

Filipino Martial Arts

Man, Woman, and School of the Year

Digest

2004

Special Issue

In recognition of the dedication, promotion and support of the Filipino Martial Arts.
Sa pagkilala sa katapatan, pagpapantad at pagtangkilik sa Filipino Martial Arts.

It is an honor and privilege for the FMA Digest to recognize
Ito ay isang karangalan at pribiliheyo para sa FMA Digest upang parangalan



Man of the Year
Grandmaster Roland Dantes



Woman of the Year
Guro Lynn Newby-Fraser



School of the Year
Dee Arnis Jitsu - School of Self-Defense

Publisher
Steven K. Dowd

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From the Publishers Desk

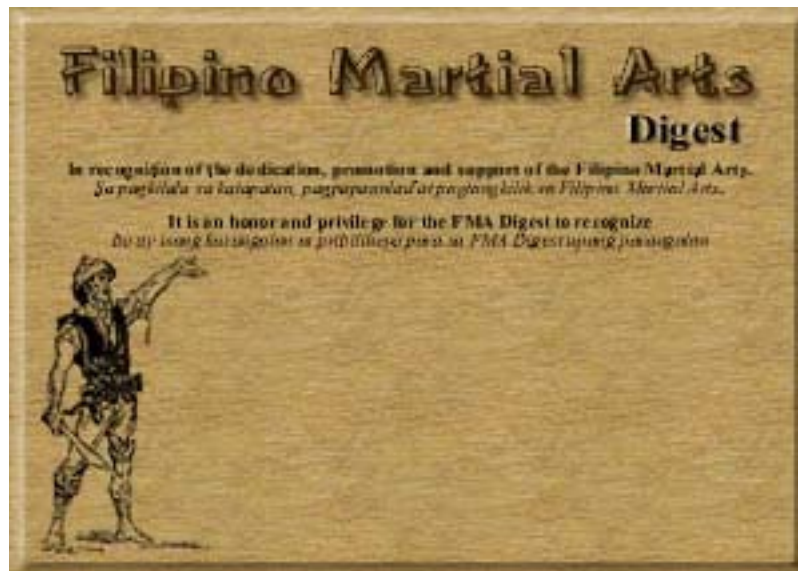
Kumusta

It is an honor that this special issue is put together to recognize the Man of the year, Woman of the Year and the School of the Year. The Man, Woman, and School was not picked by this publication, but chosen by you the subscribers and practitioners of the Filipino martial arts.

While in Manila earlier this year I met Guro Roland Dantes and indeed he has a personality that is sincere, respected, and dynamic. Guro Lynn Newby-Fraser was talked about very highly from the people that nominated her. Based in Texas, operating a school with her husband, she puts her heart and soul into the Filipino martial arts. Vee Arnis Jitsu - School of Self-Defense, located in New York. Professor Florendo M. Visitacion, better known as Professor Vee, created the system and since his passing the art is carried on by Professor David James. The school is well organized, professional and offers the best in realistic self-defense that anyone can learn in a short period of time.

So with great honor and respect the publication commends these people who have demonstrated the professionalism, and pride in representing the Filipino martial arts. Each will receive a plaque from this publication to commemorate this recognition.

Salamat Po



FMAdigest Man of the Year 2004

Guro Roland Dantes



Looking back to when the Spanish dominated the Philippines, Guro Dantes Spanish grandfather Loreto arrived from Spain, only to see that the Filipino people were being unjustly ruled and treated. Seeing this, his response was to join the resistance against the Spanish, he eventually came to the attention of the Spanish rulers and culminated in a move to capture and arrest him. This made it to where he was constantly on the move to elude them, moving from one place to another.

Realizing his life was in danger should he stay in Manila, his grandfather fled Manila on a ship whose Captains name was Pintoy. Adopting the name Pintoy to assist him in eluding the Spanish authorities, he was constantly on the move from one island to another to evade capture and he found himself in the southern regions of Leyte and Mindanao.

Note: There is an island off the coast of Leyte, which is named Pintuyon Island; this being named after his grandfather for this was is main refuge from the Spanish.

Being Spanish, he was already familiar with the Spanish methods of fencing, however due to his involvement with the resistance, he was exposed to the various approaches his Filipino resistance fighters he led and the Filipinos he came into contact with.

On a very sad day, while again moving to elude the Spanish, on a boat off the island of Mindanao, Roland's grandfather, grandmother and several of his men of the resistant were transiting in a boat. Pirates attacked the boat, and a fierce battle took place. Only the one of the men of Roland's grandfather is noted to be a survivor, and in accounting the events of the attack elaborated on what happened. He tells a story that Loreto, the grandfather of Master Dantes, was fighting fiercely against the pirates upon hearing his wife yelling from the rear; he turned to assist her only to be cut down from behind.

Two American missionaries took in Roland's father Climaco Pintoy now an orphan. Later, he entered the Philippine Military Academy and graduated as an officer of the Philippine Military. His father's career saw him assigned as Military Provincial Commanders of the provinces of Cotabato, Davao, Lanao, Dipolog and Zamboanga. After being promoted, Brigadier General Climaco Pintoy became the Military Zone Commander of the 4th military area, which comprised all the main southern islands including Mindanao, Jolo, Sulu, Palawan, etc. As Roland grew up in the different areas, he learned boxing from his father and was shown a little of arnis de mano before his father passed away. In teaching his son, Brigadier General Pintoy told Roland that what he was teaching him were techniques for survival and that the Filipinos had their own

effective combat methods. After his father's death, Roland interest in martial arts stayed with him and he eventually earned black belts in Shotokan and Moo Duk Kwan.

While in college and majoring in PE (physical education), he met Professor Remy Presas. It was Professor Presas's program that was one of the first of its kind to be accepted by the Department of Physical Education to be used as a physical education subject. With his interest in arnis instantly re-ignited, Roland started training directly under Professor Remy Presas and went onto become one of his top students and close friends.

Roland assisted Professor Remy in traveling to the Japan and the US to introduce modern arnis in the 1970s. When Professor Remy left the Philippines to teach in the US in the late 1970s, Master Dantes still having a strong desire to learn the art and by this time since he was a well-known body builder and actor, he was fortunate to be able to study with several of the grandmasters and masters of different Filipino martial arts. Always acknowledging these teachers of their skills and knowledge, Master Dantes believes in giving due credit. From his college days until today, Master Dantes passion for furthering his understanding of the Filipino martial arts still burns strongly.

Always one to contribute and assist in the preservation and promotion of the Filipino martial arts, Master Roland Dantes holds the position as Chairman of International Affairs of Arnis Philippines, and the International Arnis Federation, Arnis Philippines for those who do not know, are the official governing body recognized by the Philippine government are in fact the 33rd Member of the Philippine Olympic Committee. As the Chairman of International Affairs he works not just with organizations within the Philippines, but also with different countries to promote and bring unity to the Filipino martial arts.

With the next Southeast Asian Games being held in the Philippines in 2005. A historic event will take place for Arnis/Kali/Eskrima will be an official event and not simply a demonstration sport. So this in its self will be a monumental moment and will be noted in history. This came about not only through the efforts of Arnis Philippines and its President, Mr. Raymond S. Velayo and all officers and staff. But, the many organizations, grandmasters and masters who have constantly shared their knowledge and have promoted and worked hard for this to come about. It is hoped that all practitioners of Filipino martial arts will come to share this most special time when the Filipino arts will compete showing the art to its fullest tradition, skills, and beauty. Not just as a sport, but as part of the history of the Philippines which has been continuously handed down from generation to generation. This has been through such men as Professor Remy A. Presas, Grandmaster Ben Luna Lema, Grandmaster Antonio Ilustrisimo, Grandmaster Angel Cabales, Grandmaster Filemon Canete, Grandmaster Filemon Caburany, Grandmaster Leo Giron, Mangisursuro Mike Inay, Grandmaster Timoteo Maranga, Punong Guro Edgar Sulite, to mention just a few, for the list goes on and on. For it is because due to the efforts of these great martial artists and the organizations that have promoted the Filipino martial arts so future generations can benefit.

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An arnis master in his own right, Guro Roland Dantes has studied under and exchanged ideas with a vast who's who in the world of Filipino martial arts. And has promoted the art of Arnis continuously throughout the world. Additionally, he has promoted the art of arnis continuously throughout the world since the 1970s. Awarded a 7th degree Black Belt in Arnis de Mano in 1977 by the late Grandmaster Remy Presas of Modern Arnis, he was later promoted to the rank of 8th degree black belt prior to Professor Remy passing away. Guro Dantes has also studied with some of the most recognized Filipino martial artists such as: Grandmaster Ben Lima – *Lightning Scientific Arnis*, Grandmaster Johnny F. Chiuten, Grandmaster Filemon Caburnay – *Lapunti Arnis de Abaniko*, Grandmaster Antonio Ilustrisimo (Ilustrisimo system/Kali Ilustrisimo), Grandmaster Jose Mena (Mena Style/Doblette Rapihon), Grandmaster Dr. Guillermo Lengson (Kafephil / Arfephil/ Sagasa), Grandmaster Ciriaco "Cucoy" Canete – *Doce Pares*, Grandmaster Porfirio Lanada – *Lanada Arnis*, Grandmaster Edgar Sulite – *De Campo, Caballero style / Lameco*, Grandmaster Jose Villasin – *Balintawak*, Grandmaster Johnny Chiuten – *Combined Open style*, Grandmaster Chris Ricketts – *Bakbakan*, Grandmaster Leo Gaje (Pekiti Tirsia), to name just a few.



Guro Roland Dantes with the late Grandmaster Ben Lema of Lightning Scientific Arnis."

Photo from the private collection of Taga Turo David Foggie



Facing the opponent David Foggie has a bolo.



David executes a backhanded strike. Guro Dantes with the right hand executes a palm heel block and with the right hand a strike to the arm above the elbow.



Continuing, Guro Dantes grabs the wrist and twists down and inward.



Guro Dantes executes a stomping kick to the opponents' knee.



Forcing the opponent down Guro Dantes continues to twist the opponents' wrist disarming the opponent.



Guro Roland Dantes with a seminar group in Germany.

FMAdigest

Woman of the Year 2004

Guro Lynn Newby-Fraser



Guro Lynn Newby-Fraser has been training in the martial arts for almost 15 years. While having achieved ranking in various systems, including Master level in American Fighting Systems, it is primarily her training in the Filipino martial arts which now truly excites and motivates her.

Guro Lynn Newby-Fraser and her husband Master Geoffrey Laun are co-owners and instructors at Carrollton Martial Arts Academy in Carrollton, Texas. Guro Lynn Newby-Fraser says the martial arts has never really come very easily to her but, after watching her husband train for over a year in the Filipino martial arts, she decided that the Filipino martial arts was not only a very interesting and practical system but one where she, as an average practitioner, could develop a level of competency. Further, in addition to being a dynamic and exciting new aspect in her life, it struck her as being an awesome and practical system of self-defense and fitness for women to train in – after all, if she could do it, she says, so could any female training in the martial arts.

In October 2002 she earned her 1st Degree Black Belt in the Scientific Fighting Congress Pacific Archipelago Combatives (P.A.C.). The P.A.C. promotion requires rank appropriate skill with the single stick, double sticks, knife, stick and knife and empty hands. Her promotion from 4th to 5th Dan in American Fighting systems was based on the Archipelago Combatives System and involves 90 solid minutes of freestyle combat with these weapons.

Aside from the dynamics of the exercise aspect of Filipino martial arts training, she enjoys the tremendous practicality of the baston and the daga. Of her various martial arts promotions and certifications and whatever else in her life could be considered an achievement, it is her promotion to Master and her ranking in the Archipelago Combatives system that she is the most proud of.

Guro Lynn Newby-Fraser and her husband train together at least three times a week. As their academy is in a different city, they typically train at home and their neighbors and the resident police have gotten used to seeing them chasing each other around the yard with a stick or knife and then looking up and waving before continuing with some or other combination of their weapons attack/defense.

Guro Lynn Newby-Fraser, now 45 years of age would of not believed ten years ago, she would have the skills and enjoyment she does today in the Filipino martial arts. She has never quite been able to decide which is her favorite weapon or combination thereof – each of them is so dynamic whether alone or in combination. It is also so encouraging to know that as she gets older and her kicks etc get lower and lower, her ability to carry on improving in her skills in the Filipino system can continue.

Guro Lynn Newby-Fraser has also earned Black Belt Instructor P.A.C. ranking with the Scientific Fighting Congress. While the Filipino Martial Arts is now an integral part of the adult curriculum at their school, she also teaches a specific Pacific Archipelago Combatives class at the academy. To her great satisfaction, 50% of the students who participate are women. “It is very satisfying as an instructor”, she says, “to see one’s students grow in skill level and confidence – more so from the viewpoint of a female instructor observing female students”. To be able to pick up and use the baston or daga and understand and apply them according to their dynamics, range, offense and defensive purposes is just so satisfying and never ending in the newness of what can be learned. “Actually, it’s just plain exciting”, she says.

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**FMAdigest
School of the Year 2004
Vee Arnis Jitsu - School of Self-Defense**



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[212] 349-3131 or www.veearnisjitsu.com



Vee Arnis Jitsu is a self-defense system based in New York City. It comprises a number of arts including but not limited to Vee Jitsu, Arnis, Muay, and to a lesser extent Kuntao, Aikido, Judo, and Wing Chun. The system was created by Professor Florendo M. Visitacion, better known as Professor Vee, and is led today by Professor David

James. We strive to offer realistic self-defense that anyone can learn in a short period of time. In order to prepare for the realities of street confrontations, students are drilled rigorously in class and paired with persons of different shapes and sizes. That way an individual can experiment with various techniques to determine whether they work effectively against larger or smaller opponents within a given situation.

Vee Jitsu is the foundation of the art. It integrates the joint locks, breaks, throws, and ground movements of Judo/Jiu Jitsu with the brutal, "no-holds-barred" approach of traditional street fighting. "Dirty" techniques such as groin kicks, biting, and eye gouging are readily employed during fight situations.



Professor Florendo M. Visitacion

To further enhance and improve the system, Professor Vee devised a series of fifteen two-person short forms dubbed "Vee Jitsu Te's". These enable the student to respond effectively to a variety of attack scenarios using a series of sequential defensive moves. In order to additionally prepare for the realities of street confrontations, students are drilled rigorously in class and paired with persons of different shapes and sizes. That way an individual can experiment with various techniques to determine whether they work effectively against larger or smaller opponents within a given situation.



Professor David James

The powerful weapons and empty-hand martial art of Arnis makes up the second major component of Vee Arnis Jitsu. It is here where we derive the famous "Cinco Tero" fighting pattern. Many of the Vee Arnis Jitsu techniques such as the "fifteen dimensions", and the "patterns-of-twelve" drills are derived from Arnis. Students practice these techniques using a variety of different stepping variations. The more important ones include Paqua circular footwork, forward and backward motion, and the "V-stepping" pattern. A number of training exercises including the "Sinawali" drills are also incorporated within the curriculum. The art of knife fighting is another major part of weapons training. With great emphasis on rapid continuous repetition of the "Cinco Tero" and other striking drills, students develop speed and mobility.

Muay Thai boxing concepts combined with stamina training makes up the third part of Vee Arnis Jitsu. Students are taught to maximize their fighting abilities by utilizing their elbows, knees, shins, as well as traditional hand and foot strikes. Protective gear is always employed during these sessions for safety and to allow students to use maximum power against their opponents. Intensive bag work with two-person punching and kicking drills are also part of the curriculum. In addition, the system incorporates rigorous calisthenics in order to help students maintain optimum fitness levels.



The 12 + year old facility is considered among the best in the Northeast. It features a 6,000 square foot, fully matted, workout space as well as 15 heavy-duty punching bags. The former aerobics room, which lies adjacent to the training area, now contains state of the art weight training equipment. It features Body Master equipment, including cables and a full compliment of free weights. The facility also boasts separate men and women's locker rooms, which include lockers, sinks, toilets, and showers.

We would also like to let you know that that the Vee Arnis Jitsu World Headquarters we will be moving into a new location by the end of the year (2004). This new school will also be located in the Financial District of Manhattan. The size of this school will be 13,000 square feet, more than double our current location!



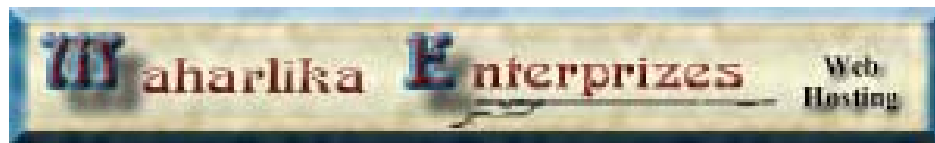
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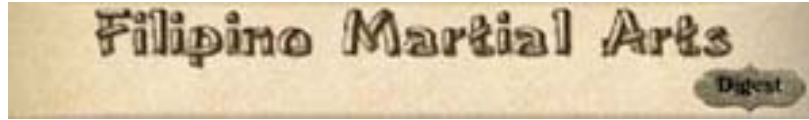
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