

# Filipino Martial Arts

Digest

## Cabales Serrada Escrima

Special Edition  
2006

An Interview with  
Grandmaster Vincent Cabales  
Up Front and Honest



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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

Grandmaster Angel Cabales was a legend. He is noted as being the first ever to teach Escrima publicly in the United States and is known as “The Father of Escrima in America.” He founded the first Filipino School of Self Defense in the United States in 1966.

Upon his passing in 1991, it seems people came out of the woodwork to promote Serrada Escrima. Some practitioners with good intentions, with nothing to gain but, only wanting to help pass on the teachings of Grandmaster Cabales. While others well, lets say promoting themselves with the association of the legend Grandmaster Cabales.

This Special Edition was put together to let you the reader know what the Cabales family has been doing and get their thoughts. With the help of Mr. Patrick Armijo the FMA Digest was able to get an interview with Grandmaster Vincent Cabales the son of Grandmaster Angel Cabales. Grandmaster Vincent Cabales was very honest and up front with the questions put to him. The FMA Digest thinks that it is time to hear what he has to say.

Also a thank you has to go to Guro Dennis Servaes for the help he has given and the many pictures he supplied for this Special Edition. Both Mr. Patrick Armijo and Guro Dennis Servaes were instrumental in gathering and assisting in putting this issue together. And lets not forget, Guro Michael A. Trimble, Guro Ben Pagtanac, and Guro Eddie Garcia who also assisted. All dedicated practitioners of Serrada Escrima.

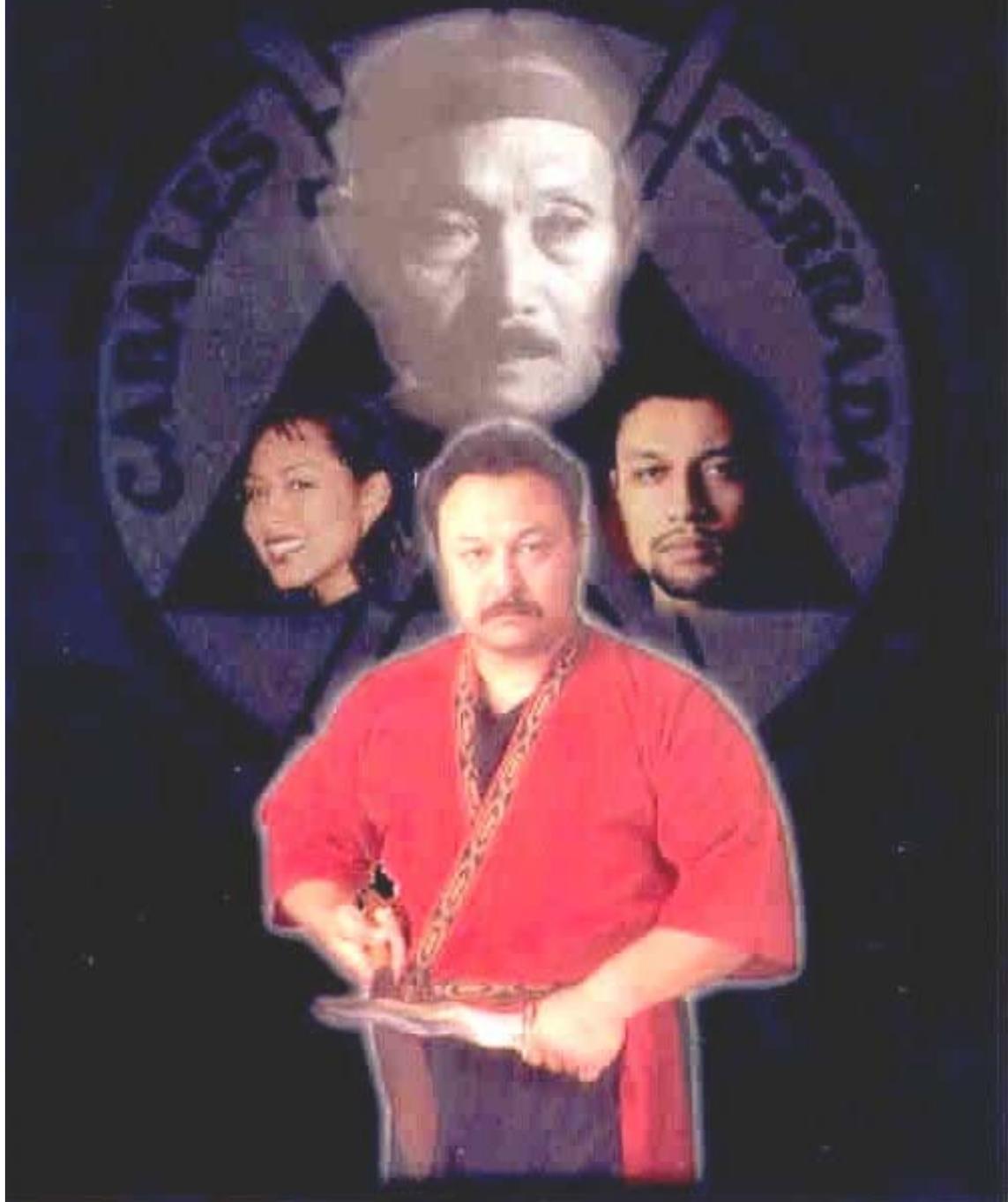
There are other dedicated practitioners of Serrada Escrima and it is practitioners and students such as these that help carry on the teaching of the art.

So it is hoped that this Special Edition will be of interest and that some realization and thought will come to mind, on what has happened or what could happen, not only in Serrada Escrima, but many other Filipino martial art styles/systems once the originator, or the father of the art passes on.

Maraming Salamat Po

# Cabales Serrada Escrima

the legacy



## **Cabales Serrada Escrima**

### **Angel Cabales**

“The Father of Escrima in America”

By Guro Dennis Servaes



The Philippine Martial Arts are a mixture of martial arts from different cultures. The Chinese Ming Dynasty, after 1409 brought a tremendous amount of Chinese culture and also some martial arts influence to the Philippines. Chinese trade routes existed in the 9th century A. D., and even back to 6,000 BCE, Taiwan fishermen were known to have arrived in the archipelago. Kun Tao is a martial art with origins mainly from Chinese Pakua- Zen, Hsing-I, Tai Chi Chuan, and Chuan fa also with Indonesian Silat absorbed into Kun Tao systems. Silat is from Indonesia with East Indian influences. Fourteenth Century Muslims brought the Islamic sword or Kris to the Philippines. When the Spanish arrived they recognized the Islamic (Arabian) sword as the sword of the Moors that invaded the Iberian Peninsula, so they called anyone in the Philippines Moros if they had in their possession a kris. Kuntao and Silat are practiced in the Southern Philippines.

Predating the 5th Century A.D., Martial Arts existed in the Philippines with the base name of Kali. It was in fact one of these arts that Lapu Lapu learned as a family art. The name to the Mother Art was Tjakalile. The Sri Vishaya Empire (of Indian origin) ruled Malaysia, Sumatra, Indonesia, Borneo and all of the Philippine Islands.

There are hundreds of recognized styles in the seven thousand some islands of the Philippines, however The Martial Arts World often refers to the Filipino martial arts by one of three general terms. The Northern Islands practice mainly Arnis Systems. The Central Islands practice different Escrima Systems and the martial arts of the Southern Islands have been referred to as ‘Kali’ by much of the martial arts community, although the martial arts practiced in the Southern Philippines are mainly Silat, and Kuntao. It is believed the word Kali became popular in the U.S. because the Villabrille Kali System of Hawaii, who chose to call their art something easier to pronounce than a word like ‘Tjakalile’.

During the 12th Century A.D. the Madjapahit Empire of Java, fought the Sri Vishaya, claiming the Southern Islands. The Sri Visayans held onto the central islands now referred to as the Visayan Islands.

It is a belief that the Kris has influenced the development of most Filipino Martial Arts, but particularly in the Southern Philippines. During the 14th and 15th centuries Arab Muslims, established Islamic colonies throughout the islands of the Southern Philippines especially Sulu and Mindanao.

The papal bull once enforced gave Spanish dominance over what Portugal had made claim to almost fifty years earlier. Both the Portuguese and the Spanish used a short sword and dagger. This style of fighting, which they brought from the Iberian Peninsula, is known as Espada Y Daga, which means sword and dagger. Espada Y Daga is the basis for an Escrima Martial Art that existed on the Island of Cebu, and was

practiced in hiding by the Moros. Felicisimo Dizon studied from a hermit whose name is not known. He was simply known as “the Hermit.” Felicisimo Dizon became one of the best fighters the world will ever see. Angel Cabales learned from Dizon and other Escrimadors in the Visayan Islands. Dizon was Angel’s mentor.

Felicisimo Dizon trained Grandmaster Angel Cabales, and the art then was only called “Escrima.” It had 56 angles of attack, but Angel simplified the learning process by breaking the 56 angles down to 12 basic angles of attack. Many of the 56 angles were redundant. In other words there were six ways to do a one. There were several ways to do a number two strike etc. Angel was in live skirmishes where he learned to refine his system from what worked best. Then to rank the students it was easy- angle one was level one, angle two is level two etc. up to angle twelve. Advanced training is instructor level and starts sometime after level twelve. The intermediate drills must be well learned before beginning the Advanced Level.

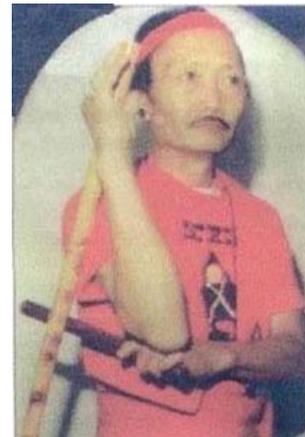
There are over 350 basic hand techniques in the Advanced Degree Training. Then Master training follows the Advanced Training. That is where you learn to counter everything you learned before, and to counter being countered. The movement of Serrada’s single arm-length-stick translates to bladed weapons and empty hand fighting skills. Many of the hand-techniques are similar to the stick techniques and some resemble Wing Chun Kung Fu, and Small Circle Jujitsu. A Serrada practitioner can fight with or without weapons and can also use his or her environment effectively as needed. Serrada is more than a stick fighting martial art.

Grandmaster Angel Cabales, being the first ever to teach Escrima publicly in the United States is known as “The Father of Escrima in America.” He founded the first Filipino School of Self Defense in the United States in 1966. In 1968 Nick Edar commented that it was a close style. Cerado or Serrada means close or to close. He chose the name Serrada to differentiate his style from the other styles of Escrima. Master Dentoy Revillar was also there at the time.

Grandmaster Angel Cabales appeared in the motion picture ‘Tiger’s Revenge’ in which Grandmaster Angel Cabales and Leo Fong demonstrate a glimpse of Escrima. In 1991, Angel was awarded the Black Belt Hall of Fame “Weapons Instructor of the Year Award”. And in 1999 Grandmaster Angel Cabales, was honored with a “Lifelong Achievement Memorial Escrima Award,” by the United States Kali Association Filipino Martial Arts Hall of Fame.

Danny Inosanto studied Serrada Escrima from Angel Cabales and used to credit Angel for most of his Filipino martial arts foundation. From 1964 until 1973 Bruce Lee and Danny Inosanto worked together utilizing 26 methods of martial arts to form Jeet Kune Do (the Philosophy of the Intercepting Fist). One of the methods was Escrima.

Guro Jeff Finder studied Cabales Serrada Escrima, and in 1989 won a 1st place trophy in a Stick Fighting Championship held in the Philippines. Leo Fong, movie star and Kung Fu Master also studied from Angel Cabales. Graciela Cassilas - Boggs, started training in Serrada in 1987. Graciela is a champion kick boxer and claims Serrada enhances her martial arts and boxing skills. Some other notable martial artists that have



studied from Angel Cabales are: Dentoy Revillar, Jimmy Tacosa, Rene Latosa, Mike Inay, Richard Bustillo, Master Stanley Wells and Hanshi Bruce Juchnik.

Serrada is a martial art anyone can train at. Physical Therapists encourage anyone to exercise if possible after serious injuries to recover, and Serrada is a system of self-defense that is not strenuous on the body. It was therapeutic to me when I had to quit doing other martial arts on account of a serious neck and back injury. Years ago an old Mexican man said to me, "The Martial Art I would study, is the one that will keep me alive, and makes me able to live a long life. - That would be true self defense." Some of the old Escrimadors have lived active lives, working and fathering children in their seventies and beyond. You often hear of the old Chinese also living long lives from performing Tai Chi Chuan outdoors regularly someone brought it to my attention that orchestra leaders often live to be quite old also. What these three have in common is moving the hands and I would say the breathing that goes with it. Endorphins are just one of these mystical ingredients of health and longevity. You feel good after a Serrada class, and benefited from the work out. One factor in longevity overlooked by most people is a Bible promise to honor your parents and you may live a longer life, and I have noticed that countries where most people respect the older people tend to have a longer average lifespan.

It is also noticed that most people tend to combine whatever martial arts they study to what they consider to be the betterment of the arts. The training methods of Cabales Serrada Escrima have a purpose. The basics performed correctly, contain concepts that should not be changed. After, combining other martial arts to Serrada, people that don't understand the concepts tend to weaken their repertoire, and should not continue to refer to it as Serrada once they have corrupted it.



Vincent Cabales Sr. attacks with a number one strike as his father Grandmaster Angel Cabales demonstrates a Crossblock. This is at Angel's home at Cotton Ct. Stockton, CA.

Instructors teach and promote only with permission from the Grandmaster, according to the agreement on their diplomas. Grandmaster Vincent Cabales is the only person qualified to promote students to the levels of Advanced Degree and Master's Degree in Cabales Serrada Escrima.

The Late Great Grandmaster Angel Cabales, in 1990, the year before he died, appointed his son Vincent Cabales to take over as Grandmaster. Grandmaster Vincent Cabales has been appointed as Senior Advisor in the Filipino Martial Arts Collective Society. July 5th. 1999 Grandmaster Vincent A. Cabales was, inducted into the "Filipino Martial Arts Hall Of Fame" and honored as the "Outstanding Grandmaster Instructor of The Year" by the United States Kali Association Filipino Martial Arts Hall of Fame.

In Cabales Serrada Escrima, both the Advanced and Master

References:

See: Looking For The Pre-Hispanic Filipino by William Henry Scott, pages 34-35.

<sup>2</sup> See: Asian Fighting Arts by Don F. Draeger & Robert Smith.

<sup>3</sup> From a conversation between Cecil B. Quirino, and the author, on October 2, 1994, in Stockton, California.

<sup>4</sup> The movie 'Tiger's Revenge,' no longer is called by that name, it is now 'Enforcer From Death Row' by Leo Fong.

<sup>5</sup> See: Filipino Martial Arts by Danny Inosanto.

## Grandmaster Vincent Angel Cabales

Grandmaster Vincent Angel Cabales was born on April 30th, 1954. He started training with his father at the age of 8 years old. Grandmaster Vincent Cabales started doing demonstrations with his father when he was 14 years old and started teaching when he was 16 years of age. Grandmaster Angel Cabales started teaching escrima at his apartment in 1966. In 1968 the school moved to Gong Lee's Restaurant on Harding Way and is still there and operating to this present day. Classes are given on Mondays and Wednesdays from 7:00 pm to 9:30 pm.

### Interview with Grandmaster Vincent Cabales December 7, 2005

FMA Digest with the assistance of Patrick Armijo

In talking to Grandmaster Vincent Cabales it is noted that he is a quiet humble person. However he is upfront, to the point and honest when he speaks. In the past it was rumored that Vincent Cabales learned escrima after his dad Grandmaster Angel Cabales passed away. Well this is untrue, lets take a look back to the 70's when his father would do some demonstrations and have his son Vincent with him in the demonstration. There are photo's to show he did do demonstrations with his father, and you have to give pause and think. If Vincent did not know the art, I am sure that his father would not have done demonstrations in front of crowds with him.



There are a lot of practitioners that claim to be carrying on the art of Serrada Escrima in Grandmaster Angel Cabales name. Or they are the inheritor of the art etc. Well the FMA Digest wanted to go to the source, Grandmaster Angel Cabales son and find out what is going on with Cables Serrada Escrima.



So with that said, the FMA Digest is honored and very happy that you have consented to discuss the Cabales Serrada System, your father and what is truly behind what is going on these days with you and the system.

**Q** - *How long did your father train with his teacher Felicisimo*

*Dizon?*

VC – He trained with Dizon around 5 or 6 years.

*Q - What was it like to grow up with your father Grandmaster Angel Cabales?*

VC – I have been asked that several times. How is it to grow up with a legend? I don't know he was my dad. Ever since I was 8 years old in 1962, we were doing escrima, it was just part of my life. It was an honor being his son and learning from him, but he was my dad. When I was young I really didn't realize anything about a legend and really didn't think about it. He was just my dad.

There is a Master list that has been going around. And as the story is told Grandmaster Angel Cabales was ill and needed money. So he would get people to pay up-front for all their training and give them the certificate right then. He expected them to then complete their training as what good is a piece of paper. Turned out that some only wanted the paper. And some never actually completed their training.

*Q - Can you give some insight on this?*

VC – If they were able to pay he would give them their certificate, but tell them they still had to train to learn. A lot of guys didn't finish their training; they just got their degree and went on their way.

*Q - And if this is what happened, can you give the names of the people that really did not earn the degree?*

VC – According to a few people that I have talked too, Khalid Kahn admitted to not finishing his training. He didn't get all the hand techniques that he should have, including some other areas of the art so he could complete his masters training, although he did want to come back and work with me to complete his training. Darren Tibon he only had a few years of working out under my dad and at that time, it was off and on. My dad did keep records of him on the days he did workout and train and he only worked out a few months and there were breaks between his training like 5 or 6 months at a time and then my dad passed away. And according to Frank Rillamas one of my dad's instructors that has a master's degree, that Darren had come to him and had learned some of his masters training. And according to Frank "the only thing that Darren knew was the basics." And there are a few other people that also have honestly admitted not getting their full training for their master's degree. Some just got busy in their lives with family, work etc, which slowed down their training.

Since your father passed away, it seems things are either getting out of hand on claims of prestige or just using your fathers name to better their images as a practitioner. So what I would like to do is bring up a few names and if you would, comment on what you know or what is really going on at this time with that person and Cabales Serrada.

First lets discuss Mark Wiley since he has published quite a few things on Grandmaster Angel Cabales and the Serrada System. Such as his book "Filipino Martial Culture" where he talks about your father and the system with various other systems. "The Secrets of Cabales Serrada Escrima", and another book he put out "Filipino Martial Arts – Cabales Serrada Escrima" where in this particular book the forward it states in the words of your father Grandmaster Angel Cabales Founder, Cabales Serrada Escrima,

quote – “For many years I have received proposals from people for writings a book on my style of Escrima. I had turned down all of these offers, feeling uneasy with the idea of my art being available in pictures for anyone to see. However, with the spread of my art as it is going, and my inability to preserve it everywhere, I find it time to document Cabales Serrada Escrima. I have chosen Mark Wiley, one of my few chosen master instructors, to present my work. I highly recommend this and every book in Mark’s collection to anybody who seeks the ultimate, complete documented knowledge of an art. Mark Wiley is, in my opinion, an honest and humble person and a true master in every sense.” Pg13

**Q** - *Did Mark Wiley have your fathers consent?*

**VC** – Not that I am aware of. And that does not sound like my dad, the way he writes or even talks. My dad did not have a college degree and that sounds more like someone that has a little bit more of an education than my dad had. My dad talked broken English and so forth. Plus at the time after my dad passed away Mark Wiley called me at home and said he had a lot of stuff about my dad and wanted to do a book, which I said ok go ahead and do it. But let me see it before you put it out. And he had never let me see the book after he had written it he just had it published. And after a couple years that was about it. I do not know what happened, he never sent a transcript or anything, did not get an ok from me to do anything with the book. I did tell Mark that if he wanted to send me some money on the book some of the proceeds, I told him not to send it to me. Just send a check to my dad’s wife Tess, and younger brother and sister, Gelmar and Marygil. And that never happened either. Also some of the information in the book is not correct, like the list of the masters, I am number one and my brother Johnny Cabales is number two, and he has it listed my brother first and then me. And in the book he has it that my dad had told him the list of the masters, which he did not, for Frank Rillamas, was doing the numbering and calligraphy on the certificates and he asked him about the list. And Frank told him that my brother was number one, because he thought my brother was older. I asked Frank what was going on and Frank did not know that I was the eldest and number one. “When Frank started doing the calligraphy he started on number five, and that is why the first four are not in sequence. And there is some other information in the book that is not correct.

**Q** - *How was Mark Wiley as a practitioner with your father?*

**VC** – I really do not know, I use to ask Mark to workout, but he never wanted to workout. So I don’t know how good he is. When my dad was sick he asked me to go and workout with Wiley to try and finish some of his training, but at the time I was just starting a new job so could not go, but my dad asked some of the other guys which he told me, but they were not able to go either. So my dad had told me that Darren asked him if he would send him. I asked my dad why would you send Darren? Darren has just started himself. My dad replied, “he asked me and he is a little more advanced than Wiley.” And that would bring up another topic about trust with Darren and my dad, for when Darren came back from training with Wiley he demanded to keep the money that Mark had given him to give to my dad for his training. Darren returning from Washington and said, “I trained him so I should keep the money.” Now I got this from Rey Tap, for Rey went to my dad’s house and worked out for his masters training and my

dad had asked Tap to take him to the store. This is unusual for my dad for he drives himself to the store, in fact he would drive you. Anyway on the way to the store my dad was shaking and Tap said he was almost in tears and was very upset, saying, god-damn Darren this and that and said Darren had demanded the money. And Tap asked what? What money? My dad replied he demanded to keep the money when he goes and works out with Wiley. I said to him he asked me to go, and he comes back and demands the money. Because he said he's the one who trained him.

*Q - How is Mark Wiley supporting you and the Serrada system at this time?*

**VC** - I do not know, I do not think he is supporting the system at all. If you really read the book, there is a lot of political saying in the book. I asked him about changing some of the stuff, but he refuses to change anything.

*Q - Like what things?*

**VC** - The list and he put in there that my dad had asked Darren and Jerry Preciado to take over the school for him, instead of me. And they said no, we think you should let Vincent do it. My son Junior asked Darren about it himself and Darren's response was what do I care what he writes as long as it is good about me. Another error in the book, like the spelling in the masters list of Jaime Cabrera when it is actually J.C. Cabiero.

Another name that comes up is Michael Davis. In FMA Digest Volume 1 No 1 we had an article by Professor Madeline, which said that Guro Mike Davis studied privately under Grandmaster Angel Cabales in the Filipino Martial Art of Cabales Serrada System of Eskrima from 1988 -1991. He has also studied with many of Angel Cabales' senior students at that time. Grandmaster Angel Cabales awarded Mike Davis the rank of Second Degree, Dalawang Grado and title of Pangalawang Guro, (2nd. Degree Advanced Guro) Advanced Teacher on July 02, 1990. Diploma number: Fifty-Five. He continues to train in Cabales Serrada Eskrima and teaches others what he has learned in the traditional way.

*Q - Guro Mike Davis talked highly of your father and through the article it seems he got close to your father as a student. Can you tell a little about this and what Guro Davis is doing with Serrada at the present?*

**VC** - I tried to bring Mike Davis down to workout with us and several of my students talked to him, like Stanley Wells and a few others. They had wanted him to come down, but he has not come to workout with us yet and that has been years. So I do not know. He has started a couple associations I guess. But I have never been able to talk to him. I have seen him a couple times.

*Q - Also Professor Madeline who wrote the article, trained privately with Guro Michael G. Davis and has a website that promotes Guro Davis and the Serrada System. Has she been in contact with you and is she promoting the Serrada system?*

**VC** - No, she has not been in touch with me. She came down and worked out with Darren Tibon and got a certificate, I understand and didn't even come by the school, when she was in Stockton. So I guess she is avoiding us here.

**Q** - *Rene Latosa of Latosa Eskrima, Grandmaster Angel Cabales was one of Rene's first instructors, part of his legacy and influence will continue to live on in the Eskrima Concepts System developed by Latosa. Rene Latosa has said many good things about your father. Are you talking with him?*

**VC** – No, I have not talked with him. I understand he was in Germany working out with some Wing Tsun guy and that he has a few videotapes out. But other than that the last time I have seen him was when my dad passed away.

On Jimmy Tacosa of the Tacosa Cadena Eskrima who owns and operates the **Pacific Eskrima Academy Hawaii** He states that after a 15 year tenure under Grandmaster Angel Cabales, Guro Tacosa was awarded a Masters Diploma and Certificate in Serrada Eskrima and was asked to pass the art onto a new generation. Master Tacosa is recognized as one of the foremost exponents of Serrada Eskrima in the world.

**Q** - *With this said, what can you tell us about Jimmy Tacosa and your father?*

**VC** – I have been around the school and worked out with Jimmy when he was around and my dad has always treated everybody and all instructors all the same. I don't know about him being the special man.

**Q** - *Has he been in contact with you and helping you with the promotion of Serrada?*

**VC** – No. About 6 or 7 years ago he came in and said he was going to do a book. But I don't think I have ever seen a book come out. That's about it. He has never tried to do anything for me, but I have never done anything for him either. When I did a seminar in Germany I worked out with some guys out of his group, other than that nothing much.

On the book that was printed in a limited number I understand and is very hard to get at this time, "The Pure Art of Cabales Serrada Eskrima" by J.C. Cabiero and Gary Vatcher, Ph.D.

**Q** - *J.C. Cabiero was a student of your father and what was his relationship as a student?*

**VC** – I remember J.C. coming down right before he went into the military. He would come down and workout. Just another student, I don't know about being a personal friend. Everybody was pretty close to my dad at that time. Everybody was like a family, even today the school is like a family, it's not like a Karate school where everyone is



wearing a uniform, we are all individuals. We come in wearing our own clothes, jeans, shirt, etc, what ever is comfortable. Were just like a family.

**Q** - *Have you seen this book that he has put out and what are your thoughts on it?*

**VC** – No I have not seen it, or heard about it. Think I saw a video he had some years ago. It was ok, the basic techniques were pretty good, but some of the footwork was different from what I have ever seen.

On the subject of Grandmaster Anthony Davis, it is said that he was a personal student and partner of the Great Grandmaster Angel Cabales in the International Kali/Escrima Association. He is also the founder of the Davis/Cabales Serrada Escrima system.

As one of Great Grandmaster Cabales' personal students he was left with a charge to ensure that the ancient Filipino fighting art of Serrada Escrima be shared with as many Martial Artist as possible. This has become his life's work, to pass on the knowledge and techniques of the Great Grandmaster Angel Cabales.

*Q - What is your relationship with Grandmaster Davis, and what do you know of your father and Grandmaster Davis forming a partnership and forming the International Kali/Escrima Association?*

VC – My dad to my knowledge never formed an association with Anthony Davis. My dad wanted to start an association called “The Cabales Serrada Escrima Association”. I do not have a relationship with Anthony Davis. One time when we put on a demonstration for him in Galt, CA (my dad and myself), back in the early 80’s, Anthony was only on level 3. He put out an article that he was my dad’s business partner and head instructor. I do not know what system Anthony Davis is a Grand Master of I just would appreciate, it is he would leave the Cabales name out of it.

*Q - Grandmaster Davis holds a Commemoration for your father each year around when your father passed away, do you attend this event each year?*

VC – No, I have not been invited and do not recall being at one.

*Q - With you and Grandmaster Davis living in close proximity to each other, do you get together for the promotion of Cabales Serrada Escrima?*

VC – I have been told that he was trying to get in touch with me, but he hasn’t. I am not hard to find. I have been in the same building that my dad taught classes in, since a year before my dad passed away. My dad started teaching at this location in 1968. We still teach classes at this same school. Our classes are Mondays and Wednesdays. My phone number has been the same for 10 years. And so it has not been too hard to get in touch with me. My phone number has been in various articles and so forth. But I do not remember Anthony contacting me about any of the events he has had.

*Q - There is a group which has a website **Angels Disciples**, are these practitioners part of your group in promoting Serrada and your father?*

VC – No it isn’t, that is Darren Tibon’s group and his naming them Disciples. How can they be disciples of my dad when none of them even worked out with my dad except for Darren? And Gabriel Asuncion was Darren’s first instructor in Serrada. My dad wanted twelve disciples and he named a few of them to me a year before he passed away. Darren wasn’t one of them. So he is just calling himself that so I think it is kind a selfish.

*Q - Of the students that learned under your father, who is still with you helping to promote the Serrada system?*

VC – Gabriel Asuncion, Stanley Wells, Tony Teixeria, Art Miraflor, Carlito Banjoc, Richard Mendoza, Frank Rillamas, Ray Tap and Ron Saturno. I have done some seminars with Carlito Bonjoc and the Bahala Na group. There is another student of my dad's named Valdo (I can't recall his last name). These are about the only ones that have been active around Stockton.

*Q - At this time what students do you have that are up and coming and promoting you and the Serrada system?*

VC – Ben Pagtanac runs the school in Vallejo, CA, and Patrick Armijo is my representative up in Northern Washington and Canada. Bobby Laird is in Seattle and he has down south to northern Oregon; Mike Tremble is in the southern part of Oregon and represents the northern part of California. Also Gabriel Asuncion Stockton, CA., Eddie Garcia Stockton, CA., Dennis Servaes, Stanley Wells Stockton, CA., Armando Visperas, Fremont, Ca. and my son Junior (Vincent Cabales Jr.). Also the rest of the students here in Stockton, and not to forget Marco in Germany and his group. Of course Tiki and Ronnie Willard in NASA Bay, Houston, Texas who just moved there and once settled, they want to get a school established. (Tiki is Vincent's daughter).

*Q - I understand that you are planning to make a trip to the Philippines? And can you tell us the reason and what you want to accomplish while in the Philippines?*

VC – Yes. Right now one of my private students, Mr. Powers is a movie producer and he is going to send me to the Philippines to my dad's barrio to take some pictures for a documentary on Serrada Escrima next year (2006), once he completes the project he is currently working on.

*Q - It has been said that you are working on putting together a training film set, organization infrastructure and expansion. Can you tell us something about this?*

VC – That's what I am trying to do is get more schools in the Bay area, the film project, and trying to get back to Germany to try and set up some things with them. And of course seminars and tournaments. Trying to get a little better infra structure, open a few more schools and actually run things like a business. We have already started to produce a training film series but need to polish it up a little more before we release it.

*Q - Are you available for seminars?*



VC - Yes most anytime. A few places I have done seminars are, Germany, South Carolina, Bellingham, Washington, Ashland, Oregon, San Diego, Los Angeles, Roseville, Escondido and Sacramento, CA.

*Q - Your website has been down for a while. Do you have an idea when it will be back online for people to visit and learn about the Cabales Serrada System?*

VC – My daughter is trying to get the website together and back up. However just moving to Texas, she and her husband are just getting settled in. They will get the website set up soon. - [www.cabales.com](http://www.cabales.com)

*Q - When and where do you teach and how can people contact you if they would like to learn the Cabales Serrada System?*

VC – I teach on Mondays and Wednesdays from 7 to 9:30 pm. The school is located at 136 E Harding Way, Stockton, CA. 95204. My number is (209) 598-2384

*Q - Do you have anything you would like to convey to the readers?*

VC – Martial Arts Attitude. One should have the ability to conduct themselves with humility, integrity and honor. Not to be money hungry, boastful or envious of others. It is too bad that a few of my dad's former students want to dishonor my dad's legacy that he wanted to leave behind and start their own version of Serrada. This is the Cabales Serrada System. When I am gone a Cabales family member will inherit the only system my father created.

As I said at the beginning of the interview it is an honor to have this interview with you and to find out your feelings, thoughts, and insights on the Cabales Serrada System.

For information regarding, Seminars or Escrima Tournaments contact:

Grandmaster Vincent Angel Cabales.

P. O. Box 692893

Stockton, California 95207

(209) 598 –2384

For Training in the Cabales Serrada Escrima System

Mondays and Wednesdays

7 to 9:30 pm.

136 E Harding Way

Stockton, CA. 95204

(209) 598 –2384



Serrada Stockton Group

## **Vincent Angel Cabales Junior and Tikishia Tyrine Willard**

Grandmaster Vincent Cabales has three children. Two of the children are actively training in the family art of Cabales Serrada Escrima. These children are Vincent Angel Cabales Junior (“Junior”, age 33), and Tikishia Tyrine Willard (“Tiki”, age 28).

Junior got his advanced degree on March 23, 1993 and earned his Master’s degree on November 8, 1995. Tiki received her advanced degree on January 8, 1998 and earned her master’s degree on January 8, 2002. Tiki’s husband James Willard (“Ronnie”) received his advanced degree on March 10th, 2002.

Junior currently trains and teaches at the Harding Way School with his father. Tiki and Ronnie have recently moved to NASA Bay, Texas. They plan to open a school as soon as they settle into their new community.



### **Tikishia Tyrine Willard**

When Tiki was coming up through the ranks she liked to spar. When she was in her third month of training, she fought, in a tournament, against a male opponent that was 27 years of age and easily defeated him. In 1998, Tiki gave private instruction and she was known as an excellent instructor, well disciplined in Serrada. She is very proud of her father and the Cabales family lineage.



Tiki with husband Ronnie

### **Vincent Angel Cabales Jr.**



Vincent Angel Cabales Junior was born on November 8, 1972 and started training when he was six years old. Junior is now 33 years old and has not had any other martial arts training besides his family art of Cabales Serrada Escrima. When Junior was in the 3rd grade at Van Buren Elementary School, in Stockton, California, he noticed some schoolyard bullies picking on another kid. Junior went to assist his classmate. There were four assailants from the 6th grade. Junior sprang into action and after the dust settled the bullies were sorry. The teachers quickly rounded up the group and took everyone to the principal’s office.

The school called his dad and when Vincent Cabales Senior showed up, he was told that Junior was using that Filipino martial art stuff. Vincent Cabales Senior was perplexed to find that Junior seemed to be in the most trouble because all of the other boys were so much bigger and they had started the fight by picking on another kid. Junior was learning Serrada from both his father and grandfather (Grand master Angel Cabales).

Junior's dad would teach him moves and Angel would check on his progress. Angel was proud of his grandson's abilities. When Junior was a little kid he would go to the classes and he would work out with the other students like Carlito Banjoc, Wade Williams, Gabriel Asuncion, Tony Teixeria, Kimbal Joyce, Stanley Wells, Richard Mendoza, Jimmy Tacosa and, Frank Rillamas.

When Junior was eight years old he started doing demonstrations and seminars with his father and grandfather at the Filipino festivals and the Civic Auditorium, in Stockton, California.

Junior was an instructor at the age of eleven and he taught the kid's class. When Grand Master Angel Cabales died, Junior was 19 years old. He had already been offered his advanced degree and master's degree, but would not accept them. Vincent Cabales Senior wanted Junior to have the degrees with Angle's signature on them. That did not happen because Angel died so suddenly. Junior got his advanced degree on March 23rd, 1993 and earned his Master's degree on November 8th, 1995.

Junior has been an active instructor and had his own school in Modesto, California. That school is now closed and he currently trains with his father in Stockton. Junior has assisted his father at many seminars and continues to enjoy the art of Cabales Serrada Escrima.

Vincent Angel Cabales Junior says ... "I would like to see credit where credit is due, concerning my Grandfather's Serrada Escrima System. Some people have incorporated techniques into their systems without any regards or recognition to Serrada.

## **Master Stanley Wells**

By Guro Dennis Servaes

Master Stanley Wells talks about Grandmaster Angel Cabales and Serrada Escrima. Master Wells commenced his training with Max Sarmiento and then as time passed he continued his training with Grandmaster Angel Cabales in 1975.



**GDS** - *Can you tell us a little bit about your background and what you do?*

**MSW** - I have a background in boxing. I trained from different fight trainers before meeting Max Sarmiento. Max taught Filipino boxing he called Cadena de Mano. In boxing, I have trained world-class fighters. Angel and Max worked out together, and I started learning Serrada Escrima from Angel.

**GDS** - *It is apparent that being, the "Father Of Escrima In America" the late and Great*

*Grandmaster and Founder of the Cabales Serrada Escrima System, Angel Cabales, was one of the most influential martial artists ever. Can you tell us about the curriculum that Angel designed for his academy?*

**MSW** - Well, Felicisimo Dizon trained Angel, and the art then was only called "Escrima." It had 56 angles of attack, but Angel simplified the learning process by breaking the 56 angles down to 12 angles of attack. Many of the 56 angles were redundant. In other words there were six ways to do a one. There were several ways to do a number two strike etc. Angel was in live skirmishes, which influenced his refinement of his system from what worked best. Then to rank the students it was easy-angle one was level one, angle two is level two etc. up to angle twelve. Advanced training is instructor level and starts after completing level twelve and the drills. Then Master training follows the advanced training. That is where you learn to counter everything you learned before, and to counter being countered.

*GDS - Could you tell us about some of the famous celebrities that have trained from Grandmaster Angel Cabales?*

**MSW** - Angel wouldn't say anything until later. He would give some people private lessons where they could get his full attention. So I usually wouldn't see them. Bruce Lee got a glimpse of Serrada from his student Danny Inosanto. Danny has helped to popularize the Filipino Martial Arts, but he is not a Master of Serrada. What Danny learned from Angel gave Danny his foundation in escrima, and it is Escrima, which enhanced the weaponry of JKD, which goes back to Angel. I believe Grandmaster Angel Cabales was a genius in putting together Serrada, and is certainly one of the most influential martial artists of the 20th. Century.

*GDS -Your analogy of a grandmaster of a system being the root and the system being a tree may be difficult for some people to understand. Would you please explain?*

**MSW** - If a person can understand that, then I might be able to explain that leaving the grand master to do your own thing you shouldn't call it Serrada if you short-cut and violate principles and concepts that are part of Serrada. Even though the techniques were taken from Serrada, it is something else once the principles and concepts are violated. I think that when it is no longer Serrada, it shouldn't be called Serrada. In the early seventies I asked Angel about who would take over when he left us. Angel said, "Vincent and Johnny were the ones trained for that," but it is also a Filipino custom that the first-born son should be the heir and Vincent is the oldest.

*GDS - Can you elaborate on the fact that some of the "Masters" were allowed to possess their degree at the start of their master training, but were expected to continue on until completion of the training?*

**MSW** - You're right some got their degrees early. They were expected to continue training five to seven years, but unfortunately Angel passed away. Some got their basic masters degree, some didn't even do that and then some stayed another five to seven years to complete their master training.

*GDS - So they should have trained from Vincent Cabales, to complete their master training?*

**MSW** - The later ones yes, but also some of the earlier ones as well to straighten out their form and correct bad habits that may have developed over the years.

**GDS** - *Your Master Degree in Serrada is number sixteen, is that right?*

**MSW** - Right. I was here in the mid seventies, over ten years before many of the later masters, and when they bought their degrees number 16 was the one Angel picked out for me and signed. The claim that the last third of the Masters got more information from Angel is not true. I was there when Master Jaime Cabiero and Master Jimmy Tacosa were training and then I was the last person to get a Master's Degree from Angel, and I continued to train to the end.

By the way, Dentoy Revillar trained before Grandmaster Angel Cabales, started incorporating master degree diplomas into Serrada, and it would be ludicrous to assume that Dentoy is not an accomplished master of Serrada.

**GDS** - *Would you discuss the differences in the Serrada, Grandmaster Angel Cabales practiced, and the Serrada Grandmaster Vincent Cabales Sr. practices?*

**MSW** - It's like deja vu if you close your eyes and train with Vincent now it is as if you were training with Angel. I have continued training with Grandmaster Vincent Cabales since he took over the academy.

**GDS** - *So there have been no changes?*

**MSW** - In my opinion, I believe angel taught a certain curriculum to all of us, but his sons learned more. Years of working out with one another, certain students would be shown techniques that no one had ever seen before, but Vincent, would know. If anyone had asked Angel about this he would probably say, "Never mind!" Angel didn't teach us wrong! But the way he taught his sons is more desired. In other words a higher system than his already remarkable system that he taught to the public. It was a privileged to have been taught both ways.

## **Guro Eddie Garcia**



Dennis Servaes, Grandmaster Vincent Cabales,  
Master Stanley Wells and Eddie Garcia

Eddie Garcia started training under Grandmaster Vincent Cabales in April of 1992. He earned his advanced degree in Cabales Serrada Escrima on September 19th, 2003.

In December 2000, Eddie started a career as a correctional officer for the California State Prison System where some of the most notorious and dangerous prisoners in the United States are incarcerated. California State prisons have a bloody reputation, a culture where violence and boredom make up life day-by-

day, where gang culture, rape and silence run deep. California has more condemned inmates, on death row, than any other prison system in the United States. Guards know that inmates can make a weapon out of anything and often they do. Cellblocks have names or perhaps warning signs: "Little Viet Nam", "Death Alley", and "Okay Corral". The prison itself has an appropriate nickname given to it by inmates: "The Arena".

Eddie has earned a reputation as a person who uses his head. He has the ability to diffuse potentially volatile situations and gets along with people. Eddie used to be a lightweight amateur boxer. He is a gentleman with "skills". His training has taught him confidence and composure. He continues to train with Grandmaster Vincent Cabales. He feels fortunate to live in Stockton where he has access to such good quality instruction. He has always been a firm believer in training with the "source". Eddie got into Cabales Serrada Escrima because he was searching for his roots and was pleased to find that Stockton was a cultural center for the Filipino culture.



Eddie Garcia (left)  
John Thomason (right),

Eddie would like people to know that only Grandmaster Vincent Cabales is authorized to award master degrees. A person with a masters degree is authorized to promote someone to the "advanced" degree level in Cabales Serrada Escrima. He feels that there are fraudulent promotions in Serrada. It takes a minimum of ten to fifteen years to earn a masters degree.

## **Guro Benjamin Pagtanac**



Guro Ben Pagtanac, Guro Eddie Garcia  
receiving their Advanced Degree Diplomas

Ben Pagtanac has studied with Grandmaster Vincent Cabales for approximately 14 yrs, learning the necessary basics involved in the Cabales Serrada System. He continues his studies in Cabales Serrada by training, and assisting Grandmaster Cabales in teaching classes and traveling assisting Grandmaster Cabales with Seminars.

Ben Pagtanac completed his advanced training on February 2, 2002 receiving his Advanced Degree (#61). He is currently studying to complete his Masters training which usually take up to 7 yrs to complete.

Prior to his training in the Cabales Serrada system he studied Wing Chun for 8yrs and Muay Thai for 13 yrs, sometimes studying the two arts at the same time. He currently opened a school in his home in Vallejo, California where he teaches his students with Grandmaster Cabales stopping by on several occasions to teach.

The Cabales Serrada helped Ben numerous times in life threatening situations. Ben works as an undercover police officer, assigned to a Fugitive Recovery Enforcement Team. He chases down the worst of the worse, cop killers, thugs on the lamb, etc. An example of a situation where Ben had to put Serrada to use on the job was when he was assigned to work in plain clothes and to drive an unmarked police vehicle. Ben and his partner received warrant information on a subject who was living at a hotel located in an area of the city where a high rate of crime involving narcotics, gang activity, stabbings and occasional shootings took place.

They arrived at the location, which had a really narrow hallway, rooms with thin walls and let's not forget the stench of feces and urine with roaches crawling. They knocked on the door identifying themselves requesting entry. Ben stood near the doorknob, which was the opening side of the door, and his partner was located on the opposite side. They stood by listening for the suspect inside and preparing to ram the door. They heard a voice say, "What do you want?" Ben and his partner again identified themselves and stood by. The door open quickly and the suspect walk out holding an opened and locked folding knife in his hand with the point facing forwards towards Ben. His partner repositioned himself to un-holstered his weapon (gun). Ben saw the blade and held his position because there was no room to back up. Ben didn't have time to pull his gun out and shoot the suspect so he quickly disarmed the suspect with a Cabales Serrada Escrima technique, taking the blade and securing it in his hand as he took the suspect into custody without injury.

Another situation was where Ben was assigned to work as a Sheriff's Deputy with behavioral problem inmates. Ben heard, on the department radio, a deputy call for assistance regarding multiple inmates fighting at the booking counter. Ben arrived and saw 4 inmates separated and resisting deputies. Ben's attention went to an inmate who was approximately 6' 2" and approximately 240 lbs. Ben noted a deputy who was attempting to subdue the inmate but fail the attempt when the inmate picked him up like a dumbbell throwing the deputy across the room. Ben then advised the inmate to cooperate and put his hands behind his back. The suspect of course ignored him, and commenced to walk towards him. As the inmate approached he pulled his arm back making a fist. The suspect attempted to deliver a devastating punch. Ben stood his ground, parried the inmate's punch and then took the inmate to the ground. The inmate (whether he wanted to or not) complied and went to the hospital for his injuries.

Ben Pagtanac has been fortunate to have studied with Grandmaster Vincent Cabales and is thankful for all of the techniques that were taught to him. For many of the techniques he has learned through Serrada Escrima have been field-tested in many of his confrontations with the most violent subjects that he has had to encounter in his line of work. From his experience and training and in real life threatening situations, Ben Pagtanac was selected to teach at the Police Academy.

*Ben Pagtanac is an instructor of Cabales Serrada Escrima System. He frequently assists Grandmaster Vincent Cabales (Son of the late Grandmaster Angel Cabales) instruct at seminars and classes. Ben runs a school at his home in Vallejo, California. Grandmaster Vincent Cabales comes by frequently to teach. Ben, his students and Grandmaster Vincent enjoy eating together at their favorite restaurant.*

*Ben has served in the U.S. Armed Forces assigned to a specialized unit, conducting operations overseas. He served as a training instructor for Field Combat Operations, Air Assault & Hostage Rescue. He has worked as a Federal Police Officer and a Sheriff's Deputy. He is now currently employed at a major city working as a Police Officer assigned as an Intelligence Officer, Gang Taskforce Member, in a Fugitive Recovery Enforcement Team. Ben is a Defensive Tactics Instructor for the Police Academy and is a Philippine Metropolitan police exchange instructor (Teaching Fellow Filipino Police Nationals, PNP, NBI).*

## **Serrada Training in Real Life Situations**

By Guro Dennis Servaes

I hope these three incidents I am sharing here have some value to the reader. I don't expect the reader to rely on my opinion on which brand of martial art is the best, nor do I claim or infer that being involved in knife fights gives me any expertise on knife fighting. I know the intelligent readers will want to find out and ask questions though.



A left hand shoves my chest backwards and I fall against a chair and the kitchen table, knocking the kitchen table and chair backwards. The edge of the kitchen table strikes my oldest Grandson in the throat, as my already injured back slams over a high chair for feeding babies, with another Grandson strapped in the high chair. A right hand plunges the longest serrated butcher knife in the kitchen straight down at my heart.

If I move out of the way my one-year-old Grandson will be stabbed to death, but a simple Serrada move that Grandmaster Vincent Angel Cabales Sr. had showed me two weeks earlier saved both of our lives. I was on disability at the time for a serious neck and back injury so it was important that the move be one that requires very little strength. The situation ended without any further injury to my grandchildren or myself or my violent attacker.

Years before I learned Serrada, at a party a woman picked up a knife and was about to stab a guy for calling her names. I told her to let go of the knife and give it to me, and as she was handing the knife over to me the guy tried to get it. I told him to let go and he refused, so I slammed his wrist in the sink and I could see that he was near more knives so I slammed his wrist against the counter and he turned his wrist so that the blade was sideways and the blade edge towards me. So I pressed the blade sideways bending it around his thumb and it began cutting into the middle of his thumb but he still wouldn't let go. The blade became more and more slippery and the person that rented the house told the guy to leave. He was afraid to stop or leave, but after the knife had cut into his thumb far enough it was easy to convince him to let go. He left. Days later he stole his fathers or brother's handgun and shot up a bunch of my friends.

Another time a guy freaked out with a bowie knife inside a trailer park. I tried to get away. I went to the window to jump out and he threatened to kill me. He slashed at me and I reached out and got my finger cut to the bone. He said something like any fool that would reach out like that deserves to get cut and started hollering some kind of strange noise. Then his girlfriend said she hated him and kicked him with cowboy boots right in the crotch. He grabbed her hair in his left hand and wrapped her hair around and around his fingers and took the point of the blade scratching her back all up. She said she hated him and he said, "That does it! I'm cutting her head off!" (Incidentally this was partially recorded by the police because another woman at the trailer had got me a bandage and then called 911). When the knife went for the woman's throat, I grabbed the weirdo from behind and pulled his wrist away from her. In the ruckus he got stabbed numerous times with his own blade. The police were standing right outside the door listening.

The weirdo had at one time trained in Chinese Kung Fu and was also a member of a motorcycle club and bouncer at a bar. He had also stabbed numerous people and was a felon with numerous priors for violence.

After he was stabbed the first time he hit me in the throat with the back of his arm close-lining and tripping me over a bed. The knife was as slippery as a fish and he was trying to get it to stab me. The police arrested me for attempted murder.

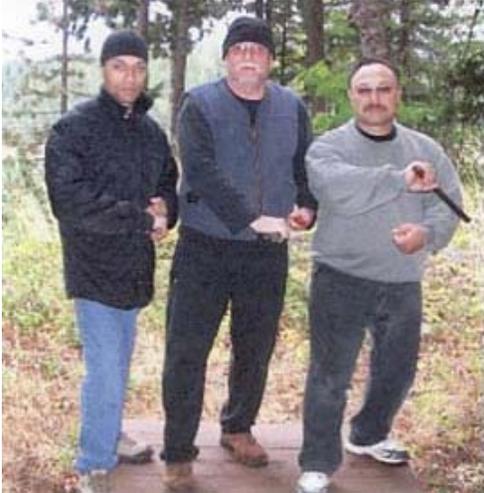
The guy that was renting the trailer made a deal to testify against me in exchange for dismissing a case against him, and talked his girlfriend into agreeing with him. It was the same woman that had called 911 and bandaged my hand, but at court she told the truth, that I had saved the woman from being killed. The judge ruled he didn't know if she was telling the truth now or before saying that she was an unreliable witness. Her boyfriend had lied about his name due to warrants yet the judge decided to go ahead and use his testimony. And the guy that got stabbed said that I didn't attack him. This cost me thousands of dollars, and jail time and court days and stress. The first day of jury selection my attorney avoided me until after court closed. He asked me if I felt lucky and I said, "YES." I had refused to make a deal, rather than facing a jury and possible five years prison time. He said, "Well, you should feel lucky, because you just won the case, they dismissed the case on lack of evidence." I often wonder about the people in prison and on death row simply because they didn't have enough money or the right attorney, and may have been the real victims twice.

## **Cabales Serrada and Leverage**

By Guro Michael A. Trimble

Leverage is an integral part of Cabales Serrada. You often hear that leverage is sometimes said to be anything other than a strike, so one can well imagine the varied types of leverage. The unifying concept categorically is basically the application of stress on bone groups and joints to attain an endpoint, i.e., hit, slash, control, injury, flip, takedown, death, etc.

Even a push to unbalance the opponent is one type of leverage. A few exceptions to this are those moves in which you wish to get behind the opponent while retaining the hold, like a hammerlock.



Master Vincent Cabales, Jr.  
Guro Michael Trimble,  
Grandmaster Vincent Cabales, Sr.  
October 14, 2005  
Kali-San Soo Ranch

Leverage is predominantly applied through a pushing action with 90% of leverage stress being pushes. The use of leverage allows control relatively easily without a lot of physical effort. Most leverage is not physically taxing because it is based on the physical and mechanical limitations of the body as they apply to, and obey, the physical laws of the earth (physics). With proper set-up grip and positioning, little effort can achieve maximum benefits or any endpoint so desired. I teach lots of leverage knowing Kung Fu San Soo and I was amazed when I started learning Cabales Serrada from Grand Master Vincent Cabales, Sr., in 1998, just how much leverage the art used. I'm aware of numerous similarities between Cabales Serrada and Kung Fu San Soo, like both arts fight out of a natural position and the use of leverage, but that's another

discussion.

A more radical rotational leverage is shoulder leverage either in the form of a hammerlock or "bent L" configuration. A hammerlock stresses the upper arm/shoulder junction, the elbow, and wrists and accompanying musculature with potential multiple bone breaks, muscle, tendon, cartilage and/or nerve damage. You can also cause your opponent to break his own shoulder by falling to the ground while the hammerlock is retained. This rotates the shoulder joint until it cannot bear the falling weight and breaks.

Ninety percent of most martial art systems and styles do no leverage. They only execute punches, kicks, blocks, etc (impact). Leverage is an intellectual part of martial arts, which only a few really understand. But in Cabales Serrada and Kung Fu San Soo you have lots of leverage to utilize.

## **The Tao of Kinetic Energy and Cabales Serrada**

Kinetic energy is the energy of motion, like the striking of a stick or blade in the deadly Filipino art of Cabales Serrada Escrima. Think about it. Every dynamic body possesses Kinetic Energy. Power, by definition, is the rate of doing work per unit time. For practical and applicable purposes of Cabales Serrada Escrima, we can interchange power and kinetic energy as far as the end results of our actions. Both involve work (force) against another physical body, with or without a weapon, in the form of collision or impact. Mathematically, Kinetic energy is expressed as  $KE=1/2 mv^2$ . Varying mass or velocity increases KE in different proportions:

<b>Increasing Mass</b>	<b>Increasing Velocity</b>
<b>KE=1/2mv<sup>2</sup></b>	<b>KE=1/2(m) (v)<sup>2</sup></b>
= 1/2(2) (2) <sup>2</sup>	= 1/2(2) (2) <sup>2</sup>
= (1) (4)	= (1) (4)
= 4	= 4
<b>KE=1/2(4) (2)<sup>2</sup></b>	<b>KE=1/2(2) (4)<sup>2</sup></b>
= (2) (4)	= (1) (16)
= 8	= 16
<b>KE=1/2(8) (2)<sup>2</sup></b>	<b>KE=1/2(2) (8)<sup>2</sup></b>
= (4) (4)	= (1) (64)
= 16	= 64
<b>KE=1/2(16) (2)<sup>2</sup></b>	<b>KE=1/2(2) (16)<sup>2</sup></b>
= (8) (4)	= (1) (256)
= 32	= 256

As illustrated, when mass is doubled, KE (power) doubles proportionately. This KE is delivered in the form of heat dissipated and absorbed by the receiving body. When velocity doubles, power delivered quadruples. Every time velocity doubles, power delivered quadruples. Every time velocity doubles, kinetic energy increases by one power of ten, making velocity and power a logarithmic proportion. In short, doubled mass, doubles power and doubled velocity quadruples power. Energy absorbed at impact is four (4) times greater with doubled velocity, even with constant mass. Speed over mass is power.

The Kali-San Soo Association teaches Kali as one art and Kung Fu San Soo as one art. Kali and San Soo do compliment each other very much with instruction, training, practice and time. Kali enhances what San Soo lacks, i.e., range, distance, angling, flow, motion education and attacking the stem, just to name a few examples. Kung Fu San Soo is not a sport, but a fighting technique. It is based on a combination of punches, kicks, strikes, and blocks done in perfect rhythm, and directed to vital points of the human body. These techniques can be changed instantly to suit the situation and do not necessarily follow a set pattern. The utilization of highly scientific principles of physics involving movement and leverage, as well as intense concentration and controlled breathing, gives a fighter extreme power. Agility, balance, coordination, humility and respect for one's fellow man, are also emphasized.

Many of the students love Kali because of the range and distance (Largo Mano) of the art. If a student likes to fight in engagement range, more inside with contact, etc., then they prefer San Soo.

Guro Michael A. Trimble, B.S. (73), NAU, 6th Degree Black Belt, Kung Fu San Soo has been studying Cabales Serrada Escrima from Grandmaster Vincent Cabales, Sr., since 1998. Grandmaster Cabales is the son of the late great Grandmaster Angel Cabales (1917-1991). Guro Trimble is the President of the "Kali-San Soo Association" which is 17 miles Southeast of Ashland, Oregon in the "Cascade-Siskiyou National Monument."

If you would like to contact Guro Trimble: **Email**



The late Kung Fu San Soo Grandmaster Jimmy H. Woo and Sifu Michael A. Trimble, 1985, at Master Al Rubin's Kung Fu San Soo School in Riverside, California



### **Black Belt Hall of Fame Angel Cabales 1991 Weapons Instructor of the Year**

Karate has its one-punch knockout. The United States Marine Corps has its eight-second kill. But Escrimadors the world over have "three strikes and a man will fall." And for that, they have Serrada Escrima founder Angel Cabales to thank.

Born in 1917 in the Philippines, Cabales learned about stick fighting from escrima Master Felicimo Dizon, a local hero and member of the famous dos pares escrima society. At age 18, Cabales moved from his small village to the lawless seaport of Manila, and continued his training the hard way: in countless death matches and brawls with the scurvy low lives who prowled the docks after dark. In 1939, Cabales became a seaman and left the Philippines aboard a cargo ship bound for ports unknown.

It was aboard this ship that Cabales fought a man who was intent on destroying him, and in three swings of his escrima sticks, Cabales left the man dead. "Three strikes and a man will fall" became Cabales' catchphrase, and the motto of his students in years to come. Cabales eventually left the sea and settled in San Francisco, where a good number of Filipino families had relocated. He later moved inland to Stockton, California, where he lived for the remainder of his life.

In 1965, Cabales opened the first public Filipino martial arts academy in the United States. He was continually making changes to the de Cuedas style; incorporating

techniques he had learned in combat on land and at sea. As he added his own nuances, he also began a ranking system and added a new name to his style: serrada escrima.

Cabales' greatest contribution to his art was perhaps his standardization of the system. Besides creating a rank structure, he based the teaching structure around his style's 12 angles of attack. A student would learn one angle at a time, and be taught offenses and defenses for that angle, before moving on to the next angle of attack.

Several speed and accuracy drills were also developed for students who had mastered more than five angles. Cabales also incorporated open-hand self-defense maneuvers for students with knowledge of ten angles of attack or more. The original de Cuerdas style had not addressed weaponless self-defense at all. For the next quarter century, Cabales taught his methods of stick fighting to literally thousands of students.

Martial arts notables such as Dan Inosanto, Richard Bustillo and Graciela Casillas all came to him for his expertise in the Filipino fighting arts. In 1990, after fighting a series of battles with pneumonia and lung cancer, and suffering several heart attacks, Cabales passed away. Black Belt honors this pioneer who brought escrima to the common martial artist by posthumously naming him the 1991 Weapons instructor of the Year.

## **Cabales Serrada Escrima Ranking System**

By Guro Dennis Servaes

Cabales Serrada Escrima is actually a fencing based system, rather than just a stick fighting art. When I hear “Serrada is only a stick fighting art,” I know the person talking doesn’t know what he or she is talking about. Sure we begin our training with sticks, but the stick training translates to blades and empty hand fighting skills. The Spanish terms of Espada Y Daga, which means Sword and Dagger, is literally the basis of Serrada.

Clarification of the ranking order of the Cabales Serrada Escrima System of Self Defense, and the secret to its Mastery and also some other myths surrounding Serrada.

### **The Cabales Serrada Escrima Sash Levels:**

	Strikes	
1.	1 - 3	White Sash
2.	4 - 6	Yellow Sash
3.	7 - 9	Green Sash
4.	10 - 12	Blue Sash
5.	Intermediate	Purple Sash (4 Levels)
6.	Advanced	Black Sash (7 Levels)
7.	Master	Red Sash

Sashes will be worn around the waist to indicate ranking. A sash for Angles 1-3 is a white sash and is worn with one to three black stripes added for each level of

advancement. This will continue for the yellow, green and blue sashes as well. For example level ten is a blue sash with a single black stripe.

On the (Intermediate) Purple and (Advanced) Black Sash levels - red stripes will be worn to indicate their level of training.

On the Master Levels a red sash with black stripes will be worn, and each of the black stripes on the red sash indicates a decade of training in the art.

In the past the Guros (Instructors) have worn a black t-shirt. Everyone else would wear a white shirt. At demos or seminars the Grandmaster will wear a red sash with black stripes, and sometimes-red pants.

Red is not to be worn by anyone that is not of Master Rank. A red headband indicates the person wearing it has been in combat.

The Grandmaster does not approve the Master diploma until the completion of the system. Some people that trained with Great Grandmaster Angel Cabales have their Master Degrees signed by Angel but did not complete the system, much beyond Basic, so are not true Masters. Angel's son the current Grandmaster Vincent Angel Cabales Sr. has maintained a small class, preferring quality from his students rather than quantity and is very particular about promoting.

Great Grandmaster Angel Cabales originally refused to show any intermediate or advanced techniques until the student was completely familiar with his or her basics, so that they would have a solid foundation. Years later however, he integrated the intermediate into the basic training to retain student's interest in the art.

Originally the basics had 56 angles of attack, but many of the strikes were somewhat redundant so Angel standardized a curriculum to 12 angles of attack and then only as many techniques as was necessary to defend against the strikes were required. That was the basic level and to rank the student Angle One was Level One and Angle Two was Level Two etc. up to Level Twelve. More techniques would be added to previous levels as one progressed, for instance while on Level Four, more techniques for Strike Number Ones may be shown.

In practice a **Strike Number One** is a straight downwards strike to the left shoulder or clavicle of the defender, but in combat would probably be to the head and is the most likely strike you will see in any street fight. To the defender that is Angle One, and he or she will learn counters to Angle One during Level One.

**Strike Number Two** is delivered in a whipping downwards strike to the right shoulder. It is done with the right hand palm up and then retracting the weapon back. That is Angle Two and Counters will be learned for this angle while on level two.

**Strike Number Three** is to your left side in a horizontal fashion during training. This is your Angle Three area, and counters are learned during Level Three Training.

**Strike Number Four** is initiated with the left dagger hand to your liver area, followed by a horizontal strike to your right side. This is the deepest cutting strike possible and that is your Angle Four, and counters for Angle Four are learned during Level Four Training. Also, some other counters for the previous Angles will also be shown.

**Strike Number Five** is a central thrust towards your abdomen. That is your Angle Five, and counters are learned during Level Five Training. Most kicks are either to Angles Five, Nine, or Eleven.

**Strike Number Six** is a thrust to your heart. This could be a right hand punch also and would be considered your Angle Six. Counters for Angle Six are learned during Level Six Training, and most of the level six techniques are the same as for Angle One.

**Strike Number Seven** is a right hand palm up thrust to your right lung or liver area, which is your Angle Number Seven, and is similar to an Angle Two. A left jab can also be considered your Angle Seven, as it is the Angle of attack that we are learning to defend. Counters for Angle Seven are learned during Level Seven Training.

**Strike Number Eight** is a right-handed slash to your throat or a horizontal backfist, and is very similar to a high Four. That is your Angle Eight, and counters for Angle Eight are learned during Level Eight Training.

**Strike Number Nine** is to Your Right leg, which is Angle Nine. A left Round Kick to the thigh or knee would also be considered Angle Nine. Counters for Angle Nine are learned during Level Nine Training.

**Strike Number Ten** is a left dagger to your liver followed by a Right thrust to your Angle Six. The attacker may step forwards with his left foot to attack. That is your Angle Ten, and counters for Angle Ten are learned during Level Ten in Training.

**Strike Number Eleven** is a strike to your Left leg, which is your Angle Eleven, and counters for Angle Eleven are learned during Level Eleven. Angle Eleven is similar to a low Angle Three. Round kicks to your left leg are Angle Eleven attacks.

**Strike Number Twelve** is a two handed reach or thrust or push to your head and or upper body and that is your Angle Twelve, and counters for Angle Twelve are learned during Level Twelve Training.

I think most of us might usually think of the Strikes and Angles of Attack as being almost synonymous with one another since they are both using the same numerical numbers, but actually number two strikes and nine strikes are struck against the outside of the weapon hand and eleven and one strikes are struck against the inside of the weapon hand, as the weapon hand is the primary target, and this applies also to kicks. It is important to recognize these strikes for what they are in order to counter them regardless what level a person is on even though it is best to stay in the proper learning sequence of the curriculum, going through the levels by the numbers.

There are at least thirty-five basic counters just for Angle One, however most people in Serrada will learn at the most seventeen techniques if that. (I know thirty-five).

After Level Twelve the next level is Purple Sash or Intermediate Level. This is where picking or the three step drills are perfected. Angel would attack the student at random and the student would have to defend each strike, and upon the third attack finish to the hand or wrist area of the teacher.

After the student shows proficiency in the three strikes drill, the student might be given more strikes added to the drill.

Even though the three strikes drill is considered an intermediate part of training it is implemented into the basics and is usually begun at Level Eight, and then refined more at Purple Sash with one stripe. This is actually the thirteenth level, but since there are only 12 Angles of Attack we do not usually number the higher levels beyond Twelve.

After Level Nine in the basics an intermediate drill known as 'Lock And Block' is started. This is the heart of the system and is refined at Purple Sash with two stripes, which is actually Level Fourteen in the system. The student should start out slow and patiently progress, but by Purple Sash with Two red Stripes more strikes will be added to lock and block. (Start out fast and progress slow, or start out slow and gradually speed up, but in a lot less time).

At Level Twelve or often-even sooner the student begins to spar. Strikes Ten and Twelve are seldom used in sparring so that a student at Level Nine could theoretically start sparring without much difficulty. At the Purple Sash with three stripes the student should be good at Sparring. It is good for the student to initiate against a more experienced practitioner, and to build up confidence, speed and aggression at his or her own pace by initiating the intensity against senior students.

At Intermediate Purple Sash fourth red stripe (level sixteen) the student perfects his techniques to ready himself or herself for starting the Advanced Training. From level one on some empty hand techniques will filter into the student's repertoire, but it is here where those techniques are perfected, as they are actually Intermediate Level Empty Hand Training.

Upon beginning Advanced Training a Black Sash is worn, and there are actually seven levels of Advanced Training, which are designated with a Black Sash and Red Stripes. The seven levels of Advanced training are: teaching, Extensive Serrada Empty Hand to Hand (with Stick translations), Weapons and Espada Y Daga, Grappling, Knife training and Empty Hands against Weapons, Sash and Chain Training. The Black Sash is still worn until final completion of the Master Training.

Advanced Training is where the student learns to teach. This is a meticulous process that by teaching the instructor learns not only how to teach but it makes the Guro analyze the system, and understand the mechanics of the system correcting bad habits. You learn what students tend to have trouble with and how to help them most. There are many fighters that cannot teach.

Advanced Training, is where the main empty hand stuff is learned. Serrada empty hand training has aspects similar to Small Circle Jujitsu, Wing Chun Kung Fu, Military Combatives, Silat and various other martial arts, but has a uniqueness of its own. What is particularly unique about Serrada is that we have counters for almost every possible situation. That is the reason for the key and the lock on the diplomas.

Espada Y Daga is practiced at the Black Sash with the third stripe. It is also the level where one learns Serrada tricks to finish a fight quick. This is simple but high-level stuff. Later we learn to use a chain against a punch or knife or against other assorted

weapons. We also learn various counters to attacks like a baseball bat swing at our head etc. Sometimes some of this stuff will be shown early on just after starting the Advanced training, depending upon the comprehension of the student.

Master Training consists of reversing the basic stick counters, knife counters, grappling reversals, and also counter - counter or reverse to reverse. The secret to the mastery of Serrada is practice.

### **Grandmaster Angel Cabales**



Grandmaster Angel & Master Chuck Caddel



Vincent Cabales Sr. and  
Grandmaster Angel Cabales  
1978 demonstration  
Stockton, CA

### **Grandmaster Vincent Cabales**



Master Gabriel Asuncion, Grandmaster Vincent Angel  
Cabales Sr., Guro Tony Teixeira



A Seminar in Germany



Vincent Angel Cabales Jr., Patrick Armijo, his son Ryan,  
Grandmaster Vincent Cabales



Guro Carlito Bonjac,  
James and Art in the  
background and 2 friendly girls

## Patrick Armijo



Patrick has been involved in the Filipino Martial Arts for over 12 years. He has studied Modern Arnis and is the Pacific Northwest Region Representative for Cabales Serrada Escrima. 35 years Martial Arts Experience. He instructs at the Pacific Northwest Karate Center Pat Armijo teaches Arnis/ Kali/Escrima. You are welcome to come join 2 week of classes for free.

**Class Times:** Monday & Wednesday 7:00pm to 8:30pm.

Contact: [cessna185@msn.com](mailto:cessna185@msn.com)

Website - [pnwkaratecenter.com](http://pnwkaratecenter.com)

### Approved Serrada Escrima Websites:

Cabales Escrima – [www.cabales.com](http://www.cabales.com)

The Home Page Of Guro Dennis Servaes –

[www.geocities.com/dennisservaes/index.html](http://www.geocities.com/dennisservaes/index.html)

CSEMT – [www.geocities.com/dennisservaes/csemt.html](http://www.geocities.com/dennisservaes/csemt.html)



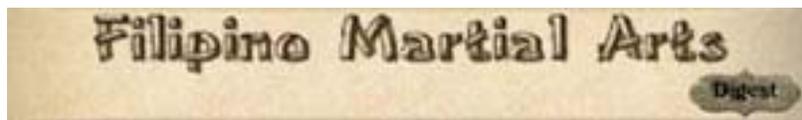
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