

FMA

Informative

Newspaper

Propagating the Filipino Martial Arts and the Culture of the Philippines**Bikinis and Martial Arts**

By: Brian Johns

To my Martial Arts brothers, I now have your attention. Let's talk.

And yes, I discuss, in a way, bikinis and Martial Arts in this post. While I discuss Filipino martial arts, this post applies to the entire martial arts industry.

In this post, I discuss a problem that persists in the martial arts industry: sexism toward our martial arts sisters.

I teach Modern Arnis both to children and to adults. 60% of my children students are girls. I did not target this or any other specific demographic in my marketing. They just started showing up. Kudos to their parents who wish to give their girls the means to protect themselves but, more importantly, to become strong and confident teens and women.

I am completely committed to giving all the girls and boys the tools to become strong and confident citizens.

Truth be told, BOTH boys and girls will benefit from being in the same class. The boys will greatly benefit from the presence of girls as this decreases the chances that they will be intimidated by the opposite sex or adopt warped views of them.

Girls, despite constant negative societal messages, will learn that they can be just as good as the boys. Ronda Rousey anybody?

A few months ago I was perusing a Filipino martial arts forum and came across a post claiming to make a connection between photography of bikini-clad women and the practice of Filipino martial arts. The poster egged on others to post their photographs of women, preferably those in bikinis.

Whiskey Tango Foxtrot?

Several commentators responded that this was highly inappropriate and that it had no connection to Filipino Martial Arts. I put in my two cents saying that the thread was an insult to women who practice Filipino Martial Arts. While the poster claimed a connection between his photography of bikinis and Filipino Martial Arts, there was no doubt in my mind that this was a bullshit connection and that he pigeonholed women into one category: sexual objects.

He claimed that was not his intent.

To say that he was not convincing is putting it mildly. But the perception is often reality. The perception is the poster is saying to women "you are nothing more than a sexual object."

Wow, what a way to look at 50% of the human population, Mr. Neanderthal.

Encouragingly many men spoke up against this thread and denounced the demeaning nature of it. It took far too long but the thread got taken down. But the fact that this kind of ugly sexism exists is something that needs to be confronted at every turn.

It is more than just the aforementioned forum incident. More recently, a female martial arts colleague of mine has been subjected to appalling sexual harassment by a supposedly high-ranking martial artist on Facebook.

Female martial artists are put in a difficult position when confronted with this kind of misogynistic bullshit either in person or online. On the one hand, if a female martial artist objects, she is deemed a hypersensitive "man hater." If she doesn't, her silence is deemed to be an acceptance of the misogyny and "it's all a harmless joke."

Regardless of this difficult position, there will be many women who WILL speak up. I applaud them! They need to be heard and respected.

However, the onus isn't on the female martial artist.

The problem is the misogynists spewing this bullshit nonsense. They believe that women are "beneath them" and cannot countenance the possibility that women may be better than them. They can't stand the thought of being "shown up." They're the wolf whistlers, the cat callers, and the leering punks who employ various means to demean girls and women and make them feel worthless.

The reporter in the below clip got



Video: [Click Here](#)

3 Reasons FMA ROCK (for Women)

By Jackie Bradbury

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what he deserved for his disrespect of Ronda Rousey.

While the asshats constitute the majority of the problem, there is an increasing number of men who are calling these punks out. One trend that I have noticed is fathers of daughters who are encouraging their daughters to tap into their athletic potential. One such father is a martial arts friend of mine.

He is a former wrestler and has coached wrestling on the high school level for several years. His daughter practices Kenpo Karate. Apparently, she expressed a desire to get into wrestling. His ex-wife will not let her daughter wrestle, presumably due to old fashioned thinking about girls and wrestling. Huh? Fortunately, John has told his daughter that once she gets her black belt in Kenpo Karate, she can practice Brazilian jiu-jitsu. She should look to this girl in the below video for inspiration.



Video: [Click Here](#)

There should be more fathers like John! And those include those who bring their daughters to my classes.

But, despite good men like John, the problem still persists.

While it seems better today than in the 1970s, there are still messages, implicit and explicit, aimed at girls and women about their worth. I

have had quite a few friends of mine express to me experiences similar to those recounted in this post: Being a "Girl" in the Dojo: Sexism in Karate. And I know of several who have been victims of sexual assault.

Jackie Bradbury, aka The Stick Chick, has an excellent post in her post: Fight Like a Girl. Note her reference to the Gracie Academy. I'll return to the topic of the Gracies below.

Many women navigate each day worrying about two things: being hit on and being sexually assaulted.

So they turn to martial arts to learn how to defend themselves. The dojo, kwoon, and training space should be a safe zone where they should not have to worry about those two things. But thanks to asshat posters like the so-called Filipino martial arts Master, they wonder if the "safe zone" is truly safe.

Where do folks turn when they want to educate

tics of Filipino Martial Arts and have talked about exposing more folks to the beauty of Filipino martial arts. Indeed, it was one of the themes of "The Bladed Hand." But if there is the kind of sexism that I saw the other night in a Filipino Martial Arts forum, how are we expected to expand the appeal of Filipino martial arts?

While MMA has a well-documented sexism problem, some in that industry are doing an impressive job reaching out to women. For example, Renner Gracie recently did a women's self-defence seminar specifically geared



Video: [Click Here](#)

for deaf and hard of hearing women. See the below clip:

How much do you want to bet that they will likely be considering Brazilian Jiu Jitsu instead of Filipino martial arts? It doesn't hurt that the Gracies have a Pink Belt program that appeals to women. How do you think they're doing among women?

We need to expose Filipino Martial Arts to the widest audience possible and introduce to the beauty and awesomeness of FMAs. That includes the girls in my kids' classes. Peachie Baron Saguin, Diana Lee Inosanto, and Gra-

ciela Casillas are just a few of the well-known female Filipino martial arts players. In addition, I've had the pleasure of training with Master Gaby Roloff and Karen Callahan. Both absolutely amazing! We need more! We need to attract and expose Filipino martial arts to women.

Sexist posts do a disservice to teachers and instructors in FMAs wishing to expand their reach and, most importantly, to women. It insults my sisters and friends in Filipino martial arts.

To my martial arts brothers, here's a simple guideline before you engage in po-

tentially sexist behaviour: if your wife, daughter, sister, or your mother were training in the martial arts or taking a self-defence course and you found out that an instructor was subjecting them to demeaning sexual comments, how would you feel?

My guess is that you wouldn't be happy.

Then don't be an ass-hat and treat everyone with respect and dignity.

Let me make it crystal clear, sexism in martial arts is completely unacceptable. Full Stop.

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3 Reasons Filipino Martial Arts ROCK (for Women)

By: Jackie Bradbury



I go to a lot of seminars and I train with a lot of people, not just in Dallas-Fort Worth but all over Texas and the United States. It is not unusual for me to be the only woman in the room when I'm training. Even at seminars, there may be only one or two other women in a crowd full of guys.

This is not terribly uncommon in the martial arts world - for women to be the minority on the mat. It's something you have to be used to when you're a woman who likes to practice violence as a hobby.

I tell you what, though... man, I sure wish we could get more women into the Filipino Martial Arts, because it's just so made for us, y'know?

Here's some reasons why:

Weapons Are the Great Equalizer

In reality, in a self-defense situation, 99% of us would prefer to be armed than unarmed. A weapon of any kind is that great of an advantage versus unarmed.

It's especially true for women in self-defense situations vs. a male.

I'm hearing some of you already, "Who walks around armed with a stick?" (and maybe a snicker or two).

Don't make me come over there.

The stick is a stand-in for other stuff. It can be an umbrella, a walking cane, a backpack or purse, a pen, a knife, a machete, a tire iron... any tool, really. Our training methodology lends itself very well to improvised weapons, and most of us walk around with something that can be used in a pinch!

Strength is not the Primary Factor

Being strong is, of course, always an advantage in fighting or in self-defense situations. The FMA's are no different.

But being strong is not in itself the primary factor in being good at the FMA's. Timing, speed, and accuracy (targeting) are. Strength is helpful, of course, but timing, speed and accuracy are things that women can develop just as well as men can.

Thus, in the FMA's, the playing field is a little more level for the women in the room.

Being Short is Less of a Problem

We'll all agree that, all things being equal, that being tall and having a long reach is definitely an advantage when it comes to violent situations. No argument there.

In the FMA's, though, we learn to work with what we are given (and force the opponent to give us what we want). This means that we learn what targets are good no matter who we are facing and what we are presented with.

I'm 5'2" (about 158 cm) tall. I'm usually one of the shortest adults in the room when I train. Thus, instead of going for head shots on tall people, I have learned to take the arm (hand, wrist, elbow, under the bicep), the torso (too many great targets to list here), the neck/under the chin, the inner thigh, and the legs as targets versus tall people.

I get on the inside of the person's reach, then...

It's pretty awesome.

I hope that more women check out the FMA's as a martial art to study, because as you can see, I think it's well-suited to the average female martial artist.

The Stick Chick

Martial Arts Musings by a Middle-Aged Modern Arnisadora

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The Bladed Hand

Director: Jay Ignacio
Producers: Jay Ignacio, Kent Vives, Sonny Sison

This is a documentary about the global impact and current state of Eskrima/Kali/Arnis, otherwise known as Filipino Martial Arts. Filmed around Cebu, Baguio, Bacolod, Batangas, Hong Kong, Honolulu, Los Angeles, Manila, Moscow, Oakland and San Diego. The Bladed Hand will show how this native art from the Philippines has had a significant impact on military systems and even on Hollywood. Featuring FMA luminaries Supreme Grandmaster Diony Cañete, Supreme Grandmaster Cacoy Cañete, Guro Dan Inosanto, Guro Diana Inosanto, Guro Ron Balicki, Grandmaster Nick Elizar, Grandmaster Ising Atillo, Master Christopher Ricketts, Grandmaster Remy Presas, Jr. and many more.

DVD Available at Amazon.com: [Click Here](#)
and also at: www.thebladedhand.com

That Guy: The Dilettante

By Jackie Bradbury

So you have this new guy who shows up to train with your group.

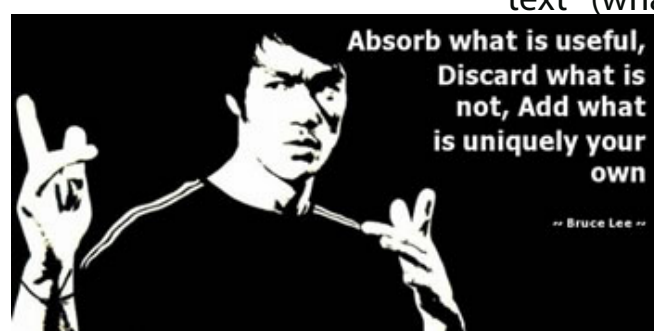
He's got some experience- a little bit of this martial art, a little bit of that martial art - and now he's trying yours. He spends much of his time working on your basics, but he's always questioning everything he's shown and noting how they do things differently in another martial art. After anywhere from three months to a year or so, he's gone, off to try another martial art style.

You've met THAT GUY:

The Dilettante

The Dilettante is the guy who never quite settles into any martial art long enough to master much beyond the basics (anywhere from three months to two years at most). He believes, after low-to-mid level training in a martial art that he knows everything there is to know of that art.

He is often one of the people who will misquote Bruce Lee as a justification for what he's doing.



I don't think this means what you think it means. Image found [Here](#).

There's no rule that says that a person has to study the martial arts for anything other than his own personal amusement. There's nothing wrong with that. We all train with different motivations, after all.

Some of us don't have the patience or the desire to spend years mastering a martial art. That's why so many people quit when they reach intermediate level (that green/blue/purple belt range).

That's where it becomes very hard work and it's not for everybody.

It becomes problematic when, after years of skimming through the basics of a bunch of martial art styles, the Dilettante decides that he knows better than you do, after years of study in your style, how to train what you study.

I have had a Dilettante correct me on something in some footwork in Arnis that didn't apply to what we were doing or to the strategy we have in what I study. When I pointed out that what he was saying didn't apply in the context (what he was thinking

was appropriate for a longer, heavier bladed weapon, not a short light one)... he grumbled a bit and granted that maybe I might have a point.



Gee, thanks.

Some Dilettantes keep to themselves, but much of the time, you will find him making commentary to other low-level students about how such-and-such does it this way or how he thinks that this other style has the better idea. Sometimes it's enough to disrupt class, then you have to spend a lot of time countering what he's saying. Or he might be the guy at the seminar who spends most of the time not practicing what is being shown, but comparing it to other stuff he's seen.

Or even worse, he decides he knows enough after riffling through the martial arts to start his own martial art style.

But most Dilettantes

Instead, they skim over the martial arts like a stone skipping over the water of a lake, never understanding much beyond very basic information.

That's just how some people see the world. Some folks get bored quickly and don't have the commitment or the patience to work through to deeper understanding of what we do. Some people don't have what it takes to stick with it when it gets difficult.

That's our buddy the Dilettante.

It's a shame, because the Dilettante has an interest in the martial arts, obviously, and if he could settle down into a style, he might be good.

Unfortunately, most of them never do settle - and they'll always have a low-level skill and understanding.

Ah well.

Some people just have to be guy at the all-you-can-eat buffet that just has to take a



don't do that (thank goodness). bite of everything offered.

The Stick Chick

Martial Arts Musings by a Middle-Aged Modern Arnisadora

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Why the "Perpetual Student" Is Misguided (10 Steps to Expert)

By Mustafa Gatdula

There is a concept often thrown around in the FMA/SEAMA circles (mainly, seminar circles) that I must challenge.

In the hopes of maintaining one's appearance of humility, many claim to be "always a student" of the art. Some use this perpetual status as an explanation for always investing in their video collection and adding yet another seminar certificate to their walls. Some may use it to avoid claiming to be an expert or skilled, as this preemptively excuses mediocre skill. Then you have the guys who use this title to avoid being challenged in a community of martial artists who frequently challenge each other. And there are always the "Always Learning" guys who still claim to be experts and Masters—but are constantly adding to their knowledge base by attending

and "researching" (put into quotation marks for a reason, btw—but more on that later). This last group irritates me the most, because they are (mis)leading others down the same path—when they should be leading students to fighting dominance.

In a nutshell, the Perpetual Student is like that beloved old guy who has been attending the local community college for 40 years and has amassed something like 15 degrees—still lives with his mom, and has never actually held a job although he's damn near 70. For someone called a martial artist—this is unacceptable behavior.

If you were to visit a war-torn country, or a crime-riddled neighborhood, what would you take with you for protection, a prototype weapon that is still

being tested? Or a reliable old 45 caliber that's been used by hundreds of thousands of men in combat?

If you were a mugging victim who swore to never be a victim again, who would you go study with—the guy who has admittedly never fought in his life (but attends every seminar that comes to town) and is too chicken-shit to call himself an expert around other experts? Or the guy with one Black belt who promises you that after you train with him—no one on the street will be your match?

Some of us really need to think about the message we are putting out there. Often we tell more about ourselves than we think when we come up with clevel stuff like "I'm no expert, just a guy who loves the martial arts!" You've been clearly eating too much tofu, dude... The least you could do is talk like a meat-eater!

There comes a point in a martial artist's life when he has to put away the check book, take off the "student" label and become a scientist/fighter. We simply cannot avoid it, if we are indeed seeking to teach others to defend themselves. Martial arts technique must go through ten basic stages in its development. Too often, we take techniques from the Learning stage to the Teaching stage so quickly, teachers themselves fumble with them while teaching. I have witnessed GRANDMASTERS who claim to have studied these arts all their lives perform a technique as if they had just learned it themselves months earlier. I have seen two grandmasters get asked in a public forum about how to handle a very basic technique—and they both stuttered and fell over their feet trying to explain as if he asked them to calculate the circumference of the moon. You would think that if you have been doing this art for a lifetime and call yourself an expert—regardless of what age you are—such answers would be delivered as smoothly and straightforward as you answering what your name is. But apparently, our ideas of what makes a Master or Grandmaster are vastly different.

The transition from Learning to Student must have several stages:

1. Student learns technique
2. Student practices technique
3. Student becomes good at technique (practicing isn't enough—you must have proficiency)
4. Student learns to apply technique (because learning and applying are two different things)
5. Student learns to use technique (applying is a little different than using... "how to throw" vs "how to fight with")
6. Student learns to fight with technique, even when opponent is countering (and then, ready?)
7. Student learns to become dominant* with technique (more on this later)
8. Student becomes teacher
9. Teacher alters technique, based on proven experience with technique
10. Teachers teaches technique to student

Notice, that while the Perpetual Student does get something right—the student status really is the most important part of the learning process—most FMA guys stop at Step II and go directly to 10. There is very little actual research with each technique. Most learn, practice casually, get promoted awfully quickly, and, barring a few concepts and independent ideas (often merely possible variations rehearsed with a friendly partner)—goes directly to the classroom to teach someone else. The learning process is thusly disrespected and taken for granted. No, the learning process is severely disrespected. You have seen, as well as I have, teaching certificates in the FMA community get awarded the same day techniques were taught. This is the reason not a single FMA tournament in America—and I can say this without ever going to every tournament in America—ever pits empty hand versus the stick in a match. Yet, we ALL teach it, don't we? The reality is that there is a rush to promote those who learn the FMA to instructorship far too soon because most people are unaware how to judge the advancedness and expertness of martial arts skill. The FMA industry is much like the medical industry here—we are not in the business of building teachers, just the appearance of building teachers. Just like the medical industry is more in the business of treating patients than curing them—actually building teachers cannot be done on a mass scale, and requires closer, more individualized attention. A doctor who only has a few minutes with each patient must quickly guess what a patient needs and quickly write a prescription to get to the next guy—your friendly Mainstream Guro needs to hurry and sign certificates to get to the next city. Quantity over Quality.

Bottom line, the Perpetual Student is only interested in learning things that makes him look like a warrior, he does not actually have the stomach to become a warrior. So by calling oneself a "Student" and not a "Fighter", he can comfortably continue what he had been doing for years—while in his mind BE whatever he envisions he is. The Student is like the 40 year old guy who never moved out his mother's house; although he looks like a man, may have a job, might even have children, claims to be a man—in reality, he is avoiding actually BEING a man.

The Filipino martial arts cannot survive off of so-called experts who never give their knowledge a full course of study and development, and never feel ready enough to declare himself a true authority and stand on whatever his research and investigation has concluded. Another reason why tournaments, fighting matches, and allowing oneself to be challenged are all very important parts of the Filipino arts... and why those who dislike these pillars should be avoided if you're serious about your martial arts.

"Secrets" of the Filipino Fighting Arts

Words from a Modern-Day Warrior
filipinofightingsecretslive.com

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Moros of Mindanao

[Keystone View Company, Gifford M. Mast, circa 1910]



Muslim etiquette requires that women should not expose certain bodily parts to anyone except their husbands. In Saudi Arabia this includes the woman's face, arms, breasts, buttocks and legs which are considered sexually stimulating.

In most part of the Asian subcontinent women's breast were exposed unless they belonged to higher castes. In India, only the higher-caste Hindu women like the Brahmins covered their chest. Before the introduction of Islam, women and girls exposing their breast was the norm in Indonesia.

In the Philippines, Moro women nurse their babies with their breast completely exposed in mixed company with no shame as shown in this circa 1910 photograph. The moro men does not see malice on seeing these bare breasted women nursing in public.

In traditional Muslim society nobody questions why a mother breast-feeds her child. Even today some Muslim women still bare the breast to nurse in public, while modestly keeping their face veiled.

Ben Ish Hai, a Jewish rabbi from the late eight century, ruled that while a woman is breast-feeding her exposed breast are not considered erotic as the function of the breasts--feeding a baby--trumps considerations of modesty.

Pope John Paul II has described a nursing mother as "one of the most precious, most beautiful, and most holy of all possible images of woman."

---By Ian-James R. Andres---

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Eating with Bare Hands



Eating with bare hands was a widespread practice throughout the Philippines but it was considered dirty, primitive and even barbaric by Westerners.

As late as 1909 it was observed by American writers that eating with bare hands was still universal even among educated or Christianized Filipinos. Our Filipino ancestors during the Spanish colonial period were not lazy to use spoon and fork to eat so why did they refused using these utensils? Here's the answer:

"The Spanish, under their rule, never allowed the Filipinos to use knives and forks; consequently the Christianized Filipinos all eat with their fingers."

- Hamilton Mercer Wright, A Handbook of the Philippines A.C McClurg & Co., Chicago. 1909

The Americans introduced and "legalized" the use of cuchara [spoon], cuchillo [knife] and tenedor [fork] among the Filipinos. Children learned how to use these utensils in schools:

"Nearly all Filipinos eat with their fingers. With the increased prosperity which has followed the American occupation, many of the older people have risen to the knife and fork social standard, and as the children are taught the uses of this tableware in school, its use is rapidly becoming more general."

-Carl Crow, America and the Philippines Doubleday, Page & Company, New York. 1914

--Ian-James R. Andres--
[Image published by Keystone View Company, circa 1910]

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September 13, 1907

"Macario L. Sakay and Lucio de Vega, the last of the Filipino resistance fighters against the Americans, are hanged for "banditry."



In the struggle for Philippine independence, Macario Sakay was a controversial leader, and historians often labeled him variously as patriot or tulisan [bandit]. Before he joined the Katipunan, Sakay worked as a tailor, a barber [despite his long hair] and an actor in moro-moros. His refusal to cut his hair was a sign of protest against American rule.

In 1894, Sakay joined the Dapitan branch of the Katipunan, and due to his exemplary work, he became head of the branch. He fought alongside with Andres Bonifacio in several skirmishes with the Spaniards.

After the capture of President Emilio Aguinaldo in the ill-fated Philippine-American Revolution, Sakay continued his struggle against the American occupiers until he was captured but eventually granted amnesty in 1902.

Together with a group of Katipuneros, Sakay established the Republika ng Katagalugan [Tagalog Republic] in the mountains of southern Luzon. The republic had a constitution, and Sakay, being the "generalissimo" and supreme president, issued a manifesto declaring that the Filipino people had a fundamental right to fight for independence, which was anathema to the Americans.

The Republika ng Katagalugan enjoyed the support of Filipino masses in the provinces of Laguna, Batangas, and Cavite. In the late 1904,

Sakay and his men launched a military offensive against the Americans. They defeated the civil government's constabulary in several skirmishes. They were successful in seizing ammunition and firearms in their raids in Cavite and Batangas.

Using guerrilla warfare, Sakay attacked only at night. About 1,000 guerillas under Simeon Ola commanded by Macario Sakay evaded capture until as late as 1906. There, the rebel's tactic of burning pacified villages contributed to their defeat.

The effect of Sakay's depredations proved disastrous for the people. The U.S. Army started to employ "hamletting," or re-concentration, in areas where Sakay received strong assistance. Constabulary troops herded rural residents into certain strategic towns or concentration camps and unleash terror to discourage contact with the guerrillas. Any residents found outside these towns were shot on sight. In addition all food outside the towns were seized or destroyed.

A force of 785 constables with more than 2,000 army troops and Philippine Scouts track down Sakay. Over time, Sakay's followers were gradually captured. The Sakay rebellion ended when Sakay took the bait of a promised amnesty and surrendered with his men on July 14, 1906. Most of his lieutenants were soon captured and killed. Standing on the gallows, the 29 year old Sakay shouted:

"Death comes to all of us sooner or later, so I will face the Lord Almighty calmly. But I want to tell you that we are not bandits and robbers, as the Americans have accused us, but members of the revolutionary force that defended our mother country, the Philippines! Farewell! Long live the Republic and may our independence be born in the future! Long live the Philippines!"

Historical records testify that even after the demise of Macario Sakay's "Republika ng Katagalugan" and the hanging of Sakay on September 15, 1907, numerous uprisings occurred until 1910. In fact, political prisoners were executed for sedition by the U.S. military until 1914.

Source:

Historical Calendar [1521-1969] National Historical Institute, 2009. p.146
Macario Sakay, Supreme President, Tagalog Republic Colorized by Ian-James R. Andres [101214]

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Way of the Ancient Healer: Sacred Teachings from the Philippine Ancestral Traditions By Virgil Mayor Apostol



After Hollywood screenwriter and script analyst, the late John Sherlock, took the author's earlier manuscript copy back to his home in Ireland and pored over it, he wrote to the author commenting that he read the pages with "great interest" but thought the book should take the form of a personal odyssey. Taking Sherlock's advise, the author interweaved his captivating healing and spiritual experiences, years of historical research and collection of photographs, along with information on the roots of healing from their cultural, shamanic, and spiritual origins. What manifested was his unique magnum opus, Way of the Ancient Healer, a book that intermeshes esoteric and metaphysical beliefs with scientific explanations of healing practices, based on an indigenous science and culture.

Way of the Ancient Healer provides an overview of the rich tradition of Filipino healing practices, discussing their world influences and role in daily life. Enhanced with over 300 photographs and illustrations, the book gives readers a rare look at modern-day Filipino healing rituals, including personal examples from author Virgil Apostol's own experiences with shamanic healing and dream interpretation. The book begins with an explanation of Apostol's Filipino lineage and legacy as a healer. After a brief history of the Philippine archipelago he describes the roots of traditional Filipino healing and spirituality, and discusses the Indian, Islamic, Chinese, Japanese, Spanish, and American influences that have impacted the Filipino culture. He presents a thorough description of Filipino shamanic and spiritual practices that have developed from the concept that everything in nature contains a spirit (animism) and that living in the presence of spirits demands certain protocols and rituals for interacting with them. The book's final chapter thoughtfully explores the spiritual tools used in Filipino healing - talismans, amulets, stones, textiles, and other natural symbols of power.

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Barong is actually short for Barong Tagalog, which describes the formal men's wear of the Philippines. It is properly referred to as the 'Baro ng Tagalog' (dress of the Tagalog). Contracting the first two words produces 'Barong,' which literally means 'dress of.' So, if we want to be correct, we wouldn't say just 'Barong.' But, the slang way of referring to one of the beautiful formal shirts is simply Barong. Yes, the Barong Tagalog is a dress, a garment, a coat in itself. It is not merely a 'shirt.' If it were, then it would need a coat or a jacket over it to qualify as formal wear and would have to be worn tucked inside the trousers.

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The Philippine Eagle (And Why It Should Not Be Called Monkey-eating)

By: Marc V.

Few animals endemic to the Philippines can evoke awe as our very own Philippine eagle. One of the largest raptors in the world, the eagle—which happens to be our very own national bird—is also one of most critically endangered avians, with an estimated 400 pairs of them left in the wild. So aside from helping in the conservation efforts of this majestic animal, it is also imperative we should get to know about its interesting history here in the Philippines.



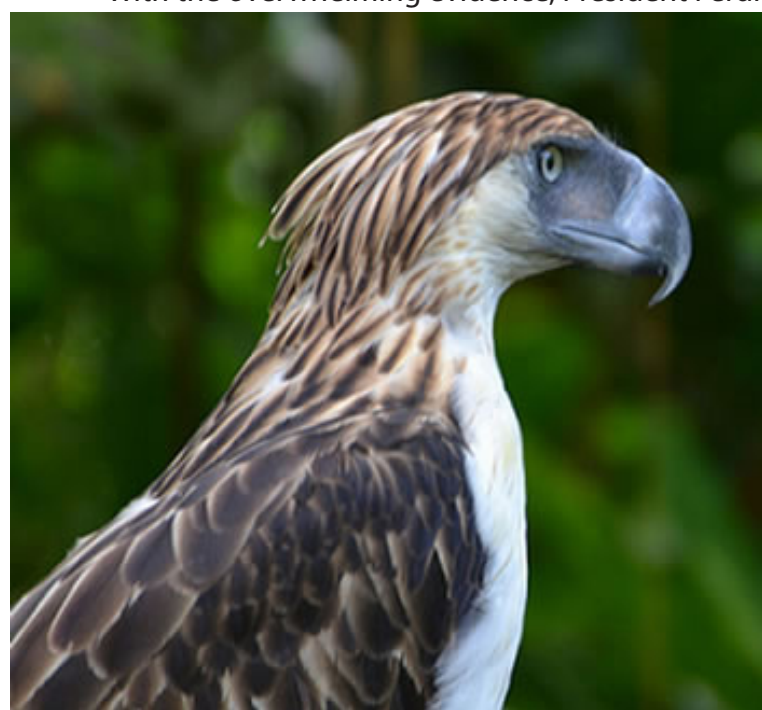
Although it is believed to have inhabited the archipelago for a long time, the eagle's existence only came to light when English explorer/ornithologist John Whitehead first saw a specimen in Paranas, Samar on June 15, 1896. After a dissected specimen yielded undigested monkey parts and because the natives testified that it fed exclusively on monkeys, the newly-discovered animal came to be known as the Philippine monkey-eating eagle.

Its scientific name—Pithechophaga jefferyi—was also a testament to the misconception (pithechophaga means monkey-eater while jefferyi stands for Whitehead's father Jeffery).

William Robert Ogilvie-Grant (1863-1924) was a British ornithologist who provided the scientific name of the Philippine Eagle. He named the bird in a paper published in the 1896 issue of Bulletin of the British Ornithologists' Club that starts with the words: "Mr. W. Rt. Ogilvie-Grant exhibited specimens of several interesting birds from the island of Samar, amongst which the following appeared to be new to science: Pithechophaga jefferyi", followed by a very detailed description. Source: Wild Bird Club of the Philippines.

It was not until decades later, however, that further studies exhaustively proved once and for all that the eagle's diet did not consist exclusively of monkeys. Being an apex predator, it also hunted and killed lemurs, civets, bats, snakes, lizards, and even other birds of prey. Aside from being an active hunter, the eagle was also proved to be an opportunist and would swoop down on sick, dying animals or even feast on rotting carcasses.

With the overwhelming evidence, President Ferdinand Marcos issued Proclamation No. 1732 in 1978 which erased the "monkey-eating" portion and simply labelled the animal as the Philippine eagle. The name change also had a political purpose: by removing the "monkey-eating" portion which sounded latently offensive, it was hoped Filipinos could take more pride in such a rare and powerful animal which belonged exclusively to the country.



The Philippine Eagle. Photo Credit: shankar s. via Flickr

President Fidel Ramos later on made the Philippine eagle the country's national bird via Proclamation No. 615, effectively replacing the maya. Like Marcos, Ramos wanted the rare animal to be the country's source of pride—hence the changing of the birds. So again, it's the Philippine eagle, not the monkey-eating eagle.

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About the Author: When he isn't deploring the sad state of Philippine politics, Marc V. likes to skulk around the Internet for new bits of information which he can weave into a somewhat-average list you might still enjoy.

The Short and Tragic Life of the First Igorota Beauty Queen

By: Alex R. Castro

The most famous beauty from the northern highlands who caused a sensation in Manila was born Eveline Chainus Guirey in 1902 in Gumatdang, Itogon. She was the eldest of 10 children of Guirey, a well-to-do Benguet baknang (country squire) and Dakalay, an Igorot who went by her Christian name, Flora Pacalso.



Like all young Christianized native girls, Chainus was schooled by missionaries at the Bua Public School near Baguio. In 1915, a Benguet Carnival was planned to promote the advancements made by the mountain region and to coincide with the great national fair in the country's capital—the Manila Carnival. At just age 13, Chainus was selected to reign as the Benguet Queen, the youngest beauty ever in the history of the Philippine carnival.

She became a major attraction of the fair, drawing crowds of up to 8,000 people. With her long straight hair, a morena complexion and a regal bearing, petite Chainus captivated Benguet with her official appearance, earning the admiration of the festival crowd.

As part of her royal duties, Chainus was invited to go to the 1915 Manila Carnival with her court. Her presence elicited much buzz as she came with her retinue of beauties wearing their traditional mountain dresses of green and purple silk and personal adornments of gold rarely seen by the Manila set.

In her evening appearance, Chainus was a sensation as she slipped into a flowing gauze gown with a long gauze train. On her head was a unique tiara made of copper and silver plates with a precious ruby stone set at the center. In appreciation, the Philippine Carnival Association gifted her



with a silver tea set.

After her graduation from Bua, Chainus was handpicked by the school director, Mrs. Alice Kelly, to go to Manila to take up education at Philippine Normal School and later, a nursing course at St. Luke's Hospital. Unfortunately, she contracted tuberculosis from which she never recovered. She died with Episcopal Bishop Florencio Mosher by her side.

Schools were closed, classes were suspended and a large crowd—including VIPs like Mayor E. J. Halsema, Mt. Province Gov. Luna, Vice Gov. de Guzman, Chief of Police Joseph Keith and Jim Wright of the Trinidad Farm School—attended her funeral on Oct. 5, 1920, which was pre-faced by a requiem mass. She was just 18 years old.

A decade later, J.J. Murphy established a motion picture theater along Session Rd. and named it Alhamar-Chainus, in her memory. Contrary to a popular belief, Chainus is not the subject of a statue of a Benguet girl that stands in the Italian Garden of Camp John Hay, erected long before her death.

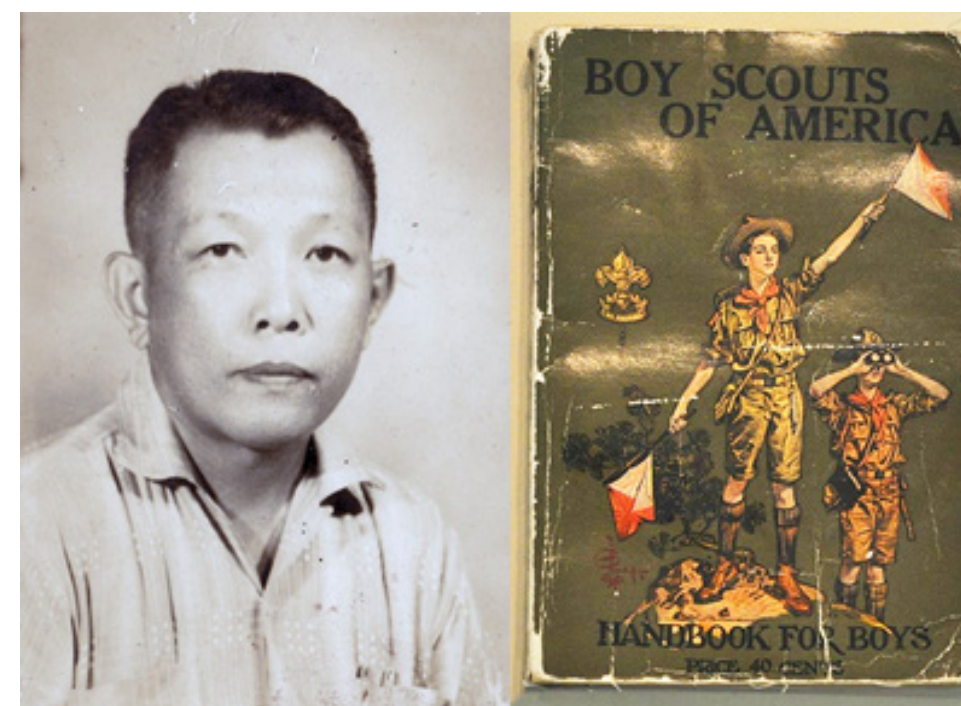
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About the Author: Alex R. Castro is a retired advertising executive and is now a consultant and museum curator of the Center for Kapampangan Studies of Holy Angel University, Angeles City. He is the author of 2 local history books: "Scenes from a Bordertown & Other Views" and "Aro, Katimyas Da! A Memory Album of Titled Kapampangan Beauties 1908-2012", a National Book Award finalist.



Valeriano Ibañez Abello



Do you know that 71 years ago, right around this time, Valeriano Ibañez Abello and his two Boy Scout pals stood on a beach in Leyte and saved hundreds of lives?

According to sources, Valeriano Ibañez Abello was 31 years old when Allied warships came to Leyte. From the beach where he was standing, he spied two men on different ships signaling furiously.

Luckily, Abello was a former Boy Scout and understood semaphore. He was able to figure out that there were going to be bombings prior to the forces making their landing.

Abello promptly made his family evacuate but rather than running away himself, Abello stayed despite his neighbors' warnings. Abello used flag semaphore to attempt to communicate with US Warship 467 from the the hilltops of BarangayTelegrafo in Tolosa.

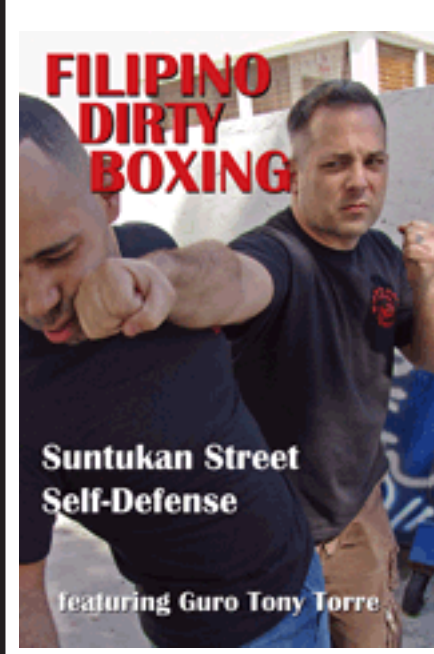
Using two white sheets on sticks, he signaled, "Don't bomb the beaches, there are civilians. If possible let me direct the shelling."

Joined by two other Boy Scout friends, Antero Junia and Vicente Tiston, Abello got on a banca to get near the warship. It was only 1 kilometer but the distance seemed greater as the Japanese shelled and capsized their little boat until they were finally hoisted up by US soldiers.

Also a forestry personnel, Abello was cognizant with map reading and he was able to pinpoint Japanese installations for the US troops. His assistance helped divert the bombings away from the populated areas of Tolosa.

Abello was awarded the Philippine Legion of Honor by President Magsaysay. However, Abello was not awarded veteran status after the war, a lapse of history said PDI columnist Belinda Olivares-Cunanan. He was also not allowed to be buried in the Libingan ng mga Bayani.

From: "Heroes" as featured in "Political Tidbits" column of Belinda Olivares-Cunanan, Philippine Daily Inquirer; and Ugnayan website



Filipino Dirty Boxing
Suntukan Street Self-Defense with Tony Torre
In Filipino Dirty Boxing, Guro Tony Torre blends the traditional with the modern to form a comprehensive fighting system designed to enhance any fighter's training regimen. Steeped in the Filipino martial arts of arnis and suntukan, Torre draws on his extensive knowledge to give you a whole new sense of street fighting and self-defense under extreme circumstances. After acquiring a solid foundation in positioning, natural combinations, targeting, disruptions and striking, you'll move on to mechanics, joint integrity and minimization of energy leaks. The extensive partner training exercises included in the video provide you with the skills and confidence that can only be developed with hard work in the gym. Whether your fighting is on the mat or in the streets, Torre's training methods provide the explosive offensive and defensive tactics needed to overwhelm your opponent and come out victorious. For information purposes only.
170 minutes \$29.95
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Past Events

Modern Arnis Unity Camp 2016

July 29 - 31, 2016
Detroit, Michigan

This summer, Master Bill Barker held the Modern Arnis Unity Camp 2016 in Detroit, Michigan, from 29-31 July, to celebrate Modern Arnis unity 15 years after Professor Remy A. Presas' passing.

The event was headlined by Modern Arnis luminaries Grandmaster/Datu Tim Hartman, Grandmaster/Datu Dieter Knüttel, Grandmaster Dan Anderson, Master Jaye Spiro, and Master Rich Parsons, with over 150+ years combined Filipino martial arts experience. They each taught two 90-minute sessions covering a ton of great material. Attendees came from all over the US and even Canada, from Texas to Ontario and in between.



involved and varied panantukan-style focus mitt drills. Master Spiro's first regaled us with some nostalgia about Professor and his camps and worked us into groups for reviewing the various Modern



Arnis anyos and showing our own interpretations of their applications.

Her second session covered classic Presas knife work and drills that were done at so many camps in the past. Grandmaster Anderson started out working various cane sparring drills, including timing and distance work for effective point scoring, and later shared how all of the Professor's drills were inherently related - all involved effective countering. He showed how all the drills could overlap and interlace seamlessly, from sumbradas to tapi-tapi to the flow drill and on and on.



The energy was great and participants seem to revel in the idea of so many senior students of Professor Presas coming together and sharing their modern arnis paths. Master Parsons started things off with some Buot Balintawak basics, emphasizing the connection between Balintawak and Professor Presas' tapi-tapi, and his later session built upon his first session to develop some solid foundation work that can be integrated into tapi-tapi. Grandmaster Knüttel's two sessions included some fine points of applying joint locks and also finer points of tapi-tapi applications - both with an eye on how to make them really work at speed and when challenged. Grandmaster Hartman started off with 2-hand empty-hand applications of various sinawalis using focus mitts, later building upon that to progress into more



Besides these 5 amazing headliners, the camp also featured two guest Modern Arnis instructors, Guro Enoch Carlton and Guro Dr. Tye Botting. Guro Carlton covered sinawali boxing with footwork and variations, and later continued with trapping hands with flow and elbow variations. Dr. Botting covered an old Professor right vs right drill similar to both tapi-tapi and sumbrada progressed to random single stick flow, and his second session covered sinawali variations (including his personal "spiral" sinawali), sinawali inserts, prefixes, and suffixes, progressing to random double stick flow.



On the last evening, Master Barker held a picnic-style banquet and encouraged folks to hang out and share stories of training back in the day. Old friendships were renewed and many new friendships were made, and all enjoyed the open sharing of the wide spectrum of material that makes up Modern Arnis. Mabuhay ang Modern Arnis! - Tye W Botting



World Modern Arnis Alliance Annual Instructors Training Camp August 26 - 27, 2016 Buffalo, NY

The World Modern Arnis Alliance held its Annual Instructors Training Camp from 26-28 August, 2016, in Buffalo, NY, and many senior instructors started a couple days earlier. Participants came in from Florida to Ohio to Canada, representing 2 countries and at least 7 states.



The focus this year was on core material and refining the curriculum using a refreshing mix of classroom discussion and training on the mats. Some of the pre-camp training included the WMAA Tomahawk and Single Stick instruction modules in addition to cross-weapon translation of techniques and variations of striking patterns for stick, short and long sharp thrusting weapons, staves, and double stick.

The multi-day event covered everything from single and double cane material, to tomahawks, to knives, to empty-hand, panantukan translation of sinawalis, forms, applications, and much more.

On the last day before folks left the event, we got in a fair bit of sparring, both padded and live-stick. But even beyond training, there were many opportunities for camaraderie and fun, including dinners out, bonfire discussions, and a field trip to have lunch at the

Riverworks alongside the river through downtown Buffalo. A nice surprise was running across the renowned Chai Sirisute and his crew doing a seminar at the same place. With the approach and depth and breadth of material in addition to the feeling of family and the commitment to the art of Modern Arnis going forward, many felt this was the best Instructors Camp yet. I would definitely recommend making one if you get the chance!

Tye W Botting



Sheepdog Kombatives, LLC Force on Force Scenario Combatives Module
 September 2, 2016
 Northern VA Criminal Justice Academy



Sheepdog Kombatives, LLC Force on Force Scenario Combatives Module was run once again on September 2, 2016 at the Northern VA Criminal Justice Academy. Lead Instructor/Owner John Bailie and his Cadre of Adjunct Instructors including Nadeem Ansari, Steve Remick, Brian Pancia, Brett Bornfeld and Chele Gonzales, were honored to share their time and talents in the area of edged weapons training which is just one small aspect of the BLADE training module. This 8 hr. interactive, multi-media, force on force Scenario based training iteration discusses the importance of transitioning to a superior position of control and/or weapon system as soon as possible for the Officer(s) when confronted by someone armed with a edged weapon. Topics also discussed including but not limited to the importance familiar task transfer within any Combatives training and especially De-Escalation be it through Verbal Judo or a "Tactical" retreat if able to get a better handle on the unfolding situation at hand with the suspect. The Sheepdog Kombatives looks forward to returning to the Northern VA Criminal Justice Academy in 2017. - **John McLean**

Modern Arnis Seminar
 w/ Master Romeo Ballares
 September 16 - 17, 2016
 Master Ed Kwan's, Clear Lake Modern Arnis
 Houston, TX.

A 2-day Modern Arnis seminar by Master Romeo Ballares was held in Houston, TX. on September 16 and 17 at the school of Master Ed Kwan's, Clear Lake Modern Arnis. Master Romeo Ballares, Lakan Anim in Arnis and 6th Dan Yoshinkan Aikido Shihan, came all the way from Tokyo, Japan to share with the group his unique take on stick, knife, and empty hand techniques including locks and takedowns. Master Kwan presented a number of drills to improve hand-eye coordination and use of the checking hand. Participants came from the greater Houston area and from as far away as Fort Worth for this rare opportunity to study with Master Ballares. It was an excellent 2 days of training and all are looking forward to seeing Master Ballares in the future. - **Kevin Bradbury**



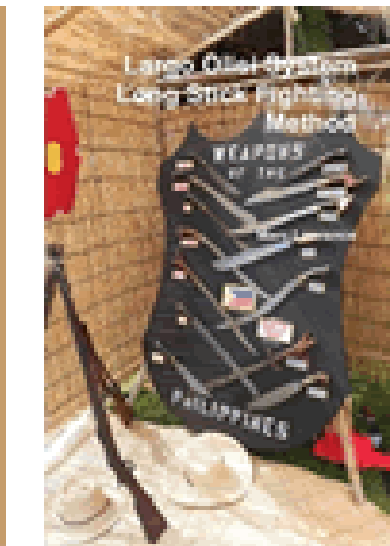
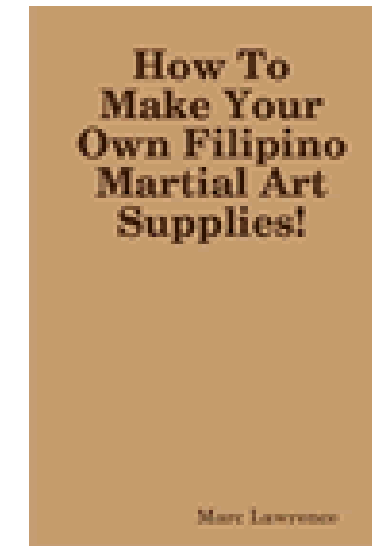
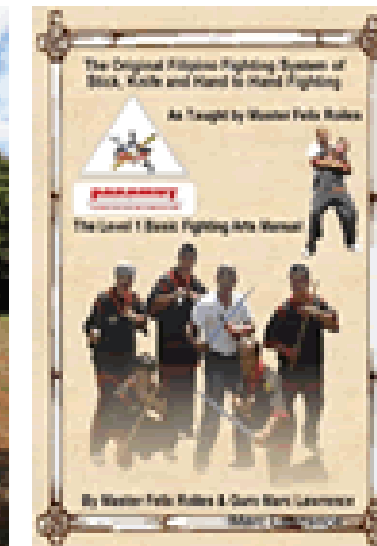
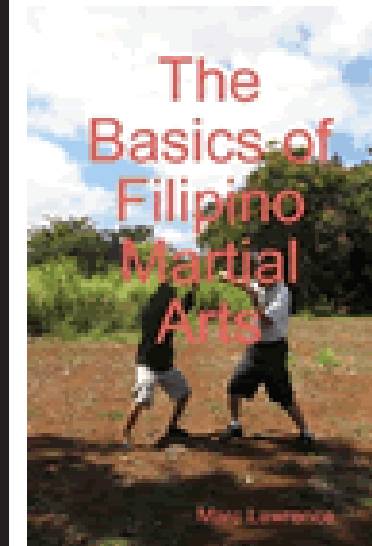
Filipino Kali Seminar
 w/ Professor Najee Hassan
 September 24, 2016
 Golden Falcon Gym
 560 Forreest Ave. Unit 6,7,8, West Haven, CT.

Sirat as-Sayf Kali completed a 6hr seminar covering double blades, sword and dagger and dirty boxing (Panuntukan). Our representatives came from as far as Delaware, DC, and Maryland.

It was a great turnout! Thank you all for your hard work and persistence in persevering through adversities. Sirat As Sayf Vipers for Life! You Already know! Our next seminar will be in Laurel, MD at the Boys and Girls Club on the 5th and 6th of November, covering the Karambit Template 1-12 with its applications. - **Sirat As Sayf**



Books By Marc Lawrence



The Basics of Filipino Martial Arts

By Marc Lawrence

This book is about the basics the make the Filipino Martial Arts know as Eskrima, Arnis and Kalis. This book covers the basics of footwork, striking, using sticks, knives, bolo, as well as your hands and feet. The book also contains a section on how to make your own training supplies out of basic materials. - 92 Pages

PAKAMUT Filipino Fighting Art

By Marc Lawrence

This book is about Mountain Visayan Fighting Art used to defend your village and family members. This information is battle and sport tested. This book is for those who are defenders! - 75 Pages

How To Make Your Own Filipino Martial Art Supplies!

By Marc Lawrence

This book is how to make your own Filipino Martial Arts equipment for home, back yard or other similar location. Ideal for for anyone interested in self defense training working on a budget. - 28 Pages

Largo Olisi System Long Stick Fighting Method

By Marc Lawrence

This book is about a stand alone fighting system that can be used for self defense, combative methods or dueling. The Largo Olisi system can be used with any other martial art system, self defense system or Military Combatives. - 118 Pages

Purchase one or all in Paperback or PDF - [Click Here](#)

Covering aspects from Wes Bennett journey and training in

Guro Ted and Guro Lucky Lucaylucay Kali/Escrima/Arnis/ JeetKuneDo/ Panantukan, etc Sifu Larry Hartsell curriculum of JFJKD/Kali/Escrima
September 24, 2016
St Louis, MO.

Guro Bennett was assisted by longtime student *Mr Nathan Talley*

On Saturday Sept 24 2016, Guro Wes Bennett, Midwest Regional Director of Lucaylucay Kali/JKD shared some knowledge and laughs with a wonderful crowd at West Country Wing Chun, near St. Louis, Mo.

Guro Bennett holds rank under Guro Ted and Guro Lucky Lucaylucay as well as being one of the original certified instructors under Sifu Larry Hartsell. He has been in the arts for more than 45 years now.

The seminar was hosted by Sifu Dennis Moreland at WCWC school in Valley Park. In attendance were several instructors, Sifus, and Guros, as well as students of all skill and experience and age levels. All seemed to have a great time sharing and training.

Covered were elements of the single blade (long and short) in several ranges, footwork use to alter the ranges and distancing, hubud-lubud/higot-ligot drills, chi sao Modified for blades, panantukan, locks and disarms, dislocations/breaks/and redirections. Utility grip as well as "ice pick" grips were both utilized and training both left and right was emphasized.

The seminar was 4 hours in length and then an amazing "share" at lunch with Guro Bennett cracking jokes incessantly.

Some notables in attendance included Sensei/Sifu/Guro Jim Smothers, Guro Joe Craig, Guro Kevin Canon, and Sifu Dennis Moreland. At lunch Sensei and former pro-kickboxing champion Tommy Biggs talked with the group for a few minutes (as it is he and his wife's restaurant TJ's Wings).

Guro Bennett would like to extend his thanks to all who attended and looks forward very much to sharing more with the students again soon.

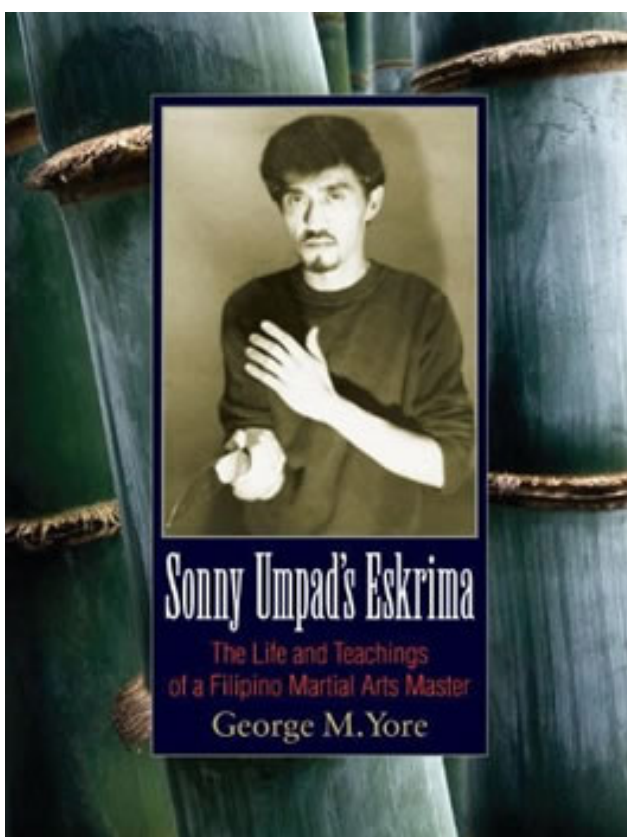
God bless and may the Peace of the Lord be with all. On earth as in Heaven. SMIB - **Wes Bennett**



Guro Wes Bennett teaches in Southern Illinois at Temujin2 The Bennett Martial Compound. Email is wesbennett100@gmail.com Visit: The Bennett Martial Compound on Facebook [Click Here](#) or Lucaylucay Kali/JKD [Click Here](#)

Sonny Umpad's Eskrima: The Life and Teachings of a Filipino Martial Arts Master

By George M. Yore



Born with the soul of a warrior, the intellect of a scholar, and a zealot's devotion to his art, Maestro Santiago "Sonny" Umpad forged an enduring contribution to the rich and colorful history of Filipino martial culture. In 1976, after immigrating to the United States, Sonny founded the school of Visayan Style Corto Kadena & Larga Mano Eskrima—rooted in his training in the Philippines and tested by a hard and dangerous life on the streets, Sonny's system was above all else practical. As Sonny's reputation as a talented fighter became well-known, he began to cross-train with masters of other martial arts, including Jesse Glover (Bruce Lee's first student) and Wally Jay (founder of Small Circle Jujitsu). One of the most innovative and visionary exponents of the Filipino arts, Sonny pioneered the concept of "mixed martial arts" long before the term was in use. Sonny Umpad's Visayan Eskrima provides an insightful portrayal of Sonny Umpad's life, philosophy, and teaching methods, as well as the structural underpinnings of his system. Instructor George Yore has assembled the writings of six of Sonny's students (including Wade Williams, 2012 nominee for the U.S. Martial Arts Hall of Fame) to create a biographic homage to this remarkable martial artist; basic techniques and applications are also demonstrated, accompanied by 130 step-by-step photos. Practitioners of Filipino martial arts—as well as mixed martial artists and security specialists—will find valuable instruction in techniques and applications, while the thousands of people touched by Sonny's teachings will gain a new understanding of this notoriously reclusive master's life—and how his experiences informed the development of his system.

Paperback: \$12.89

Kindle Edition: \$10.48

To Order Thought Amazon - Click Here

Gathering of Eagles 2016 Fall Martial Arts Fund Raiser

Hosted by: *Sheepdog Kombatives*
September 24, 2016
Orchard Park Martial Arts
227 Thorn Ave, Orchard Park, New York

On September 24,2016 Sheepdog Kombatives, LLC and Orchard Park Martial Arts hosted a Fall Martial Arts Fundraiser benefiting both the National Law Enforcement Officer Memorial Fund and Cigars for Warriors.

A group of local martial artists and featured Instructors met once again to share their time and talents all benefiting two charities for Nation's Professional Sheepdogs. Thank you to the featured Instructors which included: Sifu Tom Macaluso and Guro Dale Napierski who covered a session on Inosanto Kali, Coach Boyd Ritchie addressed Catch-as Catch Wrestling, Coaches Jeff DiAngelo and Tony Coppola Thai Boxing and Instructor Brian Hammond who covered the Russian Martial Arts System known as Systema and lastly a new comer to the Gathering of Eagles lineup Shihan Jim Rzepka Kenpo Karate. - **John McLean**



The British Council Filipino Martial Arts Festival

September 24 - 25, 2016
Immortal 365,3 Minlyard Sq.
Orton Southgate, Peterborough, United Kingdom
Photos Provided By: **Tom Edison Peña**

This event was open to all martial artist's regardless of grade or affiliation.

Instructors:

- Paul Bowden (left) - Lightning Scientific
- Arnis Carl Rein (right) - Rapid Arnis
- Tom Edison Peña (left) Lightning Kali Combatives
- Grandmaster John Harvey (middle) Kapatiran Arnis
- Master Meenul Shamim Haque (right) Kalis Ilustrisimo
- Master Brian Jones (right) Integrated Kuntao System
- Master Simon Wells (left) Lapunti Arnis de Abaniko
- Eric Amada (left) Modern Arnis
- Darren Davies (left) - Street Combat Arnis
- Jon Broster (right) - Cabales Serrada Escrima



Pinnoys at the Festival



Tom Edison Peña (left) Lightning Kali Combatives
Grandmaster John Harvey (middle) Kapatiran Arnis
Master Meenul Shamim Haque (right) Kalis Ilustrisimo

This was the annual FMA festival in Peterborough which was held on 24th/25th September 2016. This is the annual get together of some of the best Filipino martial arts instructors in Great Britain. This is a once a year festival not to be missed if you are into Filipino martial arts.

The instructors on the day showed a wide variety of subjects from Filipino martial arts, single stick, double stick, blade defence, long stick, kerambit and empty hands. This is what makes a practitioner of the Filipino martial arts such a person to be aware of because of the amount of weapons he or she can call on to defend them self's or their friends or relatives.

Saturday started well with a good crowd of Filipino martial arts students and also guys who did other martial arts but came along to find out the effectiveness of Filipino martial arts. They were not going to be disappointed because instructors were showing single stick disarms, double stick with take downs, blade and kerambit, also empty hands and this was only the first day of the festival. The first day was a great experience if you had never been to this FMA festival.

Sunday was very much of the same with instructors doing take downs with single stick, blade defence, kerambit training, long stick and empty hands. Some of the empty hands techniques were shown by an instructor who is just getting over a serious illness, Master Richard Hudson from Nottingham. It was good to see him and better to see him teaching again. The weekend was a great success for The British Council of Kali Eskrima Arnis Instructors who held this event in Immortal 365 Gym and this will be repeated next year on 7-8 October 2017. Please put this in your diary for 2017. www.bckei.co.uk - **John Harvey**



Paul Bowden (left) - Lightning Scientific
Arnis Carl Rein (right) - Rapid Arnis



Master Brian Jones (right) Integrated Kuntao System



Master Simon Wells (left) Lapunti Arnis de Abaniko



Eric Amada (left) Modern Arnis



Darren Davies (left) - Street Combat Arnis
Jon Broster (right) - Cabales Serrada Escrima



Laureano Kali Camp
September 24 - 25, 2016
Yaw-Yan Ardigma Sacramento
10473 Folsom Blvd, Rancho Cordova, CA.



Another successful Willie B. Laureano Seminar at Doce Pares Yaw-Yan Ardigma Sacramento hosted by Liahona Warriort Arts International

Rocky Twitchell

Knife Defense Seminar - Session 1: Basics

Monosi Arnis System (M.A.S) Presentation
September 25, 2016
Complexe Sportif des Ascenseurs
Le Rœulx, Belgium

This first seminar was dedicated to the use of a knife as weapon for helping the practitioner to understand the cutting strike with empty hand to be faster in protection.. we worked also protection against thrusting strike to stomach, heart and throat.. against multiple strikes also we finished the seminar to establish a comprehensive and efficient philosophy of knife protection in self-defense. - **Germano Monosi**



... next seminars in November, December, January and February... Mabuhay!

For more information Visit: www.monosi-arnis-system.com

Illinois Katipunan 2016

September 25, 2016
Labagh Woods 4498 Foster Ave, Chicago, IL

Picture by: *Modern Arnis Chicago*



FCS Kali Workshop

w/ *Tuhon Ray Dionaldo*
September 30, 2016
Hosted by FCS KALI Clearwater
Long Center Sports Complex
1501 N Belcher Rd, Clearwater, Florida



We had an exciting and informative evening of training in F.C.S. Kali with Tuhon Ray Dionaldo in Clearwater Florida. Training included solo baston, panantukan, and karambit. It was a night of intense training and camaraderie with Tuhon and F.C.S. Clearwater. - **FCS KALI Clearwater**

The Challenge Fights of Grandmaster Ciriaco "Cacoy" Canete: The Greatest Living Eskrimador

By Tom Meadows



Grandmaster Tom Meadows, author and longtime student of Supreme Grandmaster Cacoy Canete proudly announces the release of the book he wrote entitled "The Challenge Fights of Grandmaster Ciriaco "Cacoy" Canete".
History is written by the victors". This timeless quote is clearly an appropriate one for the biography of a man never beaten in over 100 challenge fights. This book documents the fights exactly as Grandmaster Cacoy Canete related them to the author. The risk of death or serious injury was ever present in these type of matches, which became known as the legendary "Death matches of the Philippines". It was common practice for the opponents to exchange waivers that asked their family and friends not to take revenge on the victor's family, eskrima club or friends. Both players assumed full responsibility for the outcome of their challenge. To be the victor of more than 100 challenge fights one must have a technical base that can deal with any empty hand style and all known weapons systems. Many of the fighters that Cacoy Canete fought relied heavily upon the anting-anting mystical arts, oracion prayers and religious mantra chants to guarantee their success in fighting. These methods had no part in how Grandmaster Canete won his fights against these men. In his own words: "I do not use anting-anting, I rely on my technique". Always challenged, never beaten, this is the fighting history of Grandmaster Cacoy Canete, the greatest living fighter in the history of Doce Pares. **Paperback \$14.40**

Also in the book are stories of near-death experience of my father Supreme Grandmaster Cacoy Canete as a guerrilla fighter during World War II. Unfortunately since Amazon only accepts High-Resolution pictures many of my father's relevant historical black and white pictures are not in the book such as in military uniform, champion in the 1st National Eskrima Tournament in Cebu on 3/24/79 and also in the 1st Invitational Eskrima Tournament in Manila on 8/19/79 just to name a few. Hope we can convert them to High-Res for the next edition of the book.

Thank you for your support.
Grandmaster Kitty Canete-Knight

To Order Visit Amazon.com: [Click Here](#)

Tabimina System - Advance Reflexive Response Training

October 1, 2016
Oak Center
285 Live Oaks Blvd., Casselberry, IL

Today I attended Grandmaster Bobby Tabimina's seminar. I've been involved in martial arts for over 35 years, currently I teach Eddie Quinn's Approach Method and Krav Maga and have trained in several Filipino martial arts over the years. What makes the Tabimina system unique is its use of Neuromuscular Reflexive Response Training, that is, the training is designed to elicit a neurological response to an attack using a single stick as the training tool to bring out the necessary reaction. The stick is not the weapon but rather the tool that is used to master these reactions. These movements then translate from stick to bare hands and boxing with the goal of quickly neutralizing your opponent. It is an adaptation to the weapon at hand.

The training is designed to achieve what is sometimes referred to as a zero mind state, not muscle memory which leads to anticipation. Instead defense and reaction should be devoid of thought so that your reaction will be instantaneous.

Bobby or "Sir Bob" as his students refer to him took all of us through one on one training, correcting up when needed then increasing the intensity, speed and tempo as we progressed. In this sense, and this is emphasized, all training is done

- * In Real Time
- * Random
- * On Target
- * and Under Stress

These four elements help to install the necessary reactions to an attack.

Sir Bob is a young 67 years old but moves like someone in their 20s.

50 years of training and teaching will do that. It's an honor to have Sir Bob share his years of experience and wisdom with us. - **Bill Clark**

To learn more visit: tabiminasystem.com



Silat & Kyusho Workshop: Fight Back!

w/ Sifu *Greg Pichardo* (Phoenix Mixed Martial Arts) of Buka Jalan Silat and *Tom Gallo* (Tactics Martial Arts) of Kyusho International
Hosted by Tactics Martial Arts Studio
October 1, 2016
Phoenix Mixed Martial Arts
153 Jericho Tpke, Mineola, New York

Awesome time teaching next to Sifu Greg Pichardo! Silat & Kyusho blend together so well.

There were requests for another workshop even before we ended. Good turnout and a great bunch of people. - **Tom Gallo**



Seminario FMA Sin Costo

w/ *Mario A. Lorenzana*
 October 1, 2016
 Ciclovía San Cristobal
 Mixco, Guatemala, Guatemala

Some highlights of our Filipino martial arts seminar, October 1st '16. Guatemala city. We're celebrating the first year of the formal introduction of Latin American and Caribbean Kali Arnis Association in our country. We're grateful for this event, having attendants with and without former experience in martial arts, from white belts to 5th degree black belts, all of them sharing and having fun. Thanks God we also had a great weather. Thanks to our teachers, including Grandmaster Robert Liles, who introduced us to this art. Of course we thank all the teachings of Grandmaster Rene Tongson, Tuhon Baldwin T. Garrucho, Guro Alexander Pisarkin and support of other Masters forming/leading LACK2A, Grandmaster Rodel Dagooc, Tuhon Mel Tortal. Mabuhay, Salamat Po - **Mario A. Lorenzana**



FCS Kali Seminar

October 7 - 9, 2016
 Zagreb, Croatia



From October 7-9, Mr Alexander Hernandez (FCS Austria rep.) held the FCS Kali seminar in Zagreb, Croatia. Covered topics are karambit and panantukan. 16 participants attended and 11 of them passed Level one testing. This is the third seminar under the direction of Mr. Hernandez and we looking forward for next event. - **FMA KALI Croatia** www.facebook.com/fcskalicroatia

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Durham 2014 Filipino knife/Panantukan: Crazy Monkey Defence System/Punching Combo's/Defences/Split Entry/Bandak/Clothesline/Lubai/Wide Right, etc £15 plus postage.
 For ordering and shipping costs send enquiries to labanb@excite.com/ labanb.moonfruit.com or via The Laban Baston Eskrima Club Facebook page

Kali De Leon Methodology Unveiled

October 15, 2016
 Mahogany Place 1, Acacia Estate
 Acacia Estate, Taguig, Philippine



Thank you to everyone who attended our seminar. The attendees made the day both possible and special. It's always enjoyable teaching such an open minded and enthusiastic group of people. All of the young people in attendance gives me reassurance that the Filipino martial arts is fine and healthy in our country. - **Isla Mandirigma Kali**

Babao-Arnis Camp

October 16, 2016
 Miramar College
 San Diego, CA.



Workshop taught by Babao-Arnis Guros hosted by Guro Romeo Ofdakingz (October 16, 2016). This event was held as tribute to my late husband, Grandmaster Narrie Babao.— **Zena Sultana Babao**

Remember the FMA Digest

The FMA Digest was published from 2004 through 2010

The FMA Digest was 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. Now offered on Amazon the FMA Digest Quarterly issues in Volumes 1 through 7 that is from 2004 through 2010.

Printed in 8.5 x 11, Full color

Just a note: Amazon would not sell all 7 Volumes as a set only individually. Also made the prices as low as possible, so I will actually not make more than a dollar or two if that. It is not the money it is the sharing of information.

- FMA Digest Volume 1: Quarterly Issues 1-4 - 50 pages
- FMA Digest Volume 2: Quarterly Issues 1-4 - 80 pages
- FMA Digest Volume 3: Quarterly Issues 1-4 - 221 pages
- FMA Digest Volume 4: Quarterly Issues 1-5 - 475 pages
- FMA Digest Volume 5: Quarterly Issues 1-4 - 446 pages
- FMA Digest Volume 6: Quarterly Issues 1-4 - 283 pages
- FMA Digest Volume 7: Quarterly Issues 1-5 - 239 pages

Visit Amazon to Buy: [Click Here](#)



Year 4 #10 Phoenix FMA Training "Monthly Share"

October 16, 2016
1202 W Encanto Blvd, Phoenix, Arizona

Great day, sun out, not cold - not hot, just right for a day of Filipino martial arts in the park.



Starting the monthly share was Michael Butz of Kada Anan Martial Arts group, "Kada Anan Eskrima style with "agaw - snatc" with defending against the opponents strike leading to a stripping technique of the opponents' weapon. Demonstrating some very good techniques, he also demonstrated kind of a seminar technique also that is demonstrated in seminars, that are impressive and shown in many seminars that are popular in drawing practitioners or the unfamiliar practitioners or beginners in to build interested in the practitioner demonstrating the techniques. However Michael had the group do realistic techniques which may not be so fancy but are very practical.




Keagan 'Kea' Grace who is active in is active in FCS ended the day starting with the FCS 4-count, and then moved to the standard FCS entry off the high backhand. From the

inside, we worked on check hands, sticky grips, and structure. Once everyone had the gist, we introduced a torque-reliant disarm, and then followed the natural progression into a set up for a throw.

Standard FCS entry is called "punyo mano." The disarm setup into the throw relies on a full body palisut.

Time to finish the day with a barbecue and good conversation among friends. Hope to see you all next month.

If someone would like to share and participate in an enjoyable session of training and a pot luck afterwards check the Facebook group or Google + community "Phoenix FMA Training".

TAMBULI MEDIA


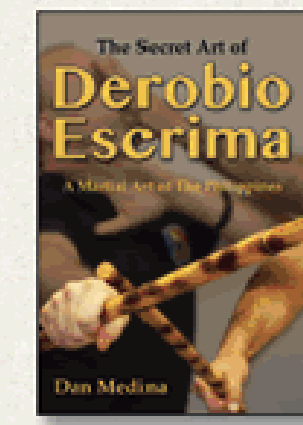
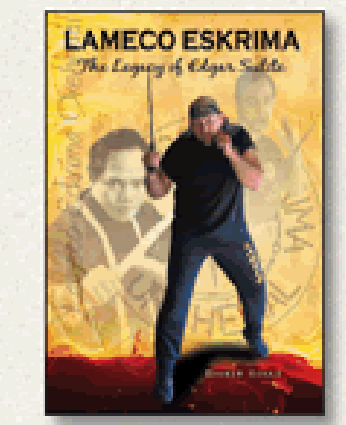
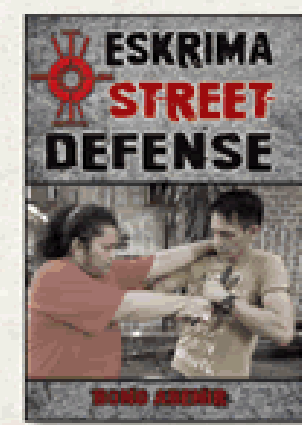
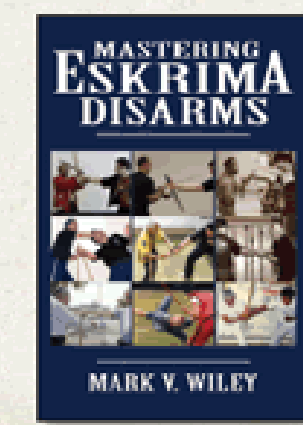
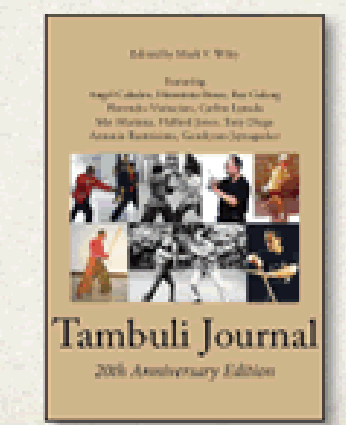
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Tambuli is the name of a native instrument in the Philippines fashioned from the horn of a carabao. The tambuli was blown and its sound signaled to villagers that a meeting with village elders was to be in session, or to announce the news of the day. It is hoped that Tambuli Media publications will "bring people together and disseminate the knowledge" to many.

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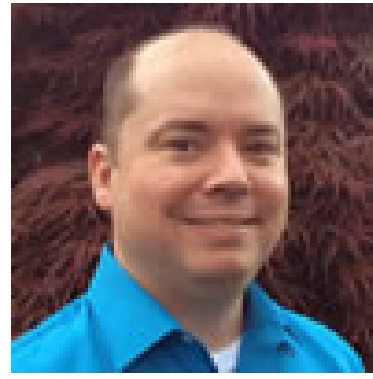


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Domestic shipping costs \$8 per order
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Health and Safety



Warm Up Like An Inchworm to Prevent Injury

Dr. Mark Wiley

Warm-up before exercise

Even if you don't have time, you must make time to warm up sufficiently before working out or exercising. You increase chances of a successful workout while decreasing chances of injury if you thoroughly warm-up your entire body first.

Previously we began a series on dynamic warm-ups, with a beginner warm up and an intermediate warm up. Today, Tema from Potentia Personal Training is going to teach you an advanced dynamic warm-up called the inchworm; also known as a "walk out."

The "inchworm" is an amazing dynamic warm-up to do before exercising. It gets the blood flowing, the body warmed, stretches the hamstrings and calves, tones the core and gets cardio revving and ready to go!

Warm up: Three reps forward



Video: Click Here

Walk your hands out in front again, for the third repetition, and hold the plank for three seconds. You've completed three reps forward and now it's time to reverse the sequence.

Warm up: Three reps backward

From the plank position, you will now walk your hands backward to your feet, keeping your heels flat on the floor if you can.

Now take a big step back with each leg to get into the plank position, which you will hold for three seconds. Repeat for a total of three backward inchworms.

When three reps are completed you will slowly return to the upright standing position. It's a good idea to take some time to come up slowly to prevent muscles from spasming and to allow blood to flow to your head. Take a deep breath and wave your arms above your head to help draw air into your lungs.

Notes: Those who are less flexible in the hamstrings may find their knees bending a bit as they lower. That is ok, but try to keep your legs as straight as possible throughout. Part of the difficulty of this is why it is classified as an "advanced" dynamic warm-up. So if it's too difficult, go and check out the previous two videos in this series and work your way up!



Simply stand upright with your feet shoulders-width apart. Slowly bend at your waist and reach down toward the ground, trying as best you can to touch your toes or the floor.

This first part really stretches the hamstrings, those muscles on the back side of your legs. The straighter you can keep your legs while bending over, the deeper the stretch.

Once your hands touch the floor you want to walk them out forward, ending in the plank position. For this position you want your hand directly under your shoulders and a straight line from your head to your heels. Hold the plank for about 3 seconds to really tone your core.

From the plank you will now walk your feet toward your hands, piking your body at the waist. If you can keep your heel flat on the ground while doing this, you will get a nice calf stretch.

Now walk your hands back out again, for the second repetition, and hold the plank again for a count of three. Then walk your feet up to your hands.

How to Build Muscle and Strength Without Lifting Weights

By Chris Giblin



Give yourself a break from all the heavy lifting and reap the muscle-building benefits of bodyweight exercise.

There are tons of at-home workouts you can do with no equipment with positive effects, but it's tough to make those workouts add bulk and muscle mass to your physique. The key, according to trainer Brian Nguyen, is not only doing the right exercises, but also doing them in quick progressions that force your muscles to be explosive.

Nguyen trains Mark Wahlberg and has worked with several other celebrities and star athletes, such as Will Ferrell and Kobe Bryant. He is also the co-founder of Brik Fitness, which plans workout programs for a number of stars, Olympic athletes and collegiate teams.

How to get arms like Mark Wahlberg

This training routine, encouraged by Nguyen, is a great way to

work out at home when you can't make it to the gym, unless you already do most of your workouts outside that setting. Regardless, the exercises and movements utilized here maximize results by constantly testing your strength against gravity while also working on stamina in various muscle groups.

The Basic Body-Weight Exercises to Build Muscle

This workout includes some very familiar exercises: squats, pushups, lunges and planks. The benefits come from utilizing different variations of each of these, and the great results you're looking for will come from taking an intense approach to each exercise until the routine is finished. Here are the specific exercises – duration of each exercise depends upon what level you're at, but Nguyen says to shoot to get through them all in 10-12 minutes before going through the whole circuit another couple times (about 30-35 minutes total)

Squats: Body Weight Squats, Squat Jumps, Isometric Squats

Pushups: Body Weight, Plyometric, Isometric (Mid-hold pushups)

Lunges: Body Weight Alternating Lunges, Split Squat Jumps, Isometric Lunge Holds

Planks: Side Planks, Front Planks, Hip Bridges

The key is to bang out all of the variations of each exercise back-to-back-to-back before taking a rest (Nguyen suggests doing each exercise for 30 seconds then taking a rest of up to 3 minutes) and moving on to the next exercise type. It's all about pushing your muscles constantly over a brief period of time – getting a lot done quickly.

8 quick workouts to lose weight fast

For example, do the body weight squats at a good strong pace,

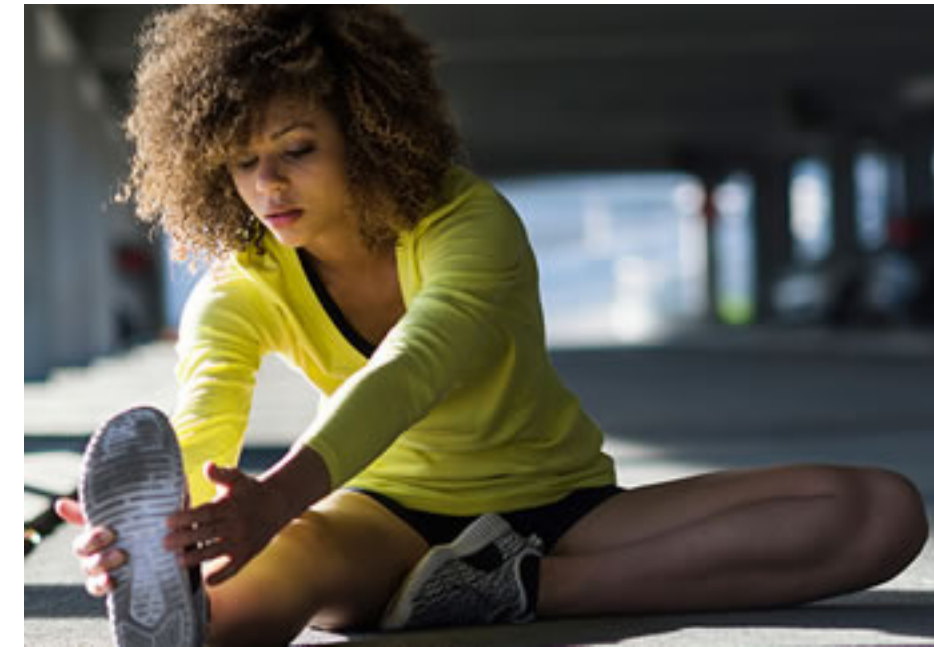
setting your legs up to be explosive for the squat jumps. Fatigue should set in during these jumps, which is, of course, great for muscle building as you move forward with the workout. "Then finally, the iso hold is like the icing on the cake," Nguyen says. "Because the muscle has nothing left already and I'm still asking it for more. So ultimately, it breaks more muscle cross fibers so that you get growth, and that's the bulk part of it."

The best exercises to target your love handles

Nguyen stresses the importance of the explosive exercises in this routine, saying the squat jumps, plyometric pushups and split squat jumps will really work to reshape your body and build muscle. "If

How to Stretch Correctly

By Julie Gudmestad



How to stretch correctly is easy to misunderstand or overdo. Help your students—and yourself—learn the basics behind this crucial element of yoga.

Stretching. We spend a lot of time doing it in yoga, but do you really understand what's going on in the process? What's the most effective way to go about it? And how can you tell the difference between safe, effective stretching and stretching that causes injury?

There are many different approaches to improving your flexibility, and some are more effective than others. For example, contract-relax techniques, which are part of PNF (Proprioceptive Neuromuscular Facilitation, a system used by physical therapists and others to retrain and facilitate movement patterns) and other systems, can be very helpful but don't fit well into the yoga class format or tradition. Meanwhile, ballistic (bouncing) stretching just isn't a good idea on any level.

Know Your Soft Tissues

Before discussing stretch techniques that are successful and useful in yoga practice, let's take a look at the soft-tissue structures affected by stretching. Looking at the musculoskeletal system, soft tissues of various sizes, shapes and flexibilities—including muscles, tendons, ligaments, and fascia—hold the bones together to form joints. Muscles are formed by

contractile cells, which move and position bones by their ability to lengthen and shorten. Connective tissue (CT) is noncontractile, tough, fibrous tissue, and it may or may not be flexible, depending on its function and its ratio of elastic to nonelastic fibers. Ligaments, which join bone to bone, and tendons, which join muscle to bone, are comprised primarily of nonelastic fibers.

On the other hand, fascia (another type of CT) can be quite flexible, as it contains more elastic fibers. It's found throughout the body and can vary in size from microscopic, as in the tiny fibers that help hold the skin onto underlying bones and muscles, to large sheets, such as the iliotibial band that runs from the side pelvis to the outer lower leg and helps stabilize the torso over the leg while standing. Basically, fascia holds all of the layers of the body together, including binding the muscle cells into bundles and bundles into distinct muscles that we know by name. It's been said that if all other types of cells were somehow dissolved, leaving only fascia, a clearly recognizable body would remain.

Consider the Need for Stretching

When your students are stretching, you'll need to consider all of the different types of soft tissues and how (or whether) to increase their flexibility, as each has different

you're doing the body weight movement of these exercises but not the explosive component, then you're going to have more of the muscle you might find on cross country runners," he says. "If you're looking to bulk up, it doesn't really make sense to just do repetitive motions like jogging for a long period of time."

If this is something you put all your effort into for a full 30-minute session, that's not just your workout for the day, Nguyen says that "your body system will be wiped."

Men's Fitness
www.mensfitness.com

needs and requirements. Help your students to train the muscle fibers themselves to relax into the stretch, so they're not contracting and trying to shorten instead of lengthening. If your student pushes a stretch into pain, the muscle will contract to guard itself against tearing. If your student suddenly puts a muscle into an intense stretch, she will likely elicit the stretch reflex, which also causes the muscle to contract. Instead, instruct students to ease gradually into the stretch sensation and find their "edge," where they start to feel some resistance, maybe even a little discomfort—but not pain. Request that they breathe and relax into the stretch, visualizing the muscle lengthening and letting go of its contraction: The body takes literally what the mind is picturing. Over time—not instantly—their bodies will build more length into the muscle structure.

Because ligaments and most tendons attach to bones very near to the joint itself and are relatively inflexible, they help to hold the bones in place and thereby stabilize the joint. Most physical therapists discourage the stretching of tendons and ligaments, due to the risk of hypermobility (too much movement, or movement beyond the normal range) at the joint. Hypermobility can cause or contribute to a number of joint problems, including arthritis, dislocations, and torn tendons and ligaments. Therefore, students should avoid feeling stretch or pain in or directly around a joint, unless they are working with a healthcare provider or very experienced teacher who has determined that a specific tendon or ligament is lacking its normal flexibility (often as a result of injury or scar tissue) and is supervising careful work with the problem structure.

You'll certainly need to consider the fascia, too, as it is so

deeply entwined in the muscle structure at every level. Physical therapy research has shown that in order to change the structure of fascia, you would need to hold a pull on it for 90-120 seconds. This information also supports the idea of holding a longer, gentler stretch, since who wants to sit through two minutes of pain? I've noticed that if a stretch is intensely painful, most of us want to get it over with quickly and will avoid practicing it regularly. Our minds want to "escape" and go elsewhere, which is opposite of the yogic goal of being present and conscious in our actions. Not only that, but the pain probably indicates that some tearing of tissue is taking place. Microscopic tearing is probably acceptable, even necessary, to prompt the body to rebuild and remodel the tissue according to the new, more flexible blueprint. However, bigger tears, which can leave the muscle sore for several days or more, are repaired with scar tissue, which is never as flexible as normal tissue and is therefore to be avoided.

The Takeaway of

How to Stretch Correctly

The bottom line? Instead of quick, intense, painful stretching, set your students up in a relatively comfortable position to stretch the desired muscle(s). They should be able to linger for about two minutes while breathing and relaxing into the stretch with a soft, meditative focus. Ideally, lead them in practice warming poses before they stretch deeply, as warm muscles relax and stretch much more readily than cold muscles. Because this approach feels good, they will be more likely to practice the stretching more often. If your students can practice long, gentle stretches of their chosen area four to six times each week, they'll be pleased with their progress in flexibility, as they become a more conscious, compassionate practitioner.

Yoga Journal
www.yogajournal.com



Martial Arts Fitness

By: Alex

One of the advantages of being both a personal trainer and a Filipino martial arts instructor is I not only look at Kali, Arnis, Eskrima (or any martial art for that matter) from a combat and self-defense perspective but also from a movement and exercise perspective. In other words, a Filipino martial arts fitness perspective

That being said, if my goal is to be the best that I can be in Filipino martial arts then my fitness must complement my art and my lifestyle.

Fitness MUST complement your art AND your lifestyle.

I don't compete or do tournaments so my martial arts goals are pretty simple. I need to be able to survive an altercation, whether it is one on one or multiple attackers, and to inflict damage if necessary using what I know. If for some reason I need to run for my life, I want to be able to run as far and as fast as possible as well.

In Kuntaw Kali Kruzada, the system of Filipino martial arts that I teach and practice, we are striking with weapons, kicking, punching, locking, throwing, and grappling. This is done against one attacker or multiple attackers and in a number of different scenarios.

Filipino martial arts involves striking with weapons, kicking, punching, locking, throwing, and grappling.

So as far as fitness goals go, I need to be strong, fast, and precise. And last time I checked, since most fights last only a few seconds, I want to be as strong, fast, and precise as possible for at least 10-20 seconds. If you are wondering about multiple attacks, then it needs to be multiple rounds of 10-20 seconds with short rest between. Maybe 5-10 seconds.

Now I also mentioned fitness having to match my lifestyle.

I'm up 5am most days of the week, training clients in the morning and afternoon. I also teach Filipino martial arts in the afternoon and at night for at least 2 hrs a day, 5 days a week. On the weekends I take classes with my instructor for 1-2 hrs. And when I'm not doing any of that, I'm also busy having a life.

That means not only do I need to be strong, fast, and precise, but I also need to be durable. There's no way anyone can enjoy their life if they're always hurt or injured, let alone defend themselves if they have to. I don't want to be that person.

You can't enjoy life or defend yourself if you're always injured and hurt.

And since these are my goals, I need to make sure my fitness program allows me to accomplish that. So for those of you that practice martial arts and incorporate some kind of exercise regimen into your schedule, ask yourself,

"What are my martial arts goals?"

Then ask yourself,

"How is my lifestyle (personal, social, professional, etc) like?"

Finally,

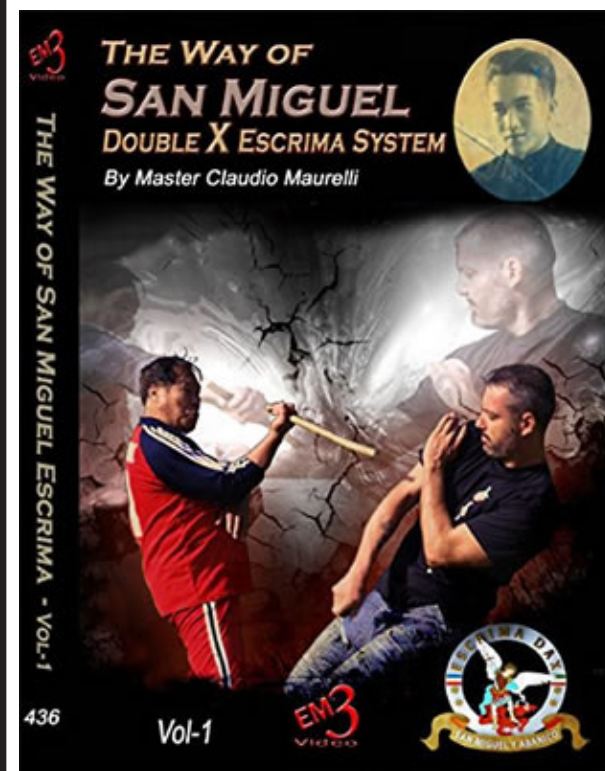
"How do I make my training routine complement my art and my lifestyle?"

Filipino Personal Defense Systems

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The Way of San Miguel Double X Escrima System

Claudio Maurelli (Actor), Val Mijailovic (Director)



The Way of San Miguel Double X Escrima System By Master Claudio Maurelli San Miguel Eskrima is the martial art created to defend the Church from the invasions of Islamic terrorists. In 1890 three Brothers of Saavedra Family (Teodoro, Lorenzo and Federico), formidable Fighters armed with sticks taught the basics of the Art a few students including Filemon "Momoy" Canete and Father Miguel Ortega. Subsequently Momoy Canete devoted himself to teaching in some clubs of Cebu City (philippines) and in some monasteries (San Carlos Seminary) his style of eskrima to which he gave the name of San Miguel Eskrima X System. Father Miguel Ortega likewise devoted himself to teach his art called San Miguel Eskrima Doubl X in her convent of Argaw. Thanks The efforts of these extraordinary fighters (Eskrimadors), the Church was able to form priests to be able to defend Their own monasteries and seminaries from unexpected attacks of Moros groups (Islamic terrorists and robbers). Claudio Maurelli born in a Italian City, Civitavecchia in 1976 and he is dedicated to the research of traditional Philippine arts and Chinese Arts since he was 14 years old. When he discover the presence of a Real traditional Master of San Miguel Eskrima in Italy, he decided to learn the martial art and the Filipino culture associated with it from Gm Dacayana Sr.. In this first volume the Eskrimador speak about rudiments of one of the main techniques of the Way of San Miguel Eskrima, illustrating footwork step by step and his GM Dacayana Alberto SR even some "Tinago" or techniques used by the cebuan priests, many years ago to win in a few seconds the invaders. Its the first DVD of the series suitable for anyone who wants to know the history, techniques and training methods The art of the Priests of Cebu City and Argaw. The Way of San Miguel Eskrima.Escrima Club Dax International. DVD \$29.99

[Amazon.com - Click Here](#)

Punta Y Daga of Kalis Ilustrisimo - Learning Punta Y Daga

By Peachie Baron Saguin



A word from Peachie Baron Saguin:

The first book "Punta Y Daga Kalis Ilustrisimo - My Understanding of the System" is now out of stock. It was distributed by Canada same with the second book which will be released early next year. The second book will contain excerpts from the first book so it will be two volumes in one smile emoticon The first book is mostly my understanding of the system highlighting on the first form of Punta y Daga, while the second book contains the three forms of Punta Y Daga, 1 to 3. I shared also the drills I use for training which will supplement the three forms. It will be like a module for learning/teaching each form. smile emoticon .

Because sometimes we use a lot of drills and we get confused on which drill to focus on. These will simplify learning.

From: Kenneth Co

Taking orders for the books. US\$ 55 for the book, shipping and handling are extra. Only prepaid orders will be confirmed. Money order in US funds only. PLEASE READ:

1. I am not taking any other form of payment except in US Funds and in money order. I believe in most countries you can get money order from your Post Office.
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3. Also I will only know the shipping and handling cost once I am in possession of the book. Shipping and handling will be paid separately.
4. I am only ordering a limited number of books. Once I reach the limit I will close the order.
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Building Blocks of FMA

Subject
By Marc J. Lawrence

When applying Filipino martial arts for self-defense there are things that you should consider in you art when training. One is any contact with steel is bad contact. Second the body can only take a limited about of blunt trauma. That being said how would you use a stick for self-defense for multiple attackers. Remember this is not dueling or sparring in a club. There are two basic situations I will discuss on this thought, one is armed with a stick verses multiple attackers with sticks and the other being unarmed verses multiple attackers with sticks. Both of these require the use of re-angling, attacking without hesitation, taking out the most aggressive first, and getting the attacker coming up behind you. Remember to watch your six (position). You must not stay in one place or allow yourself to be hemmed in. Keep re-angling and attacking. In every group or mob of attackers, the group feels safe but nobody wants to be the first to get injured. Attack the body parts like the knees, the hands then the eyes or throat. Use your long range skills as well as distractions like throwing something into the face of the person you are attacking. Pushing chairs in the way, throwing things off of a table, scooping dirt, using whatever is handy, is the way to win! Do not be shy about knocking down an attacker and using them as a tripping hazard. Get into the open where you can use your stick, your empty hand (punch and gouge) and your feet (kick and sweep). Your stick strikes should be curving compound strikes. These make you re-angle and difficult to hit. Arcos (circle strikes) combined with liner strike and thrust keeping your opponents at length.

If it is possible get the attacker that is coming up behind you first, as they will not expect you to go after them first. Even if it just stun shot. Get the attacker in front next. If you have attackers coming from both sides, get the attacker on the left first then the right. Try to bounce off the attackers using the momentum to hit them and keep moving. If they are attacking in a circular pattern, attack the attacker behind you.

Empty hands verse opponents with sticks requires you to have good empty hand skills, good work with your feet and lots of re-angling. Use sweeps combined with disarms. Use one of the attackers as shield or road block. Use what you have on you as weapon, belts, shoes, jackets, pens, cell phones, back packs, books, all can serve as improvised weapons. If you can quickly disarm one of your attackers and use their weapon against the others, so much the better! Do not get on the ground or let yourself be hemmed in. Otherwise you will be a punching bag. Use the terrain and objects around you to provide obstacles and barriers against them. Remember to attack without question or hesitation! Always train as if your life depends upon it. Stay safe and until next time.



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Tid-Bits (Fact, Fiction, Fantasy or Gossip?)

Stop Judging Yourself!

By: Brian Johns

I often see students judge themselves harshly after they have messed up a technique or cannot instantly master a new technique. Their facial expressions often betray their internal thinking process. "God, I'm so stuuupid!" When this happens, I tell them "stop judging yourself!"

your worth as a human being. Not even close.

I know. Believe it or not, I went through this stage years ago. Whenever I executed a technique that didn't quite come out right, I felt embarrassed. "Aw fuck, what was that?" This feeling was heightened when I evaluated

martial artist?!"

Add in the fact that I was often only deaf/hard of hearing person for much of my post-Clarke School days and I felt like I stuck out like a sore thumb.

The funny thing is that no one probably paid much attention to my errors or didn't think much of it. It was all in my head. Having recently turned 52 and looking back on those days, I shake my head at the bullshit percolating in my head.

In this day and age of selfies and videos, most folks want to be seen in the best light. For some, being seen in less than their best light is a horrible moment. Performing techniques incorrectly in class constitutes a complete disaster for some. "OMG, that was fucking horrible. I'm terrible!"

With age (52) comes wisdom. I now shake my head at my youthful self and say "Come on man, that was all bullshit."

A technique is just a technique, nothing more. Once you start putting value judgments on techniques ("that sucked", "WTF was that?" etc), your ability to improve will become more difficult.

Instead, look at your techniques neutrally. Simply say to yourself "I need to practice this more" without any judgment.

Take the problematic technique and practice without berating yourself a la Chris Farley. Further, do not attach any judgment to the technique. If you worry about how you look to others, you're giving other folks rent-free space in your head. Screw them. You should only be concerned with your own progress.

I wager that you will find practice to be much more enjoyable if you leave out the Chris Farley beratement crap.

Bamboo Spirit Martial Arts Centre Inc.
bamboospiritmartialarts.com



Video: Click Here

Let me cut to the chase. The quality of your technique or the lack thereof does not reflect

myself on video on those bulky 1980s VCRs back in the day. "For Gawd's sake, who is that joke of a

Filipino Martial Arts Unity Gathering Held

By Adam B. Morrell

Sun.Star Davao - September 27, 2016

Hollywood actor and modern arnis practioner Allan "Shishir" Inocalla spearheaded the assembly of the Filipino martial arts (FMA) Unity Gathering 2016 held at the Holiday Gym and Spa in Davao City Saturday evening, September 24.

Inocalla was the actor behind the Michael Angelo mascot of the 1993 animated series the Teenage Mutant Ninja Turtles and also was a cast of some other Hollywood action movies such as the Pinoy Boxer, Five Style Fist, Crazy Kung Fu, and The Ultimate Fight.

Inocalla organized the event for the purpose of gathering Filipino martial arts organizations in the country and promote Republic Act 9850 that declared arnis as the National Martial Arts and Sports of the Philippines as well as for it to be institutionalized and properly implemented.

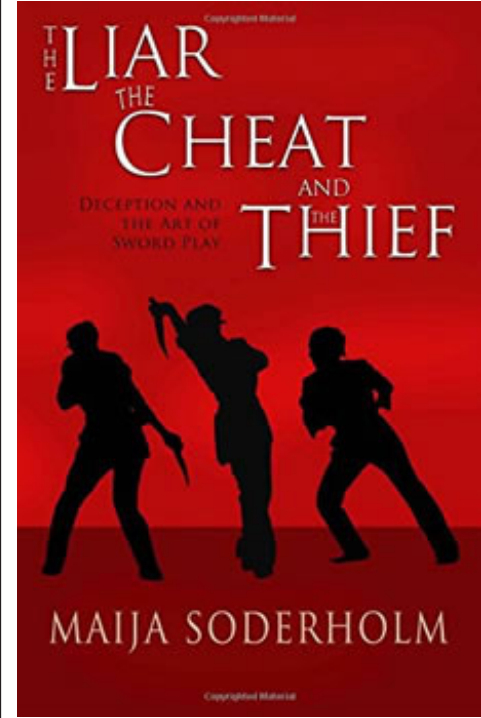
A total of eight organizations attended including the Mandirigmang Kaliradman, Kaparirang Doble Olisi, Jedoo Arnis, and Modern Arnis Gym that demonstrated arnis techniques.

From Davao, Inocalla will travel to other countries to promote the sport as well as encourage foreigners to visit Philippines and experience the culture.

The event was organized by Inocalla along with Jay-ann Segura, Reynaldo "Ryan" Cordero and Tek Victoria. It was backed by Holiday Gym and Spa, Waterfront Insular Hotel Davao, the Department of Tourism, Philippine Information Agency, City Government of Davao, National Commission for Culture and the Arts and Philippine Sports Commission. (ABM)

The Liar The Cheat and The Thief: Deception and the Art of Sword Play

By Maija Soderholm



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In this slender volume, Maija Soderholm of Sonny Umpad's Visayan Style Corto Kadena and Larga Mano system presents the details of one of the most important and least understood aspects of personal combat. How to control the opponent's mind.

The Liar, The Cheat, and The Thief explores the drills and the mindset of one of the last modern duellists. As Sun Tzu said "All warfare is deception".

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ARPI Delegation in Seoul

September 28, 2016



Delegates sent by Arnis Philippines with the blessing of the Philippines Sports Commission performed and represented the country in the Cheongju World Martial Arts Mastership 2016 held at Cheongju City, South Korea last September 1-8. The Arnis team showcased both arnis martial art and combat sport to entice and promote the Filipino martial art.

The delgation was headed by ARPI Directors, Med Quiambao and Rene Pronstroler, and was accompanied by PSC Mrs. Violeta Tuazon. The rest of the delgation consisted of ARPI National Trainer Jaime Quizana, National Assistant Coach Arnold Cabodil, and RJ Guro's namely; Neolito Tarobago, Ceasar Gonzales, Arnold Arceo, Vicente Madero, and Jonathan Neptali Punongbayan.

The performance, martial art and sport of Arnis was well received. With this, ARPI and PSC hopes to reaffirm the collaboration and mutual support with its South Korean counterparts.

Depth of FMA

By Jayson Vicente

Sun.Star Baguio - September 29, 2016

Many who seeks the true heart of Filipino martial arts, only a few truly captures its complexity.

Most have their eyes on the weapons and the techniques, some indulge themselves into their masters but still fails to extract indispensability.

Most confidently believe that after a few lessons and trainings they would have met the level or even surpass which they would find out is far from reality.

So what then is the true heart of Filipino martial arts? For my brothers and sisters in Filipino martial arts, please feel free to react on this as and give us your thoughts on the matter at hand. For this author, the true heart of Filipino martial arts sets on the culture and tradition of being a Filipino. Evidence shows most of the successful people who were able to capture the untainted core of Filipino martial arts fell in-love not only in the skills and technique but fell in-love with the cultures and traditions of the Filipinos.

This way, they had a better understanding of everything Filipino martial arts that is all interconnected to being Filipino.

To understand the

Filipino martial arts, one must be immersed to being Pinoy. It is the best way to infiltrate the very core of FMA and grasp on its excerpt.

Filipino martial arts has gone a long way and have reached far places but the lack of genuine or legitimate masters slowly degrades the art.

Where the lapse that is obviously getting worse lies is profound, it is not too late yet if only we Filipinos decide to protect our arts' prestige and glory.

What is slowly killing the Filipino martial arts are those pretenders taking advantage of their being Filipinos, declaring themselves experts of the art but are far from being proficient.

They do this for money without thinking of the repercussion, they become very comfortable of fooling people just to earn money from unsuspecting seekers of Filipino martial arts.

Sooner or later, they are exposed and those who are fooled finds out that shocking hoax but damage has already been done and those legitimate masters are the ones who are left to repair the damage.

Knife Tactical Response

DVD by Bram Frank



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Own the Outcome (OTO)

By: John Honeyman

Recently I find myself repeating one phrase almost every day in a variety of circumstances - "Own the Outcome".

By this, I mean that we owe it to ourselves not to leave important things to random chance. Instead, we need to consider the outcomes we want and make deliberate steps toward them. We need to assert our will and control over the situations we can influence so that we can have the right results.

I know that not every situation is under our control, but I also find that we can all have far more influence over the outcomes in our lives than we probably realize. Martial Arts training is, at its core, a foundation to establish and reinforce goal setting and goal achievement. We start each new level (belt) with a set of techniques to master and by the end, to achieve our next belt, we show the teachers what we have learned. We prove to ourselves again and again that we can set new goals and, through hard work, focus and

dedication, achieve these goals time after time. We demonstrate to ourselves that we are winners - that we are in control. We Own the Outcome.

Outside of class it is no different. Whether at work, at school or at home, we can always set and achieve goals. We can own the outcome of the things which are important to us by taking an active approach to engaging each task according to our plans. Plans change, and adjusting is part of owning the outcome. We do not affix blame; instead we accept causality and adjust accordingly. Accepting feedback is an important part of tracking progress, and we use this to keep control on each step of our journey.

Owning the Outcome includes owning bad outcomes, too. We must accept responsibility for our actions including mistakes

we inevitably make. Owning the outcome means forgiving yourself so you can be free to continue to move forward; accepting responsibility but not dwelling in negativity.

As an instructor, we have many outcomes we own --- outcomes for ourselves as instructors; outcomes for each student in our care (hopefully aligned with their desired outcomes for their training) and overall outcomes for the school which we contribute to. We are part of a broader fabric and community, not just as individuals but collectively.

Unexpected developments are a part of daily life, but accidents rarely happen. Most of the time, if we are focused

on owning the outcome, we can foresee potential problems early enough to take preventive measures and avoid them. When we can't, we need to adjust and be flexible without losing sight of the outcomes we want.

Fear, despair and depression are often the result of a (perceived) loss of control - the hopelessness of being unable to create change in our situation. Developing a habit and discipline of Owning the Outcome is a great way to stay positive and keep momentum. Empowerment is KEY.

I apologize in advance for those of you that see me regularly - expect to keep hearing this phrase since it applies so often.

Martial Arts Digest

This Blog is created as a forum to discuss the martial arts as a way of exploring the self, and as a vehicle for achieving personal life success.

martialartsdigest.blogspot.jp

Davao Eskrima Bags 8 Medals

Sun.Star Davao - October 11, 2016

Davao Eskrima Evaluation collected a total of two gold medals, two silvers, and four bronzes in the recently-concluded Cacoy Doce Pares World Federation Supreme Grandmaster Cacoy Cañete Filipino Martial Arts Festival Eskrima World Tour at the City Sports Club Multi-purpose Gym in Cebu City.

Alessandra Alejandre of Ateneo de Davao University (ADDU) and Davao City National High School (DCNHS) coach Jose "Boy" Sapar clinched one gold each in their respective divisions.

Alejandre topped the full contact single stick competition while Sapar ruled the double stick boys 50-above event. The latter also copped a silver in single stick event and a bronze in bladed weapon.

Since CJ Tan of DCNHS fell shy of the gold but collected two medals - single stick full contact

silver and double stick bronze.

Addu arnis coach Eliezar Gamboa also vied in the event where he copped the single stick full contact bronze.

Janna Alexandra Ramirez of Precious International School of Davao salvaged a single stick full contact bronze.

Davao Eskrima head coach Celso Tan, in an interview with SunStar Davao, said it was a grueling stint as it was their first time attending an international competition.

"Grabe, kailangan mo talaga i-dominate yung kalaban bago manalo sa event na iyon," Tan said.

He added that host team Cacoy Doce Pares dominated the tournament.

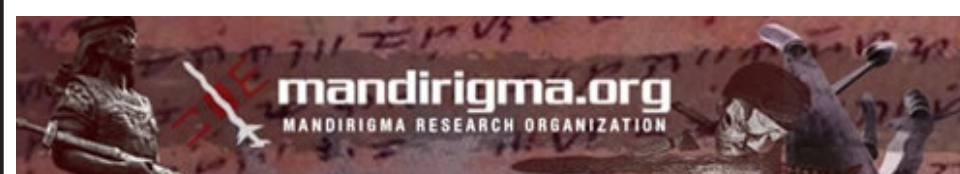
He claimed that they will try to win more golds next time. (ABM)

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Website: www.talimtrainers.com

Dedicated to promoting the Warrior Arts and Culture of the Philippines, Mandirigma.org has been online with this mission since 1998. Recently there have been numerous request for membership or ways that can help contribute to the site. To answer these requests, Mandirigma.org now has a donate button and additionally offers the opportunity to be a "Sponsor Member". Every dollar helps with the monthly expenses required to maintain the website and hopefully



Mandirigma.org now offering Sponsor Membership

even expand capabilities.

For more information on how to be a "Sponsor Member" or donate to the cause, please go to the following link.: [Click Here](#)
Please contact us for any further questions. - Thank you for your interest and support! - Maraming Salamat Po!

Hacking Forms

By: Jackie Bradbury



Me teaching empty hand Anyo Isa, form one.

I'm not a huge fan of forms.

Oh, I agree that they are useful and necessary, especially in traditional weapons arts, as much as it is not my very most favorite thing to do.

I spend a lot of time learning and performing forms.

Think about it - between working on and teaching anyos in Arnis, learning and practicing the kata I have to learn in kobudo, and the kata I'm working on in Karate (currently, Pinan Nidan)... my martial arts life is often very forms-heavy.

However, I think some of us emphasize forms a little too much. They don't move beyond the basics of the form itself - they do the forms in the air, but they don't apply what is found there into realistic situations or against resisting opponents. This is incredibly common in weapons

forms - they are often done as if the people doing them have never actually hit anything with the weapon in their lives.

There's no point to forms, other than dancing or performance, if you don't move beyond movements in the air to application.

Some of us don't even bother with forms, and that's okay, too.

However, there's a trick with forms that I think is really useful and challenging that you miss out on if you don't do any forms at all. Again, this depends on you using forms as a foundation to practice real techniques intended to be used on real people.

As y'all know, I'm in the middle of working on the basics of learning nunchaku. The other day at Arnis, we were talking about this, and how it relates to what I've learned in Arnis.

Somehow, we got into discussing doing one of our baston (or sword) anyos with nunchaku. It started with our first form, Baston Anyo Isa, but then I thought about our fourth form, Anyo Apat...

And the wheels started turning.

Okay, so... imagine this form done with nunchaku. How do I have to change the form (and the goal for me is to do so as little as possible)? How do the movements change? What about footwork?

It's an interesting intellectual challenge, and it's one that I think I'm going to play with once I get a little breathing room in my schedule.

Baston Anyo Apat is not a nunchaku form. It's not even a stick form, really (although there is a stick interpretation of it). But it could be. It can be espada y daga (sword/stick and knife), for that matter, or even empty hand. But how much would it change if I converted it using tonfa? What about bo? Would it look like Baston Anyo Apat?

I don't know - I haven't tried it. Yet.

This hack of forms gives you a lot more material in a single form than you might imagine.

Take the empty hand karate form I'm learning, Pinan Nidan. This is very similar to what

I'm working on.

Now put a knife in the right hand, in saber (traditional) grip. How does this form change? Now try reverse (or "icepick") grip - how does THAT change things?

What if my imaginary opponent(s) in this form are armed with a knife? What about a more powerful weapon than what you have?

What if you put the knife in your weak hand?

Now what happens if I convert it to, say, tonfa? Or Bo?

Think about a form you know. It doesn't matter which it is, and it doesn't matter if it's for weapons or not.

If it is a weapon form - convert it to a very different weapon (say, from bo to nunchaku). Or to empty hand. Or if it's primarily on the "right", move it to the "left" in mirror image.

If it's empty hand, convert it to a weapon. Now try a different weapon. Try it in your strong hand (usually the right), and try it in the weak hand (usually the left).

Try this against unarmed and armed opponents.

What works? What doesn't? What has to change? How can you keep within the constraints of the form? Or does it not work at all?

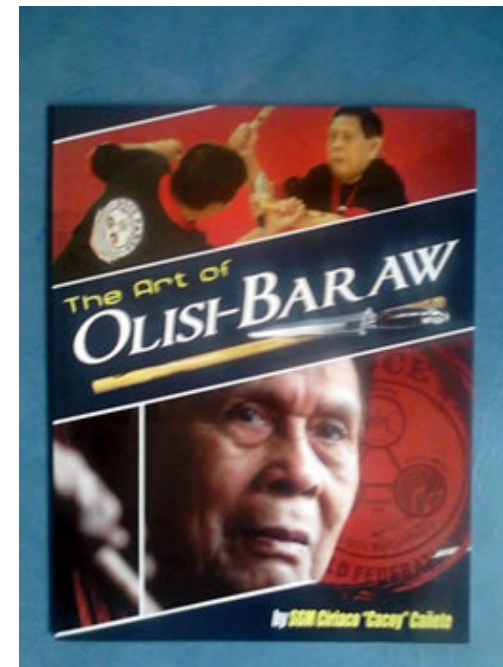
You see? There's a lot more material there than you might think!

The Stick Chick

Martial Arts Musings by a Middle-Aged Modern Arnisadora
www.thestickchick.com

"Olisi-Baraw" (Stick & Dagger)

Supreme Grandmaster Cacoy Cañete



To all Eskrimadors and Stick-fighters,

At last! The Cacoy Doce Pares Headquarters in Cebu City, Philippines is very happy to announce the release of my father Supreme Grandmaster Cacoy Cañete's long-awaited 5th Book, "Olisi-Baraw" (Stick & Dagger), a combative form of the old Doce Pares classic form "Espada y Daga".

The 95 year-old Supreme Grandmaster Cacoy Cañete, President and Founder of Cacoy Doce Pares Eskrima-Eskrido-Pangamot is the last surviving founder of the oldest Eskrima organization "Doce Pares" founded by his late brothers in Cebu, Philippines in 1932.

Furthermore Supreme Grandmaster Cacoy Cañete was the first mixed-martial artist in his time since his training at age 6 under the tutelage of his older brother Supreme Grandmaster Momoy Canete who trained him in the classic form of Doce Pares Eskrima, Espada y Daga and San Miguel. He became an amateur boxer in his teens who then pursued further training in various Japanese Martial Arts such as: Jui-Jitsu, Kodokan Judo, Aikido, Wrestling, Shotokan Karate, Shorin Ryu Karate and lastly the Chinese Kung Fu.

As a result of his training in various martial arts since age 6 he invented "Eskrido", a combination of his updated version of Doce Pares Eskrima, Juijitsu, Kodokan Judo and Aikido.

Thank you for your continued support of Supreme Grandmaster Cacoy Cañete and his Cacoy Doce Pares Eskrima-Eskrido-Pangamot system.

Very respectfully yours,

Grandmaster Catherine-Kitty Cañete-Knight

Vice-President for International Affairs

Cacoy Doce Pares World Federation

If interested to purchase it is advisable to find friends who are interested in buying the "Olisi-Baraw" books the cost of the book with Shipping included, is cheaper. Here are the Prices Per Book (Shipping already included):

Note: Shipping from the Philippines is expensive. Price adjusted for shipping.

1 Book = \$95.00 (this includes shipping)

2 Books = \$60.00 per Book

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8 to 25 Books = \$35.00 per Book

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Why There Are No Tribes in the Philippines

By: Jesus T. Peralta PhD



Put simply, a tribe is a corporate descent group below the state in integration. Its first idea is the manner by which people explain their social and political organization where leadership is neither formalized nor permanent. It changes with history and political context. However, it is based on a concept of political identity through patrilineal descent. It is then associated with unilineal descent systems, usually patriarchal. Membership in a tribe is, therefore, well defined due to unilineal kinship. In the Philippines, technically, there are no tribes since the kinship system among Philippine groups is bilateral, although at times there is a matriarchal bias especially with reference to post-marital residences. This is the reason there are also no ancestors in the Philippine system since it is ego focused and not ancestor focused as in unilineal systems. It is for the same reason that terms clans or moieties cannot be used to describe Philippine societies since these refer to unilineal kinship forms.

Originally, it is the third part of the Roman people. Generally it is a collection of people descending from one ancestor (e.g. the 12 tribes of Israel were the 12 collections of families that descended from the sons of Jacob). Generally, these are groups with linguistic and cultural resemblances. Etymology – up until the 18th-19 century, it was used to denote the original European societies in general, but mostly the first Roman settlements. The first use to denote non-western people was in the 18th-19th century when the established Western view was of the superiority of the Western peoples and societies over the rest of the world.

Tribe is an organizational concept between the band and the state. Contemporary tribes did not originate from pre-state tribes, rather in pre-state bands. This came about as a modern practice of state expansion. Such pre-state bands comprise small, mobile, fluid social formations with weak leadership. These developed when states set them up as a means to extend administrative and economic influence in the hinterlands, where direct political control would cost too much. Thus their boundaries became clearer with a more centralized authority that would be more responsive to the state.

In the United States the word was applied to the indigenous peoples because the Americans of European descent could not accept the indigenous peoples as nations. The word was also universally applied to all the peoples of Africa for the same reason. The view persists even today. The reason is that the term is used in Western languages which

were taught to locals peoples by Western teachers with their Western viewpoints.

Why is it then so misunderstood and commonly misused even by Philippine officialdom?

The practice has created confusion especially with reference to ethnic identity and definition. The notion is based on its use as an administrative devise in various concepts prior to, during and colonial rule. To some degree, this concerns maintained conceptions modified for political purposes. The administrative concepts of “tribe” take on a corporate identity with fixed territorial boundaries that many “tribes” do not possess, and give privileges and authority to “tribal” leaders that are dependent on the state organization, and not derived from leadership as understood by the people themselves – for instance the organization of “tribal councils” where previously there were only councils of elders; or the concept of “ancestral domain”, where no ascendant ancestor can be identified in the Philippines for any ethnic group.

The problem with the word tribe is that it is not general enough in application since its meaning is not precise except in the fact that it always implies primitiveness. The term “ethnic group” is generally sufficient in comprehension to accommodate the meaning of groups of people or societies that are pre-state or sub-national – which is closer to the nature of groups of people in the Philippines. Anthropologists in the Philippines prefer the use of the term, “ethno-linguistic group”, because the implication of language includes specific culture.

About the Author:


Jesus T. Peralta is a Bachelor of Philosophy graduate from the University of Sto. Tomas, with a Master of Arts in Anthropology from the University of the Philippines, and a Doctor of Philosophy in Anthropology from the University of California. He was Director III of the National Museum until he retired in 1997. Most interestingly, he is also a ten-time winner in the Carlos Palanca Memorial Awards in Literature in the field of playwriting. He has more than 120 scientific papers and publications on anthropology, archaeology, and general culture to his name. He is the author of *The Tinge of Red, Glimpses: Peoples of the Philippines and Insights into Philippine Culture: Festschrift in Honor of William Henry Scott*. He now works as a Consultant for the Management Information Systems Office of The National Commission for Culture and the Arts (NCCA).

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II. Categories

Philippine Hall of Fame Categories:

Regular Category

- FMA Instructor of the Year (Male)
- FMA Instructor of the Year (Female)
- Instructor of the Year (Male)
- Instructor of the Year (Female)
- Master Instructor of the Year
- International Instructor of the Year
- Man of the Year
- Woman of the Year
- Male Competitor of the Year
- Female Competitor of the Year
- Martial Artist of the Year
- Martial Arts School of the Year
- Martial Arts Organization of the Year

Honor Award

- Distinguished Instructor Award (Male)
- Distinguished Instructor Award (Female)
- Distinguished FMA Instructor Award (Male)
- Distinguished FMA Instructor Award (Female)
- Distinguished Master Award
- Distinguished Grandmaster Award
- Distinguished Founder Award
- Dangkal ng Lahi Award
- Punong Lakan Lifetime Achievement Award
- Platinum Life Award (20 + Yrs in Martial Arts)
- Silver Life Award (30 + Yrs in Martial Arts)
- Golden Life Award (40+ Yrs in Martial Arts)
- Pioneer Award (50+ Yrs in Martial Arts)

III. Privacy

Nominees may be contacted to provide additional information and/or verification. PHoF reserves the right to request and require additional information (their story, their contribution to the community, photos of them in their uniform) for the nominees to be considered.

April 22 - Martial Arts Seminar MMDA Arena

April 23 - International Tournament MMDA Arena

April 24 - Gala Night at Makati Sports Club

April 25-26 - Beach Calatagan Batangas

Just in case there are some changes will be posted only at Website, FB Pages and Group

Rate:

5 Days Event - US \$350.00 April 22-26, 2017

Includes:

- Seminar, Tournament, Gala Night and Beach Resort
- Food, Certificate, Souvenir items
- Accomodation for the Beach Floating Cottages,

Tourist Bus going to Stilts Beach Resorts

3 Days Event US \$130.00 April 22 - 24, 2017

Includes:

- Seminar, Tournament and Gala Night
- Certificates, Souvenir Items, Lunch and Gala Dinner

April 24 Gala Night US \$100.00

Includes:

- Dinner, Certificates and Souvenir items

The Nomination for the 4th Philippine Martial Arts Hall of Fame will run from September 15, 2016 - December 15, 2016. Open to all Martial Artists.

All entries must send: philippinemartialartshalloffame@yahoo.com.ph

Once ballots are received, nominees are notified by the board of directors for induction. The Martial Arts Hall of Fame induction ceremony is a formal event.

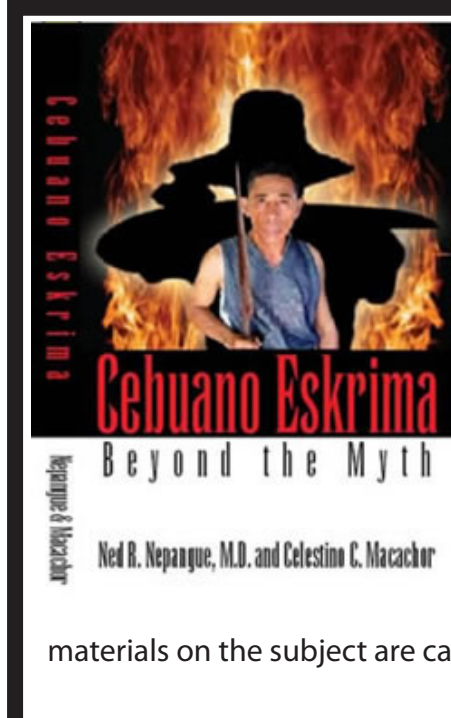
Requirements:

1. Profile or Resume
2. Photo Whole Body and Half Body
3. Certificates/Diplomas
4. Letter of recommendations

Recognition Award

- Humanitarian Award
- Living Legend Award
- Ambassador Award

The Philippine Martial Arts Hall of Fame leadership holds the right to cancel and/or remove any inductee not meeting the specified recommendation or moral standards befitting for the said event. All participants of the PhMAHoF are hereby inducted upon the final and/or approval of the Philippine Martial Arts Hall of Fame Board of Directors.



Cebuano Eskrima

Beyond the Myth

By Ned R. Nepangue, M.D. and Celestino C. Macachor

Cebuano Eskrima: Beyond the Myth boldly unravels with compelling and provocative hypothesis on the Hispanic origins of the Filipino Martial Arts known as eskrima, arnis and estokada

The authors present prima facie evidence on the fraud of the supposedly precursor art called kali. A more plausible theory on the origins of eskrima are presented in startling detail from its early beginnings as a defense against Moro pirates and slave traders and its later fusion with Spanish fencing through the Jesuit warrior priests during the pivotal years 1635-1644, the height of Spanish rapier fencing in Europe during the Renaissance.

It also presents a comprehensive chronology on the development of eskrima in Cebu, a meticulous commentary of Cebuano pioneers and innovators of eskrima and elucidates the pre-eminence of Visayans in the art of eskrima / arnis / estokada.

As both authors are practitioners of this martial art, technicalities in eskrima never before detailed in other materials on the subject are carefully discussed in the book.

To Order Visit - Amazon.com

Books by Bram Frank



Perspectives of Modular Instructor Guide

By Bram Frank

This book is an Instructors guide to the Modular Tactical System: Modular Blade Concepts-Martial Blade Concepts-Martial Blade Craft as developed by Bram Frank. The system is based on Filipino Martial Arts and uses simple gross motor skills and simple modules of motion to achieve tactical use. This book is an instructors guide that shows HOW to teach as well as WHAT to teach. For MBC instructors its a must and for anyone wanting to learn the concepts of MTS:MBC it will open the door to the methodology. The book features tactical tools designed and patented by Bram Frank expressly for the Modular system. The responsible use of edged tools(knives) is shown and the fact that less than lethal response is more effective than lethal to stop any opponent and control a situation. Liability and Legality of the use of the tools and training are discussed in detail. - 406 Pages

FMA Grandmasters and Masters

By Bram Frank

This book is about some the many Masters and Grandmasters of the FMA: Filipino Martial Arts. Some are well known others are relatively obscure, some are famous, others are known only by their skill but they all have in common their love for the Filipino Martial Arts and their connection through training, friendship, heritage or lineage with GM Bram Frank. Some are the heroes of the Philippines and the spirit of Arnis like the late Professor Remy Presas, part of American martial art history with the FMA and JKD like Guro Dan Inosanto or like GM Bram Frank a faithful practitioner and instructor of the arts. Their stories are told in pictures and with a bio of who they are and what they've done! Regardless of gender these people give their lives, souls and energy to the Filipino Martial Arts. This is the first in a series of volumes of these wonderful people! This is the first book written by a non Filipino with a forward by a Filipino President: President Benigno Aquino III. - 475 Pages

Conceptual Modern Arnis

By Bram Frank

A seldom seen view of Arnis/Modern Arnis the Filipino fighting art of Professor Remy Pesas as seen by 1st Generation student / Senior Master Instructor, Grandmaster of Arnis: Bram Frank. Modern Arnis is seen through the perspective of the family art of the Bolo and knife,(edged tools) rather than a stick. The art of the blade as hidden in Modern Arnis based on the family style of Bolo is shown. The Presas family was known for teaching bolo to the brigades during WWII. Bram was named by the last of the Presas family GM Roberto Presas and The Worldwide Family of Modern Arnis and Filipino Martial Arts Council as the Guardian of the Legacy of Presas bolo. Bram's innovations and translations are shown: the same as he teaches at the FMA festivals in the Philippines. Some history of Modern Arnis in the USA is told. - 511 Pages

Bram Frank Knives

By Bram Frank

This is a 30+ year look at the knives of Bram Frank. Why he designs knives, the progression of idea, to drawing to CAD and finally to steel. It show Bram's Patents and ideas used by Bram and others in the Knife Industry. There is an overview of Brams Gunting Family of knives and his "trademark" BRamp or Ramp (Allowing for Kinetic OPenig by contact of any object), his rounded triangular hole(always able to open with Thumb easily),his Indexing(ability point to rotate from Forward grip to reverse grip and back) and his spoon clip that allows function in a flat clip. A brief overview of training, magazines and comments about Bram's Tactical and Practical knives that have influenced

WHFSC Grandmaster's Council: a compendium of the world's leading Grandmasters

By Bram Frank

This a compendium of the world's greatest council of Grandmasters. These Grandmasters both past and present represent an amazing history of the martial arts. It contains their bios told as they want it heard and seen along with pictures past and present of these Grandmasters. The WHFSC World Head of Family Sokeship Council brings together Grandmasters and Sokes from every style of martial arts to a yearly meeting, with an awards dinner, Hall of Fame and seminars sessions given by the Grandmasters themselves. Included in the book are some of the upcoming masters in the martial arts. - 645 Pages

WHFSC GM book vol #2

By Bram Frank

Vol #2 is a compendium of the worlds Grandmasters of the WHFSC World Head of Family Sokeship Council. These Grandmaster and Masters are those on the committees, boards, and representatives plus hundreds of grandmasters that weren't in volume #1 due to the numbers of members of the WHFSC. These members, in Vol #1 and Vol #2 make up a large piece of the history of martial arts in the current times. Almost every martial art known is represented by these Grandmasters and Masters. Their bios and stories are told in their own words with current and historical pictures. - 639 Pages

Purchase one or all in Paperback or PDF - Click Here

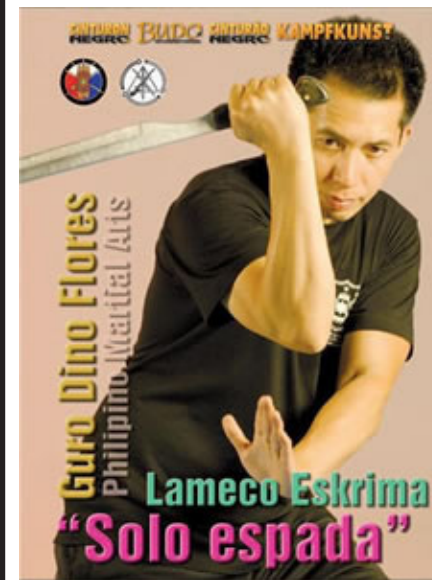
Lameco Eskrima Backyard
Guro Dino Flores DVD Release from Budo International,



Punong Guro Edgar Sulite was one of the great revolutionaries in Philippine Martial Arts history. There were two types of students that learnt under him, those who took classes under him periodically and those whom he selected and prepared personally for becoming fighters in private training sessions in the backyard of his home, these students belonged to the Sulite Orihinal Group. Dino Flores belongs to this second elite group of specially trained fighters in Lameco and shines with his own light as one of the top selected fighters of the Lameco Eskrima backyard group. In this work he introduces and shows us a series of exercises which Punong Guro Sulite emphasized greatly upon and that develop correct distancing in a real combat situation. This dvd will help you refine the combative motions, enable you to increase the intensity within a drill, as well as show you how to use equipment correctly and help you overcome a well protected opponent. You will learn how to avoid being hit and grabbed. These exercises practiced under real contact and tension will allow you to react against the most common attacks in real time and in an effective way. The most important thing is to hit well, to have good footwork and mainly to have a great foundation.

To Order Click Here

2nd Lameco Eskrima DVD featuring Guro Dino Flores released by Budo International
Lameco Eskrima "Solo Espada"



This dvd is focused in long distance with the sword, a special training that was heavily influenced by Great Grandmaster Antonio Ilustrisimo. Guro Flores will teach you the differences in strategy in long distance with either stick or sword, the footwork and five of the 12 Eskrima Drills in detail with their applications and variations.

Guro Dino Flores has focused this work on long range distance, a distance you must master before venturing into medium or short range distance with any weapon and without protective gear. The 12 Eskrima Drills are a combination of the movements Punong Gruo Sulite found most common in real combat situations and referred to them as the "Soul of Lameco", because many hidden secrets are found in these apparently simple exercises. Though most of the Eskrima exercises can be done either with stick or sword, this dvd is focused in long distance with the sword, a special training that was heavily influenced by Great Grandmaster Antonio Ilustrisimo. Guro Flores will teach you the differences in strategy in long distance with either stick or sword, the footwork and five of the 12 Eskrima Drills in detail with their applications and variations. These exercises are essential in order to understand the Great Art of Fighting know as Lameco Eskrima.

Languages: English, Espanol, Italiano, and Francais

To Order Click Here

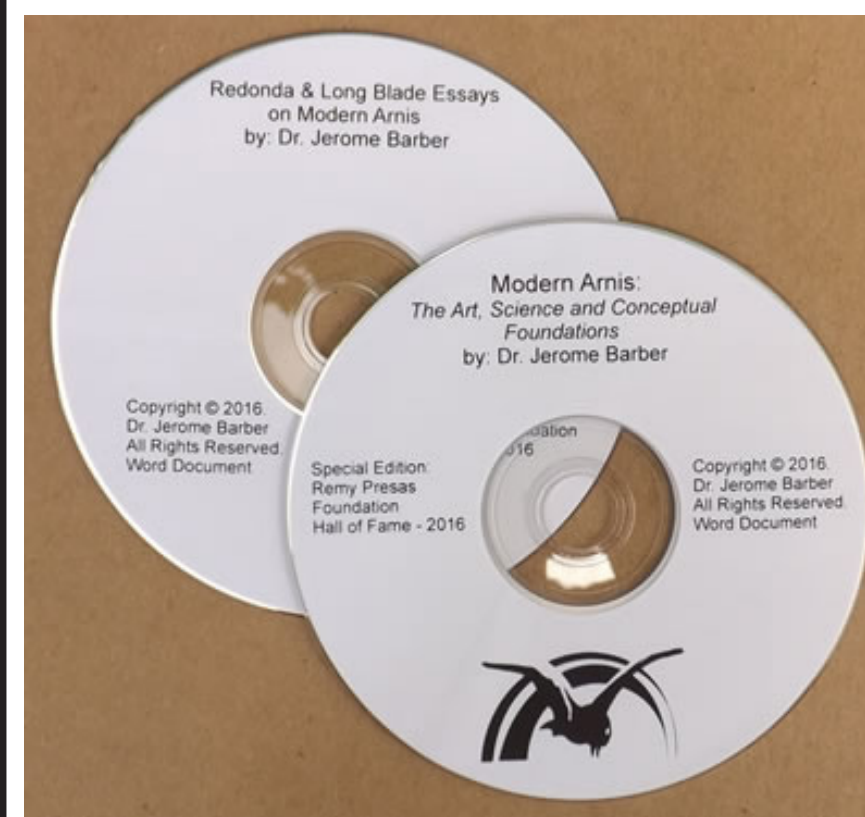


Fighting Patterns of Kuntao and Silat: Chinese Indonesian Combat Arts (Paperback)

By Chris Derbaum and Justin Miller

Fighting Patterns of Kuntao and Silat (Authored by Chris Derbaum, Justin Miller) Brutal and Devastating Art of Kuntao and Silat. Fighting Patterns of Kuntao and Silat is a book based on a diagram which is sometimes referred to as Chinese hands and Indonesian feet. The footwork diagrams are a guide to numerous footwork patterns to put you in the right place at the right time for devastating leg strikes and takedowns which can also be used against multiple attackers. There are over 140 pages of footwork patterns alone in the book that serve as a "how to" guide so you can follow along and practice on your own. The book also includes the most basic footwork stances to more complicated takedowns in this devastating system. When the same diagram is turned upright all the explosive handwork and brutal knifework is also followed from this diagram. There is also a short history of Kuntao-Silat from China-Indonesia and some of the first teachers that brought these arts to the United States. Authors Chris Derbaum and Justin Miller both worked in the law enforcement field for over 35 years and have applied the arts of Kuntao-Silat to numerous real life situations. - 208 pages
Paperback \$33.75

Amazon.com: Click Here



Modern Arnis: The Art, Science and Conceptual Foundations

By Dr. Jerome Barber

The definitive book about the hidden conceptual foundations of the Modern Arnis Filipino Martial Arts System, developed by the late Professor Remy Amador Presas. This book explains hidden conceptual foundations that tie all of the independent aspects of Modern Arnis into a unified whole, stand alone, FMA system. Dr. Barber has taken the written ideas and statements of the late Professor Presas and woven them together to create an in-depth analysis of why Modern Arnis works so effectively and efficiently as a self-defense system.

You can obtain an e-book on disk for \$20, plus \$2 s/h, payable in a money order sent to: Dr. Jerome Barber, 14391 Spring Hill Drive, Suite 180, Spring Hill, FL 34609.

Redonda Long Blade Essays on Modern Arnis

By Dr. Jerome Barber

These two (2) essays were written by Dr. Barber, to explain how Modern Arnis can be used as an effective self-defense system. The Redonda/Block-Check-Counter essay covers a set of self -defense applications of the empty hand Redonda Drill. Dr. Barber and several friends photographed their training session for future reference and study.

The "Long Blade" essay was written to explain the relationship between the

stick, Filipino long blade (bolo), evasive footwork and body-shifting in the Modern Arnis system.

You can obtain an e-book on disk for \$20, plus \$2 s/h, payable in a money order sent to: Dr. Jerome Barber, 14391 Spring Hill Drive, Suite 180, Spring Hill, FL 34609.



The Nickelstick Balintawak Eskrima Bull Chapter Training and Application book

By Guro Christos Koutsotasio

An extensive overview of material found in the Nickelstick Eskrima Club and the Bull Chapter curriculum.

Preparatory exercises as well as basic and advanced material are presented in a step by step method, with detailed description and in depth explanation of the methods and applications for each technique.

The book is in A4 size, with 260 pages full of detailed instructions of the curriculum and with over 800 supplementary photographs.

If you are interested in it send an email to further information! - chriskouts@gmail.com

Latosa Escrima Edge Weapons Training

By Rene Latosa



The main emphasis of training with an edged weapon is knowing and understanding all the dangers associated with this type of weapon. All the "What if's", and "Yeah but's", are all great for trial and error, and assuming predictability. The serious danger of edge weapons is real, and should be treated as such. This means where you should establish your training priority to be a survival tool, in the event this situation happens to you. Let's face it, you are the one having to survive, not your trainer, helps you train your goals, not your objective. The training priorities I use in Latosa-Eskrima are as follows: reality, technique and drills. Reality: This is the understanding of exactly what could happen and the dangers when using or going against an edged weapon.

Techniques: These movements are trying to give you a generalization of possibilities, and probabilities of what may happen. Drills: Most drills are used to develop and enhance body movement skills used in the technique application. The emphasis of this Edged Weapon Training is the proper placement and prioritization of how to develop yourselves for such a situation. The technique does not give you the skills to deal with an edged weapon, only gives you scenario of how it could work. Do not mistake drills and techniques as the system, they are only tools to develop your skills. Reality is having a partner attack you, safely of course with attacks from very close to far away, different speeds and power, from the side and

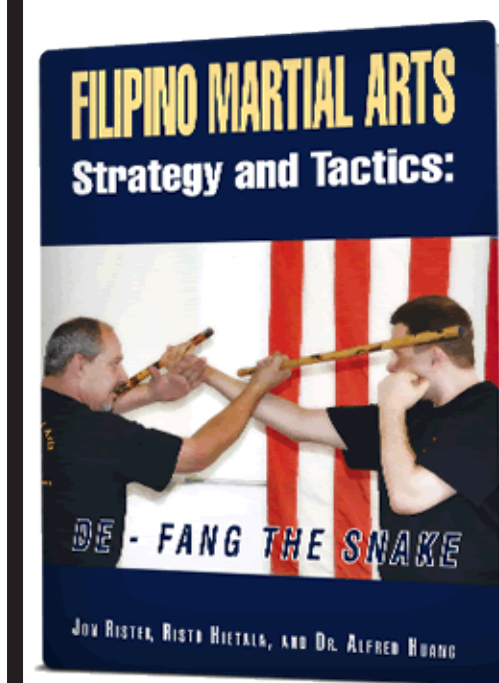
from the unseen areas that are not in your peripheral vision. Obviously there are other, more advance concepts and training methods, but first understand the basic thought process and where the techniques and drills are placed in your priority list.

- Languages included in DVD: English, Español, Italiano, Français

Budo International: Click Here

Filipino Martial Arts: Strategy and Tactics

By Authors and martial arts experts Jon Rister and Risto Hietala, with Dr. Alfred Huang



Eskrima, Arnis, Kali, these Filipino Martial Arts are brutally efficient combat techniques that seamlessly integrate both armed and unarmed fighting. They encompass a wide variety of martial implements, from sticks and knives to improvised weapons, and include empty-handed attack strikes and devastating joint locks. Authors and martial arts experts Jon Rister and Risto Hietala, with Dr. Alfred Huang, review a multitude of these martial methodologies in Filipino Martial Arts Strategy and Tactics.

This work is aimed at both students seeking to gain a deeper understanding on the fundamentals of Filipino Martial Arts, and teachers looking for an alternate perspective on how to teach their tactics and techniques to their learners. The style utilized in this book is the Inosanto Blend, formulated by Magulang Na Guro Dan Inosanto, which itself draws from the Lacoste system, Villabrilie, Ilustrismo, and Balintawak Eskrima. It comprehensively covers the essentials of Filipino Martial Arts, the training methods, double stick and single stick techniques and their strikes, disarms and locks, as well as defenses against knife-wielding attackers. The text also comes with detailed illustrations to elucidate the forms and motions of Filipino Martial Arts, giving readers a better understanding of the combat techniques being discussed.

The work of Rister, Hietala and Dr. Huang is a comprehensive and invaluable discourse on stick and knife fighting. It will prove highly useful for students and instructors alike in reviewing and analyzing their techniques in between practice sessions, and will greatly help enrich their knowledge on Filipino Martial Arts Strategy and Tactics.

Learn More and Order: www.kalirister.com

Perfect Bound Softcover: Price \$19.99

Casebound Hardcover: Price \$29.99

E-Book: Price \$3.99

Motivation Training Muisic

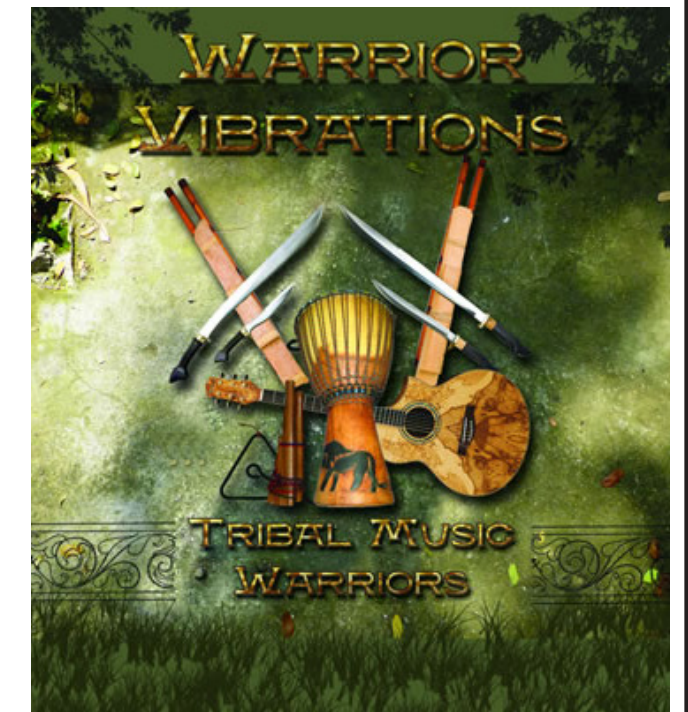
By the Tribal Music Warriors called, "Warrior Vibrations"

By popular demand we have created a motivational tribal sound in a modern format that is very audibly appealing. For many years I have been hearing how people are looking for music to play in their Filipino martial art classes, and other martial art styles as well. It is well noticed that students playing Kali/Arnis/Eskrima or Kuntao listening to this music during class have better rhythm and improve their skills levels by getting better timing following the beats in the Warrior Vibrations album. This was all put together by Paul Kramarz, with Bongo Dude Mark Capsalors, Woody Floyd on various percussion instruments along with Ron Kosakowski with the idea and editing. There were also some students of the Practical Self Defense Training Center in Waterbury, Connecticut playing the various weapon in a drill format fitting the rhythm of the music, as you will hear on the album.

Sword and impact weapon play has such a rhythm to it once people have it down well. We basically took the rhythm of the sword and impact weapons and added a tribal beat with many different primitive instruments and added some guitar and a few other modern sounds and put together this unbelievable sound. Its so good, I can see people listening to it anywhere they go not just training their martial art style.

The video is just samples of the music on the actual CD.: To see it **Click Here**

The Tribal Music Warrior CD is sold on - TraditionalFilipinoWeapons.com - To Purchase: **Click Here**



Amazing Fact and Figures Every Pinoy Must Know

What was Jose Rizal's favorite food? Who was the first recorded Pinoy serial killer? Why do Filipinos love to eat rice? Who was the real mastermind behind Ninoy's assassination?

Three years ago, these were just some of the questions that rekindled my childhood curiosity. And as I searched for answers, I realized that there was no website that could satisfy my cravings for interesting Pinoy facts. Sort of a local version of Mental Floss; a repository of the most surprising, lesser-known trivia about our history and culture.

And so a unique blog was born. Combining the words "Filipino" and "knowledge," I came up with a name I never thought in a million years would start an online revolution—FilipiKnow.

Fast forward to today, the award-winning blog is now considered the go-to place for interesting Pinoy facts. And none of this would have been possible if not for the continuous support of readers like you.

This book will help you realize that FilipiKnow isn't just about trivia after all. I remember one passionate reader telling me that I underestimated our contents when I defined trivia as "useless information." He went on to share another definition I admit I overlooked when I used the dictionary: facts about people, events, etc., that are not well-known. In other words, this book about not-so-well-known facts can be powerful, depending on how you look at it.

It uncovers truths about Philippine history nobody taught us in schools. It introduces us to some of our forgotten heroes that could teach a lesson or two on how to be a better Filipino. Finally, it may help you realize how rich our culture is, and how nice it is to be a Filipino despite our flaws and mistakes.

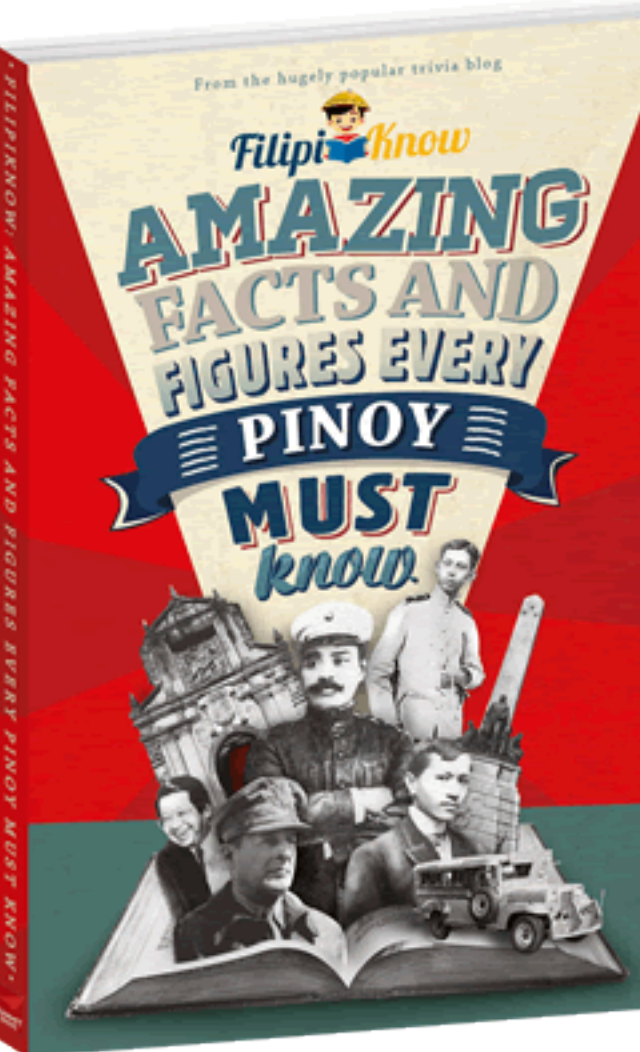
FilipiKnow is not just about facts and figures. It is a book about Filipinos—who we were, who we are now, and who we are going to be.

What's inside the book?

It is a compilation of some of the best stories we've ever published. Of course, we've also included exclusive stuff. After all, you won't buy a book if everything in it you can easily find online, right?

To give you an idea, here are some of the interesting never-before-published stories you can find in the book:

•5 'Facts' About History You Thought Were True, But Definitely Aren't



- 6 Famous Foreign Wars You Didn't Know Filipinos Fought In
- The Chilling Story of Philippines' First Serial Killer
- Why Do Filipinos Love To Eat Rice? (And Other Yummy Pinoy Food Facts)
- 10 Behind-The-Scenes Facts About Iconic Pinoy Movies
- And a whole lot more.....

Sold in National Book Stores in the Philippines - For ordering and quetions Click Here

Available Now...all-wood sword & scabbard trainers for Filipino martial arts practitioners from Talim Trainers.

If you train the bladed aspects of Fthe Filipino martial arts, you need blade trainers, not just sticks, for your practice. However, if you neglect scabbard use, you're missing out on an important part of your training.

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Coming Soon. 4 total volumes from Chalkidiki FMA Camp 2016!
Preorder for each volume is \$30 or full set for \$100

On August 26th, 27th, and 28th of 2016, Guro Christos Koutsotias and Guro Jerome Teague will be instructing a global Filipino Martial Arts Camp in Chalkidiki Greece.

A DVD on the materials covered during the total of 24 hours of training is available for pre-order. Topics will include material and methods from both instructor's diverse backgrounds:

1. Single stick and Double stick
2. Knife
3. Long Blade
4. Dumog and Panuntukan

Price is \$30 per volume or all 4 volumes for \$100.

More Information: [Click Here](#)

Counter Blade Tactics Ohio Seminar DVD

By: Guro Jerome Teague



This DVD is the covers the introductory seminar presentation of the Counter Blade Tactics curriculum instructed by Guro Jerome Teague. This presentation includes a basic overview of blade to blade and empty hand against blade applications. Thank you to the owners, staff, and students of Endeavor Krav Maga and Crossfit for hosting this

event.

This DVD covers:

- Blade to Blade Application
- Footwork
- Anatomical Targeting
- Fatal and Non-Fatal Applications
- Empty Hand to Blade Basics
- Flow and Reflex Drills

To Order: [Click Here](#)



The Desangut Fixed Blade Magnum

By TnT Blades

Production Information:

This first run is a semi-custom / numbered production. Only 100 pieces were made. There are only a few left.

Trainers are now available

To Place your Order [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](#)

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.