Established to preserve the basic teachings, techniques, principles and philosophies of Kuntaw as handed down from the predecessor (Great Grandmaster Carlito A. Lanada Sr.) as originally taught in the late 1960's through the mid 1990's. It is to preserve the original ways of Kuntaw “The Filipino Art of Hand & Foot Fighting”
Each issue features practitioners of martial arts and other internal arts, other features include historical, theoretical and technical articles; reflections, Filipino martial arts, healing arts, the culture of the Philippines and other related subjects.

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

The ideas and opinions expressed in the FMA Informative online magazine are those of the authors or instructors being interviewed and are not necessarily the views of the publisher, editor or owner of the FMA Informative. The articles are the property of the author’s that wrote them and cannot be used without the permission of the author.

The FMA Informative is for the promulgation and promotion of the Filipino martial arts and the Culture of the Philippines. NO issue can be printed and Sold for Monies, without the express permission of the Owner and Publisher of the FMA Informative.
Kuntaw Legacy Grandmaster Bud Cothern gave a seminar in Wilson, North Carolina in June to review the basics, the lost arts, and advanced techniques of Kuntaw as it was originally taught.

“It’s always a pleasure having Grandmaster Cothern come to our gym as a means of organizing all our members,” said Bill Kossmann, master instructor at Kuntaw Palace, home of the North Carolina Chapter of Kuntaw Legacy. “He always gives one of the most knowledgeable and hands-on seminars I’ve ever participated in.”

The seminar covered Kuntaw Legacy forms, principles of movement, and defense strategies. Grandmaster Cothern taught everything from fundamentals to advanced head-breaking techniques. Participants learned more on proper stretching techniques and advanced flowing of techniques such as shifting. Participants were also taught on ways to do body conditioning.

During the sparring portion of the seminar, colored belts practiced their fighting skills as Grandmaster Cothern trained black belts to effectively judge in tournaments. Participants came from near and far - Wilson and other North Carolina students took advantage of the event. Others traveled in, including Grandmaster Cothern who came from San Diego, California, Keith Graham and his son Keith Graham represented the Metro D.C. area; Lhood Villaluna represented the Virginia Chapter, Bacio Barlo was from the Florida Chapter, and Leon Simmons, New York Chapter.

The focus was on the original art of Kuntaw, known for its hard and soft ways. “It’s always about demonstrating by example and actual application,” Kossmann said. “Our forms are for teaching the muscle memory to property move in real-life situations; all of our forms are based on real-life application, and I think that’s what sets apart Kuntaw from most other martial arts.”

The style is “purely for street defense; not show or sport,” he said. Grandmaster Cothern “reintroduced essential techniques that helped identify Kuntaw in its early years but were lost along the way,” Kossmann said. “Some of them may have been purely forgotten by instructors, or some may have been omitted as a result of how devastating the techniques were. For example, the eagle claw technique was designed to rip someone's larynx out.”

Grandmaster Cothern was in Wilson, North Carolina for a week, during which time he conducted the seminar but also taught during regular classes, held group sessions and one-on-one training with various students who came to train while he was in town.

Training started in the morning and ended in the evening.

“While the body tired, the mind never did,” Kossmann said. “It was constant training, which helped all the participants connect all the dots so to speak.”

Wednesday, June 12, 2013

Grandmaster Cothern, 9th Degree in the Filipino art of Kuntaw, arrives at the Raleigh Durham Airport, North Carolina from El Cajon, California. Thomas Barnes met Grandmaster Cothern and transported him to the Kuntaw Palace in Wilson, North Carolina, where other members of Kuntaw Legacy awaited and greeted Mr. Cothern with a dinner / get-together with the owners of the Kuntaw Palace Martial Arts Academy, Master Bill Kossmann his wife Master Alicia Kossmann and their daughters Christine and Cassandra and a few other students.

Thursday, June 13, 2013

Grandmaster Cothern quickly gets off to a fresh start at 7:00 am as he conducts advanced one-on-one Black Belt training at Kuntaw Palace Martial Arts Academy with Kuntaw Legacy member Laura Stair. Mrs. Stair traveled five hours from Asheville, NC, to participate in Mr. Cothern’s seminar.

Prior to moving to Asheville, NC, Laura earned her black belt after training for several years under Masters Alicia Lanada Kossmann (now 7th Degree Red-White-Red belt) and husband Bill Kossmann (now 6th Degree Red-White-Blue belt) Kuntaw Legacy Instructors/ Owners of Kuntaw Palace in Wilson, NC.

After lunch and a short break, Grandmaster Cothern returns to the Palace with senior colored-belt training with Legacy members Al Boulo and Jason Closson. Later that evening, they are joined by local Instructors and members of Kuntaw Palace as well as Black-Belters Laura Stair and Don Barlow. Mr. Barlow and his wife Tonette traveled 9 hours from Gainesville, Florida to attend the seminar. Retired Navy Chief, Mr. Barlow, recently retired from working abroad in Juhail, Saudi Arabia. During his stay there, he also acted as Kuntaw Technical/Assistant Director to the current Director of Eastern Province Master Avelino Gatpo.

The excitement of the annual event was heightened as Palace Instructors Bill, Alicia, and daughter Cassandra travelled to Kuntaw Palace through a sudden onset of extreme weather including reports of actual tornadoes in the immediate area. After training, the violent wind damage was witnessed on the way to dinner. Downed trees and power lines forced the convoy of members and guests to take alternate routes to their destinations.

Later that evening other guests arrived including Master Lhood Villaluna, and Senior Black Belt Leon Simmons. Villaluna is the senior member representing Virginia Chapter of Kuntaw Legacy. Master Villaluna travelled three hours from Virginia Beach to attend. Simmons is the senior member representing New York Chapter. Mr. Simmons travelled eight hours all the way from Brooklyn, NY to be a part of the seminar.
Further Black Belt training ensued Friday morning after breakfast promptly at 9:00 am. With all aforementioned Black Belters and Masters in attendance. With only a short lunch break, training on advanced self-defense, forms, fighting, and application of techniques continued into the evening finishing up around 7:30 pm.

Other attendees arrived throughout the day including Senior Black Belt Keith Graham and son Keith Graham, II. Keith and his son represented the Maryland/Metro DC area for Kuntaw Legacy travelling nearly five hours in order to attend.

The official seminar kicked off Saturday morning sharply at 9:00 am. The seminar highlighted beginner to advanced basics and forms, theory and application of movement and flow, self-defense, internal energy and meditative breathing, offensive and defensive strategy and tactics, forms, fight concepts/sparring, and proper officiating.

The seminar was organized into segments covering the highlighted topics already mentioned. Grandmaster Cothern also offered numerous open forum segments for questions and answers iterated by application and example while noting and correcting any common misconceptions, misunderstandings, or misinterpretations.

These less open segments allowed Grandmaster Cothern opportunities to address specific concerns of each individual participant, while at the same time educating other members of the group who may have similar questions or concerns.

Taking an hour or so for lunch members continued reminiscing about the days’ training as well as exchanging stories of personal experiences in the art of Kuntaw throughout their years of training.

Upon returning to the Palace practitioners quickly resumed filled with questions. Questions were addressed by Grandmaster Cothern, then he moved forward to the next topics, eventually finishing out the seminar around 8:00 pm with fight concepts/strategies and officiating.

The Barnes family work on refining their forms as part of the seminar, preparing for an upcoming tournament. Note: After correcting their foundation, proper execution of techniques the Barnes family ended by capturing gold and bronze at the tournament.
Sunday, June 16, 2013

Sunday began again with a hardy breakfast followed by an early day of water training at a local pool. Grandmaster Cothern oversaw Master Bill Kossmann as he led one group through forms’ basics in the water. Water is a great medium for discovering one’s weaknesses. Water resistance also creates a means for individuals to increase efficiency, stability, and power of physical movement.

After harnessing the waters physical benefits of training, some members continued advancing their forms knowledge for their own belt levels. Others finished using the water for training and just plain had fun in the pool… deservedly so after several days of intense training.

After lunch at the pool several senior black belts and Masters headed back to the Palace to conduct colored-belt promotion testing. After testing out-of-town members headed back home while other members, family, and friends gathered at the Kossmann household for a “Southern Cook-out”. While the training time had to come to an end, the memories would last a life time.

Monday, June 17, 2013

Monday was a day of rest and recovery for Grandmaster Cothern and local members. After lunch with Alicia, Bill, daughters Christine and Cassandra, Grandmaster Cothern was taken back to the Raleigh Durham Airport… With expressions both elation and sadness, Alicia and her family said their good-byes, and wished her “big brother” Grandmaster Bud Cothern a safe journey home… until next time.

Kuntaw Legacy Empty Hands Forms and Ranking

This is the belt ranking used by Grandmaster Cothern in Kuntaw Legacy. All forms are the same as was taught in the late 60’s up to the mid-90’s.
Since promoted to Grandmaster by Great Grandmaster Carlito Lanada, Grandmaster Cothern uses the belt ranking up to the degree he holds, and has distributed the forms accordingly.

Also note that Tamaraw is not used and is replaced by Ibong Limbas.

White Belt
Different Exercises
Basic Techniques

Note: Yellow and Green Belt Basics Forms
The classification of lower rank of the Kuntaw Legacy Yellow Belt and the Green Belt are the basics fundamental techniques form of Kuntaw.

A. Yellow Belt form: “X- A” one to five “X- B” one to five
X - A and X - B form (anyo) pattern / or recurring the figure “X” sequence
B. Green Belt form “H” form one to five
H - form (anyo) pattern / or recurring the figure “H” sequence

Yellow Belt:
X-A 1 to 5
Circular X-A
X-B 1 to 5
Circular X-B

Green Belt:
H-Form 1 to 5

Note: Blue & Brown Belt Rank Form
The Blue Belt rank form is Sayaw-an # 1 & 2
The Brown Belt rank form is Sayaw-an # 3, 4, & 5

The Importance of Sayaw-an (form of Kuntaw)
Sayaw-an an comprise different stances, blocks, strikes, and rhythm. It is Sayaw-an which provides a link with the past, comprising valuable of tradition in the development of Kuntaw.
Equally important, it serves as an important training method for the day- today drill of Kuntaw techniques. The Sayaw-an offers an immense challenge; the challenge to reach the state of perfection, even for a brief moment, that feels in complete harmony with the surroundings. The flow of Sayaw-an is not a simple matter, whether in form or/ flow.

It does not develop of its own accord. It is development requires practice, perseverance and normative discipline, with its rhythmical motion of the body, forming the postures and executing the catlike movements. With Sayaw-an the learner will achieved the a unity of the mind, Body, and the heart and have harmony within themselves.

Brown Belt Form “Maya Form”
The word Maya is a bird (ibon) of the Philippines. Before 1995 it was the national bird of the Philippines Island, and it was now change to the Philippines eagle known as the monkey eating eagle (banoy). The bird “Maya”, known as the black-headed munia also known as chestnut and a family bird that mostly found in southern Bicol region. The Bicolanos name of Maya it is pipit ng Maya. Meaning: small beautiful bird species. The “Maya” bird is one of the smallest-fearless and fastest flying bird on earth. When they are young the color of their feather is brown, but when they are matured they turn in red.

Blue Belt:
Sayaw-An Sa
Sayaw-An Wa

Brown Belt:
Sayaw-An Lo
Sayaw-An Ma
Sayaw-An At
Maya (Philippine National Bird Before 1995)

Note: 1st, 2nd & 3rd Degree Black Belt
Known as the “Sag” sa, wa, and lo forms were before 2000 known as “Sai” sa, wa, and lo forms.

“Sag” meaning Sagayan
Sagayan is a Philippines war dance by both the maguindanaw (maguindanao) and maranaw (maranao) depicting dramatic dance (Sayawan) of war fighting hero (bayani) of their tribes (tribu) principe (prince) bantugan, took upon un-armed and armed as fierce warrior (mandirigma) would carry sometimes shield with double blade kampilan (large sword) attempting techniques to defend their Lakan-Apo (Grandmaster).
Sagayan / or war dance is one of the traditional form of maguindanau, has a history as old as bantugan epic, since this form has connection with barungan spiritual life and “transmogrify” / or convert by Great Grandmaster Lanada in the year 50’s to in line the arts for the third generation.

Sagayan abbreviation is “sag”
Sag-Sa meaning 1st Degree Black Belt (Lakan-Antas Isa) / and Kuntaw-Isa
Sag-Wa meaning 2nd Degree Black Belt (Lakan-Antas Dalawa) / and Kuntaw-Dalawa
Sag-Lo meaning 3rd Degree Black Belt (Lakan-Antas Tatlo) / and Kuntaw- Tatlo

1st Degree Black Belt:
Sag-Sa
Kuntaw-Sa

2nd Degree Black Belt:
Sag-Wa
Kuntaw-Wa

3rd Degree Black Belt:
Sag-Lo
Kuntaw-Lo

Note: Yellow and Green Belt Basics Forms
The classification of lower rank of the Kuntaw Legacy Yellow Belt and the Green Belt are the basics fundamental techniques form of Kuntaw.

A. Yellow Belt form: “X- A” one to five “X- B” one to five
X - A and X - B form (anyo) pattern / or recurring the figure “X” sequence
B. Green Belt form “H” form one to five
H - form (anyo) pattern / or recurring the figure “H” sequence

Yellow Belt:
X-A 1 to 5
Circular X-A
X-B 1 to 5
Circular X-B

Green Belt:
H-Form 1 to 5
Mayon is a volcano located in the southern part of Bicol region of the Philippines, province of Albay. It is acclaimed as having the world most perfectly shaped cone, to occur in nature known as one of the seven wonders of the world, its peak reaches a towering height of eight thousand seventy seven (8,077) feet above sea level. The word Mayon, taken from the bikolano dialect, magayon, literally means beautiful but as history shows, beauty is only half of its story (kasaysayan). Mayon is beautiful, while it is cool and dormant, when awakened, however it becomes one of the most devastating natural forces of mass destruction ever to be unleashed, through history and millions of people have perished at its inevitable wrath. The color (kulay) of the Belt (sinturon) is “Red, White, & Blue Belt

### Note: 4th Degree “Silangan Form”

#### Silangan (Sunrise)

The Silangan (sunrise) region of Mindanao (Mindanaw), contain one of the largest remaining blocks of tropical low land rainforest in the Mindanao Island. The Silangan which looking at the sunrise in the east is the place where the Mount Apo situated and the majestic Philippines eagle makes their own home of life.

The Silangan Mount Apo, a volcanic and mountainous which is also home of the “lumad” Moro tribes is the national park that provides habitat for numerous rare and unique birds, including the Philippines national eagle, called ‘banay’ or the monkey eating eagle.

During the 13th century the “lumad” Moro tribes from the volcanic and high peak mountain play Kun-tawan’ or Kuntaw arts as their neighborhood games in their leisure time.

The “lumad” is a Bisayan (Visayan) term, meaning katutubong matapang (native valiant). It was adopted by Mindanao ethnic groups in their cotobato (kotobato) congress in June 1986 to distinguish them to the other region of Mindanao Island.

It was accepted during the Cory Administration when R.A. 6734. The word “lumad” was used at art. xiii sec. 8 (2) to recognize these ethnics communities from the bangsa Moro (BM). The “lumad” Moro tribes population accounts for the total of six millions five hundred thousand (6.5 millions) as of the year 1993.

### Note: 5th Degree

#### Singkilan Form (Not folk dance)

Singkilan is a famous foot (paa) dance from maranaw people who inhibit the shore of Lake Lanao (la-naw). It is derived. From the ancient “daragin” the name of a dance itself, means to entangle and kick the feet to maneuver the different stances, such as an arts of the dance form.

The Singkilan was used in the ancient time to a movement of foot, and body maneuvering fighting techniques against the other people of other tribes in the region.

There is other theory that this cultural arts foot dance was also adapted to convey and to portrayed the princess foot dance of royal maranaw (maranaw) family. And narrates a scene in which the princess (prinsisa) of Raja (raha) butu-gan escapes her abductor (dumokot), the demon King Ravana.

In the year 19th century the bayanihan dance group began performing the Singkil (Singkilan) dance creating sets of crossing bamboo poles to convey western aesthetics. To adopt the Kuntaw Singkilan dance form (5th degree) they must first perfect the Silangan (4th degree) dance form. To step up to Mayon (6th Degree) Red, White & Blue Belt.

### Note: 6th Degree

#### Mayon Form

Mayon is a volcano located in the southern part of Bicol region of the Philippines, province of Albay. It is acclaimed as having the world most perfectly shaped cone, to occur in nature known as one of the seven wonder of the world, its peak reaches a towering height of eight thousand seventy seven (8,077) feet above sea level, at its base. This sleeping giant has a circumference (kapaligiran) of over twenty five (25) miles.

The word Mayon, taken from the bikolano dialect, magayon, literally means beautiful but as history shows, beauty is only half of its story (kasaysayan), Mayon is beautiful, while it is cool and dormant, when awakened, however it becomes one of the most devastating natural forces of mass destruction ever to be unleashed, through history and millions of people have perished at its inevitable wrath.

The color (kulay) of the Belt (sinturon) is “Red, White, & Blue Belt

#### Note: 7th Degree

#### Naga Form

Naga is the “Heart of Bicol” being the cultural educational and commercial center of Bicol Region. Residents of the City called Nagueños.

Naga City is the birth of the Great living legend Great Grand Master Kyud Lanada, Sr. Naga City is the core of Metro Naga, An official designation given the City and 14th Municipalities in the area administered by the Metro Naga.

Before the coming of Spanish Christianization, Naga was already a flourishing Village along the bank of Naga River. It was very important village with comparatively sophisticated weaponry and surprisingly advance culture.

In 1573 the Conquistador Juan de Salcedo Landed in a Village and name “Naga” because of the abundance of Narra Trees. although of some local historian believe the term Naga came from similar word found in the language of Borneo, meaning Serpent. The same word for other Philippines Dialect according to local Historian Danilo Gerona, the ancient Tagalog and Pampangueno produced a figurative figures head on the prows of their Sea crafts in the shape of “snake” which they called Naga.

Naga City situated at the center of the Bicol Region Peninsula and surrounded on all sides by rich agricultural and fishing area. Naga is confluence of Naga river, school, and universities.

#### Narra Form

Narra Kartaw form is the Philippines national tree, a majestic reddish hard wood tree. It grows to thirty three (33) meters high and two meters in diameters with a fluted trunk.

Narra wood tree grows well in bottom land, wind-firm and less susceptible to disease and pets. The bark considered anti-bacteria and anti-bilious (sakit-atay) and young narra leaves and flowers are edible source of honey.

Old narra tree is much sought-after wood for its durability and used for making furniture’s, arts decorative carving and musical instruments particularly a baton (baston) for Kuntaw kali arts of self-defense.

The narra baton is equal to a famous pair of yantok used for Kuntaw armed stick fighting defense, during the Spanish Christianization in the island of Philippines the Filipino mandirigma (warriors) used as weapon against Christian invaders

#### Note: 8th Degree

#### Sampaguita Form

Sampaguita is serving as the National Flower of for the Philippines. The Sampaguita is also well known in Asia for its use in teas and religious offerings, symbolizing divine hope.

The Sampaguita grows on a woody vine or semi-climbing shrub, which reaches a height of 1.2 meters.
The leaves are ovate or rounded in shape and 6 to 12 cm long. The leaves and Sampaguita flowers grow on short stalks. The Sampaguita flowers bloom either singly or as bundles of blossoms at the top of the branches. The flowers open at night and wilt in less than a day. The Sampaguita flower has about 8-10 calyx teeth that are very slender, and 5 to 8 mm long. The Sampaguita’s corolla tube is slender and 1 to 1.5 cm long, the limb is usually double and 1.5 to 2 cm in diameter. The 2 stamens on the Sampaguita are included with a 2-celled ovary.

Sampaguita’s distinct sweet, heady fragrance is its unique feature. Sampaguita flowers do not bear seeds, therefore the plant is cultivated by cuttings. Sampaguita was imported into the Philippines in the 17th century from Himalayan areas. The Sampaguita is a native part of the Philippine landscape for centuries.

**8th Degree Red/Black/Red Belt:**
Sampaguita (Philippine National Flower)

**9th Degree**

**Ibon Limbas Form** (replaced Tamaraw form)
Banoy means the Philippine eagle. It is the national bird of the Philippines. In 1896 an English naturalist John Whitehead gave this phenomenal species the scientific name “pithecophaga jefferyi” or more commonly known as monkey-eating eagle. They are native of Mount Apo in the island of Mindanao, between Davao City and Davao Del Sur with an altitude of 9,692 feet.

Banoy has remarkably strong legs and powerful hooked beak. The full-grown adult banoy can stand over three (3) feet tall, with a wing-span up to seven (7) feet wide, and weighing about 17 pounds. It is equally as powerful as the harpy eagle of South America.

The mythological history of this bird’s creation back in the ancient times, they were considered to be peaceful and loving species. But, it came to pass that they become the victims of nature’s fury as they struggled to find shelter suitable for nesting and laying eggs. Too often their young become the victims of various predators.

For so many years, their eggs had been eaten, while the adults despicably slaughtered, and their young had been cruelly assaulted. Over time, this savagery enkindled in them their instincts for survival. Their oppressors forced them to harness their prowess of the skies as perhaps nature has intended.

In defense of complete extinction, they were forced to become the savage of the victors and the hunters of the oppressors. The Ibon Banoy.

**9th Degree Red/Silver Trim Belt:**
Ibong Limbas (Philippine National Bird After 1995)

**10th Degree Red/Gold Trim Belt:**
All Unarmed Kuntaw Forms

---

**Practitioners Representing and Authorized to Teach Kuntaw Legacy and were under the Guidance of Grandmaster Lowell ‘Bud’ Cot hern**

Kuntaw Florida: Don Barlow, 3rd Degree Black Belt - Private Classes  
Website: www.kuntawmartialarts.com

Kuntaw Maryland: Keith Graham, 3rd Degree Black Belt - Church Class

Kuntaw North Carolina: Alicia (Landada) Koosmann, 7th Degree Red/White/Red Belt  
Website: www.kuntawmartialarts.com

Kuntaw New York: Leon Simmons, 5th Degree Black Belt - Website: kuntawmartialarts-ny.com

Kuntaw Virginia: Lhod Villaluna, 6th Degree Red/White/Blue Belt - Private Classes - Facebook: Click Here

Kuntaw Jubail, Saudi Arabia: Avelino B Gatpo, 6th Degree Red/White/Blue Belt - Facebook: Click Here

Kuntaw Riyadh, Saudi Arabia (Relocating to Olangapo, Philippines): Benjamin Ortiz, 9th Degree Red/Silver Trim Belt - Facebook: Click Here
School Submission
The schools listed teach Filipino martial arts, either as the main curriculum or an added curriculum. If you have a school that teaches Filipino martial arts, or you are an instructor that teaches, but does not have a school, list the school or style so individuals who wish to experience, learn and gain knowledge have the opportunity.

Be Professional; keep your contact information current. - Click Here

Event Submission
Submit your event whether - Seminar, Workshop, Training Camp, tournament, or Gathering - Click Here

Advertisement Submission
Advertising in the FMA Informative Website is FREE. An Ad in the FMA Informative can create Business. Your Advertisement for Filipino martial arts forums, blogs etc, can be included in the FMA Informative. Advertisement is for the Filipino Martial Arts and the Philippines.

To submit Forums Click Here. To submit advertisement for products and/or Services Click Here

Article Submission
Finished manuscripts should be accompanied by color or black and white photographs. Though we take care of materials, we can not be responsible for manuscripts/photographs and accept no liability for same. Every photograph or graphic must be accompanied by a caption Carefully key photos to caption information with a letter or number.

We reserve the right to use any photo(s) as cover material or additional compensation. We also reserve the right to edit material and to crop photographs.

We reserve the right to use articles or parts of articles that are given and approved from time to time as needed to promote the Filipino martial arts and the Culture of the Philippines.

Physical manuscripts should be typed in black, double spaced, and set to 1-1/2 margins (right and left).

Emailed manuscripts should be typed in Ariel or Times Roman, on programs such as Notepad, Wordpad, Microsoft Word, Word Perfect and can be sent as an attachment. Photo(s) can be sent as a .jpg, .gif, .bmp, or .tiff - to submit material for either the FMA Informative Newspaper or an Issue Click Here

We welcome your article, ideas and suggestions, and look forward to working with you in the future.