

# FMA Informative

Propagating the Filipino Martial Arts and the Culture of the Philippines

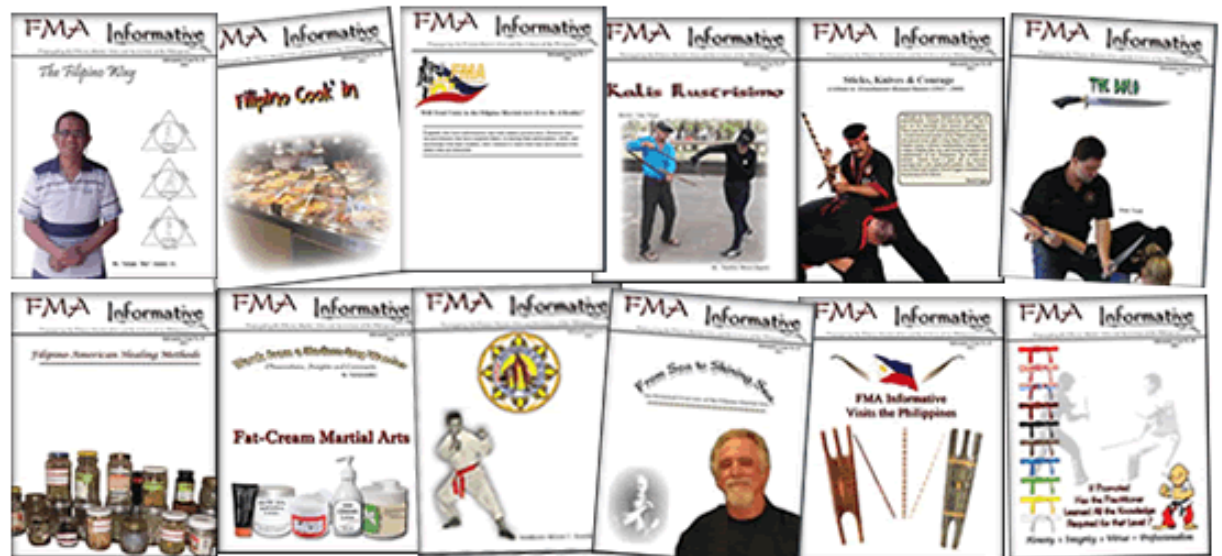
Informative Issue No. 100  
2013

## 100<sup>th</sup> Issue

The issues that made it possible for the FMA Informative to get established.



Most downloaded issues.



**FMA Informative 100th Issue and Second Year Anniversary**  
**FMA Informative 2011**  
**FMA Informative 2012**  
**FMA Informative 2013**

### FMA Informative 100th Issue and Second Year Anniversary

The FMA Informative officially started on December 1, 2011 with its first issue; Informative Issue #1 (FMA Unity and Legends), since then the FMA Informative has published a total of 100 Issues.

With the FMA Informative starting on the 1st of December 2011, Steven Dowd was asked to reach out and see about obtaining some material for the first issues. The first Informative Issue was, “FMA Unity and Legends” which was thought to be appropriate telling about the true legends of the Filipino martial arts, and practitioners that carried on styles and systems of the Filipino martial arts and have passed on and the Unity of the Filipino martial arts, some fact some questioning.

Then followed by “Learn in 6 Teach in 12” by Grandmaster Bram Frank, “Balintawak Basics (abecedario)” by Sam Buot Sr., “Kuntaw Basics” and “TRACMA Basics” by Steven Dowd, Serrada Eksrima by Khalid Khan and finally “Villabrille-Largusa Kali System” by Zena Sultana Babao, a great start for the online magazine.



Since then the FMA Informative staff has gone out and procured many issues finally adding up to 100 issues that are packed with information, knowledge and are very interesting and are loaded with informative material.

In checking the count the ten (10) most downloaded issues so far have been:

1. Informative Issue #91 - The Filipino Way
2. Informative Issue #28 - Filipino Cook'in
3. Informative Issue #1 - FMA Unity and Legends
4. Informative Issue #67 - Kalis Ilustrisimo
5. Informative Issue #60 - A Tribute to Grandmaster Roland Dantes
6. Informative Issue #52 - The Bolo
7. Informative Issue #51 - Filipino-American Healing Methods
8. Informative Issue #84 - Fat-Cream Martial Art
9. Informative Issue #86 - World Sikaran Brotherhood of the Philippines
10. (3 issues tied for 10th):  
 Informative Issue No #13 - Historical Overview of the FMA  
 Informative Issue No #61 - FMA Informative Visits the Philippines  
 Informative Issue No #85 - Do You Have the Knowledge



Now understand that each of the 100 issues have been downloaded over 3,000 times, but the issues mentioned above have the highest downloaded counts just by a few downloads.

The FMA Informative would like to thank the following writers and practitioners that have voluntarily contributed to the FMA Informative making available he issues which have come out thus far, for without them the 100 issues and the two years would not have been possible.

Each issue features practitioners of martial arts and other internal arts, other features include historical, theoretical and technical articles; reflections, Filipino martial arts, healing arts, the culture of the Philippines and other related subjects.

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

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

The FMA Informative is for the promulgation and promotion of the Filipino martial arts and the Culture of the Philippines. NO issue can be printed and Sold for Monies, without the express permission of the Owner and Publisher of the FMA Informative.

It is a Privilege and Honor to recognize the writers responsible for the issues of the FMA Informative:

Narciso "Hansy" Alojado  
Virgil J. Mayor Apostol  
Narrie Babao  
Zena Sultana Babao  
Abon "Garimot" Baet  
Alfredo Bandalan  
Jerome Barber  
David Battaglia  
Jessielyn "Jemn" N. Baxafra  
Michael Belzer  
Paul-Raymond Buitron III  
Sam Buot  
Linda Bustamante  
Richard Bustillo  
Catherine "Kitty" Canete-Knight  
Dean Carter  
Steven K. Dowd  
Fred Evrard  
Alison Fand  
Jeff 'Stickman' Finder  
David Foggie  
Leo Fong  
Manuel Francisco

Bram Frank  
Maurice Gatdula  
Tom Gillis  
David E. Gould  
James Hogue  
Joel Huncar  
Jose Isidro  
Ginalyn Jadia  
Adam James  
Felipe P. Jocano Jr.  
Tim Kashino  
Khalid Khan  
Dieter Knüttel  
Ron Kosakowski  
Marc Lawrence  
Joy Lim  
Lowelle Lledo  
Bill Lowery  
Keri Marotta  
Dan Medina  
Mike Melchor  
Rey Morales  
Garitony C. Nicolas

Rose Nietes  
Andrew P. Obon  
Shauna Okusako  
Jun Paliangayan  
Tom Edison Pena  
Eric Primm  
Emmanuel ES Querubin  
Michael Querubin  
Edessa Ramos  
Linda Reim  
Karl Royer  
Bella Marie Baron Saguin  
Jim Schaufele  
Marcus Schüssler  
Hector Soliz  
Bryan Stoops  
James U. Sy Jr.  
Tony Torre  
Michael Wieteska  
Lane Wilcken  
Jamen Zacharias

Also the FMA Informative would like to thank Steven Dowd, Owner and Publisher of the FMA Digest for authorizing us to make available the FMA Digest issues, (Regular Issues, Special Issues, Special Editions, and Mini Issues), and also letting the FMA Informative have the FMA Digests school database, which the FMA Informative staff has added to, and tried to update as much as possible with the cooperation of the practitioners. Mr. Dowd also assists the FMA Informative in obtaining material.

For those who might be unfamiliar with the FMA Informative:

About the FMA Informative issues which is a online magazine, the issues are designed to speak about one subject, whether a basic concept of a style, philosophy, techniques, a cultural aspect of the Philippines etc. The submitted material must be at least 10 page minimum, but can be as long as desired.

It is hoped all will enjoy the FMA Informative Magazine. Please pass the word so more practitioners, and non-practitioners can join in on sharing their knowledge, aspects, and experience.

It must be remembered that the FMA Informative is what you make it, if nothing received, and then nothing can be given. Be one that shares.

The FMA Informative is a non-profit online magazine; we do not solicit, expect or want donations, just material to share with others. The FMA Informative Staff is dedicated to the Propagating of the Filipino martial arts and the Culture of the Philippines.

So in a final comment, the FMA Informative would again like to thank the writers, practitioners, and subscribers for their support.

Mar Angeles



## **FMA Informative 2011**



### **Informative Issue No #1 - FMA Unity and Legends**

Will Total Unity in the Filipino Martial Arts Ever Be A Reality? - Steven K. Dowd  
Pundador Manuel Molina Aguillon Sr. [1915-1991] Arnis Balite - Steven K. Dowd  
Grandmaster Gerardo “Larry” Alcuizar [1934-2007] Eskrido - Kirk Gooding  
Grandmaster Venancio Bacon [1912-1980] Balintawak - Sam Buot  
Guro Mariano Bermodes [1958-2006] Serrada - Wade Williams  
Guro Grande George Brewster [1924-2006] Brewster Arnis - Peter Freedman  
Grandmaster Angel Cabales [1917-1991] Serrada Eskrima - Leo Fong  
Grandmaster Jose Caballero [1907-1987] De Campo Uno-Dos-Tres Orihinal  
Founder Filemon De La Cuesta Canete [1904-1995] San Miguel Eskrima - Tom Bisio  
Grandmaster Vicente Carin [1920-2004] Doce Pares - Vince Palumbo  
Grandmaster Gregorio “Goyong” Ceniza [1925-2007] Baraw Sugbo -

Kaloy Bugoy / Karlon N. Rama

Roland Tango Pintoy Dantes [1945-2009] - Steven Dowd

Master Robert M. Du [?-2007] PAKAMUT - Marc Lawrence

Ama Maestro Saturnino Fabia [1915-2005] Estella Sinkatan Arnis - Bernardo Salinas

Grandmaster Emertius Leovigildo (Leo) Miguel Giron [1911-2002] BAHALA NA - Tony Somera\

Julian Goc-ong [1925-2003] Abanico De Vertical - Celestino C. Macachor

Grandmaster Antonio Ilustrisimo [1904-1997] Kali Ilustrisimo - Reynaldo S. Galang

Mangisursuro Mike Inay [1944-2000] Inayan Eskrima - Jon Ward

Maestro de Maestro Sozimo ‘Sosing’ Labor [1924-2008] Siete Pares Escrima - Nelson Estanol / Joe Giron

Grandmaster Louis Lagarejos [1935-2004] Sikaran

Grandmaster Ben Largusa [1926-2010] Villabrille-Largusa Kali System - Zena Sultana Babao

Grandmaster Federico T. Lazo [1938-2010] Luzviminda Arnis Kali Brotherhood

Dr. Guillermo B. Lengson [1929-2000] KAFEPHIL - Jeff Suministrado

Punong Guro Mark Lledo [1974-2008] Amara Arkanis - Emmanuel Querubin

Grandmaster Benjamin Luna-Lema [1919-2003] Lightning Scientific Arnis

Founder Reynaldo Ayo Magdaraog [1945-1998] Magdaraog Philippine Zen Aikido Jutsu Ryu - Roy B. Magdaraog

Grandmaster Romeo Mamar, Sr. [1938-2005] Tapado

Grandmaster Timoteo Timor Maranga [?-1988] Combat Eskrima Maranga

Grandmaster Jose Mena [1917-2005] Doble Rapilon

Grandmaster Arnulfo Mongcal [1924-2005] New Concept of Philippine Arnis - Rino Balinado

Master Joe Napial [1958-2004] Doce Pares - Alfred Bandalan

Master Chian Brozula Ong Jr. [1953-2008] Baton Masters - Steven K. Dowd

Lolo Guro Isidro Pambuan [1920-2008] Pambuan Arnis - Raffy Pambuan

Batikan Eduardo Pedoy [1946-2008] Pedoy’s Style Derobio Escrima - Tyrone J. Takahashi

Great Grandmaster Braulio Tomada Pedoy [1900-1992] Pedoy’s Style Derobio Escrima - Kent Lighter

Great Grandmaster Ernesto Presas [1945-2010] Kombatan - Alexander Bautista Bayot France

Professor Remy A. Presas [1936-2001] Modern Arnis - Kelly Worden

\Grandmaster Rafael Reston [1927-2006] Combat Judo Karate - Craig Radcliffe / Bill Anderson

Master Christopher Ricketts [1955-2010] Kali Ilustrisimo - Steven K. Dowd

Grand Tuhon Baltazar “Bo” Sayoc [1934-2007] Sayoc Kali

Punong Guro Edgar Sulite [1957-1997] Lameco Eskrima - Dog Brothers Inc.

Guru H. Yasser Tanadjalan [1950-2007] Silat Sawdara - Felipe ‘Bot’ Jocano Jr.

Grandmaster Bernardino G. Tanique [1933-2005] Tanique Arnis

Grandmaster Floro Villabrille [1912-1992] Villabrille-Largusa Kali

Great Grandmaster Atty. Jose Villasin [1923-1988] Balintawak - Sam Buot

Professor Florendo Visitacion [1910-1999] Vee Arnis Jitsu

Maestro Sonny Umpad [1948-2006] Visayan Corto Kadena - Brian / Jackie Quilalang Umpad / George M. Yore

Maestro Elmer Ybanez [1953-2004] Lema Scientific Kali Arnis - Steven K. Dowd



### **Informative Issue No #2 - Learn in 6 Teach in 12 - Bram Frank**

Modular Learning Perspective “ Learn in 6 - Teach in 12”

Imagination is More Important Than Knowledge

It’s a Left Side - Right Brain Thing

1-4-12 Low Line Standar

1-2-2 High Line Standard

Horizontal - Vertical

Too Tall - Too Short

Combat Must Be Simple

How Does One Teach Self-Defense?

Build Belief in One’s Self

The Key to Train the Trainer Teaching

Blade Master Bram Frank - Edessa Ramos

The Gunting Family of Knives - Bram Frank

### **Informative Issue No #3 - Balintawak Basics (abecedario)**

*Sam Buot*

Balintawak Basics (abecedario)

Warm-Up Exercises

Starting Position

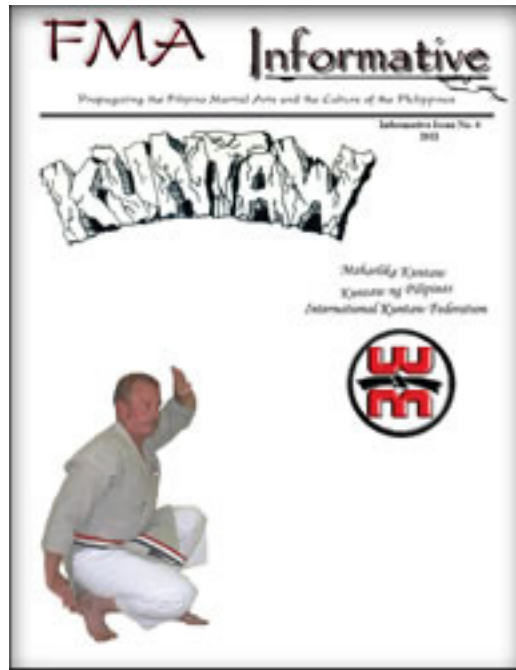
General Principles and Exercises

Delivery of Strikes

Parrying of the Twelve Basic Strikes Delivered by Instructor with Corresponding Counterstrikes by Student

Sam Buot, Sr., “Student and Enthusiast of the Art”





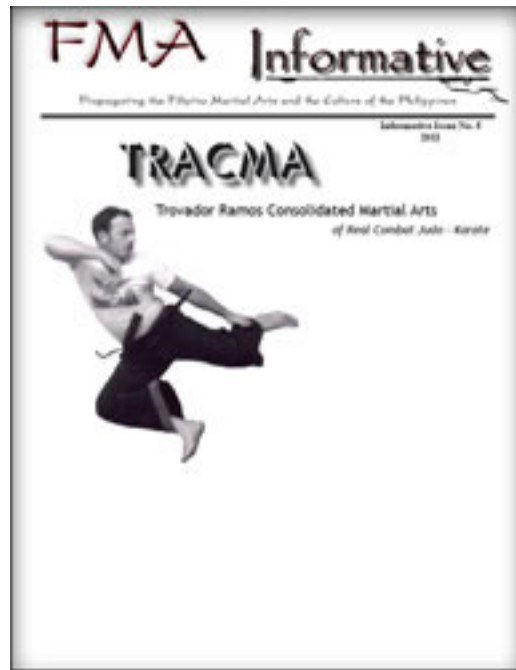
**Informative Issue No #4 - Kuntaw Basics - Steven Dowd**

- Kuntaw
- Belief
- SAI - Breathing
- Breathing Technique
- Building a Foundation
- Panilingkas Forms
  - XA1 - Panalingkas Isa
  - XA2 - Panalingkas Dilawa
  - XA3 - Panalingkas Tatlo
  - XA4 - Panalingkas Apat
  - XA5 - Panalingkas Lima
  - XA - Panalingkas Bilogan - Circular Form
- Batayan Forms 15
  - XB1 - Batayan Isa
  - XB2 - Batayan Dilawa
  - XB3 - Batayan Tatlo
  - XB4 - Batayan Apat

- XB5 - Batayan Lima
- The Seven Values Behind Kuntaw 20
- Empty Hand & Foot Techniques 21
- Steven Dowd Instructor

**Informative Issue No #5 - TRACMA Basics - Steven Dowd**

- Learning and Training in TRACMA
  - Exercises
  - Stances
  - Striking Weapons
  - Blocking
- Forms
  - Scientific 1A
  - Scientific 1B
  - Scientific 1C
- Belt Requirements
- Steven Dowd TRACMA Instructor



**Informative Issue No #6 - Serrada Eskrima - Khalid Khan**

- Introduction to Serrada Eskrima
- Training of Serrada Eskrima under Grandmaster Angel Cabaes
- The Sparing Drill Methods
- Fundamental Counter System
- Advanced Training Concepts in Lock & Block and Flow Fighter Drills
- Last Meeting with Grandmaster Angel Cabaes
- Final Note

**Informative Issue No #7 - Villabrille-Largusa Kali System**

*Zena Sultana Babao*

- Grandmaster Floro Villabrille: The Founder and Grand Old Man of Kali
- Grandmaster Ben Largusa: FMA Legend and Kali Grandmaster



**FMA Informative 2012**



**Informative Issue No #8 - Garimot Hilot - Abon "Garimot" Baet**

Hilot - Filipino Ancient Therapy  
 Four Major Type of Hilot  
 Hilot Therapy Theory and Practice  
 Hilot and Martial Arts?  
 The Founder and Guro

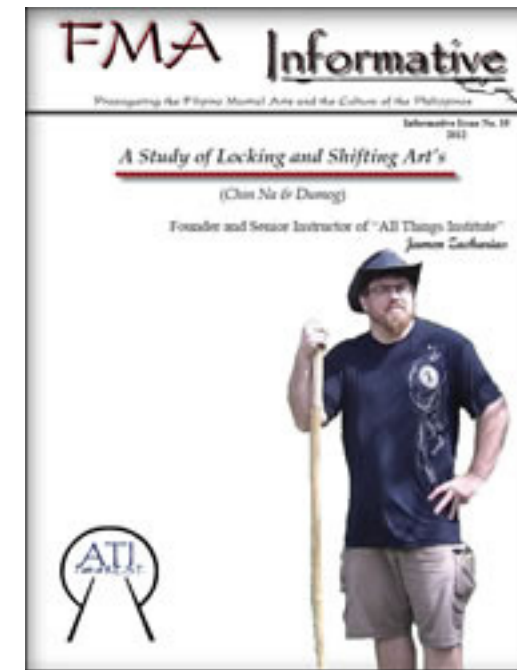
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**Informative Issue No #9 - Kalis Ilustrisimo**

*Bella Marie Baron Saguin*

The System of Kalis Ilustrisimo  
 Tatang and the Teachers of Kalis Ilustrisimo  
 Tatang Antonio Ilustrisimo  
 Master Antonio "Tony" Diego  
 Master Christopher "Topher" Ricketts  
 Master Romeo "Romy" Macapagal  
 The Sword of Ilustrisimo  
 Sombra  
 Praksyon  
 Directa  
 Techniques  
 Visagra  
 Striking  
 Efficiency: The Shortest Distance  
 Count  
 Gap  
 Using the Opponent's Force  
 The Author: Bella Marie Baron Saguin (Peachie)  
 The Basics of Kalis Ilustrisimo System "As I was Taught"

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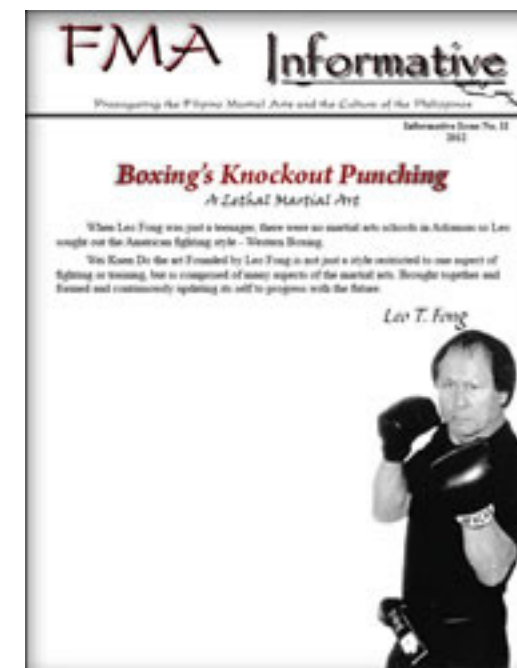
**Informative Issue No #10 - Locking and Shifting Art's**

*Jamen Zacharias*

A Study of the Locking Arts  
 Categories of Locking  
 Force Degree Ladder  
 Lock Force Degree Ladder  
 Thought  
 Instinct  
 Ideal Internal States  
 Ethical Force  
 Effortless Force  
 The Unity of Ethical and Effortless Force  
 A Study of Locking and Shifting Art's - (Chin Na & Dumog)  
 Realm of Cohesion  
 The Spectrum of Martial Arts  
 The Arts of Chin Na & Dumog Primarily Involve  
 Root Categories of Pushing and Pulling  
 Some Pushing Techniques

Some Pulling Methods  
 Type 1 & Type 2 Shifting Arts  
 Type 1  
 Type 2  
 Some Distinctions  
 Pushing/Pulling to Chamber Resistance

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**Informative Issue No #11 - Boxing's Knockout Punching**

*Leo Fong*

Boxing's Knockout Punching  
 Western Boxing can be even more lethal when combined with pressure points  
 James J. Corbett  
 Bob Fritzsimmmons  
 Kid Gavilan  
 Kid McCoy  
 Bob Foster  
 Joe Louis  
 Rocky Marciano  
 Sugar Ray Robinson  
 Wei Kuen Do  
 Thoughts on Knockout Punching  
 Accuracy

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**Informative Issue No #12 - Sinawali - Garitony C. Nicolas**

Modern Sinawali of the Arnis Nicolas System

The Principles of a Good Arnisador

The Arnis Stick

Basic Single X Sinawali

Advance Single X Sinawali

One Stick Against Two Stick

One Against Two Opponents

Mano-Mano Application

Arnis Nicolas System (Modern Sinawali) Grading Syllabus

Three Hundred and Sixty Three (363) Different Variations

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**Informative Issue No #13 - Historical Overview of the FMA**

*Jeff Finder*

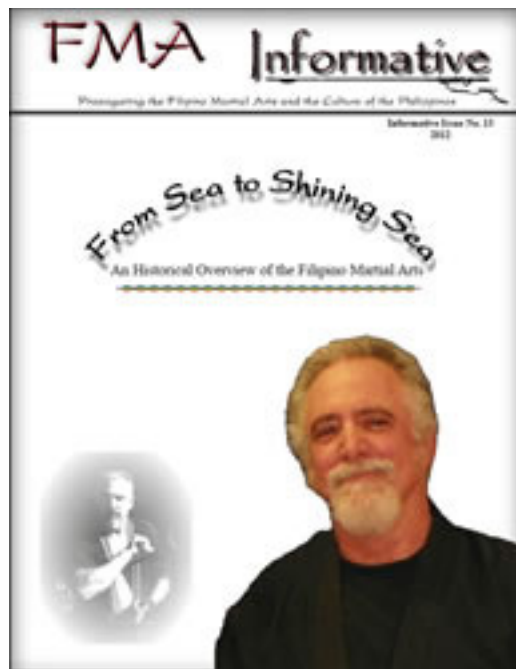
Part 1: The Historical Setting

Part 2: The Art

Part 3: Modern Times

Part 4: The Crystal Ball

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**Informative Issue No #14 - Healing Arts - Virgil J. Mayor Apostol**

Healing Arts of the Philippines

Indigenous Science

Two Sides of a Coin

Traditional Filipino Healing into the Future

Revival and Re-introduction of Traditional Filipino Healing Practices into American Society

Colonization of the Philippines

Assimilation into th American Way of Life

What Traditional Filipino

Manual Medicine Is and Is Not

Revival and Re-introduction of Filipino Traditional Healing

Practices through Formal Education and Written Works

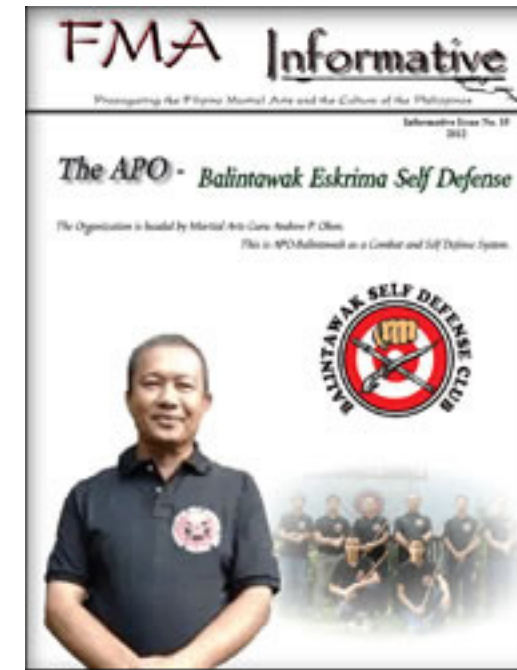
Ablon Manual Medicine

Workshops & Testimonials

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**Informative Issue No #15 - APO Balintawak Eskrima Self Defense - Andrew P. Obon and Louis Carlo Lim**



The APO-Balintawak Self Defense System

3 Rules of Engagement

Three Core Values

Basic Principles of Balintawak Eskrima

The Flexible, Agile, and Stable Footwork

Lightning Strikes

Optimal Defense

Enhancing Speed

Shorten your weapon

12-Basic Defense

12-Basic Strikes

The Principle of Compensation

The Principle of Simultaneous Actions

The Principle of Half-Timing

The Split Second Advantage

Balintawak Eskrima Sparring

The Building Phase

The Strengthening Phase

The Sharpening Phase

The Instinctive Action Phase

Unmasking the Real Beauty of Balintawak Eskrima

The Value Added of Shadow Fighting Practice

About Guru Andrew P. Obon

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**Informative Issue No #16 - Modified Pangamut System**

*Marc Lawrence*

Modified Pangamut System

Training Concepts

Levels of Learning

Foot-work

General Stick Concepts

Live Hand / Empty Hand Work

Weapon Hand Work

The Stick as a Levers & Locking Device

Blade Concepts

Empty Hands: Hand & Foot Fighting the 10 Weapons of the Body

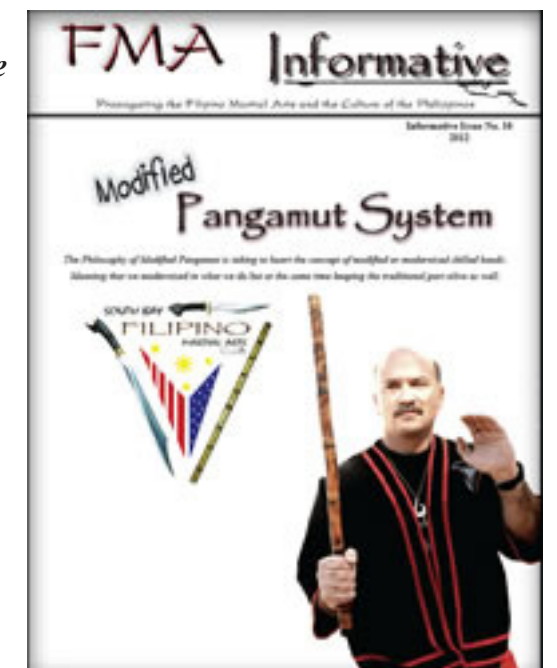
Combat Flows

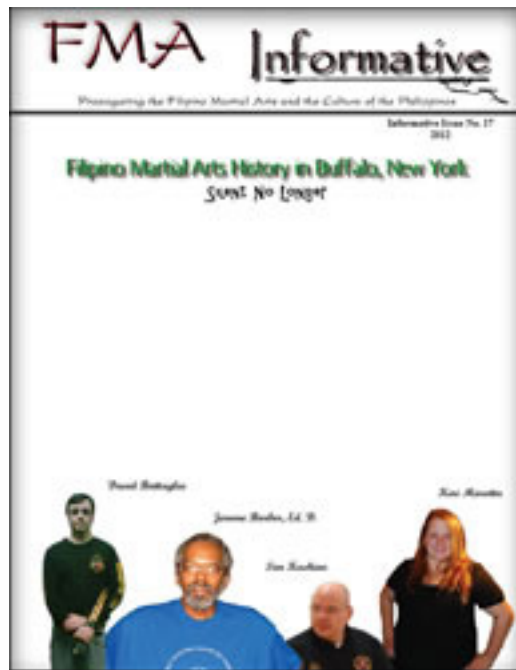
Healing / Alternative Medicine

Traditional and Improvised Weapons Training

Firearms - Modern Weapons Training

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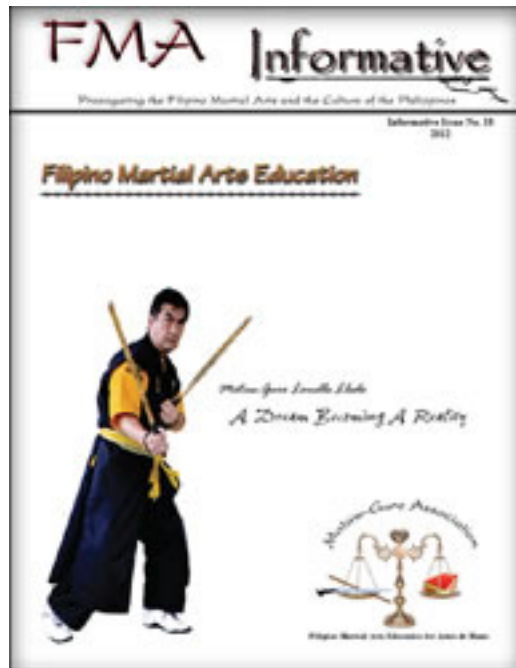


**Informative Issue No #17 - FMA History in Buffalo New York**  
*Jerome Barber, David Battaglia, Keri Marotta, and Tim Kashino*

Silent No Longer  
 The Development of the FMA in Buffalo, NY: 1980's to the Present  
 The Erie Community College Kenpo-Arnis Legacy Continues  
 A Practical Focus

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**Informative Issue No #18 - FMA Education (A Dream Becoming A Reality) - Lowelle Lledo**



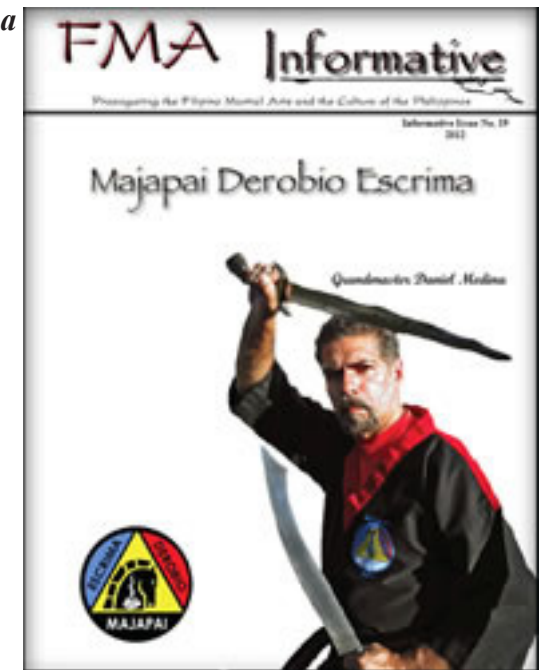
The Beginning Comparison of Teaching Approach  
 Basics Building the Foundation  
 Breathing  
 Stance and Center of Gravity  
 Grip and Strikes  
 Manners of Striking  
 Progression of Training:  
 Basic Thrust (ULOS)  
 Mindset  
 Louelle Lledo Forms his Dream with the Mataw-Guro Association  
 The Basic Thought Behind Forming the Mataw-Guro Association  
 The Mataw-Guro - A Teacher Above Par  
 Mataw-Guro Association the Philosophy of Rank  
 The Mataw-Guro - A Teacher Above Par  
 How Early Should Martial Arts Training Start?

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**Informative Issue No #19 - Majapai Derobio Escrima - Dan Medina**

Derobio Escrima a Very Deadly and Colorful Past  
 The Basics  
 Striking  
 Blocking

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**Informative Issue No #20 - Sama-Sama 2012**  
*Senkotiros Arnis Inc.*



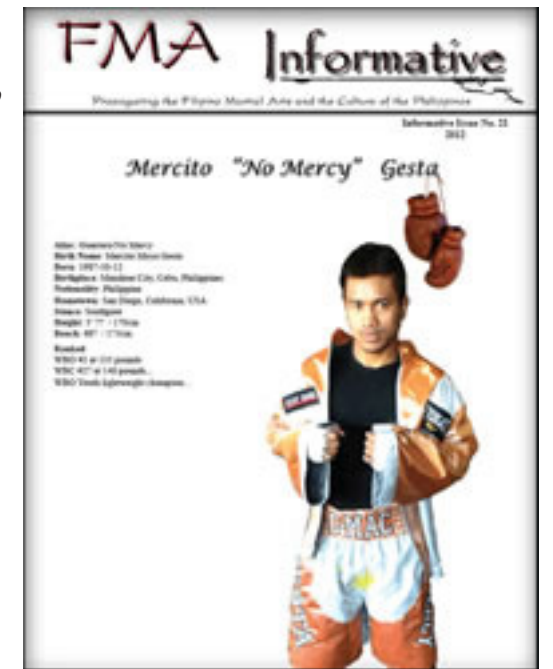
Sama - Sama (The Gathering)  
 Annual Martial Arts Seminar  
 History of Pallen's Martial Arts and Senkotiros

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**Informative Issue No #21 - Mercito "No Mercy" Gesta**  
*Zena Sultana Babao*

Ancito Gesta: His Son's Role Model and Hero  
 Mercito "No Mercy" Gesta: Undeclared Filipino Boxer Triumphs in America  
 Mercito Gesta Biography: Courtesy: Top Rank Boxing

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**Informative Issue No #22 - Original Filipino Tapado - Narciso "Hansy" Alojado**



Original Tapado: The Ultimate Filipino Stick Fighting Art - Narciso Alojado  
Salutation  
The Basic strike of UNO  
The Basic Strike of DOS  
Beginner's Basic Practice  
Basic DOS with Partner  
Torsido and Salta  
Demonstration or Competition  
Grandmaster Benefredo "Bebing" Mamar Lobrido - Narciso "Hansy" Alojado

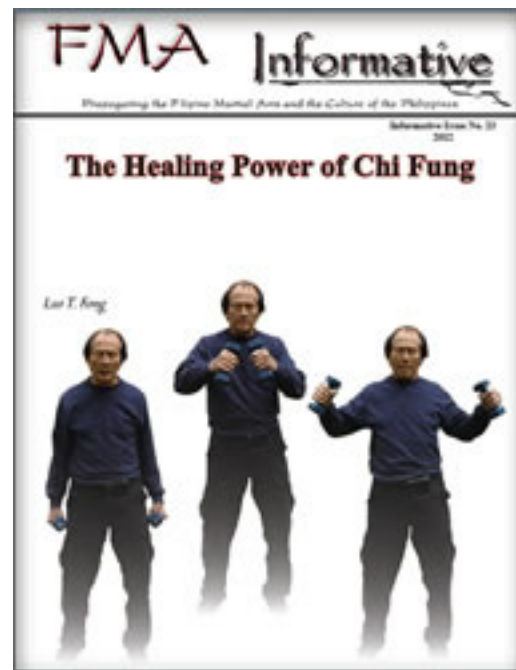
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**Informative Issue No #23 - Healing Power of Chi Fung**

*Leo Fong*

The Healing Power of Chi Fung  
Chi Fung the Beginning  
The Essence of Chi Fung  
Deep Breathing  
Synthesizing of All Elements  
The Chi Fung Exercise Program  
Other Benefits of Chi Fung  
Abdominal Fitness  
Chair Crunches  
Chair AB Twists  
Leg Circles  
Breathing Meditation

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**Informative Issue No #24 - Golden Gate Int'l - Stickfighting Nationals - Alfredo Bandalan**



Golden Gate Stickfighting Nationals  
Results  
World WEKAF Tournament Preview  
BDP Hawaii Attends Golden Gate Stickfighting Nationals

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**Informative Issue No #25 - 1st Filipino Martial Arts Hall of Fame**

*Garitony C. Nicolas*

Letters of Support  
Press Conference at Aristocrat Roxas Boulevard Manila  
Medyo Late at Night with Jojo A  
Gala Awards Night at Diamond Hotel  
Receiving Awards  
Friends  
Comments  
Seminar Training Workshop at Ramon Magsaysay Hall  
Comments  
First Baxafra Armor International Invitational Tournament  
Comments



**Informative Issue No #26 - Pangasinan Arnis - James Hogue**

Going With the Flow  
Punyo Hubad  
Punyo Hubad: Switches and Releases  
Outside Release Drill #1  
Inside Release Drill #2  
Offensive Use for Defanging the Snake  
The Big Dovetail  
Sinawali - The Art of Weaving  
Guru James Hogue: Warrior Turned Teacher

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**FMA Informative - Issue #27 - San Diego Grand Internationals**  
*Narrie Babao*

- 2012 Stick Fighting/Open Weapons Division
- Champions From the Different Divisions
- Three Main Requirements for an Approved Weapon Sayaws
- Single Stick or Short Weapon Fighting
- Long Open Weapons Fighting
- The Grand Championship
- Stick Fighting / Weapons Fighting Rules
- Weapons Sparring: A Test of Nerve and Skill

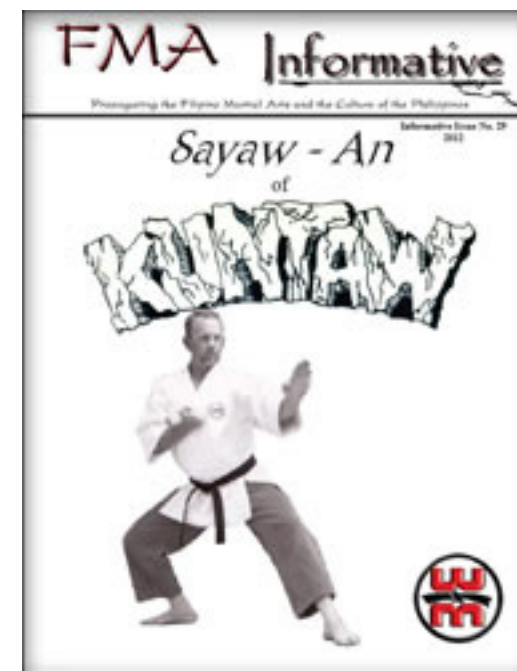
**Informative Issue No #28 - Filipino Cook' in**



- Philippine Cuisine
- Commence Preparation Day
- Before
  - Filipino Lechon
  - Fresh Lumpia Wrapper
- Skins
  - Lumpia
  - Classic Escabeche
- Breakfast
  - Pandesal
  - Chamorado
  - Itlog na Maalat
- Pulutan / Appetizers
  - Kalderetang Aso
  - Dinuguan
- Main Meal and Side Dishes
  - Manggang Hilaw at Kamatis
  - Bicol Express
  - Nilagang Baka
  - Sinigang na Baboy
  - Kare-Kare
  - Pinakbet
  - Pinangat
  - Sinigang na Hipon
  - Paksiw na Isda
  - Rellenong Bangus

**FMA Informative Staff**

- Inihaw Na Bangu
- Lapu-Lapu
- Kalderetang Kambing
- Kalderetang Baka
- Mechado
- Sweet and Sour Pork
- Sweet and Sour Sauce
- Sweet and Sour Chicken
- Pork and Chicken Adobo
- Sinigang na Baka
- Embutido
- Morcon
- Pinoy Pork Barbecue
- Pancit Bihon
- Pancit Canton
- Steamed Rice
- Desserts
  - Cassava Cake
  - Maja Blanca
  - Filipino Biko
  - Buko Salad
  - Leche Flan
- Snacks
  - Turon
  - Maruya
  - Kamote Que

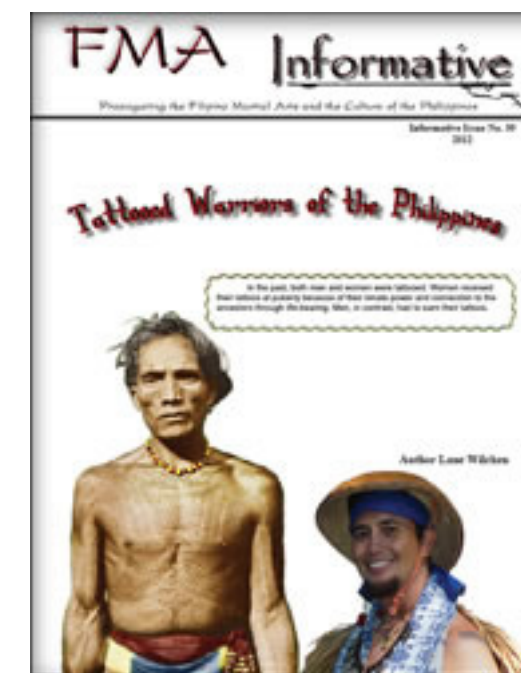


**Informative Issue No #29 - Sayaw-An of Kuntaw - Steven K. Dowd**

- Sayaw - An Esa
- Sayaw - An Dalawa
- Sayaw - An Tatlo
- Sayaw - An Apat
- Sayaw - An Lima
- Pamatnubay ng Kuntaw [ Guidance of Kuntaw]
- Empty Hand & Foot Techniques
- The Seven Values Behind Kuntaw
- Final Notes

**Informative Issue No #30 - Tattooed Warriors - Lane Wilcken**

Tattooed Warriors of the Philippines



**Informative Issue No #31 - The Sangut - Edessa Ramos**



- The Original Philippine Hooked Blade
- The Doble Sangut in the International Arena
- Very Important: Learn the Use of Force Continuum
- Techniques with the Traditional Doble Sangut
- The Tactical Desangut: Modern Knife with a Filipino Heritage
- Some Basic Applications of the Tactical Desangut
- The Role of the Dulo-Dulo
- Sangut / Desangut Courses with TnT Combat Arnis

**Informative Issue No #32 - Encounter with a Grandmaster - Michael Belzer**



Fantastic Luck  
Into Tondo  
Arnis, Escrima or Kali?  
Secrets of Combat  
Give Me Half of Your Money  
Trekking  
A Spiritual Man  
Judo in Cebu  
Going Home

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**Informative Issue No #33 - Massage Therapy - Alison Fand**

Massage Therapy and the Martial Artists  
Physical Benefits  
Self-Care

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**Informative Issue No #34 - Festival of Integrated Martial Arts - Adam James**

Senior Student Adam James  
Festival of Integrated Martial Arts  
Friday  
Saturday  
Sunday  
Comments  
Event Tribute  
A Final Word From Leo Fong

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**Informative Issue No #35 - Senkotiros Tour - Karl Royer, Jim Schaufele, and Linda Reim**

Senkotiros Tour Itinerary  
Order of Lapu-Lapu Award  
12th WEKAF World Championship  
6th FMA Festival (Grand Gathering)  
Arrival  
1st Day of Training  
2nd Day of Training  
3rd Day of Training  
4th Day of Training  
5th Day Fun Day/Tour  
6th Day of Training  
Gala Event  
Moal Boal

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**Informative Issue No #36 - 6th FMA Festival - Ginalyn Jadia, Bram Frank, and Linda Reim**



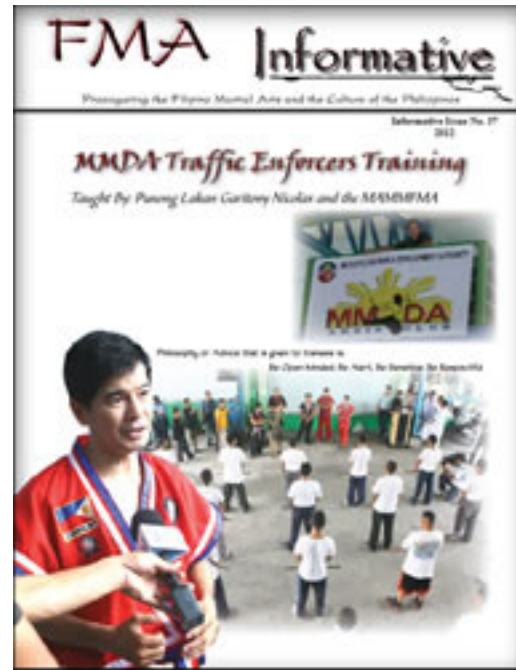
6th FMA Festival (Introduction)  
July 22 - Check-in/Welcome Party and Orientation (Overview of Event By Executive Director)  
July 23 - Modern Arnis Training Camp  
July 24 - FMA Training Camp  
July 25 - FMA Training Camp  
July 26 - Free/Fun Day  
July 27 - Grandmasters/Masters Gathering Training Camp  
July 27 - Ranking Ceremony / Gala Award Night - Bacolod City/Talisay City  
Experiences, Observations, and Comments  
Grandmaster Bram Frank  
Master Sven Batchfeld  
Master Ed Kwan  
Thomas Lehman  
Jason Bassels  
Final Comment from the International Coordinator

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**Informative Issue No #37 - MMDA Traffic Enforcer Training**  
*Garitony C. Nicolas*

Initial Background  
MMDA Traffic Enforcers Training  
Stick Fighting  
Knife Fighting  
Mano-Mano (Empty Hand)  
Media Interviews

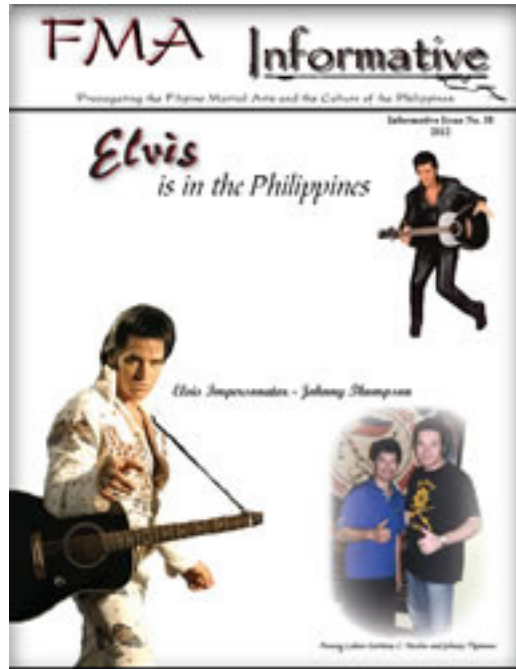
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Punong Lakan Garitony C. Nicolas - *Garitony C. Nicolas*  
**Informative Issue No #38 - Elvis is in the Philippines**

Searching for FMA in The Philippines  
Visiting and Teaching at MMDA  
About Johnny Thompson

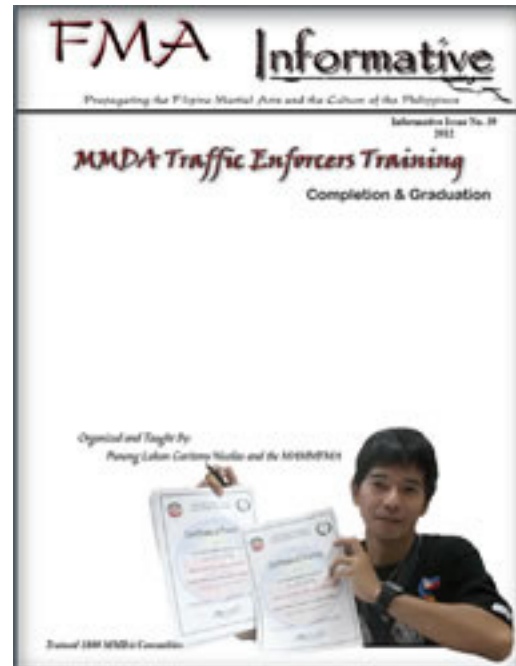
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**Informative Issue No #39 - MMDA Traffic Enforcer Training Completion & Graduation**  
*Garitony C. Nicolas*

MMDA Traffic Enforcers Training  
Before the Final Day  
Final Training Day with Demonstrations  
Johnny Thompson Entertains  
Closing Party

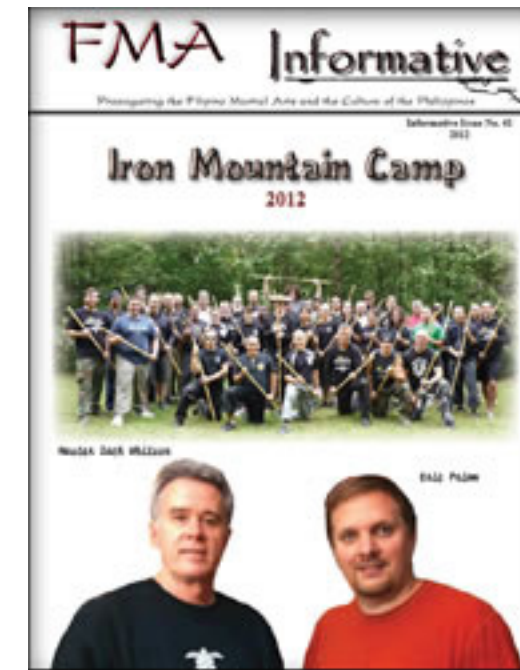
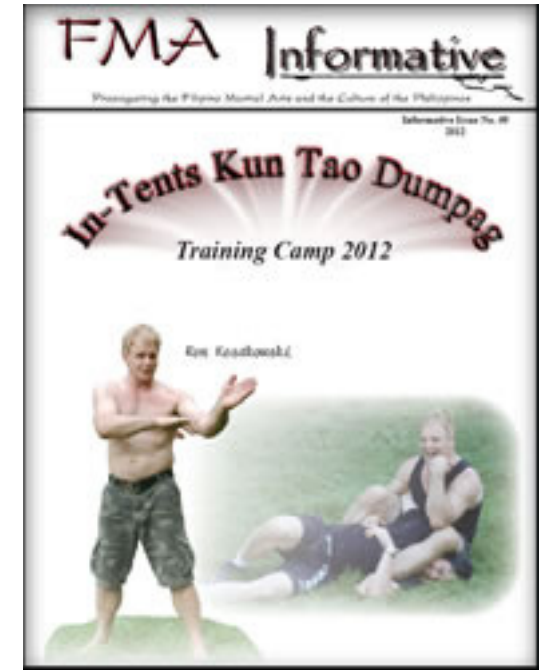
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**Informative Issue No #40 - In-Tent Kun Tao Dumpag Training Camp 2012 - Ron Kosakowski**

Kuntao In-Tents Training Camp 2012  
Friday  
Saturday  
Sunday  
Kun Tao/Kuntao Dumpag as Taught By Ron Kosakowski

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**Informative Issue No #41 - Iron Mountain Camp - Eric Primm**

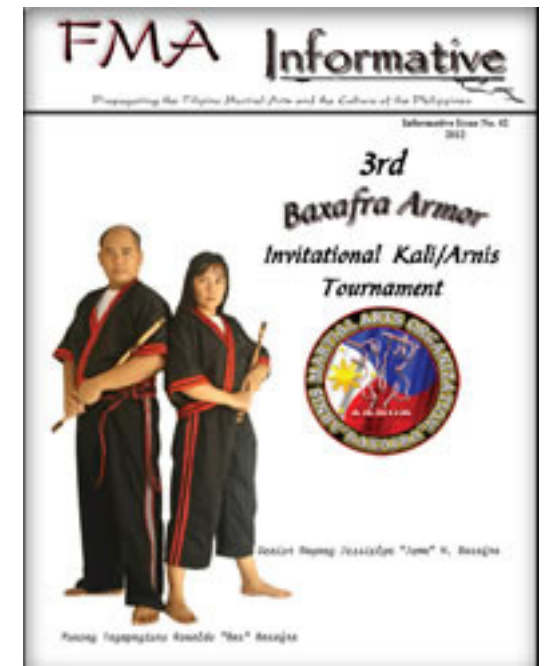
Three Day Iron Mountain Camp  
Day 1  
Day 2  
Day 3  
Counterpoint Tactical International and the Counterpoint Tactical System!  
Master Zach Whitson

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**FMA Informative - Issue #42 - 3rd Baxafra Armor Invitational - Jessielyn "Jem" N. Baxafra**

Message from President Benigno S. Aquino III  
Tournament  
Participating Teams  
Officials  
Supporters  
Results  
Anyo  
Full Contact  
Winners Gallery  
Tournament Ground Rules

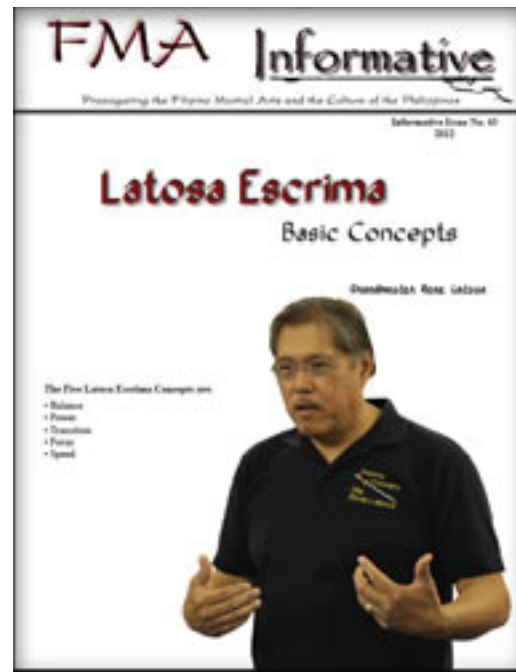
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**FMA Informative - Issue #43 - Latosa Escrima Basic Concepts - Marcus Schüssler**

Concepts of Latosa-Escrima  
Summary of Latosa Escrima Concepts  
Some Sub-Concepts of Latosa Escrima  
Trinity of Power: Power-Weapons  
    Analysis of the AXE as an Escrima Concept Training Tool  
    Demonstration of some Basic Concepts  
Grandmaster Rene Latosa

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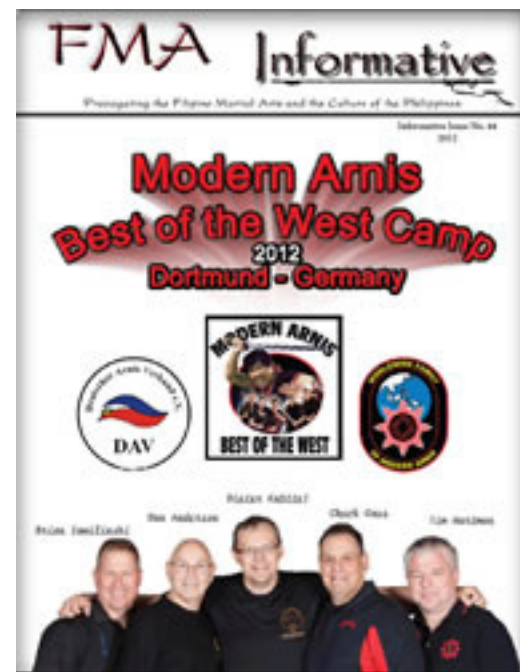
**FMA Informative - Issue #45 - International Bladed Weapons Week 2012 - Ron Kosakowski**

International Bladed Weapons Week  
Sunday - Kris Sword  
Monday - Northern Golok  
Tuesday - Balasingong  
Wednesday - Balisong Knife  
Thursday - The Panabas  
Friday - The Katana  
Saturday - Ceremonial Blades  
Sandata Materials & Workmanship  
Sandata Steel  
Keep Your Blades in Shape  
Handles and Sheath Materials  
Special Interview with Traditional Filipino Weapons Master Bladesmith  
Other Blades  
    Moro Blades - Southern Philippines  
    Visayan Blades  
    Northern Philippine Blades  
    Knives & Daggers  
    Weapons of Other Cultures  
Traditional Filipino Weapons, From the Beginning Till Now

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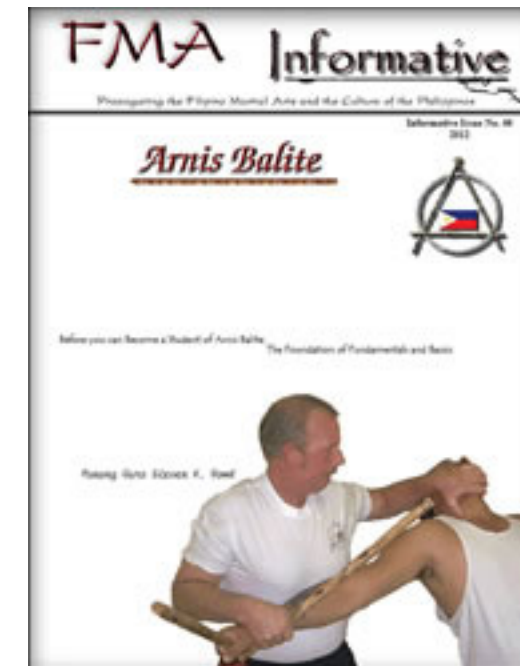
**FMA Informative - Issue #44 - Best of the West 2012 - Dieter Knüttel**



A View From the Organizational Side  
Group picture  
The Beginning  
    Acknowledgement of Grandmaster Datu Kelly Worden  
    Review of Brian Johns, Canada  
Preparation  
The Day before the Camp  
    Review by MoTT Brian Zawilinski  
Black Belt Exams  
The Camp  
    Review by MoTT Chuck Gauss  
    Review by Grandmaster Dan Andronon  
The Dinner  
Last Day  
Filming the event  
Review by Grandmaster / Datu Tim Hartman  
The Upshoot  
Contact the Instructors

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**FMA Informative - Issue #46 - Arnis Balite: Foundation of Fundamentals and Basics - Steven K. Dowd**

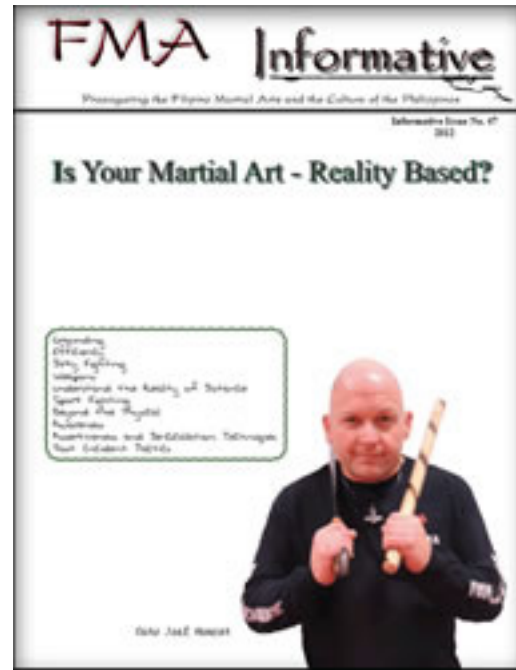


Basic Principles  
Foundation  
Footwork  
7 Strikes - Pitong Hampas  
    Mga Hampas - Moving 7 Strikes  
5 Thrusts - Limang Patusok  
    Mga Patusok - Moving 5 Thrusts  
Swing Block - Unday Salag  
Shield/Wing Block - Kalasag Salag  
Empty Hand  
Articles of Faith  
Requirements  
Punong Guro Steven K. Dowd

**FMA Informative - Issue #47 - Is Your Martial Art - Reality Based**  
*Joel Huncar*

Is Your Martial Art - Reality Based?

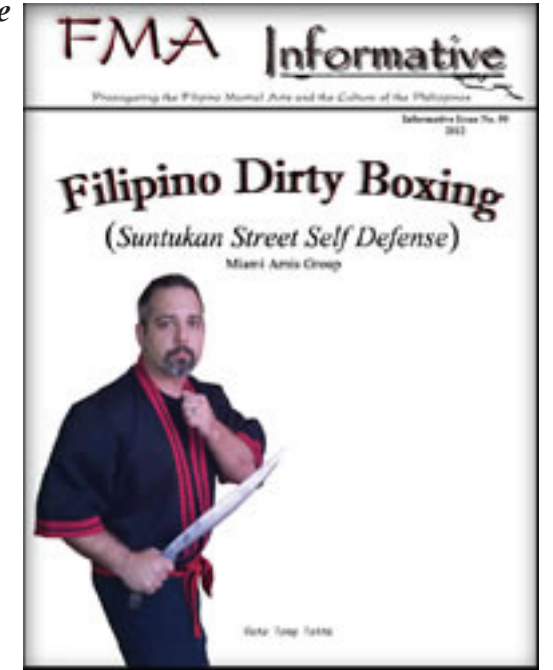
- Grounding
  - Efficiency
  - Dirty Fighting
  - Weapons
  - Understand the Reality of Distance
  - Sport Fighting
  - Beyond the Physical
  - Awareness
  - Assertiveness and De-Escalation Techniques
  - Post Incident Tactics
  - Vicious Knife Defense
  - Accidental and Incidental
  - Balintawak: Dueling Art or Art of Self-Protection?
- 



**FMA Informative - Issue #50 - Filipino Dirty Boxing, (Suntukan Street Self Defense)**  
*Tony Torre*

Interview with Guro Tony Torre  
Basic Concepts of Empty Hands  
The Role of Weapons in Arnis

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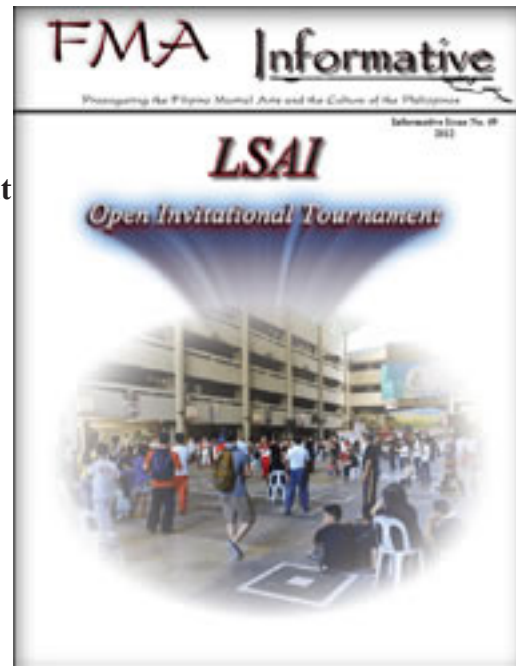


**FMA Informative - Issue #48 - Foothill Training Services**  
*Tom Gillis*

- Go With the Flow
- Developing the Foothills Training Services Martial Arts Division Arnis Kali Eskrima Program
- Personal Observations, Thoughts, and Comments
  - Understanding How We Learn.
  - Getting the Most Out of Training
  - Controlling Space.
  - Which Came First, the Body or the Mind
  - Are You Working Smart, or Hard?
  - Living a Life of Commitment

**FMA Informative - Issue #49 - LSAI Open Invitational Tournament**  
*Felipe P. Jocano Jr*

- Preparation
- LSAI Open Invitational Tournament
- Results
- Rules and Regulations
- Grandmaster Benjamin Luna-Lema



## **FMA Informative 2013**

### **Informative Issue No #51 - Filipino-American Healing Methods - Marc Lawrence**

Filipino-American Healing Methods in a New Land

- Herbal Healing
- Herbal Treatments
- Physical Healing
- Massage for Healing
- Cuts, Wounds and Skin Injuries
- Internal Healings

So How Can We Help Ourselves?

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### **Informative Issue No #52 - The Bolo - Bram Frank**



- History of the Bolo
  - Combat Must Be Simple: Its Not Rocket Science!
  - Biomechanical Cutting: De-animation of the Opponent
    - Biomechanical Target Zones
  - Abecedario: The Alphabet of the Angles of Attack
    - Modern Arnis Strikings: Traditional
    - Modern Arnis Blade Abecedario
  - Walking the Cuts with a BOLO
    - Application Demonstration
  - The Truth in Using Sticks
- 

### **Informative Issue No #53 - Arkido - Jose Isidro**

Isidro Modern Arnis

Interview with Master Jose Isidro

Arkido

- Stick to Stick
- Stick to Empty Hand
- Basic Empty Hand to Empty Hand
- Punching Empty Hand to Empty Hand

The Art of Kyukpa (example)

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### **Informative Issue No #54 - 100 FMA Book Launch**

*Garitony C. Nicolas*

100 Filipino Martial Artists Book Launch

Event Programs

Opening Prayer

National Anthem

Host Welcome Remarks

Guest Welcome Remarks

Inspirational Talk by Guests

FMA Demonstration

Book Signing

Guest Appearances

Recognition and Souvenir to Filipino Martial Artists

Attendees

Sample Pages From the Book

Comments

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### **Informative Issue No #55 - Guro' Exam & Pot Luck Bar-B-Q - Zena Sultana Babao**

Babao Arnis: Passing of the Torch

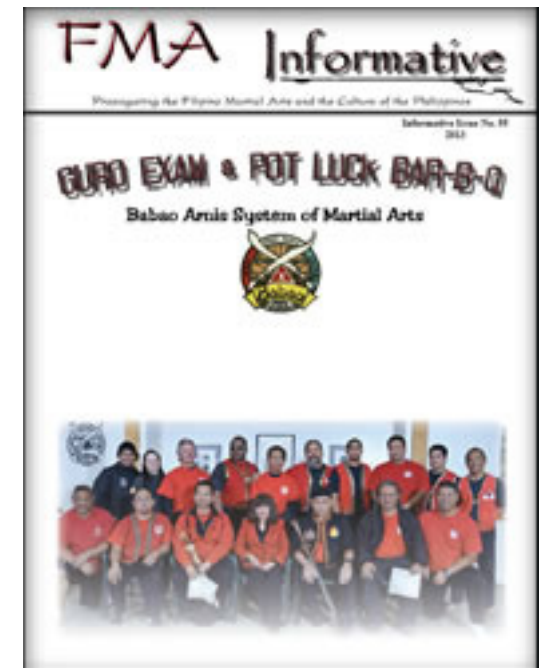
The Candidates: George Alfonso and Marc Fox

The Physical Exam

Other Promotions

Other Notable Guests

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### **Informative Issue No #56 - Future of FMA - Rose Nietes**

Kimberly Jaro Nietes

5th IMAFP National Competition

6th World FMA Grand Gathering

Training with Grandmaster Cristino Vasquez

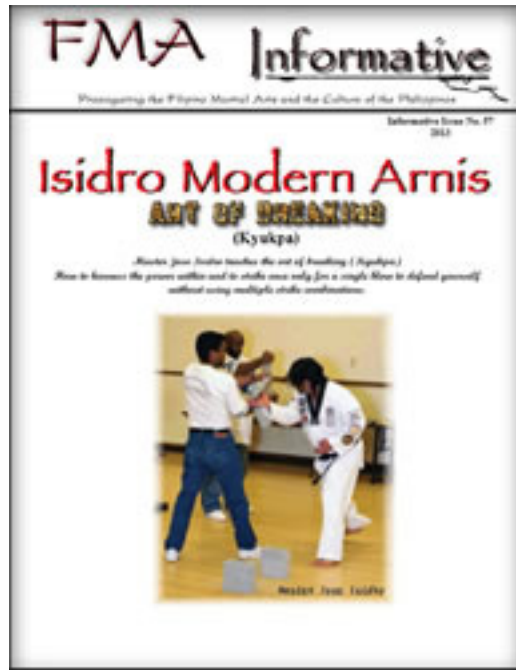
IMAFP Belting Ceremony

Commence Training in Boxing

Wushu Taolu

Citations

Uncle Grandmaster Alfredo Nietes



**Informative Issue No #57 - Art of Breaking (Kyukpa) - Jose Isidro**

- The Art of Breaking
- Develop Mental Focus
- Develop Mental Stamina
- Breaking
  - Overhead Knife Hand
  - Vertical Breaking
  - Head Breaking
  - Multiple Breaking
- About Master Isidro

**Informative Issue No #59 - Arnis Pang-Oran Tournament {Arkibos Rules} - Garitony C. Nicolas**

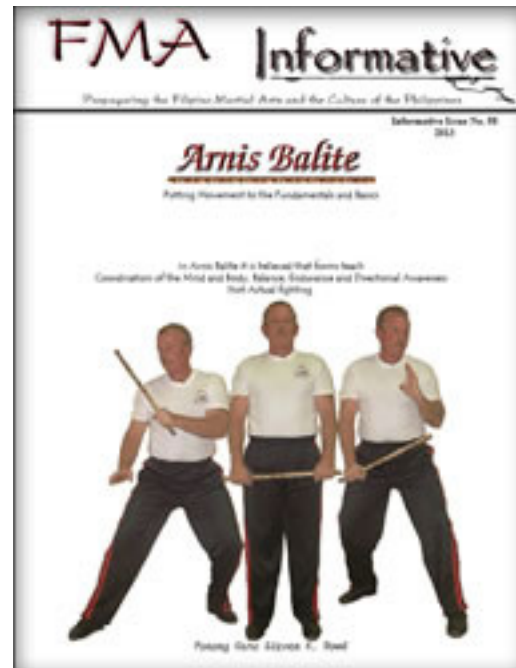
- Tournament Rules & Regulations Meeting
- Promoting the Event
- Arnis Pang-Oran Tournament
  - Program
  - Opening Prayer
  - Speakers
  - Demonstrations
  - Oath of Sportmanship and Tournament Action
  - Winner of the MMDA Pang-oran Tournament
  - Guests



**Informative Issue No #58 - Arnis Balite: Putting Movement to the Fundamentals and Basics**

*Steven K. Dowd*

- Basic Principles
  - Footwork
  - 7 Strikes - Pitong Hampas
  - 5 Thrusts - Limang Patusok
  - Swing Block - Unday Salag
  - Shield/Wing Block - Kalasag Salag
- Empty Hand
- Siktay Forms
  - Siktay Esa
  - Siktay Dilawa
  - Siktay Tatlo
  - Siktay Apat
  - Siktay Lima
- Arnis Balite - Empty Hand Forms
  - Balite Sa
  - Balite Wa



**Informative Issue No #60 - A Tribute to Grandmaster Roland Dantes (1945 - 2009) - David Foggie**

- Sticks, Knives & Courage
- In the News
- Remembering the Past
- Roland Dantes the Warrior
- Successor

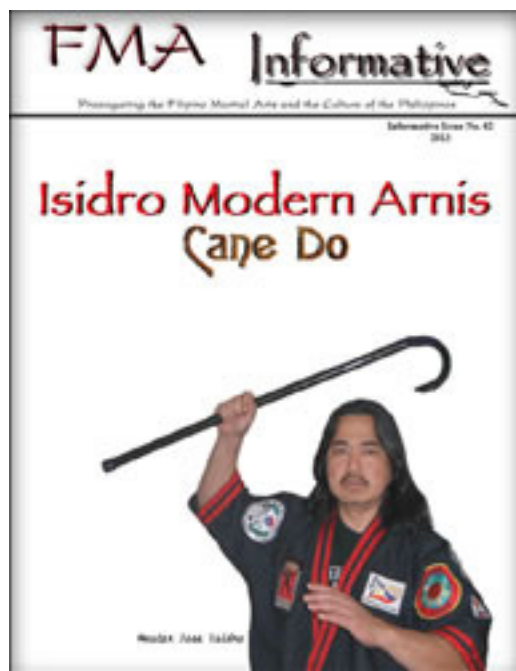


**Informative Issue No #61 - FMA Informative Visits the Philippines Steven K. Dowd**

- Arnis Bill - Remembering December 11, 2009
  - What has been Heard, But What are the Real Facts?
  - The Fruits of the FMA Grandmasters' Labor in Congress
  - Implementing Rules and Regulations (IRR) of the Arnis Law
  - Stakeholders Want Reform in Arnis-Sport
  - Arnis Alliance Secures PSC support
- Food for Thought
- Arrive in the Philippines and go to Legaspi, Bicol
- Return to Manila
- The Challenge of Historical Documentation







**Informative Issue No #62 - Isidro Cane Do - Jose Isidro**

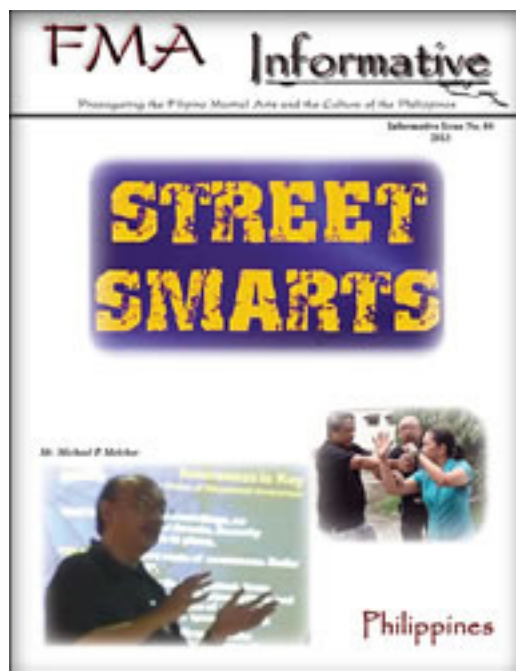
About Cane Do  
 Incorporates FMA Techniques Used in Isidro Modern Arnis  
 Cane Do Techniques  
 Master Jose Isidro and His Cane Do Instructors  
 Interview with Cane Do Students

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**FMA Informative - Issue 63 - Bali Camp 2013 - Fred Evrard**

Fred Evrard, Founder - Kali Majapahit  
 Claes Johansson - Bali Camp Instructor Team  
 Marc, Kali Majapahit Germany  
 Robin, Kali Majapahit Singapore  
 Arlyn Santiago, Philippines  
 Rose, Philippines  
 Tushar, Kali Majapahit Singapore  
 Yee Ting, Kali Majapahit Singapore  
 Vincent, Canada  
 Ben, France  
 Caroline, Indonesia  
 Ariff, Singapore  
 Peter, Kali de Mano Sweden

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**FMA Informative - Issue 64 - Street Smart Philippines**

**Mike Melchor**

The Need For Street SMARTS  
 The Concept and Realization  
 Street Smart Programs

**FMA Informative - Issue 65 - Muay Thai and Balintawak - My Personal Blend - Joel Huncar**

Muay Thai and Balintawak - My Personal Blend  
 Guided Training  
 Both Muay Thai and Balintawak Teach Fighters  
 In Many Martial Arts  
 Balintawak on the Other Hand  
 Differences  
 Final Note

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**FMA Informative - Issue 66 - Galaw Tanggulan - Steven K. Dowd**

The Beginning of Galaw Tanggulan  
 Overall Aspect of Galaw Tanggulan  
 12 Movement of Defense or 12 (Galaw Tanggulan) Stationary  
 12 Movement of Defense - Application  
 Counter and Locking from Antabay  
 Locking Techniques - From Position No. 2  
 Thrust Defense

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**FMA Informative - Issue 67 - Kalis Ilustrisimo - Steven K. Dowd**

Kalis Ilustrisimo in its Pure Form  
 What is the Best Way for a Student to Develop flow?  
 Some Examples of Abanico Drills for Disarming and Cerrada Techniques  
 Training With No Partner  
 Walong Apak ng Kalis Ilustrisimo (The Eight Steps of Kalis Ilustrisimo)

**FMA Informative - Issue 68 - Memorial Seminar - Lameco SOG / Kali Ilustrisimo**

*Bryan Stoops and David Gould*

Dr. Bryan Stoops: His Experience  
David Gould: Teaching and Thoughts  
Remembering the Past

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**FMA Informative - Issue 71 - Words from a Modern-Day Warrior - Maurice Gatdula**

The Mean and Nasty Old Master  
How to Be the Student of a Mean, Old Cranky Master...  
I Am an Eskrima Hermit  
History of De Kwerdas Eskrima  
Fat-Cream FMA

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**FMA Informative - Issue 69 - Sama-Sama 2013**

*Senkotiros Arnis International, Jim Schaufele, Linda Reim, Shauna Okusako, and Rey Morales*



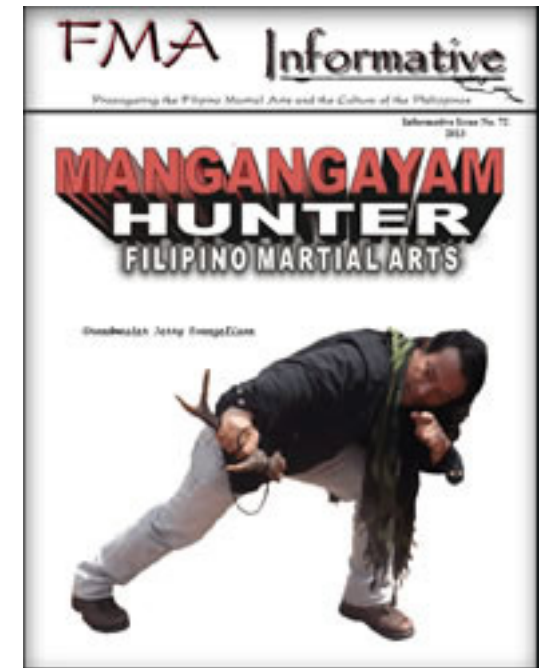
The Gathering - Family Tradition  
Demonstrations  
Seminar  
Senkotiros Non-profit Activities  
Senkotiros Arnis Fundamentals Book

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**FMA Informative - Issue 72 - Mangangayam (Filipino Hunter) - Steven K. Dowd**

Introduction  
What is Mangangayam  
Basic Techniques  
- Empty Hand Techniques  
- Empty Hand vs Stick  
- Empty Hand vs Knife  
- Baston vs Baston  
- Stick vs Bolo  
- Knife vs Knife  
- Bolo vs Bolo  
- Multiple Attackers  
- Women Self Defense  
Promotion & Other Events

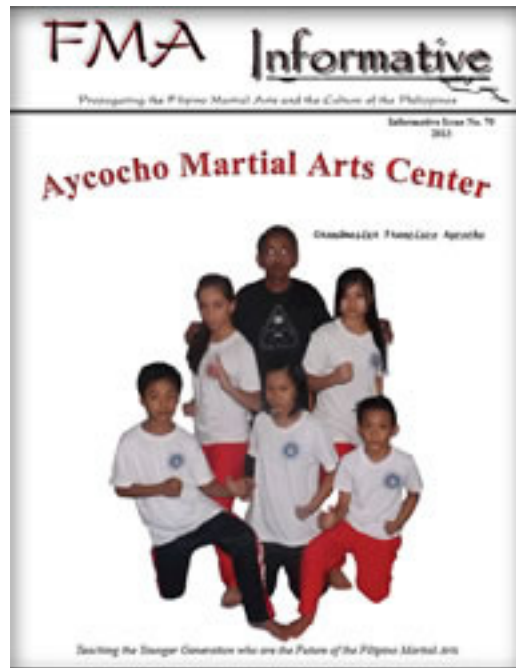
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**FMA Informative - Issue 70 - Building the Next Generation**

*Steven K. Dowd*

Building the Next Generation  
Creative Empty Hand Form (Heian)  
Disalon Double Stick





**FMA Informative - Issue 73 - Magdaroag Martial Arts - Arnis**  
*Steven K. Dowd*

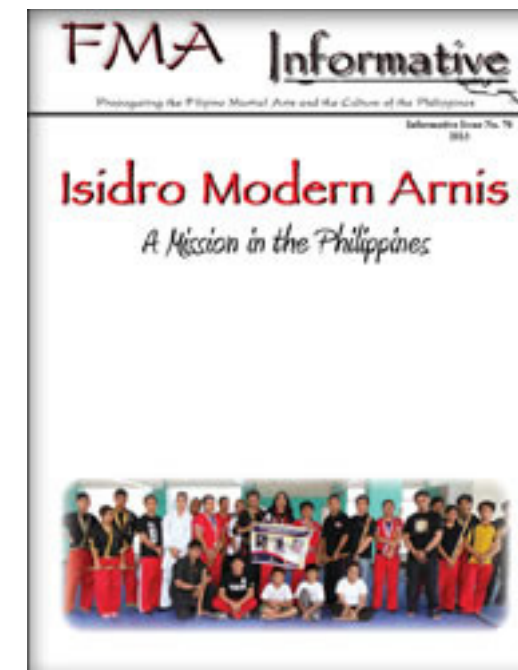
The Beginning  
 Grandmaster Roy Magdaroag  
 Arnis in Magdaroag Martial Arts  
 Basic Training  
 Technique Training

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**FMA Informative - Issue 76 - Isidro Modern Arnis - A Mission in the Philippines**  
*Jose Isidro*

A Visit with Punong Lakan Nicolas of MAMFMA  
 Thursday Night Training at Maestro Lakan Amosco Class  
 Visit to Central Books for New Publication  
 MMDA Sinawali Marathon Competition  
 A Visit With Mama Rosemary Presas  
 Filipino Martial Arts Self-Defense Seminar at Marikina Sports Complex

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**FMA Informative - Issue 74 - BTM/KSK FMA Heritage Network Global FMA Seminar Tour**  
*Jun Paliangayan*

Legacy Seminar on April 13, 2013  
 World BTM/KSK FMA Heritage Network Global FMA Seminar Tour

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**FMA Informative - Issue 77 - Baxafra Armor International Arnis Federation Inc. - Steven K. Dowd**



The Creation of Baxafra Armor  
 1st Baxafra Armor Invitational Tournament  
 2nd Baxafra Armor Invitational Tournament  
 1st Baxafra Armor International Invitational Tournament  
 3rd Baxafra Armor Invitational Tournament  
 4th Baxafra Armor Kali/Arnis Invitational Tournament  
 Sports Arnis, Kali, Eskrima Tournament Ground Rules Summary  
 Standard Weight Categories

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**FMA Informative - Issue 75 - San Diego Grand Internationals**  
*Zena Sultana Babao*

2013 Stick Fighting/Open Weapons Division  
 Competition  
 Grand Championship  
 Kali Stickfighting Rules

**FMA Informative - Issue 78 - WHFSC 2013 - Dan Medina**

World Head of Family Sokeship Council and FMA  
 Seminars at Gathering 2013  
 WHFSC Officers  
 WHFSC Members  
 Honorary Members  
 Posthumous Members



**FMA Informative - Issue 79 - Latigo: The Momoy Canete San Miguel Eskrima System - Bill Lowery**

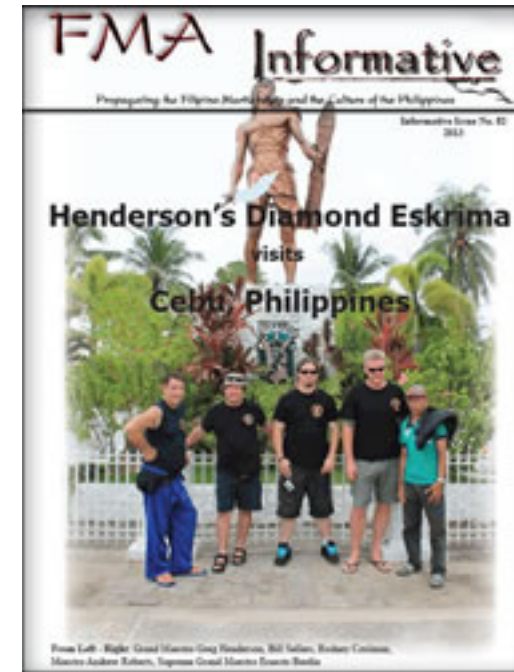


The Momoy Canete San Miguel Eskrima System  
Techniques  
Laban Baston Eskrima Club

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**FMA Informative - Issue 82 - Henderson's Diamondback Eskrima Visits Cebu, Philippines**

*Michael Wieteska*



Henderson's Diamondback Eskrima Visits Cebu, Philippines  
Meet and Greet in Cebu

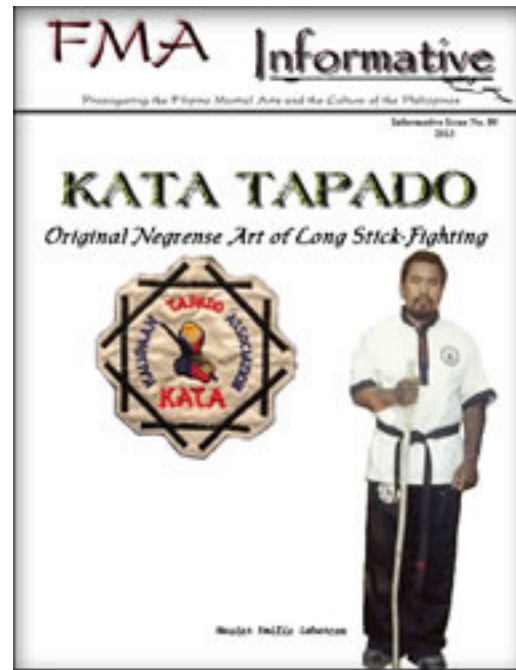
Training  
Playing Tourist  
Visiting Supreme Grand Maestro Ernesto Berdin  
of Diamondback Magkuno  
Observation  
The Group Demonstrates  
A Final Note

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**FMA Informative - Issue 80 - Kata Tapado - Emilio Labarcon**

Background  
Grandmasters of Kata Tapado  
Kata Tapado Present Head Grandmaster  
Kata Tapado Gathering and Graduation  
Senior/Master Instructor of Kata Tapado

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**FMA Informative - Issue 83 - Leo Fong Day**

*Linda Bustamante and Adam James*

Leo Fong Day  
An Interview With Leo Fong  
The FMA Connection

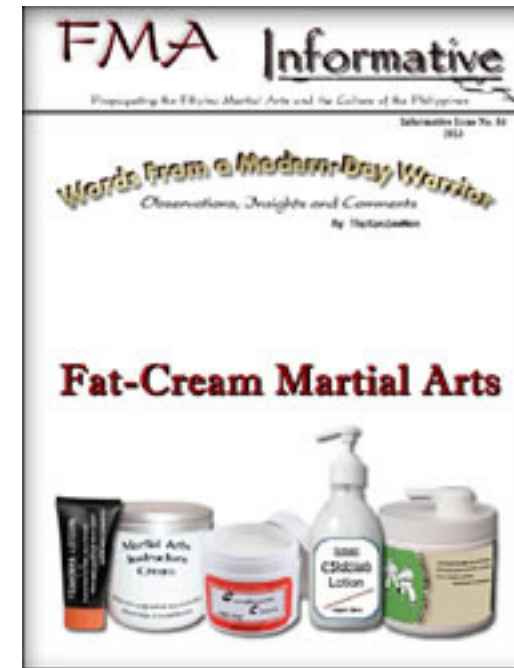
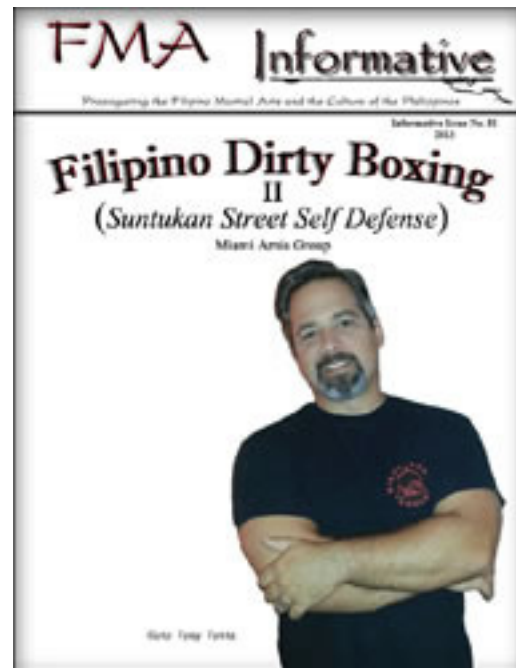
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**FMA Informative - Issue 81 - Filipino Dirty Boxing-II - Tony Torre**

Ancient Styles For Modern Times  
What is Filipino Dirty Boxing?

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**FMA Informative - Issue 84 - Fat-Cream Martial Arts**

*Maurice Gatdula*

Fat-Cream Martial Arts  
Martial artists sure are lazy these days  
7-11 Martial Arts  
Sleeping on Floors  
The Strongest Filipino Martial Arts Style  
Can the Filipino Arts Sustain a Full-Time School?  
Quantity? Quality? Which Is Better?  
Signs That You're Attending a "McDojo"

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**FMA Informative - Issue 85 - Do You Have the Knowledge**  
*Steven K. Dowd*

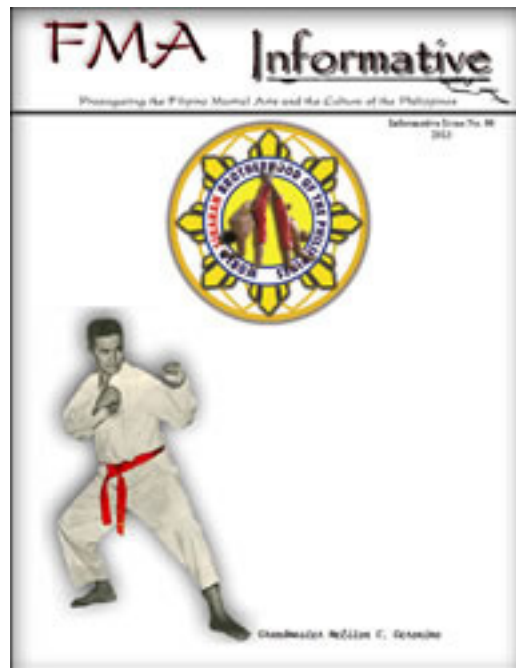
Introduction  
 Seminars, Gatherings, Workshops etc...  
 Titles: Abbreviation or Spelled Out  
 If Promoted Has the Practitioner Earned It  
 Does the Practitioner Know or Not  
 Mayon [The Volcano Form]  
 Silangan [The Sunset Form]  
 Sinkilan [The Dancing Form]  
 Final Word

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**FMA Informative - Issue 86 - World Sikaran Brotherhood of the Philippines - Emmanuel ES Querubin**

Facts About Sikaran  
 Sikaran Historical Points  
 Techniques of Sikaran  
 Hand Techniques  
 Leg Techniques  
 Balangkas: Pattern or Formal Exercise

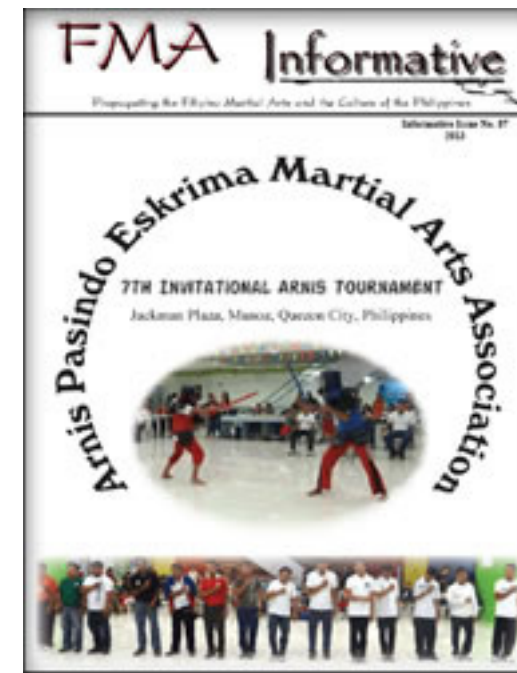
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**FMA Informative - Issue 87 - Arnis Pasindo 7th Invitational Arnis Tournament - Joy Lim**

Tournament Organizer  
 Tournament Officials  
 Exhibitions  
 7th Invitational Arnis Tournament  
 Anyo Event  
 Full Contact Event  
 Winners  
 Master Crisanto Pasindo

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**FMA Informative - Issue 88 - FMA Informative - Issue 88 - Kuntaw Legacy**

*Laura Stair and Bill Kossmann*



Kuntaw Legacy Filipino Martial Arts Seminar 2013  
 Summary  
 From Beginning to End  
 Kuntaw Legacy Empty Hands Forms and Ranking

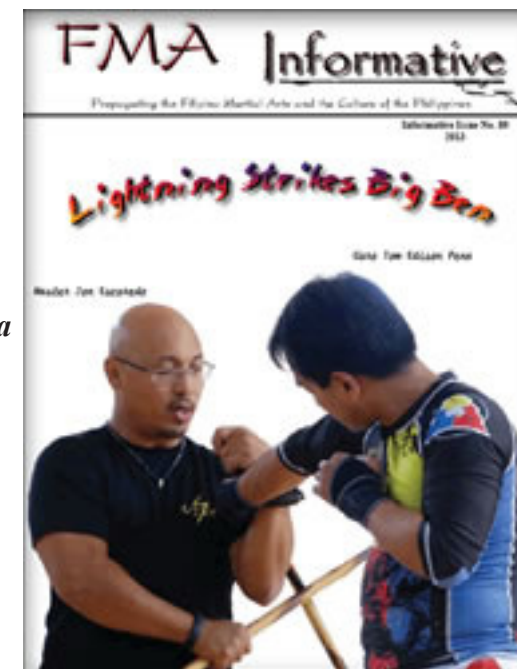
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**FMA Informative - Issue 89 - Lightning Strikes Big Ben**

*Tom Edison Pena*

The UK Seminar Had Three Strikes  
 Day1  
 Day2  
 Third Strike  
 USA Tour

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**FMA Informative - Issue 90 - Filipino Indigenous Fighting Arts Retreat - Ron Kosakowski**

Filipino Indigenous Fighting Arts 3 Day Camp

- Day 1
- Day 2
- Day 3

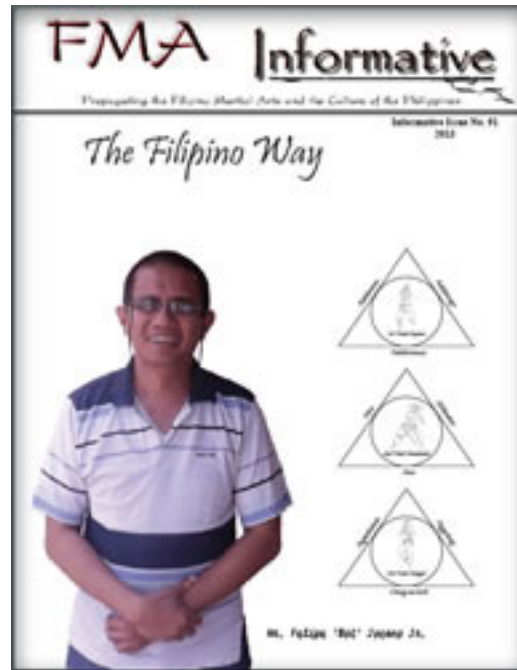


**FMA Informative - Issue 91 - The Filipino Way**

*Felipe 'Bot' Jocano Jr.*

Filipino Martial Way: The Path Of The Mandirigma

- 1st Triad: Kapwa
  - Pakikisama
  - Pakikitungo
  - Pakikiramay
- 2nd Triad: Damdamin
  - Hiya
  - Delikadesa
  - Awa
- 3rd Triad: Dangal
  - Pagkabahala
  - Paggalang
  - Utang-na-Loob



**FMA Informative - Issue 94 - Cacoy Doce Pares Eskrima Benefit Seminars**

*Zena Sultana Babao, Catherine "Kitty" Canete-Knight, Manuel Francisco, and Richard Bustillo*

Over all View By Grandmaster Catherine "Kitty" Canete-Knight

- House of Champions - July 14th
- United Kingdom - August 11th
- P.A.M.A. Group - August 17th
- Premier Martial Arts Academy - August 17th
- IMB Academy - August 24th
- Modern Fighting Concepts - August 24th
- Seattle, WA. - August 31st



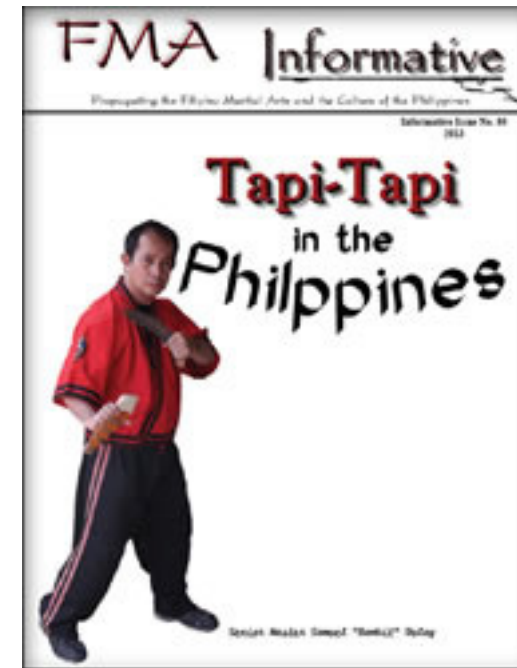
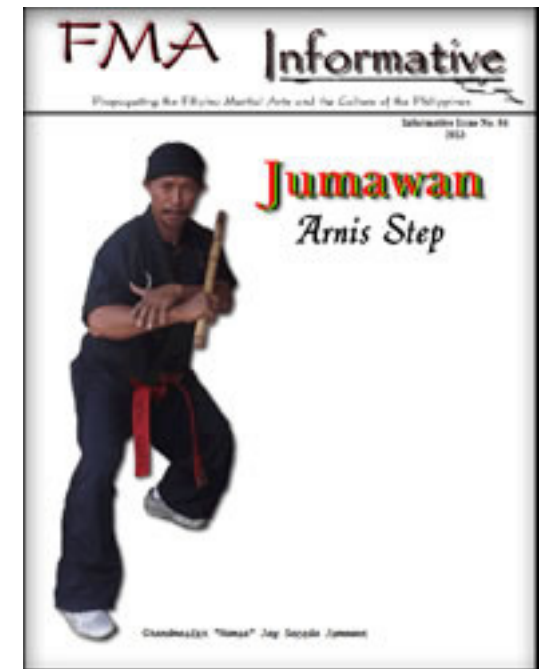
**FMA Informative - Issue 93 - Basic Arnis de Mano in 12 weeks - Marc Lawrence**



- Foundation
- Curriculum
- The Program in Action
- Final Comment

**FMA Informative - Issue 92 - Grandmaster Jumawan - Arnis Step - Steven K. Dowd**

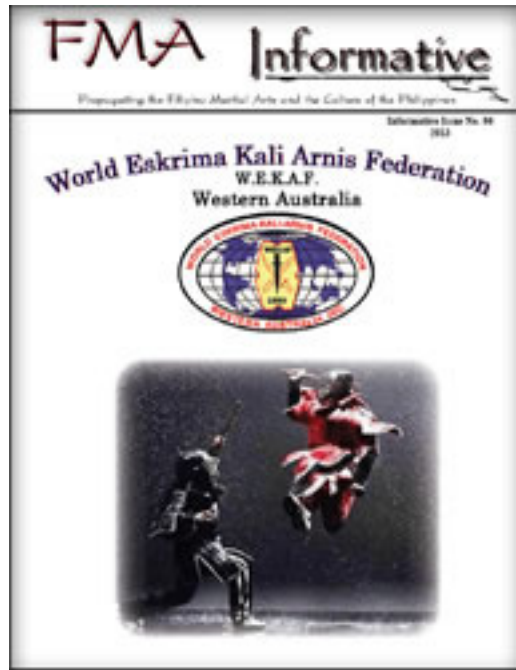
- Introduction and History
- Anyo
- Empty Hand Techniques
- Baston Techniques



**FMA Informative - Issue 95 - Tapi-Tapi in the Philippines**

*Steven K. Dowd*

- Tapi-Tapi in the Philippines
- Kuridas
- Dikitan
- Palis
- Senior Master Samuel "Bambit" Dulay



**FMA Informative - Issue 96 - W.E.K.A.F. WA - Dean Carter**

From the Beginning  
In The News

- Bendigo Could Host Stick Fighting World Championship
- Bunbury Fighters Represent at National Competition
- Fearsome Stick Fighting Event Impresses City



**FMA Informative - Issue 97 - Banter of Savate Danse De Rue  
Hector Soliz and Paul-Raymond Buitron III**

In Search of the Banter of Savate Danse De Rue  
Professeur Paul-Raymond Buitron III  
The International Guild of Danse De Rue Savate

**FMA Informative - Issue 98 - FMA Pulse - Michael Querubin and FMA Pulse Staff**



- Our Beginning
- Website Strikes from New Angle
- Featured Instructor Interviews: From Their Own Words
- The Pen is Mightier than the Stick (or Knife)
- Learning Filipino Martial Arts Online
- The Filipino Martial Arts, A Blessing and A Curse
- In Time the Simple Unadorned Truth Gains Recognition
- Re-Igniting the Cultural Fire
- The New Age for the Filipino Martial Arts

**FMA Informative - Issue 99 - FMA Digest - FMA Informative Staff**

Interview the Owner/Publisher of the FMA Digest

- 2004
- 2005
- 2006
- 2007
- 2008
- 2009
- 2010

Christmas Cards/Issues  
Friends and Acquaintances



**FMA Informative - Issue 100 - FMA Informative 100th Issue - FMA Informative Staff**

FMA Informative 2011  
FMA Informative 2012  
FMA Informative 2013



### ***School Submission***

The schools listed teach Filipino martial arts, either as the main curriculum or an added curriculum.

If you have a school that teaches Filipino martial arts, or you are an instructor that teaches, but does not have a school, list the school or style so individuals who wish to experience, learn and gain knowledge have the opportunity.

Be Professional; keep your contact information current. - [Click Here](#)



### ***Event Submission***

Submit your event whether - Seminar, Workshop, Training Camp, tournament, or Gathering - [Click Here](#)



### ***Advertisement Submission***

Advertising in the FMA Informative Website is FREE.

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



To submit Forums [Click Here](#). To submit advertisement for products and/or Services [Click Here](#)

### ***Article Submission***

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

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

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

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

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

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