

FMA

Informative

Propagating the Filipino Martial Arts and the Culture of the Philippines

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Kalis Ilustrisimo Orihinal Repeticion

A New ERA has begun . . . Master Tony Diego's Legacy lives on!



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The FMA Informative knew Master Tony Diego and did an issue on him which came out in 2013 (Informative Issue No #67 – [Click Here](#)). Unfortunately Master Antonio Ramoneda Diego passed away on August 25, 2014 before the FMA Informative could get with him to do a follow up issue.

It is sad to lose a skilled practitioner and leader such as Master Tony Diego. And then the question comes up who is going to take the reins and continue to promote the art of Kalis Ilustrisimo?

It has been said that Tom Dy Tang was the closest to Master Tony, even after moving to Canada, and his most accomplished student.

To the FMA Informative knowledge Peachie Baron's was told that Tom Dy Tang was to be the successor. During Ms. Peachie visit to Vancouver, Canada in March 2015

There were 3 reasons she went:

1. To train with Tom Dy Tang.
2. To pay respects to Tom, the new head of Kalis Ilustrisimo Master Tony Diego's lineage.
3. To fulfill her promise to the late Master Tony Diego.

A New ERA has begun Master Tony Diego's Legacy lives on!

The FMA Informative has witnessed many things since the passing of Master Tony. And also when other leaders of a Filipino martial art has passed on. However I think what Ms. Peachie once told me holds true – *“You know when greed and ambitions speaks a more eloquent tone, that's when problems sets in.”*



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.

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Thomas Dy Tang, the Successor of the KI System

The Die is Cast

Between 1997 and 2000, Master Tony brought Tom to Luneta and introduced him to different Masters of the Filipino martial artists. Present were Mang Pete, Robert Morales, Martin Raganas, Medel, Samuel, and Boy. Vitalliano Vandellon was also there. Here, he crossed swords with Tom using different styles and techniques of Ilustrisimo. After showing Tom's expertise in the system, he asked if anyone would like to test Tom's skills. But Tom had already showed his worth when Master Tony played with him and testing him by the Masters that were present that time was not needed anymore. There were many people present but they were far from one another and it was difficult for them to hear everything that Master Tony was saying. He was however within hearing distance to the elders in Luneta like Mang Pete, Robert and Martin. They all nodded in agreement that Tom was extraordinary. That same day, Master Tony announced Tom as the future successor of the Kalis Ilustrisimo System.

In 2014, Master Tony's failing health was becoming alarming. His sadness due to his wife's illness was gnawing on him and depression was setting in so fast. Because of the goodness in his heart, he worries too about his "children" in Kalis Ilustrisimo. One Sunday, while we were seated at the park, I asked him. Master, sino ba talaga ang successor mo "who really is your successor?" He answered without hesitation "Peach, si Tom talaga. Sa kanya ko na pasa lahat" Peach, it is really

One Sunny Sunday

It was a typical warm Sunday at the Rizal Park. Usually we start our Kalis Ilustrisimo Sunday by sitting, relaxing, and simply enjoying the open space of the park which is a luxury when you live in Manila. Casual Kalis Ilustrisimo practice follows when the Kalis Ilustrisimo itch starts coaxing some of us to play. This could have been one of those ordinary Sundays until Master Tony Diego came to visit. Along with him was a guy whose face I've seen before. The guy was Tom Dy Tang. I remember Tom as the untiring practitioner of Kalis Ilustrisimo. Very few in Kalis Ilustrisimo clan can equal the diligence and dedication of Tom Dy to the practice of Kalis Ilustrisimo.

A Show of Skills

It didn't take much time before Grandmaster Tony and Tom begun practicing. They cruised through all the classic Kalis Ilustrisimo contradas and finally the freestyle hatag-dawat exercise which became a major part of Kalis Ilustrisimo training under the lineage of Master Tony.

It never dawned on us that this was not an ordinary Kalis Ilustrisimo practice until Master Tony told us in a whispering tone that he was "selling" Tom.

A Test of Skills

Master Tony said, "I brought Tom so you can test his skills." "I've been training him for almost a decade, try him out."

The elders of Kalis Ilustrisimo such as Master Pedro Reyes, Master Roberto Morales, and Master Martin Raganas among others were present at that time. They all agreed that Tom has demonstrated exceptional skills and talent that further testing was unnecessary.

The Announcement

Master Tony and Tom had more than master and student relationship. Tom was like a son to Master Tony. Tom was probably the son Master Tony wished for but never had.

"I want anyone in Kalis Ilustrisimo to try and test Tom so that no one will dispute his level of skills and knowledge of Kalis Ilustrisimo", said Grandmaster Tony. "Tom is my successor", Master Tony declared proudly.

The Ascension

On August 25, 2014, Master Tony passed away. The day also marked the ascension of Tom Dy to Grandmaster of Kalis Ilustrisimo Orihinal Repeticion (K.I.O.R.). Master Tony's legacy will continue through Tom Dy's leadership.

Witness and Recognition

I was there at Rizal Park on that fateful day when Master Tony Diego announced that Tom Dy Tang will be his successor. Let there be no doubt that there is only one successor and that is Tom Dy Tang.

I, along with my students and followers, welcome Grandmaster Tom Dy Tang as the new head of Kalis Ilustrisimo Orihinal Repeticion (K.I.O.R.) Good luck and more power to K.I.O.R.!

Raul Marquez, Founding Head Teacher Ilustrisimo Escrima USA.

Tom. I had passed on everything to him." And so when Master Tony passed away, I made sure that Tom will be declared as his successor. We had to make the announcement at once of his succession for the whole Ilustrisimo family under Master Tony's lineage to know. Because Tom is a very private person, he will just keep quiet, but for the lineage of Master Tony to survive, it needs a strong leader to keep the Ilustrisimo family intact.



First time Kenneth Co meets Tommy Dy Tang and Master Tony Diego to the left of Master Tony is Guro Louie Lindo



Vancouver Canada - 2015

Initial visit to the Kalis Ilustrisimo Orihinal Repeticion

Binondo, Manila Gym

In the summer of 1990 I had the honor of meeting Grandmaster Antonio A. Ilustrisimo and Tony R. Diego at the Luneta Park in Manila but was not able to train with them, probably the biggest regret in my 30 year Filipino martial arts career.

Finally in 2006, I had the opportunity to visit and train at the Binondo gym under Tony R. Diego. It was also during this visit that I met Mang Tony's most senior student, Tom Dy Tang, a very low profile and humble but skilled practitioner.

Tom and his family migrated to Canada in 2009 and since then I have tried my best to host and organize an annual Kalis Ilustrisimo seminar for him so as to introduce him to the local Filipino martial arts community, it is also my way of giving back to the community that has been supporting my efforts in promoting the Filipino martial arts since 1990. As part of my mandate to expose my students and those of other Filipino martial arts clubs/groups to other instructors, I decided to encourage them to seek out instruction from Tom through seminars and private lessons. We also invited Tom to be a guest instructor at the annual Southeast Asian Cultural Arts Festival.

As head instructor of Ikatán Kali, we will continue to support Tom in his efforts to promote and preserve the legacy of Tony R. Diego for the benefit of present and future practitioners of Kalis Ilustrisimo.

Guro Louie D. Lindo

Ikatán Kali Canada - Head Instructor

Meeting Master Tony Diego and Thomas Dy Tang

2006 was a memorable year, it was the first time that I was formally introduced to the Kalis Ilustrisimo system. My Filipino martial arts teacher Guro Louie Lindo, head instructor of Ikatan Kali has always talked about the Ilustrisimo system and has always wanted to learn from the late Grandmaster Tatang Ilustrisimo's top student, Antonio Diego. So one day, we planned a trip to Manila, since my line of work necessitates that I go visit my suppliers in Manila, I would take the opportunity to seek out Master Antonio Diego.

But the problem was, how do we get in touch with him? Neither, Louie and I have any information on Master Diego. Fortunately, while browsing through photos in the book, *Warrior Arts of the Philippines*, I noticed in a series of photos it mentions: "Tony Diego and his Assistant Instructor, Tommy Dy Tang, demonstrating Kali Ilustrisimo techniques." I remembered from previous conversations with my co-worker that the Dy Tangs are related to them. So I approached my co-worker and showed him the photo and asked if he knows Tommy Dy Tang, he said yes and my co-worker would say we always have a family re-union in our house during Christmas. So, I requested for Tom's email address and that's how we were able to get in touch with Tony Diego and Tom.

The first time Guro Louie and I set foot on the Binondo gym, we saw Mang Tony training Tom in boxing using the heavy bag, this is their usual training routine. After that he called me and talked to me for a few minutes and asked me about my training. I told him that I am fairly new and would like to learn more about the Ilustrisimo system. Then he would start showing us the basic strikes, footwork and defenses. Then he would call Tom to show us how it was properly done. It is quite amazing to see Mang Tony and Tom training, each strike was precise, the footwork flawless. What is awesome to see is when they started doing their "laro" or play, flowing to dikitan (close quarters drill), then Mang Tony would feed any strikes and Tom would do his amarra, after which they begin their contra y contra. The routine was seamless, Tom's amarra was crisp and amazing. The contra y contra was done slow at first and then became progressively faster. The execution of techniques between Grandmaster and Heir was perfectly done even at high speed and random feeding. It is as if, each one knew beforehand what is going to happen next. Ever since then, I was hooked and told myself that this system is what I will learn diligently. Guro Louie then encouraged me to learn more and helped me improve by concentrating on developing a strong foundation.

During that trip in 2006, I was able to train a few more nights with Mang Tony and Tom. Some were group training sessions and some private lessons. This is also the time that I met Peachie Saguin, Russel Lim, Bruce Pimentel, Serge Gillette, Arnold Narzo, Warren Damian and Ricky. Training would start at 7:30 pm and would end at about 10 pm. However, most of the time that I was there, Mang Tony would teach until past 10 pm or until I tell him, that I am suffering from information overload! There was so much to learn. Hence, I made it a point to visit Mang Tony and Tom during my business trips in Manila in 2006, 2007 and 2008. When I returned to Vancouver, I would seek out Kevin Haaland to learn more and polish my moves, so every time I visit Manila, I could show progress.

After my last training session in 2008, Tom and I invited Mang Tony to dinner. However, Mang Tony declined because his stomach wasn't good. So Tom and I had dinner and learned that his migration to Canada was already approved and plans were made for him and his family to move to Vancouver. That was a very exciting time for me, as I would be able to get regular training with Tom when he is in Vancouver.

When Tom finally landed in Vancouver in 2009, I started learning from him privately. After work he would start teaching me. We would train 2 or 3 times a week and this went on for a year or 2. Aside from me, Tom also had a private student in 2009, but that student has moved to the U.S. Even though Tom has been training me for quite some time, he would tell me to see and train with Mang Tony every time I visit Manila. The last time that I was able to see Mang Tony was in January of 2010 and there was a photo wherein his hands were raised, and told me to show it to Tom and to tell him that I said hello!

Guro Louie would also host Kalis Ilustrisimo Seminars and workshops, all taught by Tom in 2008, 2009, 2010, 2011, 2012, 2013 and the most recent one which was on March 14, 2015. People from British Columbia, Alberta, Saskatchewan, Hawaii, Washington, Maryland, Michigan would attend Tom's seminars and there has been a few who have privately trained with him during these visits.

Kenneth Co



June Seminar 2009



2010 Seminar

KIOR Seminar 2011



Seminar 2012





Day 1



Day 2

The Introduction of Tom as the Successor of the KI System

Tom has a very low profile. Not a lot of people know him. He is not title conscious, not in social media and is a very private person. Convincing him to take the lead was an extra challenge. But the one thing that convinced him is the faith of Master Tony in him, for it takes more than skills and knowledge to become a leader of a big group. Wisdom is imperative and so is a heart free of greed and

insecurities, which Tom possesses. Without the guidance of a strong head the group will crumble and the legacy that Master Tony whom he loved so much will fall apart. All with good intentions, Tom accepted his destiny.

On March 15, 2015, the first seminar of Tom as the new head of Kalis Ilustrisimo Orihinal Repeticion was organized by Louie Lindo in Vancouver Canada. Al-

though the seminar was announced only a few months before the date, a large number of participants came from different countries and Masters from other groups joined as well. The seminar was a huge success as different groups trained together as one, acknowledging the leadership of Tom, marking the beginning of a new epoch....

Vancouver Meets Tom Dy Tang

My name is Ed Wong and I operate Urban Survival Systems and Modern Cimande based in Vancouver, British Columbia. I have been practicing and instructing martial arts for over 25 years and given opportunities to conduct seminars and train/meet with various martial artist and instructors from many different systems and styles all over the world. This experience has also allowed me to see many different fighters, teachers and technicians. But rarely do I see a teacher that encompasses all three skill sets.



In 2009, the Vancouver martial arts community had the good fortune of one such rare instructor move to Vancouver, Tom Dy Tang of Kalis Ilustrisimo. Tom was a direct student and training partner of Master Tony Diego for over 20 years. Their student teacher relationship was originally forged with blades and later transformed into a positive connection and bond so close they became "family" to one another. Unfortunately, Master Tony Diego passed away August 2014 and he appointed Tom to be his successor. To be a successor requires more than just skill, but also integrity, commitment, experience, interpersonal skills and passion. You can see these qualities in Tom's movement and communication of the Kalis Ilustrisimo system. The decision to make him the successor was the right one.

I was so impressed by Tom's consummate skills - I had the good fortune to be among the first to introduce Tom in one of my workshops in Canada at our annual USS Summit of the Masters in 2009. Teaching alongside Tom was the other world class instructors such as the late Jesse Glover, Guro Louie Lindo and Coach Vadim. The response was positive and everyone in attendance was impressed with Tom's ability and intensity. Since then, Tom has done many workshops in the Lower Mainland hosted by my teacher, Guro Louie Lindo. All with record breaking attendance!

At our recent March 2015 KIOR workshop conducted by Tom with special guest instructor and Punta Y Daga author, Guro Peachie Baron from the Philippines, who was also a close friend and long time student of Master Tony. People from all over North America had come to attend this groundbreaking seminar which displayed a brotherhood and alliance so strong that the Kalis Ilustrisimo Orihinal Repeticion Vancouver chapter will consistently grow in number with a ferocious loyalty to preserving the teachings and legacy of both Grandmaster Antonio Ilustrisimo and Master Tony Diego.

Tom has been a good friend, martial arts colleague and inspiration of mine for over 6 years. And I am proud to announce that he is actively teaching monthly classes in Vancouver sharing the same loyalty love and commitment to his teacher and spreading it to his students locally and worldwide.

Guro Edward Wong



Guest Instructor at Urban Survival Systems Summit of the Masters Seminar in North America, with Jesse Glover, Head Instructor of Non-Classical Gung Fu and first student and instructor of Bruce Lee.

3 Day Workshop 2015

Day 1: Friday March 13 Class was conducted by Peachie Baron Saguin



Day 2: Saturday March 14th



Day 3: Sunday March 15th Private Training



A Word From Tommy Dy Tang



Bruce Lee was the one who inspired me to go into martial arts. I became an avid fan which motivated me to start training on my own through books. My formal training began around 1986 when I joined the Beng Kiam Athletic Club. The club teaches Ngo Cho Kun Kung Fu. After 2 years, I thought of looking for an instructor who could teach me privately. There was an advertisement that a tutorial school posted in the newspapers which offered instruction in martial arts, so I inquired for a martial arts teacher. They had a Jeet Kune Do instructor, and I decided to have him as my teacher. Unfortunately after meeting him once, he failed to show up on our actual practice session. Since I have given the fee and he did not show up, I opted to use the fee to look for a Filipino martial arts instructor through the

tutorial school. An Arnis instructor came and I had several sessions with him. I felt that the style that this instructor was teaching did not suit me.

I did not know that there were various Filipino martial art styles at that time. Then sometime in 1989, Alex Co from Beng Kiam Athletic Club invited me to join a Wu Tai Chi class he organized. This was being taught by Master John, a student of Ma Yueh Liang and Wu Ying Hua. I mentioned to Alex, that I was looking for someone to teach me Filipino martial arts. He told me he knew someone, and will introduce him to me. In one of our Tai Chi class, Tony Diego came and Alex introduced Tony to me and that is how I started my Ilustrisimo training.

In my early training days, Tony started the session with calisthenics, then boxing and the last is Ilustrisimo. We were only 2 students at the beginning. Initially our training was on the top deck of a building with no roof and eventually moved to our office. We had to move all the tables and chairs just

to make space. Our regular classes were on Mondays and Thursday evenings. During the mornings, Tony would come to our store and he would train me for an hour before I open the business. Sometime in the early 90's, we transferred to a small warehouse which we would call our gym. Who is to know that Tony and Ilustrisimo would become much sought after by enthusiasts all over the world.

Ilustrisimo training with Tony is mostly situational. The drill that was mostly used was the free flow. Just like what you see on YouTube with Tatang, Tony doing most of the attacks and Tatang will counter with numerous strikes. One would feed an attack and the other counters. It starts from long range to medium and then to close range. At first the attacks come in a sequence and as you advance the feeder will attack randomly. Then it progresses to attack and counter for both players. Tony did create several other drills such as De Fondo and Estrella, but they were not as emphasized as much as the free flow drill.



Tony Diego was a very generous and humble man. Whatever he knew he taught. He did not withhold anything from his students. Not only in the art was he unselfish, if he had extra income through his classes, he gives it to people in need without the thought of them paying him back. He never thought of making a lot of money from teaching Ilustrisimo, which is why some people think that it is difficult to get in. Like anyone else, he prefers to have a

handful of deserving students than teach everybody and anybody that comes in.

He has always told me to fight whatever obstacles I have in life to reach my goals. As time progressed, I felt our relationship also grew from a teacher - student relationship to something much deeper. I have always wanted to train and it so happened that I found Tony at the right time and the right place and we blended well together.

For my training regimen, I do the 'amarra' most days of the week and try to run at least 3 times a week. One has to be able to have an imaginary opponent if a training partner is not available. Repeti-

tions will always be the key in order to internalize the techniques.

I have no plans to change anything in the Ilustrisimo system. Tony has asked us to teach whenever we can to keep the art alive. I have started a monthly class here in Vancouver and will continue conducting my yearly seminars too with the help of Louie Lindo (Ikatán Kali) and hopefully, will be able to conduct workshops around the world to whoever is interested to learn the system.



Tony will want to be remembered as someone who has kept the Ilustrisimo system alive and to have taught it the way he learned it from Tatang.

Personal Experiences

Burton Richardson **President JKD** **Unlimited/Battlefield Kali**

In 1994 I had the incredibly good fortune to go to Manila to choreograph an American martial arts movie. It was my third trip to the Philippines, and this time I was on a mission to find Grandmaster Ilustrisimo. My mentor Guro Dan Inosanto had taught me portions of the Regino Ilustrisimo system,

and I had been training with the great Punong Guro Edgar Sulite in Lameco and Ilustrisimo methods. Punong Guro Sulite told me where I should look for "Tatang" Ilustrisimo.

I did find him in Luneta Park and trained with him, Master Tony Diego, and Master Christopher Ricketts daily for hours on end the few weeks before the movie started shooting. I extend-

ed my trip afterwards for another week of intensive training.

During that time I was able to also go to Master Tony's now famous location in Binondo. Tucked away in the worst part of Manila, I went up the stairs, over men passed out in the staircase, and into wondrous training. That is where I first met Master Tony's right-hand man Tom Dy Tang. Master Tony would either demonstrate on Tom or have



Luneta Park, Manila, Philippines - 1994



Binondo Gym, Manila, Philippines - 1996

Tom demonstrate on him. The speed, power, and precision that Tom displayed was truly awe-inspiring. Master Tony would show me a move and then leave me to the strict guidance of Tom until I was deemed ready for the next technique. Tom drilled me hard, demanding the highest standard of execution. He was exceptional.

I trained again with Ilustrisimo in 1996 and of course spent time in Binondo training with Master Tony, Tom, and Christopher Ricketts.

Grandmaster Ilustrisimo passed away the following year. Master Christopher Ricketts passed in 2010, and we lost Master Tony last year in 2014. With the sadness of the loss came one ray of light-the announcement that Master Tony had appointed Tom Dy Tang to succeed him. While there are many, many outstanding exponents of Kalis Ilustrisimo, Tom was the



*Being trained by now Grandmaster Tom Dy Tang
Binondo Gym - 1996*

closest to Master Tony, even after moving to Canada, and his most accomplished student. Tom's skill is beyond reproach, and I am very happy that he is leading the way. The fact that he was very reluctant and does not want to be called Grandmaster shows his character. If you ask people to call you

Grandmaster, then you probably aren't deserving of the title.

I hope all the instructors from the great lineage of the Ilustrisimo family can share with the world. We all have a portion of the truth, and sharing will help everyone appreciate this incredible Filipino martial arts system.

Kiko Capinpin

It was the late 90's and I had just rekindled my Ngo Cho training with Alex Co Sifu. At that time I was looking for an Arnis system to study and Sifu Alex was able to recommend me to Master Tony and Tom.

I was so impressed by the demo and continued to stay on. One of the most important things I learned from Master Tony were the reiteradas. Up to this day I would remember those drills as Tom would say that this technique is all you need.

When you do the kamay kamay hand sparring drill with Tom be resigned to getting hit successively. Master Tony had taught Tom well with regards to reflex. A lot of people may not know it but besides Kalis Ilustrisimo, Tom is also a practitioner of Wu Style Tai Chi.

Estrella Disarm



1. Fighting stance.
2. Attacker launches a horizontal strike to elbow-defender does an estrella parry and simultaneous thrust .
3. Defender then does an upward strike to the armpit area while checking with the dagger hand.
4. Then proceeds to twisting the attacker's arm.
5. Followed by disarming the long weapon.
6. Attacker then thrusts with the dagger.



Contra Y Contra



1. fighting stance.
2. Ken attacks with an angled strike to the head, Tom defends with a panipis strike.
3. Tom counters with a thrust to the head..

4. Ken defends with an estrella vertical parry.
5. then initiates a boca de lobo attack to the head.
6. Tom defends using a florete counter.



7. and attacks with a thrust to the chest.

8. Ken defends with a sampal.

9. and attacks with a strike to the head, Tom counters with a vertical parry.

10. Tom counters with a strike to the head, Ken defends with ala contra serrada.

10-1. Tom counters with a strike to the head, Ken defends with ala contra serrada (another angle).

11. Ken delivers a backhand strike to the head, Tom counters with ala contra serrada from the serrada position.



12. Tom counters with a low backhand strike.

13. Ken counters with a parry to the hand and cut to the bicep a low backhand strike.

14. Ken attacks with a backhand strike to the head, Tom defends with a high cruzada.

15. Tom counters with a parry to the attacking hand and prepares for a thrust to the stomach.

16. Ken counters with a parry to the attacking hand and an abaniko strike.

17. Ken attacks with a thrust to the chest, Tom counters with a sampal.



17-1. sampal counter.

18. Tom counters with attack to the head.

19. Ken counters with a cadena real.

20. Tom counters the cadena real with a media fraile.

21. Tom then finishes with a thrust to the neck.

21-1. Or a bagsak to the neck

Cadena Real Disarm

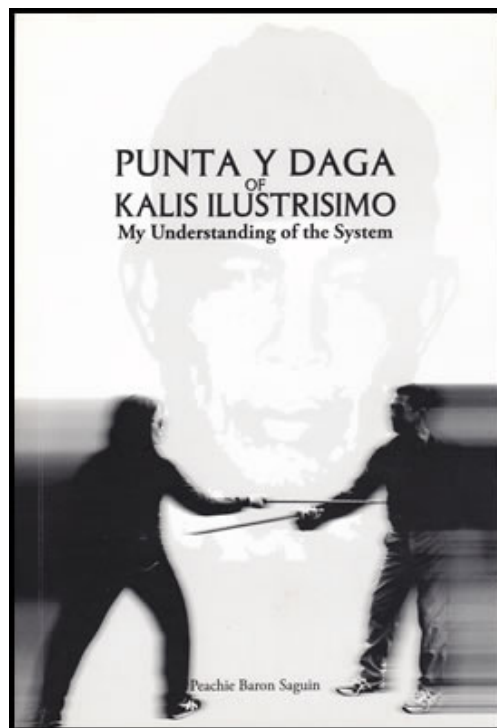


1. Fighting stance. 2. Attacker feeds angle one - defender counters with cadena real. 3. Defender follows up with a strike to the head. 4. Then grabs the arm. 5. Then follows through with a disarm.

Punta Y Daga Kalis Ilustrisimo

My Understanding of the System

By Peachie Baron Saguin



In this book, I will share with you a little background of Kalis Ilustrisimo, the man who propagated the system and his students who are now the teachers of Ilustrisimo. I have started from the origin, the weapons we use, to our strikes and counter strikes and of course the forms of Punta y Daga.

I have also included drills which have helped me a lot in practicing the body mechanics, footwork and the combination of strikes. I like to write what I have learned and still learning, as words in printed pages will serve as a good source of reference not only for me but for future generations to come.

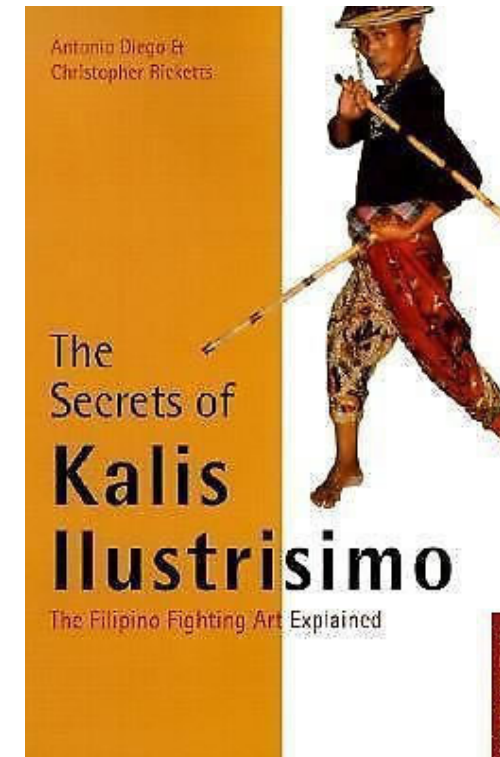
It is my hope that I have outlined the system clearly, and that you will find this book, a helpful guide in discovering the exquisiteness in the Punta y Daga form and in the Ilustrisimo system as a whole.

Peachie Baron Saguin

To Place an order Contact Kenneth Co: [Click Here](#)

The Secrets of Kalis Ilustrisimo: The Filipino Fighting Art Explained

By: Antonio Diego and Christopher Ricketts



The Filipino martial art of ilustrisimo hails from Cebu, Philippines, where martial arts are still considered a matter of life-and-death survival rather than sport or exercise.

Named after Antonio “Tatang” Ilustrisimo, the master who taught the style to both of the authors of this book, the art of kalis ilustrisimo has been in the Ilustrisimo family for more than five generations. Based on traditional Philippine stick and sword fighting methods—and refined by Antonio Ilustrisimo’s vast personal experience in challenge matches—it offers a powerful, flexible, dynamic, and effective fighting style.

The Secrets of Kalis Ilustrisimo is the first book to deal with the techniques and theories of this very effective system of personal combat including the history of kalis ilustrisimo and structure of the system, the fundamentals of practice, the defensive movements and applications, and the training techniques used to prepare for actual personal combat. It also includes hundreds of photographs showing the essential movements and techniques of this martial arts style.

Sections include:

- Kalis Ilustrisimo in Perspective - History and Development; Structure of the Ilustrisimo System
- Fundamentals of Practice - Preliminaries (Weapon Length; Weapon Grip; Combat Ranges); Stances and Footwork; Methods of Striking
- Defensive Movements and Applications - Fundamental Fighting Techniques; Methods of Disarming
- The Combative Encounter - Combative Sign Language; Spiritual Fortitude; Fighting Principles and Strategies
- And More!

Purchase from Amazon.com: [Click Here](#)



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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](#)



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