

# FMA

# Informative

Propagating the Filipino Martial Arts and the Culture of the Philippines

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## *Guardian of the art Cinco Teros*

*Maestro Mayor Rolando C. Hong*

**Cinco Teros or Cincosh Teroesh “Five Strikes”**  
**Maestro Mayor Hong Pointers**  
**Cinco Teros Knife Fighting Drills**



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

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When the FMA Informative representative visited Baguio, Philippines for the 3rd FMA Hall of Fame, Mr. Jayson Vicente introduced the representative to Maestro Mayor Rolando C. Hong of the Arnis Cinco Teros Style.

Maestro Mayor Rolando Hong is one of the incorporators of the Tribal Clan Martial Arts System - Baguio Arnis All Star Inc. and one of the senior adviser of the Organization, one of the elusive remaining Senior Masters of the Cinco Teros style of Arnis, Guro Lando as he is fondly called started in Martial Arts in 1962 under one of his uncle Maestro Onofre Solomon of Pangasinan who was his mentor in the secretive art of Cinco Teros that traces its origin in San Jacinto and Urbis Tondo Pangasinan.

Maestro Mayor Hong as the FMA Informative understands remains a guardian of the art of Cinco Teros teaching only trusted students, mostly close friends and family members to make sure of the preservation of the Cinco Teros art.

Just a Note: Maestro Mayor Hong is also a Black Belt in Judo and Karate and is a former member of the Philippine National Team in Karate and was a former Karate world Champion in the “1st World Karate Good-will Tournament.”





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**Cinco Teros or Cincosh Teroesh “Five Strikes”**

Cinco Teros or Cincosh Teroesh (“Five Strikes”) refers to the five most basic strikes in Eskrima, which is a class of Filipino martial arts that emphasizes staff and sword fighting. It is composed of the four basic cuts and one basic thrust. There are varied patterns for the strikes depending upon the teacher or in the system. However, the Cinco Teros is believed to have originated in Pangasinan, Philippines.

Cinco Teros commonly utilizes an “X” pattern in attacking the opponent, but some methods employ patterns resembling a “+” while others use striking patterns that emulate a “V”.

The most common pattern for the Cinco Teros are as follows:

- 1. Downward Diagonal Forehanded Slash
- 2. Downward Diagonal Backhanded Slash
- 3. Horizontal Forehand Slash
- 4. Horizontal Backhand Slash
- 5. Straight Thrust

**5 Strikes....** Is focused on five specific regions of the human body which are;

- 1. Left part of the head to include the neck and shoulder,
- 2. Right side of the body trunk anywhere from hip to armpit,
- 3. Left side of the body trunk anywhere from hip to armpit,
- 4. Right part of the head to include the neck and shoulder,
- 5. Center of the body.

**Note:** This target areas are the guiding pattern for Cinco Teros practitioners which is applicable in Stick, Blade or Empty Hand

The Cinco Teros is based upon angles of attack, not specific targets. This allows the practitioner to apply any one of the five striking angles to any target they choose. For example, the fifth strike, which consists of a straight thrust, does not necessarily need to be targeted towards the belly. While it can be targeted towards the belly, it can also be targeted to the throat, the heart, or the eye. Instead of tediously taking the time to learn individual angles for individual targets, the angles of attack can be applied to any target that is available.

The strength of the Cinco Teros lies in its simplicity. While many systems of Eskrima may have seven, twelve, or seventeen angles of attack, the Cinco Teros are often sufficient for developing combative knowledge and efficiency in the shortest amount of time possible.

A normal stance is used as if walking, the movements are circular, lateral and triangle and in a straight line. Normally in the old system of Cinco Teros, the stance basically was too low and the basic straddle stance was used. However today those stances that were used in Cinco Teros are not really applicable for the old stances hindered the speed of the practitioner.

A single baston is generally used so the free hand can trap, lock and block. The blocking is soft (open hand). Grabbing is used, but generally the empty hand is used for checking. As the practitioner gains experience, the empty hand will incept the opponents’ strike by moving in.

- Against an opponent the plan is to basically wait for the opponent to attack, though striking first is also an option.
- The major thought in fighting basically once the practitioner has experience is to look at the opponents hands, in this an experienced Cinco Teros practitioner can see how the opponent will strike.

There are several kicking techniques in Cinco Teros: front and back thrusting kicks using the bottom of the foot which the power comes from the hip. Kicks are taught at the level of the stomach to develop coordination and power, once developed then lower kicks to the thighs and shins. Also sweeping and stomping are used.

Roundhouse and sidekicks are taught to the younger generation, the older generation usually stays the basic front and back kicks, sweeps and stomps.





Maestro Mayor Hong Pointers

Maestro Mayor Hong offers his knowledge and experience when he teaches. Starting the student with the basics to build the foundation. Also this will teach the student coordination, confidence, self-discipline, self-esteem and of course self-defense.

Developing the power in Cinco Teros is from inside the body at the hips and with the movement of the body towards the opponent. The student must continuously train to develop the coordination to develop the power. This is by training in the basics, with exercises, drills and against sparring partners.

Once the basics are obtained and it has been shown that there is a solid foundation in the basics the student progresses to more advance techniques in the concepts and principles of Cinco Teros.

Maestro Mayor Hong said with the training and experience he has once the opponent commits his attack he can end the confrontation within six movements.

**5 Strike defense-counter...** As shown herein, Maestro Mayor Rolando Hong Blocks and parries the strikes and counters the with strikes to the arm that is holding the weapon this principle is embedded in the style of Maestro Mayor Hongs Cinco Teros hitting back on the closest target presented.



**5 Strike defense-counter...** As shown herein, Maestro Mayor Rolando Hong does the same Blocks and parries the strikes and counters this time counter strikes hitting the Head or the neck area or more on the body of the assailant which is more fatal than striking on the arm but for a seasoned Cinco Teros practitioner both could be combine in simultaneous strikes.





Cinco Teros Knife Fighting Drills

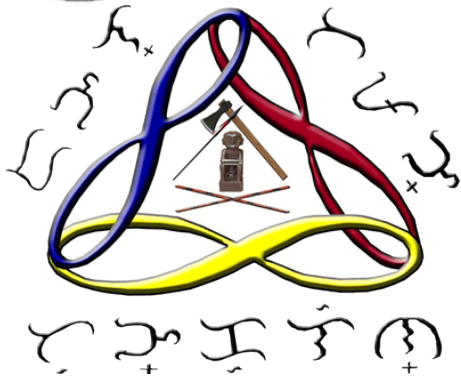
Cinco Teros Knife Fighting drills are based on a Parry-Cut-Check routine, and sometimes the Parry-Stub exchanges, in the Parry-Cut-Check drill one must train to block and parry an attack and deliver a cut in the course of the exchange and secure that the attack could not come back for a flow or a counter which is the work of the check, while in the Parry-Stub drill it simply implies that after you parry and attack you deliver a killing blow in the shortest distance attack path known, the straight line which resembles karate’s straight punch only with a knife direct to the target.

A combination of Parry-Cut-Check-Stub could be coined to continue the flow of the attack counter at- tack which already is the ingenuity of the instructor teaching the technique, as Maestro Mayor Hong always say, “Cinco Teros is a style which is so simple and because of its simplicity evolves in every individual that learns it, bringing out techniques that only that person could have unearthed to be learned by the others and that makes the Art of Cinco Teros revolutionary”



Maestro Mayor Hong States

*In Cinco Teros Baguio, there are no belts for ranking, however he has levels 1 through 8. There are no examinations for movement through the levels, but observation in knowledge and skill is used. He believes in teaching all who want to learn for all students have potential if the desire is there. And teachers must realize even the unexpected maybe not the most coordinated, or slow in learning student has the potential to be the most prominent student if the heart and the mind with the desire is there.*



### ***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.