

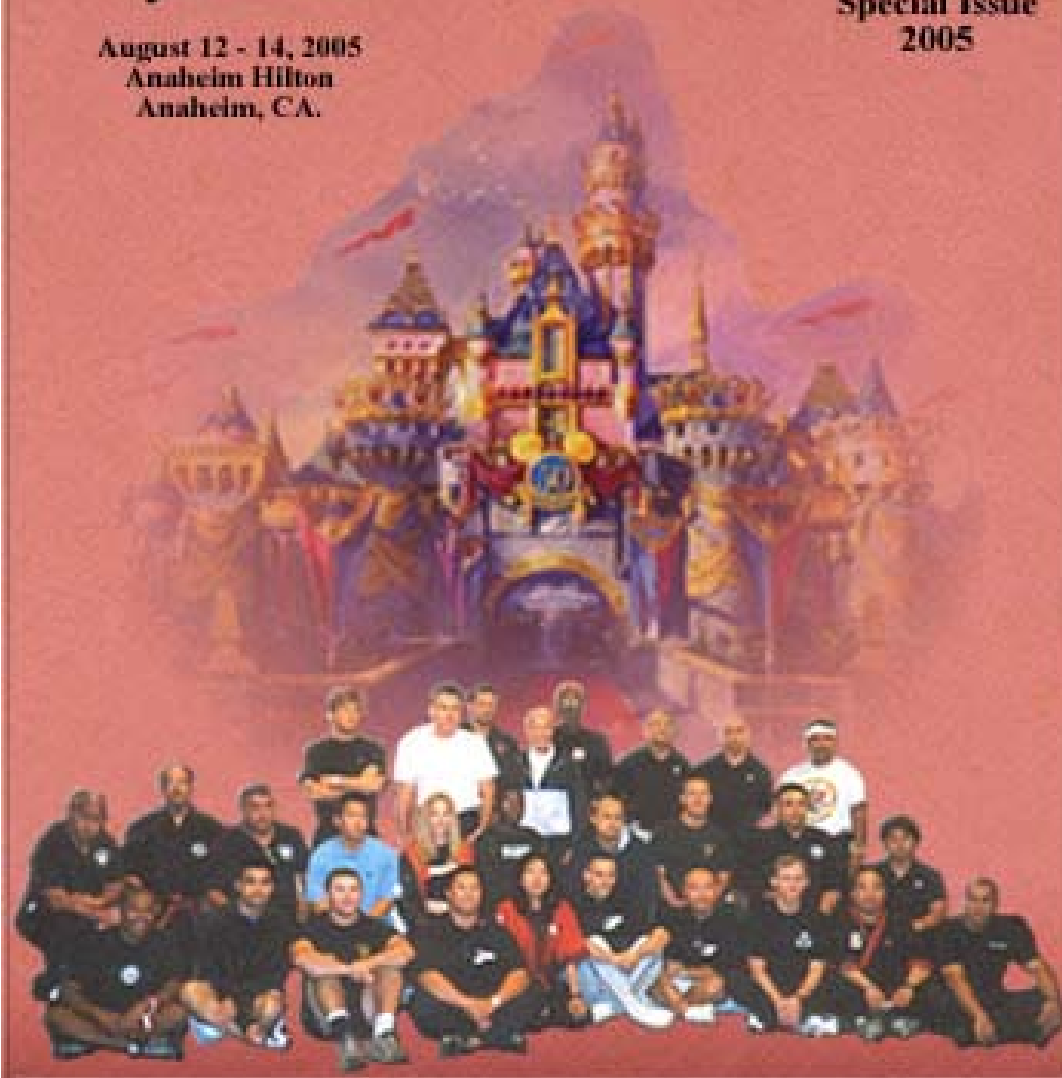
Filipino Martial Arts

Tipunan sa Disneyland

Digest

Special Issue
2005

August 12 - 14, 2005
Anaheim Hilton
Anaheim, CA.



Publisher

Steven K. Dowd

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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

August 12th - 14th 2005, in the Anaheim Hilton Anaheim, California the Tipunan sa Disneyland was held. Hosted by IMAFP Commissioner Jay de Leon. At this event were some of the most well-known and respected Filipino martial artist in attendance and demonstrated and shared their knowledge and skills with seminars.

Just to mention a few there was Master Roger Agbulos of **Lameco**, Master Rey Galang, Master Christopher N. Ricketts and Guro John G. Jacobo from **Bakbakan**, Dayang Edessa Ramos, Master Bram Frank from the **IMAFP**, Gat Puno Abon Baet of the **Garimot Arnis System**, and from Hawaii Olohe Kolomona Solomon Kaihewalu.

It was a very exciting and well-organized event that if you were not there, then you definitely missed an event that as shown in this Special Issue was memorable. Packed with knowledge from some of the top Filipino practitioners of this day.

It is most highly recommended that when the Tipunan is held next year you will attend for I am sure that Jay de Leon will once again have a fantastic event once again.

Maraming Salamat Po

Tipunan sa Disneyland Gathering at Disneyland



Anaheim Hilton Hotel
Anaheim, California



Modern Arnis “TIPUNAN” Seminar Makes Historical Debut

“Tipunan” is a Filipino word meaning “gathering.” And it was indeed a star-studded gathering of Filipino martial arts (FMA) masters, Hollywood luminaries, Filipino celebrities and martial arts vendors at the International Modern Arnis Federation of the Philippines (IMAFP) symposium at the Anaheim Hilton in front of Disneyland on Aug. 12-14, 2005.



Prof. Remy Presas,
Founder of Modern Arnis

Dubbed as Tipunan sa Disneyland (Gathering at Disneyland) and hosted by IMAFP Commissioner Jay de Leon, the gathering featured instruction by a dozen masters in the art of arnis, buno (wrestling) and hilot (indigenous healing arts). These illustrious masters of arnis represented different styles of the art, including Modern Arnis, Lameco, Garimot Arnis, Ilustrisimo Kali and others. It was truly an international and national event, as several instructors and students traveled from other countries as well as other states.

In his opening remarks, Jay de Leon dedicated Tipunan sa Disneyland to Modern Arnis Founder and Father Remy Presas, who was teacher, friend and inspiration to many of the Modern Arnis instructors in the seminar.

The following is a complete list of instructors who participated in Tipunan sa Disneyland:

Dayang Edessa Ramos – Modern Arnis, Zurich, Switzerland

Master Bram Frank – Modern Arnis, Florida, USA

Master Jerome Barber – Modern Arnis, Orchard Park, NY, USA

Gat Puno Abon Baet – Garimot Arnis, Pembroke Pines, FL, USA

Master Roger Agbulos – Lameco, North Hills, CA, USA

Grandmaster Rey Galang – Bakbakan Kali, NJ, USA

Master Arthur Gonzalez Sr. – Tenio Decuerdas Arnis, Stockton, CA, USA

Master John Jacobo – Bakbakan Kali, MD, USA

Grandmaster Christopher Ricketts – Kali Ilustrisimo, San Diego, CA, USA

Master Stephen Aron - Inosanto Kali, Glendora, CA, USA

Master Jay de Leon – Modern Arnis, Murrieta, CA, USA

Guro Bruce Ricketts – Kali Ilustrisimo, San Diego, CA. USA

Three scheduled instructors were unable to make it to the event. Master Godofredo Fajardo, current IMAFP Commissioner for the Middle East, was unable to break contractual obligations in the Kingdom of Saudi Arabia, where he is based. Master Tom Bolden suffered an unexpected setback to a recent shoulder surgery, and Master Samuel Dulay ran into visa problems.

The event highlighted some scintillating performances, including a highly entertaining instruction in buno (Filipino grappling) and lubid (rope weapon use) by the energetic Gat Puno Abon Baet of Garimot arnis from Florida, the now patented Ilustrisimo stick demo by father-son team of Christopher and Bruce Ricketts, and a larga mano (long-range) demo by leading exponents Gat Puno Abon Baet and Roger Agbulos.

As an added attraction to the FMA instruction, both the event instructors and participants were treated to a special performance by Lua Olohe (Grand Master)



Left to Right: Featured instructor Steve Aron, Tipunan host Jay de Leon and co-host Edessa Ramos from Zurich, Switzerland.



Gat Puno Abon Baet (left) and Roger Agbulos demonstrate their respective “larga mano” or long-range techniques.

Solomon Kaihewalu of Orange, CA, who gave two separate performances, one on his system’s weapons, the other on empty hands. Lua is the ancient martial arts system from the island of Hawaii, at one time a secretive art reserved for Hawaiian royalty. It is known for its unique weapons including paddles, war clubs and rope weapons. The effectiveness of the techniques was evidenced by the bruising punishment taken by senior Lua instructor David Krapes who assisted in the demonstration.



Solomon Kaihewalu (left), Grandmaster of Lua, demonstrates the use of the paddle against a staff wielded by Lua senior instructor David Krapes.



Featured performer Xin Wuku with buddy Mitch de Leon.

Another featured performer, Xin Wuku, a Muay Thai ring fighter and budding actor, gave a spectacular demo of his art. His repertoire included many high, aerial flips, jumping knees and elbows and Muay Thai cut kicks.

The students were a diverse lot, from beginners to black belt instructors, including Guro Jeremiah Stanley of Reno, NV and local Guro Damian Romero. The oldest participant included martial artist and dancer Sid Hallburn, who is in his eighties.

Corporate vendors included Winston Tamisin's SmakStiks (padded sticks and knives) all the way from Atlanta, GA, Morgan Thomas's Sharkee Knives (training knives), David Shulman's Virtual Blade (Sharkee knives with a patented marking delivery system) from Maryland, and Bob Wall's WorldBlackbelt headed by Marketing Director Adam James.

Many FMA notables dropped by simply to say hello, take pictures or just soak in the atmosphere, including Modern Arnis datu Tim Hartman, Inosanto Kali guro Victor Gendrano, Master Ramon Rubia of San Miguel Eskrima who had just arrived from an extended trip to the Philippines, FMA Digest publisher Steven Dowd and Mandirigma guros Arnold Noche, Dino Flores and Bud Balani.



Bakbakan chief Rey Galang (second from the right) entertains the SmakStiks crew from Atlanta, GA headed by Winston Tamisin (extreme right).

Hollywood celebrities were out in force including actor and producer Leo Fong who was representing Bob Wall's WorldBlackBelt, entertainment producer David

Krapes, creator of the TV reality series "The Next Martial Arts Superstar," entertainment executive Amy Shomer of TerraNova Entertainment Inc., who helped supervised the professional filming of the event, and others.

Filipino celebrities included Robert "Bobby" Jaworski, a popular basketball legend, actor and former Senator of the Philippines who addressed the assembly, and Bruce Ricketts, a teen action star in the Philippines who has recently immigrated to the United States. Bruce is the nephew of Philippine action star Ronnie Ricketts and the son of Kali Ilustrisimo Grandmaster Christopher Ricketts, who was also a featured instructor at the seminar.



Former basketball great, actor and Senator Robert "Bobby" Jaworski of the Philippines addresses Tipunan participants.



Christopher Ricketts (right) gives pointers, as son Bruce gets ready to assist him. Because of the gorgeous California weather, the Friday morning session was held on the pool deck of the Hilton.

Valley treated the Bakkakan contingent headed by GM Rey Galang to a barbecue. Several families including Steve Aron's brood took advantage of the occasion to watch dad Steve Aron teach at the event and later enjoy an outing to the happiest place on earth, Disneyland. Bram Frank, Edessa Ramos and Tipunan photographer Mitch de Leon were spotted having private arnis and kickboxing workouts at the Hilton Fitness Center. Host Jay de Leon even managed an impromptu mini-reunion with former classmates visiting from Georgia and Maryland.

All in all, a good time was had by all. Tipunan host Jay de Leon promised that next year's event will boast of an even broader and diverse line up of FMA instructors. Already, preparations are underway for yet another historic bash.

See you there for another fun, star-studded event.

The event was held at the plush Hilton Hotel right in front of Disneyland. The Hilton Hotel was a beehive of activity, full of revelers going to and from Disneyland, which was enjoying its 50th anniversary, as well as conventioners. Much to the delight of the male participants at Tipunan, several thousand pretty ladies were having their conventions from companies such as "Body Shop" (ladies' cosmetics and fragrance) and "Cookie Lee."

There were many extracurricular activities before and after the seminar itself, including many impromptu dinners and cocktails, cooling dips in the Hilton pool, and private tete-a-tetes at Starbucks at the Hilton. Host Jay de Leon treated several instructors to a welcome dinner at a Chinese restaurant nearby on Thursday evening. On Saturday, Roger Agbulos at his residence in the San Fernando

Instructors Picture Gallery



Jay de Leon, Commissioner for North America, and Edessa Ramos, Commissioner for Europe, for International Modern Arnis Federation of the Philippines (IMAFP).



Christopher (left) and Bruce Ricketts



John Jacobo (right) with Roger Agbulos



Left to Right: Jerome Barber, Roger Agbulos, and Abon Baet.



Arthur Gonzalez punishes knife attacker Jorge Magana.



Bram Frank



Steve Aron (left) and Roger Agbulos



Rey Galang (left) and Edessa Ramos



Hard at work. Featured instructors John Jacobo (left) and Bruce Ricketts.



Bram Frank (right) in action at Tipunan.



Gat Puno Abon Baet in all his splendor. Note the “lubid” or rope tied around his waist, with thick metal wire tightly coiled at each end of the rope.

Acknowledgement: Pictures in this article were provided courtesy of Tipunan photographers Mitch de Leon and Gonzalo Cordova, featured instructor Bram Frank and Gerie Berling-Clay. All rights reserved.

Event and Guests Picture Gallery



Left to Right: Solomon Kaihewalu, Roger Agbulos, Rey Galang, Gerie Berling-Clay, Jay de Leon, and David Krapes



Part of the Friday gang.



FMA Digest Publisher Steven Dowd presented Edessa Ramos with her award as the FMA Digest Woman of the Year for 2005.



Filipino martial arts, or love fest?



Left to Right: Abon Baet, Jay de Leon and Grandmaster Ramiro Estalilla



Jerome Barber, Jay de Leon and Tipunan photographer Mitch de Leon



Damian Romero demonstrates FMA technique called "Up a creek without a canoe."



Jay de Leon with Tipunan participants and his Filipino Fighting Arts USA students Guro Jeremiah Stanley and Sam Sadler.



Mitch de Leon (left) and John Jacobo hold a private conference.

Edessa Ramos (left) in action against Guro Jeremiah Stanley of Filipino Fighting Arts USA.





Andrea Aron, Mary Aron, Jay de Leon, twins Kristen and Kim Aron. The pulchritudinous Arons dropped by to watch family patriarch Steve Aron teach before proceeding to Disneyland.



Tipunan host Jay de Leon even managed a mini-reunion with former classmates from Ateneo de Manila High School in the Phil. From left to right, Jake Campomanes from Georgia, Jay de Leon, John Salientes from Maryland and Manny Tiangha from Manhattan Beach, California.

Tipunan staff member Cris Rugprayoon in a promotional pose for Rey Galang's latest book "Warrior Arts of the Philippines."





Tipunan photographer Mitch de Leon at work.

Acknowledgement: Pictures in this article were provided courtesy of Tipunan photographers Mitch de Leon and Gonzalo Cordova, featured instructor Bram Frank and Gerie Berling-Clay. All rights reserved.



Christopher "Topher" Ricketts (right) with Tipunan host Jay de Leon

Christopher Ricketts

Christopher N. Ricketts is co-founder of the Bakbakan International organization and is a well-known full-contact fighter and instructor. He is the co-author with Antonio Diego of the book "Secrets of Kalis Ilustrisimo". Topher, as he is fondly called, is also the Chief Instructor of the kickboxing art of Sagasa and one of the original five pillars of Kali Ilustrisimo.

Topher has recently moved to San Diego, California and conducts classes and seminars on the fighting arts of Bakbakan primarily for the West Coast. His counterpart, Rey Galang, usually handles the East Coast and other international venues.

Topher has been featured in many Philippine movies and also choreographs movie fight scenes. His son, Bruce, an up and coming actor, is also one of the most devastating fighters in the Bakbakan organization. Topher has conducted classes for police and military organizations all around the world and is a much sought after instructor for both his fighting ability and his detailed and intense training methods.



Christopher Ricketts with actor son Bruce Ricketts at Tipunan.



Topher in his demo segment on the pool deck of the Hilton during Tipunan.

Contact information for Ricketts is available on the Bakbakan International's web site (www.bakbakan.com).

More information on Topher can be found in the books "Filipino Martial Culture", "Ngo Cho Kun Kung Fu", "Masters of Arnis, Kali and Eskrima", and "Warrior Arts of the Philippines".

John G. Jacobo

Guro John G. Jacobo has over 20 years of formal hands-on training in various Western and Eastern combat disciplines. Throughout his journey he meticulously dissected the vast arts to extract the fighting principles & strategies currently taught in his program. His teaching approach is aggressive but very effective. Guro John focuses on teaching principles over technique, which allows students to progress more efficiently providing the effort is made. He believes that principles are easier to retain and many are applicable to a variety of techniques. Further to this, the training methodologies he employs were adopted, refined and developed to strengthen the mindset, which he stresses, is responsible for driving the physical skill set.



John Jacobo (right) explains a technique at Tipunan.

Guro John's main goal is for the students to leave each session with a sense of confidence rather than confusion or even doubt in what has been taught. He makes a distinction between sport combat and personal protection but believes they share similar elements that will benefit the practitioner during the attribute developments stages. And through this simple approach with modified training methods, students are able to apply techniques with greater understanding.

Although the past 14 years have been devoted to the indigenous fighting arts from the Philippines, Guro John incorporates other influences such as Western Boxing, WWII Hand-to-Hand and Scientific Wrestling to name a few. He adds that everything relies on the training not the techniques and that there is no such thing as advanced techniques. The basics done proficiently at any given time and place are your advanced techniques.

Guro John is a member of the Filipino martial arts fraternal brotherhood known as Bakbakan International. He credits such notable instructors as Master Reynaldo S. Galang, Master Christopher Ricketts, Master Sam Buot, the late PG Edgar Sulite and



John Jacobo (right) with Roger Agbulos in his demo segment at Tipunan.

Grand Tuhon Leo T. Gaje not only as his mentors but for their long standing contributions to the preservation of the indigenous martial arts of the Philippines. He further recognizes legendary hand-to-hand combat instructor Carl Cestari and Reality Based Self Defense authority Rich Dimitri of Senshido for inspiring his less than traditional approach to teaching the FMA. Guro John teaches in Maryland under the banner SWACOM (School for the Warrior Arts & Combatives) where he offers his blend of functional Filipino

Martial Arts and Personal Protection Measures. He has released 2 instructional DVD's ("The Combat Principles of DeCuerdas & Dos Manos Methods) available on his website: www.swacom.com. His third release entitled "Defense Methods" is in postproduction and tentatively scheduled for release in the summer of 2006.

Guro John's target ambition is to operate a Personal Protection & Consultation office specializing in one-to-one training for the non-martial artist.



Left to Right: Featured instructor Jerome Barber, Tipunan host Jay de Leon and Tipunan photographer Mitch de Leon pose during a break in the action.

Jerome Barber

Dr. Jerome Barber, is a Professor of Sociology and Adjunct Professor of Physical Education at Erie Community College in Orchard Park, NY. He developed and teaches the only college credit program in Modern Arnis in North America. This 4-part program has been running since 1987. Professor Remy A. Presas, personally endorsed this program in writing in 1989. Dr. Barber, has been awarded the following black belt ranks: 6th in Pancipanci Eskrima, 6th in Kenpo Goshin Jitsu, 3rd in Modern Arnis, 3rd in Tracy System Kenpo and 1st in Zanghi Style Kenpo-Arnis. In 1993,

Dr. Barber founded the Independent Escrima-Kenpo-Arnis Associates, with the blessings of Professor Presas, GM Al Tracy and PG Tom Bolden.

In addition to his college based program Dr. Barber, has authored several articles for the Filipino Martial Arts Magazine, wrote a entry on Kempo/Kenpo for the Martial Arts of the World: An Encyclopedia, edited by Thomas A. Green, produced training manuals for the basics of empty hand self-defense and escrima/arnis single stick training.

He is currently working a book and DVD set on the “hidden curriculum” of Modern Arnis as developed by Professor Presas.

Dr. Barber, offers an interesting array of seminar topics, including the empty hand translations of sinawali, redonda, figure 8, abaniko double action, largo and corto for self-defense applications. Additional topics are Low-line Kicks and Leg Trapping, Hand Tools (palm stick, kubaton key chain, Gunting Knife) Single Stick Cinco Teros Style, Continuous Striking Hands and Empty Hand Applications of Palis-palis/Crossada. You may contact Dr. Barber via e-mail at escrima_kenpo@hotmail.com.



Edessa Ramos

Edessa Ramos is a personal student of Master Samuel "Bambit" Dulay, from whom she has been receiving training and guidance since 1994 in Manila. She has been studying, teaching and promoting Modern Arnis since that time. Now based in Zurich, Switzerland, she is the Commissioner for Europe of the International Modern Arnis Federation Philippines (IMAFP). IMAFP, with main headquarters in Manila, was founded by the late Grandmaster Remy Presas a few years before his passing. Edessa is also a personal student of Master Bram Frank who recently appointed her as the Swiss Director for his organization, Common Sense Self Defense/Street Combat (CSSD/SC). Edessa has also trained in seminars under Master Dieter Knüttel, who is one of her teachers and the head of the Deutsche Arnis Verband or DAV (German Modern



Edessa Ramos (center) training with Bram Frank (second from left)

Arnis Federation). She holds a 3rd degree black belt in Modern Arnis from IMAFP and a 2nd degree black belt in Combat Arnis from CSSD/SC.

Connected with her task of helping to spread Modern Arnis and the Filipino Martial Arts, Edessa has performed in several martial arts shows such as the 2nd Filipino Martial Arts Festival in Germany 2004 and the 1st Swiss Budo Masters Gala in Berne. She also writes regularly about arnis, the Filipino Martial Arts, and various aspects of Filipino martial culture.

Edessa travels to various parts of the world to give seminars to martial artists, most notably in Italy, Mexico and the Philippines. She currently teaches Modern Arnis two evenings a week at Fight World Zurich.



Edessa Ramos performs in a women's conference in Tirol, Austria.

Edessa is calling on all women FMA practitioners to contribute to an upcoming anthology. She is looking for creative non-fiction written by women who practice any style of the Filipino Martial Arts.

Entitled "WOMEN WITH WEAPONS", the book is due for publication in mid-2006. You need not be an expert writer to participate.

Edessa is also an experienced editor and will help build your article.

She is also in charge of IMAFP international merchandise network, where you can order FMA training tools, weapons and uniforms directly from the craftsmen in the Philippines. For more info on merchandise, trainings and seminars, please contact her at: **EdessaRamos@solnet.ch** or visit the following websites:

IMAFP website: **www.imafp.com**

Modern Arnis Switzerland: **goa.home.solnet.ch**

Fight World: **www.fight-world.ch**

FMA digest 2005 Woman of the Year

Want to know more about Dayang Edessa Ramos?
Download the FMA digest Special Issue featuring her.



E Book



PDF

Bram Frank



Bram is a first generation, personal student of the late Grandmaster and founder of Modern Arnis, Remy Presas. He has studied martial arts for 39 years and been involved in the Tactical application of the arts for many of those years.

Professor Presas encouraged Bram to study the art of the blade, which he taught Bram and he now specializes in Modern Arnis knife and Bolo applications. From these studies Bram designed a couple of training systems and several modern tactical knives from the first Kinetic tactical folder knife the Escalator and its evolutionary sibling the Gunting made by

Spyderco to his fixed blade tactical fighters the Abaniko and Lapu Lapu series designed for the US Military. Bram has recently been recognized in the Philippines as a Senior Master Instructor of Arnis of Modern Arnis by the Senior Master Council of Modern Arnis and is the current Director of Modern Tactical Styles for the Sokeship council.

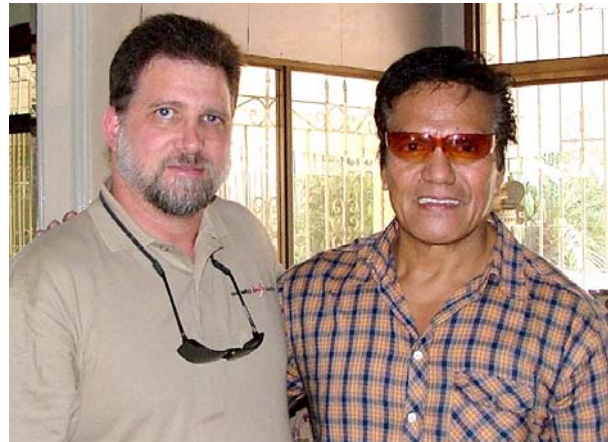
Bram currently is the Chief Instructor of Edged Weapons Training at the S2 Institute Police-Security Academy and is the Director and Founder of CSSD/SC - Common Sense: Self defense- Street Combat. Bram's first love is teaching and he is

available for seminars both public and private. He teaches seminars world wide to martial artists, LE, Military and Security groups. He has a full force continuum program using the Gunting that he teaches to PSD, Security and LE worldwide. Bram has also come up with a tactical Train the Trainer program for edged tool usage called MODULAR, which is able to be taught to others completely in 6 hours and to be taught by others after 12 hours.

Bram runs one of the largest knife counter knife camps The Commandments of Steel in Tel Aviv Israel each year, which is going on its eighth year. He has a full DVD instructional series as well as accompanying books on the training. He and one of his Black Belt instructors, Greg Beeman have also developed an Extreme CQC combat shooting course for self defense applications.

Bram can be contacted at www.CSSDSC.com where he lists his upcoming seminars such as his instructor camps, (one is coming up September 30th - Oct 3rd 2005 in Clearwater Florida) has a discussion forum, Photo gallery of events and of course an online shop to buy training tools, designed by Bram these are aluminum trainers with full grind lines and have red handles..that match exactly their live blade counterparts, live blades, the Abaniko by Onratio Knives, and Lapu Lapu by Strider Knives, both series of tactical fighters come in 7th and 5th and the Gunting Kinetic folder series with its non lethal counterpart the CRMPT, (Close Range Medium Impact Tool, Instructional DVD's and apparel).

His email is Arnisman@aol.com. or write to CSSD/SC 3665 East Bay Drive, Suite 204-#233 , Largo, FL 33771-1965 727-319-0550. DVD sales contact: George at videokick@yahoo.com Memberships contact: Sharron at iDoes@westcentralsports.com



Bram Frank (left) with Modern Arnis Grandmaster Roland Dantes

Rey Galang

Reynaldo S. Galang was recently featured on the cover of Rapid Journal, a magazine published in the Philippines, and hailed as the “Warrior Scholar of the Filipino Martial Arts”. He is the Chief Instructor for the arts of Bakbakan Kali, Tulisan, Hagibis and Sinawali. An internationally published writer, Rey’s articles have been featured in major martial arts magazines as well as books.

Driven by his unwavering passion and dedication to the continued preservation and promotion of the Warrior Arts of the Philippines, Rey’s apolitical approach to the FMA benefits both the major and esoteric styles of the Philippines’ indigenous arts. As International Director and co-founder with Christopher Ricketts of the renowned Bakbakan International organization, Rey’s continued efforts to write and publish well-researched books on the FMA have met with success. His latest book “Warrior Arts of the Philippines” features six of the prominent FMA styles and profusely illustrated with over 1600 photos.



Rey Galang (left) and Edessa Ramos flank a giant wall poster of Rey’s latest book, “Warrior Arts of the Philippines.”



Rey Galang relaxes at the Hilton lobby with Bakbakan friends on the eve of Tipunan. From left to right, Rey Galang, Jay de Leon, Christopher Ricketts and Bruce Ricketts.

A forthcoming book titled “Masters of the Blade” will feature knife fighting and knife defense systems with Filipino martial arts foundations or origins. This book is scheduled for publication by the last quarter of 2005 and features many of the internationally prominent edged weapons instructors. Another book project on the planning board is “Guardians of the Legacy” which will feature the latter 1st generation and prominent 2nd generation instructors of the major FMA systems. With these future

publications and the quality of his recently released books, Rey is living true to his publishing venture’s slogan of “Raise the Standard”.

Galang conducts FMA classes at his organization’s World Headquarters (WHQ) located in Lodi, New Jersey. Visit the Bakbakan International website (www.bakbakan.com) for more information on Rey, the Bakbakan organization, past and forthcoming events. The web site also features the books “Swish of the Kris” and “Jungle Patrol” by Vic Hurley for historical aficionados. More information on Rey can be

found in the books “Filipino Martial Cluture”, “Filipino Fighting Arts”, “Masters of Arnis, Kali and Eskrima”, and “Classic Arnis”.



Rey Galang (second from left) poses with the SmakStiks crew from Atlanta, GA.

Abon Baet



Abon Baet teaches buno at Tipunan. Later on, he would also demonstrate the use of the “lubid” or rope, seen here tied around his waist.

Gat Puno (Chieftain) Abon Baet is the fifth generation grandmaster of the **Garimot Arnis System**, a family system more than 150 years old from the province of Laguna, in the Philippines. He is the fourth son of the legendary arnisador and buno master, Grandmaster Felipe “Garimot” Baet. When his father passed away, Abon took on the fighting name of “Garimot” to honor his father, hence his fighting name of Gat Puno Abon “Garimot” Baet.

Abon began active competition at the age of sixteen. He competed in live stick competition (no padding) in several towns in his province of Laguna, the Philippines. This led to his reign as an undefeated arnis

champion for seven years from 1978 to 1985.

He started teaching the family system under the banner of the Paete Arnis Club in Laguna, Philippines. For a brief time also, Abon taught **Modern Arnis** in Laguna at the behest and under the authority of Prof. Remy Presas, founder of **Modern Arnis**. The two would eventually reunite many years later in the United States.

In 1986, Abon accepted an opportunity to work in the United States, and in a few years began to teach arnis in the United States. By 1989, he had founded his organization Philippine Martial Arts, Garimot System International, U.S.A. which taught a total system that encompassed the complete range of Philippine fighting and healing arts of arnis, buno and hilot.

The Garimot System now has chapters all over the United States, as well as in Sweden, Germany and Venezuela. In addition to his full-time job as a chef, Gat Puno

Abon is busy with the seminar circuit, including prestigious senior masters training camps.

Gat Puno Abon has also written a book about buno entitled “Harimaw Buno : The Art of Filipino Wrestling.” In the book, he traces how his forbears learned the art from Aeta and Mangyan tribesmen.

What constitutes “buno?” From the description of types of competition and techniques allowed or utilized, it appears “buno” is judo, jiu-jitsu, Graeco-Roman wrestling and shoot-fighting rolled into one. Its techniques include hand and elbow strikes, knee and low kicks, throws, sweeps, limb locks, joint locks, choke holds, head cranks, pressure-point tactics and come-along techniques.

You may contact Gat Puno Abon or purchase his book at his website at **www.garimot.com**.

Gat Puno Abon Baet practicing Hilot.



Want to know more about Gat Puno Abon Baet?
Download the FMA digest Special Issue featuring him.



Gat Puno Abon Baet
with the late Prof. Remy
Presas (right), Father of
Modern Arnis.

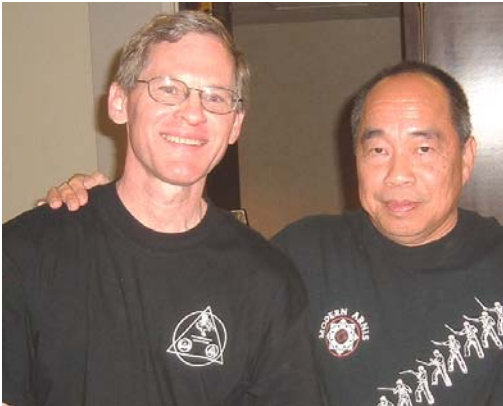


E Book



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Jay de Leon



Jay de Leon (right) with long-time friend, training partner and Inosanto Kali guro Steve Aron at the Tipunan.

Phil.), Parker Kenpo, Kodokan judo (Phil.), Muay Thai kickboxing, Japan Karate Association (JKA) Shotokan and jiu-jitsu.

In addition, Guro de Leon has taught martial arts and self-defense to school and community groups, such as the Filipino Coalition of San Jose, CA, law enforcement and security officers, and corporate executives. He was a certified instructor of the “America-in-Defense” program, which was created by Bob Wall’s **WorldBlackBelt**, as a response to the Sept. 11 tragedy, and trained flight attendants in cabin self-defense all over the United States.

Jay de Leon is a CPA by profession, as well as a sports coach in soccer, basketball and wrestling to his three children, Michael, Mitchell and Paulina, an entrepreneur, a community volunteer and activist, a writer, and a historian. He is the CEO and Founder of a non-profit organization **Wellness Development Foundation, Inc. (WDFI)**. He is currently an executive of **TerraNova Entertainment, Inc.**, creators of the upcoming TV reality series “Next Martial Arts Superstar.”

Jay de Leon was the host of **Tipunan sa Disneyland** and is the current Commissioner for North America for the **International Modern Arnis Federation of the Philippines (IMAFP)**, which is based in Manila, Philippines.

Guro Jay de Leon has over 35 years experience in the martial arts, both in the Philippines and the United States. He currently owns and operates a school called Filipino Fighting Arts USA in Riverside County, California USA teaching Filipino martial arts (arnis, eskrima, kali) as the core style. In addition, Guro de Leon has either black belt or instructor ranking in other traditional martial arts systems as Shorin-ryu (Latino Gonzalez,



Olohe (Grandmaster of Lua) Solomon Kaihewalu, featured performer at Tipunan, Jay de Leon, and Lua Master David Krapes, who assisted Olohe Solomon, (from left to right).



Judo Gene LeBell (left), legendary grappler, wrestler, stuntman, lecturer and author puts his signature choke on Jay de Leon during a break of a recent film shoot.

Contact info:

**International Modern Arnis
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Roger Agbulos



Roger Agbulos (right) with fellow featured instructor Arthur Gonzalez Sr. at the Tipunan.

Roger Agbulos started his training in 1990 under Punong Guro Edgar Sulite, founder and chief instructor of **Lameco Eskrima International**. He was one of Edgar's senior students in the backyard group in Los Angeles, California. When Edgar passed away in 1997, Roger decided to pursue Lameco's primary arts, the Kali Ilustrisimo and the original De Campo Eskrima 1-2-3. At one point, he came under the tutelage of both Grandmaster Rey Galang and Grandmaster Christopher Ricketts of the **Bakbakan Kali Ilustrisimo** organization and later continued to work with Grandmaster Ireneo "Eric" Olavides of **De Campo Eskrima, JDC-IO**.

Through the years, and with constant exposure to many different FMA's, Roger has come to formulate some combat truths of his own. One is that unlike other FMA systems that emphasize short or middle range combat, his focus is on long-range weapons combat that does not generally focus on blocking an opponent's attack; and the live hand rarely is used to disrupt one. Non-telegraphic striking can itself be a form of blocking. The concept is to preempt an attack with another attack. His style emphasizes controlling long-range encounters with broken, flowing or combination strikes, thrown from all angles, in small numbers.



Roger Agbulos poses with his posse at the Tipunan.

From left to right, Rey Galang, Arthur Gonzalez Sr., Solomon Kaihewalu, David Krapes, Leo Fong, Roger Agbulos and Adam James.

Roger currently teaches at Jon Felperin's studio - The Center of Law Enforcement Training in Northridge, California, as head instructor for impact and edge weapons under the Filipino Combat Arts program. The center also offers Boxing, Hapkido, Aikido, bodyguard courses, baton training (and certification) and many other combat oriented systems. Call Jon Felperin at 818-407-0121 or call Roger at 818-425-8861, or email: geerow@hotmail.com.

Roger is also active in the seminar circuit with fellow Bakbakan stalwarts Rey Galang, Christopher Ricketts, John Jacobo and Jay de Leon.



Jay de Leon, Edessa Ramos, David Krapes and Roger Agbulos, from left to right, at the Tipunan.

Steve Aron



Steve Aron (right) helps out fellow featured instructor Jerome Barber with his demo at Tipunan on the pool deck of the Hilton.

Steve Aron began his martial arts training in Kenpo Karate and holds a fifth degree black belt in Kenpo, having trained directly under Ed Parker for four years. After graduating with a B.A. Degree in English from California State University at Los Angeles, Steve was introduced to Pete Jacobs, an original student of Bruce Lee, and began training with Pete in Jeet Kune Do and various methods of Filipino Martial Arts. He later trained with Dan Inosanto, among others, at the original Filipino Kali Academy in Torrance and elsewhere during the 1980's. Steve has also trained in Wing Chun Gung-Fu, Tai Chi, Pentjak Silat, Muay Thai and Savate, among other disciplines.

Mr. Aron, a Senior Paralegal for a large international law firm, currently teaches martial arts on a part-time basis out of his home studio in Glendora, California. A certified Jeet Kune Do instructor under Pete Jacobs, he currently conducts small group classes and private instruction in JKD and FMA.



Steve Aron (right) at his demo segment at Tipunan on the pool deck of the Hilton.

Mr. Aron may be reached by email at: **aronjkd@msn.com** or by telephone at (626) 963-3208.

Announcements

Jay de Leon, Commissioner of **International Modern Arnis Federation of the Philippines (IMAFP)** and host of **Tipunan sa Disneyland**, made the following announcements, for those who missed the event last Aug. 12-14, 2005.

The event was filmed by **TerraNova Entertainment, Inc.**, creators of the upcoming TV reality series “The Next Martial Arts Superstar.” Copies of DVD’s highlighting instructions, events and personalities of **Tipunan** will be available for sale in the fall of this year, 2005.

In conjunction with **Bakbakan** head honcho and author Rey Galang’s upcoming book release, “Masters of the Blade,” **Tipunan** will launch a series of special seminars called **Tipunan Classic Blade** for both Filipino Martial arts (FMA) and non-FMA practitioners and **Tipunan Cinematic Blade** for action stars and fight choreographers. Featured instructors will include Christopher Ricketts, Rey Galang, Felix Valencia, Roger Agbulos and Jay de Leon.



Tipunan host Jay de Leon (left) and featured instructor Roger Agbulos at the Tipunan.

For particulars, contact: Jay de Leon at 951-894-1452 or jaydeleon@worldblackbelt.com.

Acknowledgement

Jay de Leon would like to thank his corporate vendors for their participation in **Tipunan**, including providing samples to featured instructors and performers. These corporate sponsors included **SmakStiks** from Atlanta, Georgia, makers of padded sticks and knives, **Sharkee** training knives, **Virtual Blade** knife marking system and Bob Wall’s **WorldBlackBelt**. Special thanks to **TerraNova Entertainment, Inc.** executives David Krapes and Amy Shomer for filming the event and eventually producing the DVD for **Tipunan sa Disneyland**.



TerraNova Entertainment, Inc.
Executive Amy Shomer takes a break during Tipunan.

Special thanks to **Bakbakan's** Rey Galang who acted as Master of Ceremonies for **Tipunan**, and to **Tipunan** staffers Cris Rugprayoon and Gonzalo Cordova who handled registration, hotel liaison and photography. Special thanks to forum owners and writers who promoted **Tipunan** in their sites.



Tipunan Master of Ceremonies Rey Galang (left) and participant Gerie Berling-Clay.

Pictures in this article were provided courtesy of Tipunan photographers Mitch de Leon and Gonzalo Cordova, featured instructor Bram Frank and participant Gerie Berling-Clay.

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Websites of Filipino Martial Arts Taught at Tipunan sa Disneyland
Click on the names to visit the websites



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Bakbakan



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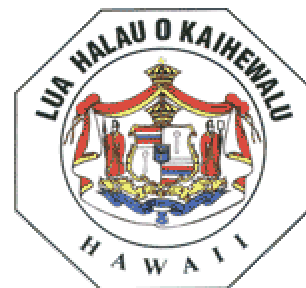
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**JAY DE LEON
CEO and Founder**

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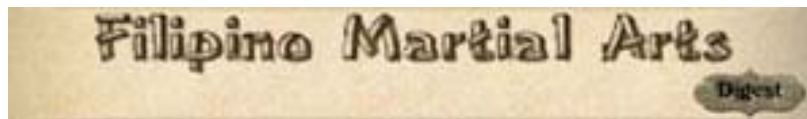
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