

Filipino Martial Arts

Digest

The Coast Anaheim Hotel
Anaheim, California

Special Issue
2005



3rd Annual WFMAA Exposition & Laban Laro
August 12 - 14, 2005



If you were there you will remember.
If you were not there you can see
what you missed.



Kapisanan at Samahan ng mga Mandirigma

Publisher

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Punong Guro Myrlino P. Hufana, WFMAA

Pictures provided courtesy of WFMAA photographer

Tess Hufana

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

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

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

The authors and publisher of this digest are not responsible for any injury, which may result from following the instructions contained in the digest. Before embarking on any of the physical activities described in the digest, the reader should consult his or her physician for advice regarding their individual suitability for performing such activity.

From the Publishers Desk

Kumusta

To have experienced the respect, honor and brotherhood resonated throughout the weekend; you had to be there. With some of the best-known Filipino martial artists in attendance was just one of the reasons to be there. Such practitioners sharing their knowledge such as, Grandmaster Ramiro Estalilla, Grandmaster Narrie Babao, Grandmaster Conrad Manaois, Master Ed Goco Galang, and Amang Guro Vic Ferrer to name just a few. And the guest instructors which were on hand to chat with such as Guro Christopher Turla and Edwin Ybanez (brother of Maestro Elmer Ybanez) **LESKAS**, Guro Arturo "Dino" Flores, Guro Hospecio "Bud" Balani, Jr., Guro Arnold A. Noche of **mandirigma.org**, Guro Scott Brennan of Lucay Lucay Kali also selling his Brennan Blades.

With Merchants such as **Smak-Stiks** with their safety sticks and the **Philippine Martial arts Supplies** from Manila, Philippines with their assorted wooden weapons.

Punong Guro Hufana was a fabulous host and put together a weekend event that was to say the least memorable and outstanding, and if you were not there then this issue will only let you glimpse at just a part of the brotherhood that was there.

It is rumored that for 2006 the 4th Gathering is going to be in Las Vegas, Nevada. It is most highly suggested that you do not miss it.

Maraming Salamat Po



Disneyland 50th Anniversary Fireworks

Mission of the WFMAA

The World Filipino Martial Arts Association (WFMAA) was founded in 2003 to promote and propagate the Philippine Martial Arts, the rich Culture and legendary Traditions of the Philippines. The mission is to develop a unique FMA Brotherhood & Gathering rarely witnessed and experienced by instructors and students throughout the world. Its annual gathering features Grandmasters, Punong Guros, Masters and Guros representing a variety of systems and styles of the Filipino Combative Arts, indigenous to the Philippines. The featured Expo instructors are either the founder or the top exponent of their respective systems. In fact, some of the featured instructors are legends in the FMA world community.

The annual gathering includes the Masters Seminar Series spanning both days, followed by an awards banquet in the evening. The festivities include Philippine cultural performances and martial arts demonstrations by local schools. On the third day of the event, students from a variety of fighting systems and styles compete in the WFMAA Laban Laro Tournament. It is a much-anticipated event where students eagerly await the opportunity to test their skills, knowledge and fighting prowess against each other.

The annual gathering is a truly historical, legendary and most memorable event.

Punong Guro Myrlino P. Hufana Welcome



Kumusta at Mabuhay mga Mandirigma!

The 3rd Annual **World Filipino Martial Arts Association EXPO & LABAN LARO** was recently held at the Coast Anaheim Hotel in Anaheim, California, on August 12 – 14, 2005. The 3-days event was another successful gathering! It has been three years since the founding of the association, a Brotherhood of Filipino Martial Artists, and it continues to gain recognition, success and respect from around the world. It is due to the quality of the featured instructors, enthusiastic students and participants, supportive family and friends, and the association's unselfish mission that the WFMAA's popularity continues to grow.

The prestigious event started with a special Welcome Dinner on Thursday evening for all featured instructors and a few close friends and family. Punong Guro Myrlino P. Hufana, the President and Founder of the World Filipino Martial Arts Association, welcomed everyone at the Kapit Bahay Filipino Fast food Restaurant in Anaheim, CA. The food was excellent!

This year's featured instructors proudly presented a variety of systems and styles of the FMA. The following is a brief biography of each instructor that taught an hour on Friday or Saturday.

August 12, 2005

The Masters Seminar Series started on Friday morning at 9:00 am.

Punong Guro Jon Cuenca, of the Ocho Kantos Kali from Las Vegas, NV.



Born in Manila, Philippines on October 1965, to Captain Tito Cabrera Cuenca, Jr. and Dr. Ofelsa Bayo-Ang Cuenca, Punong Guro Cuenca was the firstborn male grandchild to both sides of the extensive Cuenca and Bayo-Ang clans. Graduating from the University of North Florida with a B.S. in Biological Sciences and from Manila Central University in 1992 with a Doctorate in Dental Medicine.

His calling to the martial arts began in 1976 with his formal training in Tae Kwon Do under the WTF in Chicago, Illinois. When his family moved to Jacksonville, Florida in 1980, he continued his TKD training with Master Bill Clark and later studied American Freestyle Karate at the LeeMarcas Martial Arts Academy. After moving to Cebu City, Philippines in 1983, he was instructed in Arnis Ilongga by his grandfather, the late Jose P. Bayo-Ang, a Police Constabulary Sergeant and mortician. He also studied at the Doce Pares School in Cebu with the Canetes. Eventually, he transferred to Iloilo City to his grandfather's failing health and was approached by Maestro Ernesto "Nong Erning" Sison during a tournament at the local YMCA. Friendship and mutual respect grew between them, and although he was a Christian. Punong Guro Cuenca was accepted by Maestro Sison (a practicing Muslim) as his surrogate son. Maestro Sison's style was Ocho Kantos Kali.

Eight years of nonstop training (5 to 7 hrs/day, 6 days/wk) under Maestros Ernesto and Alberto Sison led to Jon's introduction to many great martial arts practitioners such as Master Ernesto Presas and Master Singtapanont of Thailand. He received his title as Punong Guro (High Instructor) from the late Datung Agakhan Alonto of Cotabato in 1994. Now living in Las Vegas, NV, Punong Guro Dr. T Jon Cuenca is the administrator of **Stars Elite Academy** for the Performing and Fighting Arts.

Ocho Kantos Kali



Ocho Kantos Kali focuses on rapid, aggressive footwork that uses an eight-sided circle (an octagon) to devise multiple assailant/multiple target attacks and counters. The Angles of attack are simple, utilizing a 12 and 9 angle system but variations such as inverted hand positions, ambidexterity, and reversals allow for a nearly endless range of possibilities. A full range of weapons such as solo and double baston (stick), solo and double daga (knife), Sandata (swords), Bankow (staff),

Tari (rope), Latigó (whip), and projectiles complemented each other as they were taught in a specific order of progression. The final level, hilot (healing through acupressure) was reserved only for the elite few who survived the training.

Master Alex Ercia, Kombatan –Ernesto Presas Style, Vallejo, CA.



Born Jan.11, 1971 in Taipei, Taiwan, Master Alex Ercia's first martial arts instructor was his father Antonio Ercia, a Shotokan Karate instructor. Master Ercia's father influenced his whole martial arts life. His father would tell him of stories of a famous arnisador in Lingga Calamba Laguna. A person quiet but was always challenged of attack from nowhere. Tandang Ubong, as Master Ercia's dad would call him, would be sweeping in front of his home and someone would attack him. The attacker would be disarmed and be on the ground, as Tandang Ubong would respond to the attack. This fascinated him; he wanted to learn such skill. As a teenager he would learn any martial art he can learn.

Master Ercia met Grandmaster Ernesto Amador Presas Sr., the younger brother of the late Grandmaster Remy A. Presas, teaching at the University of Sto. Tomas. Master Ercia started his FMA journey under his tutelage at the age of 17. He would go to Quiapo Manila to learn the basics of Modern Arnis. He first learned all foundation knowledge from Master Mark Santos. He instilled in him the details of the basics. Then he was taught the classical aspects of arnis under Senior Master Samuel "Bambit" Dulay, where afterwards he learned the techniques of the espada y daga, tapi-tapi detail and advance techniques from Headmaster Cristino Vasquez.

While being groomed by these great masters, Grandmaster Ernesto agreed to take Master Ercia privately as he would persistently beg him everyday, where he would be under his tutelage for 5 great years of 8 hour training. Master Ercia would help Grandmaster Ernesto in interpreting his art to the foreigners who would train from all over the world. He would also be the dummy when Grandmaster Ernesto was formulating his Mano Mano techniques. While with Grandmaster Ernesto, he was introduced to other great legends of the art, legends such as Grandmaster Antonio Ilustrisimo, Grandmaster Ben Lema, Grandmaster Jose Mena, to name a few. He was lucky to have studied for a short time with these great legends, specifically Tatang Ilustrisimo for 2 years and Tatay Mena. Another instructor where Master Ercia had the pleasure of studying under was with Master teacher of Kalaki Arkanis Inocencio "Sioc" Glaraga.



These great masters have influenced his passion for FMA. Now Master Alex Ercia goes to seminars to meet more of the great masters, Manong Cacoy Canete, Guro Dan Inosanto, to name a few. Currently, Master Ercia is currently training with

Grandmaster Veraqui Villasin son of the famous Grandmaster Joe Villasin of Balintawak arnis. Master Ercia believes that he is more of a master student than a master of Kombatán. As his passion, Master Ercia would like to spread the art of one of his great influences in FMA Grandmaster Ernesto Amador Presas Sr. All the while I was being groomed by these great masters. Grandmaster Ernesto agreed to take me privately as I would beg him everyday. I would be under his tutelage for 5 great years of 8 hour training. I would help him in interpreting his art to the foreigners who would train from all over the world. I also was the dummy when Grandmaster Ernesto was formulating his Mano Mano techniques. Grandmaster Ernesto was also the person who introduced us to the great legends of FMA. Grandmaster Antonio Ilustrisimo, Grandmaster Ben Lema, Grandmaster Jose Mena, to name a few. I was lucky to have studied for a short time with these great legends Specifically, Tatang Ilustrisimo for 2 years privately and Tatay Mena.



I also studied with Master teacher of Kalaki Arkanis Inocencio Sioc Glaraga. These people have influenced my passion for FMA. Now I go to seminars to meet more of the great masters. Manong Cacoy Canete, Guro Dan Inosanto, to name a few. I am now training with Grandmaster Veraqui Villasin son of the famous Grandmaster Jose Villasin of Balintawak arnis. I train with him in Vallejo CA to carry on my training. I am more of a Master Student not a Master of Kombatán. As my passion I would like to spread

the art of one of my great influences in FMA Grandmaster Ernesto Amador Presas Sr. The ARMAS-Inc website is now in construction. www.arms-inc.com

Amang Guro Vic Ferrer, Mano Mano Sikaran Arnis, Saskatoon, Canada



Founder of **Ferrer School of Martial Arts**, Amang Guro Vic Ferrer, started his Filipino martial arts training in 1966 at the age of 7, and continues to study and train for further his development. Ama Guro Ferrer earned the highest honor of Amang Guro (senior instructor status) in April 1981, the youngest ever to receive this honor from Amang Guro Mano Mano Brotherhood. To acquire this required the highest level of skills in Mano-Mano and Arnis, good character, and ability to teach adults and

children.

Ama Guro Ferrer is fortunate enough to be born and raised in the Philippines and to have gained profound Filipino martial arts knowledge from the greatest native Filipino martial arts masters. His open-mindedness towards all different styles of martial arts gives him satisfaction and happiness in practicing his chosen martial arts. He also trained extensively in Boxing, Kickboxing, Grappling and other forms of martial arts to gain insight. He currently holds a 6th Sikaran Arnis Brotherhood of the Philippines. Amang Guro Ferrer believes that with discipline, and dedication practitioners can achieve the mastery on martial arts.





The **Ferrer School of Martial Arts** currently teaches the Filipino martial arts system called “Mano Mano”. It is a well-rounded system of self-defense that practices boxing, kicking, grappling, ground fighting, and weapon awareness. It is a combination of all three styles of Filipino martial arts including “Sikaran” (foot fighting), “Boksing” (Filipino boxing), and “Dumong” (self defense grappling).

Punong Guro Myrlino P. Hufana, Hufana Traditional Arnis International, Bellevue, WA.



Born the eldest of three boys by Ysmael Rivera Hufana and Marcelina Pascua Hufana on August 15, 1962 in Sta. Maria, Pangasinan, Philippines, Punong Guro Myrlino P. Hufana has what only a few practitioners in the Filipino Martial Arts has, a family history and lineage of warriors. His first introduction to the fundamentals of Eskrima and its culture came at an early age of 4 by his father and uncle, Milfredo Rivera Hufana. Upon immigrating to the United States in the spring of 1970, he continued his Eskrima training from his father until the age of 12. At this time, with the help of his grandmother, PG Hufana enrolled in his first formal martial arts training in Karate. In 1982, he began Taekwondo training and has continued learning the Korean martial arts since then. It was in 1985; during an open martial arts tournament in California he fell witness to the late Grandmaster Angel Cabaes who was conducting a demonstration in Serrada Eskrima. PG's passion for his culture, his lineage and his art were refueled.

In 1990, at one of the Modern Arnis summer camp, Punong Guro Hufana's life changed forever. Here he met Grandmaster Remy Amador Presas and a legacy began. The depth of their relationship went beyond student teacher; it encompassed heritage, tradition, honor and a warrior's calling. On April 1997, Professor Presas officially promoted Hufana to the level of Punong Guro, a highly respected rank in the Modern Arnis Organization. Punong Guro Hufana is only one of two ever given the title outside the Philippines. On February 2001, with blessings of Grandmaster Presas, Punong Guro Hufana continued the propagation of the Philippine martial arts and its culture under the seal of Hufana Traditional Arnis International (HTAI), a complete combative system based on the Hufana Eskrima System, Modern Arnis Remy Presas Style, and Punong Guro Hufana's experience and modifications.



Punong Guro has hosted some of the best seminars in the Pacific Northwest since 1992. Through his dedication, passion and reputation, he has done what most have only thought and spoke about or has tried but unfortunately has failed. He has created a brotherhood among all Filipino Martial Arts systems through an annual gathering - The World Filipino Martial Arts Association's Exposition & Laban Laro. The WFMAA's

main goal is to create a brotherhood with trust and respect among all Masters and to also promote the Filipino Culture and Traditions.

Punong Guro and his associations (HTAI, WFMAA) are also endorsed by Arnis Philippines through Senior Master Roland Dantes, Chairman of the International Committee. Punong Guro Hufana was recently promoted to Certified Instructor (Bachelor's Degree) by Grandmaster Ramiro U. Estalilla, DMA, and also honored as Associate Grandmaster of Estalilla Kabaroan Eskrima.

Punong Guro Hufana currently resides in Bellevue, Washington with his wife Tess and two kids, Michael and Lizelle. They own and operate the **Bellevue Martial Arts Academy**, the headquarters for the Hufana Traditional Arnis International and the **World Filipino Martial Arts Association**.



Master Ariel F. Mosses, MSI & Lameco SOG, Las Vegas, NV.



Master Mosses is the Vice President and Chief Instructor of Manaois Systems International (MSI), Director and Chief Instructor of "Ninoy" Cinco Teros Arnis, Director and Co-Founder of Mandirigma Brotherhood International (MBI), and a member of Kapisanang Mandirigma.

Master Mosses' training began in "Ninoy" Cinco Teros under the tutelage of Grandmaster Conrad Manaois in 1979 to present day. Between 1986 to 1988, he had trained under Grandmaster Henry Bio of Sikaran Arnis. And from 1991 to 1997, through the introduction of his cousin and training partner Guro Dino Flores, he trained under Punong Guro Edgar Sulite of Lameco Eskrima. It was also through

Punong Guro Sulite that Master Mosses' training included Eskrima de Campo - originally developed by Grandmaster Jose D. Caballero and also Kalis Ilustrisimo - developed by Grandmaster Antonio "Tatang" Ilustrisimo.



Master Mosses' extensive background in the Filipino Martial Arts and his association of some of the most recognized names within the FMA community is only matched by his skills and passion for the art. As a true warrior, he shares the hunger to find the real testing ground of the art of combat. He also has 10 years of law enforcement background.

Grandmaster Conrad Manaois, Manaois Systems International, Los Angeles, CA.



Grandmaster Conrad A. Manaois was born November 1, 1940 in Santa Ines, Manaoag, Pangasinan, a region in Northern Philippines known for its rich heritage in family-based martial art systems. The Grandmaster's martial arts training began at the early age of 7. His early training was in Judo and Ju-jitsu. At age 11, the Grandmaster began his training in Ninoy Cinco Teros Arnis (Five Strikes) under the tutelage of his father, Marcelino "Ninoy" Manaois. Ninoy Cinco Teros Arnis is a family system dating as far back as the

Spanish occupation of the Philippines (circa early 1500s). It is a fighting system based on five angles of attack, and characterized by swift, deadly, continuous cutting motions. The Grandmaster's studies in Ninoy Cinco Teros Arnis focused on the use of solo baston (single stick), double baston (double stick), espada y daga (sword and dagger), buno (wrestling and grappling), and mano-mano (empty-hand combat). Through his studies, Grandmaster Manaois became highly skilled in close, medium, and long-range combat.

In November 30, 1969, the Grandmaster came to the United States and brought the Ninoy Cinco Teros Arnis System with him. In the mid-1980s, the Grandmaster revised the Ninoy Cinco Teros Arnis System out of his interest to make his fighting system adaptive and responsive to new threats. The end result was the Manaois Modern Eskrima System. Grandmaster currently resides in the historic Filipino town in Los Angeles, California.

His school is located: 132 S. Vermont Suite 204, Los Angeles, California



Manaois Systems International

Manaois Modern Eskrima System - a system based still on the concepts of economy of motion and continuous and fluid motion - but now more elaborated with 15 angles of attack. This system stems from Ninoy Cinco Teros Arnis, a family system dating as far back as the Spanish occupation of the Philippines.

Banquet Dinner

Friday's Masters Seminar Series was followed by a fabulous banquet dinner at 7:00 pm in the Plaza Ballroom. There were plenty of time to relax and mingle with new friends and got to know more about some of the featured instructors. Sounds of Creativity, a DJ group, provided the dinner music and dance music that lasted through 11:00 in the evening. That was fun!

August 13, 2005

The Masters Seminar Series continued on Saturday morning at 9:00 am.

Guro Roger Agbulos, Lameco Eskrima, Los Angeles, CA.



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 alive 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.

Dayang Edessa Ramos, IMAF Philippines, Switzerland



Philippines (IMAFP).

In 1994 Dayang Edessa Ramos started her training in Modern Arnis in Manila under Master Samuel Dulay. When she moved to Switzerland in 1996, her training continued in the form of private seminars with Master Dulay during frequent visits to the Philippines. In Switzerland, she took Wing Chun and Taichi lessons under Grandmaster Kok Yeng Chow and Daniel Minder. In 2000, she established Modern Arnis Switzerland, which was later to become the Swiss and European Commission of the International Modern Arnis Federation

Since 2001, she has been making several trips a year to the Philippines for intensive private seminars under Master Samuel Dulay and Master Cristino Vasquez with supervision from Master Rene Tongson. She holds a 3rd degree black belt in Modern Arnis.

In Europe, Edessa is also a member of the Deutsche Arnis Verband or DAV (German Modern Arnis Federation). She travels regularly to Germany for seminars under Master Dieter Knüttel.



Through her efforts and the generous support of her friend and teacher Master Dieter Knüttel, it became possible for Masters Samuel Dulay and Cristino Vasquez to teach seminars in both Switzerland and Germany, hence drawing appreciation to the Filipino as a true warrior and bearer of the Filipino Martial Arts. You can visit Edessa Ramos websites at: www.silkensteel.com and www.imafp.com.

Master Bram Frank, IMAF Philippines, FL.



Bram Frank 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 Modern Arnis by the Senior Master Council of Modern Arnis and is the current Director of Modern Tactical Styles for the Sokeship council. Bram is the Founder of **CSSDSC**: Common Sense - Self defense - Street Combat.

Gat Puno Abon “Garimot” Baet, Garimot Systems, Pembroke, FL.

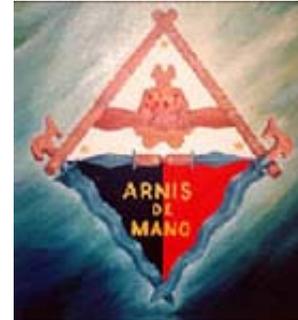


The Garimot system traces its family heritage back to the early 17th century. Its tree is rife with undefeated warriors of proven stature and unparalleled skill.

Gat Puno Abon “Garimot” Baet is the latest member of the family to embrace his family art as a whole. He is also the first to categorically organize and promote the system outside his family by means of books, magazine articles and public demonstrations/seminars. He began serious training at the age of 6 under the strict instruction of his father Felipe “Garimot” Baet. He would eventually train with many other masters, most of whom were previously defeated by his father or grandfather, in

an effort to learn as many different styles as possible. The family secrets, however, were never shared. At the age of 12, Gat Puno Abon, was called upon to demonstrate his skill before a national Philippine audience. He would begin his 7-year championship reign in the Laguna provinces at the age of 16. These unpadded stick fights were often brutal and invariably bloody. However, defeat would never be known to him. As his fame grew throughout the Laguna provinces, he began to amass a large student following under the banner of the Paete Arnis Club. In 1986, Gat Puno Abon accepted an opportunity to relocate to the United States. In 1989, he established the Philippine Martial Arts, Garimot system U.S.A. International. Now a U.S. citizen, Gat Puno Abon has dedicated his life to the promotion of the Philippine Arts and the rich history which surrounds it.

In 1989, the Philippine Martial Arts Garimot System USA International was founded by Guro Abon “Garimot” Baet. This was the first formal school of Arnis De Mano, established for the progressive study of Harimaw Buno, Mano-mano, Balisong knife fighting, Eskrima, and Hilot (Filipino Healing Arts). One of the goals of the Federation was to promote Buno as a wrestling/Grappling art and to someday promote competitive traditional Buno tournaments open to all martial artists.



During Guro Abon’s time of training, mastery of weapons was considered a prerequisite to the study of Buno. However, mostly due to the preponderance of material associated with Arnis and Buno as separate studies, he elected to separate the two into mutually exclusive organizations. In July of 1993, the Laguna Arnis Federation International was created in honor of his hometown and the annual unpadded stick-fighting tournaments sponsored there under the Garimot System banner. Simultaneously, the US Harimaw Buno Federation was founded for the exclusive purpose of promoting the original art of the Mangyan people as a discipline onto its own. To this end, modernized instructions have been created to aid in the teaching of the most ancient form of sport martial arts in Philippine history.

The original Harimaw Buno is still practiced by some native Filipino masters. The myriad of techniques employed by these masters, in the standing or ground position, stand apart from those used by more recognizable martial arts. Unusual training methods and emphasis on ancient battle-proven techniques make the Buno master more than a formidable opponent. Recognizable characteristics of Harimaw Buno include limb locks, joint locks; choke holds, head cranks, precision striking, muscle grabs, minor/major pressure point tactics and “biyabit” techniques (come-along maneuvers).

Today, Buno is utilized by law enforcement officers around the world and highly valued by martial arts’ masters of all styles and systems.

Master Ed Goco Galang, Filipino Combat Escrima & CKI, Las Vegas, NV

Master Ed Goco Galang is a master of Wing Chun Gung Fu under Grand Master Chang Tu (Taoist Temple, Philippines). He is also an 8th degree black belt duly recognized and certified instructor of the World Kickboxing Council (W.K.C.). He is



also the founder/director of the Chinese Kickboxing International, Chicago, USA, formerly known as the Chinese Kung Fu Club, which originated in Makati and Butuan City, Philippines with four chapters located in Saudi Arabia, Sweden, Bangladesh and Philippines.

With over 35 years experience in martial arts, Master Ed Galang holds a black belt in Filipino Kuntaw, certified and expert in Filipino Arnis under 7th Degree Black Belt Epifanio Perez (Maharlika Kuntaw Ng Pilipinas). Master Ed Galang ultimately synthesized important aspects from Kali/Escrima and Arnis de Mano using modified forms of Balintawak and Doce Pares styles, which he called "Combat Escrima Style". He is a world-

renowned martial artist. He has attended advance seminar under Grandmaster A. Lanada and Grand master Jun Canete, both known as the Father of Arnis in the Philippines. He is a former member of the Philippine Karate-Do Federation under Philippine Olympic Committee and Philippine Sports Commission; certified Sifu of Jun Fan Jeet Kune Do International (J.F.J.K.D.I.) under Sifu Lamar Davis II and attended JKD seminar, under the late Sifu Ted Lucay Lucay, Sifu Jessie Glover and Professor Gary Dill.

Master Ed Galang has participated and promoted many regional and national martial arts tournaments worldwide. He is a former martial arts trainer of Philippine Marine Corps Special Forces, Philippine National Police Commission (NAPOLCOM), royal family in Saudi Arabia and diplomats in Riyadh under the Diplomatic Quarter Commission. He has also trained Elite Special Officers of the Homeland Security, U.S.A. Currently active in promoting basic and advanced training and seminars

(individual & group) to various people of different nationalities and different martial arts styles. He has instructed selected students at the Family of Bennett YMCA in the city of Las Vegas, Nevada for 6 months and finally opened a new chapter in Las Vegas, Nevada with certified assistant instructor, Bill Garness.

Master Ed Goco Galang school location: Chinese Kickboxing International 4331 Charleston, Ste. E, Las Vegas, NV.



Grandmaster Ramiro U. Estalilla, Estalilla Kabaroan Eskrima, Fresno, CA



Grandmaster Ramiro Estalilla Jr., first born to Aurelia Umibig Estalilla and Ramiro Abellera Estalilla Sr., was born on January 23, 1930 in San Pablo, Laguna, Philippines. Grandmaster Estalilla had his first glance of martial arts through his father at a very early age. His father, an avid martial artist, studied fencing and eskrima under his grandfather, Major Eusebio Estalilla, which happens to be the training partner of one of

It was not until 1941 did Grandmaster Estalilla Jr. began his training in martial arts under his father and uncle, Bernardo Banay, and several other masters such as Magzinido Mamunes, Bralio Roque, and Milagdo Presas. Like all other great masters, his sole purpose of training was for preservation, not only for himself, but also his village, community, and family. On February 1, 1976, while visiting the United States to chaperone youths in bible camp, Grandmaster Estalilla Jr. was invited by the church to remain. It was not until three years later when his family was finally able to leave the Philippines and join him in the United States.

Grandmaster Estalilla Jr., an ordained minister, currently teaches his family's art of Rigoran-Estalilla Kabaroan in Fresno, California. He teaches his art from the philosophy of his father and his own Christian principals. "No matter how deadly your art is it must be done within the sphere of good motive, behind a background of peaceful intentions". With this, he also teaches his art within the context of Philippine history and culture.



Rigoran – Estalilla Kabaroan

Kabaroan employs weapons, which are longer, bigger, and heavier than an average eskrima/arnis stick. It is a system that embraces three subsystems: sencillia – one handed one weapon, bambolia – two handed one weapon, and compuesta – two handed two weapons.

Grandmaster Narrie Babao, Babao Arnis System, San Diego, CA



In November 1963 at the age of 18 years old, Master Narrie Babao reluctantly started his Arnis de Mano training under his father, the late Turing Babao. The style he learned was the Baston Batangas system, which his father learned from Master Ka Juan, a Katipunan rebel under General Miguel Malvar, during the Filipino-American war.

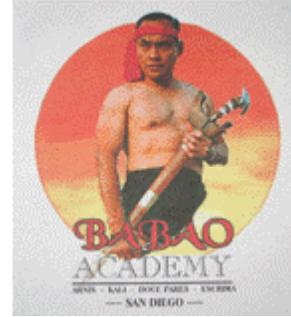
For two years, the father and son trained hard in Arnis. Twirling the rattan sticks was the only warm-up exercise. Their training consisted mainly of free-style sparring. Only after getting hit, would Master Babao learn the lesson for the day. His father would then methodically explain why he got hit in that particular area. Master Babao described the training as the school of hard knocks, and he resented being on the receiving end. His father was precise in controlling his strikes to the head and body, but accidental hits to the knuckles were unavoidable.

Through out the years, Master Babao continued his training in the Filipino martial arts. His training included Kuntaw in which he received 4th degree from Grandmaster Lanada: July 1978. He was promoted as Kali Guro by Grandmaster Floro Villabrille and Grandmaster Ben Largusa. In 1984, Grandmaster Yoling Canete, Grandmaster Cacoy Canete, and Grandmaster Diony Canete promoted him to 4th grade Black Belt. In 1996, Grandmaster Cacoy conferred on Narrie Babao the rank of 6th Grade Master of Eskrima.

And in October 25, 1997, Grandmaster Cacoy Canete once again promoted Narrie to 8th Grade Master.

Like the three sides of the triangle, the Babao Arnis system is composed of three main fighting systems: Villabrille-Largusa Kali, Grandmaster Cacoy's Eskrido-Pangamot, and the original Baston Batangas taught by Turing Babao.

You can visit Edessa Ramos websites at: www.babao-arnis.com



Awards Banquet

Saturday's final event was the special Awards Banquet and Entertainment that featured several surprises including the talented dancers of the Troy Philippine's Dance Troupe. Victor Arcega, Justin Curtin, Mary Dacuma, Ashley Labasan, and Ryan Rubianes were recent graduates of USC University of Southern California. It's great to see the involvement of the younger generations of the Filipino community. Maraming Salamat Troy Philippine's Dance Troupe!

Entertainment also included an impressive demonstration by the MSI Demonstration Team lead by Grandmaster Conrad Manaois, and finally a surprise performance by Grandmaster Narrie Babao. Grandmaster Babao, a semi-professional Elvis impersonator, performed several songs that awed and surprised everyone in the audience. Wow! You had to be there.

After eating Lechon (roast whole pig) and some great Seafood, several special awards were then presented. All featured instructors were presented framed certificates as a gesture of honor, respect and gratitude. Several students were also presented a special award for their loyalty and dedication to their instructors and the art. The rest of the evening was about relaxation and just having a great time.





Awardees that are well deserving of recognition.



Troy Philippine's Dance Troupe



Edwin Peregrino and Punong Guro Hufana join in.



Who is this guy?



Why it is Master Babao!

Special Guest Instructors (Guest only - not instructing)

Guro Arturo "Dino" Flores, Los Angeles, California - **Lameco SOG**

Guro Hospecio "Bud" Balani, Jr., Glendale, California - **Lameco SOG**

Guro Arnold A. Noche, Glendale, California - **Lameco SOG**

Guro Christopher Turla, Seattle, Washington - **LESKAS**

Guro John McCabe, Moses Lake, Washington - **Manaois Systems International**

Guro Scott Brennan, Friday Harbor, Washington - **Lucay Lucay Kali**

Punong Guro Steven Dowd, Fallon, Nevada – **Arnis Balite**

Master Apolo Ladra & Guro Bobby Ladra, Pasadena, Maryland - **Pekiti-Tirsia Kali**

Due to Personal circumstances, Ama Guro Raffy Pambuan was unable to attend.

Ama Guro Raffy Pambuan, Pambuan Arnis Tulisan Caballero, Orlando, FL.



Ama Guro Raffy Pambuan became interested in the martial arts as a child watching kung-fu movies and playing medieval knights with his friends in his hometown of Santa Cruz, Laguna, Philippines. At the age of ten, he began studying Okinawan and Shotokan Karate under his cousin Oyi Amoranto. His fascination with Arnis started when he listened to his father, Lolo; tell stories of his family history. He especially liked the stories of his great grandfather, Amoranto, on his father's side, who was Katipunán, and fought against the Spanish. It was at this time that Lolo Guro began teaching him Arnis. He also trained in Arnis with his uncle, Tatay Vincent.

When he was sixteen, Ama Guro took up boxing with his brother Frisco Pambuan, his cousin Vic Pambuan, and Digo Ramirez. Ama Guro also trained in the Filipino martial arts outside his family with Tatay Beryo Talabis, Tatay Ikang Bukal of Cavite, P.I., and with Nestor Deresa of Magdalena, Laguna, Philippines.

In 1983, Ama Guro Pambuan moved to Orlando, Fl. Soon after, he began training with Tatay Bo Sayoc. In 1993, He was convinced to begin teaching his family art of Pambuan Arnis. In 1996, Ama Guro was inducted, and is a member of the World Head of Family Sokeship Council.

Ama Guro continues to make trips to the Philippines in order to discover more of the closed art, family systems of Arnis, and exchange knowledge with them. He then brings this knowledge back and shares it with his selected students.

You can visit Ama Guro Raffy Pambuan websites at:

www.pambuanarnis.com



August 14, 2005

The Laban Laro Championship on Sunday.

Laban Laro Championship was definitely full of action! The day started with the youngest of the fighters, Teens Single Stick division. The teens were courageous, skillful and exciting to watch. Dominique Mosses and E.J. Sabiniano (intermediate light weights) definitely set the tone of the day. Michael Hufana, Michael Mosses and Lizelle Hufana (intermediate middle weights) followed with intense



Pekiti-Tirsia Kali Team

combinations that rocked the house! Lizelle Hufana, the only female to compete, captured the attention of the audience while winning her division. These young fighters definitely awakened everyone in attendance, including the vendors and sponsors who had direct view of all the action.

The adults immediately followed with the Single Stick division, then Double Stick division and eventually the Team division, a first at the WFMAA Expo & Laban Laro. The action was non-stop throughout the day. Several of the featured and guest instructors were on hand to witness and experience the competition. The attendees included Grandmaster Ramiro Estalilla, Grandmaster Conrad Manaois, Grandmaster Narrie Babao, Master Ariel F. Mosses, Master Ed Goco Galang, Dayang Edessa Ramos, Amang Guro Vic Ferrer, Guro Scott Brennan, Punong Guro T. Jon Cuenca, Guro Alex Ercia, and several other guest instructors.





Advance Division prepares to rumble!



Teens were courageous, skillful and exciting to watch.



Friendship at the end of the day

Awards Presentation

Sunday concluded with the awards presentation of all medallists and champions of each division. A special award, a replica of a barong sword, was presented to the team captain of the Maryland Bulls, Master Apolo Ladra of the Pekiti-Tirsia Kali group from Maryland. Additional special awards were also given to four other recipients for their loyalty, dedication and respect throughout the weekend's prestigious annual gathering.

Sponsors, Contributors and Supporters

Many thanks to all of the following sponsors for their support of our event! Arvino Logarta of the **Philippine Martial Arts Supplies** traveled all the way from Manila, Philippines to join us in the festivities. Winston Tamisin and team of the **SMAK-STIKS** also traveled from Atlanta, Georgia to experience the Expo & Laban Laro for the first time. Thanks to **Brennan Blades** for bringing some of the finest and unique training blades, hand made by Guro Scott Brennan from Friday Harbor, Washington. Many thanks to Paul Cun of the **PIP Printing** of Redmond, Washington, and Mike and Jin of the **S&P Designs** embroidery and screen-printing, also of Redmond, Washington. Many thanks also go to the following contributors: The **Hut Restaurant**, **Sounds of Creativity**, **Macy's West**, **AVIS Rent A Car**, **Prime Time Shuttle**, Mr. & Mrs. Wilfredo Mendoza of San Diego, and Mr. & Mrs. Edgardo Peregrino of Anaheim, California.

Maraming Salamat Po!



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Safety Sticks used at the Laban Laro Championship



SmakStiks



PMA Supplies



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2004 WFMAA Exposition



The Palms Casino & Resort Hotel, Las Vegas, Nevada

2003 WFMAA Exposition



2003 Featured Instructors: Back L/R: Maestro Ybanez, Duro Flores, PG Hufana, Guro Israel, Master Penafiel, Guro Balani, Guro Mosses; Front L/R GM Salinas, GM Estalilla Jr., GM Pallen, GM Taboada, GM Manaois

The first Brotherhood Gathering was held at the Embassy Suites Hotel in Bellevue, Washington, on September 2003. It was a great success!

Punong Guro Hufana invited a select group of instructors, consisting solely of FMA system founders or the top exponent(s) of a system. The team of Grandmasters, Masters and Guros, which represented a list of highly respected systems and organizations, taught a series of seminars scheduled for 2 days. In the evening, an awards banquet hosted everyone, including guest instructors, families and friends, to a grand welcome and entertainment. It was a time for relaxation, meeting with old friends, talking to some of the legends in the FMA, listening to laughter and seeing tears of joy and pride.

On the third day of the events, students participated in the Laban Laro Tournament. From beginners to the advanced FMA players, they compete against each other, providing a show of power and beauty, skill and artistry, courage and strength, respect and honor. Imagine competing against a variety of fighters, displaying your skill not only in front of your family and friends, but under the watchful eyes of Masters and Grandmasters, Guros and Punong Guros. It was a great challenge, but most importantly, it was the event of a lifetime. It is truly an event for the development of a greater future for all FMA masters and students. We should take pride in its success!

The event experienced great success even before the festivities began. A meeting and dinner was provided by Punong Guro Hufana to welcome, show respect and appreciation of the instructor's involvement and commitment in the propagation of FMA. In fact, Grandmaster Ramiro U. Estalilla, Jr. (the eldest of the TEAM) led the wave of excitement and rejuvenation by praising the event and encouraging others to stay strong in their personal commitment to their systems.

Present at the first meeting/dinner were Grandmaster Ramiro U. Estalilla, Jr., Grandmaster Conrad Manaois, Professor Max M. Pallen, Punong Guro Myrlino P. Hufana, Master Ariel F. Mosses, Maestro Elmer Ybanez, Guro Pedro Israel, Guro Arturo "Dino" Flores and Guro Hospecio "Bud" Balani, Jr. Unfortunately, Grandmaster Bobby Taboada, Maestro Jorge V. Penafiel and Ama Maestro Bernardo F. Salinas had not arrived at this time.

WFMAA Expo & Laban Laro Videos



Action footage of the Masters Seminar Series and the Laban Laro Championships are captured in these exciting and non-stop action videos.

You can now purchase your own piece of the WFMAA history! Regardless if you were there in the midst of the action or in the sidelines looking in, these videos are a great addition to your special collection of FMA videos. See the Masters present their style of Filipino Combative Arts. Watch the Players vie for the prestigious honor of WFMAA Laban Laro Champion. Of course, these videos will never replace the "live actions" and "real experiences"

of the entire event. Nevertheless, these videos are excellent references for the serious FMA practitioners. Enjoy!

August 12 - 14, 2005 - The Coast Anaheim Hotel, Anaheim, California

Featured Instructors

Grandmaster Ramiro U. Estalilla - Estalilla Kabaroan Eskrima

Grandmaster Conrad Manaois - Manaois Systems International

Grandmaster Narrie Babao - Babao Arnis

Gat Puno Abon "Garimot" Baet - Garimot

Punong Guro Myrlino P. Hufana - Hufana Traditional Arnis International

Amang Guro Vic Ferrer - Mano Mano Sikaran Arnis

Master Ariel Flores Mosses - MSI, Lameco SOG
Master Ed Goco Galang - Filipino Combat Escrima, CKI
Punong Guro T. Jon Cuenca - Ocho Kantos Kali
Guro Alex Ercia - Kombatan (Ernesto Presas Style)
Guro Roger Agbulos - Agos Kali, Lameco
Dayang Edessa Ramos - IMAFP, Switzerland
Master Bram Frank - IMAFP, USA

October 1 - 3, 2004 - The Palms Casino & Resort Hotel, Las Vegas, Nevada

Featured Instructors

Grandmaster Ramiro U. Estalilla - Estalilla Kabaroan Eskrima
Tuhon Gaudiosa Ruby - Comjuka-Kali
Grandmaster Conrad Manaois - Manaois Systems International
Ama Guro Rufino "Raffy" Pambuan - Pambuan Arnis Tulisan Caballero
Grandmaster Roland Dantes - Modern Arnis, Manila, Philippines
Punong Guro Myrlino P. Hufana - Hufana Traditional Arnis International
Amang Guro Vic Ferrer - Mano Mano Sikaran Arnis
Master Ariel F. Mosses - MSI, Lameco SOG
Master Ed Goco Galang - Filipino Combat Escrima, CKI
Master Christopher Ricketts - Bakbakan International
Master Reynaldo S. Galang & Guro John Jacobo - Bakbakan International
Guro Dino Flores & Guro Bud Balani - Kapisanang Mandirigma, Lameco SOG
Guro Pedro Israel - International Martial Arts & Boxing (IMB Seattle)
Guro Christopher Turla - LESKAS of Seattle
Due to missing video clips, the following instructors were not included in this video.
Grandmaster Bobby Taboada - Balintawak Arnis Cuentada System
Maestro Jorge V. Penafiel - Balintawak Arnis Cuentada System
Punong Guro T. Jon Cuenca - Ocho Kantos Kali

2004 WFMA DVD \$45.00 (+ \$5 shipping)

September 2003 - The Embassy Suites Hotel, Bellevue, Washington

Featured Instructors

Grandmaster Ramiro U. Estalilla - Estalilla Kabaroan Eskrima
Grandmaster Bobby Taboada - Balintawak Arnis Cuentada System
Professor Max Pallen - Senkotiros, Pallen's Martial Arts
Grandmaster Conrad Manaois - Manaois Systems International
Ama Maestro Bernardo F. Salinas - Sinkatan Arnis Estrella
Punong Guro Myrlino P. Hufana - Hufana Traditional Arnis International
Maestro Elmer Ybanez - Lema Scientific Kali Arnis System (LESKAS)
Maestro Jorge V. Penafiel - Balintawak Arnis Cuentada System
Master Ariel F. Mosses - MSI, Lameco SOG
Guro "Bud" Balani - Kapisanang Mandirigma, Lameco SOG
Guro "Dino" Flores - Kapisanang Mandirigma, Lameco SOG
Guro Pedro Israel - International Martial Arts & Boxing

2003 WFMA VHS - \$65.00 (+ \$5 shipping)

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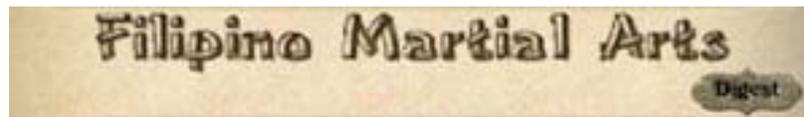
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