota hired Roger as a Deputy Sheriff, where he was employed until July 31, 1998. While employed as a Deputy Sheriff, Roger continued his training and teaching by becoming a Defensive Tactics instructor for the Sheriffs Office. Roger later became a member of the Special Response Team (SRT) as a member of the entry team. During this time as an entry team member, Roger assisted Grandmaster Sanano, who was also a member of the SRT with teaching various techniques to other members of the team. The techniques taught ranged from soft/hard empty hand to weapon retention/knife disarms.

In 1995 Roger was awarded the rank of 2nd Dan Black Belt from Grandmaster Sanano. In 1997 Roger was awarded the rank of 3rd Dan Black Belt from Grandmaster Sanano and also the rank of 4th Dan Black Belt from Grandmaster Melton Gioranmo in Sikaran Arnis.

August 1998 Roger relocated to his hometown of Maple Heights, Ohio where he continued practicing and teaching the martial arts by operating a martial arts school from June 1998-2001.

During his tenure in the martial arts, Roger has won Grand Championship awards and numerous first place trophies in empty hand self-defense competitions, traditional weapons, team kata, musical forms and sparring. He has also participated and placed in tournaments throughout South Dakota, Wyoming, Nebraska, Canada, Ohio and Germany.

During his time in Rapid City, South Dakota, Roger competed and won 1st place in the first annual Rumble at Rushmore. This no-holds barred competition attracted competitors from all styles and disciplines of martial arts. He is also skilled in the use of traditional weapons such as the Bo, Jo, Han-Bo, Sai, Tonfa, and Arnis de Mano. Because

of his understanding of the martial arts and its practical application, Roger was often selected to assist Grandmaster Sanano in the instruction of various groups throughout South Dakota.

In August 2001 Roger attended the Ohio Peace Officers Training Academy, London, Ohio and was certified as a Defensive Tactics, ASP Baton, and O/C instructor. November 2002 Roger resumed his law enforcement career with the U.S. Department of Veterans Affairs, Medical Center Cleveland, Ohio as a Federal Police Officer. Upon graduation from the Basic Police Officers Academy, Roger was recognized as the Honor Graduate of a class of fifty other Federal Police Officers. May 2002, Roger was promoted to the position of Supervisory Police Officer with the U.S. Department of Veterans Affairs, awarded the rank of Lieutenant, given direct supervision of nine other Federal Officers to include a K-9 officer, and supervisory authority for twenty-four other police officers. As a Lieutenant Roger was required to attend and successfully complete training at the Law Enforcement Training Center, Little Rock, Arkansas. Upon completing this training, Roger was certified to instruct other Federal Officers in Firearms to include tactical pistol, Use of Force, Officer Safety and Awareness, Defensive Tactics, PR-24, O/C, Search and Seizure, evidence handling/storage and report writing. Since completing this training Roger has conducted over thirty training classes to veteran and newly hired officers.

On July 14, 2006, Roger was promoted to Supervisory Training Officer for the U.S. Department of Veterans Affairs, Cleveland Division. Along with this promotion came the responsibility of training all the police officers assigned to the Cleveland, Oh and Brecksville, Oh campuses. The training provided ranges from Defensive Tactics, to crime scene preservation. Roger is also responsible for conducting training for ten other Medical Facilities within the Ohio area that fall under the responsibility of the Cleveland campus. Training provided to those facilities range from bomb threat procedures to disaster preparedness.

Roger is currently in his junior year of college with Kaplan University as a Criminal Justice Major.

Roger continues to practice, teach and develop all areas of the martial arts with emphasis on providing functional responses to assaults. This functional training can be attributed to Roger's years of continued training, studying the law and its effects, and his deep-rooted belief in what the martial arts has to offer.

In August 2004 Roger was promoted to the rank of 5th Dan Black Belt in Shotokan Karate, Sanano Trecehampas/Arnis Awayan and awarded the title of Master Instructor.

Instructor Guro Dr. Mit Brahmbhatt

Guro Dr. Mit Brahmbhatt began training in the martial arts in 1996 in the style of Kuntao under Master Aaron Brown (student of Grandmaster Arthur Sykes). In 1998, Mit met Sensei Roger Hudson and was amazed at Sensei Hudson's passion and skill for the arts of Arnis, Sikaran, Dumog, and Shotokan Karate. Since 1998, Mit has diligently trained under Sensei Hudson



becoming his senior student. Training was very intense physically as well as mentally. Mit is honored to be under Sensei Hudson who is not only a teacher but also a brother. Mit not only excelled in the system of Trecehampas Arnis and Shotokan, but also has experience in various aspects of jiu jitsu and chin na. Martial Arts helped Mit reach a higher level of academic achievement. He graduated from Case Western Reserve University School of Dentistry in 2002 and has been a practicing dentist since.

For the past eight years, Mit has constantly been training to achieve higher levels in the arts. Sensei Hudson's teaching covers every aspect of combat: striking, pressure points, clinching, and ground fighting. The striking aspect combines the raw power of Shotokan with the speed and devastating joint locking of the Philippine arts. The concept of Sensei Hudson and Guro Brahmhatt's fighting system is deceptive flow (opponent is never sure what to expect). Single stick, doble stick, and knives are all part of weapon training. The empty hand striking consists of open hand, closed hand, elbows, knees, and kicks. Through the practice of arnis, they are able to flow instinctively rather than thinking before moving. They feel that being able to take a strike is just as important as being able to deliver a strike. Therefore, body conditioning is also very important. When practicing low lining, the legs are conditioned to the point where we can take a penetrating low kick. Their low line kicking is an art of its own. After diligent practice in the art of low line kicking, the targets (knees, ankles, inside thigh) can be hit at will with devastating consequences. The concept of their elbows and knees is that any part of the human body is a target (no sport).

The joint locking and dumog is also an integral part of their fighting system. Guro Brahmhatt loves the joint locking aspect of the art. After training in the Trecehampas system of Arnis, locking limbs becomes second nature. Devastating throws with severe result follows many of the locks. The dumog consists of various breaks, pressure point strikes, and submissions from the ground position. Sensei Hudson and Guro Brahmhatt are both extremely versatile on the ground, however in reality they believe one should get up as quickly as possible. Guro Brahmhatt favors chokes and neck cranks when practicing his dumog.

The system of arnis in which Sensei Hudson and Guro Brahmhatt train is a no-nonsense system. They believe in allowing the body to flow naturally. The art allowed Mit to achieve harmony mentally as well as physically. Sensei Hudson and Guro Brahmhatt are constantly training and developing their arts. Guro Brahmhatt is honored to be the highest-ranking student under Sensei Hudson who is the greatest teacher he has known.



www.sananokarate.com

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Master Instructor Roger Hudson

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Guro Bob Manalo

International Eskrima Serrada Association (IESA)



The first taste of the martial arts that Guro Bob Manalo had was when his father enrolled him in Chinese Karate under Sifu Mike Solaices. The location happened to be one of Ed Parker's first Kenpo schools in San Francisco before Sifu Mike Solaices took over. In the late 70's Bob tried out Shotokan under the late Sensei Eddie Manila, and then moved on to Shorin - Ryu at San Jose State University under Sensei Isao Wada.

It wasn't until the mid 90's that Bob set foot in Professor Sultan Uddin's Eskrima Serrada School, which he had heard of by word of mouth. What lead him to this point in his life? For seven years he had been racing outrigger canoes, and one day his cousin Ron Cabanada who also had been racing canoes, suggested that they needed to study an art that was more in line with their heritage since they were not Hawaiian. So they went looking at various Filipino martial art schools. Cousin Ron went into the Largusa Kali system and Bob found and started training in Eskrima Serrada under Professor Uddin.

Once entering the school Bob observed Professor Uddin and was overtaken with the smooth, flowing movements of the style and the precise execution of technique. It didn't take much. He was sold!

Before commencing his training, he was expected to have already warmed up with exercises, stretching, etc., for once stepping on the training floor, it was time to learn. With weapon in hand he would commence learning and practicing practical applications of Serrada techniques. The aspects of the art is using directness, address the situation with no dancing around, no wasted showy movements, no wasted motion.

Guro Manalo has found in reality that the art is not a hard art. However to be proficient and skilled in the art is challenging. And with this challenge the final reward is becoming a true Eskrimador in the art and a person that can handle the day-to-day physical and emotional challenges.

In talking with Guro Manalo about Professor Sultan Uddin, he states that in knowing the Professor with his smile and warm demeanor, no one could ever guess that this man is a true warrior inside, highly skilled in the combative arts.

Professor Uddin takes care of his students, guiding them not only in the style of Eskrima Serrada but also in life. A philosophy of his is that the art of Serrada is not





Ed Jimenez and Teo Zabala are students under Guro Manalo who assist in teaching the basics of Eskrima Serrada. Both have had the privilege of learning directly from Professor Uddin. They are the first students to travel outside California to help represent IESA.



www.sultanuddin.com

necessarily self-defense, but is also about succeeding in life, using the concepts in everyday life dealing with work, general activities, and family.

Guro Bob Manalo, Jr. has been a student of Eskrima Serrada for over a decade under Professor Sultan Uddin, Founder of the International Eskrima Serrada Association and the seventh Master under the late Grandmaster Angel Cabales. Guro Manalo continues to teach the art in San Francisco, California. He was awarded the prestigious Pamana Arts Legacy Award in 2003 for Young Journalism and the Martial Arts.

International Eskrima Serrada Association (San Francisco)

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Guro Mariano Bermodes

By Wade Williams

I first met Mariano Bermodes in the year of 1984. I had just transferred into the retail store that he was working in. I had been training in Goju Ryu for almost 3 years at the time. I had noticed that Mariano carried himself with confidence, humbleness and kindness. He was a very nice man. I had asked him if he trained in any martial arts at all and his answer to me was an astounding "NO". I said okay, I just thought I would ask. A week or two had passed and he came back to me and asked me why I had asked him about training. I told him the reason and he smiled at me and said that he trained under Grandmaster Angel Cabales. He had received an advanced instructors certificate. I asked if he had any students that he was currently training. He told me he did. I then asked if I could become a student under him. He did not answer right away due to the stories that were being told about



myself and the violence I was involved in and the trouble that I might bring to him if he decided to hang around with me. In spite of the rumors and stories that were being told to anyone that would listen, he agreed to teach me serrada. Our first lesson was one I will never forget.

He sat me down and drilled me. He said, "When I tell you to do something, don't ask why or the class will end for good." Do what he asked without question and the training would go fine. If I did not want to do a drill or anything that he asked me the class would end for good. He spent about an hour telling me how the training was going to go. If I had any reservations, then just leave now and class will never start.

With everything that he told me, I was not sure if I even wanted to learn. But there was just something that Mariano

possessed that had me saying to him “no problem I wanted to learn. We spent about 3 hours getting started. My first class was so much fun. He made his escrima come to life.

He truly expressed his art in a very special way. I was not a brand new student that was awestruck with his abilities. He was truly a gifted escrimador and teacher. His other students were also very good at the level they were at, during their training. Which showed me he knew what he was doing. He had introduced me to many Serradians during our training days. One being still a very good friend 'Carlito Bonjoc.' The days I trained with Guro Bermodes were some of the best and funniest days of all my training for the last 22 years.

He was the man who introduced me to Grand Master Angel Cabales. Mariano had told me that our training had to end because he could not teach me anymore, that I needed to go to the Grandmaster to finish my training. Angel did take me as a student, which in time I received my advanced instructors degree and afterwards my masters degree under Grandmaster Cabales.



My first instructor and great friend was there when Grandmaster Cabales presented me with my master's degree. He was as happy for me, maybe more than anybody there for the accomplishment.

Mariano went on to train many people since taking me on. He has students stretching from Sacramento to Tracy, CA. Mariano is an instructor who preferred to be under the radar. He loved seeing his students advance and become very competent instructors in their own rights.

He was satisfied to see the art taught, the way it was taught to him. His style was quite unique and very effective. I am honored to say that Guro Mariano Bermodes was my first escrima instructor.

He is not teaching anymore, because of failing health due to having brain cancer. He is constantly in the prayers of those that know him. He is appreciated by everybody that has spent time with him. Not only is my friend a great man, a great husband, and a great father, a great escrimador. He is a great human being that I have had the honor and privilege to call my friend and brother now for over 22 years.

My friend and instructor Mariano has a beautiful wife Febe and 4 wonderful children. When the time is right I will finish their training as their father has asked me to do.

Those of you that are out there that know Mariano Bermodes; please keep him in your thoughts and prayers. He is fighting the fight of his life right now. There are good Escrimadors, even very good Escrimadors; Mariano is one of the great ones.



Williams Home Of Escrima

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Philippine Martial Arts Combat Aikido (PHIMACA)

Philippine Martial Arts Combat Aikido (PHIMACA) was developed in large part as a means of self-defense, as a way to effectively and efficiently neutralize violence, not cause it. There are no competitive matches in PHIMACA. One of our distinctive features is that it has incorporated many of the essential elements and principles of other martial art schools.

Our self-determined system exists besides the established schools of Jujitsu and of Aikido. In Aikido the peaceful principles are completely real. Aikido means the “harmonization of the own movements with those of the aggressor and to overcome him in order to convince him of the sense of peace”. This is only one meaning of many. PHIMACA follows the same way. Through an extension of the spectrum of possible techniques the defense against an aggressor is possible in a secure way.

PHIMACA, which is a hand-to-hand combat technique, studied "true power" in order for each of us to experience personally the "core principles of Self-Defense," we must not stop at the mere, repetitious practice of Kata and Randori. Sparring with partners and Randori help to lead us closer to both the core principles of Self-defense and the true power that they generate by letting us experience the techniques studied in Kata, as they were meant to be performed against a smart, resisting, and aggressive opponent. As an added benefit, Randori training leads to an indispensable and highly prized sense of security.

PHIMACA celebrates its founding anniversary every 3rd day of July. Grandmaster Enrico P. Tamayo, a 3rd Degree Black Belt from PHILCOMA, established the club in July 1997. PHIMACA swiftly grown many chapters in Saudi Arabia and continue to expand because of its effective and swift maneuvering techniques and the students progression from white belt all the way thru black belt. Students who've gone thru our rigid training will surely see and feel the difference once they reached their brown belt rank. All the bone-breaking, body throwing and real knife attack will surely prepare one when he enter the real street fight scenario.



PHIMACA Masters

Philippine Martial Arts Combat Aikido (PHIMACA)

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The Halo Halo Man Master Rick B. Lafrades



Filipino martial arts based, but not limited in techniques on what works in real situations of aggression. Rick Lafrades commenced his training at the age of 14 with Taido, "Based on angular and spinning techniques which at the time was the newest martial arts coming from Okinawa, his instructor the late Master Pacifico Abenoja.

Rick trained in this art for approximately 5 years. Actually Rick's first introduction to the Filipino martial arts was when he met Master Leo Ledesma in 1973. Master Ledesma taught a basic arnis de mano, which comprised of 12 strikes, however what made Master Ledesma's art unique was a reversal, which he called Tabak.

Through Master Ledesma, Rick was encouraged to meet with and train with other instructors. So he trained in Modern Arnis, Istuki style with Professor Eddie Rodriques, and with Grandmaster Nes Fernandez 3 Teros, and Cinco Teros, he always emphasized hitting your target precisely

and he don't believe in fancy movement. One practitioner that he trained with was from Zamboanga, Master Frank Malestki, whose main style was Shorin ryu. But also Master Frank Malestki combined Hapkido, Kickboxing and street fighting adding to the art he was teaching.

Rick's knowledge, experience, and skills were growing in this vast array of different martial arts including training with his friend Master Ed Farris who has a wealth of knowledge in all aspect in Martial Arts in classical old style of Arnis, he has also introduced spiritual healing. This formulating in a Halo-Halo (mix-mix) of fighting arts. With this Rick has found with this mixtures and the base being the Filipino martial arts it is very effective in street confrontations and tournaments.



In teaching Master Rick Lafrades takes what he has combined in the arts and has the student first build a strong foundation and footwork. With the foundation built and a full understanding of footwork the student then continues to learn angular and invading movements, never meeting the opponent head on. This opens up various situations with the opponent putting them in a vulnerable alignment for counterattack. By understanding and comprehending fully the techniques and theories of opponents' movements, it brings a great advantage both in the street and in the ring.

Master Lafrades fully believes that the foundation, footwork, and understanding an opponent is very important to obtaining the skills of a professional martial artist. One piece of advice that is instilled in his students is that they should never underestimate any

opponent. Believe your opponent is skilled until otherwise shown.

Lafrades Martial Arts

Master Rick Lafrades

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Sonny Umpad

*Everything the Maestro made, retained great attention to
Detail, Beauty, Effectiveness and Versatility.*

By Eddy Deutsche



As a tattoo artist, I travel around the world, make art and spent two thirds of my life around other artists. I've had opportunities to work and study with experts in various fields. Maestro Sonny Umpad, an artist and an expert in his field was always creating. There was always a work in progress on his desk, a blade that was being remodeled, carved wooden handles, handles made from filings, leather and crazy glue.

His weapons were crafted to fit ever so nicely in your hand with little rutting here and there wherever appropriate for finer manipulation to perform various subtle maneuvers. It was as if the time and energy he spent crafting the shape, size, weight-balance and ornaments of each tool had, held lessons that could only be taught through handling the piece over and over. These were the creations of training toys, which were variations and extrapolations of original and traditional training tools from his hometown Cebu.

It was his creativity and approach of the use of the toys and expressed movements with the tool that impressed me and befuddled me beyond a doubt that his teachings were a true mastery of this art. The randomness and lessons he found within these tools and the ability to teach defensive and offensive timing and movement with something called "The Frustrator". This was only one of many tools that continuously offered new angles and was never predictable with each swing. As with The Frustrator, everything the Maestro made, retained great attention to detail, beauty, effectiveness and versatility.

In the same way, we his students were another one of his creations. He took away the weight beneath our feet, shaved away the angles our bodies were able to produce and brought out our natural rhythms, like a dance.

When I asked him about the designs from the Filipinos that repeatedly showed up throughout the Eskrima related material. He explained how the hooks that interlock (like the yin and yang) represents the Dumog (grappling) or how the spiral in a certain way represents the footwork of the Moro drop. I found this fascinating and it inspired my artwork.

It was fun to bring Sonny's images that I made and get his input or take on them. He'd get excited about it and on a few occasions we spent our training time, drawing pictures, talking and smoking cigarettes.

It was 8 years ago that I met Maestro Sonny Umpad through an acquaintance, when he found out



that I was a tattoo artist he told me his experience of his first tattoo by Lyle Tuttle, he asked me to clean it up and add some background. About a year ago he did have me redo his tattoo for him and it was really an honor for me to do for him, just to see his face light up that first time he looked at it was like going into a time machine and being there when it first went on.

That was the wondrous quality that made him so young. I really hit it off with him and having no martial arts background at the time had no idea of the level of skill this man had acquired. He was totally down to earth. With my wife being part Filipina, I thought how this art was a part of her family's culture and that I could connect with that. From that moment I knew that I wanted to study with him and it only took about 4 years before it was possible to do so.

The first time I was taken to study with Sonny as his student was like my first Christmas Day and that there was going to be presents. I continue to open those in many aspects of my life and being open to what may come. I went to learn Eskrima and what I got was a whole lot more.

Thank you maestro Sonny Umpad, you have deeply impacted my life.

Grandmaster Roland Dantes



An arnis master in his own right, Guro Roland Dantes has studied under and exchanged ideas with a vast who's who in the world of Filipino martial arts. And has promoted the art of Arnis continuously throughout the world. Additionally, he has promoted the art of arnis continuously throughout the world since the 1970s. Awarded a 7th degree Black Belt in Arnis de Mano in 1977 by the late Grandmaster Remy Presas of Modern Arnis, he was later promoted to the rank of 8th degree black belt prior to Professor Remy passing away. Guro Dantes has also studied with some of the most recognized Filipino martial artists such as: Grandmaster Ben Lima – *Lightning Scientific Arnis*, Grandmaster Johnny F. Chiuten, Grandmaster Filemon Caburnay – *Lapunti Arnis de Abaniko*, Grandmaster Antonio Ilustrisimo (Ilustrisimo system/Kali Ilustrisimo), Grandmaster Jose Mena (Mena Style/Doblette Rapon), Grandmaster Dr. Guillermo Lengson (Kafephil / Arfephil/ Sagasa), Grandmaster Ciriaco “Cacoy” Canete – *Doce Pares*, Grandmaster Porfirio

Lanada – *Lanada Arnis*, Grandmaster Edgar Sulite – *De Campo, Caballero style / Lameco*, Grandmaster Jose Villasin – *Balintawak*, Grandmaster Johnny Chiuten – *Combined Open style*, Grandmaster Chris Ricketts – *Bakbakan*, Grandmaster Leo Gaje (Pekiti Tirsia), to name just a few.

Master Dantes has excelled in other parts of his life, not be content with only studying arnis. He also possesses a degree in Bachelor of the Arts and Bachelor of Science he is also a qualified physical fitness instructor, and a graduate of the National Police Academy in the Philippines. Even with this among all these accomplishments, he is a well-known and successful bodybuilder, and television personality and film star.

These past few months Roland Dantes has had a seriously hard time. Grandmaster Roland Dantes had suffered a heart attack on October 7, 2006. He was admitted at the St. Lukes Hospital (Manila, Philippines).

On October 13th the report: Basically, per conversations with the brother/sister, (Johnny Pintoy/Kenny) a heart artery was ruptured requiring immediate hospitalization. Apparently, his left lung was had also collapsed requiring drainage. His lung is better and recuperating. In addition, his kidney (not sure which or both affected) had also required temporary dialysis. The primary and immediate problem is his ruptured heart artery. This is the critical decision the doctors have to make very soon. They are planning on doing one of two options. The first option may be less risky and have a greater chance of recovery. This procedure will not require open-heart surgery. The second option is very risky and may have less than 50% chance of full recovery. This option will require open-heart surgery to replace or repair the ruptured artery. His other option is to not go through with any of the options as mentioned. To not do any of the procedures will mean a great possibility of another artery rupturing which will cause his life.

November 9th: Grandmaster Roland Dantes is still in the hospital. He was in critical condition with internal bleeding; they have since gotten that stabilized, and is due to have an operation on 15, November. Grandmaster Dantes suffered an aneurysm of the aorta and will have a stent inserted during the operation.

November 15th: Grandmaster Roland Dantes' went through a delicate heart surgery. He has made it through the procedure and is now in the recovery stage. "The STENT was fitted perfectly!"

November 24th: Grandmaster Dantes was released by the hospital and is already fine now. He's on his recovery state in the comforts of his home.

In the Philippines life can be difficult especially costs which are incurred from medical situations. Even through confusion on who to send donations too. There were many that helped by sending donations to assist in medical costs. The FMAdigest does not know all, and we are sure there were many, but two individuals that are noted by collecting monies from students and friends were Datu Kelly Worden of the **Natural Spirits International** and Punong Guro Myrlino P. Hufana of **Hufana Traditional Arnis International** and who on August 4 - 6, 2006 hosted Roland Dantes at the 4th Annual **WFMAA Expo & Laban Laro**, held in Las Vegas, NV.

It is great when people of the Filipino martial arts community can come together to help others. And it is the FMAdigest all Filipino martial arts practitioners and non-practitioners that wish and pray that Roland Dantes continues to grow strong and continues his journey through life in good health.

Grandmaster Dantes was the FMAdigest Man of the Year for 2004.
Download the Special Issue to read more about Grandmaster Dantes.



[Click Here](#)



[Click Here](#)

DAV - Germany comes to the aid of Master Noel Peñaredondo



DAV raised a considerable donation in the assistance of the Peñaredondo family to help with hospital expenses and financial support.

Our Dear Brother Master Noel Peñaredondo, President of IMAFP-Philippines is now out of Intensive Care Unit (ICU), undergoing following-up medical attention and therapy at the Paranaque Medical Center, for severe stroke paralyzing half of his body, infringed eye sight; the attack caused clotting in arteries affecting his brain; Because of the severity of the attack, his hospital bills are now way beyond the means of his family; he was admitted to the hospital in the beginning of October 2006.



Mrs Peñaredondo receives DAV donation from IMAFP Chairman: Atty. Salvador P. Demaisip.

On November 17, 2006 at the IMAFP office.

Senior Master Dulay left - Dayang Ginalyn Relos right



Mrs Peñaredondo and Atty. Salvador P. Demaisip



Master Noel's recovery/therapy.

www.modernarnis.de



mandirigma.org

Arnold A. Noche is one of the remaining survivors of Lameco SOG under the late Punong Guro Edgar G. Sulite of Lameco Eskrima International and is also a co-founder and instructor of Kapisanang Mandirigma. He made a recent visit to the Philippines to attend the 3rd World FMA Festival and Bakbakan International Invitational Tournament.

Kali Klub, a project of Kapisanang Mandirigma, has received numerous awards and commendations from the City of Los Angeles, City of Walnut and State of California since the inception of the program in 1999.

The Philippine Daily Inquirer is undeniably the country's most widely read and circulated newspaper. With over 2.7 million nationwide readers daily, it enjoys a market share of over 50% and tops the readership surveys. Not only is it the most read among all sectors and ages, it is also the country's most trusted source of hard-hitting news and countless expos's. Distinguished by award-giving bodies like the Catholic Mass Media Awards, Jaime Ongpin Awards for Investigative Journalism and Anvil Awards, it is the Philippines' most awarded broadsheet with over 200 awards and citations.



Arnis Boosts Fil-Am's Sense of Pride

By Volt Contreras

Inquirer

Published on Page A1 of the October 4, 2006 issue of the **Philippine Daily Inquirer**.

CROSSING land bridges that once linked the Philippine archipelago to the Asian mainland, ancient fighters introduced to Filipinos a form of martial arts believed to have come from India and now called kali, eskrima and arnis de mano.

Yes, those rattan canes - and the graceful moves that make them lethal - are that old, according to generally held notions as to the origins of the Pinoy warrior art.

With a deep sense of history, a Filipino-American based in California since the late '60s considers his mastery of kali (considered the pre-Spanish name for arnis or eskrima) as a bridge to the country of his birth - and hopes that more Fil-Am's would join him in paying ambidextrous homage to their shared cultural roots.



Kali Klub sa FilAm ARTS

Arnold Noche has been taking time from his business each week, driving up to 48 kilometers from his home in the Gardena suburb, to conduct two-hour training sessions for kali enthusiasts of all ages at Filipino community centers in Los Angeles.

"There's something about a stick in the hand that is very Filipino", noted Noche

Noche and other "backyard" eskrimadors started the Kali Klub

project in 1999 and have since taught an average of 250 students a year, around 90 percent of them Fil-Am's aged 5 to over 40.

Since 2004, Kali Klub has been conducting classes in partnership with FilAm Arts (Association for the Advancement of Filipino American Arts & Culture), a nonprofit, multidisciplinary arts organization located on N. Vermont Avenue in LA.

Dealing with Confusion

"I could have taught my (Fil-Am) students something else to help them deal with whatever confusion they may have about their cultural identity. But I am an eskrimador, and this is my way of helping them understand the complexities of being a Fil-Am," Noche said.

His family moved to the States when he was only 2 years old. At age 8 he began studying karate and, at age 12, picked up his first kali sticks - henceforth earning bruises and scars in a discipline that would "control my life."

At 40, Noche runs his own management consultancy and multimedia firm ATF1898 - a proud reference to the year Filipinos declared their independence from Spain. But in a recent Inquirer interview in Manila, he said he would rather be counted as a member of the "Filipino warrior class."

He was referring to the disciples of an ancient art that had been in progression long before foreign powers reached Philippine soil. Employing real swords or knives in its original form, kali survived by being "secretly practiced" during colonial times when Filipinos were prohibited from carrying weapons.

"It has been handed down from one generation to another, and has eventually made its way around the world. Now it is not only practiced by thousands of martial artists but also favored by elite military and law enforcement groups," Noche said.

Action Flicks

Further proof of its global appeal, he noted, is the growing number of Hollywood action flicks that feature kali movements in their fight sequences.

Matt Damon, for example, in an interview on the hand-to-hand combat style of his "Jason Bourne" character, pronounced it as "kay-lee," he said. Vin Diesel had also acknowledged training in kali for his sci-fi flick, "The Chronicles of Riddick."

"Mission Impossible 3" and "Lara Croft Tomb Raider: The Cradle of Life" featured brief fight scenes with the lead stars Tom Cruise and Angelina Jolie, respectively, "using Filipino fighting sticks," Noche said.

And Noche has this to say about Star Wars' Yoda: "My impression was that his moves (with the dazzling light saber) were more Filipino than samurai."

Through the centuries, the kali system -- believed to have started in the Visayas - diversified through many individual masters around the country who continually added to its repertoire of attacks and defenses.

Basic Principle

But the basic principle remains: "For weaponry to serve as extensions of the hand for maximum impact and reach," Noche explained.

And the weapons refer not only to the more familiar canes, but also to daggers, whips, chains, "a mere pen or a rolled newspaper." The movements would remain the same, with the fighter merely adjusting his range.

"Filipino martial arts (FMA) is the only one I know where you train on day one already with a weapon in your hand. Other martial arts begin training empty-handed and you get to use more intricate weapons as you progress," he said.

While maintaining that no particular combat method can be theoretically considered superior to another since it all depends on a fighter's skills, Noche pointed out: "In (FMA) I do have weapons in my hands, but losing them doesn't mean I could no longer do damage."

Take note, he said, that a hand that holds a rattan stick also forms a closed fist - which means that this hand can be used either to strike an enemy with the stick or, at closer range, to punch him.

And even with the hands full, the kali system is fluid enough to incorporate maneuvers for tripping or throw-downs (just as in judo or aikido) or for choking an opponent. This is an example of how the method, from being fundamentally based on frontal blows, has "evolved" with every master who improved on it.

The Noche Style



Guro Noche and Punong Guro Edgar G. Sulite - 1995, Los Angeles, California

Noche's own style - the Lameco Eskrima - is just one of the many branches in this evolution. Before he became a "guro" (teacher) to his students, Noche found his own, much revered "punong guro" (master) in another California-based Fil-Am, the late Edgar Sulite.

Founded by Sulite, Lameco stands for largo (long-range fighting), medio (medium-range) and corto (close-range) - or what Noche called the "synthesis" of these three orientations.

"We were part of Edgar's backyard

group," he recalled, referring to his two fellow guros now running the Kali Klub, Arturo 'Dino' Flores and Hospecio 'Bud' Balani. "When Punong Guro died (of natural causes) in 1997, it would have been easy for us to bury the art with him."*

"Keeping it alive is one thing, how to keep it alive is another," he said. "We can either go the commercial route (become full-time instructors, charge for private trainings, or hit the seminar circuit), or go the community route."

Noche had obviously taken the latter path, charging no personal fees for Kali Klub. "Everything we charge (as tuition) goes back to the program," he said.

The students are asked to provide their own black training attire, rattan sticks and safety goggles - "in addition to dedication, discipline and an open mind."

No Mainstream Draw

But for all that he's willing to share about his passion, Noche easily sensed during his recent visit to Manila that kali - even as a sport or fitness regimen - had never enjoyed a mainstream draw in the very nation that supposedly developed it.

"As a balikbayan, I can see that it has a following here but you still have to find it. It is not commercially available; it's taught in some schools but it can still go far," he said.

Last year's Southeast Asian Games in Manila finally included arnis - but this "new" event hardly got any media coverage. While Filipinos won three gold medals in arnis, the home crowd still reserved its loudest cheers for the other more popular fighting disciplines, especially tae kwon do.

Also, no local movie star has been able to popularize arnis the way a Bruce Lee or a Jackie Chan brought Chinese martial arts to the world. And yet here now is Noche reporting that "kay-lee" has entered Hollywood lore.

But Noche has made sure no student of his mispronounces anything; even with non-Fil-Ams in the class, Kali Klub preserves the original Filipino terms for specific drills and maneuvers ("armas" for weapons, "salok" for uppercut, "sagasa" for run over, etc.)

And with every "palo" (hit) or "ilag" (evasion) that he teaches his fellow Fil-Am's, this guro helps them rediscover their now distant ancestral heritage lest this kinship, like the primeval land bridges, erode in time.



Guro Noche visits Punong Guro Edgar G. Sulite gravesite - 2006, Paranaque, Manila, Philippines.

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* **Note:** Arturo 'Dino' Flores supported by Hospecio 'Bud' Balani initially founded the Kali Klub in early 1999. Arnold Noche joined soon after to help bring the project to a

new level of expansion. Also note that the interview is the journalist's personal perspective of the information presented to him.



www.inquirer.com.ph

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FMA Sunday School

Ever Been to "Sunday School"? SEGUIDA



Hitting a Nerve - Insubordination

I had a chat conversation a couple of months back with a fellow instructor from a different system of FMA. He put up his school and had just begun offering lessons in FMA. During one of his sessions a fellow practitioner was working with a newbie on some drills for a specific skill set. At some point the newbie's partner escalated and started telling the newbie to escalate and do some other technique not covered in the skill set. Seeing the deviation from the prescribed exercise my friend interrupts the set and tells them to go back to the specific drill where the guy begins mentioning that the home system's chief instructor does this, this and this in the seminar and that the technique in the drill can be countered by so and so... and then he proceeds to partner with my friend and "shows" the technique. In the end the instructor is forced to escalate and neutralize the guy.

Where does petty disobedience end and insubordination begin? What counts as insubordination?

I suggest looking at the extremes first before looking at the various shades of gray in between.

Filipinos have a very polite culture as pointed out to me by my foreign friends and I agree with them on this. Our speech patterns contain respectful responses such as "po" and "opo" and the polite "paki". It's ingrained in our being. It makes us quite sensitive and perceptive regarding polite behavior.

The Chinese and the Japanese have the most acute sense of politeness and respect, all the bowing and rituals, politeness and obedience to the point of servitude. Totally opposite of Western behavior regarding forwardness speaking your mind and standing out. Factors such as these must be taken into account when defining what insubordination is. Gender discrimination also seems a factor. Much more when combined with ego. I've seen an assistant to the instructor get "told off" by a trainee that she was executing the "feeding" of an attack in the exercise "wrong" and that when the lady escalated the technique to prove her point and made a decisive hit on the guy he responds with a derisive "your sister is still tougher than you."

As an instructor, I think it is important to recognize the symptoms of disobedience. I'm all for giving students enough room to learn for themselves, but what safeguards can we establish to maintain order in the class?

Lets get back to disobedience and insubordination. I think these are some of the most extreme ways to disrupt a class. There are differences between the two though. Disobedience could come from a misunderstood instruction or a wrong assumption. I define Insubordination as malicious and willful disobedience.

Ok, so I'm not saying student should blindly obey their instructors, I'm just saying that student should follow their teacher's instructions within reasonable bounds. And I'm not saying that questioning is bad. Not at all, in fact it is good to ask questions. I have no

problem with the act of disobedience per se. It's the intent behind the action I'm concerned about.

So, when does a student go too far?

For me it boils down to certain violations:

- Extreme disrespect to the Art, Teachers, Classmates.
- Unwarranted intentional harm to others.
- Malicious and Immoral conduct.

It's not very specific but I kinda like it that way so that students are always kept on their toes about the appropriateness of their conduct. Usually, I listen to feedback from their peer group to check their tolerance and acceptance of certain behaviors. I particularly look at how the ladies in my group react to potentially "offensive" behaviors, though I remind them that they are in a martial arts group and not in a convent.

All in all this becomes important to me because without a certain level of harmony and order in the group training programs cannot be maintained, training gets disrupted if not derailed altogether. That's the whole point of having rules, to create an environment in which students can learn without distraction and disruption.

It soon becomes a matter of discretion for the instructor how he will classify an offense and its gravity and the accompanying punishment. It definitely depends on an instructor's experience, cultural background and maturity to be able to judge a situation correctly and finally the discipline to act on it and the level-headedness to be fair in meting out punishment.

Now PUNISHMENT... that's another fun topic.

FMA Past Events

Camp Budoshin 2006

September 16, 2006

Burbank, CA,

www.budoshin.com

Various martial artists came together at the call of Grandmaster George Kirby of Budoshin Ju Jutsu. Camp Budoshin is an annual event held in Burbank, CA., which brings together various Grandmasters, Masters, and Instructors from various art forms to network and share their art with students from beginners to the most advanced Masters in these Arts. There are usually 4 classes running concurrently for approximately 1 1/2 hours each. The students are free to pick which class they would like to attend and thus further their knowledge in an open format.



Instructors

There was a strong contingent of Filipino and Indonesian Martial Arts Masters teaching this year. These included Punong-Maestro Darrell Sarjeant, founder and chief instructor of Sadiq Kali Silat, Master Dan Anderson, Chief Instructor of Modern Arnis-80, Guro David Ortiz of Escrido, Master Earl White, Senior Master in Won Hop Kuen Do, and Maha Guru Cliff Stewart, Founder of both Kilat Pukulan Pencak Silat and Within Arms Reach.



Punong - Maestro Sarjeant, known for his no-nonsense, street combative workshops in Kali Silat led his session in practical applications of Vee Jitsu Te. Professor Vee, originally founded Vee Jitsu in 1955. It combines the Kuntao and Arnis of his native Norte Ilocos, Escrima from Hawaii, Modern Arnis, and Arnis Lanada with strikes, joint locks, levers, throws, and ground combatives from various systems of Ju Jitsu, Aiki, Varmannie, Southern Kung-Fu, ect.. To further enhance and improve the system, Prof. Vee devised a series of two-person short forms called "Vee Jitsu Te's". Punong – Maestro emphasized the movements of the first Vee Jitsu Te, along with an assortment of self-defense variations. To conclude his session, Sarjeant taught

basic edged weapon defenses from both slashes and thrusts. Sarjeant is available and regularly teaches seminars throughout the country. To contact him:

www.sadiqkalisilat.com



Grandmaster Dan Anderson taught a session entitled the Fast Track to Learning Arnis. His session emphasized single stick tactics of his Modern Arnis-80 System. Master Anderson is well known in the Arnis circle for his pragmatic approach to teaching seminars. His students worked very hard and enjoyed his session very much. For further information on his system email:

www.danandersonkarate.com

Maha Guru Cliff Stewart is a well-known Grandmaster in Pencak Silat and Close Protection Specialist. His session covered several principles from grabs and holds of his system of Within Arms Reach (W.A.R.). W.A.R. is a self-protection program for Law Enforcement, Military, Security, Bodyguards, and Civilians who don't wish to learn an actual martial art in full. Maha Guru can be contacted at:

www.cliffstewart.com



Sifu Earl White is a Senior Instructor in the Art of Won Hop Kuen Do directly under Sijo Al Dacascos. Sifu's expression of Ijo Ija combines the Arts of Kung-Fu, Escrima, and African Warrior Arts and Dance. His session



emphasized footwork drills of escrima and their applications including trapping, kicking, and escape tactics. You may reach Sifu White at: www.myspace.com/ijoiia

The last instructor representing the Southeast Asian Arts was Guro David Ortiz. He taught a session in the locks and compressions of Escrido. Contact information unavailable.

Senkotiros Texas Seminar

September 16 and 17, 2006
505-E West University Avenue
Georgetown, Texas

Recently we hosted Grandmaster Max Pallen for our Bi-Annual Senkotiros Texas seminar and training camp. Below will be a brief overview of a day of training.

Saturday Morning

Grandmaster Pallen and I began our training at about 6:00 am; working on the material I am currently learning, and also better ways for me to pass the teachings on to my students. We trained privately till about 8:30 until seminar attendees began to show up.

After everyone had arrived, we began the seminar with a warm-up session, which included working on the Senkotiros 5 strike, and 5 strike Lima Lima drills. Then we followed up with basic twirling exercises that evolved into freestyle twirling. Grandmaster Pallen assisted the participants with ideas and combinations to help them to develop the flow in their freestyle twirling.

The focus of this camp was on developing the “Gumon” or Senkotiros freestyle fighting skills. We began with the basic zone defense and method of blocking. We worked on the no touch, the hand to stick, and the hand-to-hand portions of this drill. After the group had a good grasp on these skills we moved on to the 2 basic 10-step routines used to build proper reactions from both partners. This took a good portion of the morning session, and by lunchtime everyone was doing a very good job. The big smile on the Grandmasters face let us know he felt good about our progress.

After lunch we began to work on our disarming skills. We worked the basic disarming, which evolved into working disarms from the 10-step drills previously learned that morning. Later we worked on freestyle Gumon and he helped us to identify and take advantage of the disarm opportunities available. This took up a major part of the afternoon session, and for the last hour Grandmaster Pallen and myself spent time working the Gumon individually with each student to help him or her develop his or her skills.



I have been hosting Grandmaster Pallen on an average of 2 - 3 times a year for the last 6 years. One of the greatest highlights for me with our training is his desire to see my students and myself improve. He is truly interested in our development and our group's ability to learn and enjoy Senkotiros. He makes the training fun, and inspirational. Not one person who has attended one of our camps or seminars has not been motivated, or inspired by not only the Grandmasters level of skill, but also his ability to pass it on to others. We feel truly blessed to have him as our leader, and we look forward to our future training and brotherhood, and the future of Senkotiros in Texas, the United States, and around the globe.



www.senkotiros.org

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Oakland Eskrima Club

September 17, 2006

Grandmaster Cacoy Canete

By Allan Duncan

The Oakland Eskrima Club held its first seminar in well over 5 years with Grandmaster Cacoy Canete as the honored instructor. Participants from various disciplines were in attendance. The participants included martial artists from Oakland Kajukembo, Cuong Nhu Martial Arts Emeryville, CA, Seibukan Jujitsu of Berkeley, and Doce Pares Eskrima.

Several special guests dropped by unexpectedly. Grandmaster Alfredo Bandalan of Bandalan Doce Pares stopped by along with several of his students and family to pay their respects to Grandmaster Cacoy. The group was also honored by the appearance of the founders of the original Berkeley Eskrima Club, Ed Abinsay and Leo Fernandez. In addition, Grandmaster Cacoy's bay area masters and instructors dropped by to help conduct the seminar. A special thanks to Master Ron Lew, Master Guy Kinanahan, and Guro Dian Tanaka for their help this day.



Grandmaster Cacoy and Master Burford demonstrate siniwali drills.



Grandmaster Cacoy demonstrates a disarm with Master Guy Kinanahan.

The day began with siniwali drills beginning with simple 4 count sequences, later progressing to more complicated 5, 6, 7, and 8 count patterns. Grandmaster Cacoy has a knack for making these drills look simple, however novice students usually experience some initial difficulty. The Cacoy Doce Pares instructors helped to ensure that all students understood the techniques being presented. The morning session concluded with an introduction to Grandmaster Cacoy's 12

strikes and blocking system.

The afternoon session started with striking and blocking drills to familiarize students with application of offensive and defensive combinations. Next, Eskrido techniques were demonstrated. Various throwing and locking disarms were masterfully presented by Grandmaster Cacoy. Finally, sparring techniques were demonstrated. The participants were encouraged to implement the various techniques learned throughout the day. This was the highlight of the seminar since it allowed students to incorporate striking, blocking, locks, and disarms, randomly flowing in a fighting scenario.



The new Black Belts, from left to right, Jose DeLeon, Allan Duncan, Peter Elmedolan, Phillip Seay, (center) Grandmaster Cacoy Canete

Additionally, Grandmaster Cacoy promoted each of these individuals to the rank of 2nd grade black belt under the Cacoy Doce Pares system.

A gift of appreciation from the Oakland Eskrima Club was presented to Grandmaster Cacoy. The gift was a laser engraved barong with an inscription on the blade as well as Grandmaster Cacoy's name laser engraved on the scabbard in Alibata.

At the end of a long day of training, all of the participants were invited to attend a backyard BBQ. This was a chance for everyone to relax, make new acquaintances and renew old ones.

The Oakland Eskrima Club would like to thank Grandmaster Cacoy Canete for taking the time from his busy schedule to conduct this seminar. We would also like to thank the Cacoy Doce Pares masters and instructors, and all the students for their participation.

And a special thanks goes to Gints Klimanis, Maya Kurachi, and Stephanie Johnson for the excellent photography during the seminar.



Guro Dian Tanaka showing the finer points of Cacoy's system.

At the end of the seminar, certificates were presented to all participants. In addition, rank promotions were announced. Several members of the Oakland Eskrima Club received their black belts. The students receiving promotions were Jose De Leon, Peter Elmedolan, Philip Seay and Allan Duncan. Each of these students received the rank of Guro in Doce Pares and Modern Arnis from Master Reginald Burford.



Grandmaster Cacoy receiving his laser engraved barong from the Oakland Eskrima Club.



Grandmaster Cacoy with some individual instruction.



Masters with Grandmaster Cacoy (L - R) Reginald Burford, Guy Kinanihan, Ron Lew.



Oakland Eskrima Club

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

Email
www.oaklandeskrima.com



Na Ka' mole Eskrima (Roots of Eskrima)

This Filipino Martial Arts training camp was held on October 7-9, 2006 in Honolulu, Hawaii at the Pagoda Hotel. The Pagoda Hotel with its beautiful koi pond, floating restaurant and central location made the perfect setting for a martial arts seminar.



Day 1 Seminar

Dr. Remy Presas Jr. - Modern Arnis

(left photo in black t-shirt)

Professor "Kimo" Ferreira - Kempo Jutsu Kai

(below in black Gi)

The seminar started on time with a short opening ceremony and then went right into the first segment of the seminar with Dr. Remy Presas Jr. In his morning session Dr. Presas covered the offensive and defensive movements of Modern Arnis. In his afternoon seminar he focused on control methods with and without the eskrima stick. After Dr. Presas

completed his seminar, Professor "Kimo" Ferreira demonstrated the bladed and unarmed methods used in his system. There were sore fingers after the Saturday seminar, but everyone had a great time and learned a lot of practical information.



Day 2 Seminar

Grandmaster Fred Bandalan

Bandalan Doce Pares (left)

Master Ron England

Ola'a-Nalo Eskrima (right)

On Sunday morning Grandmaster Fred Bandalan gave a great seminar on the offensive and defensive movements of Bandalan Doce Pares. In the afternoon he shifted

his focus to give a review of the WEKAF tournament rules. The seminar participants were able to try on the latest WEKAF equipment. In the late afternoon to close out the event, Master Ron England presented a seminar on the stick and blade movements and disarms of Olaa-Nalo Eskrima Jungle Style.

Day 3 Picnic in Waimanalo (group photo at the farm)

The picnic was held in beautiful Waimanalo town on the windward side of Oahu. Thank you to Clyde and Ele Aikau for providing a place for the picnic, their kau-kau (food) and aloha was fantastic. The picnic gave the seminar participants a chance to sit down and talk to the various masters. New friends were made and old friendships were rekindled, a perfect way to end up the 3 day event. If you missed this first training camp, you missed a great martial arts experience. A DVD of the seminar and picnic will be available in early 2007.



Upcoming events in Hawaii for 2007

In August of 2007 Bandalan Doce Pares and Ola'a-Nalo Eskrima will co-host the 3rd annual **Hawaii Challenge-WEKAF (World-Eskrima-Kali-Arnis-Federation)** full contact stickfighting tournament. In conjunction with the tournament, several martial arts workshops with world-renowned martial arts masters are being planned. **Do not miss out on this upcoming event**, make plans now to come to beautiful Hawaii in August of 2007.

Take a look at our websites for more information on upcoming events, seminars and our respective martial systems.

www.olaa-naloeskrima.com

www.bandalan.com

www.modernarnis.com

www.kempojutsu.net

ALOHA & see you next year

This article contributed by Master Ron England

Philadelphia Atillo Balintawak Seminar

October 12 - 15, 2006

By Michael Bates

Grandmaster Crispulo "Ising" Atillo conducted his annual fall seminar here October 12th-15th. Longtime Filipino martial arts practitioner Michael T. Bates arranged a series of three seminars.

Thursday evening 2 sessions of kids and adults trained at the American Kenpo school of Joe Breidenstein in Ardmore, PA. As is his custom Joe had a 2 hr private lesson with grandmaster to get into finer points of Balintawak. Friday was a daylong training session for Bates and several other long time students. Saturday found Grandmaster

Atillo at the school of Irv Gill in Souderton, PA. for the fourth time. Among the group was Mike Gerrity and 5 of his associates coming from Bangor, Pa. to work out.

Gerrity and his group are long time practitioners of Vee Arnis Jitsu. Sunday morning training shifted to N.E. Philadelphia. Amerikick Kenpo, a 20-school chain owned by Grandmaster Dennis Tosten hosted the final workout of the series. With the Eagles playing Dallas that day the turnout was less than our July workout (50 then 26 that day) but everyone worked hard and the day flew by.

Grandmaster Atillo promoted Dennis Tosten to the level of Escrimador at the days end. Lunch followed for the group at a local Filipino restaurant.

Tensions were high as we drove to the airport later in the day hoping to avoid the massive traffic surrounding the Eagles football game. We made it there with time to spare. Our next training session will be March of 2007.



www.atillobalintawak.com



Grandmaster Tosten's promotion
to level of Escrimador



If you care to join us in the future, or host your own seminar, please contact Michael T. Bates at (610) 656-3831 or visit www.remypresas.net



2006 Martial Arts History Museum Hall of Fame

October 14, 2006

The Madrid Theatre

Canoga Park, CA.

www.mamuseum.com

By Marc J. Lawrence

Honoring our Pioneers

The Museum honored a number of great individuals who have influenced future generations. Many of these individuals have spent a lifetime in their craft. Many have overcome prejudice, racism and discrimination. Many of them have sacrificed their livelihoods, their families and even some of their friends to bring these arts to America and share the beauty of what they learned.

It's unlike anything you have ever seen before in the martial arts industry. Complete with music, live entertainment, a play on the "History of the Martial Arts" and the honoring of several of histories pioneers, the 6th Annual Museum Ceremony continues to raise the bar.

The Museum Ceremony focused on three main areas:

- 1) Educating and honoring the community with a Play on the "History of the Martial Arts,"
- 2) Paying a proper respect to those significant individuals who have paved the way before us, and
- 3) Raising funds to open the doors of the World's First Martial Arts History Museum.

"This is the Oscars of the martial arts, without a doubt," says John Corcoran, editor of Martial Arts Success magazine. Unlike any other Hall, the Museum's Hall of Fame will only consider significant individuals who have made martial arts history. Though there have been many great champions over the last five plus decades, and those who have made an impact for their personal school, it is only those who have made martial arts history that are considered for inclusion on the Martial Arts Hall of Fame Wall in the Museum.

Even though there are a total of 11 individuals who are inducted each year, only a handful of them have the opportunity of attending the Museum Ceremony and being honored for their great accomplishments.

Honored on stage this year were:

- **Ark Y. Wong** (Grandson Seming accepting)
- **Wen Mei Yu**
- **Wally Jay**
- **Toshishiro Obata**
- **Buck Sam Kong**
- **Cacoy Canete**



Cacoy Canete - One of true pioneers of Kali/Eskrima who continues to spread the philosophy and art of Filipino fighting to the world. Sifu Richard Bustillo of **IMB (International Martial Arts & Boxing Academy)** was the presenter to Grandmaster Canete.

I asked Grandmaster in brief interview about the award and did he know about it? He said Richard did not tell him about it initially. He was here to do a Seminar, (which he did the next day). When

Grandmaster received the award he was truly touched by the event. I could have sworn that though the lens of my camera I saw him getting misty eyed.



Sifu Richard Bustillo giving the award to Grandmaster Canete



Grandmaster with one of his fans.



www.docepare.com

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 Philippines 6000 I
 Tel # (032) 261-1352 or (032) 261-5387

Master Vince Palumbo Visits NZ Doce Pares Eskrima

October 14, 2006



Master Vince Palumbo, 8th Degree Black Belt, visited Christchurch based NZ Doce Pares Eskrima over the weekend of the 14th October 2006.

Sifu Jenkins, founder of NZ Doce Pares Eskrima, has been traveling overseas and training under the guidance of Master Palumbo for over 10 years and currently holds the rank of 2nd Degree Black Belt in Doce Pares Eskrima. Grand Master Ciriaco 'Cacoy' Canete graded Sifu Jenkins to his 1st Degree Black Belt in the Philippines.

Master Palumbo traveled from Adelaide to conduct 2nd and 3rd class brown belt gradings on the Saturday, and a specific knife defense seminar on the Sunday for both members and non-members of the school.

Twenty-nine students of the school, including six dedicated Wanganui students who traveled to Christchurch with Instructor James West, undertook an intensive full day of grading. The dedication and time spent training by all students to be eligible to grade was evident throughout the grading and all students passed to receive their respective ranks.



Seven students were lucky enough to have the opportunity to suit up in their sport stick-fighting armour and spar with Master Palumbo in the ring. All seven students went three, 2-minute rounds with Master Palumbo. It was a fun (although painful!) way to finish up following the gradings. All students learnt something new about the sport side of the art and the experience left all wanting to learn more ... and yes, Master Palumbo completed all 21 rounds without taking a break!

The knife defense seminar saw 40 keen people (including members from other martial arts clubs and the NZ Police) gain an invaluable insight into what to do and, just as importantly, what not to do when confronted by someone wielding a knife/weapon. The opportunity to learn and practice practical techniques from someone of Master Vince Palumbo's caliber was hugely beneficial.

The weekend was a great success. Master Palumbo made a huge impression, not only for his outstanding martial arts ability and experience, but also for his passion for the Filipino art we know as Cacoy Doce Pares Eskrima. It is an honor for NZ Doce Pares to be part of the Cacoy 'family' and to



represent this longstanding traditional lineage of stick fighting in New Zealand.

NZ Doce Pares would like to thank Master Palumbo for the time he took to visit our school, grade students and share his knowledge. Master Palumbo is an incredible ambassador for Cacoy Doce Pares Eskrima and the experience was not only memorable for everyone involved but hugely motivating for students and instructors to continue progressing their skills and growth in the art.

There are a number of exciting events coming up for 2007. NZ Doce Pares looks forward to traveling to Master Palumbo's school in Adelaide, and to Cebu City, Philippines in 2007. If anyone is interested in learning more about this effective, traditional martial art or the possibility of inter-club sport stick fighting events please feel free to visit our school or contact us.



Website

NZ Doce Pares Eskrima

11 Bernard St.

Addington, Christchurch, New Zealand

(03) 332-2335 or (027) 226-4045

Email

IMAFP Law Enforcers Training Program

International Modern Arnis Federation Philippines

October 14, 2006 thru December 2, 2006

Saturdays and Sundays

Malabon City, Philippines

By Gabriela Silang



www.imafp.com

Upon the completion of the FMA Festival, Senior Master Rene Tongson of the IMAFP working with the Vice Mayor of Malabon, Honorable Arnold D. Vicencio arranged a demonstration of Modern Arnis for October 10, 2006.



A program was developed for the law enforcement of Malabon City. The objective of the program was to develop the barangay Tanods to enhance their skills in monitoring the peace and order situations of every barangay of Malabon City. The training started on October 14th and was held every Saturday and Sunday, teaching a number of 250 responsible barangay Tanods and was

completed on December 2, 2006 with a graduation ceremony. The program is not only like an ordinary law enforcers' training program but will be extended after the graduation by forming a group, "**The Malabon Arnis**" with a set of officers. This group will be an affiliated member of the International Modern Arnis Federation Philippines through the supervision of Senior Master Dulay.

Committee for the Project:

Project of Honorable Arnold D. Vicencio
Vice Mayor, Malabon City, Philippines

Project Coordinator:

Mr. Randie C. Santiago Jr.

Executive Officer of the Vice Mayor

Training Director:

Senior Master Rene R. Tongson

Supervising Instructor:

Senior Master Samuel D. Dulay

Instructors:

Senior Guro Ginalyn J. Relos

Senior Guro Jimson N. Dearos

Senior Guro Rodolfo T. Poblacion, Jr.



Vice Mayor Vecencio and Senior Master Dulay
Demonstration

Assistant Instructors:

Francis Nagen

Marcelo Oyales

Mao Leongson

Armando Soteco, Jr.



Senior Guro Ginalyn J. Relos instructing



Eskabo Da'an

Grandmaster Robert Castro

October 19 - 21, 2006

Gold's Gym

St. Louis, Missouri

By Tasi Alo

Eskabo Daan founder Grandmaster Robert Castro had an interesting and exciting time in St. Louis, Missouri, where there was an Eskabo Da'an seminar held at the Gold's Gym in downtown St. Louis. Master Jimmy Choi while in medical school there wanted to keep his Filipino martial arts skills sharp started teaching Eskabo Da'an there in St. Louis. Scott Brown, who hosted the Eskabo Da'an seminar and Guro Bob Berger have been a big part of keeping Eskabo Da'an going in St. Louis since Master Jimmy Choi left for New York, where he will opening an Eskabo Da'an school in Brooklyn soon.



Scott Brown and Master Guro Tasi Alo

Thursday night Grandmaster Castro had a training session with Scott Brown and Guro Bob Berger's class as a prelude to the seminar Friday night and all day Saturday. Grandmaster Castro and myself were introduced to Jay Damato, a long time Filipino



Seminar at ST Louis Police Academy



martial arts practitioner who started Filipino martial art seminars in St. Louis back in the late 70's with Dan Inosanto, Jimmy Tacosa and Grand Tuhon Leo Gaje. He now trains UFC and mixed martial arts fighters at his California Martial Arts Academy in St. Louis, in fact Saturday night there was a "rumble" in St. Louis and Jay Damato's fighters won their matches.

Grandmaster Castro was invited to do a mini seminar Friday afternoon by Officer Steve Pinkerton, one of the top instructors at the St. Louis Metro Police academy, to show cadets the reality of being in a confrontation with a experienced knife fighter and

later had Scott Brown come up to demonstrate combat Aikido techniques with Jay Damato giving a summation to close.

Grandmaster and myself left there and about an hour and a half later and started the Eskabo Da'an seminar at Gold's Gym with Grandmaster Castro covering Eskabo Da'an basics: footwork, disarms, locks, dumog takedowns both with stick and empty hands. Also included was arnis that he learned personally from Great Grandmaster Ernesto Presas of Kombatan which included lock flow drills, stick flow drills and stressed sensitivity.

On Saturday Grandmaster Castro gave a short review, then gave more info on body positioning, pointing out that Eskabo Da'an utilizes techniques that cover long, medium and close range fighting, arm and leg breaks, knife techniques versus multiple attackers, using dulo-dulo techniques and closed with reversals.

Scott Brown shared with Grandmaster Robert Castro how he has introduced modern Filipino training methodologies into the European martial arts program that he teaches, using myself to help him demonstrate the long sword with a small shield, exposing the universality of weapons combat.

It was a great time, enjoyed by all, as the Filipino martial art practitioners that we met while in St. Louis impressed us with their courtesy and ability to adapt to Eskabo Da'an. We look forward to seeing them again. The Eskabo Da'an family wishes the best to (Master) Dr. Jimmy Choi, doing his residency in New York and the starting of another group of Eskabo Da'an practitioners there. To all in St. Louis we give much love and (thanks) Salamat Po! From the Eskabo Da'an family.



Master Tasi Alo, Jay Damato, Scott Brown, and Grandmaster Robert Castro



Eskabo Da'an St Louis

Scott Brown and Guro Bob Berger
515 N. 6th St. Saint Louis, MO. 63101
(314) 504-3888



www.eskabodaan.org



Senkotiros FMA Seminar

October 21, 2006
Pallens Martial Arts
628 4th St.
Davis, CA.

October 21, 2006 was a day that fulfilled all expectations. Grandmaster Max M. Pallen, Founder of the Philippine martial art Senkotiros International, gifted 30 students with his expertise, knowledge and good humor. Twenty children and ten adults gathered in Pallen's Martial Arts in Davis, California to learn the powerful art of the Solo Baston from the best. Hosted by Master Sigung Joseph Pallen and the owners of Pallen's Martial Arts, Davis, Manoi Richard Baciaroni and Manoi Jim Trapani, this event has been offered annually. Professor Max M. Pallen doesn't teach from the book, 'no notes or study guide' instead, he teaches from the heart.

The students who attended ranged from age 7 to over 50, and ranged from beginning students in the martial arts to black belt. Professor Pallen had something to offer everyone, from knife fighting techniques to what to do when someone at school steals your book. Professor Pallen has a way to connect with every student, regardless of age and ability. By the end of the event, every student walked out with some new way of looking at himself or herself as a martial artist.



Professor Pallen likes to begin with instruction in basic striking, and moves quickly into basic defense. Once students have the basics, he teaches footwork and strategy on mobility. Disarms with weapons and empty hands were then covered, and the finale dealt with knife defense. During the entire event, Professor Pallen responded to questions with both instruction and demonstration.

Looking for the real deal? Find a way to attend a Senkotiros International seminar. Humor, first-rate instruction, and intense martial arts demonstrations will await all students.



www.senkotiros.org

Pallens Martial Arts

Master Sigung Joseph Pallen
628 4th St.
Davis, CA.
(530) 758-5431

Grandmaster “Cacoy” Cañete

Doce Pares World Federation Mexico

Mexico City

October the 21 - 22, 2006

By Ángel Postigo

Grandmaster “Cacoy” Cañete arrived to Mexico City a few days before the event, staying, as he did in previous occasions, in the room that we kept especially for him at our School, Artes Marciales Unidas. Throughout all of this time, Guro Ángel Postigo and his higher-grade instructors accompanied Grandmaster “Cacoy” Cañete.

On the day of his arrival he had a dinner to honor him, which was paid by Instructor Fernando Olvera, Administrator of our organization. On the next day, after his breakfast, he received a massage therapy (Reflexology and Shiatsu) by the expert Yara-Mah. During his visit to the Colonial zone of Coyoacán he had dinner at a Gourmet Restaurant (Los Danzantes) where he tasted a delicious prehispanic soup (calabash flower with aromatic herbs) and a tuna fillet lightly spiced with a sauce from Oaxaca State, accompanied with wild rice. During the evening, in our training room, Grandmaster “Cacoy” Cañete observed the Eskrima, Eskrido and Pangamot techniques and tactics, performed by all the students who were certified at the end of our Seminar, and was satisfied by the performance of each.



Grandmaster Cañete with Guro Angel Postigo



Instructors of Artes Marciales Unidas

On Saturday, the 21st, he started the Seminar at nine o'clock in the morning, with a big participation of students from Artes Marciales Unidas of Mexico City; as well as from the Oaxaca City School, led by Professor José Luis Cutiño; the Pachuca City, Hidalgo State School, led by Instructor Eduardo Palomares, MD; and from the school of Professor Tomás García Noya (Lima Lama

“Dragones” Group). We also had the participation of Karate Do Shudo-Kai Professor, Antonio Luna; also of Professor Alejandro Garduño from the IMB Academy, Morelos; Professor Héctor Becerril from the Academy of Martial Arts Wing Chung - Kali. We also had participants from Mexico City, the States of Guanajuato, Oaxaca, Morelos, Mexico State, Texas (USA) and Canada.

On Sunday morning, after having his breakfast, he went to Coyoacan’s Cathedral to attend mass, accompanied by Guro Ángel Postigo, Instructor Cristian Miguez and

student Montserrat Guadarrama. During the Seminar, we had the pleasure of receiving the visit of the Instructors and Professors from the different schools and organizations of Filipino martial arts, which form part of the Mexico's Alliance of Filipino Martial Arts, who came to greet and show their respect to Grandmaster "Cacoy" Cañete.

It should be noted that, the aforementioned Alliance is presided over by Guro Ángel Postigo, who offered a meal to the representatives and the Instructors from Artes Marciales Unidas.

On this occasion, Grandmaster "Cacoy" Cañete certified 14 martial artists, 12 of which are students of Artes Marciales Unidas. Grandmaster "Cacoy" Cañete returned home satisfied and happy for the great success of this Seminar in Mexico City.



Artes Marciales Unidas
Av. División del Norte 2943 esq. M.A.Q.
México city, Mexico
[55] 5689-6060 or [55] 5549-8606
Website

San Miguel Eskrima Seminar

October 22, 2006

By Florentino Jordan

Grandmaster Isidro Casio, or Edring as he is affectionately called, was on hand Sunday October 22nd, 2006 at Mt. San Antonio College in Walnut, California to present an awesome display of San Miguel Eskrima taught to him by the late Filemon Momoy Canete. Master Steve del Castillo of the Doce Pares Original Multi-style System hosted the seminar with Master Rudolfo Angeles and Guro Albert Mendoza in attendance to help with the instruction. Also present



Grandmaster Casio and Guro Albert Mendoza

were various Filipino Martial Arts practitioners and instructors from as far as Santa Maria all the way to San Diego.

Grandmaster Casio started off the seminar quite differently with a display of his prowess of Combat Judo. Twisting and contorting body parts, Grandmaster Casio subdued his attackers with various combinations of locks and throws. Unlike most seminars, a majority of the first part dealt with knife and empty hands. It was only until after lunch that Grandmaster Casio demonstrated and taught the famed Espada Y Daga and double sticks of San Miguel Eskrima. Grandmaster Casio went around and helped those who needed assistance in learning the techniques he taught. Though his English was very limited, he was very eager to help and ensure that each attendee understood what he was teaching.

Grandmaster Casio is set to return to his family in Cebu at the end of December.



The author Florentino Jordan is a Music Major at Mt. San Antonio College. He is also a Doce Pares Eskrima student under Master Steve del Castillo and occasionally writes for various publications.



12pares Eskrima
Steve del Castillo
Mt. San Antonio College
1100 North Grand Ave.
Walnut, CA. 91789
(909) 594-5611 ext. 3078

Eskabo Da'an Seminar

Portland, OR.

November 4 and 5, 2006

By Abby Sewell

Grandmaster Rob Castro returned in November to lead his second seminar on the art of Eskabo Da'an at Master Michael Morell's school in Portland, Oregon. As with the first seminar in June, several students from Grandmaster Castro's San Francisco school accompanied him to train with students from Master Morell's school. Eskabo Da'an Masters Tasi Alo and Harold Short were present and assisted in teaching the seminar.

Masters and students from other Filipino martial art systems in the Pacific Northwest participated along with the Eskabo Da'an practitioners. Master Mike Bowers of the Kombatan Martial Arts Academy in Portland attended, as did Punong Guro Myrlino P. Hufana, who traveled down with two students from the Bellevue Martial Arts Academy in Washington.

The seminar, which began with a Friday night class, continued with an all-day session Saturday, covered stick and knife work as well as empty hands techniques. In particular, Grandmaster Castro focused on techniques that move from a serrada opening to a jujitsu-based lock or takedown.

Eskabo da'an is an art developed by Grandmaster Castro over the course of 30 years, after studying with grandmasters from a variety of systems. The Eskabo system blends eskrima, serrada, kali, arnis, boxing and jeet kune do.



L - R: Master Mike Bowers and Grandmaster Rob Castro with Edwin Peregrino and Dave "Bubba" Devore of the Bellevue Martial Arts Academy.



Grandmaster Castro demonstrates a technique with assistance from Guro Joseph Bautista while (L - R) Mark Rolta, Master Harold Short, Micah Haley and Erneil Tuazon look on.

At the end of the seminar, Punong Guro Hufana gave a brief talk and demonstration on the rules of combat at the annual **World Filipino Martial Arts Association** gatherings. Punong Guro Hufana founded the **WFMAA** in 2003 with the hope of bringing more exposure to the Filipino martial arts by creating a forum for different systems to unite.

Grandmaster Castro professed his pleasure at seeing practitioners of different schools unite in the seminar.

"The last seminar in Portland was awesome, but they just get better because now we're in the community,"

Grandmaster Castro said “The eskrima schools in Washington and Oregon are trying to unite, and it’s great to teach students from other systems.”

Punong Guro Hufana agreed.

“The brotherhood here is great,” Hufana said. “We’ll probably have a stronger start (in future west coast Filipino martial arts events) because of the relationship of the Masters.”



Grand Master Rob Castro's dojo is located at 262 Maynard St, San Francisco, CA.
(415) 585-9646. For more information, visit www.eskabodaan.org



Master Michael Morell's dojo is located at:
2005 SE 50th Ave. Portland, OR.
For more information, call (503) 239-1068
Email portland_eskabo@yahoo.com

Tribull Mixed Martial Arts

November 11, 2006

By Tasi Alo

Eskabo Da'an
Grandmaster Robert Castro was extended an invitation to demonstrate his mixed Filipino martial art of Eskabo Da'an at a Kajukenbo Ohana gathering at Tribull Mixed Martial Arts dojo in San Jose Saturday November 11, 2006, thru his new student Sifu Trent Junker a 4th degree Blackbelt in Kajukenbo that had attended the Eskabo Da'an seminar in Portland, Oregon, November 2 and 3.

Sifu Trent said that he had spoken to Grandmaster Ted

Sotelo of Doce Pares and Kajukenbo Fi Kuen of San Jose and Grandmaster Sotelo told him to invite Grandmaster Castro to demo in San Jose. We were introduced to Grandmaster Ted Sotelo, Grandmaster Ron Lew, Master Jun Cauteverio, Master Wally Estropia of Cacoy Canete Doce Pares, Master Lito Concepcion of Kombatan and Grandmaster Emil Bautista of Kajukenbo.

The demo showed Eskabo Da'an basics of footwork, angles and timing, espada y daga, knife fighting techniques and Eskabo Da'an locks, take-downs, disarms and Eskabo-Ju, with Grandmaster Castro utilizing his guros and students to 'uke' Master Dave Eng, Master Joseph Bautista, Master Paul Ubongen, Guro Tony Solano, Guro Anthony Martin with myself Master Tasi Alo. This was a good event and we are very grateful to Kajukenbo Fi Kuen for having us come to demo in San Jose, this was a very rewarding experience for all of us that attended.



Top row: L - R, with the hat is Master Wally Estropia of Doce Pare, Master Jun Cauteverio of Doce Pares, Guro Tony Solano of Eskabo Da'an, Middle row: unidentified, Bottom row: L - R, Guro Ronald Cauteverio and Guro Alphonso Cauteverio of Doce Pares

Grand Master Rob Castro's dojo is located at 262 Maynard St, San Francisco, CA. (415) 585-9646. For more information, visit www.eskabodaan.org

Tribull Mixed Martial Arts Center

1043 Garland Ave.

San Jose, CA.

Website

Eskabo Da'an - Portland

November 15, 2006

Arnis Balite Seminar

It was the middle of the week, lots and rain and winds that went up to or over 50mph. However that did not stop some dedicated practitioners of the Filipino martial arts in attending the Arnis Balite seminar at the Eskabo Da'an school..

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.



Master Michael Morell's dojo is located at:
2005 SE 50th Ave. Portland, OR.
For more information, call (503) 239-1068
or Email: portland_eskabo@yahoo.com



Arnis Balite
Website



2nd Annual Sikaran Arnis Championship

Bishop McNally School
Calgary Alberta, Canada
November 18, 2006

At the 2nd Annual Sikaran Arnis Championship held at Bishop McNally School in Calgary Alberta, November 18, 2006 and attended by competitors from Australia, United States, Manitoba, Saskatchewan, Alberta and British Columbia, Mr. Glenn Mackie of Red Deer Kali Academy of Martial Arts beat all his opponents to capture the Grand Championship trophy in the blackbelt full contact live stick division.

The **Kali Academy of Martial Arts** is located at 4611 B - 50th Ave., Red Deer, Alberta Canada, T4N 3Z9. You can contact them by phone at (403) 343-3350 or
Email



www.kaliacademy.net

HTAI Arnis Fall Camp

Combative Arts of the Philippines
Bellevue Martial Arts Academy & Hufana Traditional Arnis International
Bellevue, WA.
November 18 - 19, 2006



www.arnisador.com

Punong Guro Myrlino P. Hufana (HTAI) the founder and primary camp instructor. Had, as guest instructors Punong Guro Steven K. Dowd, Guro Scott Brennan and Guro John McCabe. Training was conducted in many areas of the Filipino martial arts. Laban Laro training was one of the camp's highlights. Laban Laro is a special training method, testing the practitioner's fighting and combative abilities - distance, reflex, coordination, timing, offensive, defensive, countering, and most importantly developing a heightened level of awareness through contact stick fighting.

Guro John McCabe of the Manaois Eskrima, Kali JuKune Do during the seminar trained the participants in Espada y Daga. His unique instruction took the participants through various concepts and drills bringing about realistic situations. Once the participants grasped the fundamentals, Guro McCabe had them work with other participants constantly changing partners. This led to understanding to concept to doing the techniques with others of different, heights, weights and physical characteristics.



Guro Scott P. Brennan of Lucay Kali / Jeet Kune Do worked with the daga using Kali Ilustrisimo and Kali sail hand, which he learned from Guro Lucay and Guro Inosanto. This consisted of techniques which had hint of Pentjak Silat, where the empty hand supported the knife hand in striking and blocking, which Guro Lucay referred to in supporting the daga where it is pushed, shoved, and dragged with two hands using various grips.

Punong Guro Steven Dowd presented the basic concepts of Arnis Balite. First going through Unday Salag (swing blocks), and Kalasag Salag (shield blocks), Pitong Hampas (7 strikes), Limang Patusok (5 thrusts). 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. Using the theory of Arnis Balite Huli Lusob, the participants trained, baston vs. baston, empty hand vs. baston, empty hand vs. double baston.



Punong Guro Myrlino Hufana instructed the participants in a Combination of Sinawali Drills (Single and Double Sinawali, Rodonda and Rodonda X-Movement, Reverse Sinawali and Reverse Rodonda). Focusing on transitions and applications. Solo Baston Disarming and Locking Techniques. Focusing on transition, countering options and applications. Laban Laro training was conducted, testing the practitioner's fighting and combative abilities - distance, reflex,

coordination, timing, offensive, defensive, countering, and most importantly developing a heightened level of awareness through contact stick fighting.



On Sunday Punong Guro Myrlino P. Hufana held a test for his students with instructors and participants invited to witness.

Results:

Student Names:

David B. DeVore
Paul A. Quinn
Edwin T. Peregrino
Kevin Koeppel
E.J. Sabiniano
James Carr
Jason Marks
Michael Hufana
Lizelle Hufana
Rob Devine
John Lising
Scott Germino
Benjamin Poaster
Brian Gardner

Promoted to the Following Rank:

Guro - Lakan Tatlo, Certified Instructor
Guro - Lakan Tatlo, Certified Instructor
Lakan Dalawa, Certified Instructor
Lakan Isa, Certified Assistant Instructor
Antas Walo, Advance Level
Antas Pito, Advance Level
Antas Anim, Intermediate Level
Antas Lima, Intermediate Level
Antas Lima, Intermediate Level
Antas Apat, Intermediate Level
Antas Apat, Intermediate Level
Antas Apat, Intermediate Level
Antas Apat, Intermediate Level
Antas Dalawa, Beginner Level

Find out more about the HTAI



[Click Here](#)



[Click Here](#)

Hufana Traditional Arnis International

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Email

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MSI

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Guro Scott Brennan
P.O. Box 2331
Friday Harbor, WA. 98250
(360) 378-9732

Email



Arnis Balite

Punong Guro Steven Dowd
Fallon, NV.

Email

Website

O.I.A.M.A

1st International Stick Fighters Seminar

Gran Master Felix Roiles
Hotel Casa Tonatzin, Morelos, Mexico
November 25 - 26, 2006

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



Professor Castrejon Ponce
PAKAMUT, Mexico City



Guro Nayar Arqueta
PAKAMUT Representative for Mexico and
South America



Guru Nayar Arqueta
Email

Grandmaster Felix Roiles
(213) 739-0921
Email



www.pakamut.com

**3rd Annual Cacoy Doce Pares
World Eskrima Championships**
Cebu City, Philippines



www.sunstar.com.ph

Monday, November 27, 2006

RP Eskrimadors rule

By Marian C. Baring

Sun Star Correspondent

FINALLY, the Filipinos dominated in their own martial art as the Cacoy Doce Pares Club usurped the title from the erstwhile champions from Australia in the 3rd Annual Cacoy Cañete Doce Pares World Eskrima Tournament, which wrapped up last Saturday at the Cebu Coliseum.

The host team collared a total of 10 gold, eight silver and two bronze medals to snatch the over-all title in the competition, which ended with a seminar yesterday.

Arnis is a local form of martial arts, but many times, foreigners gobble the title in international competitions, leaving Filipinos scurrying for scraps.



Aussies Second

The Australians, bannered by the International Combative Martial Arts Academy (Icma) of Adelaide, Southern Australia, settled for second place as it collected just seven gold medals. University of Cebu Arnis Club, headed by coach Max Caballes was at third place with four gold medals.

John Mac led Cacoy Arnis Club's charge as he won two gold medals in the Heavyweight; below 40 divisions dominating in the single stick and double sticks events.

Adding a gold medal each to Cacoy Arnis Club's haul are Melchor dela Sala (men's middle weight), Miko Cañete (boys 60kg) Ranran Guaca (Boys 40-60), Christopher Badal (men's middleweight), Chuck Cañete (lightweight), Allan Camigung (lightweight), Wilfredo Dival (middleweight) and Ariel Gerat (50-60kg-double sticks).

Fighter of the Year



Master Vince Palumbo
www.docepare.com

Master Vince Palumbo, the delegation head for Australia, was named the Stickfighter of the Year after winning two gold medals.

Palumbo had topped in the super middleweight division of the single stick event and the heavyweight class of the double sticks.

Another Aussie, Andrea Wheatley, added two gold medals as she dominated in both the single stick and double sticks women's open weight divisions.

After dominating in the forms event with two gold's in the opening and one in the women's Kumite, UC managed to salvage just one more gold at the close of the tournament courtesy of Francis Berizo, who dominated in the men's super heavyweight after defeating Redge Wae Herman of Doce Pares.

The lean Indonesian team, which is led by Glenn Gardiner, ranked fourth with two gold's, five silvers and three bronzes.



Andrea Wheatley



www.docepare.com

81-A C. Padilla St.
Cebu City, Philippines 6000
(032) 261-1352 or (032) 261-5387

Cacoy Doce Pares - Cebu

Named as "Outstanding Team of the Year"
(with 10 gold's, 8 silvers, and 2 bronze medals)
Tournament Results - Chuck Anthony Canete

Kata Competition

Juniors Single Stick Form

Gold - Guiseppe Zampaglione (Australia)
Silver - Cherry Encorporado (Philippines)
Bronze - Rosa Alexandria Quijada (Philippines)

Juniors Multi-weapon Form

Gold - David Quinio (Philippines)

Seniors Single Stick Form

Gold - Ronald Farol (Philippines)
Silver - Vince Palumbo (Australia)
Bronze - Max Caballes (Philippines)

Single Stick Sparring Competition

Girl's Division (12-17yrs old)

Gold - Dina Loquinte (Philippines)
Silver - Mary Katherine Gador (Philippines)
Bronze - KLim Doloso (Philippines)

Boy's Division (12-17yrs old – 40-60 kg's)

Seniors Multi-weapon Form

Gold – Max Caballes (Philippines)
Silver – Ronald Farol (Philippines)
Bronze – Andrea Wheatley (Australia)

Demo Team Competition

Gold – (Philippines)
Silver – (Philippines)
Bronze – (Philippines)

Men's Super middleweight

Gold (triple-tie)
Chuck Canete (Philippines)
Peter Karidis (Australia)
Scott Dent (Australia)

Gold - RanRan Guaca (Philippines)
Silver - Bernard Banticil (Philippines)
Bronze - Joshua Paracuelles (Philippines)

Boy's Division (12-17yrs old – over 60 kg's)

Gold - Dean Michael Canete (Philippines)
Silver - Nick Sabatucci (Indonesia)
Bronze - Johnrey Gonzales (Philippines)

Women's Lightweight Division

Gold - Mary Jane Rondina (Philippines)
Silver - Katarzyna Piorek (Poland)
Bronze - Maharani (Indonesia)

Women's Middleweight

Gold - Andrea Wheatley (Australia)
Silver - Mary Diane Canete (Philippines)
Bronze - Angela Wood (Australia)

Men's Lightweight

Gold - Allan Camiguing (Philippines)
Silver - Danny Serrundo (Philippines)
Bronze - John Kenneth Ferraren (Philippines)

Men's Middleweight

Gold - Christoper Miguel Badal
Silver - Archie Lavandero
Bronze - Edward Ace Peler

Double Stick Sparring Competition

Women's Open Weight

Gold - Andrea Wheatley (Australia)
Silver - Angela Wood (Australia)
Bronze - Mary Jane Rondina (Philippines)

Men's Lightweight

Gold - Ariel GeRat (Philippines)
Silver - Danny Serrundo (Philippines)
Bronze - Maximo Candilanza (Philippines)

Men's Middleweight

Gold - Emilio Cuevas (Philippines)
Silver - Scott Dent (Australia)
Bronze - Jerry Tanajura (Philippines)

Men's Heavyweight

Gold - John John Mac (Philippines)
Silver - Drew Lambert (Indonesia)
Bronze - Storm Dickensons (Australia)

Men's Heavyweight

Gold - John John Mac (Philippines)
Silver - Tyler Benson (Indonesia)
Bronze - Storm Dickinsons (Australia)

Men's Super Heavyweight

Gold - Francis Berizo (Philippines)
Silver - Redgewae Hernan (Philippines)

Senior Men's Middleweight

Gold - Wilfredo Dival (Philippines)
Silver - Glen Gardiner (Indonesia)
Bronze - Bernardo Tangete (Philippines)

Senior Men's Super Middleweight

Gold - Vince Palumbo (Australia)
Silver - Jan Nycek (Poland)

Senior Men's Super Heavyweight

Gold - Anthony Kleeman (USA)
Silver - Maris Lukasevics (Australia)

Seniors Men's Middleweight (above 50yrs old)

Gold - Melchor Dela Sala (Philippines)
Silver - Vlad Mihal (Australia)
Bronze - John Brindley (Indonesia)

Senior Men's Lightweight

Gold - Craig Hayward (Australia)
Silver - Bernardo Tangete (Philippines)
Bronze - Melchor Dela Sala (Philippines)

Senior Men's Middleweight

Gold - Glen Gardiner (Indonesia)
Silver - Alan Nairn (Australia)

Senior Men's Heavyweight

Gold - Vince Palumbo (Australia)
Silver - Wilfredo Dival (Philippines)
Bronze - Ronald Farol (Philippines)

Senior Men's Middleweight (Above 50yrs old)

Gold - John Brindley (Indonesia)
Silver - Vlad Mihal (Australia)

Kulata Challenge (less armor)**Men's Open weight**

Gold - Danny Serrundo (Philippines)

Silver - John John Mac (Philippines)

Bronze - Amraphel Trinidad (Philippines)

Senior Men's Open weight

Gold - Craig Hayward (Australia)

Silver - Anthony Kleeman (USA)

Bronze - Glen Gardiner (Indonesia)

Team Medal Tally

Overall Champions - Cacoy Doce Pares Club (Philippines), with 10 Golds, 8 Silvers and 2 Bronzes. Followed by ICMA Academy-Australia with a total of 15 medals, University of Cebu and Team Indonesia placed third with 10 medals apiece.

Houston Stick Fighting Association

November 26, 2006

By Daniel Arola

The Houston Stick Fighting Association led by Johnathan Bolton held their 1st combative meet among FMA and other MA weapons-based players earlier today, Sunday the 26th beginning at around 10 am at Hermann Park stage left to the miller Outdoor Theatre in Houston Texas.

At the gathering, there were instructors from the various FMA schools throughout Houston with their students. Isias Ginson showed up and officiated most of the matches. Then there was Ed Kwan, an IMAF FMA guy from Clearlake who came to watch. Leo Quitalon with his LESKAS/Lighting Escrima crew from Sugarland was also there to play along. There was also some ARMA [Assoc. Renaissance MA] players, and even some kendo players all in good fun under the sun of one beautiful day.

Bill Little and his training partner, Mike Wise drove in from Beaumont and picked me up this morning from Tomball right at one hour prior to the scheduled time to meet at the park. It turned out we were the first ones there. I'm gratefully happy to make some new friends and in re-acquainting with old friends that showed up to extend their support. Thanks to my old pal, Joaquin Rendon and (others with him) for handling the video camera during the matches.

This day marked the beginning of strong potential for all stick-based MA weapons practitioners beginning in the Greater Houston area alone to be unified under the sun to share support for each other in a form of "friendly exchanges" of skills with no egos, prizes or politics. All of us turned out to be great sports with each other. I know for sure I acknowledged all the hits I took from every sparring partner I traded blows with. In fact, I myself actually enjoyed getting hit just to encourage my sparring partner at the time to keep at it till I throw some back.





We also had matches with the smakstix/actionflex-padded sticks with the helmet on. Those things were created perfectly if you did not want to be seriously hurt. We didn't even need any gloves to protect from the hand shots because the sticks were very soft. I was letting myself get hit as hard and as often just to test if a person can get hurt by one of those things during a match with the SmakStiks with Manong Joe Galleon... and man, he loved to bang for

a man over 60 years of age!

There was also dagger duel simulation and espada y daga matches with catchers' chest guards on, and we went to the live stick where we wore the WEKAF protective vest. I personally did not really care much for the WEKAF vests but I put it on anyway and still had a great time. I got to have fun letting myself get hit hard to see if their heavy shots would actually penetrate through the armor, while holding the stick in my weaker hand [I'm a lefty] but we sparred with lighter, thinner rattan sticks though. The last thing we needed that day was for anyone to get seriously injured. I did get to be the only one wearing my fencing mask as everyone else wore the Doce Pares, Canete cage helmets.



My last match was against a long wooden sword made of some really really hard wood versus my double sticks. During the beginning of the match, I went ahead and took some of those hits since I was up to feeling a little pain that day, and since it was a heavy weapon, those were some really heavy hits! I even took a thrust from the tip of the wooden sword on my lower bicep and it did not take much to feel that. I received a slight knot from that too. I just knew I hit home when I got inside of the long range of the sword and opened up my own little flurry of shots on the armor and mask. Either way, in the end my new sword-fighting friend Jay expressed a strong desire to learn

Filipino martial arts. I assured him it would boost his sword game to even greater heights. I do wish him well with it and look forward to seeing his game get better at the next meet.

Thanks most of all to Johnathan Bolton once again for organizing a successful gathering along with Manong Joe Galleon. I made many new friends and even stronger re-acquaintances that day and I'm very happy.



Website
Website
Website

DAMAG-INC

Daniel Arola
Texas
Email

PASKOHAN 2006

Louis B. Mayer Theatre
Lafayette and Franklin St.
Santa Clara, CA
December 2, 2006

In one gala performance, Hiyas Philippine Folk Dance Company and Hiyas Music Ensemble in cooperation with the Filipino Youth Coalition will premier "PASKOHAN 2006" featuring its junior folk dance members in alliance with the company's most seasoned performing artists in Santa Clara University Performing Arts Center - Louis B. Mayer Theatre.

The youthful exuberance displayed in this holiday presentation revealed the rigorous training its dancers and musicians undergo through long hours of learning, rehearsing and auditioning. Justin Mambaje, Artistic/Music Director and Choreographer guides a rigid training process implemented by a team of trainers comprised of his



accomplished folk dance professionals. A cast of fifty dancers and musicians staged the rich cultural heritage of the Philippines in a celebration that inspired its audience with an array of exquisite costumes and vibrant choreography to the most treasured dances of the Filipino people.

Hiyas Music Ensemble unveil a collection of music diverse as the many regions of the islands, from the captivating sounds and rhythms of the kulintang ensemble to their very own rondalla Cuerdas ng Hyas, a five-piece acoustic ensemble imparting richly harmonized arrangements. PASKOHAN 2006, funded in part by a grant from Arts Council Silicon Valley fulfilled their promise to spark appreciation and excitement for the expressive dance and music traditions of the Philippines, a revelation of the company's endeavors to propagate Filipino culture throughout the greater Bay Area.



Hiyas Philippine Folk Dance Company

1847 Pine Hollow Circle

San Jose, CA 95133

(408) 799-3554 (ask for Jeff)

Email

University of San Francisco
December 7, 2006
Wahiawa Kajukenbo Ramos Method
December 9, 2006
By Tasi Alo

Thursday evening December 7, 2006 at the University of San Francisco (USF) Eskabo Da'an Grandmaster Robert Castro conducted a seminar/demo for women's self defense where 80% of the attendees were women. Grandmaster Castro along with some of his guros demonstrated Eskabo Da'an-Ju (dumog, ju-jit-su, Aikido) techniques for use by women to show them that self-defense could work for women although they don't have the strength that men do. These are techniques that Grandmaster Castro has for empty hands self defense, which will be the feature of this proposed self-defense course at USF.



The women and all the people in attendance received the knowledge with great enthusiasm, looking forward to planned future classes in Eskabo Da'an there at the USF campus.





Grandmaster Castro
demonstrates with
Guro Joseph Bautista

Then on Saturday December 9, 2006, 2 days later Eskabo Da'an did a demo/workshop for Sigung Anthony E. Ramos of Wahiawa Kajukenbo Ramos Method, he is the eldest son of Ahgung Tony Ramos of Kajukenbo, Ahgung Ramos' grand daughter Ady Ramos Ancheta, Grandmaster Emil Bautista of KSDI Kajukenbo, Sifu Manny Esquivel, Sigung Jerry Corpus and host Sifu Rick Williams at his dojo in American Canyon, Ca. and other Tony Ramos Black Belts and Brown Belts.

I, Master Tasi Alo have for about 2 1/2 months been teaching Eskabo Da'an at the Wahiawa Kajukenbo School in Suisun, Ca. at the invitation of Sigung Ramos. Grandmaster Castro covered the footwork basics, explained to the class how he had developed this mixed martial art and what influences determined its direction, Grandmaster Castro then proceeded to demonstrate his Eskabo-Ju armed and with empty hands, knife techniques offensively and defensively, lock flow, stick and empty

hand flows with eyes open and with eyes closed to exhibit sensitivity training which is an important part of Eskabo Da'an.

Grandmaster Castro shared his knowledge of Kombatan that he had learned personally from Great Grandmaster Ernesto Presas and how it is utilized in Eskabo, such as stick locks and takedowns and disarms. We all saw how Eskabo Da'an complimented Kajukenbo and shared with all of us there how his art of Eskabo Da'an is an extension of his personal philosophy of Filipino mixed martial arts.

Grandmaster Robert Castro was honored a few months back with a gift from Great Grandmaster Ernesto Presas, which was a Filipino martial arts gi jacket with Great Grandmaster Presas recognizing Robert Castro as Grandmaster of Eskabo Da'an.

Assisting him with this demonstration were Master Joji Camins, Master Tasi Alo, Guro Joseph Bautista, Guro Tony Solano, Guro Antonino Solano, Guro Anthony Martin and Guro Ernel Tuazon. All there had a great time training and are looking forward to many more classes with Tony Ramos Black Belts. Eskabo Da'an gives much thanks to USF and Sigung Anthony E. Ramos, Wahiawa Kajukenbo in Suisun, Ca.

Grandmaster Castro and Master Joji Camins demonstrating dumog/ju-jit-su



Wahiawa Kajukenbo
Joseph A. Nelson Community Center
611 Village Dr.
Suisun, Ca. 94585
Website



www.eskabodaan.org

Kuntaw Kali Kruzada NYC Seminar

December 9, 2006

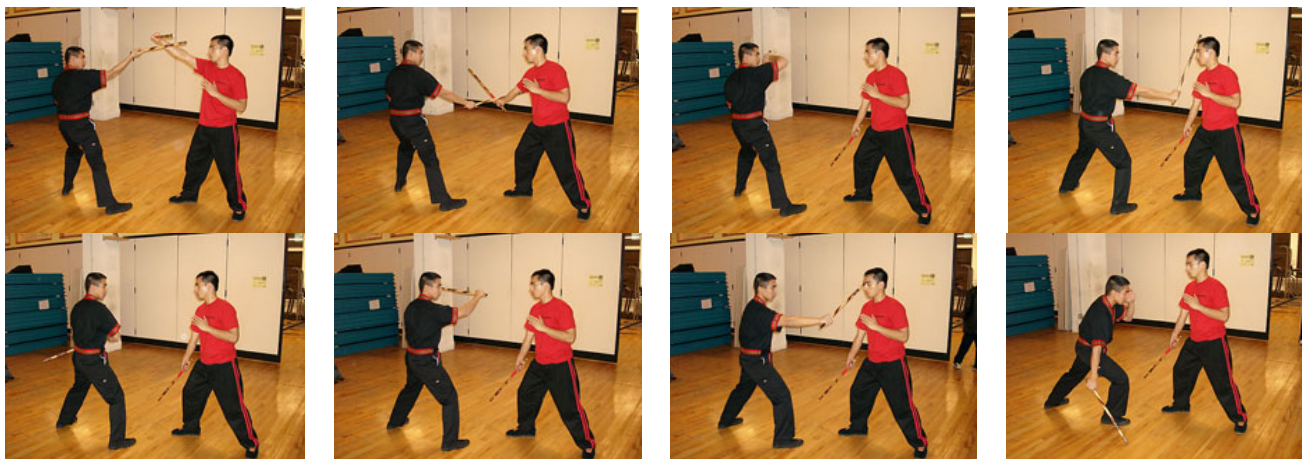


Datu Rich Acosta started the event by teaching the Espada y Daga and Single Stick offensive and defensive methods of Lightning Scientific Arnis (LSA). He then proceeded to teach the Espada y Daga flow drill in which the attacker feeds random angles that the defender has to counter with a rapid succession of Espada y Daga based techniques.

The main focus of the seminar was on building a comprehensive set of defensive/counter-offensive techniques that could be employed from any position i.e. Abierta (open), Serrada (closed) and Neutral (central). This would cover various ranges such as; Largo (long), to Media (medium), to Corto (range) respectively. The participants were taught defensive techniques from various Filipino martial arts styles such as Lightning Scientific Arnis, Doblete Rapelon, Modern Arnis, Cinco Terros, Kasilagan; coupled with finishing moves derived from the LSA methods taught in the beginning of the seminar.

Abierta defense and counter offensive techniques
against strike to left temple and right temple.





Various disarms against the Cinco Terros were taught, then Datu Rich and Guro Wilton Valerio demonstrated how to practice everything that the participants were taught in dynamic un-patterned freestyle drills such as Bigay Tama and Offensiva-Defensiva. These drills utilize single stick, espada y daga and double stick attacks, with the defender executing single stick defensive and counter-offensive techniques.



To close the seminar Datu Rich taught Mano Mano empty hand drills with various applications against boxing feeds and takedowns. Participant's utilized empty hand nerve disruptions and bone destructions, incorporating Dumog off balancing techniques with various joint locks and throws. Datu Rich emphasized controlling the attacker so he could be easily redirected to use as a shield against multiple attackers.



Fighthouse
122 West 27th St. (2nd Floor)
Between 6th and 7th Ave.
Manhattan, NY
(732) 904-1486

Email
Fighthouse - **Website**



www.kuntawkali.com



December 16, 2006

By Marc Lawrence

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

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

The Master's Demonstrations event was one of the highlights of the tournament with Grandmaster Atillo of Balintawak and one of his student demonstrated weapons defense and disarms, Grandmaster Christopher Ricketts of Kali Ilustrisimo and one of his students did a bladed weapons defense and disarms. Master Shea Gipti of Hawaiian Karate did Japanese traditional sword form using a Katana then converted this form using

Bolo machete. Guro Arturo "Dino" Flores of SIDA LAMECO and one his students did a demonstration of bladed weapons attacks and counter attacks. Master Felix Roiles did an awesome demonstration of stick verses stick, knife verses knife, empty hands verses weapons complete with disarms and takedowns. Master Felix Roiles did an FMA empty hands verses Master Shea Gipti's Karate empty hands that was simply phenomenal!

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



Master Felix Roiles, Master Steve de Castillo, and Al Rome

This year's Best of the Best Challenge fight was "Al Romo 2005 champion verses Marcial Chavez Jr". Al Romo a student of Mt. San Antonio College Martial Art School fought Marcial Chavez Jr PO2 of the Philippine National Police Team. Al Romo is 6'2" and 275 pound super heavyweight class competitor. Marcial Chavez Jr is 5'10' and 175 pound heavyweight class competitor. These two competitors fought in a no holds barded fight similar to "death matches of old". The fight was spectacular going back and forth with Al Romo won in the end despite a valiant effort

by Marcial Chavez Jr when the fight went to the ground.

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

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



Men's Form Winner



Women's Division Winner



Women's Form Winner

Some of the world famous martial artists were that attended were: Grandmaster Atillo of Balintawak, Grandmaster Edring Casio of San Miguel Eskrima, Grandmaster

Christopher Ricketts of Kali Ilustrisimo and brother of actor Ronnie Ricketts, Steve Cooper Executive Producer of Long Beach International Sport Martial Art Championship, Bradford Namoe Director of HK3 and many others.

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

Grandmaster Felix Roiles
(213) 739-0921
Email
www.pakamut.com



Region VI Athletic Meet
National High School, Iloilo City
December 18 - 24, 2006

Presidential Fitness Awards for Training



Marc Lawrence



Michael Lawrence



IMAFP Student Arnis field Demo Choreograph
by Guro Rosauro De Leon



Mr. De Leon Choreographer “Arnis Demo”



IMAFP Barotac vs. IMAFP Sta. Barbara
IMAFP Certified Refree/Judge Randi Seneres



www.imafp.com

1st Iloilo Knife Fighting Seminar

IMAFP-Iloilo Chapter G.H.Q.

Instructor: Senior Master Bambit Dulay



Assisted by Guro Ludi Losanes
IMAFP- Iloilo President



Assisted by Guro Roy De Leon
IMAFP - Iloilo Chairman training Committee



Guro De Leon's daughter and
IMAPF Vice President Girlie Tinagan



Mr. and Mrs. Tanalgo
IMAFP Sta. Barbara Coordinators

FMA Future Events

Seminars

Expansion of Knowledge Workshop

January 12 & 13, 2007

Professor Darrell Sarjeant

3025 Parker Street

Freedom Church

Omaha, NE

Contact: Sensei Kevin Watson

(402) 515-4729

Email

Email

Website

FCS Family Gathering

January 13 & 14, 2007

FCS Headquarters

812 N. Howard Ave.

Tampa, Florida

Email

Website

Russian Modern Arnis Camp

February 2 - 8, 2007

Ekatarinburg, Russia

Email

Website

Expansion of Knowledge Workshop

February 10, 2007

Cornerstone Achievement Academy, Inc.

3040 W. Capital Dr.

Milwaukee, WI

Contact: Andre Muhammad (414) 610-0122

Email

Website

Senkotiros "Sama-Sama Kapatid" Gathering

February 17, 2007

Senkotiros USA Headquarter

San Leandro, CA

Email

Website

MARPPIO Seminar

Dr. Remy Presas Jr.

February 22 - 25, 2007

Association Bothoanv

Dojo Ave. de Bois

Orbec Basse

Normandie, France

06 1965-6395

Contact: Anthony Pousset

Email

Flyer

Website

1st Annual Combat Arts Workshop

March 11, 2007

Vee Arnis Headquarters

4202 Avenue U

Brooklyn, New York

(718) 252-8944

Flyer

Email

Website

International Spring Camp 2007

30 March - 6 April, 2007

North East England

(07834) 465 817

Email

Website

Dog Ryan Gruhn

and

Titan Fitness

March 31 & April 1 2007

Presents: Marc "Crafty Dog" Denny

Titan Fitness

412 West College Ave.

State College, PA 16801

Contact: Guro Gruhn (814) 769-6092

Flyer

Email

Website

Lameco All Stars

April 7 - 8, 2007

Airtel Plaza Hotel & Conference Center

7277 Valjean Ave.

Van Nuys, CA 91406

Hotel Tel: (818) 997-7676

Website

Contact: Roger Agbulos for special hotel rates

For more information, please contact:

East Coast: Bakbakan WHQ

P.O. Box 692, Roseland, NJ 07068

(973) 253-1946

Email

Website

West Coast: Roger Agbulos

P.O. Box 8046

Mission Hills, CA 91343

(818) 357-0440

Email

Flyer

IPMAF Gala and Training Camp

50th Anniversary of Modern Arnis

April 21 - May 4, 2007

Gala Event - FMA Museum

April 21 - 22, 2007

Manila Hotel

Philippines

IPMAF Training Camp

April 23 - May 4, 2007

Presas Beach

[in the family's ancestral seaside village]

Hinigaran, Philippines

Flyer

Contact: Alex.France

(925) 864-7477

Email

Website

Double Stick Fighting Art Seminar

June 10, 2007

Grandmaster Rey Galang

Kali Academy of Martial Arts, Inc.

Ecole Camille G. Lerouge School, 5520-42A Ave.

Red Deer, Alberta, Canada

Contact: Guro Sonny Padilla

(403) 343-3350

Email

Website
Website

MARPPIO Seminar

Dr. Remy Presas Jr.

July 28 - 29, 2007

Modern Bujutsu Center

618 East Landis Ave.

[Lower-lvl]

Vineland, New Jersey

(856) 205-0711

Contact: Shihan Marty Manuel **Email**

Sensei Linda Reim **Email**

Flyer
Website

3rd Annual Eye of the Hurricane Gathering of the Warriors

July 28 - 29, 2007

Black Dragon Kenpo Karate and Kali Academy of Martial Arts Inc.

Burbank Campground Blackfalds, Alberta

Contact: Guro Sonny Padilla and Agalon Guro Gil Lafantasie

Contact: Guro Sonny Padilla

(403) 343-3350

Email
Website

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.

Summer Camp

Knife-to-Knife Combat

August 18 & 19, 2007

Kali Academy of Martial Arts, Inc.

Burbank Campground, Blackfalds, Alberta

Contact: Guro Sonny Padilla

(403) 343-3350

Email
Website

5th WFMAA Expo & Laban Laro

October 5 - 7, 2007

Embassy Suites Hotel - Bellevue

3225 158th Ave. SE

Bellevue, WA. 98008

Website

Check the Website for further information.

Tournaments

Philippine World Gold Cup Sikaran Festival 2007

"Open Martial Arts Showdown"

January 5 - 6, 2007

University of Rizal System [URS]

Morong Rizal, Philippines

30 km from Metro Manila

Email

Website

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

Bakbakan 2007 National Championship

June 9, 2007

Kali Academy of Martial Arts Inc.

Ecole Camille G. Lerouge School

5520-42A Ave. Red Deer, Alberta, Canada

Single Stick, Double Stick, Sword and Dagger, Knife and Long Sword

Contact: Guro Sonny Padilla

(403) 343-3350

Email
Website
Website

Pacific Island Showdown II

Ultimate Warrior

October 13, 2007

Filipino Community Center Ballroom

94-428 Mokuola St.

Waipahu, HI.

Email
Website

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.

Train and learn authentic arts with the grandmasters. Experience the culture in the Philippines. Travel to Negros OCC, and train with Grandmaster Jerson Nene Tortel of Dekiti Tirsia Siradas Kali and with Grandmasters Abraham and Sabas Gubaton of Oido de Caburata Arnis.

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.

For more Information Contact: Michael and May Williams

Mailing Address

5 Samos Circle
Middleton, MA 01949

Physical Address

53 Mason Street
Suite 201
Salem, MA 01970

Email

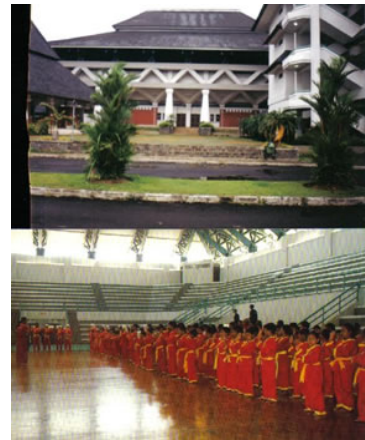
Website

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

Fax Number: (978) 745-2585



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



IPSI (Ikatan Pencak Silat Indonesia)

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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**

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



KBS System Store

Tuhon Bo Sayoc's Finger Touch System is now on VCD, and is available only on the KBS System website! Volumes 1-3 are each approximately 40 minutes long, and Volume 4 is about 30 minutes.

Volume 1 is Finger Touch Training, with Tuhon Bo showing the basic points and describing the methodology. Guro Steven Drape, Tuhon Bo's senior Finger Touch instructor, also goes over the basic Finger Touch points.

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

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

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

If purchased separately, Volumes 1, 2 and 3 are \$35.00 USD each, and Volume 4 is \$25.00. If purchased as a set, all four VCD's can be had for only \$100.00 USD.

For a single VCD, the Shipping & Handling charge is \$5.00. For two or more VCD's, the charge is \$10.00.

To order, send us an **Email** and we will send you a bill through Paypal. You can then pay with a credit card and we will ship your goods immediately. If you prefer, you can send a cashier's or certified check directly to the address below. (This method adds at least two weeks to the delivery time, since we must wait to receive the checks through international mail.):

Steven Drape
PO Box 898
ATI
Abu Dhabi, UAE



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

KBS@kbs-system.com

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From two of the most respected practitioners in the Philippines.

Senior Master Samuel Bambit Dulay and **Senior Master Cristino “Cris” Vasquez**

For Ordering Information Email - [Click Here](#)

Senior Master Samuel Bambit Dulay

Senior Master Cristino “Cris” Vasquez



Title: A Walk to the Warriors Art Vol. 1
A Basic Modern Arnis Training Video
Video type: VCD
Cost: 25 USD

Title: A Walk to the Warriors Art Vol. 2
A Basic Modern Arnis Training Video
Video type: VCD
Cost: 25 USD



Title: Ipit-Pilipit System
Advance Module of Modern Arnis
Video type: VCD
Cost: 35 USD





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P.O. Box 2331

Friday Harbor, Washington 98250

(360) 378-9732

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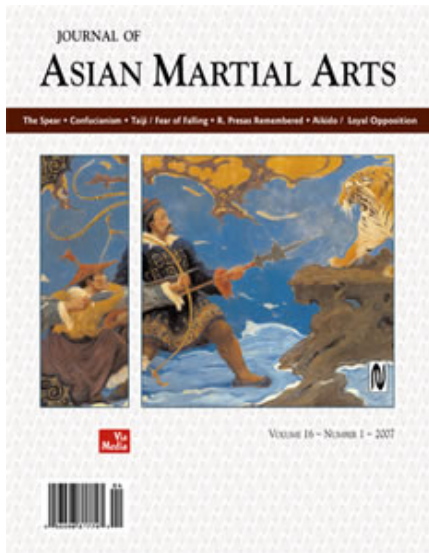
NEW FREE MINI-INSTRUCTIONALS NOW POSTED!

info@durattan.com

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ENTER THE
GIVEAWAY!

BLACK DURATTAN IS NOW IN!
FLEXIBLE WEAPONS ARE NOT IN!



Journal of Asian Martial Arts

In their first issue of 2007, the Journal of Asian Martial Arts (Volume 16 Number 1) will contain a few articles of interest to practitioners of FMA. In addition to articles about Confucianism, Aikido, and Taijiquan are:

"The Spear: Effective Weapon Since Antiquity"

By Robert Dohrenwend, Ph.D.

The spear is perhaps man's oldest weapon, and may even be his oldest tool. More than any other weapon, the spear emphasizes the relationship between hunting and warfare. Virtually without exception, the spear is present wherever there are humans, and so is common throughout the Filipino martial tradition as well.

"Remy Presas Remembered: A Perspective on Life in the Martial Arts"

By Peter Hobart, J.D.

As many know, Remy Presas was the founder of Modern Arnis. He brought this knowledge and his own innovations to the U.S.A. and the rest of the world beginning in the mid-1970s, and was one of four headmasters who formed an alliance, sharing ideas and students throughout the decades that followed. Professor Presas died before being interviewed for this series, so this retrospective is comprised of the stories and memories of many of those who knew and loved him.

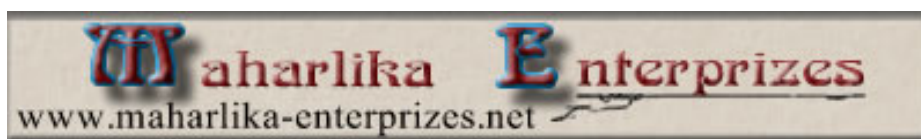
Anyone interested in reading these articles can find this particular journal in bookstores between later February through mid-May, or order directly from Via Media Publishing's website: **www.goviamedia.com**



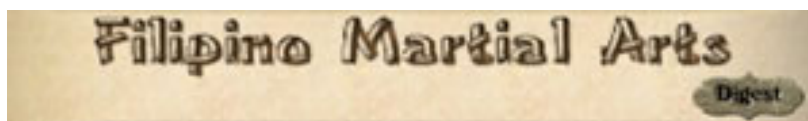
Rapid Journal



FMA Talk



Maharlika-Enterprizes



Filipino Martial Arts Digest

**Man, Woman, and School of the year in the Filipino Martial Arts
"2007"**

Help nominate your choice for the Filipino Martial Arts Digest Man, Woman, and School
of the Year.

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Post your Event**

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

Website Advertisement - Free

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

**Website Application
Hard Copy Application**