

Filipino Martial Arts



Digest

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SEGUIDA

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

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

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From the Publishers Desk

Kumusta

This issue is a long time coming. With Grandmaster Benjamin Luna Lema, known as Mang Ben of 'LSAI' and Maestro Elmer Ybanez of 'LESKAS' which unfortunately have passed away. However what they left behind has constantly grown and developed and will not be forgotten.

With the assistance of Master Instructor Manolo Luis "Nols" del Rosario of **Mandirigmang Kaliradman**, Master Jon Escudero of **Academia Tercia Cerrada Cadenilla y Espada y Daga**, and Christopher Turla of **LESKAS** this issue was made possible.

Master Jon Escudero publication of SEGUIDA is outstanding and tells what is going on in the LSAI and LESKAS communities. The whole group of LSAI and LESKAS is a very proud group of practitioners that work together in promoting the arts.

FMA Digest is honored and proud to bring you the reader this Special Edition and hopes that you will enjoy and gain insight and knowledge about LSAI and LESKAS and its practitioners, spirit, and unity.

Maraming Salamat Po



Lightning Scientific Arnis International



www.l sai.org

LSAI stands for Lightning Scientific Arnis International. It is an organization promoting and preserving the style of arnis/kali, which was developed and refined by Grandmaster Benjamin Luna Lema. It is a complete system of martial arts, which stresses both speed and power. The system encompasses solo baston, doble baston, espada y daga, and empty hands.

His son Benjamin Joseph Luna Jr. who resides in the United States now heads the system. And headed by the Deputy Grandmaster Patty "Ate Patty" Jean Luna-Caballero in the Philippines and who was the first-born of Grandmaster Benjamin Luna Lema.

Grandmaster Benjamin Luna-Lema

[1919 - 2003]

Lightning Scientific Arnis



Grandmaster Benjamin Luna Lema was born on March 19, 1919 in Mambusao Capiz, Panay Island, Philippines, and was first exposed to martial arts from his father, Juan Luna Lema, a well respected Master of Arnis in Panay. This was in keeping with the family tradition as his father, who in turn had learned it from his father, had taught Lema Senior. Young Ben completed his elementary years in Mambusao, attended high school in Roxas City, and spent two years in college where he studied commerce. While in Roxas City, Young Ben diligently pursued the study of Karate, Combat Judo, Boxing, and Body Building. Mang Ben also studied and trained under several old time Arnis Masters from Visayas. One of these masters would exchange lessons in return for sugarcane and this became an almost daily routine, resulting in Ben learning all the Masters had to teach.

Grandmaster Benjamin Luna-Lema founded Lightning Scientific Arnis International in 1937 in Mambusao, Capiz, Philippines. In 1941 when the Pacific war broke out, young Ben joined guerilla forces in the island of Panay to fight the Japanese invaders. He also taught arnis to his fellow fighters in this underground movement headed by General Macario Peralta in Panay. This training afforded Lema and his fellow guerillas the ability to defeat the Japanese with the use of hardened sticks and bladed weapons. During that war, the Japanese burned and destroyed the town of Mambusao, in addition to executing a number of its citizens. Some of these citizens included members of Lema's group on the suspicion of being associated with the underground movement.

Of the original twenty-five (25) members of the Lightning Arnis Club, only five (5) survived the turmoil of World War II: Saturnino Pestani, Rodrigo Ponce, Carlos Villas, Rafael Ceneres, Poldo Leones, and Grandmaster Benjamin Luna Lema. These

men then integrated their respective styles of arnis into the formation of the so-called "Lightning Scientific Arnis", with Lema as acting headmaster. From 1945 until 1946, Lema became the arnis instructor of the Manila Police Department, then under Police Chief Manuel de la Fuente. In 1947, Lema was requested to teach hand-to-hand combat to the personnel and enlisted men of the U.S. Air Force stationed at Agana, Guam. He was then appointed as Captain of the U.S. Air Force Fire Department. While stationed on Guam, Lema took the opportunity to join seminars of U.S. personnel at the Kodokan Judo Institute in 1948 while in Japan. While in Guam, he met and married his wife, Maxima Perez. They had four children, Patty Jean, Benjamin Jr., John Edward, and Paul Anthony.

In 1959, Mang Ben returned to the Philippines and settled in Manila. Immediately upon his return, he established the Lightning Scientific Arnis International, with himself as President and Professor Agripino E. Mayuga as Vice-President.

LSAI Holds 1st Master's Assembly

By Jo Danice Evangelista

SEGUIDA

Issue No.1 Vol 1 February 2005



Masters, Black belts, and Students of the various LSAI clubs gather for a commemorable photo of the first Master's Assembly for the year

Masters, Black belts, and other arnis practitioners and students convened at the recent Lightning Scientific Arnis International (LSAI) Master's Assembly last January 23, 2005 at the Vanguard Audio-Visual Room, UP Dilman, Quezon City. On top of the meeting's agenda was the signing of the covenant for the unification of all Masters and Black Belt rank holders of the system. The discussion of various concerns regarding rank and other pertinent issues were also included in the meeting's line-up.

Master Jon Escudero presided over the proceedings on behalf of the Lema family. Escudero was accorded this right by Ms. Patty Jean "Ate Patty" L. Caballero, daughter of Grandmaster Benjamin "Mang Ben" Luna Lema.

There were five key points to Covenant namely: 1) that all signatories will strive to uphold the name of Mang Ben and LSAI by supporting the system's activities as

approved by Ate Patty; 2) that all signatories and the groups they own or handle will be granted an audience with Ate Patty should they have concerns regarding certifications or certain permissions; 3) that every signatory will be in agreement not to bring shame to the system or to the Lema family name; 4) everyone will be subject to the final decisions of the Lema family regarding any and all matters concerning LSAI and 5) that any signatory will be given due process as well as recognition particularly when the roster of Masters and members of LSAI are properly recorded.

Signing the Covenant were Masters Roland Dantes, Nathan Ben Dominguez, Jon Escudero, Arnold Espacia, Rizalino Estacio, Felipe Jocano Jr., Vic Sanchez, Romy Santos, and Jun Villeno. Black Belts signing the covenant were Raymundo Cordero Jr., Reynaldo Destacamento, Jamelleni Estacio, Lando Evanicete, Mary Grace Eugenio, David Klein, Glenn Llamador, Gerald Mahilum, and Rachelle Peneyra.

Also tackled during the Assembly were issues regarding rank and the proposal of the organization of a system family tree. Activities to be held in honor of Mang Ben such as a LSAI Family day and a Mang Ben Arnis Tournament were also discussed.

"We really need this meeting to be able to unify the students of Mang Ben. This way, we can ask out brothers from LSAI to help support activities and projects that each group may have," said Master Roland Dantes of the event.

The first LSAI Masters' Assembly was organized by the Academia Tercia Cerrada Cadenilla y Espada y Daga and Professor Felipe "Bot" Jocano Jr. and supported by the UP Sangkil Karasak.

Ate Patty Attends Assembly

2nd Master's Assembly

By Jaykie Lazarte

SEGUIDA

Issue No.2 Vol 1 April 2005



Ms Patty Jean "Ate Patty" L Caballero, daughter of Grandmaster Benjamin "Mang Ben" Lina Lema, attended the second Lightning Scientific Arnis International (LSAI) Masters' Assembly in behalf of the Lema family held last February 27, 2005 at the UP Vanguard Audio-Visual Room, UP Dilman, Quezon City. Several masters, black belts, other arnis practitioners and students from the different LSAI chapters were also present.

Ate Patty's presence gave the attendees a chance to voice out their concerns regarding the group. Matters of rank and promotion, the standards of teaching that LSAI must uphold and the family tree were discussed directly with her, something that the group had not been able to do in previous meetings.

Another matter that had been addressed was the nomination of a Secretary General for LSAI. Master Jon Escudero was appointed Secretary General by unanimous vote and Ate Patty granted him the position wholeheartedly. This position of trust from the family and board holds him as the facilitator and mediator of the group to plan and discuss the different projects of the groups with the Assembly.

Also part of the agenda of the second meeting was the signing of the covenant. As the facilitator, Master Jon Escudero re-read its contents for the benefit of those who were not present at the first Assembly. Black belt holder Mon Rivera reiterated that all attendees who would link to be officially recognized as part of the group should sign the covenant. After which, the group proceeded with the signing.

The second LSAI Masters' Assembly was also organized by the Academia Tercia Cerrada Caderilla y Espada y Daga and Professor Felipe "Bot" Jocano Jr.

The first assembly, held last January 23, 2005 at the same venue, dealt with the contents of the covenant, the importance of its signing and the establishment of the assembly as a venue where issues may be openly discussed. It also dealt with matters of publicity and funding.

3rd Masters' Assembly Held

By Jaykie Lazarte

SECUIDA

Issue No.3 Vol 1 May 2005

Several masters, black belt holders, and arnis practitioners at the third Lightning Scientific Arnis International (LSAI) Assembly last April 24, 2005, at the Vanguard Audio-Visual Room, UP Dilman, Quezon City. Ms. Patty Jean "Ate Patty" Caballero once again attended the Assembly.

The meeting covered a wide range of topics. One of the first things discussed were the standards of teaching that the branches of LSAI must uphold. The masters talked about what things must be included in the LSAI training programs.

Another important matter was that of organizing committees like the Heritage Committee that aims to reserve the art of the system. Members of the assembly will be asked to take part and contribute in the committees organized.

Other important affairs included funding and the upcoming LSAI sponsored events, such as the "Mang Ben Arnis Tournament". There were also announcements on

the recent victory of Mang Nathan's group in the "Hatawan III" tournament held in Camp Crame last April 15 - 17, 2005.

After the Assembly, a short advertisement for the World Martial Arts Festival in Chung-Ju, Korea was played. This was followed by footage from the team of LSAI practitioners in Davao who displayed the skills of their craft as part of their aforementioned festival.

The third LSAI Masters' Assembly continued the discussion of matters from the second assembly, particularly those of standards, funding and the LSAI covenant. The Assembly was organized by the Academia Tercia Cerrada Caderilla y Espada y Daga.

Isang Makabuluhang Pagtitipon A Meaningful Gathering

By Jaykie Lazarte

SEGUIDA

Issue No. 7 Vol 2 September 2005

The FMA Digest from its original writing in Tagalog to English has translated this article.



The Lightning Scientific Arnis International (LSAI) has been planning to have this gathering and talk about the original and modern way of fighting using the Lightning style. And they had the opportunity to do this in 28 August 2005 at the Vanguard Audio-Visual Room in UP Diliman. Masters, Black Belts, students, and other members of LSAI came to participate in a spectacular presentation showing the effective use of the LSA style.

The first participant was Mang Lito Torre Franca of Cavite. He shared his experiences as an “arnisador”, how he met Grandmaster Benjamin Luna Lema (popularly known as “Mang Ben”), and his fights and victories in Bacolod where most of the good “arnisadors” come from. He showed not only his talent but also things that were given to him by Grandmaster Ben Lema like the LSAI belt granted when he became a grandmaster.

Next was Mang Bert Labaniego, who used to compete in tournaments even before he met Grandmaster Ben Lema. And when he met him, he immediately let him compete in a tournament where he was declared champion.

Mang Ben talked about some clarifications regarding LSA style. This includes learning a different way in the manner of striking. One of the methods in doing the style is where the stick should be drawn as done in the LESKAS system while only the direct upward strike was originally taught by Grandmaster Ben Lema.

Next was Mang Vic Sanchez. He told about his experiences as a martial artist in Arnis using the LSA style. He emphasized on the execution of “dos manos” (two hands) coupled with steps. Aside from this he also suggested that gracefulness should always be present even when just practicing. In some instances it is the force and quickness that are given much importance. It is better if the form of the style is maintained even if it is not quickly done.

Romy Valleno was also one of the students of Grandmaster Ben Lema. He participated in a tournament at SM North where he got 3rd place. According to him, he uses arnis in his daily work.

The next speaker was Master Felipe “Bot” Jocano who spoke about LSA-LESKAS style. He explained some modifications of the style taught by Grandmaster Ben Lema and the style taught by Guro Elmer Ybañez. Master Nathan Dominguez and Master Jon Escudero clarified that it is due to the difference in body built between Guro Elmer and GM Lema.

The Sangkil Karasak showed their strike drill at “Sunday School”. In addition, they also showed the “doble baston” and “baston y daga” styles. Kalwin Calis, Jem Elumba, Glenn Llamador and Von Rubio also helped in the presentation. The methods of disarming were also shown.

This day became a reality because of everyone’s wish to let the LSA style continue. All said that it really enhanced their knowledge about arnis. From the theories, explanation of concepts and showing the effectiveness of the different techniques of LSA fighting, the participants have seen not only the LSA’s importance in fighting but also its importance as a combination to other traditional and cultural styles. This was really an exciting day not only to the students of LSAI or arnis, but also to anybody who wants to learn about this martial art.





LSAI Facts

Name: Lightning Scientific Arnis International (LSAI)

Established: 1937, Mambusao, Capiz, Panay Island

Founder: Grandmaster Benjamin Luna-Lema

Style: Combination of Tercia, Cadenilya, Serrada and Espada y Daga

SEC Registration no: 154767, 29 August 1988



Known LSAI Master Instructor's Roster (and affiliations):

Agripino Mayuga (deceased)

Herman Licanto

Vicente Sanchez
Roland Dantes
Romeo Valenzuela
Elmer Ybanez (deceased) - Lema Scientific Kali Arnis System (**LESKAS**)
Bert Labaniego
Boy Villeno
Jesus Royo (deceased)
Carlito Ondillo
Romy Santos - Warriors International Corporation
Lito Torre Franca - Torre Franca Arnis Club
Lino Estacio
Ronald Ramirez
Nathan Dominguez - Sangkil Karasak (SK)
Manolo Luis C. del Rosario- Mandirigmang Kaliradman, Inc. (MK)
Felipe Bot Jocano - Sangkil Karasak (SK)
Jon Escudero - Academia Tercia Cerrada Cadenilya y Espada y Daga
Joey Quiriones - Sangkil Karasak (SK)
Erickson Sonny Mejia - Angkan ng Mandirigma (UP Los Banos)
Alex Ortinero - Sangkil Karasak (SK) Lino Estacio (deceased) Boy Villeno (deceased)

The current Grandmaster of **LSAI** is Benjamin, Jr., eldest son of the late GM Lema. He is represented in the Philippines by his sister, Patty Jean Caballero.

Lema Scientific Kali Arnis System



www.leskas.com

LESKAS is a Filipino martial art that focuses on practical self-defense, and was founded by Maestro Elmer Ybanez. LESKAS is the sister organization of Lightning Scientific Arnis International.

Maestro Elmer Ybanez

[1953 - 2004]

Lema Scientific Kali Arnis

LESKAS

The Brotherhood Continues

LESKAS is a brotherhood, which comes together and grows as a family. Pure in combat without the theatricals, the speed, the power, the correct posture and form which was preserved by Maestro Elmer Ybanez from Grandmaster Benjamin Lema is what has

been known as lightening with realistic scientific flowing movements. Constantly analysis, criticize, and question other arts so to improve ones self in LESKAS.

The momentum and eagerness of LESKAS is on the move and growing, with the Ybanez family and the senior students who are carrying on the standards and ideals of Maestro Elmer Ybanez.

Who was Maestro Elmer Ybanez?

Elmer Ybanez was born the 5th child out of seven siblings to Attorney John Minosa Ybanez and Adelaida Boholst Ybanez on August 13, 1953 in Cawayan, Masbate. He is the youngest out of the male children; he has 2 brothers and 4 sisters. The order of birth is as follows: Dorcas Ybanez Rocabo, Edwin Ybanez, Deborah Ybanez Quinto, Elihu Ybanez, Elmer Ybanez, Ropecsa Ybanez, and Rebecca Ybanez.

Elmer was always interested in martial arts, partially through the influence of his older brother Elihu. The two of them were closest in age, so the two of them were always together. They watched a lot of martial arts movies, especially Bruce Lee movies during the martial art craze of the 70's. Martial art clubs were at the height of their popularity then too- Elihu joined the Karate club. Elmer, ever the non-conformist, searched for something different.



Grandmaster Lema and Maestro Ybanez

Elmer found what he was looking for when he saw Grandmaster Benjamin 'Mang Ben' Luna Lema successfully defeated all of his opponents at the Grandmaster's Tournament. Mang Ben moved with an unusual grace and lightning quick swiftness while striking with deadly accurate blows. Elmer was very impressed and sought Mang Ben out. He

became a devoted follower; wherever Mang Ben went, Elmer went. He became like a son to Mang Ben and at 20 years, is Mang Ben's longest running student.

Elmer started LESKAS in 1996 in honor of Grandmaster Lema who passed away in 2003. He started with just a handful of students- Nathan Dominguez, Felipe "Bot" Jocano, Manolo del Rosario, and Joshua Medroso, to name a few. These gentlemen are now teachers of the LESKAS system with groups in UP Diliman, UP Los Banos, Davao. There are even international LESKAS groups in Hong Kong, Singapore, England, Germany, and Seattle, WA. Elmer earned his Diploma in Physical Education at the University of the Philippines in Diliman, Quezon City. It was in UP Diliman that Elmer first established LESKAS and convinced the school board to add LESKAS as part of the PE curriculum.

Elmer had many achievements during his lifetime. In addition to his Physical Education degree, Elmer also has a Diploma in Business Administration with a Major in Accounting at the Philippine Christian University. He worked for companies such as Noritake and Mariwasa, as well as for the Bureau of Internal Revenue in the Philippines. He attended law school at the San Beda College while he was working. When he was two



years away from a law degree, he decided that practicing law wasn't for him. Elmer felt that teaching was his true calling so it was then that he took classes at UP Diliman to earn his PE degree.

Some of Elmer's martial arts achievements are:

- 1990 National Champion of the Philippine Union of Martial Arts Arnis Tournament
- 1991 National Champion of the Philippine's National Kali-Eskrima Tournament
- First Runner Up of the Second World Eskrima Kali Federation Championship
- 1997 Delegate (along with Mang Ben) to the Martial Arts Federation for World Peace in Washington D.C.

Elmer immigrated to the United States on May 18, 1998 in order to propagate the LESKAS system. I would later join him on December 21, 1998 just in time for Christmas. Before establishing LESKAS Seattle, Elmer spent his days working as an accountant and training. He met and trained with different instructors such as Madeline Coffin, Myrlino Hufana, and Denise Devereaux. He spent some time with Jun and Paul Lema, Mang Ben's sons in Olympia. He did demos, seminars, and training sessions in California, Texas, and other states.

In 2001, LESKAS Seattle was launched. Elmer had many students, but he only had 4 topmost Senior Students: Chris Turla, Ryan Greene, Bob Park, and Joseph Gabriel. These students are the ones currently running the gym in the Ballard/Crown Hill neighborhood of Seattle.

On December 16th, 2003, Elmer was rushed to Northwest Hospital around midnight. He was complaining of fatigue, constant shortness of breath, tingling sensations, and paralysis from below the waist. He was diagnosed with Acute Lymphoblastic Non-Hodkins Lymphoma, (A deadly form of Leukemia with only a 35% of survival rate). Elmer spent Christmas at the Oncology unit surrounded by family and friends. Elmer was the only patient in the hospital with his own Christmas decorations, tree, music, and presents. Despite the circumstances, he remained confident and cheerful. He underwent chemotherapy and radiation and was released on January 5th, 2004 cancer free.

Elmer started complaining of abdominal pain and nausea; he was rushed back to the emergency room at midnight on January 20th. He would be hospitalized until his death on March 31, 2004.

Who is left to carry on LESKAS for Maestro Ybanez? Headquartered in the Philippines is Tom Lester Ybanez, nephew of the late Maestro and the son of Judge Elihu Ybanez. Keeping LESKAS in the family the standards set by Maestro Ybanez will be maintained. Also to assist and is living in Seattle Washington, is Edwin Ybanez the brother of Maestro Ybanez and is a major link in assisting the senior students of Maestro Ybanez. With Christopher Turla who is leading the group and movement of LESKAS in the United States.

Christopher Turla met Maestro Ybanez in Seattle, at a seminar hosted by Flor Villabril who was bringing the Filipino martial artists of the area together to introduce them to the Seattle community. It was at this seminar that Christopher met Maestro Ybanez and Jun Lema the son of Grandmaster Benjamin Lema.

This marked the beginning of Christopher's future with LESKAS. Training in the backyard as many Filipino martial arts practitioners did in the late 80's. Within a year others joined the backyard training, Joseph Gabriel, Ryan Green and Bob Park senior students at present were among the original group that first year. LESKAS has spread to Houston, Texas with Leo Quilation who is the first cousin to Manolo Del Risario, who was also a senior student of Maestro Ybanez. And in Michigan, Carlo Lamagna carries on the teachings of Maestro Ybanez.



Christopher Turla and Edwin Ybanez

The overall goal of the seniors of LESKAS is to maintain the standards and teachings of Maestro Ybanez, this being done with the seniors checking each other and working together in unison and maintaining a tight bond with the family here and in the Philippines.

Classes are held in the Ballard/Crown Hill neighborhood of Seattle.

The address is:

[Ballard/Crown Hill neighborhood]
1475 NW 85th St.
Seattle, WA 98155

The current head LESKAS/LSAI UP is Tom Lester Ybanez with the help of the Board of Members, which was established by Grandmaster Ybanez himself, and his brother, Judge Elihu Ybanez. **LESKAS** Seattle is the sister organization of LESKAS/LSAI UP. It is run by Grandmaster Ybanez's Senior Students:

LESKAS website: **www.leskas.com**

For **LESKAS** Seattle class times, locations, and seminar information, please contact:
Chris Turla [[Click Here](#)]

For website information, and multi-media requests, please contact:
Ryan Greene [[Click Here](#)]



Ethel Padua, niece of Grandmaster Elmer Ybanez and current secretary of LESKAS Seattle and Maribel Padua Ybanez, the late Grandmasters wife.



Ben (Jun) Lema jr., GM Luna Lema, and Maestro Ybanez

Group Leader



Chris Turla

Senior Seattle Member



Ryan Greene

Senior Seattle Member



Bob Park

Senior Seattle Member



Joseph Gabriel

The LESKAS Garden: Eden is a Work in Progress

By Dex Lira

SEGUIDA

Issue No.3 Vol 1 May 2005

Below: Guro Elmer
Right: Ybanez family and friends gather at the event



The hot and dusty afternoon of 31 March 2005 saw a solemn crowd gathered around a concreted spot of earth in the midst of the Amazing Grace Church compound in San Mateo, Rizal. Speeches were made prayers were said and food - modest if delectable fare was served to newly arrived guests: arnisadors from Lightning Scientific Arnis International (LSAI) and Lema Scientific Kali Arnis System (LESKAS), Lema family representative Patty Jean Caballero, the family and friends of LESKAS founder Elmer Ybanez.

There was a twofold purpose behind the afternoon's ritual. the first was remembering Guro Elmer Ybanez's life. The second purpose was inaugurating a garden dedicated to God and honoring the martial art Guro Elmer worked so hard to cultivate. Thanks to Guro Elmer's family, the members of LESKAS were granted a new haven.

The LESKAS Garden

As Dorcas Ybanez Rocabo - sister to Guro Elmer -tells it, it was her father's idea to put together the garden. Attorney John Ybanez, born from a family of preachers, had wanted to give something back to the Lord. A lover of nature and a practitioner of arnis himself, he thought of dedication a garden to God and naming it after LEASKAS, the arnis club his son worked so hard to put together.

Members of Guro Elmer's family are proud of the LESKAS Garden. When their work on it is complete, it will be a place conclusive to rest and contemplation, where the youth can spend their time productively, learning to improve themselves through sports and the martial arts and an appreciation of nature and the Word of God.

Metaphor

The LESKAS Garden is much like people everywhere, a work in progress. While it will take some time for the installation of planned improvements - more ornamental plants, netting, a sports area for arnis and basketball - is is the vision of what the garden can be that continues to animate the LEASKAS garden and its dedicated caretakers. It is a fitting metaphor for the human condition: an exercise in perfectibility, a seed that will one day bear fruit for many years to come.

An Advocate of Grandmaster Benjamin Lema's Lightning Scientific Arnis style, Guro Elmer was also its most prolific practitioner after the Grandmaster himself. He set up the Lema Scientific Kali Arnis System (LESKAS) locally and proceeded to set up a LEASKAS chapter in Seattle when he left for the United States. He died in 2004 after losing a final battle with cancer. He is remembered warmly by friends and students, who cite him as a living embodiment of a gentleman, teacher, warrior and friend.

LESKAS Facts

Name: Lema Scientific Kali-Arnis System (**LESKAS**)

Founder: Maestro Elmer Ybanez

Established: 1996, University of the Philippines, Diliman

Affiliations: **LSAI**

Instructor Roster:



Elmer Ybanez - Master Instructor
Filomeno Buena - Instructor
Felipe Bot Jocano - Instructor
Nathan Dominguez - Instructor
Manolo Luis C. del Rosario- Instructor
Joshua Medroso - Instructor

As of the moment, **LESKAS** is managed by the Ybanez Family, particularly under the leadership of Master Elmer's widow, Maribel Padua-Ybanez. No Master's Rank was given, neither was an Heir to the System named.

At present, the **LESKAS** Seattle USA Chapter is led by Senior Student, Chris Turla.

Recognized Chapters:

LESKAS Seattle, USA Main Chapter
UP Sangkil Karasak (**LSAI-LESKAS**)
Mandirigmang Kaliradman (**LSAI-LESKAS**)
KaliKilat **LESKAS** Study Group, Houston Texas (**LESKAS**)
University of Asia and the Pacific **LESKAS**
La Salle Greenhills **LESKAS** Angkan ng Mandirigma (**LESKAS-UPLB**)

LSAI and LESKAS - What's the difference?

First of all, let me state that the relationship of LSAI to LESKAS is a paradox. It is both the same and it is not. Before we proceed, a little background is in order.



The late Grandmaster Benjamin Luna-Lema, also known as Ben Judo or Mang Ben, founded lightning Scientific Arnis International (LSAI) in 1937. It was established in Mambusao, Capiz, on the island of Panay in the Philippines. It is a system which stresses speed and power and relies on a combination of techniques and styles namely Tercia- a close range fighting style, Tercia meaning one-thirds (in referral to the fighting range), Cadenilya - which stresses the fluid linking of various attacks resulting in a continuous barrage of blows, serrada- which means to close off (a close range check/jamming approach) and espada y daga- the concurrent use of both a long and short weapon (sword and dagger). Mang Ben learned the art from his father and other masters of the art in the region. LSAI has many chapters, mainly in Metro Manila and Mang Ben has taught the likes of Roland Dantes (former Mister Philippines), Congressman Raffy Recto, and the former Vice-Governor of Capiz province Noede Villareal.

The Lema Scientific Kali-Arnis System (LESKAS) on the other hand was formally established in 1996 in the University of the Philippines in Diliman, Quezon City. The late Maestro



Elmer Ybanez established it. Maestro Ybanez was a long time personal student of Mang Ben and is considered by many to be his foremost protege that is of course, apart from Mang Ben's own sons. Master Elmer has won numerous national titles in arnis sport competition. LESKAS was formally recognized and legitimized by Grandmaster Lema in 1998. Maestro Elmer's background is as varied as his mentors (Mang Ben also engaged in Judo and Karate). He studied Modern Arnis under Master Vic Sanchez, as well as Boxing. Maestro Elmer spent almost 20 years studying under Mang Ben. He relocated to the United States in 1998, where he stayed until his unfortunate passing due to cancer.

In that Maestro Elmer's bulk of knowledge in Filipino Martial Arts came from Mang Ben, it would be safe to say that LESKAS is basically LSAI. The techniques taught and drills used are the same. However, in closer inspection, the differences become obvious since LESKAS practitioners have a distinct quality of movement when compared to other LSAI practitioners.

The main difference is in the Program of Instruction (POI), teaching methodology and student progression. Mang Ben's teaching style was old school in that although he did have POI, this POI however only covered the basics. This meant that the more advanced aspects of the art was no longer taught in a systematic manner and was dependent more on what Mang Ben wanted to teach. Thus, in the more advanced stages of practice, it was up to the student to make sense of the techniques and principles behind the techniques Mang Ben was showing. Maestro Elmer on the other hand, had a background in Physical Education. He grouped similar techniques, added drills and combinations to the teaching curriculum and articulated specific qualities and characteristics in the execution of techniques. His POI was designed for faster student development, retention, and easier understanding of underlying principles involved. Maestro Elmer's background in other arts also made its mark in LESKAS. Due to this, one will find some drills and techniques from Maestro Elmer's modern arnis days being practiced by LESKAS practitioners (something which is absent in the other LSAI groups). These drills and techniques were added due to their usefulness as far as student skills development were concerned. It is important to note however that these additions were not taken as is, but were modified to suite basic LSAI striking and movement qualities and strategies.

Not all of the techniques Mang Ben taught were brought over to LESKAS. There were some techniques, which were peculiar to Mang Ben's personal characteristics and physique. Apart from being left-handed, Mang Ben was also an unusually tall individual (by Filipino standards), and had long arms and legs as well as huge hands. Due to this, Maestro Elmer no longer included things, which he felt were not applicable to your average typical Filipino (who tended to be shorter in stature and built differently).

As stated earlier, Maestro Elmer had a distinct and articulated standard as far as striking quality and movement were concerned. Due to this, his students tended to move similarly. This is not something one will readily find in the rest of the LSAI community where one would find practitioners who move in sharp snappy movements practicing among others who move in more rhythmic fluid, flowing motions. Maestro Elmer emphasized fast, snappy strikes, which were in broken rhythm as well as specific footwork and positioning. Mang Ben's movement on the other hand had a more fluid, slashing quality to it. Both LSAI and LESKAS however share the same power-oriented striking combinations as well as the basic principles, strategies and techniques of Tercia, Cadenilya, serrada, and espada y daga.

Another main difference between the two was in their rigidity. Maestro Elmer was a more open individual in that he readily adopted techniques; concepts and drills, which in his eyes had value granting these, did not contradict the basic principles and strategies of the LSAI system. Thus, as mentioned earlier, LESKAS practitioners practice certain drills, which one will not find in other LSAI schools. Mang Ben on the other hand might be what one would consider a purist as far as his style was concerned. He would often frown upon seeing his students practicing or adopting methodologies from other arts. This was understandable considering the fact the he (Mang Ben) came from the old-school and from a time and culture which was a lot more ethno-centric and closed whereas Master Elmer was a thoroughly modern individual.

Due to these similarities and differences, one can say that all LESKAS practitioners are LSAI, however not all LSAI people are LESKAS. Although there are many LSAI Masters and Instructors spanning the six or seven decades in which Mang Ben taught his art, LESKAS has only five certified instructors. These are Felipe Jocano, Nathan Dominguez, Filomeno Buena, Joshua Medroso and Manolo del Rosario. There were no LESKAS instructors who were given Master Ranks in LESKAS although some of them were given Master's Ranks in LSAI.

Despite the differences, as stated earlier, LSAI and LESKAS are still one and the same art. They are both powerful, graceful and rely on basically the same set of techniques, strategies and principles. Mang Ben was regarded internationally as a legend in the Filipino Martial Arts and was a revered Grandmaster primarily in the Philippines. Maestro Elmer on the other hand was known as Mang Bens protege in the Philippines and gained his own reputation more in the United States where he was considered by practitioners there both as a Grandmaster and legend in his own right. Both individuals are however always mentioned and featured in tandem, back to back as mentor and student, and as outstanding Filipino Martial Arts practitioners and technicians individually in their own right.

Many people today confuse the two. Many consider LESKAS to be the new name for LSAI. Indeed, given the intimate relationship of the two, this is understandable. They are both the same and not. They both share the same essence, and yet, are distinct personalities- sort of like the triune relationship of God the Father, God the Son, and God the Holy Spirit. In a way, the LESKAS and LSAI relationship embodies the Filipino concept of Kapwa. They are at once the same and at once different.

Today, Mang Ben's son, Benjamin, Junior who is the recognized heir to the LSAI system, heads the LSAI organization. His older sister, Patty Jean Lema-Caballero, represents Ben, Jr. in the Philippines. The Ybanez family, primarily by Maestro Elmer's widow, Maribel Padua-Ybanez, on the other hand manages LESKAS organizationally. This is done in close coordination with three of the original five LESKAS instructors. No heir to the system has been named to date.

We owe a great deal to these two gentlemen who unselfishly shared their art, their knowledge, and their lives for future generations. It is now up to us, the next generation LSAI and LESKAS practitioners, to embody the principles and ideals these two gentlemen once did. It is to these two gentlemen that we pay our homage and utmost gratitude. Mabuhay ang LSAI at LESKAS!

**Mandirigmang Kaliradman, Inc.
Lightning Scientific Arnis
Lema Scientific Kali Arnis System**



Master Instructor Manolo Luis “Nols” del Rosario

Master Nols was born in 1971 in Davao City, on the southern part of the island of Mindanao in the Philippines. His martial arts background spans more than 2 decades. Starting at the age of 11, Master Nols was initiated into the world of martial arts through the Davao Karate Club (DKC) under the tutelage of Grandmaster Martin Cenojas. Under the DKC, he studied Japanese Shotokan Karate alongside Judo and Basic Arnis. Even during the early eighties, it was standard practice for most martial arts groups at the time to teach multiple martial arts, as was the case of the DKC.

After studying for 3 years under the DKC, Master Nols shifted to studying Korean Tang Soo Do with the Philippine Moo Duk Kwan (PMDK) under the auspices of its present President, Master Edgardo “Bing” Grandeza. In the PMDK, Master Nols was known for his kicks and his forms. He was a constant placer in forms competition, was a member of their exhibition team, and still holds the record for the highest score ever given for forms. During this same time, he likewise started formal Judo lessons under



Cesar Rodis Sensei, a former Philippine Amateur Judo Association Champion and Moo Duk Kwan Blackbelt. Upon moving to Metro Manila for his college education, Master Nols delved into various other arts, which included Tae Kwon Do, Aikido and HwaRang Do. He was also exposed to many other arts and martial artists through friendly sparring exchanges as the University of the Philippines had a hodgepodge of martial artists from different arts and different regions of the country. It was not until 1992, that he studied Filipino Martial Arts, when the late Master Elmer Ybanez, a long time personal student of LSAI Grandmaster Benjamin Luna Lema, established his group, which later became the Lema Scientific Kali Arnis System Group, in the University of the Philippines in Diliman, Quezon City.

Master Nols studied under Maestro Elmer for 6 full years, after which he was given his instructor’s rank. He was part of the experimental group Master Elmer used to create the LESKAS Method of Instruction, alongside LSAI Masters Nathan Dominguez and Bot Jocano, and LESKAS Instructors Guros Fil Buena and Joshua Medroso. This exposure to the Filipino Martial Arts opened his eyes to the beauty, completeness and efficacy of the Filipino Martial Arts. With this exposure, Master Nols decided to dedicate his efforts totally to the practice of the Filipino Martial Arts and drop his pursuit of the other arts with the exception of Boxing, which he studied under Vic Adriano, a boxing sport promoter and stable owner based in Davao. In 1998, Maestro Elmer migrated to the United States. Due to this, Master Nols continued his studies in the FMA under the Grandmaster of LSAI, the late Grandmaster Benjamin Luna

Lema. He would study intermittently during visits to Manila (he was based in Davao City at the time) starting from 2000. After a little more than a year under “Mang Ben,” Master Nols was awarded an LSAI Master’s rank by Mang Ben, making him among the youngest holders of the Master’s rank in LSAI or the FMA world for that matter at the time. Not very fond of sport competition, Master Nols fought but once in a major tournament (The 3rd Maestro Lema Grandmaster’s Cup), placing second after having fought against much more experienced and nationally ranked tournament players.

Master Nols holds an instructor’s rank in LESKAS and a Master’s rank in LSAI. He is the founder of Mandirigmang Kaliradman, the Davao City-based branch of both LSAI and LESKAS.



Grandmaster Benjamin Luna Lema and Master Nols practice in the park

MANDIRIGMANG KALIRADMAN, INC.

Mandirigmang Kaliradman was loosely organized in Davao City in 1998. It is the Davao City-based branch of LSAI and LESKAS. Its’ articles of incorporation as written on its’ Securities and Exchange Commission incorporation papers state the following aims:

1. The preservation and propagation of the Filipino Martial Arts as a means of reviving true national pride and cultural identity among our people
2. To help the Filipino master the necessary skills needed in nation-building and guide their journey towards excellence
3. To build up the inherent physical, mental and spiritual characteristics of the Filipino
4. To sustain the Filipino’s quest for excellence and instill patriotism and the willingness to sacrifice oneself to defend the dignity and honor of the motherland

The Mandirigmang Kaliradman program of instruction basically reflects the ideals and approaches to the Filipino Martial Arts as taught by both Grandmaster Benjamin Lema and Maestro Elmer Ybanez. These two approaches are taught side-by-side so as to maintain the distinct identities of LSAI and LESKAS while ensuring that the practitioners understand the background of these differences as well as the reasons for their existence. This program of instruction includes the traditional formats of Single Stick, Double Stick, Espada y Daga, Knife, Disarming techniques both; armed and unarmed, as well as rudimentary empty-handed skills based on these formats. Apart from these, MK has an extended program of instruction, which includes weapons formats as well as training drills, and combat skills, which were not necessarily formally or comprehensively taught by both individuals. These include the use of the Tapado (40-inch two-handed stick), Dos

Pontas, an expanded and comprehensive empty-hand curriculum, as well as Bladed Weapons. Additional drilling methods from other styles were likewise adapted as these drills were recognized to instill specifically applicable combat skills. Despite these adaptations, these drills were however modified to suit specific LSAI-LESKAS strategies, methodologies and movement.

The power and form in the execution of techniques are the main emphasis in MK teaching methodology with the emphasis mainly on combat application. As a group, MK strives to keep up with the LSAI-LESKAS ideals of maximum power, speed, efficacy accuracy, and body torque. Wasted movements are dropped as well as those, which do not deliver maximum impact. As such, MK people practice drills with full force and power as well as speed. It is not uncommon in MK for a practitioner to change sticks after 1 or 2 sessions as these are either badly frayed or broken in half. Specific, articulated standards in movement and execution include proper chambering and delivery of strikes, proper positioning, efficient movement, use of the appropriate footwork, strong power-oriented “jerking” movements alongside unpredictable, broken rhythms. These are considered the hallmark of an authentic MK-bred “Escrimador.”

Due to this combat mindset, MK as a whole does not put much emphasis on tournaments or sport competition. This is due to the fact that the rules of competition are regarded as unrealistic (albeit necessary for safe competition) and rather habit forming if given too much emphasis. Sparring with rules are regarded as mere training tools designed to inculcate certain skills and attributes and are by no means a test of real combat skills due to these “necessary” safety rules. But MK members do spar once in a while. Sparring in MK follows the “Naraphil” format with the use of full body armor and live sticks. Jamming, checking as well as pushing, which are otherwise considered “foul” in other tournament formats (such as ARPI, or Arnis Philippines, Inc.) are considered acceptable tactics. Despite this, MK has never failed to garner awards in the few tournaments it has participated in, this despite the fact that MK participants are not familiar with the rules and usually end up with more than their fair share of point deductions due to “fouls.”



Master Nols and Instructor Eugene Agoilo - Korea

As a group, MK strives to preserve the ideals of traditional Filipino culture. Practice sessions are informal in nature and there are no visual reminders of ranks worn. Respect is earned both through technical expertise as well as personal character, and not through given “ranks.” MK members consider themselves part of an extended family. Due to this, tight reigns are kept over the acceptance of members,

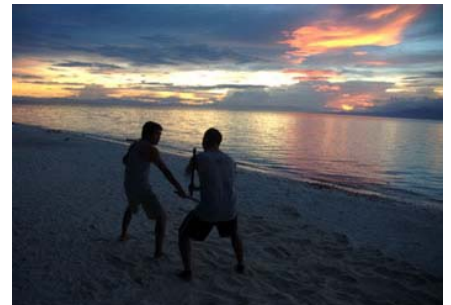
Applicants undergo a screening process in which any MK member can have a say. Each member considers it his or her responsibility to ensure that each applicant shares the same ideals as MK as a whole and has what it takes to “gel” into the MK community.

Relationships go far beyond the halls of the practice gym as members usually end up hanging out together even when there is no practice session. MK members perpetuate a culture, which gives value to holistic development. Apart from the actual physical skills, appreciation of traditional Filipino culture and worldview, history, environmental awareness as well as present social issues are discussed through informal interaction. It is hoped that through such a culture, responsible citizens who embody the ideal of the “modern-day warrior” are bred. MK hopes to breed people who will stand up for their beliefs and ideals, strive for excellence, act on social issues, and live their lives based on principles and values.

In the course of seven years, MK has developed a reputation not just in the city of Davao, but worldwide as well. Despite its relatively short life, MK has been featured numerous times in local television and newspapers; it has represented the country twice in an international Martial Arts Festival, and continues to receive martial artists from all over the world who come over specifically just to train with the group. It is hoped that through these efforts, both Filipinos and Foreigners alike will come to a deeper appreciation of Filipino Culture for to Mandirigmang Kaliradman; the Filipino Martial Arts merely represents the physical aspect of deeper ideals. It is just a means to an end, that end being the inculcation of a deeper sense of National Pride and Cultural Identity among Filipinos; the forging of “nation-builders” who will help mold Filipino society, this done through the perpetuation of an art and the establishment of a group in whom the Filipino people can be truly proud of.



Original LESKAS Group (with Maestro Elmer Ybanez in the center)
During a demonstration in La Salle High School - 1995.



Website

For inquiries email us at **mk_leskas@yahoo.com**

General Headquarters: Jaycees Gym (next building from YMCA Gym), Jacinto Extension, Davao City

MK Ateneo Chapter (Davao): Ateneo de Davao University, 6th floor

MK University of Mindanao Chapter: University of Matina Campus

MK Cebu Chapter: practices at the Abellana Sports Complex. However schedules depend upon the instructor. The schedule will be posted at the MK Cebu website.

MK also conducts: classes at the Fitness Zone, located at the 2nd level of SM South Mall Davao.

Mandirigmang Kaliradman Facts

Name: Mandirigmang Kaliradman (MKI), Inc.

Date Established: 04 November 1998

Founder: Master Instructor Manolo Luis C. del Rosario

Affiliations: **LSAI & LESKAS**

SEC Registration Number: CN200426443



Vision (as stated in the Articles of Incorporation):

The preservation and propagation of the Filipino Martial Arts as a means of reviving true national pride and cultural identity among our people

To help the Filipino master the necessary skills needed in nation-building and guide their journey towards excellence

To build-up the inherent physical, mental and spiritual characteristics of the Filipino

To sustain the Filipino's quest for excellence and instill patriotism and the willingness to sacrifice oneself to defend the dignity and honor of the motherland.

Instructor and Assistant Instructor Roster:

Manolo Luis C. del Rosario - Master Instructor

Bayani Jose Maria Solana - Instructor

Eugene Agoilo - Instructor

Paolo Jose Solana - Instructor

Rogelio Patriarca - Instructor

Joel Campoamor - Instructor

Nicolas Amando Solana - Assistant Instructor

Michael Angelo Ariz - Assistant Instructor

Jerry Estella Yap - Assistant Instructor

Noel Arquiza - Assistant Instructor

Nicofloro Palma - Assistant Instructor

Louie Agoilo - Assistant Instructor

Aleli Pamela Paclarin - Assistant Instructor

Recognized MK Chapters:

MK General Headquarters - Manolo del Rosario
MK Ateneo de Davao Chapter - Nicolas Solana
MK University of Mindanao Chapter - Mike Ariz
MK Cebu City Chapter - Paolo Solana
MK Metro Manila Chapter - Bayani Joepot Solana
MK Children's Program - Joel Campoamor

Academia Tercia Cerrada Cadenilla y Espada y Daga**Website**

The Academia Tercia Cerrada Cadenilla y Espada y Daga teaches the system more widely known as Lightning Scientific Arnis. It was initially known as "FMA Sunday School" and is still known as such up to the present. It was referred to as "Sunday School" because classes were held every Sunday morning at an "open air" space at the UP Lagoon / Charter Donor's Garden. At present, the Academia also holds classes at Red Corner Gyms at Club 650, Libis and at the Hotel Intercontinental in Makati during weekdays.

Sunday School started out in 2004 as a group of friends who wanted to train in the FMA but could not make the weekday schedules. In time it grew in number as it drew attention from joggers and other health buffs and martial arts enthusiasts. A third of the group is composed of kids from the elementary grades to high school, another third are college students and the last are professionals from different fields.

Academia has since then formalized and is on its second year as an organization and is going on strong. It has participated in many social events and gatherings such as the LSAI Picnics, FMA Picnics, REDCORNER Fitness and Boxing Club and Mall events. They have also been featured on several Local Philippine television shows such as, "Unang Hirit", "Candies" and "Lovely Day" as well as a feature article in local publications PUMP Magazine and the Manila Standard.

The group also hosts the Monthly FMA Picnic / Gathering every second Sunday of the month. It invites groups and individuals from different style and systems. It seeks to promote brotherhood, fellowship and cooperation between and among the different styles. It chose the Picnic theme to distance itself from the competitiveness of tournaments and instead have a casual afternoon with other like-minded individuals. Academia is also the official Secretariat of Lightning Scientific Arnis International. The Academia is led by Master Jon Escudero who trained directly under Grandmaster Ben Lema at the University of the Philippines, Diliman, Quezon City.



Master Jon Escudero

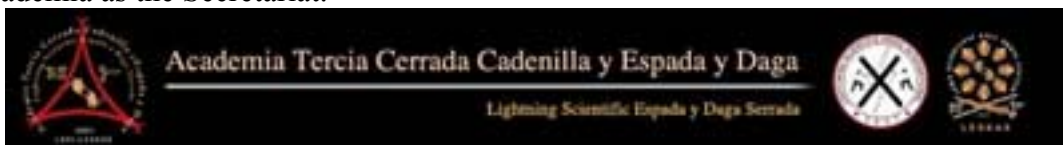
Born August 26, 1975. Manila. Attributes interest in the martial arts to his father who would take him to the movies at Escolta, Recto and Makati where double features of Kungfu movies were regularly shown. His grandfather, an amateur boxer, was also an influence on the young Jon. He dabbled in various martial arts that were available at that time until college where he found his first real teacher in Sifu Benito Ku from whom he learned various Wushu forms. He went on to found the University of the Philippines Wushu Club, also known as the Chang Pao Hong Shaolin KungFu Club with his batch mates in 1995. He fell in love with the martial art Taijiquan and has become a practitioner of the art. He has also become a student of

Chenjiaguo Taijiquan Philippines under Sifu Allan Tan (his Filipino name) who came from Chenjiaguo China. He also trains in Ngo Cho and Hung Gar Kungfu under the tutelage of Sifu Alfonso Co of Kong Han.

Jon got his start in the art of arnis when he began training with the UP LESKAS group in the University of the Philippines in 1997. UP LESKAS was headed by Maestro Elmer Ybanez, who at the time was already residing in the US. He was assimilated into LSAI when GM Lema took UP LESKAS under his tutelage. He received his Master's rank in Lightning Scientific Arnis in 2001 from GM Lema, and as such, is the youngest Master of the system. He has since continued teaching Lightning Scientific Arnis through his club, Academia Tercia Cerrada Cadenilla y Espada y Daga, which he founded under the authority of the Lema Family in 2004.

Academia Tercia Cerrada Cadenilla y Espada y Daga, fondly known as FMA Sunday School, is located at the REDCORNER Fitness and Boxing club branches and at the UP Lagoon / Charter Donor's Garden in U.P. Diliman.

He also serves as the current Secretary General of LSAI supported by the Academia as the Secretariat.



Master Jon Escudero

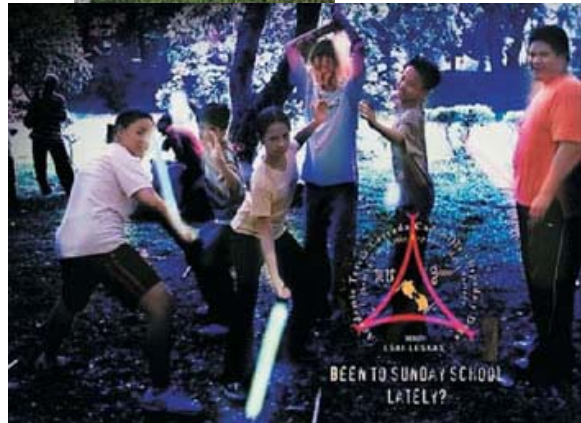
Academia Tercia Cerrada Cadenilla y Espada y Daga

63 (920) 629-7393

www.littlebadboy.net/academia

escudero_j@yahoo.com

Master Jon Escudero – Training



Academia Tercia Cerrada Cadenilla y Espada y Daga

Group Leader: Maestro Jon Escudero

Trained with Grandmaster Lema

Senior Member of UP Diliman Club

This group was originally known as "Sunday School."

Of Legends and Legacies

By Jon Escudero

SEGUIDA

Issue No.1 Vol 1 February 2005

We've all grown up on stories. Fold tales, fairy tales, anecdotes and legends were the way we learned to look at the world. There would be mystery, fantasy and magic there would be heroes and villains and monsters to stay. Such is the world ordinary.

In the world of martial arts these are many such stories, of fantastic masters with amazing prowess, masters with abilities bordering on the supernatural, masters with skills that have passed on into legend.

Mang Ben was such a man. I knew him as my teacher, my mentor, the Grandmaster. Many knew him the same way. Benjamin Luna Lema, Founder and Grandmaster of Lightning Scientific Arnis International, a tough man with a tough reputation as an Arnisador, also known among his peers as Ben Judo, the athlete who was an advocate of fitness.

That's the truth behind the legend. There are so many stories about him that with each retelling gets more fantastic. But ultimately the simplest truth behind it was that he was a good man.

He was an "Old School" Gentleman who would not face people in un-pressed pants. He had an "air" of formality about him. His hair was never out of place and I've never really seen him break a sweat. He was nearly always in his "trademark" white long sleeved shirt even when teaching and was never without his cap. He was definitely a "class-act", and a tough one to follow. He was a very exacting teacher and would make you do things over and over and over again... if he liked you. He loved teaching. We strongly suspect that the martial arts were the love of his life. He'd go out of the way for us and for that, we are truly grateful.

But then again, at the end of the day, we'd see more of the person behind the stories. He loved to make jokes as well as make fun of us and he loved putting us on the spot. He loved food, and was very picky with what he ate. But when he did find something that agreed with him, it would be defeated very quickly. He was an adventurer and loved going places and seeing new things. He never seemed to stop learning.

And here we are now, his students, peers, friends and family caretakers of his memory. Some say he's not perfect, but I disagree. I'd say he was a "Perfect Human Being". A man who was great despite his humanity. He may have his own faults, flaws and imperfections but then again don't we all?

He has left on his next journey and his left us big shoes to fill.

We are his Legacy. LSAI is his Legacy. LSAI is his family.



2005 CSSP Graduation: Being a True Filipino by Art

By Jeff Lualhati

SEGUIDA

Issue No.3 Vol 1 May 2005



The Graduation of the College of Social Science and Philosophy held at the UP Theatre last April 2005 made a mark in the minds of the graduates. Aside from the event being a culmination of all their hard work and the inspiration at talk of different speakers, they were also shown how rich our culture is through the performance of Sangandaan and Academia Tercia Cerrada Cadenilla y Espada y Daga.

The groups showed their talent in playing ethnic music with the use of the kulintang and their skills in Arnis respectively. The Sangandaan performed ethnic tunes such as the Binalig, which came from maguindanao, and Nagpangalay, which originated from Sulu. The Academia then performed different self-defense techniques ranging from bigay-tama to knife-to-knife fighting up to empty hand combat.

The demonstration not only amazed the audience but also made them proud of being Filipino with samples of the arts that have been founded in the Philippines.

UP Sangkil Karasak



www.trinitycross.net/l sai



The UP club was once comprised of only a handful of Lightning/LESKAS students. It was began in 1991 by the late Master Elmer Ybanez who founded LESKAS and taught it to a handful of students. It was only in 2001 that the seniors decided to open the club to current UP students, and thus Sangkil Karasak was born. The UP LSAI club was legitimized with the University of the Philippines Office of Student Affairs Committee in June of 2002.

Location: UP Diliman Vanguard, DMST Complex, Classroom 1
Master Nathan Dominguez and Master Felipe Jocano head the UP LSAI/LESKAS chapter.

Eligible Students:

- 1) Students (both undergrad and graduate) of the University of the Philippines
- 2) Alumni of the University of the Philippines
- 3) Students of other Universities
- 4) Working Professionals

NOTE: The UP club welcomes personal study visits and/or inter-club sharing sessions. Any and all interested visitors may contact the **Webmaster** for details regarding this.

UP Sangkil Karasak Masters, and Officers

Masters:

Dominguez, Nathan Ben
Jocano, Felipe Bot
Peneyra, Rachel



Quiriones, Joey

Instructors:

Alacar, Christian David
Buenaventura, Liezl
Celis, Peter Kelvin
Llamador, Glen Ferdinand

Faculty Advisor:

Felipe Bot Jocano
Contact: labsica64@yahoo.com

Officers:

President: Liezl A. Buenaventura - Contact: trinity_cross@yahoo.com
Public Relations Officer: Peter Kelvin Celis - Contact: ptcelis@yahoo.com
Secretary: James Conrad Llaneta - Contact: shadowleaf82@yahoo.com
Treasurer: Giana Therese Quintos

An introduction to the most common Lightning exercises:



Bigay-Tama (Give-and-Take) - A training exercise that utilizes attacks and defenses with no set patterns. There is a designated giver and receiver for beginners, but at higher levels designations may switch at any time during the exercise. (The most common form of Bigay-Tama has the giver hold two sticks while the receiver holds one.)

Solo Baston Bigay-Tama (Single Stick, Give-and-Take) - Bigay Tama with both parties using a single stick.

Espada y Daga Bigay-Tama (Sword and Dagger, Give-and-Take) - An advanced exercise. The giver utilizes a single stick and knife while the receiver defends with one stick. During the exercise the giver may switch the knife-hand from the conventional right-hand grip to the left.

Espada y Daga Serrada (Sword and Dagger, Closed) - An advanced exercise, the giver utilizes a single stick and knife while the receiver defends with one stick. The hits are delivered in single and sometimes doubles, giving space in between strikes for the receiver to perform body hits, butt strikes, etc.





Sangkil Karasak Men's Forms Team

The 2005-2006 Philippines National Team: Men's Synchronized Anyo Team

Master Nathan Dominguez, Instructor Kelvin Celis, and Instructor Glen Llamador placed 1st in the Philippine National Arnis Tournament (2005) in Men's Synchronized Forms, thereby claiming their position as the Official Synchronized Anyo Men's Team in the Philippines.



They represented the country in the 2005 South East Asian Games and won the gold in the Men's Synchronized Forms Division. Likewise, they were also part of the Philippine delegation in the World Martial Arts Festival held in Chung-ju, Korean on September 29, 2005.

Visit the Website: ([Click Here](#))

Join UP Sangkil Karasak – Yahoo Group ([Click Here](#))

Russians Visit for Arnis Demo

By Dex Lira

SEGUIDA

Issue No.1 Vol 1 February 2005



Who could have predicted that arnis would make its presence let in of all places Russia? The land that brought the world vodka, Tolstoy and popular interest in the last Tsarist imperial family also brought Russian enthusiasts to Philippine shores.

Aleksandr, Alexei, Grigari and Oleg contacted FMA and Lightning Arnis luminary Felipe Landa Jocano Jr., who, with Mon Rivera, helped set up an arnis grand tour, which began on Sunday, 10 January 2005. The Russian PhD's - Aleksandr of them a practitioner of Doce Pares arnis had wanted to survey and document arnis in its native home.

The Russians brought their video and still cameras, their curiosity and their own martial arts insights to one of the UP Vanguard training rooms at about 1:00 p.m. of the same day. They were treated to a display of high speed stickfighting, disarms, holds and takedowns and a running commentary by Sangkil and LSAI reps Nathan Dominguez, Louis Angsico, Kelvin Calis, and Academia Tercia Cerrada Caderilla y Espada y Daga ("Sunday School") chief instructor Jon Escudero.

The Russians, especially the rotund but supple Oleg, also taught our own arnis practitioners a thing or two about Capoeira, a Brazilian martial art of which both groups are enthusiasts.

Sunday School students were also present to witness and document the demonstration.

The 'arnis tour' did not end when all the parties present left the Vanguard training room at about 4:00 pm. Chief instructor and Academia founder Jon Escudero with the

other present LSAI luminaries, took the Russians to other parts of the metropolis to meet with other practitioners of arnis.

UP Angkan ng Mandirigma

Lema Scientific Kali Arnis System/Lightning Scientific Arnis
University of the Philippines Los Baños Chapter



Ericson Mejia
aka: Eric, Sonny or Coach

UP Angkan ng Mandirigma is the name of the LESKAS/LSA club situated in the University of the Philippines Los Baños. Angkan ng Mandirigma translated into English is Clan of the Warrior (i.e., "Warrior" in reference to Grandmaster Benjamin Luna Lema).

It all started in 1996 when Eric "Sonny" Mejia, a Physical Education graduate of UP Diliman and LESKAS/LSA practitioner, decided to transfer to UP Los Baños to teach under the Department of Human Kinetics. Being a 3rd Degree Black Belt in Kodokan Judo at that time, Coach, as he is fondly called, started the UPLB Phoenix Judo Club/UPLB Judo Varsity Team. For about two to three years, he concentrated on establishing the Judo Team as a strong competitor in the Palarong Pambansa (National Games). At around 1998, he resumed his LESKAS training and started teaching P.E. classes on Arnis. Almost immediately after he resumed training, Coach entered a national open-style arnis tournament and garnered first place in his weight division. At around 1999, he began to hold small informal sessions for a couple of interested Judo players and previous P.E. students in arnis.

During the first semester of SY 2000, Coach Sonny decided to have the club officially recognized. One of the first names proposed was University of the Philippines Arnis Kali Association or UPAKA'n for short, a slang Tagalog word meaning "a brawl" or "a fight." This name, however, did not push through and was used instead as the title of the first national arnis tournament to be sponsored by the club, the First Upakan Arnis Tournament. The final name of the club, UP AngKAN ng Mandirigma, was come up by Ernie Aragon Jr. (me, the webmaster) and the official logo of the club, an adaptation of the LESKAS logo, was designed by Carlo Custodio Jr. The sun present in the original logo was replaced by representations of Mt. Makiling and Laguna Lake, the



From left to right: Master Reynaldo Dandan (Singko Teros), Grandmaster Benjamin Luna Lema (Lightning Scientific Arnis), Grandmaster Torre Franca (Torrefranca Style) and Coach Ericson Mejia (LESKAS/LSA).

dead volcano and the largest lake in the Philippines, which surround and are actually part of the campus of UPLB.



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Tipaz Arnis Club, LEMA L.S.A.I.

Master Romeo T. Santos

Romeo T. Santos is from Lower Bicutan, Taguig City. He was born on January 23, 1963 and was raised from a strict Roman Catholic family. His father was a disciplinarian so his first lesson in the martial art was to run away from trouble as fast as he could. But growing up in a crowded city street, he has learned that running

away from trouble does not always guarantee his safety, sometimes he has to stand up and fight. Thus, at a very young age Romeo Santos started studying the martial arts.

During his high school days, Romeo was already a black belt in karate. He is a member of the Commando Karate Club and later on the Golden Kimono Club, Okinawan Shorin Ryu under the leadership of the well-known instructor, Sensei Jonny Caranza. The main gym is in Quiapo and as Romeo matured, his quest for the knowledge in the martial arts intensified. He began researching the arts of Judo, Aikido and Wrestling.

Then Romeo joined the Baron Movie Stuntman group and as he was working as a stuntman, he got the opportunity to meet more martial artists. Fortunately Romeo met Master Lino Estacio and Master Jun Rodriguez of the Tipaz Arnis Club. Romeo Santos joined them because arnis awakened his long time inner desire in the martial arts.

In Romeo Santos words, “Arnis makes more sense to me because the reality of combat is that you try to have as much of an advantage as you can. There is no such thing as a noble art when you get into a street fight.” Arnis in his belief is more practical than any other martial art.

Romeo’s knowledge in arnis grew to a monumental proportion when he met Grandmaster Benjamin Luna Lema, the founder of Lightning Scientific Arnis International. An awesome expert of arnis and a legend of his own time, he never backs out from challenges and remains undefeated until his passing of old age in January 2003. In fact, his well-known fight was with Col. Maranga, another awesome fighter also undefeated and was also a grandmaster of another style of arnis. Grandmaster Ben defeated him in the first minute of their fight and was rushed to the hospital with broken ribs.

Romeo was very lucky for he was chosen by Tatang “as he fondly called Grandmaster Luna Lema”; upon his request Romeo became his assistant instructor from 1989 to 1996. They toured towns and cities for demonstrations. That was 7 years of fruitful experience working with the legend. Romeo learned a lot from Tatang, whereas Grandmaster Luna Lema promoted Romeo to Master and Romeo joined the rank of his previous mentors – Master Jun Rodriguez, Master Lino Estacio, and Master Lito Torrefranca.

Although street fighting is the main testing ground for skills in the martial arts, we have to test our knowledge via sports and competition in tournaments, so Romeo joined tournaments. At the height of his tournament days, he earned a gold medal, Champion of Double Baston in the 3rd WEKAF Championship held on August 26 - 28 1994 in the De La Salle Gym, Ayala Alabang. He was also the champion in the Battle of Pinaglabanan Martial Arts Tournament, April 25, 1998. And again a Gold Medallist of the 8th World Escrima Kali Arnis Federation Championship held in Cebu, June 23 and 24, 2004.

Romeo Santos also served as a judge and referee in NARAPHIL tournaments from 1990 to 2004. That is a long time loyalty to NARAPHIL, but he encourages his students to participate in all tournaments in or outside NARAPHIL.

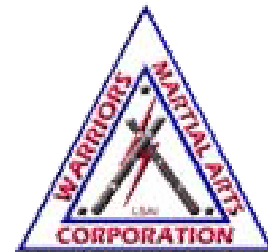
At present Master Santos is happily married to Jocelyn Santos and they are blessed with 6 children, all are boys two of them are arnis champions already. Following in the footsteps of their father, his sons Rommel and Ronald are constant winners in arnis tournaments both of NARAPHIL and ARNIS Philippines.

Aside from his job as a welder, he also serves as a barangay tanod and is the instructor of the Tipaz Arnis Club, LEMA L.S.A.I. Master Santos has also organized his

own group and is now the Founder and Chief Instructor of the Warrior Martial Arts in the gym at City Tower Ortigas, also at Fobbes Gym, Sta. Rosa Bel Air gym, and lastly at Tuklas Cupang Gym at Alabang.

Master Santos also accepts home tutoring to Businessmen, Teachers, Lawyers and Foreigners. Some of his students, which are lawyers, are: Atty. Reynaldo C. Geronimo, Atty. Dante Disierto, Atty. Marites Siso Go, Atty. Romeo Mendoza and Atty. Tomas Syquia. My businessman students are: Romel Bernardo, Nomer Suministrado and other young entrepreneurs. His foreigner students are; Shaun Porter, now a Canadian police and David Klein, a former U. S. navy captain. And now he also has as a student Rev. Father Junji Zarate, Parish Priest of Sta. Rosa Laguna.

The purpose is uncertain but one thing is constant in his mind. Master Romeo Santos goal is to teach and propagate the art of Arnis for the rest of his life.



Website

LSAI Studies Level Up

By Jaykie Lazarte

SEGUIDA

Issue No.8 Vol 1 November 2005



Eight Lightning Scientific Arnis International (LSAI) members achieved their ranks after successfully completing the requirements and the promotion exam held last October 16, 2005, at the UP Balay Kalinaw. Ruel Apostol and Fredherc Mari Caugang are both at level one while Caelyn Mari del Rosario, Jeremy Elumba, Jian Ruziel Escudero, Jp Danice Evangelista, Jeff Kristoffer Lualhati, and Alfredo Noel Memije all are now at level two.



Students were tested on their knowledge of the LSAI system and their proficiency in skills such as twirling, strike angles, manner of striking, blocks, strike combinations, methods and the bigay-tama drills. The panel of judges that presided over the tests was comprised of "Ate " Patty Jean Luna Lema-Caballero, Jon Escudero, Mary Grace Eugenio, Mon Rivera, and Joey Quiriones.

Spectators included some guests and members of the Academia Tercia Cerrada Cadenilla y Espada y Daga.

A Picnic to Remember

By Jeff Lualhati with a report from Dexter Lira

SEGUIDA

Issue No.2 Vol 1 April 2005



Quezon City. Members of Lightning Scientific Arnis International (LSAI) organized a gathering on March 20 2005, at the University of the Philippines' Sunken Garden to celebrate the birthday (March 19, 1919) and memory of Benjamin Luna-Lema. Warmly known to Lightning Arnis practitioners and friends as Mang Ben, he is also the Grandmaster and founder of LSAI, renowned for his remarkable arnis training methods and his love of the martial arts. Mang Ben passed away on the fifth of January 2003.

The event started at one o'clock in the afternoon. It drew various Lightning Arnis Clubs to the turf traditionally shared by university students and weekend park-goers. Arnisadors from the different clubs talked, trained, and performed unrehearsed demos, much to their delight and to the interest of passersby. Many Ben's daughter, Patty Jean Lema Caballero, was also present as representative of the Lema family.

Members of each attending club were encouraged beforehand to bring food to share with co-members and other clubs. The idea was to make the event more of an

informal picnic than a serious gathering, to celebrate Mang Ben's life and to bring arnis clubs together. The celebration ended at five o'clock with a picture taking session and several long goodbyes.

The following clubs were in attendance, or had sent representatives: Academia Tercia Cerrada Cadenilla y Espada y Daga, Angkan ng Mandirigma, Lightning Scientific Martial Arts and Physical Culture, Mandirigmang Kaliradman, and Sangkil Karasak.

Picture Perfect Picnic

Some Moments are just worth remembering





SEGUIDA

The Official Monthly Newsletter of Academia Tercia Cerrada Caderilla y Espada y Daga

It's purpose is to be a vehicle with which LSAI activities, events and news may be reported accurately as well as serve as a historical log of the activities of the organization. It is committed to promoting the FMA and FMA lifestyle as well as provides information and advice regarding martial arts training and philosophy.

It started out as a four-page newsletter to report about the LSAI Master's Assembly's results and has since expanded to contain other content such as reviews and interviews.

SEGUIDA has grown into a 12 page publication is still seeking to improve its format and content and is constantly on the look out for everything new in the FMA and Martial Arts in general. It is also open to advertising and sponsorships.

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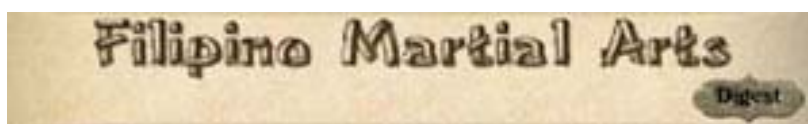
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