

FMA Informative

Newspaper

Propagating the Filipino Martial Arts and the Culture of the Philippines

FMA and Karate Stance Comparison

By Alessandro Bovoso

Stance work is the foundation of any martial art. As any Karate and most Gung Fu practitioners can tell you, typically from day one you are given the ratio of weight emphasis for each new stance you learn. For instance a basic front stance (typical to most martial arts) will give a ratio of 60/40 (sometimes 70/30). That is 60% weight distributed on your front leg and 40% on your back leg. Furthermore you are given very specific directions about foot and leg positioning; back leg straight, front knee bent so that you can't see your toes, back foot pointed as forward as possible, front heel slightly turned out. Some of the nuances might be different from style to style but more or less this is what the student learns when they first walk through the door. The details are emphasized throughout the years of practice. "Good" karate and "bad" karate can be differentiated by how closely the teacher is paying attention to this level of detail in his or her students.

In my experience with the Filipino martial arts in general, stance work tends to take a backseat to weapon emphasis with practitioners stepping their feet but not necessarily being conscious of stance. This is probably due to a modernization of training or students not paying attention to what their instructor is actually doing. There is a culture in the Filipino martial arts of the keys to the kingdom never really being given but instead it is on the student to figure out what makes their system actually work. I would suggest that the keys actually lay in stance work.

Grandmaster Angel Cabales, the founder of Serrada Eskrima, is known to have hidden his footwork from the public. That being said, he clearly employed a masterful understanding and usage of weight distribution and stance work in the public footage and pictures available.

Although more advance in age at the time of this photo (which tends to shorten ones stances) you can clearly see the grandmaster employing a 60/40 weight distribution in a forward facing stance. I was told once by my first Eskrima teacher, Master Khalid Khan (Master #13 under Grandmaster Angel Cabales), that Grandmaster Cabales heavily employed the front stance in his practice. In fact, in doing an image search on Grandmaster Cabales, I was hard pressed to find a picture of him not in a forward stance. From my experience studying Serrada, the forward stance appeared to be a dominant one in basic practice.

In my Karate practice I've studied the style of Goju-Ryu. I've trained in American, Japanese, and Okinawan versions of the style. All Goju styles trace back to the island of Okinawa (as well as all Karate) and one teacher, Chojun Miyagi. Karate, which is known for its long and deep stances, wasn't always practiced as such in its place of origin. Rather it was the Japanese students who were introduced to Karate in the 1930's who preferred deep stances and wound up spreading karate all over the world. You can find this in Japanese Goju, Shotokan, and other "Japanese" karate styles. On the island of Okinawa however they typically never stayed deep in stance for very long.

Here you can see a picture of the Chojun Miyagi (on the left) in the 1930's employing the same stance work and Grandmaster Cabales above. In fact, one can almost picture Miyagi sensei with espada y daga in hand.



Get A Move On!

By Brian Johns

Article

Reverse Triangle

By Eric Primm

Article

Evolving from Set Patterns

By Brian Johns

Article

About ...
Past Events
Health & Safety
Building Blocks of FMA
Tid-Bits

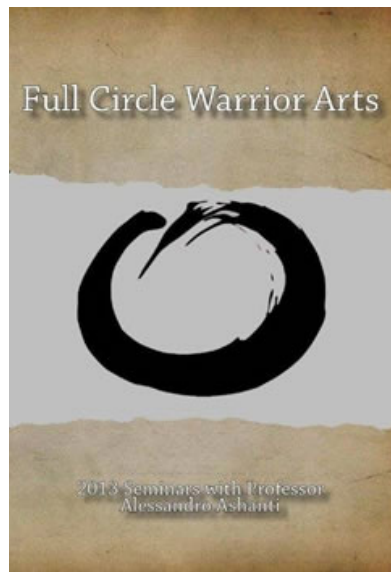
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Stances are meant to be transition and ending positions. We train with them for they give us maximum understanding of sure footing, recovery, grounding, and efficiency. With proper stances you are always sure where your feet are. We are not supposed to be slaves to our stances, but rather they are supposed to serve us. They are a never-ending venue of discovery and should not be neglected in favor of focusing on our weapons exclusively. The Filipino martial arts tells us what to do once we are in range but stances universally allow us to get there in the first place.

Full Circle Warrior Arts 2013 Seminars
By: Alessandro Ashanti



This DVD is a compilation of Master Alessandro Ashanti's 2013 seminars on the martial art of Full Circle. Full Circle is a Jujitsu system of martial arts focusing on street self defense and awareness.

Master Alessandro Ashanti has been training in the martial arts for over 35 years. He teaches his classes in the Phoenix, AZ Metro Area. He currently holds the rank of Pangalawang Guro in Serrada Eskrima under Master Khalid Khan, an 8th degree black belt in The World Sansei Koryu Goju-Ryu Karatedo Organization under Hanshi Manny Saavedra, a 3rd degree black belt in Zujitsu under Soke Chaka Zulu, and a 5th degree black belt in Jujitsu with the American Jujitsu Association. He is also a certified Reiki Master under Master Michael Butz. Currently he is studying Kada Anan Eskrima under Guro Michael J. Butz and Urban Street Survival with Sifu Terry Baruti. He has also studied various other styles of martial arts, most notably Capoeira Angola with Mestre Terry Baruti and Sanuces-Ryu Jujitsu with Hanshi Anton Muhammad. Over the last 25 years he has run his own classes and is currently the head instructor and founder of Full Circle Martial Arts and Full Circle Jujitsu.

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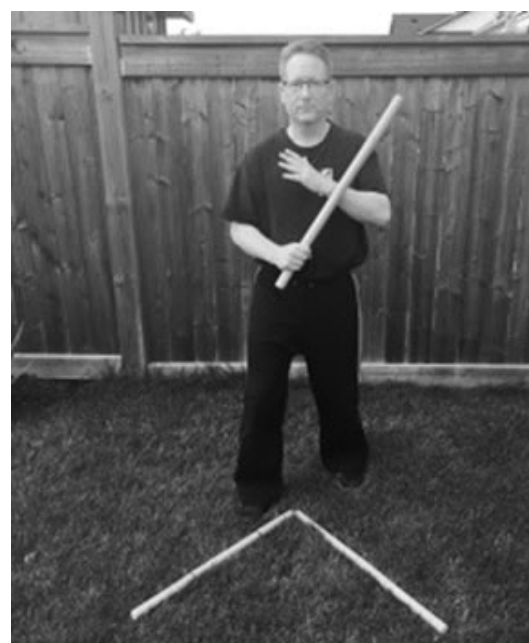
Get A Move On!

By Brian Johns

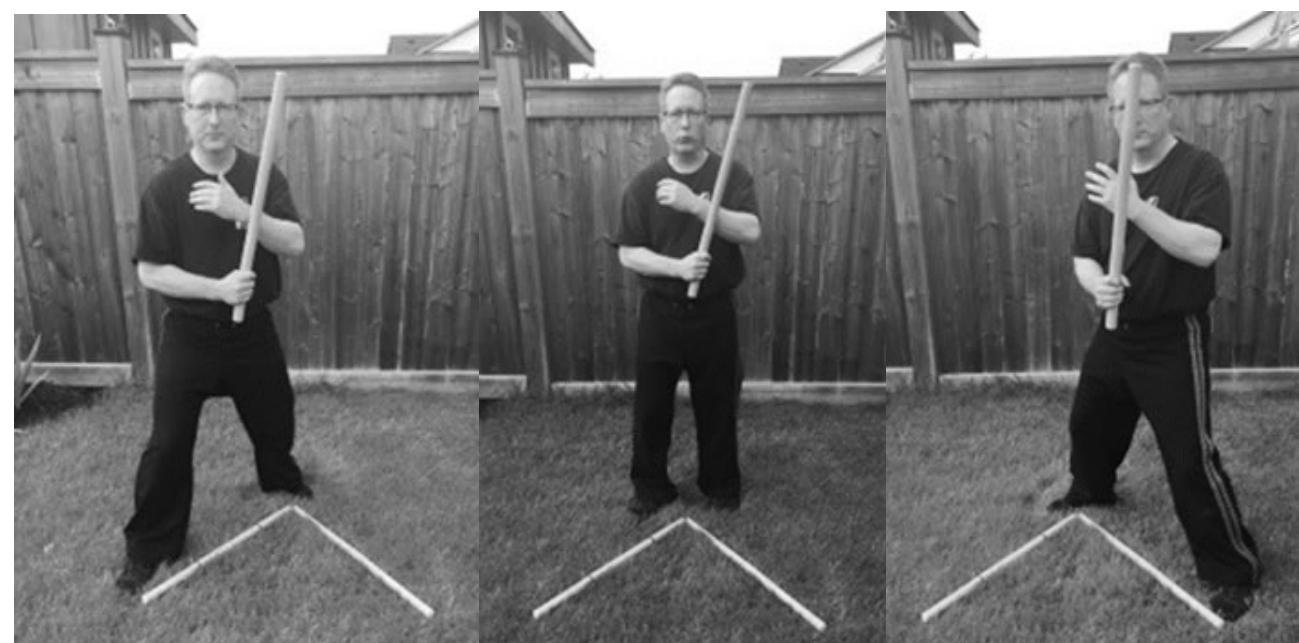
In many private lessons and classes that I have taught over the years, I have noticed that poor footwork will often negate good stick technique. Sub-optimal footwork has reared its head enough new students are introduced to footwork on day one. I will go through some basic footwork and stance drills, often through the angles of attack, in order to ensure that good habits are established right away. With good footwork established, good technique will follow.

I start with two very basic footwork patterns/drills. The first is the one step footwork, illustrated below. As one can see, it's done in a V shaped pattern, stepping at a 45 degree angle either to the right or the left. Here's the basic one step footwork exercise:

The purpose of the one step footwork is to drive home the need to angle off from an attack. This is just a basic footwork exercise.



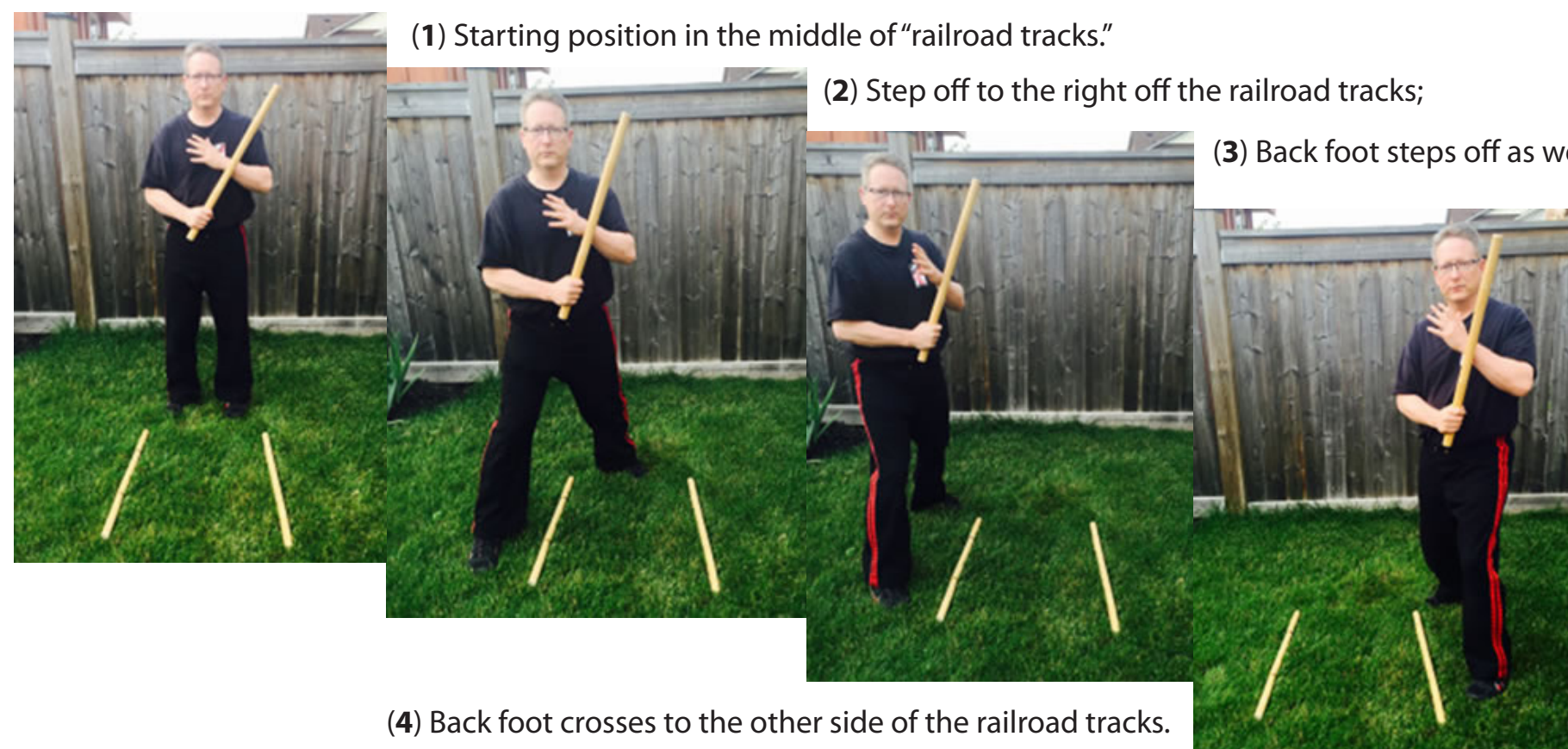
(1) Starting position



(2) Step to the right; (3) Return to starting position; (4) Step to the left.

The second footwork pattern taught in Modern Arnis is the two step footwork. The above sequence is somewhat akin to the ginga of Capoeira.

While there are substantial differences between the Modern Arnis two step footwork and the Capoeira ginga, much hav-



(1) Starting position in the middle of "railroad tracks."

(2) Step off to the right off the railroad tracks;

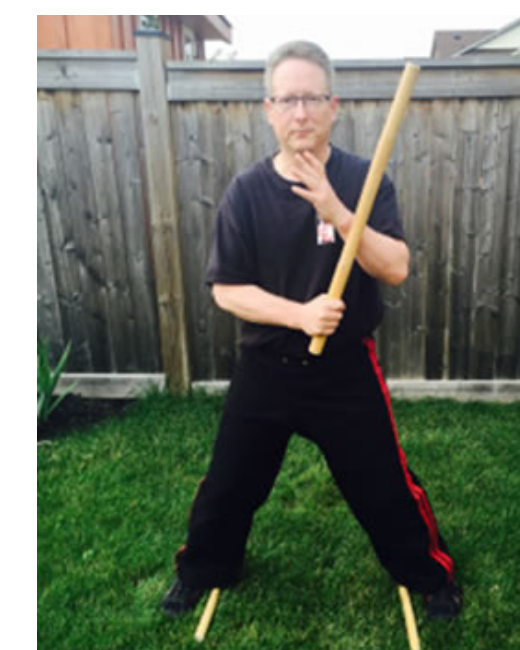
(3) Back foot steps off as well;

(4) Back foot crosses to the other side of the railroad tracks.

(5) I move my right foot back across the "railroad tracks."



Video: [Click Here](#)

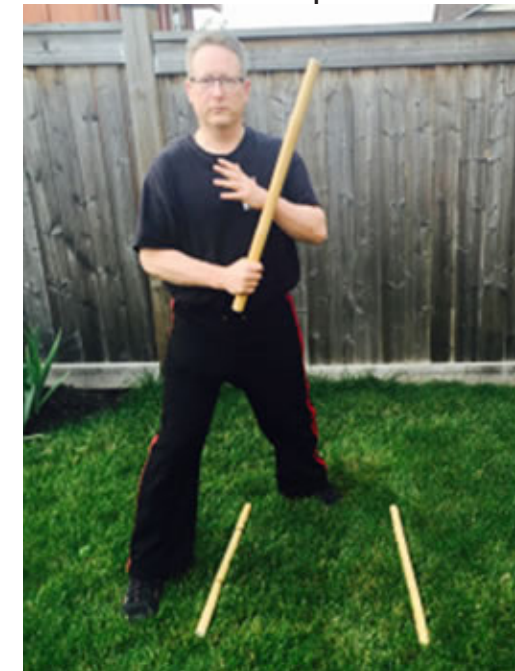


ing to do with the orientation of the feet and centre line and the rhythm/timing of the movement, the principle is similar in the sense of "stepping over the railroad tracks."

When it comes to the two step footwork, most have trouble with the second step, as illustrated below. A common mistake is to step with the right foot only and leave the back/left foot on the railroad tracks. You can see the problem with this position. Anytime I see this, I get on the student's case about this. This is, by far, the most common mistake with the two step footwork that I see. That said, this is merely a technical mistake.

Don't leave that back foot in the middle of the railroad tracks.

These are the first two footwork patterns that I teach in private lessons and in my classes. There are other kinds of footwork that we incorporate such as those associated with sweep strokes, body manipulation techniques, takedowns, and throws.



Once the one step and two step footwork patterns are learned and the technical mistakes rectified, the practitioner needs to go beyond robotic stepping and progress into being comfortable moving their feet around. This is crucial.

If the student remains stuck at the robotic stage, then execution of techniques will, likewise, be robotic.

I have found that it takes a considerable amount of practice to transition from robotic footwork to being light and agile on your feet.

A student should be as comfortable with moving around and using their feet as they are picking up their eating utensils. Make no mistake about it, this takes time, patience, and lots of repetition.

Let me repeat, it takes quite a while to transition from robotic footwork to being nimble, agile, and deceptive in your footwork.

If you do not move properly, you will not be able to defend. If you do not move properly, you will not be able to hit the other guy. It's as simple as it gets.

If you have time at home, practice your footwork for a few minutes every day. You'll notice that you will become less robotic and more natural in moving over time. With practice, you'll have nimble feet like the guy below.

Reverse Triangle

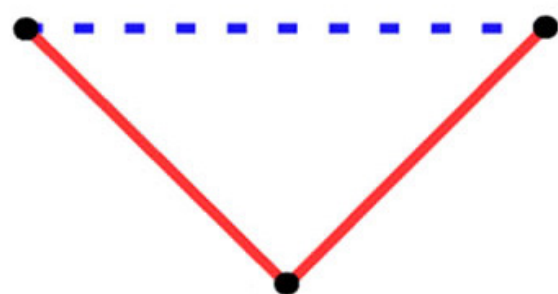
By Eric Primm

Disclaimer: The footwork discussed below is from Counterpoint Tactical System as I've learned it from Master Zach Whitson. Any errors or inconsistencies are mine. The spirit of this series is me studying footwork in more depth. I don't claim to know everything, and I will make mistakes. But, again, those mistakes are mine. Also, this article is for reference only and should be used as a secondary source only. Please, see a Filipino martial arts instructor if you wish to really and accurately learn these techniques.

One of the Filipino martial arts secrets is its beautiful footwork. I love watching skilled FMA'ers move. In that spirit, I'm going to try a new segment here on the blog: Footwork Friday. Every Friday for a year, I'm going to try to write about footwork. This is gonna require some work on my part. A weekly article about footwork is a forced study for me to revisit what I've learned with fresh eyes. I hope to include videos and animations as well. So, let's dive right on into the first attempt.

Triangular footwork is a hallmark of the Filipino martial arts. Angular footwork is a beautiful thing to watch, and it can really confound an opponent. TJ Dillashaw's masterful performance against Renan Barao involved taking angles, and Barao had no answer for it. If taking angles works against a fighter at the top of his game, we should look to use angular footwork as part of our strategy. In CTS, we start with two triangles as an introduction to footwork. First we'll look at the reverse triangle, which is known in other arts as the female triangle.

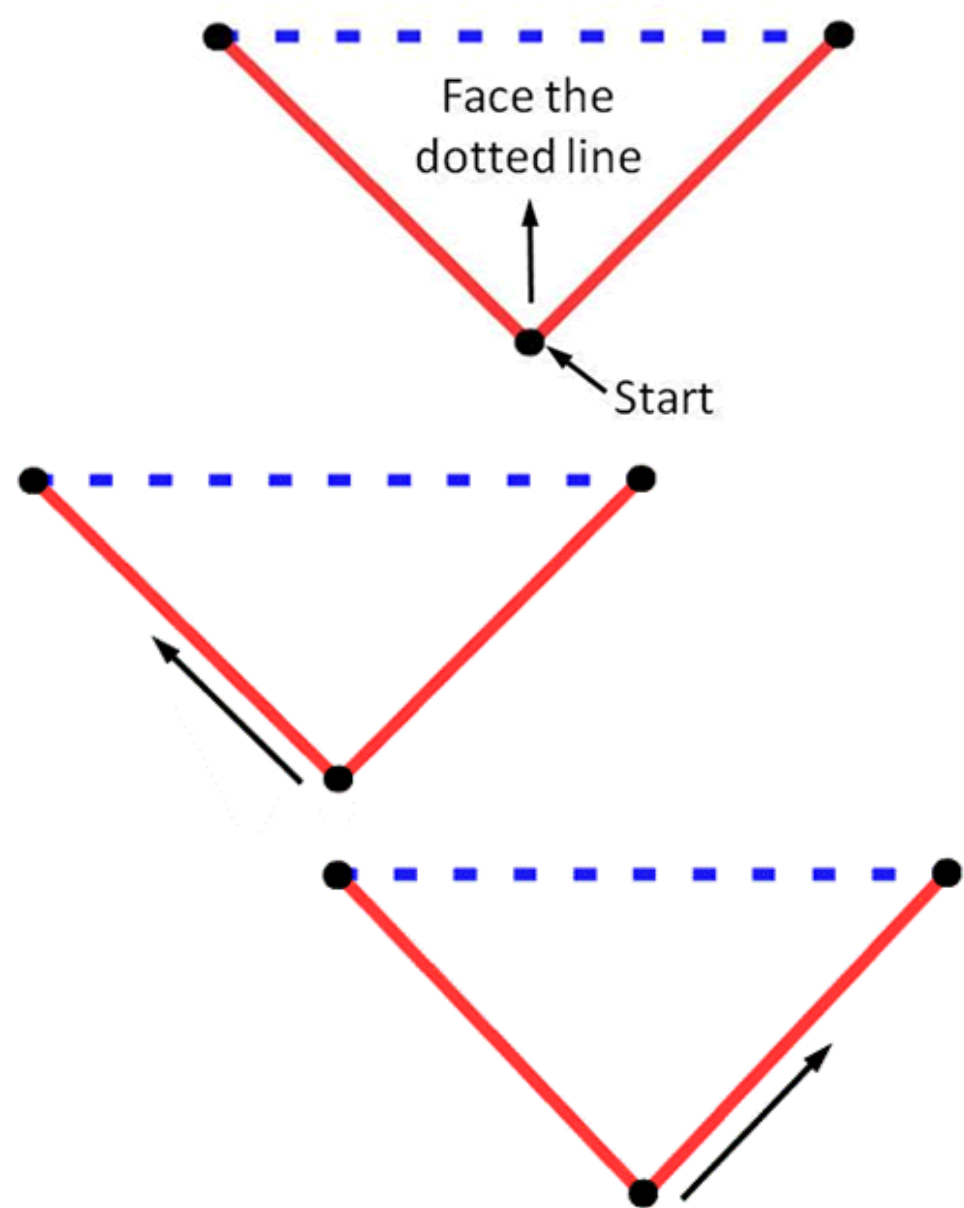
In the reverse triangle, the practitioner starts at the point of the triangle, facing the base. For this article, we are not going to connect the base, which is why it is shown as a dashed line. Step with your left foot out at an angle, but do not move your right foot. The length of the step should be a natural stride for now. Bring the left foot back to the pinnacle of the triangle and make similar step with the right foot out on an angle. Bring the right foot back. There you have it: your first angular footwork.



The above description is for novices. It's important to go slow and to work on the mechanics. We want our form to be correct before increasing speed. Master Zach Whitson says that, "form is the driver of technique." By going slow, we teach our bodies the correct form and the correct technique. Once we can correctly do the technique without thinking about it, slow practice that focuses on form pays off in the form of maintenance. We can also increase the complexity as well as the speed.



St. Louis Counterpoint Tactical Systems
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Evolving from Set Patterns

By Brian Johns



Screenshot of part of flow drill #5 illustrating a defense against a #5 poke.

There are some in the Filipino martial arts community who argue against set patterns believing that dynamism does not come out of set patterns, whether it be a form/kata/or anyos or flow drills. The thinking is that time would be better spent giving students problems to solve and figure things out on a trial and error basis. According to them, you should spend more time on teaching problem solving than on adjusting the student's stance, hand position, footwork, and structure in order to optimize their technique. This line of thinking has a certain amount of appeal. However, I believe this works only for those who have gained an understanding of basic principles and concepts of the art they are learning and have the requisite skill level to execute any technique at any given time.

How do you become formless?

I think that you need to start with forms in order to become formless and acquire the skill to be able to move and counter without thought. In my case, I teach a series of continuous give and take cane flow drills to my students. They are designed to teach the major concepts of Modern Arnis in a step by step fashion. While they are prearranged flow patterns and not necessarily THE flow itself, they do teach the student the essentials of the flow.

While each student is different, I generally teach a progression when working with them. I start with basics before teaching the flow drills. Once they have a basic understanding of the flow drills, I then start with some basic progressions involving either the basic drills and/or the variations. For example, last week, I taught the 5th flow drill (palis palis against angle #1) to one of my private clients. I then taught the 1st and 2nd variation of this flow drill. Once he got the basic flow drill and the two variations, we then stacked these drills together, first in order, and then in random order but in a continuous flow. Was it random play? Not by a long shot. It was not true random play but it was an introduction to random play within a very tight set of parameters.

On Saturday, I taught the same private client the 6th flow drill (palis palis against angle #2) as well the two variations. Like last week, we then combined the basic drill and the two variations and played only with these three in semi-random fashion. There is enough variety in the three drills to keep you on your toes.

I then combined the 5th flow drill with the 6th flow



Palis palis against angle 2 in flow drill #6.

drill and their variations (for a total of 6). We were then working on palis palis both against angles 1 and 2. The client's job was to spot the appropriate times to execute the palis palis technique and respond accordingly. The

space for randomness expanded due to the increased number and variety of drills but was still within the parameters of the two basic flow drills. With the expansion in the randomness comes an increased number of errors. These errors can range from a momentary freeze, improper body structure, erroneous footwork, lack of relaxation and a whole host of other errors.

As you can see, I like to start with the basic flow drills and then move on to the variations and then, as appropriate, stack the progressions in a variety of ways. In this way, you can really work on your skills with a certain amount of randomness inserted. With twenty basic flow drills and two variations each, there is certainly quite a few possibilities in terms of mixing and matching the drills and the variations for years to come.

Stacked Progressions

Simple Stack: Flow Drill A with Flow Drill B

Internal Stack: Flow Drill A and variations

Complex Stack: Flow Drill A and variations combined with Flow Drill B and variations.

Concept Stack: An example would be to apply the lifting concept to all 20 drills

A quick and dirty list of the kinds of progressions that I'm considering. Came up with it last night.

In this way, set patterns slowly dissolve into formlessness and uncertainty as the student gains experience and increase their skill level as they start to understand the flow drills. The prearranged flow then begin to approximate the real flow

In summary, I believe that it is much more beneficial for a student to start with set patterns before getting into counter for counter random play and learning how to deal with the uncertainty of a partner's movements. Predictability slowly becomes unpredictable. With practice, that unpredictability hopefully will revert back to predictability as the practitioner begins to recognize patterns in the chaos. I do not think that, unless a student already has substantial experience, that it would be ideal to take a student and expect them to engage in problem solving without an introduction to the basic skills and movement of the art. How do you become formless? I think that you need to start with form or in my case, with the flow drills.

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About ...

9 Shocking Hoaxes That Drove Pinoys Crazy

I won't dare say that Filipinos are uber gullible. Of course, we sometimes fall for internet hoaxes just like other races around the world. But that doesn't mean we love being fooled.

Hoaxes, stripped of all its negative connotations, are just pure entertainment. And there's no better way to spice up our boring office life than feasting on out-of-this-world stories, regardless if they're fabricated or not.

From bizarre cryptids to forged historical records, Philippines is a melting pot of colorful hoaxes. Here are some of the fake stories that challenged our wits and drove us nuts over the years:

9. The Black She-Wolf

In October 1719, Governor General Fernando Manuel de Bustillo Bustamante y Rueda was assassinated at the Palacio del Gobernador. The perpetrators were never identified although some accounts link Dominican priests to the murder. Then, sometime during WWII, a novel based on the gruesome murder came out of nowhere. Entitled "La Loba Negra" (The Black She-Wolf), it tells the story of the Governor General's widow who transforms into a wolf by night to kill her husband's murderers.



The said novel was allegedly written by Jose Burgos, who, as far as historical records are concerned, had no other known literary works. Historian William Henry Scott later discovered that "La Loba Negra" was only a hoax. Turns out, con man Jose E. Marco—the same guy behind the Code of Kalantiaw—created the novel as part of his immense collection of forgeries. [Image source: www.flickr.com]

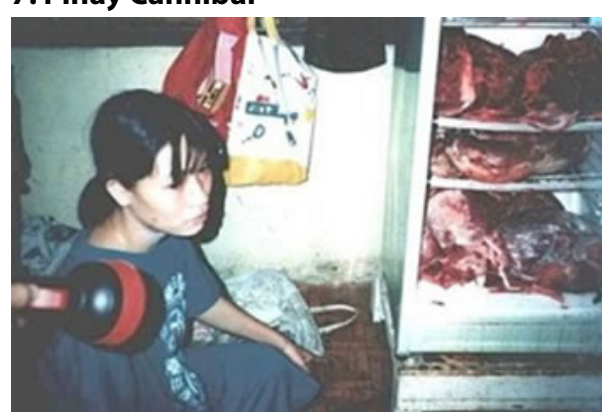
8. 'Acid Rain' Text Scare

Video - https://www.youtube.com/watch?feature=player_embedded&v=xOI03jI-MM

Radiation and acid rain can put anyone's life at risk. So just imagine waking up one day with 'acid rain' threats clogging up your inbox. Sadly, that's exactly what happened during the height of the radiation leak at Japan's Fukushima nuclear power plant.

Government authorities came to the rescue, saying everything was under control. Experts also explained that because the wind current was heading north at that time, it was impossible for the radiation, let alone an acid rain, to reach the Philippines.

7. Pinay Cannibal



Move over Hannibal Lecter! This woman above—allegedly a Filipina—might be one of the worst man-eaters in existence. Rumor has it that upon reaching her 29th birthday, the unidentified cannibal had already eaten dozens of humans—including her husband. She would store the human

meat in her refrigerator and later serve them to her friends or relatives. So extreme was her appetite for human flesh that she also chewed off a prison guard's finger when she was jailed for murder.

However, with no substantial proof available, the story of this "Pinay cannibal" could either be a hoax or just plain exaggeration. Although some ancient Filipino tribes ate their own kind back then, cannibalism in the Philippines has been a dead tradition for centuries now.

6. The Giant Bat

On March 2012, a photo of a humongous bat (as seen above) took the Internet by storm. Initially, it was speculated to have come from Peru but additional investigations confirmed it to be of Philippine origin. However, Trish Wimberley, an Australian bat expert, said that it's impossible for any species of bats to grow as big as what is shown in the photo. Either it was manipulated or taken in an angle that



made the bat look larger than its actual size. [Image source: MSN New Zealand]

5. Mermaid Carcass of Visayas



In 2003, the childhood memories we had of mermaids were challenged by a series of viral images that are more scary than fascinating. Attached in an email message with a subject "Mermaid found in the Philippines", these disturbing images of a dead mermaid spread like a wildfire, leaving scaredy cats screaming like crazy. The photos look authentic but later investigations proved it to be a hoax.

Fabrication of mermaid images is not a new idea anymore. Old fake mermaids done by surgically joining dead monkeys (sometimes humans) and fish date as far back as 1,400 years old. Another classic example of a fabricated mermaid should be the Fiji mermaids popularized by showman P.T. Barnum in the mid-1800s. Surprisingly, the fake photos of the Visayan mermaid resurfaced once again in 2004 after allegedly being washed up by the Indian Ocean tsunami.

4. The Facebook Ban



-Mark Zuckerberg - CEO of Facebook

In November 2011, tons of spam alerts and pornographic videos from unknown sources began flooding Facebook walls. Soon, Mark Zuckerberg, CEO of the social media giant, officially released a statement. He threatened Filipinos that a nationwide Facebook ban would happen if the issue doesn't stop. But as succeeding reports would reveal, this message was just another pointless hoax. The real perpetrators were later identified and Mark Zuckerberg was proven to have never made such statement publicly.

3. Snow in the Philippines

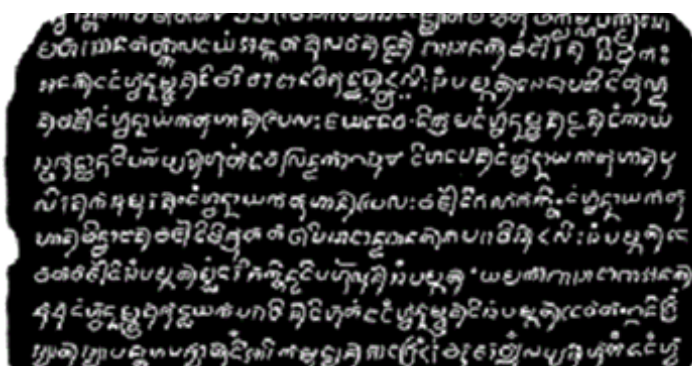


Video - Click Here

On July 24, 2013, a YouTube news clip showing a snowfall in Mindanao left many Pinoy netizens dumbfounded. A winter wonderland in the Philippines? Sounds great but seeing a snowfall here is like witnessing an apparition.

Fortunately, both PAGASA and NHK World Weather Report anchor Robert Speta said the video is fake. Turns out, the video clip was taken in 2009 during the Mayon volcano eruption. In other words, it is an ash fall, not snowfall. Rodsburgh News Live, the agency which allegedly covered the report, doesn't exist either.

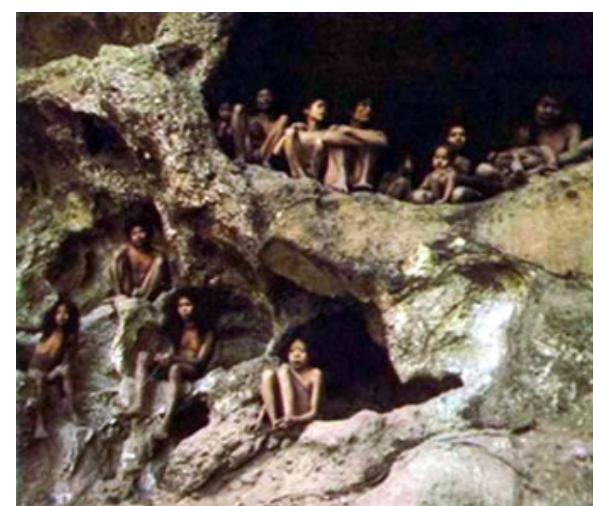
2. Code of Kalantiaw



In 1433, the first Filipino lawmaker purportedly wrote Code of Kalantiaw on the island of Panay. Thanks to this document, we were introduced to some of the most absurd and bizarre laws ever written. These include brutal punishments for minor offences ranging from stoning and cutting of fingers to drowning and feeding to crocodiles.

Code of Kalantiaw had been an important part of history until its authenticity was finally put into a question. No historical evidence—not even a trace of oral history in Aklan—has ever been found to prove its existence. Finally, historian William Henry Scott was able to identify the person behind the falsehood: Jose E. Marco. The Code of Kalantiaw, as it turned out, was a fabricated myth submitted by Marco to the Philippine Library in 1914. In the end, the National Historical Institute officially declared it a hoax in 2004. [Image source: <http://trooperworld.wikidot.com>]

1. The Lost Tribe of Tasaday



In 1971, wealthy Filipino official Manuel Elizalde discovered a Stone Age tribe living in isolation somewhere in Cotabato. They wore leaves, spoke their own dialect, and used crude tools like stone axes. Soon, the newly found "Tasaday" tribe became a worldwide sensation, hitting the headlines of Reader's Digest, National Geographic, and Associated Press.

Fast forward to 1986, Swiss journalist Oswald Iten visited the Tasaday tribe and got the shock of his life. He discovered that the lost tribe did not only wear T-shirts and jeans but also spoke modern local dialects. Turns out, the Tasadays—who were actually T'boli and Manobo farmers—were only forced to act like cave men so Elizalde would give them gifts. Soon enough, the story of the Stone Age tribe were described as the "greatest hoax since Piltdown Man".

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The Urban Legend of Maria Labo



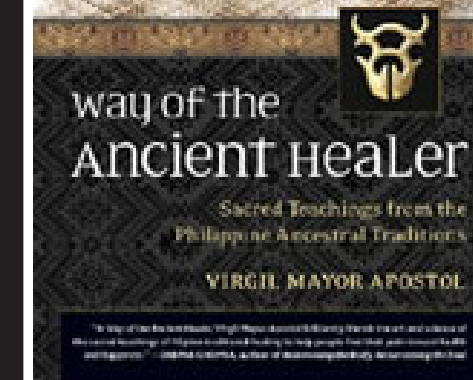
Maria Labo once lived an ordinary life with her husband and two children. The 1980's wasn't exactly a great time for the country's economy so Maria went to Canada and worked as an OFW to support her family in the province while her husband worked as a policeman. She was from Capiz. When she got to Canada, she worked as a Caregiver to a very old man. Her employer was very kind to her despite the fact that they can hardly understand each other. One night she found her employer catching his breath in bed. He asked her to come closer and when she did, he handed her a black stone and asked her to swallow it. Not knowing what it was; Maria did as she was told. When she finally swallowed the stone, her employer breathed his last and died.

Out of work, Maria went back to the Philippines to her family in the province. As the days pass, Maria felt ill and she feels hungry all the time despite the fact that she just ate. Her husband noticed her strange behaviors like staying up all night, not going outside and not talking to people but he thought she was just adjusting herself again to her provincial life. One night, Maria's husband came home and sat down for dinner. He asked "Where's our children?" through mouthfuls of Maria's home cooked dish. Maria looked up at him and said "They're over there," while she pointed at their stove. He later found out that Maria killed and cooked their kids and he just ate a mouthful of it! So he slashed her with a bolo or labo as it is called in their province that earned her the moniker "Maria Labo". Because of this, she walks around with a big scar on her face. It was said that she escaped to the South, probably Visayas or Mindanao, still hungry for human flesh.

Philippines Shocking History
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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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Mythical Beings

Aswang

An Aswang (or Asuwang) is a ghoulish Filipino folklore. The myth of the aswang is popular in the Western Visayan regions such as Capiz, Iloilo and Antique. The trademark or major feature of Aswangs which distinguish them from other Filipino mythological creatures is their propensity to replace stolen cadavers with the trunk of a banana tree carved in the cadaver's likeness. They are also said to like to eat small children. Their favorite body parts are the liver and heart. Other local names, especially in Capiz are tik-tik and wak-wak.

Aswang, at times, is also a generic term applied to all types of mythological creatures, ghosts, manananggals, witches, shapeshifters, lycanths and monsters. Aswang is often interchanged with manananggal, but they are different. There are also characteristics and features that the Aswang also varies from Filipino to Filipino. They usually live near the mountains and they never go in to cities.

With respect to Aswang, Capiz (a province on Panay island) is the subject or focus of many Aswang, and other types of mythological and folkloric ghosts (multo), goblins, ghouls, manananggal, witches (mangkukulam), giant half-horse men (tikbalang) and other monster stories, especially for tabloids. Capiz is (unfairly) rumored to have a number of aswang and covens of witches. Superstitious folk who believe in their existence can still be found in these parts. They typically adorn windows, rooms, etc. with garlic bulbs, holy water, and other anti-aswang paraphernalia which supposedly repels these creatures. Aswangs have the ability to transform into other animals like dogs, bats and snakes.

The myth of the Aswang is popular in the Visayan region of the Philippines, specially in the western provinces of Capiz, Iloilo, Antique. Aside from entertainment value, mothers are said to tell their children Aswang stories to keep them off the streets and keep them home at night. Similar to Count Vlad III Dracula of Transylvania in Vampire stories, the most popular characters are the clan of Teñente/ Tenyente/ Tiniente Gimo of the town of Dueñas, Iloilo.

An aswang is a regular townspeople by day and prefer an occupation related to meat, such as butchery or making sausages. Aswangs have an ageless appearance and a quiet, shy and elusive manner. They can be distinguished from humans by two signs. One is the bloodshot eyes from staying up all night looking for opportunities to sneak into houses where funeral wakes are

being held, and stealing the dead bodies.

According to the elderly, the Aswang can also transform from human to animal and animal to human. The Aswang can disguise him/herself as a pig, dog or a black bird. Supposedly if a person looks at them in the eyes, the reflection would appear inverted. During their nocturnal activities, they walk with their feet facing backwards and toenails reversed.

One type is the tik-tik which transforms into a huge bird/bat at night and prowls. The tik-tik looks for a pregnant woman. Then extends a very long proboscis into the womb and licks the baby to kill it. While performing, a 'tik-tik' sound is heard.

In some stories, the tik-tik is an aswang's familiar, said to confuse people by its 'tik-tik' sound. If the aswang is near, the sound would be faint so that people hearing it would think that the aswang is still far away.

Manananggal



A manananggal in Filipino folklore or penanggalan in Malay folklore is a mythical creature. It resembles a Western vampire, in being an evil, human-devouring monster or witch. The myth of the Manananggal is popular in the Visayan region of the Philippines, especially in the western provinces of Capiz, Iloilo, Antique. There are varying accounts of the features of a manananggal. Like vampires, Visayan folklore creatures, and aswangs, manananggals are also said to abhor garlic and salt. They were also known to avoid daggers, light, vinegar, spices and the tail of a sting ray which can be fashioned as a whip. Folklore of similar creatures can be found in the neighbouring nations of Indonesia and Malaysia.

A manananggal is described as being an older, beautiful woman (as opposed to an aswang), capable of severing its upper torso in order to fly into the night with huge bat-like wings to prey on unsuspecting, pregnant women in their homes; using an

elongated proboscis-like tongue, it sucks the hearts of fetuses or blood of an unsuspecting, sleeping victim. The severed lower torso is left standing and it is said to be the more vulnerable of the two halves. Sprinkling salt or smearing crushed garlic or ash on top of the standing torso is fatal to the creature. The upper torso then would not be able to rejoin and will die at daybreak. The name of the creature originates from an expression used for a severed torso: Manananggal comes from the Tagalog, tanggal (cognate of Malay and Indonesian tanggal) which means to remove or to separate. Manananggal then means the one who separates itself from its lower body.

Superstitious folk in the Visayan provinces still hang cloves of garlic or onion around windows, doors, etc. with the purpose of repelling this creature as well as the aswang. They are a favorite theme for sensationalist tabloids. They may be a product of mass hysteria or intentionally propagated to keep children off the street, home at night and wary or careful of strangers, or simply to entertain them.

There are various ways into which a person can become a manananggal. In one story, a girl that became a viscera sucker admitted to her human suitor that she felt like eating the sputum of sick people. She said that she had this feeling after she rejected the advances of a former suitor which turned out to be an aswang. Another way of producing a manananggal would be by swallowing a black chick, a creature that came from the throat of an old manananggal. The old manananggal cannot die unless they pass this chick to a replacement. The monster chick can be removed by fumigating the victim while attached upside down in a tree. The victim can also be spun round and round until she throws up the chick due to dizziness.

There are four other ways to transform a person into an aswang or as a viscera sucker: by "personal effort", through contamination (addition of an old manananggal's saliva or bits of human flesh to the victim's food), transmission via supernatural means, and heredity. For personal effort, one can force the transmission by holding a fertilized egg to one's body and securing it via a cloth. The egg would then mysteriously osmose to one's body after an unknown amount of time, creating the chick that would make the person a fully-fledged viscera sucker.

The province of Capiz is the subject or focus of many manananggal stories, similarly with the stories of other types

of mythical creatures, such as ghosts, goblins, ghouls and aswangs. Among the indigenous people, Capiz has a reputation for harboring many of these creatures.

Mangkukulam

Mangkukulam (noun) is a person employing or using Kulam. Kinukulam is the target of the Kulam. Nakulam means someone or something experiencing the effects of the Kulam.

Kulam in the Philippines is said to be centered on the islands of Siquijor and Samar and the province of Sorsogon, where many of the country's faith healers reside.

Kulam also exists in many of the hinterlands, especially in Samar and Leyte.

The mangkukulam is the Filipino version of witch or sorcerer, the name deriving from the word kulam. Another term is brujo ('bruho' for warlocks), bruja ('bruha' for witches). The verb kulin means "to place a hex". And a curse in Filipino is a sumpa.

The mangkukulam recites spells and mixes potions. Modern influences have transformed popular perception so that the mangkukulam now also uses the equivalent of dolls. The mangkukulam's curses are mitigated by finding him/her and giving bribes.

Superstitious folks still attribute certain illnesses or diseases to kulam. This most often happens in the provinces, where an herbal doctor, albularyo, treats them. In some rural provincial areas, people completely rely on the albularyo for treatment.

Mythical Animals Bakunawa



The Bakunawa, also known as Bakonawa, Baconaua, or Bakonaua, is a deity in Philippine mythology that is often represented as a gigantic sea serpent. He is believed to be the god of the underworld and is often considered to be the cause of eclipses.

It appears as a giant sea serpent with a mouth the size of a lake, a red tongue, whiskers, gills, small wires at its sides, and two sets of wings, one is large and ash-

gray while the other is small and is found further down its body.

Tales about the Bakunawa say that it is the cause of eclipses. During ancient times, Filipinos believe that there are seven moons created by Bathala to light up the sky. The Bakunawa, amazed by their beauty, would rise from the ocean and swallow the moons whole, angering Bathala and causing them to be mortal enemies.

To keep the Bakonawa moons from completely being swallowed, ancient Filipinos would go out of their homes with pans and pots, and would make noise in order to scare the Bakonawa into spitting out the moon back into the sky.

In Filipino folk literature, the Bakonawa is said to have a sister in the form of a sea turtle. The sea turtle would visit a certain island in the Philippines in order to lay its eggs. However, locals soon discovered that every time the sea turtle went to shore, the water seemed to follow her, thus reducing the island's size. Worried that their island would eventually disappear, the locals killed the sea turtle.

When the Bakunawa found out about this, it arose from the sea and ate the moon. The people were afraid so they prayed to Bathala to punish the creature. Bathala refused but instead told them to bang some pots and pans in order to disturb the serpent. The

moon is then regurgitated while the Bakunawa disappeared, never to be seen again. The island where the sea turtle lays its eggs is said to exist today. Some sources say that the island might just be one of the Turtle Islands.

Figures of the Bakunawa's head decorate the hilts of many ancient Filipino swords. These swords that originate in Panay are said to bestow upon the hangaway or mandirigma (sacred warriors) the fearful presence and power of the Bakunawa (or whatever deity/animal they have on their deity hilt) when they wield their swords in combat.

A children's game called Bulan Bulan, Buwan Buwan, or Bakunawa is played in the Philippines. It has 8-6 players arranged in a circle. A player acts as the buwan/bulan (moon) while another player act as the bakunawa (eclipse), chosen either through Jack-en-poy, "maalis taya", or "maiba taya." The other participants stand in a circle facing the center and holding each other's hands. The buwan/bulan stands inside the circle while the bakunawa stands outside.

The object of the game is for the bakunawa to tag or touch the buwan/bulan. The rest of the players try to prevent the bakunawa from doing so by holding on to each other and running around the circle as fast as they can while not letting go of the ones next to them.

For the bakunawa to get into the circle, he or she asks one of the players, "What chain is this?" and when the player replies, "This is an iron chain," the bakunawa should ask another player because an iron chain is supposed to be unbreakable. A player who wants to let the bakunawa in can say, "This is an abaca chain," and should let go of his or her hold. This is usually done when the player playing as the bakunawa is tired from running around.

The bakunawa can also try to get in by going under the linked hands. If the player chosen as the bakunawa is fast and small enough, this can be done easily. As soon as the bakunawa succeeds in getting in, the players forming the circle should let the buwan out of the circle.

The bakunawa then tries to break out of the linked hands to try and get out to catch the buwan/bulan. When the bakunawa succeeds in catching the buwan/bulan, they exchange places, or if both of them are too tired, another pair from the circle of players is chosen as the new bakunawa and buwan/bulan.

Sigbin

The Sigbin is a creature of Philippine mythology said to come out at night to suck the blood of victims from their shadows. The creature walks backward with its head lowered between its hind

legs. It resembles a hornless goat, emits a very nauseating smell and possesses a pair of very large ears which are capable of clapping like a pair of hands. It is also claimed to issue forth from its lair during Holy Week, looking for children that it will kill for the heart, which is made into an amulet.

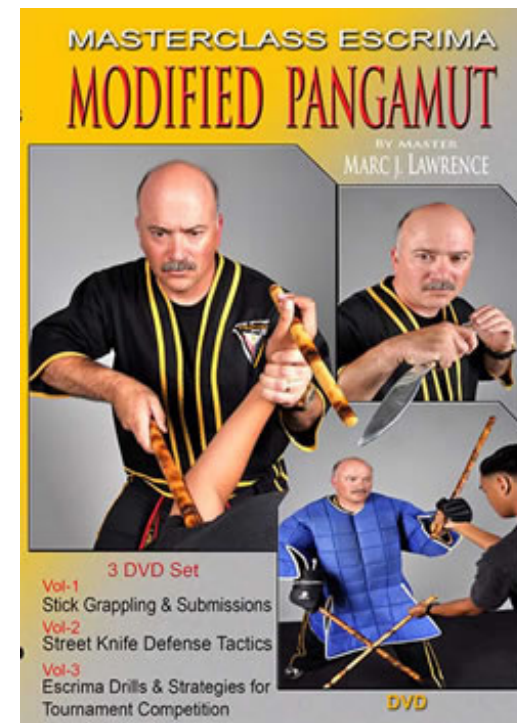
It is also believed that there are families known as Sigbinan "those who own Sigbin", who possess the power to command them. The aswang, the Philippine version of a witch, is said to keep it as a pet, along with another mythical creature, a bird known as the Wakwak. The sigbin is said to bring wealth and luck to its owners.

In the Eastern Visayas they are also known as the Amamayong.

There is speculation that the legend may be based on sightings of an actual animal species that is rarely seen; based on the description of the sigbin in popular literature, the animal species might be related to the kangaroo. With the recent discovery in the island of Borneo of the cat-fox, a potential new species of carnivore described as having hind legs that are lower than its front legs, the animal species that is the possible basis of the legend as well as the reported sightings of sigbin may belong to or is related to the cat-fox species.

Modified Pangamut (DVD Set Vol-1, 2 & 3)

By Master Marc J. Lawrence



The traditional arts are known as Kali, Eskrima or Arnis, stick, knife and hand to hand fighting was developed over a period of many centuries in the Philippines as her people fought for their independence from foreign invaders. Each skirmish with a new culture added to the Filipino Martial Arts as warriors developed techniques to combat foreign styles. Subsequently, more than 100 different Filipino Martial Arts styles developed, which can be grouped into three complete self-defense systems which utilize sticks, swords, empty hands and other weapons. Our core system is a Mountain Visayan fighting system bought to the USA by our system's Founder (Pundador) GM Felix Roiles. His Grandfather called it Pakamut also called Pangamut. This referred to having skilled hands in Cebuano, a Visayan dialect. He shared this with Marc Lawrence, his families fighting system. Marc Lawrence had his own FMA fighting system that he had learned in his travels. In his travels and fighting other systems he developed the Modified Pangamut System. This is what he teaches and fights with, Marc Lawrence is our Punong Guro (Head Instructor) and he is a National Champion in the Filipino Martial Arts.

Volume 1: Stances & Footwork, Finger Locks, Sitting Position, Floor Defense, Disarms and Submissions...

Volume 2: Controlling the Axis, Multiple Strike Strategy, Defenses & Disarming ...

Volume 3: Block and Counter, Drills and Disarms, Multiple Return Strikes Competition Drills, Learning to Defend by Zones, Tournament Disarms, Distractions & Disarms, Vining of the Stick, Fighting Mixed Weapon Tournaments, Concepts and Rules of Fighting, Choosing Fighting Greer, Competition Strategy, Point Fighting Strategies, Continuous Competition Strategies, What Wins A Fight, What shots Judges Look For...

Volume 4: Arnis De Mano '14 Uses of the Live Hand' - 14 Uses of the Live Hand from the Arnis De Mano System when fighting with a single stick: Re-Enforce, Augment, Checks, Passes, Jams, Pushes, Pulls, Grabs, Hooks, Spreads, Punching, Blocking, Pinning...

Volume 5: Cadena De Mano 'The Chain of Hands' - Cadena De Mano basic principals of parry, check, counter strike on the inside and outside lines, including "V" footwork, body positioning, entry and advanced concepts of defeat.

Order from Punong Guro Marc Lawrence and receive a package deal plus his book "**The Basics of Filipino Martial Arts**"
To Order Masters magazine: Click Here



5 Scariest Buildings in the Philippines

No need to wait for Halloween to get yourself scared. In fact, you can simply watch *The Conjuring* in a cold midnight and shit your pants before the show ends. If you've seen it already, good for you. Now you understand that success of most horror flicks rely on four secret words: Based. On. True. Story.

However, fact remains stranger than fiction. While Hollywood horror movies mostly use exaggeration, true ghost stories only rely on facts—at least, according to the eyewitnesses. And this is when the magic of haunted houses come to the picture. They have bloody pasts, real-life paranormal events, and other stuff that great horror fiction are made of.

So if you're hungry for a round of thrills and screams, this list is totally made for you! Here are five of the most haunted buildings you must visit in the Philippines:

5. Malacañang Palace



The headless ghost of Malacañang Palace (Source: malacanang.gov.ph)

Malacañang Palace is a silent witness to those glorious days that have shaped our history. Therefore, it should come as no surprise that this building has plenty of spooky stories to tell—including the ghost of no less than President Manuel L. Quezon.

Rumor has it that after Imee Marcos had a vision of Quezon in the study room, the late President Marcos seek the help of spiritualists. Employees and residents also reported sightings of President Ramon Magsaysay and other mysterious entities including the black lady of Mabini Hall, ghost of American chaplain named Father Brown, and even a kapre near the Palace's state entrance.

4. Ozone Disco

In March 18, 1996, massive flames engulfed Ozone Disco, killing 160 people—mostly teenagers—while leaving the other 95 injured. To this day, it remains as the worst fire accident in Philippine history.

But 17 years later, the horror of that fateful night literally echoes back from Ozone's old, dirty walls. Terrified witnesses claim to have heard heavy beat of music and muffled voices coming from the abandoned building. There are also reported sightings of ghostly figures dancing in the moonlight—a grim reminder of Ozone's once lively past.

3. Manila Film Center



The Manila Film Center (Source: www.thepinoywarrior.com)

Built in 1981, Manila Film Center has been dubbed as the country's largest tomb. The legend started when a scaffolding of the upper floor collapsed during the height of its construction. Some people died instantly while others suffered injuries. Threatened by an impending deadline, Marcos ordered some of the trapped workers to be buried alive. Or so the story goes.

Fortunately, the building was completed in time for the 1982 Manila International Film Festival. But since then, furious ghosts have refused to keep silent. In a 2005 documentary, Howie Severino confirmed that all 169 workers were traced and not more than a dozen died from the accident. Still, a hair-raising atmosphere at Manila Film Center is always ready to welcome those who dare to enter it.



Ozone Disco today. (Source: www.hauntedamericatours.com)

2. Clark Air Base Hospital



Hospitals are said to be gateways leading to the afterlife. Clark Air Base Hospital in Angeles City, Pampanga is no exception. But if hundreds of ghost stories are to be believed, this abandoned hospital will surely make your knees tremble. In fact, Ghost Hunters International has dubbed it as "one of the most haunted places in the world". It also has the most documented ghost sightings ranging from violent spirit voices to mysterious shadows lurking in the corners.

By reviewing its history, it should not come as a surprise why it has been haunted by restless spirits. During the WWII, Clark Air Base Hospital served as a haven for wounded and dying American soldiers. Its frightening reputation will soon be featured in National Geographic Channel's docu-series aptly titled "I Wouldn't Go In There."

1. The Diplomat Hotel

Any list of Philippine haunted buildings won't be complete without Baguio City's Diplomat Hotel. It's so filled with ghosts that thrill-seekers consider it as a favorite destination. But let us explore first how it turned into a ghost building: During the early 20th century, Dominicans built it to serve as a school, monastery, and finally, as a summer retreat house.

Then, at the height of WWII, Diplomat Hotel was badly attacked by the Japanese forces. Legend has it that several priests were killed by the Japanese at the hotel ground floor and somewhere in the second floor. It is said that babies were also mercilessly killed near the fountain. These horrific murders probably explain why a headless priest and chilling cries of an infant have frequented the abandoned hotel.

In 2012, however, the haunted building was finally renovated and christened with a new name: The Baguio Dominican Heritage Hill and Nature Park. Whether the ghosts of Diplomat Hotel will remain or not is left for us to discover.



About the Author: Luisito E. Batongbakal Jr. is the founder and editor-in-chief of Filipiknow. He has a fetish for local trivia, unsolved mysteries, and all things creepy. Follow him on Instagram.
Filipi Know: www.filipiknow.net

Past Events

32nd Annual Bushi No Te Gathering

August 13 - 16, 2015
Wilkes-Barre, PA

A prime focus of the gathering is to support veterans causes, and local veterans were invited to participate in Taiji exercises and share the day's luncheon.

There were several sessions of Filipino martial arts material shared with high level participants from all over the United States, with a wide variety of martial arts backgrounds. From Springfield, VA, Guro Dr. Tye W. Botting shared a progression of tactics for converting incoming strikes to



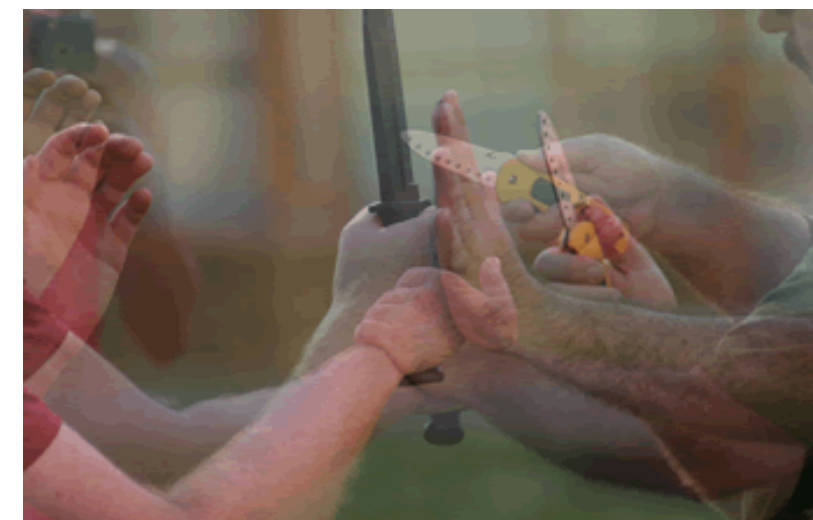
Guro Dr. Tye W. Botting



one's cane hand into attacks to their cane hand, to intercepting hand/wrist/forearm strikes against any incoming strike, to feinting the attack, and finally anticipating a defensive response to effectively be several steps ahead. Ranging, footwork, and timing were stressed as paramount. Guro Abel Martinez came from Stephenville, TX, and covered sinawali boxing drill variations, progressing through empty-hand, knife, cane, and espada



Sifu Dan Schmitt - Guro Abel Martinez



y daga applications. Sifu Dan Schmitt of Maryland covered unexpected abanico strike applications and combinations as attacker and defender. During the camp, participants shared material, including Aikido, Pencak Silat, Goju Ryu, Jujutsu, Shotokan, Muay Thai, Bushi no te Spear, Liu Seong Gung Fu, Taijiquan, and much more.

The openness and sharing made for a great atmosphere - it's an event not to miss! - **Tye W Botting**



Orlando International Martial Arts Championship

August 15, 2015
Orlando, FL.

Sibak Phil Hernandez (left) won 3rd place at the Orlando Martial Arts Championship in Orlando, FL. He came representing Jeet Kune Do and Combat Systems Incorporated of Arizona. Sibak Hernandez's student, Tim Pulley, (no photo) took 2nd place in the under-black belt division.

Visit Combat Systems Incorporated on Face Book: [Click Here](#)



Kuntao Seminar

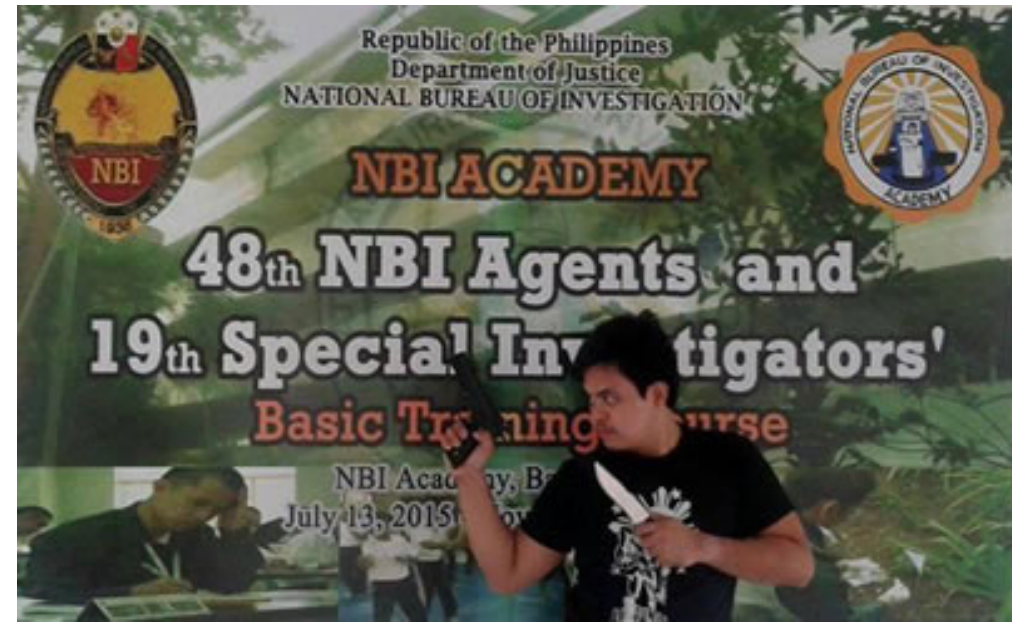
w/ Sifu Chris Derbaum
August 22, 2015
6210 17th Ave.
W Bradenton, FL.



Great Kuntao Seminar today in Bradenton FL today. Thank you to everyone that everyone that attended. Want thank host Master Kevin Bergquist.

Arnis and Knife Fighting Tactical Self Defense Techniques

w/ Federic Beleno
August 27 - September 20, 2015
National Bureau of Investigation (NBI) Academy
Baguio City, Philippines



Federic Beleno of Federic Tactic Weapons Taught Tactical Self Defense of Modern Arnis and Tactical Knife Combat, and gun defense. He also taught the practical way of Strikings, Lockings, Holdings and Disarmings. And held a Tournament of Arnis and Knife. The NBI is Like FBI in the Philippines
Visit: Federic Tactic Weapons: [Click Here](#)



Bahala Na Summer Gathering

August 22, 2015
American karate
182 Country Club Gate Ctr., Pacific Grove, California

It was great having you down to the Monterey Peninsula. Bahala Na! - **David Hines**
Visit www.bahalana.org



Dan Inosanto Seminar

August 22 - 23 2015
Hurst, Texas

Fantastic seminar with Tuhon Dan Inosanto. Rister International Martial Arts were well represented. Sifu/Guro Jon Rister had the honor of demonstrating with Tuhon Dan. Great work by all instructors and students of RIMA as well. All I can say is Sifu/Guro Jon has trained us well, and it shows.

Rister Martial Arts



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Karambit "The Art of Curved Knife"

Garduce Sanggot Tirada Sistem
August 29, 2015
TKMT
1992 Yonge St., Toronto, Canada

The seminar was attended by passionate FMA practitioners. Maestro Oliver Garduce Grandmaster explained at the beginning what is karambit and how it was used by the people in the Philippines for harvesting. Then, later on became a weapon that can be used to protect themselves and their family and friends. Various techniques were shown and practiced to help the practitioners understand its meaning and effectiveness.

Techniques were learned on how to use the karambit to safely guard ourselves or our loved ones in time of need.

Maestro Oliver Garduce Grandmaster is showing how we can protect ourselves from someone who tried to get so close to us.



Group picture of the karambit (the art of curved knife) seminar with Maestro Oliver Garduce Grandmaster of International Filipino Martial Arts Academy.

Phoenix Martial Arts Club Expo

August 29, 2015
Hosted by: Jonathan Thornton and Legendary Martial Arts
15341 W Waddell Rd.
Suprise, AZ.



Another successful Phoenix Martial Arts Club Expo/Seminar. Special thanks to the instructors Jonathan Thornton, Nick Edmonds, Michael J Butz, Sean Broussard, and Drake Sass. Your dedication to your art and the willingness to teach others outside your art makes you extraordinary in my eyes. Everyone enjoyed it! More pics to come. - **Fergus Fausto**



Metroplex Arnis Players Alliance (MAPA) 6 Summer Gathering

August 29, 2015
Oates DR Baptist Church
2805 Oates Dr., Mesquite, Texas

On Saturday August 29th the Metroplex Arnis Players Alliance (MAPA) of Dallas-Fort Worth held its 6th gathering. Once a quarter MAPA gets together for an afternoon of training with a rotating group of local Arnis instructors. Each time the gathering is held at a different location around the Metroplex. This quarter the gathering was held in Mesquite, TX.



Guro David Beck

Guro David Beck of Beck Martial Arts presented empty hand tactics from Arnis DeLeon versus single stick attacks.

Guro Jason Gutierrez of Hock Hochheim's Force Necessary covered empty hand and blade defenses against knife attacks on the ground.

Guro Bruce Jenkins of Moroland Arnis taught an introduction to his empty hand 3 lock system that includes influences from Arnis, Silat, and other arts.

Guro Darren Dailey of American Self Defense Systems covered IMAF Modern Arnis double-stick versus single-stick drills and techniques.

MAPA was founded in the Spring of 2014 by a like-minded group of Arnis schools in the greater DFW area with the intent of promoting Arnis, providing cross-training opportunities, and help

those interested in Filipino Martial Arts find others to train with. Training, friendship, and a passion for our arts is the driving force behind MAPA, not money-making.

MAPA gatherings are kept inexpensive and the location moves each time in an attempt to make them as accessible to as many people as possible. The rotating instructors are drawn from schools and organizations who have supported past MAPA gatherings. MAPA welcomes all who are interested in Arnis, beginners and experienced alike. MAPA is open to practitioners of any Filipino martial arts style and all styles and instructors are treated with equal respect. MAPA was founded on the belief we are all part of a greater family and we grow as martial artists in the sharing of knowledge and experience.

Past instructors have included Guros Abel Martinez, Mark Lynn, Mike Pana, John Bain, Andrea Tabei, and Michael Hume. Planning is already under way for MAPA 7 in November.

MAPA uses its Facebook page and mailing list to promote any FMA-related events that we know of coming within the greater North Texas area. You can follow us on <http://www.facebook.com/mapadfw>. Our Facebook About page also lists links to FMA schools in DFW that participate in MAPA events.

If you would like to be added to the mailing list or if you know of an FMA seminar coming to the area, you can send us a message through Facebook.
Article by MAPA coordinator **Kevin Bradbury** of Mid-Cities Arnis



Guro Jason Gutierrez



Guro Bruce Jenkins

Guro Darren Dailey



Guro Dan Inosanto Seminar
 August 29 - 30, 2015
 Podesto Teen Impact Center
 725 N. El Dorado St., Stockton, CA.

Bahala Na Promotions hosted Guro Dan Inosanto in his hometown of Stockton CA.. - Joel Juanitas
Visit: www.bahalana.org



Thanks to all the members who made the Guro Dan Inosanto Annual Stockton seminar a huge success. Especially Master Joel and bro Frank Mendoza and the Stockton crew, Ali, Victoria and Ace, Leo as always. Thanks Frank for kidnapping the taco truck, you da man! Thanks Guro David and Monterey Bahala Na. Thanks to the southern cal family, Ray, Jose Giron and Sherry, for making the long drive to assist our dear friend and teacher Guro Dan. Special thanks to the Sacramento Bahala Na wing for the security on Guro. What a wonderful, successful weekend of FMA. God has blessed us... - **Kirk Mccune**

Intensive Lightning Scientific Arnis Seminar
 August 29 - 30, 2015
 Hosted By: John Bednarski
 Chicago, IL.

On August 29 and 30th, Angelo Garcia was invited by John Bednarski to run a two-day intensive Lightning Scientific Arnis seminar in Chicago, IL. Angelo is the head of the DC Lightning Scientific Arnis group based in the Washington, DC metro area. This seminar comes as part of a series of Lightning Scientific Arnis and Lightning Combatives Seminars that will be taking place across the US this month by both Guro Jon Escudero and Angelo Garcia.

Visit: stickandknifefighting.com



Angelo Garcia (left) and John Bednarski (right)

A seminar held on July 9th and 10th, 2015, at Rister International Martial Arts, 119 Luke St. #113 Irving, Texas



Note: Recorded at an actual seminar Guro Rister on the first DVD goes through explaining the importance of having a curriculum, which one will see, hear and understand the purpose.

A few important factors to remember is that this first DVD is like learning to crawl, then walk and finally to run, the step process that Guro Rister takes one through is very educational in gaining knowledge and fully understanding what is to be done step by step. Common sense and adaptability is easily understood in the way Guro Rister has put forth this instructional DVD

To be successful in what is being taught one must remember this builds each concept and principle in steps, a constant flow is mandatory in accomplishing the most skill in the movements being taught.

Both DVD's are exceptional in understanding the basics of Double Dagger. Broken down in an easily understood curriculum these DVD's make it simple to obtain the knowledge that is being put forth, these two DVD's are a must for a practitioners' library. Of course realize that actual participation in seminars is the best in learning, however if

unable to attend this is most definitely the second best method.

There is a two disc DVD set on this seminar which can be purchases on pay pal sales@ristermartialarts.com \$65.00 Shipping included up to \$8 or email sifugurojon@aol.com

2nd Annual Central Florida Progressive Arnis Seminar
 August 30, 2015
 Paladin Hall Martial Arts
 305 North HWY 27 Suite D, Minneola, Florida

The 2nd Annual Central Florida Progressive Arnis Seminar was truly a worthy sequel to the first one. Guro Chad Bailey started us with Double Stick Cadena Sinawali and Lacoste Sinawali then linking both elements to jump start flow and prepare coordination skills for the Inosanto Panuntukan drill. These Panuntukan drills have the components of structure manipulation and kicks which hints on what is excitingly yet to come.

Continuing the theme of flow, we moved on to Remy Presas' Trangkadass flow. This allows the movements from the Sinawali drill to be applied in empty hand flow and capture the opponents limbs (Hulihen) applying the joint locks. After half time, Guro Chad continued with Professor Muro's Counter-lock flow progressing our ability to counter an opponent's joint lock.

Then, we transitioned into Tapik Tapik. This block, check and any strike flow drill starts to add the element of a more spontaneous counter for counter fight simulation using all the natural weapons from head to toe. Now, the real fun begins when the Guro showed us how to tie it all together into a continuous flow of combat applications. This Palusot concept is the pinnacle of flow teaching the practitioner the ability to instinctively counter any strike, disarm, joint lock or take down with double sticks, single stick, stick and knife, knife and empty.

Very cool concept of dividing the opponent's attention by hand striking and kicking at the same time making it very tough to defend! Thank you Guro Chad Bailey for your guidance. A special thanks to Guro Dan Lowman for your presence and the tips you have shared that definitely enhanced the learning experience. Thank you all who have attended and looking forward to next year!

Filipino Martial Arts of Clermont

Visit: Filipino Martial Arts of Clermont on Face Book

[Click Here](#)



5th Annual No Egos Martial Arts Seminar
 August 30, 2015
 Belmont Oasis Leisure Centre
 Aberathy Rd.
 Belmont, Australia

It was a pleasure to join the No Ego's Team for another Seminar today in Belmont. Originally planning on attending only as a participant; I was deeply honoured when asked to stand in and present a short talk on Cross Training in the Martial Arts for Maestro Andrew Roberts who was unfortunately unable to attend.

After a short introduction from one of the Event Organisers Alan Bannister ; a short talk on Cross Training from me and then the days training began. With all the participants separated into 4 groups; each group was assigned to one of the exceptional line up of Guest Instructors to train for 45 min before moving on to the next Instructor.

As luck would have it; the group I was assigned to went first to Krav Magen Black Belt (and Associate ICCA Instructor) David Reznik. David ; spent our 45 min well; covering with 4 simple Self Defence Drills a brief and concise introduction to Krav Magen and explained its differences from Krav

Maga.

Chief Instructor 4th degree - Claude Romano from Romano Tae Kwon Do was our next Instructor and we were given an insightful and in-depth explanation of the dynamic timing; speed; power and movement of TKD. With a fast paced approach; Claude used his vast Instructional experience to lead us through a step by step process of applied sparring; using only 2 punches and 2 kicks with basic blocking of each; into a free flow light partnered sparring session. Using Kick Shields we worked our Kicking power and timing which gave a lot of the participants unfamiliar with Korean Kicking Styles an exceptional look at its unique and exceptional qualities. Combining this with some very insightful and informative explanations of range and power; and a truly impressive breaking demonstration (he made it look effortless); we ended this session with a short but defined breakdown of all we had learned. Our 3rd Instructor was

Stefano from Systema Perth. I had spent a long time waiting to train with a true Instructor of this unique and rare Russian Martial Art. We began with simple breathing exercises and during the course of the 45min; we developed our breathing into a surprisingly effective and deceptively simple coordinated conditioning process; which allowed us to sustain some exceptionally hard strikes to our torso and body while maintaining our balance; structure; breathing and mindset. I was deeply impressed with this young Instructor and his very humble and gentle approach to teaching what appears to be a truly effective and powerful Martial Art. I was just thankful I was finally able to spend at least a short few minutes training directly with him this time and look forward to future opportunities to join him and learn more.

We then took a short break to listen to Morley Physiotherapist Zoe Brest; a special Guest Speaker joining us all to explain the

benefits of physio to Martial Arts injuries and the development of younger students. She explained how observation of and correcting physical injuries in young students can save them a life time of flawed training and consistent injury and can correct various common problems many young students can develop before they even begin training in martial arts.

Our 4th Instructional session was with 2nd Dan Black Belt Debbie Clark from Southern Cross Bujutsu. Debbie took us through the versatile and effective Tanbo Jutsu Method (Short Stick / Baton). After some introduction and explanation; we were taken through a fluid and easily retained series of progressive combinations of blocks; strikes; manipulations and retentions to achieve various restraints; controls; locks and strangulation techniques. Given Debbie's incredible skill and knowledge I would like to point out at this time her assistant throughout the day was also very bit as impressive; keeping up with

her Instructors fast paced and often full speed demonstrations. If a student is the best example of an Instructors skill; then Debbie's assist easily demonstrated the skill and experience Debbie brings to each class she teaches and imparts to her students. I was extremely impressed by this my second time training with Debbie and especially by the real world skills she imparted in such a short time to so many people from such diverse and different Systems ; making everything she taught pertinent to the individual participants point of view .

Our group's final session of the day was with Yoga Grooves with Instructor Joanne Camponovo. With an existing injury; I was forced to sit this one out; but count myself still very fortunate to have been able to observe the professionalism of

Joanne and her Assistant. In each short 45 minute period; they were able to work the individual benefits of Yoga and is dynamic benefits to each participant and demonstrate to each of them a level of flexibility and movement many had never known they had . Even Physiotherapist Zoe Brest commented to me on how deeply impressed she was with both Joanne and her assistant's level of skill and knowledge; and it demonstrated benefits as seen before us with each group they spent time with.

The groups all came back together after their final sessions and the day ended with one final guest speaker ; Bujinkan- Yodan Dragan Malesic who joined us to talk on the benefits of Vitamin and Health Supplements; how to identify the right ones we need and how to effectively get the

most from their use.

The final element of the day was an incredible demonstration by the Rom TKD Black Belts of several Forms (Kata) . The level of skill and intensity of the demonstrating black belts was truly inspiring and well worthy to end such an exceptional day.

At the end of the day; we had a brief talk from event Organisers Alan Bannister and Rodney Coulman; thanking the Guest presenters and Instructors.

I thoroughly enjoyed the entire day and found each and every Instructor and presenter to be both informative and of exceptional experience and professionalism. They all demonstrated levels of expertise in their various fields which

should make Perth's Martial Arts Community feel both very proud and fortunate to have them as a part of our Industry. I found all the people participating whom I talk ed with to have experienced the same enjoyment and felt the day was one of the best training experiences of the year so far.

Yet again the Team from No Ego's found the most exceptional Instructors they could and gave us a unique and fluid learning format which all concerned found both enjoyable and informative.

Thank you to both Alan and Rodney; everyone at No Egos; everyone presenting and instructing; and a final thank you to all who attended and truly made a great day exceptional.

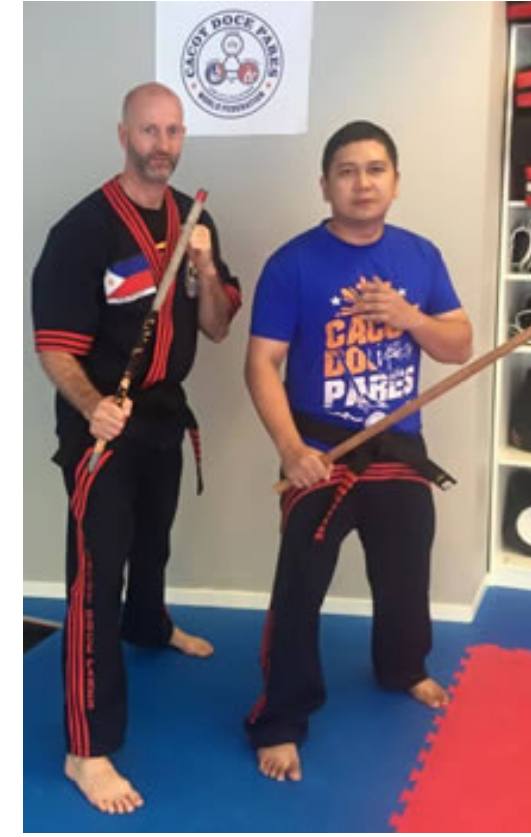
Andrew C. Hickey

Founder of the Inner Circle Combative Method

Cacoy Doce Pares

w/ Grandmaster Chuck Cañete
September 5 - 6, 2015
Kristiansand Kampsport Center, Norway

Supreme Grandmaster Cacoy Cañete's grandson, Chuck Cañete, recently conducted a series of workshops in Norway from Sep 4 – 11, 2015. His first stop was in Kristiansand where the young Grandmaster was invited to do a 2-day seminar in Kristiansand Kampsport Senter by Chief Instructor and Cacoy Doce Pares affiliate, Richard Haya. The training program focused on the standard training curriculum of Cacoy Doce Pares Headquarters based in Cebu City, Philippines. The 2-day event were attended by Mr. Haya's students who were quick to adapt and learn the lessons since most of them have been training in Filipino martial arts for several years under his teachings. Richard Haya currently has 500 students at his school training in FMA, BJJ, Boxing and Kickboxing.



Richard Haya and Grandmaster Chuck Cañete



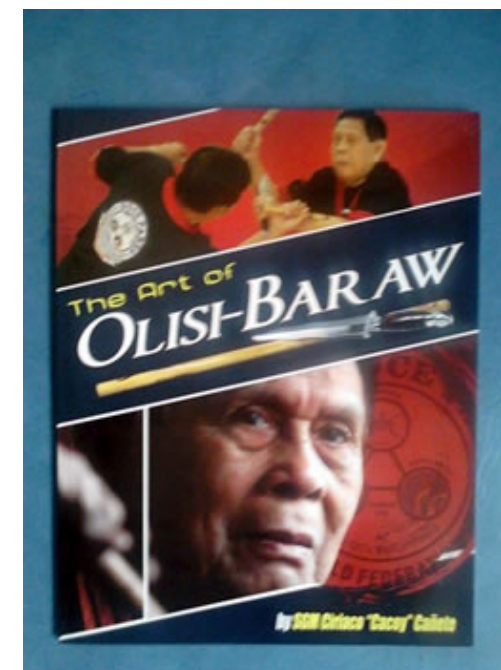
Houston Stick Fighting Association - 3rd Quarter Gathering 2015

September 5, 2015
Gracie Barra Westchase - Houston
9099 Westheimer Rd Ste G & K, Houston, Texas



An incredible gathering today. Thank you to everyone who showed up to participate and to show your support of this great Association. Thank you to all 24 of the participants, totaling 27 matches, who came out to make this quarters gathering a success! People from different parts of Texas came together to play and network here in Houston today. - Jason Evans

"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

Intensive Edged and Impact Weapon Seminars 2015

w/ Guro Jon Escudero

September 5 - 6, 2015

Fighters Garage

Falls Church, VA.

Master Jon introduced the Lightning Combatives approach to Serrada in "Sagasa" mode. Traditionally, the approach on contact is to move to the outside (also known as the Serrada position). However, in Sagasa mode, the practitioner charges down the middle and stops any counter attack through aggressive forward pressure.

By this, they are able to dominate through the systematic application of violence.

The sessions were 4 hours each and covered the Lightning Combatives Tactical Knife curriculum on the first day, then the Lightning Combatives curriculum the second day. - **Angelo Garcia**



www.stickandknifefighting.com

Cacoy Doce Pares

w/ Grandmaster Chuck Cañete

September 9, 2015

DP Evaluation

Oslo, Norway



Grandmaster Cañete's next stop was in Oslo, Norway hosted by DP eVALution led by Master Danny Huertas, who is fond of the close quarter eskrima system as he used to train under Cacoy Doce Pares in Cebu City in the mid 90's before focusing on other Eskrima Style. Most of the seminar attendees have been training with Master Huertas for many years and were happy to experience the close quarter system developed by Supreme Grandmaster Cacoy Cañete, through his grandson, Chuck Cañete.

Master Danny leads the DP eVALution in Europe with members from Norway, Greece, Italy, France, Germany and UK.

Danny Huertas and Grandmaster Chuck Cañete



2nd Annual Derobio Hana Conference 2015

September 10 - 12, 2015

10th: Open Training Session - PDE-HQCrossfit 821 Kuhn Dr. Ste. 106, Chula Vista, CA.

11th: Annual Derobio Conference - Cula Vista Elk's Lodge No 2011, 901 Elks Ln., Chula Vista, CA.

12th: 2015 San Diego FMA Unity - Mountain Hawk Park 1475 Lake Crest Dr., Chula Vista, CA.

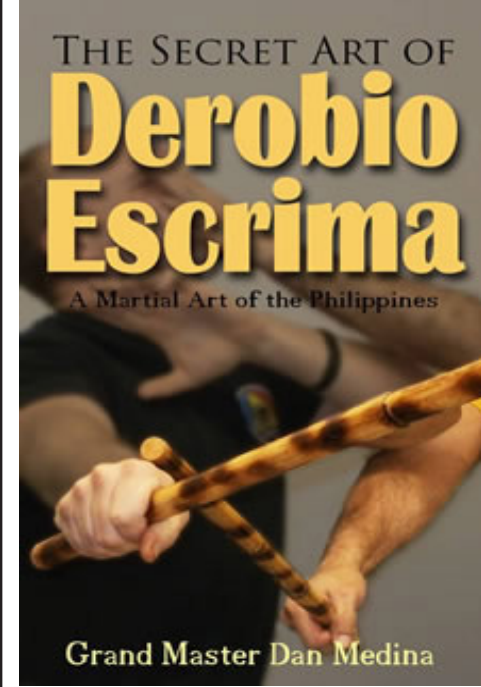
Conference

2nd Derobio Conference and 2015 San Diego Filipino Martial Arts Gathering hosted by the Pulahan-Derobio Eskrima Org.

This is what UNITY is all about! Different schools/instructors/students banding together for a common goal of Love, Camaraderie, and Friendship! The Old Generation leading the New! Preserving our history, ensuring our future and legacies of all our predecessors that came before us. In honor of Great Grandmaster Braulio Pedoy, Batikan Eduardo Pedoy, Grandmaster Narrie Babao, Grandmaster Bert Labitan and all who paved the way and set the standards of excellence in Filipino martial arts! 2015 San Diego FMA UNITY Gathering!. - **Chaz Paul**
www.pdeskma.com



The Secret Art of Derobio Escrima By Dan Medina



In The Secret Art of Derobio Escrima Grandmaster Dan Medina will take you on a journey into the lives and history of two of Leyte's Legendary Men. One was considered to be one of the Philippines most dangerous rebels, a leader of the Pulahan Movement who later became a patriot, General Faustino Ablen (aka Papa Ablen). The other was his disciple, Grandmaster Braulio Tomada Pedo, who is not only remembered for his kindness and physical and spiritual healing skills, but also for his great ability in Filipino martial arts. In this book, Dan Medina sheds light into the deadliness of this bone and joint crushing art.

The Secret Art of Derobio Escrima is the first look into this amazing battle tested art. Not only does it take you through the basics of Derobio Escrima, it also gives you a glimpse into the art's inner workings of countering. This book is written with the student in mind and will take you beyond the basics. It's designed to walk you through the principles and theories behind striking, blocking, counter attacks and locks. Of great interest is the counter to counter movement of Derobio Escrima, which sets this art apart from other arts. It's like the standup grappling of the Filipino martial arts with weapons. It teaches you how to move with the opponent's force, taking and using their energy and flow against them. The stick locks which have made this system famous will make you want to jump out of your skin.

Available through Amazon - [Click Here](#)

Legacy III Queen Mary Seminar

September 12, 2015
Queen Mary, Long Beach, CA.
By Zena Sultana Babao

Babao-Arnis was again one of the Filipino martial art systems presented during the Legacy III 2015 Queen Mary Seminar held this past Saturday, September 12, 2015, in Long Beach, CA. Hosted by Grandmaster Darren Tibon of Angel's Disciples Serrada, the Legacy seminar honors the founders of the different Filipino martial arts systems.

The seminar is also a means of unifying the different Filipino martial arts systems, sharing and demonstrating the various moves and techniques in each system, and continuing the legacy of the founding Grandmasters, most of who have passed away. In the two previous Queen Mary Legacy Seminars, it was my late husband, Grandmaster Narrie Babao, founder of Babao-Arnis, who was among the presenters.

This year, my son Nar Babao, Chief Instructor of Babao-Arnis who now carries his father's legacy, was one of the seven presenters. In order of presentation, here are the seven:



Master Kirk McCune (in white), Bahala Na

- (1) Master Kirk McCune of the Bahala Na system honoring its founder, the late Grandmaster Leo Giron. McCune demonstrated the application of the long sword as practiced in Grandmaster Giron's Largo Mano. He also displayed a big fan which showed all the systems being taught in Grandmaster Giron's style.
- (2) Suro Jayson Inay of the Inayan System of Eskrima, honoring his late father, Grandmaster Mike Inay, demonstrated an impressive combination and transition of locks and holds.
- (3) Master Nar Babao of Babao-Arnis, honoring his father, Grandmaster Narrie, presented the technique of using the bangkaw/sibat (spear).
- (4) Grandmaster Darren Tibon of Angel's Disciples Serrada, honoring his instructor, the late Angel Cabales, shared espada y daga.
- (5) Master Bradford Namahoe of HK3 Namahoe Blend of Kali, shared "na pua lima" which means flower hand.
- (6) Grandmaster Felix Roiles of Pakamut, the name of the fighting art that originated in Mactan Island, Cebu.
- (7) The last presenter was Grandmaster Anthony Kleeman of Doce Pares



Master Bradford Namahoe, HK3 Namahoe Blend of Kali



Suro Jason Inay, Inayan System of Eskrima

Fighting Art System, honoring his instructor, the living legend Supreme Grandmaster Cacoy Canete. Grandmaster Kleeman shared the art of Eskrido.

At the conclusion of the seminar, Grandmaster Tibon presented a special award of recognition to Kidd Kason for his help in securing the Queen Mary as venue for the seminar and in handling the money side of the event. Long Beach has been the location of the Long Beach International Tournaments for many years. It was at the International Tournaments where internationally famous and legendary martial artist Bruce Lee first presented his system, which he later named as Jeet Kune Do (JKD).

Both the Queen Mary Legacy II and the Queen Mary Legacy III were filmed on video

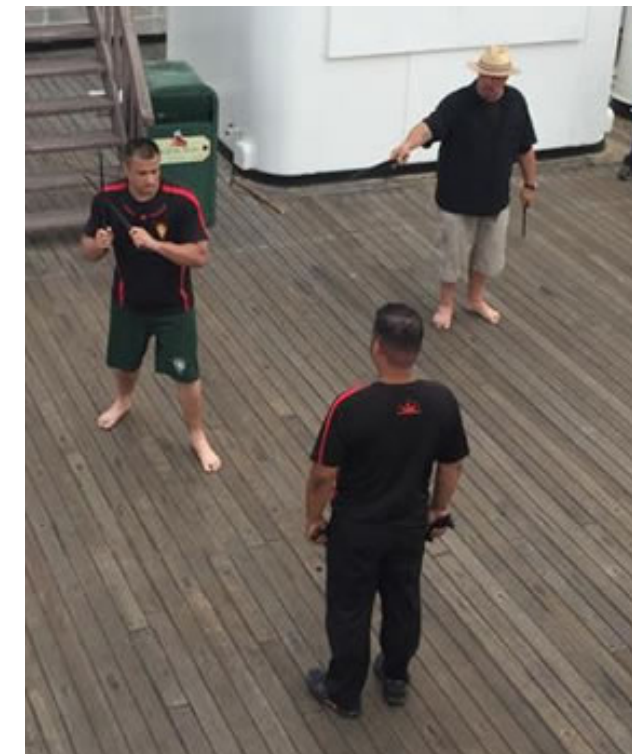
by Empire Media Master Magazine's Val Medjelevec. Legacy IV is in the planning stage and the location will probably be in the Island of Oahu, HI, sometime in April or May 2016. Grandmaster Tibon would like to extend his thanks and gratitude to all those who have supported the Legacy Seminars and Tournaments since 2009.



Grandmaster Anthony Kleeman, Doce Pares



Master Nar Babao sharing bangkaw techniques



Grandmaster Darren Tibon, (with the hat) Angel's Disciples Serrada



Master Suro, Suro Jason Inay and Grandmaster Felix Roiles



Kidd Jason receives recognition award

Grandmaster Darren taught variations of Tibon Serrada Espada y Daga Form 1 and 2 applications. Grandmaster Kirk taught Largo Mano, Suro Inay taught reversing, Guro Babao taught double stick vs Spear or staff, Grandmaster Namahoe taught Empty hand concepts, both Grandmaster Roiles taught Pakamut Fundamentals, and Grandmaster Kleeman taught stick reversals and takedowns.

Gordon Brown

Morning





Afternoon

Year 3, #9 Phoenix FMA Training "Monthly Share"
September 12, 2015
Encanto Park
2605 N 15th Ave, Phoenix, Arizona



The "Monthly Share" for September was held in the morning instead of the evening as last months was, a bit cooler 100 and in the evening it gets dark a bit early – kinda sucks for the pot luck afterwards.

Again it was held at the Encanto Park, which is a nic park with river running through it and also an amusement park, which is good if kids are brought to the event.



First up was Alessandro Bovoso who taught a defense against a faked backhand strike with the attacker going for a dagger thrust. A third strike was added with the opposite hand allowing the defender to setup a finishing blow to the head or neck area depending if you are employing stick or sword.



Next Jay Sowell of DTE (Direct Torres Eskrima), shared a principal based technique, wherein an angle 2 (a 45 degree downward strike from the left) at some point during an altercation is thrown. Single baston was used to illustrate the principal. In this technique, the



attacker advances to deliver a vicious full force blow. The defender retreats toward his/her left gaining an advantageous angle while throwing an angle 10 (straight downward strike) toward the arm of the attacker. Done properly, this will move the defender off line and out of the path of the attack entirely, as well as, allow a direct line to deliver the angle 10 blow to the arm, hand or even the head of the attacker. To be followed up with an immediate upward strike to the groin, chin or whatever is in the path of the weapon.

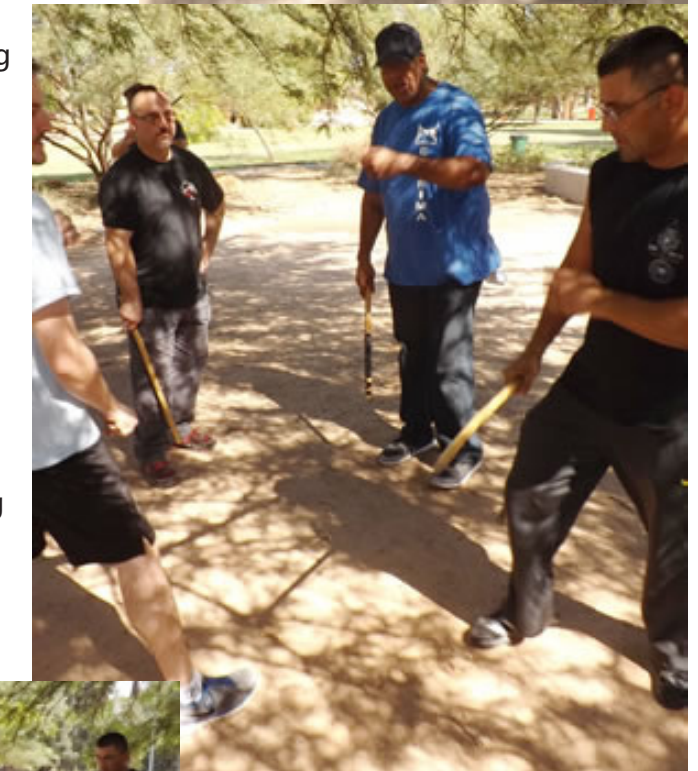
The principals in this technique can be, with practice, readily adapted for use with both edged and impact weapons of varying lengths and characteristics or even empty hands.

Keeping it simple is a great idea when your life is on the line and as always practice, timing and intent are key.

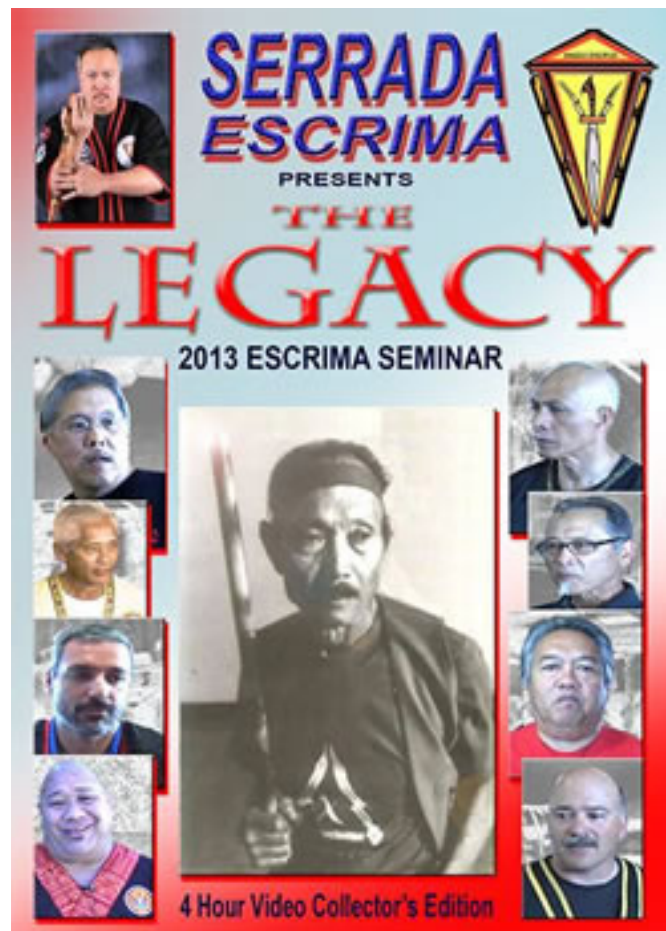


And for the final share of the day Michael Butz did what he said was "paint the fence" which actually the move is called "oraves" in DeCuerdas. The basic idea was to keep the center line covered, regardless of what strike the attacker gives you.

All three shares were simple but excellent techniques taught. This was a very enjoyable event. Let it be known the Phoenix FMA Training "Monthly Share" is every month, whether, hot, cold, rain or snow (yeah snow – doubt it). It is free, if attending and you stay after the event bring a little something for the 'Pot Luck' for the friendship, conversations, and food is simple yet excellent. Hope to see you 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".



The LEGACY Escrima Seminar (2013)
Stockton California
Hosted by Grandmaster Darren Tibon

Stockton, CA. April 13 - 14, 2013, a historical event of Escrima Grandmasters and Masters gathered at one event to pay respect to the founders of Stockton's Escrima Grandmasters and share their teachings for a common cause of unifying Pilipino Martial Arts. This was the opportunity of a life time for Escrima practitioners to experience the rich flavors of Filipino Martial Arts. This 10 hour seminar event has been edited to a 4 hour (2 dvd - Collector's Edition Set) of compacted instructional content that is a one of a kind experience.

4 Hour DVD Set - Available on DVD and Video Download

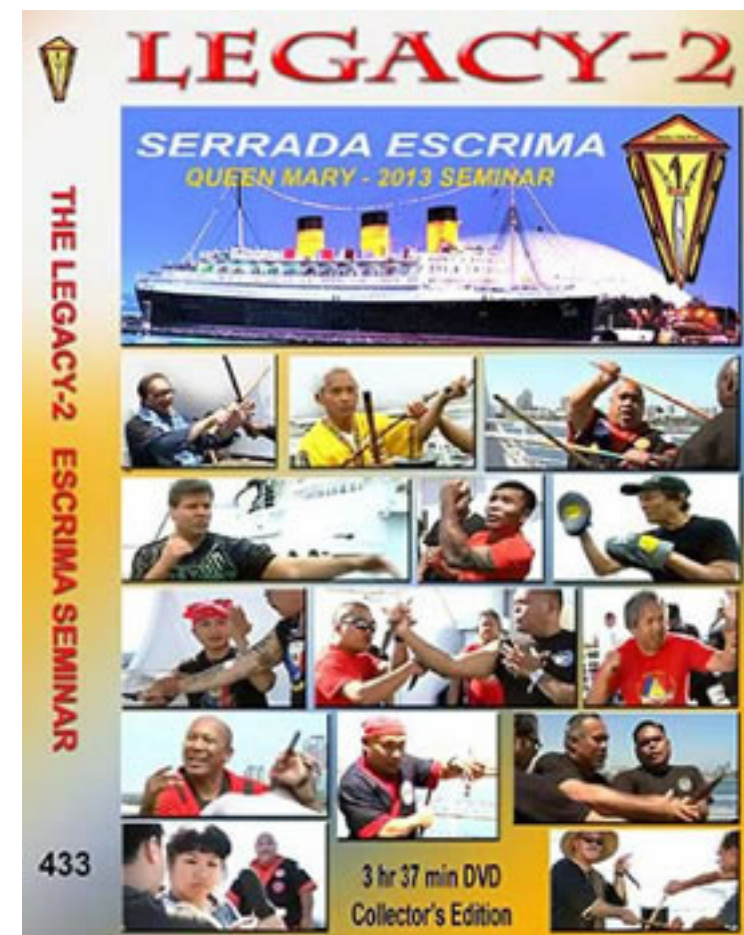
To Order: [Click Here](#)

The LEGACY Escrima Seminar (Queen Mary 2013)
Long Beach, California
Hosted by: Grandmaster Darren Tibon

Queen Mary, CA. August 10, 2013, a historical event of Escrima Grandmasters and Masters gathered at one event to pay respect to the founders of Escrima Grandmasters and share their teachings for a common cause of unifying Pilipino Martial Arts. This was the second event of inspiration for Escrima practitioners to experience the rich flavors of Filipino Martial Arts. This 8 hour seminar event has been edited to a 3 hour 37 min (Collector's Edition Set) of compacted instructional content that is a one of a kind experience.

3hr 37 min DVD Set - Available on DVD and Video Download

To Order: [Click Here](#)



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Balintawak Eskrima Seminar
Mata sa Bagyo Promotion
Presents: *Grandmaster Nene Gaabucayan*
September 12, 2015
Discovery Martial Arts
1700 Pacific Ave Stockton CA.
By **Carlito A. Bonjoc**

You hear the sound of sticks echoing in rapid succession; strike block, strike block, strike block and in one smooth move as if magic "Grandmaster Nene" Grandmaster Nene Gaabucayan disarms his student. I'm thinking wow! And as I look at everyone's faces, it's obvious that they are thinking the same thing. I have over 45 years of experience in the Filipino martial arts so I know when I see a person with superb skills.

I first saw the Grandmaster in San Francisco a few years ago teaching alongside with me and other Filipino martial arts instructors. This was a seminar hosted by Grandmaster Robert Castro of Eskabo Daan. During the break, I watched Grandmaster Gaabucayan practice with Grandmaster Bobby Taboada. Man, that was impressive! Several months ago I was planning to invite someone to teach a seminar for my Mata sa Bagyo (MSB) Martial Arts Promotions here in Northern California. I surveyed my students and others to see what style of Filipino martial arts they would like to see, Balintawak Eskrima was high on the list. So when I asked which instructor, Nene was mentioned by most so Grandmaster Nene it is.



Grandmaster is explaining a technique with Sig Nubla assisting

What a great choice, he really knows his stuff. He would demonstrate a technique, the disarm I mentioned above for example. First he would demonstrate it slow, then show how its applied at full speed in full spar. His student is allowed to hit hard, fast any way he wants. He is also encouraged to resist and reverse, yet Gaabucayan is still able to apply his technique! It was also obvious that he is great teacher. He took a lot of care to pour his knowledge into every participant. He made sure to acknowledge each student by a touch, a smile or an approving nod so that they would know that they got it right. From my experience as I've watched and worked with many martial arts instructors over the years, I know that only a true professional does that!



Grandmaster Nene leading class. Foreground; Chris Callahan. Background left to right; Ross Toro, Master Louie Conception and Robert Stewart video taping.

This is a heavy month for seminars here in Northern California and there were several seminars in the area this weekend. Nevertheless, we still attracted around 20 students in the two days. So for his first seminar here in Stockton, it was a great success! So keep an eye out Nor Cal cause we will have Grandmaster Gaabucayan back soon.

Grandmaster Nene Gaabucayan and the NNG Balintawak Eskrima
Facebook: Nene Gabz (Click Here)
Phone: (323) 804-3475
Email: nngbalintawak@gmail.com



Grandmaster Gaabucayan - Goju Master Terry Williams and Grandmaster Bonjoc

Grandmaster Carlito Bonjoc and the Mata sa Bagyo Filipino Martial Arts,
Facebook: Carlito Bonjoc (Click Here)
Website: bagyo.net
Phone: (209) 992-0832

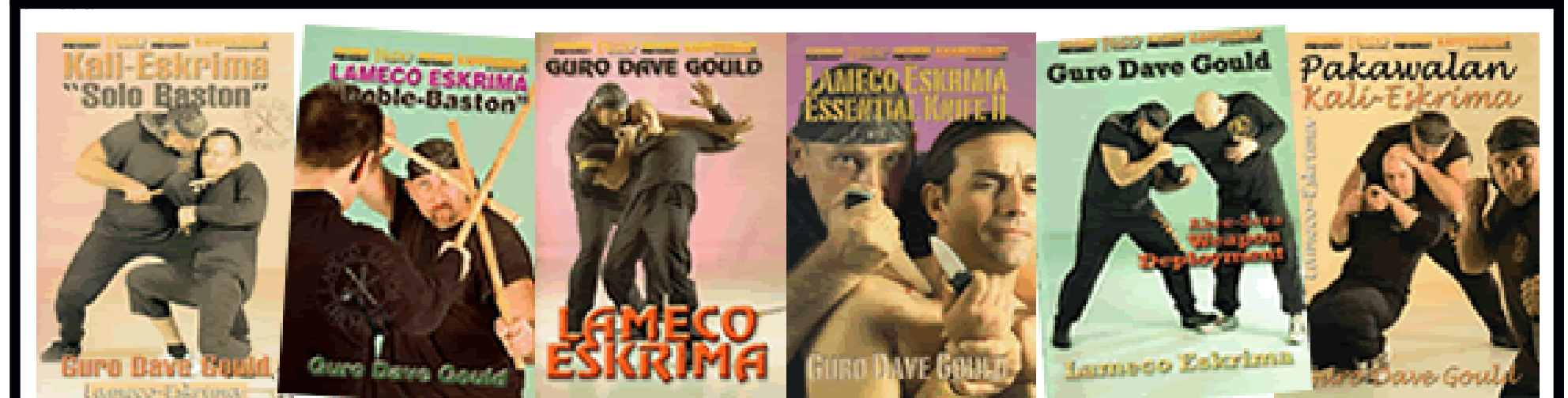
If you're in Northern California or visiting the area come see us at,
Discovery Martial Arts
1700 Pacific Avenue,
Stockton CA, 95204
(209) 466-1009



Stick Kombat Seminar
w/ *Master Jon Escudero and Master Robert Montifar*
September 12, 2015
Family of Faith Lutheran Church
Houston, Texas



"Stick Kombat Seminar" at the Family of Faith Lutheran Church, Houston, Texas.
Thank you Master Jon Escudero and Master Robert Montifar for your time in sharing your expertise and knowledge.
Group Picture of students who attended the tactical portion of the seminar. The first part of the seminar dealt with the Sport portion of stick



Lameco Eskrima with Guro Dave Gould - 6 DVD's and 1 Book

Order all or separately through Budo International: Click Here

Western New York Gathering of Eagles

September 19, 2015
Chestnut Ridge Park Shelter 30
6121 Chestnut Ridge Rd, Orchard Park, Buffalo, NY

This was a fundraiser for two charities selected by Guro John McClean.

Photos by: Alex Chene

Sheepdog Kombatives, LLC hosted the first of what is hoped to be an Annual Fundraising event known as Western New York Gathering of Eagles. First and foremost "thank you" to our Veterans and First Responders for their selfless service to our communities and Nation.

On September 19 2015, a small but dedicated group of local Martial Artists gathered together at Chestnut Ridge Park in Orchard Park N.Y. to raise funds for WNYHeroes.org, a local Veterans charity. The group had a surprise guest appearance by Ms. Cindy Goss from WNY Heroes, who brought along with her "Major", also known as "Major Whiner" jokingly, a German Shepard K9 who is part of the WNY Heroes Pawstitive for Heroes (K9 Therapy Program).

Throughout the full day of training and comradery, the participants experienced first class instruction braving high winds and sporadic torrential downpours while picking up and brushing up on some new skills and techniques from Kung Fu, Wing Chun, Muay Thai, Sambo, Kali, Modern Arnis, Defence Lab and Eskrima.

Thank you to all the Instructors who shared their time and talents: Sifu Bob Gott, Sifu Mark Stoddard, Coaches Tony Mills, Dale Napierski, Angel Ortiz, and John Lehmann, Guro Rick Paszek, Guro Dr. Tye Botting and Matt Wagner both traveling up from Virginia to support the event, Instructor Will Hartke and Grandmaster/Dr. Jerome Barber and Guro Dave Battaglia. Donations from this event totaled \$500. - **Sheepdog Kombatives**

Visit: WNYHeroes.org
Visit: Sheepdog Kombatives - [Click Here](#)



Kuntao Seminar
w/ Guro Chris Derbaum
September 19, 2015
Tomacelli Academy
2380 Newport Blvd., Costa Mesa, CA.



Katipunan Gathering 2015

September 20, 2015
Promontory Point
Hyde Park: 5491 S. Lake Shore Dr.
Chicago, IL.

Instructors:

- Nate Defensor
- Al McLuckie
- Jared Ramsburg
- Rick Sollo
- Mark Basel
- Igz Caz
- Jason Brigham.

Coordinator of Illinois Katipunan: Adelle Canares-Jackson



Nate Defensor



Igz Caz

All the participants had an incredibly good time and everyone looked forward to the following Katipunan gathering next year.

Igz Caz

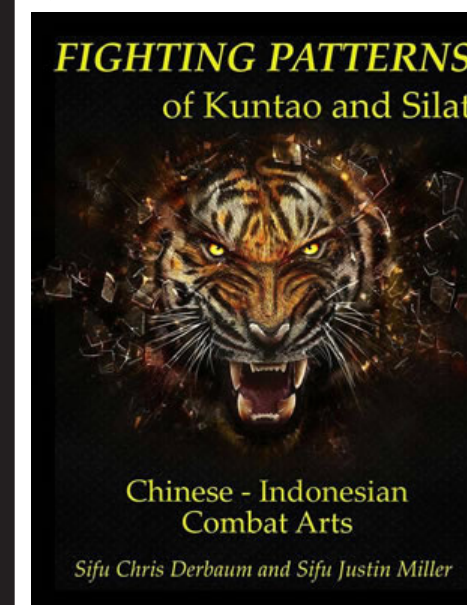


Mark Basel



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

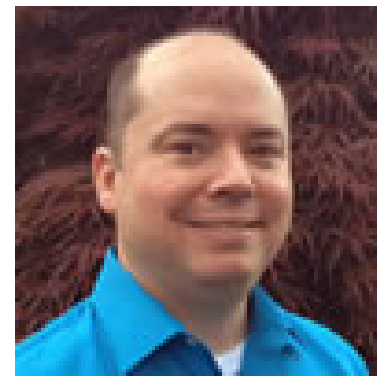
By Chris Derbaum and Justin Miller



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](#)

Health and Safety



Simply Press These Points For Headache Relief

Dr. Mark Wiley



Migraines and headache are among the most debilitating symptoms you can suffer. They are often sudden and painful, and they come with little advance warning. Sometimes, though, they do offer warning signs like shortness of breath, visual aura and nausea. At other times, your experience with their appearance lets you recognize when one is coming.

While many people take prescription and over-the-counter medications to relieve the pains of migraine and headache, there is a more natural way. Using the simple method of self-acupressure to the specific points shown here, you can relieve a migraine greatly or stop its onset before it takes hold. These acupressure points come from ancient Chinese acupuncture, but are done with only finger pressure. No need for needles.

Here is a series of points to locate, press and rub for 30 seconds each, from leg to hand to head, that can help reduce your pain and symptoms while helping reduce your dependence on medications. While it is not necessary to know complete Chinese medicine theory or the each point's name in Chinese to affect their healing power, it is important to locate them properly and do them in the correct order.

Leg Points

While it seems counterintuitive, points on the legs are very powerful for treating the body and head, especially where pain is associated. For this article, we will use two leg points, one on the shin and the other on the foot.

Gallbladder 34: This is the 34th point located on the gallbladder energy channel. It is located in the depression just below and behind the head of the fibula. It is a great point for headaches because it is related to the sinews as well as the liver. When the liver qi (energy) stagnates from anger and stress, the sinews become tense and pain arises — especially with migraines, wherein blood vessels constrict to cause pain. Compressing this acupressure point releases the liver qi, opens the meridian, relaxes the sinews and helps reduce pain.

Gallbladder 42: This is the 42nd point on the gallbladder energy channel meridian. It is located on the top of the foot between the pinky toe and the neighboring toe, next to the fourth metatarsophalangeal joint. It is used for headache and eye pain (think "cluster headache"), and it moves liver qi and heat from the gallbladder. When liver qi stagnates from stress and anger or if there is too much liver heat from alcohol or gallbladder heat from fatty or fried foods, the heat rises up into the head and causes a headache. Think your typical anger or hangover headache, or the pounding feeling of a migraine.

Hand Point

The hand and arm also contain a vast number of powerful acupuncture points. For migraines, the point known as Large Intestine 4 (LI4), is of particular help. This is the fourth point found along the large intestine meridian. It is related to the intestines and digestion, and it is the so-called "command" point for the head and face. While this point has many uses, it works extremely well for headaches related to food triggers and is great for pain, anywhere in the body.

Head Points

Since the head is the location of migraine and headache pain and throbbing, it seems like this should be the first place to press points. However, to be most effective, I recommend releasing the points first in the legs and hands to remove blood stasis, energy blockages and other issues that can continue to cause migraine and headache, even when direct points on the head are activated.

Yin Tang: This is a special point located on the forehead between the eyebrows. It is where many traditions locate the "third eye," which is why its Chinese name "yin tang" can translate to "hall of impressions." Based on personal experience, I tend to locate this point slightly above the central point between the eyebrows, in the depression just above them. The point is most useful for headaches, heavy head, foggy thinking, sinus blockage and insomnia: all things related to migraine.

DU 15: This point is located on the back of the head, just above the hairline at the occiput, below the spinous process of the first cervical vertebra. It is related to vitality and emotional issues, deafness, stiff neck and headache. Of these, stiff neck and emotional issues can trigger headache and muscle tension in the base of the skull can trigger pain in the trigeminal nerve, which travels up the head from the back of the skull to the front.

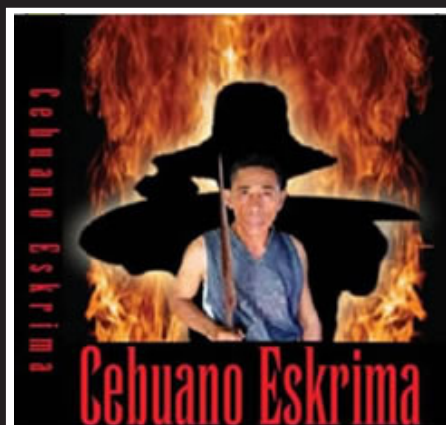
Du 20: This is the so-called "hundred meetings" point where so many acu-points and vessels converge. It is on the top of the head, directly in the middle and is located by drawing a line from the top of both ears to where it meets on top.

How to Apply

Self-acupressure is simple and easy. Simply use your thumbs or forefingers and press in and the rotate slowly for 30 seconds while pressing on the tender space at the points. Be gentler for toe points so you don't bruise or injure the small toe bones. Press and rub to open the point and release the energy blockage. This helps restore balance in the meridian and, thus, remove what can negatively affect the body and cause migraine.



Acupressure for Headache Relief Video: [Click Here](#)



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](#)

Another 10 Pinoy Health Myths You Thought Were True

By: Hope Maria

As children, we were taught never to mess with ant hills. If your feet swells or you get feverish, you definitely stepped on the forbidden mound and got cursed by the nuno sa punso.

It's just logical: you were naughty, and you got what you deserved. Nanay and Lola said so, and they are never wrong.

Growing up, you realize that the feared mound of the unexplained is actually inhabited by termites instead of little old men or dwarves. Disappointing, really. Because that swollen feet and fever might have come from joint aches and not a curse, which burst your bubble a little.

Admit it, knowing that Pardina's friends and those fun creatures from Inday's Bote were myths is like knowing the truth about Santa Claus. Bummer.

But then again, it pays to know better. After all, knowledge is power, as Mr. Ernie Baron insisted. So here are ten other health myths that made you a sucker, but perhaps now you know better. Perhaps.

1. First Menstrual Bleeding for Acne-Free Skin.

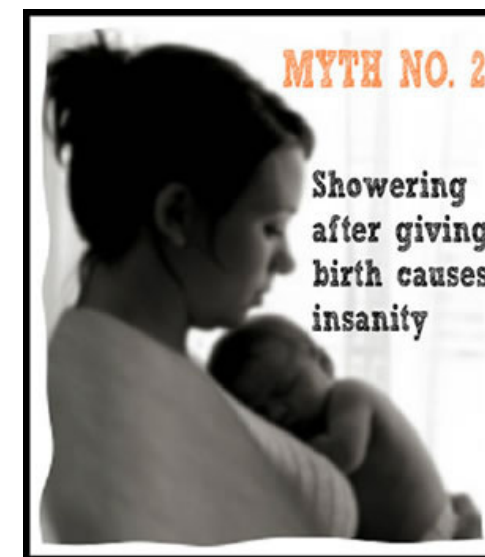


No wonder we were so angst-y growing up! We were told that our "first menstrual blood" smeared across the face will ensure that we will never have acne problems throughout our adult life. It's all levels of grossness, yes. But most of us did it anyway (our moms made us!).

The sad fact is,

there is no scientific research to support this claim. Acne is caused by hormones and genetics, and no one-time application of menarche will ever make it go away. [Image source: [ecobeautysecrets.com](#)]

2. Not Showering for a Whole Week After Giving Birth.



Unless you want to go crazy or get sick, we were told. Unfortunately, this myth (which probably stemmed from postpartum depression) is still held true today, and met with defiance from our well-meaning family matrons.

Well, if it were a C-Section, then this could be understandable. But the fact is, under normal delivery, a shower is advised postpartum to relieve some discomfort and promote a mother's well-being. [Image source: [www.chabad.org](#)]

3. The Five-Second Rule.



Here's the premise: Any food you drop on the floor will be bacteria-free and is still consumable IF you retrieve it within five seconds.

Did they actually investigate bacterial content on dropped food by scientific

method for this claim? Perhaps we'll never know. But studies have actually been done with this premise and it's interesting to note that the adherence of bacteria depends on the floor's level of contamination.

But really, would you take a chance rather than throw it out kasi wala pang five seconds? [Image source: [www.huffingtonpost.ca](#)]

4. Pinching a Newborn's Nose So It Won't Be Pango.



As somebody who isn't blessed with an aquiline nose, I used to resent my mom for apparently disregarding this myth. I thought she probably forgot to pinch my nose from time to time as an infant and I was outraged.

Well, turns out

that no pinching in the world could ever rescue my nose, because I got it from my dad (read: genetics). The truth however is, nose pinching in infants can actually do more harm than good.

5. Wounds Acquired On Good Friday Will Take a Long Time to Heal.



That scared the hell out of us as children. We tried our extra best to be on our best behavior on good Fridays lest we get wounds that take forever to heal.

This health myth has more religious than logical roots, which is something we Pinoys take very seriously. However, factors to wound healing does

not list good Fridays, so there you go.

6. Offering Your Milk Teeth to Rats So You'd Grow It Back Hard and Strong.



We used to leave our extracted milk teeth outside of rat holes because Lola told us we'd grow stronger, harder teeth in its place.

Of course, it's ridiculous.

There is absolutely no logical or scientific explanation for this. I learned of this untruth as a girl when I discovered that the house rat refused to collect my teeth after one week of careful watching.

Besides, rats have enough worries about their teeth to bother with ours. [Image source: [www.nature.com](#)]

7. Stepping Over a Sleeping Child Will Delay His/Her Growth.



And the only way to reverse this is to step over the child again. By now we know better; no amount of stepping over will turn you into a midget and no reverse stepping over will ever undo our being short.

A study was conducted on Filipino children regarding stunted growth and as expected, this health myth isn't listed as a factor. [Image source: [www.smartparenting.com.ph](#)]

8. Hopping Over Stair Steps to Keep Menstrual Period Short.



If you don't want your menstrual period to last longer than three days, on your first menstrual bleeding, you'll need to hop over three stair steps. If you fail to do this, you'll suffer your period longer than that. Of course we believed it and hop away we did. No matter how logical this seemed to our Nanays and Lolas, it's just not a factor that affects menstrual cycles. [Image source: [womenworld.org](#)]

9. Grow Taller by Jumping on New Year's Eve.



Sadly, for those of us who are vertically challenged, this was a New Year tradition until we learned otherwise by remaining short. We were egged on by well-meaning family members to jump like mad men on New Year's Eve just to be taller.

In frustration and exasperation however, we eventually stopped. Apparently, height is 60-80% genetics and 20-40% nutrition. Yep, New Year jumping gets no credit.

10. Sucking On Your Pricked Finger So Blood Reenters Your Body.



Of course it will. Just not enough to make it through your circulation. It will not even reach your throat. But we know that blood is vital to life, and in theory, we know it has to be conserved. Hence the health myth of sucking on one's pricked finger so you don't waste a drop.

It is interesting to note though, that although harmless in small amounts, ingestion of blood in large amounts is actually more fatal to humans than beneficial unless of course, you're a vampire.

About the Author: Hope Maria is an Apothecary, Scribe, Origamist and Procrastinator. She de-stresses by dreaming about Westeros, listening to Pat Metheny and reviewing movies.



ABANICO Modern Arnis Apps

We have worked hard, but now they are there and available:

The first ABANICO Apps for smartphones and tablets, available for apple products through the Apple Appstore and through the Google store for Android.

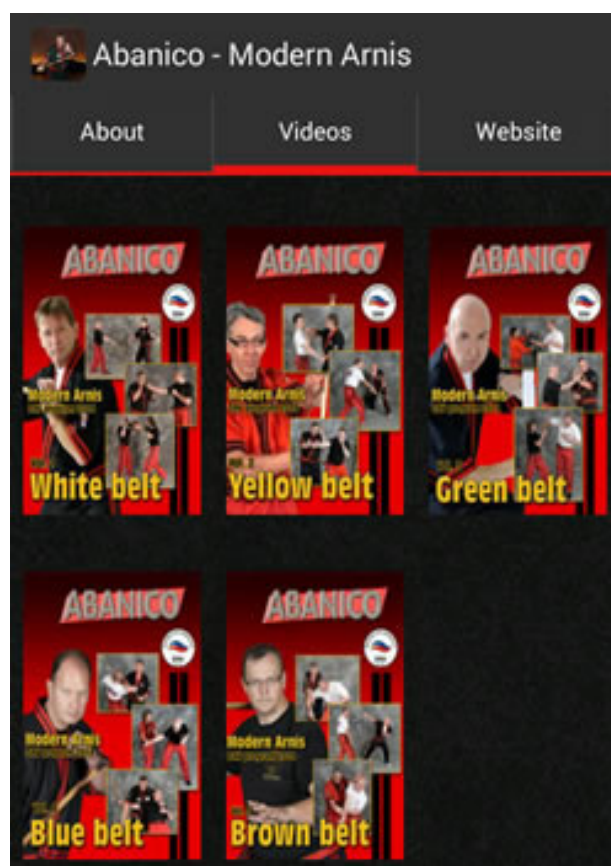
The first apps covers the new Modern Arnis grading program.

The apps are free of charge and you can buy the videos in-app and watch them on your device. The videos in the apps are cheaper than the DVDs. You can download the videos to your device or you can stream them, whatever you prefer.

This way you have the videos there on your smartphone or tablet during your training. The videos in the app do have menus, so that you can jump directly to the topics you want to train.

Here re the links to the appstores:

Modern Arnis App
 Apple for iPhone and iPads (IOS7 ist required): [Click Here](#)
 Google for Android Smartphones and Tablets: [Click Here](#)



For the future I plan to issue more apps of my ABANICO videos. The apps will always be free and you can buy then the videos you are interested in. Also, they will be theme orientated. Like a JKD app or an Inayan app or a selfdefense app.

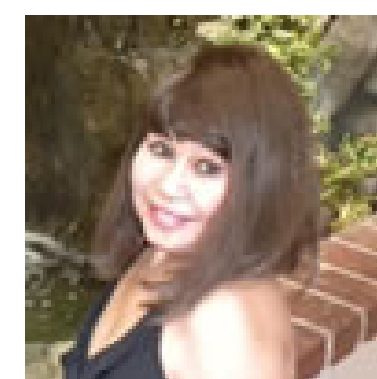
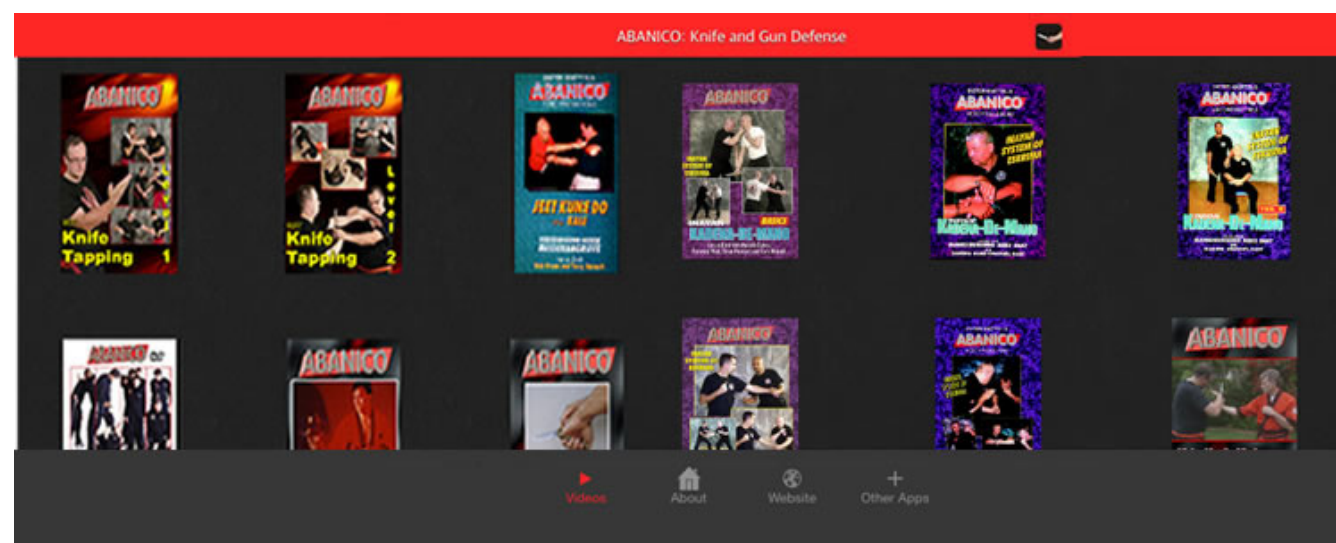
I would be glad if you download the apps and give me a good rating in the stores. But I am also happy, if you would give me a direct feedback, whether you like them or if you think we can improve the app. Modern Arnis App?

Dieter Knüttel
 Email: dk@abanico.de



Knife and Gun Defense app:

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Surprising Heart Attack Triggers
 By Zena Sultana Babao

What causes heart attacks? Many of us know that high blood pressure, obesity, not enough exercise, stress, and smoking may cause heart attacks. However, in an article written for AARP by frequent contributor Jody Helmer, there are some less common factors that can put your heart at risk. Here are those factors as named in Helmer's article:

Asthma that requires daily medication

Persistent asthma, which is asthma severe enough to require daily controller medications, is associated with a 60 percent higher risk of a heart attack, stroke or death from cardiovascular disease, according to new research published in the journal Arteriosclerosis, Thrombosis, and Vascular Biology.

"Both asthma and cardiovascular disease are caused by high levels of inflammation," explains lead researcher Matthew Tattersall, assistant professor of medicine at the University of Wisconsin School of Medicine and Public Health.

In addition, because chest tightness is often a symptom of asthma, asthmatics could miss the signs of a heart attack, delaying treatment. To reduce the long-term cardiovascular risk, Tattersall believes close monitoring is essential. "If you have persistent asthma, you may need stronger and more aggressive preventative care," he says.

Taking certain heartburn drugs

For those with acid reflux, taking proton pump inhibitors (PPIs) - including Prilosec, Nexium and Prevacid - was associated with a 16 to 21 percent higher heart attack risk, according to a large new Stanford University study that looked at data from nearly 3 million patients.

The study found no link, however, between heart attacks and another well-known type of heartburn drug, H2 blockers, such as Tagamet, Pepcid and Zantac.

So why are PPIs different? Previous research suggests that they may reduce the production of nitric oxide, an important molecule that helps maintain the health of the inner linings of blood vessels. Too little nitric oxide could accelerate heart disease.

While the increase in risk is modest, researchers said, those with heart problems who are taking PPIs should talk to their doctors.

Having migraines with aura

Middle-aged and older women who have migraines with aura, meaning headaches often preceded by visual symptoms like flashing or blind spots, have an increased risk of heart attack, according to a 2013 analysis of 28,000 women enrolled in the ongoing national Women's Health Study.

In fact, having migraine with aura was found to be the second-strongest contributor to heart attack and stroke risk after high blood pressure, according to researcher Tobias Kurth, M.D., of Brigham and Women's Hospital in Boston and the French National Institute of Health.

This does not mean everyone with this type of migraine will have a heart attack or stroke, Kurth noted, but that these migraine sufferers should try to reduce their risk in other ways, including not smoking, staying active, and keeping blood pressure under control

Skipping the flu vaccine

A flu vaccine doesn't just protect you against that nasty virus. Recent research has shown it also helps your heart, decreasing your odds of having a heart attack by 50 percent in the year following the shot compared with those who don't get the vaccine. Now a study published in the journal Vaccine shows why.

"We discovered that antibodies that are produced after the vaccination activate molecular processes, which protect and strengthen the cardiovascular system," explains study coauthor Veljko Veljkovic of the Vinca Institute of Nuclear Sciences at the University of Belgrade in Serbia.

By getting the flu vaccine, Veljkovic says, you're getting a double benefit: protection against both the flu and a heart attack.

Weak grip strength

What does your handshake have to do with heart health? More than you think, according to research published online in May 2015 by the Lancet.

Researchers found that grip strength, or the force you exert when you squeeze something as firmly as possible in your hand, is a predictor of heart attack risk. By measuring patients' grip strength with a special device called a handgrip dynamometer, the scientists found that for every 5-kilogram (11-pound) decline, there was a 17 percent greater risk of cardiovascular death and a 7 percent higher risk of having a heart attack.

"Grip strength is as strong a predictor of cardiac death as blood pressure," notes Darryl Leong, assistant professor of medicine at McMaster University in Canada and lead author.

While the cause of the link is unknown, Leong suspects there could be a connection between muscle strength and improved vascular function.

Daylight Saving Time

Adjusting the clocks forward (or back) an hour does more than just mess up your sleep.

The disturbance to your circadian rhythm - or body clock - also appears to have an impact on your heart. Research presented at the American College of Cardiology's 63rd Annual Scientific Session noted a 25 percent increase in the number of heart attacks on the Monday after the clocks move ahead - or "spring forward" - and we lose an hour, compared with other Mondays during the year. By contrast, there is a 21 percent decrease in the number of heart attacks on the Tuesday in the fall after the clocks "fall back" and we gain an hour.

The sleep disruption from the spring time change is stressful to the body, which researcher Hitinder Gurm, M.D., an interventional cardiologist and associate professor at the University of Michigan, believes can trigger a heart attack in susceptible patients. "We live in a sleep-deprived society and these data indirectly suggest that even small disturbances in sleep can be deleterious for health," Gurm says.

The cocktail hour

When it comes to whether alcohol helps or hurts heart health, timing appears to be everything. Research published in the March 2015 issue of the journal Epidemiology found that the chances of having a heart attack increased 72 percent in the first hour after drinking alcohol. "Within the first hour after drinking, your heart rate and blood pressure increase, and your blood becomes more sticky, making it more likely to clot," explains lead author Elizabeth Mostofsky, with the Beth Israel Deaconess Medical Center and the Harvard School of Public Health. However, within 24 hours of imbibing, the overall risk of heart attack decreased by 14 percent.

While alcohol may have a protective effect over time, it may also cause a temporary spike in heart attack risk, Mostofsky says. For that reason, "alcohol consumption can be beneficial, but stick with small amounts - no more than one drink a day for women or two for men."

Anger issues

If you're blowing your top at every little thing, those outbursts are sending your heart attack risk skyrocketing.

A 2014 study published in the European Heart Journal found that patients who described their mood as "furious" or "enraged" had almost a five-fold increase in their risk of heart attack in the two hours after an intense bout of anger. "The key message is that even if you can't prevent anger entirely, lowering how often you get angry or lowering the intensity can be helpful for lowering your heart attack risk," says study coauthor Mostofsky.

Traumatic events

It's not an exaggeration to say that heartbreaking events really may break your heart — especially for women.

Research presented at the American Heart Association's 2015 Scientific Sessions found that traumatic life events like the death of a loved one or a life-threatening illness increased heart attack risk by nearly 70 percent among middle-aged and older women.

The research didn't examine the reasons some women are more vulnerable to the effects of deeply distressing life events, but coauthor Michelle A. Albert, M.D., professor of medicine at the University of California San Francisco, speculates that negative experiences might interfere with the body's response to stress, increasing inflammation and stress hormones, which are linked to susceptibility to heart attacks.

Physicians and patients should discuss ways to reduce psychological stress following a personal trauma, Albert adds, in order to reduce cardiovascular risk.

Taking common painkillers

You may not have noticed the fine print, but the widely used over-the-counter and prescription painkillers ibuprofen and naproxen (brands like Advil, Motrin and Aleve) come with a warning about possible heart attacks and stroke.

Up to now, the warning has said that these nonaspirin, nonsteroidal anti-inflammatory drugs (NSAIDs) "may cause" an increased risk of heart problems, but new data has convinced the Food and Drug Administration to strengthen the wording to say these medications "cause" a higher risk, and the agency warned that Americans should use the drugs sparingly for a brief time, and at the lowest dose possible.

The FDA said several new studies show the risk of heart

attack or stroke can increase even after using NSAIDs for a short time. The risk also appears greater at higher doses.

"Everyone may be at risk - even people without an underlying risk for cardiovascular disease," Judy Racoosin, M.D., deputy director of the FDA's Division of Anesthesia, Analgesia and Addiction Products, said in a

written explanation of the new warning.

People who have heart disease, particularly those who recently had a heart attack or cardiac bypass surgery, are at the greatest risk and should discuss taking these drugs with their doctor.

ikinis and Filipino Martial Arts

By Brian Johns

Now I have your attention. Let's talk.

And yes, there is a discussion about bikinis and Filipino martial arts in this post.

In this post, I discuss a problem that I see over and over: sexism in the martial arts industry.

This is a result of a post that I saw on a Filipino martial arts forum a couple of days ago.

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. This is a tribute 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 days 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 an 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.

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." Hardeharharhar.

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



Video: Click Here

The onus isn't on the female martial artist. It's on the misogynist

backwards looking person spewing this 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" and all kinds of bullshit. 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 what he deserved for his disrespect of Ronda Rousey.

While backwards looking men constitute the majority of the problem, there are 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.

A martial arts friend of mine 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 karate, she can do Brazilian jiu jitsu. She should look to this girl in the below video for inspiration.



Video: Click Here

There needs to be more men 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 themselves about martial arts and possible training venues? The Internet. It's a fair bet that women are not going to exactly feel safe when they see demeaning posts similar to what I saw the other night.

Is this the way to attract women to Filipino martial arts? Let's think about this.

Many have bemoaned the fragmentation and politics of Filipino martial arts and have talked about exposing more folks to the beauty of yjr 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 the Filipino martial arts?

Demeaning posts about women is a brilliant way to expand the reach of the Filipino martial arts Oh, sorry for being sarcastic.

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



Video: Click Here

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 the Filipino martial arts. That includes the girls in my kids' classes. Peachie Baron Saguin, Diana Lee Inosanto, Graciela Casillas are just a few of the well known female Filipino martial arts players. We need more! We need attract and expose the Filipino martial arts to women.

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

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

Bamboo Spirit Martial Arts
bamboospiritmartialarts.com



Full Circle: Lessons Learned on the Martial Path

By Alessandro Ashanti

Full Circle
Lessons Learned on the Martial Path



Alessandro Ashanti

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In this book you will find Alessandro's philosophical take on the martial arts, it's practice, and how it applies to both training and living one's life. Whether you're a lifetime practitioner or have never taken a single martial arts class you will find lessons in this book that you can apply to your daily situations.

About the Author: Alessandro Ashanti is a lifelong martial arts practitioner who hails from 4 generations of writers. He has been a student, a teacher, a mentor, an author, a philosopher, and bouncer, among other things. In this book you will read his philosophy, stories, ramblings, and musings from his over 35 years experience of training and teaching.



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Using the Stick as a Weapon

By Marc J. Lawrence

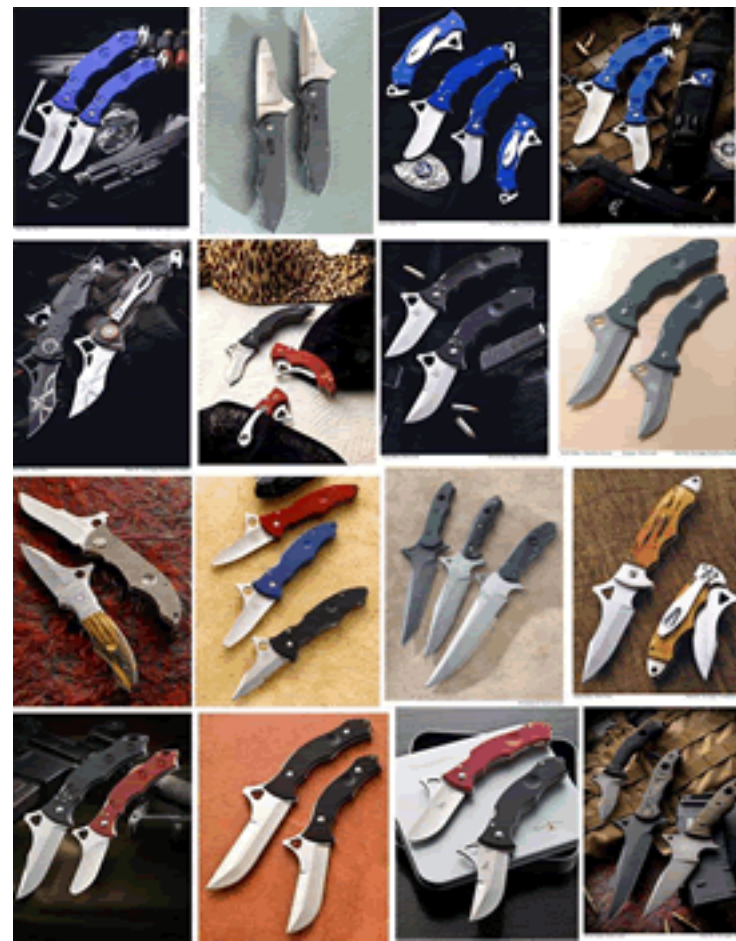
In Filipino martial arts we use the stick as training aid to teach many things to the new Filipino martial arts practitioner. The first thing you must learn to do correctly is how to hold the stick. This subject has been an area of debate; basically you need to use an overlapping grip just like you would hold a hammer. You will hold the stick about two finger widths up from the end of the stick. The stick has four parts you must be familiar with these parts are the tip, the blade section, the handle section and the butt. When you swing the stick in a natural strike you will hold the stick firmly just like you

would a hammer as you are using an impact weapon. To also train yourself to use it like a blade you will line it up with the middle joints of your fingers. This allows you to naturally line it up with your forearm just like using a blade like machete or a bolo. When you are first training use a good rattan stick so that it will wear out and not your joints from getting bruised from hitting an object for practice striking. I recommend old used tires to strike at first. They give when struck and can be found everywhere in the world usually for free. Hang one about head high to you to practice hitting.

There are three ways to strike with stick or sword and these are a full beat or full arc strike, half beat or half arc strike and a quarter beat or quarter arc strike. Each one has its own application in fighting. For now we will focus on the full arc strikes. For now you will strike in the following position if you are right handed then you will hold you weapon in your right hand and have your weapon in front of you at all times as you do not have shield. You will have your right foot forward and your left foot back with the spaced about shoulder width apart like you are going to walk. You will have your knees with a slight bend to them and the core of you weight centered on over your hips. Your weight is evenly balanced on both feet. When striking in a rotational manner it will be 60-40 with more on the front.

To strike with a stick you must know the area of the stick that is useful, this being the last four finger widths of the tip. You may also you use with other kinds of strikes later like the tip, the blade portion and the butt and that will be discuss at a later point. On the human body there are targets. Divide the body up into target zones as the body has two halves. As we are fighting mostly right handed people we will be attacking their left side first. We start zone 1 being from the left side of the neck to the shoulder, zone 2 from the shoulder to the hip, zone 3 from the hip to the knee. Zone 4 is from knee to the hip, zone 5 hip to shoulder, zone 6 from shoulder to the neck on the right side. Zone 7 is the head and zone 8 is the groin, zone 9 left hand to elbow, zone 10 right hand to elbow. These zones are the same if they are facing you or if they turn to their side or you get past them. We will attack the weakness of the body's protection in these locations. But that is the subject of next article. Train well and train hard as if your life will depend on it as it may someday!

Grandmaster Bram Frank's Knives and Tools



Grandmaster Bram Frank the Founder of Common Sense Self Defense/Street Combat, Inc. (CSSDSC) is not just an empty hand art. In all ages of mankind warriors carried weapons, citizens carried weapons, for with a weapon even a child can be king. At CSSD-SC they teach conceptual weapons usage. Unlike traditional empty hand arts, CSSD-SC teaches weapons usage FIRST to allow for understanding reality of combat. Knife teaches stick, stick teaches empty hand, a one way progression; for it doesn't work in reverse.

Grandmaster Bram Frank is known worldwide for his contributions in improving edged weapon tactics and his design of tactical folding knives and less-lethal control tools.

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Visit: www.CRMIP.com www.CSSDSC.com www.S2institute.co

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

Pistahan Festival

August 9, 2015
Yerba Buena Gardens
(Mission Street between 3rd and 4th Streets in San Francisco's South of Market neighborhood)
By: Alex Ruiz Jr.

On August 9th, Eskabo Daan hosted the Sports Pavilion for the Pistahan Festival. This was the largest gathering of Filipino martial arts in Pistahan's 22-year history, bringing in ten different styles along with other school representatives who came to support the Pavilion. Master Joseph Bautista of Eskabo Daan explains he feels accomplished with their performance. "It feels great; they only gave us a month to do what they asked us to do and we didn't do everything they wanted, but other than that we had the greatest turnout in the six years I've been there." The turnout also reflected the amount of participants for the number of systems. "In my six years of doing it, usually only one school would have a successful workshop, but to see other schools do really well, that to me is a pretty amazing thing."

Bautista explains that although this was their first time hosting the Sports Pavilion, Filipino martial arts is gaining momentum in the Filipino American community. "I think

Filipino martial arts has a bright future. I believe that with the ten different schools that came to participate and then the other schools that had representatives there to show support, I think we have something brewing. I look forward to see where it will go in the years to come." Although the future is uncertain of whether or not Eskabo Daan will be asked to host the Sports Pavilion again next year, Bautista already has plans in order to have next year's Pistahan greater than this years, which include performing at the main stage and showcasing more styles from both in the United States and around the world. "It would be nice to see other systems that were not represented that are local to the West Coast. It would be nice if we could have people from the East Coast as well." In addition to the techniques, Bautista hopes to obtain a booth in the Heritage Pavilion to share the culture and history of Filipino martial arts. But perhaps what is most ambitious is Bautista's desire to have non-Filipino martial arts systems show how Filipino martial arts were



influenced. "I think it would be nice to have the representatives from other styles to have known to have influence on Filipino martial arts. So we could have a person who knows Silat, Kung fu, Spanish fencing and then we could play history together."

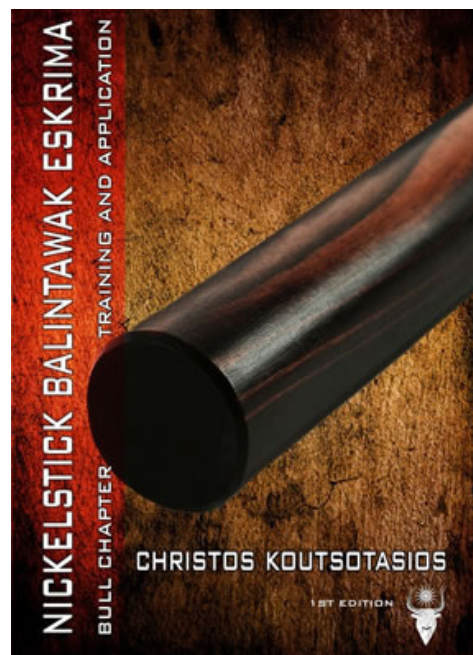
Along with this list of aspirations, what Bautista and Eskabo Daan strive to have is a day of workshops in which different systems can learn each from each other and progress the art. "If we could create a stage where the

different styles can play around with each other, no winners or losers, just train. Also you can incorporate some people who are new to the martial arts go through the system and see the true speed of the weapon." Bautista hopes that with enough effort and support, Pistahan will continue to be a place where Filipino martial arts can thrive. "I feel if we do a good enough job, Pistahan will have the greatest stage for Filipino martial arts that the world can provide."



The Nickelstick Balintawak Eskrima Bull Chapter Training and Application book

By Guro Christos Koutsotasios



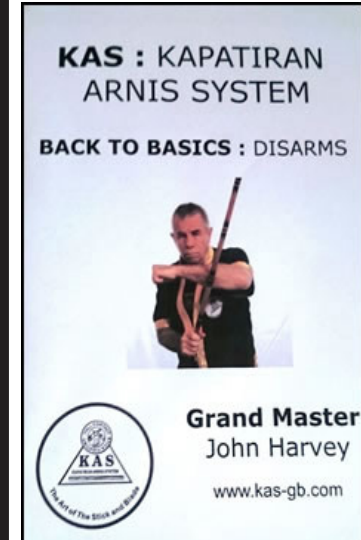
An extensive overview of material found in the Nickelstick Eskrima Club and the Bull Chapter curriculum.

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

KAS: Kapatiran Arnis System - Back to Basics: Disarms

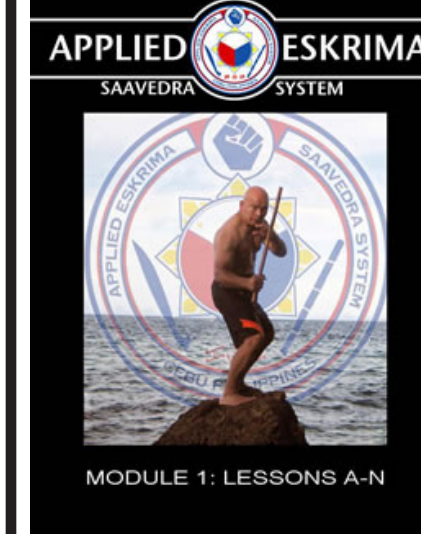
By Grandmaster John Harvey



This new DVD call Back to Basics-Disarms. This DVD shows disarms from 12 angles of attack in depth. This DVD is ideal for the beginner or advance student. To obtain this DVD please go to www.hatuwi.com to buy it for £15:00 free post and package in UK and Northern Ireland. For overseas please contact me at mail@hatuwi.com or facebook John Harvey.

Applied Eskrima Balintawak (Saavedra System)

Module 1: Lessons A - N
Module 1: Lessons O - Z
By Master Virgil Orlanes Cavada



The Applied Eskrima System is part if the larger family of arts that developed in the Balintawak club in Cebu City during the 1950's. The Founder of the Balintawak club Venancio Bacon sought to create better fighters than anywhere else in Cebu and focused his training and teaching on perfection of the single weapon fighting methods, (stick, sword and knife) in close quarters.

The Applied Eskrima – Saavedra System is a highly sophisticated, close combat art which implements impact weapons.

Master Virgil Orlanes Cavada, explains and demonstrates in these DVD's starting with the most basic and working up. In learning from these DVD's one will overall most definitely improve reflexes, coordination of hand/eye abilities.

Both Modules available in NTSC and PAL formats. DVD's can be purchased through the Official Applied Eskrima Global website store: [Click Here](#)

Rajah Indara Patra and the Dragons - A Mindanao Legend

The Kahimyang Project - kahimyang.info

A very, very long time ago, when the island of Mindanao was but newly sprung from the sea, a pair of gigantic dragons lived there - Omaka-an and his mate Maka-ogis. For a time they roamed over the entire island, but finally they settled in the region about Lake Lanao.

Omaka-an established one lair in the Gurayen mountain range in the northwest, and another in the Makaturing range in the southeast. They had another haunt on Mount Matutum in Cotabato. So big were these monsters that when they slept they used the summits of the mountain ridges for beds. When they wanted to fish in Illana Bay to the south, they had only to stretch out their monstrous limbs and scoop up water and fish with their great claws.

These dragons had a taste for human flesh and devoured those people who were daring enough to attempt to settle in Lanao. A very few did settle in the country, but had to hide in caves and trees, and Allah took pity on them and changed them into sprites. Reports of the cannibalistic monsters spread far and wide and reached even Mecca.

It happened that there lived in Mecca at that time two zealous servants of Allah named Rajah Indara Patra and Rajah Solaiman, the sons of the powerful Sultan Nabi. When they heard of the monsters plaguing Lanao, they decided to put an end to that terror and to bring the knowledge of Allah, the one true God, and of Mohammed, His Prophet, to that far land. They conferred with their father, and it was decided that Rajah Solaiman, the younger, should undertake the journey to Lanao first, and that if misfortune befell him, Rajah Indara Patra would follow.

Forthwith Rajah Solaiman prepared for the journey. On the day he was to depart, he planted a certain tree known as the kilala and spoke to his brother thus: "If this tree of life withers, then go in search of my remains." Then the young Solaiman set sail alone. It was years before he reached Mindanao. He found Omaka-an on Mount Matutum, and challenged the dragon. "I am sent by my father Sultan Nabi and my brother Rajah Indara Patra", he said, "to kill you because you devour all the people who come here. Prepare yourself,

for you shall pay at last for the evil you have done."

The crafty dragon replied: "Well, I am ready to die, but I advise you to cut me clear through, for if you do not, I will not die."

Rajah Solaiman with one great blow cut the dragon into two, but the two pieces became two dragons and Rajah Solaiman had to fight them both. He fought long and valiantly, but the more he hacked at the dragons, the more numerous his enemies became, and he was finally overwhelmed and died.

In Mecca, Rajah Indara Patra had been watching the growth of the kilala tree. For years it had thrived, then, suddenly, when it was about to bloom, it withered. Thus did Rajah Indara Patra learn of his brother's lone death.

Without as much as bidding his relatives goodbye, Rajah Indara Patra hastily set sail, eastward bound, to avenge the death of his beloved brother. He first touched the Lanao shore at the place now known as Malabang. From there he journeyed inland and when he reached Bandar Inged, near Binidayan, he sighted the gigantic Omaka-an on Mount Matutum. "There is the monster that killed my brother!" he said to himself.

When he faced the beast, he exclaimed: "Are you the monster who killed my brother, Rajah Solaiman?"

"Yes", replied the dragon. "I killed him in a fight."

"Then I shall kill you!"

"I am prepared to die", said the dragon calmly, "but I advise you to cut me through, or else I will not die."

Rajah Indara Patra was wiser than his ill-fated brother. In the fight that immediately began, he did not cut Omakaan through, but only slashed and slashed at him, and after a long battle, the crafty Omaka-an, bleeding from a thousand wounds, fell before the more cunning Rajah Indara Patra.

After killing Omaka-an, Rajah Indara Patra searched for Maka-ogis. He found her at Gurayen and forthwith slew her in the very same manner he had killed Omaka-an.

Then free to roam the country unmolested, he began a search for the remains of his brother, but all his efforts were



in vain. He could find no trace of Rajah Solaiman's body. He could ask for no information from anyone, for there were as yet no human beings in the land other than himself.

One day he was benighted at Marantao, near Dansalan. He sought shelter under a balete tree and began to cook his food. He was so grieved at having been unable to find the body of his brother, that the tears began to trickle down his face, almost extinguishing the fire. The occupant of the tree, a good-natured sprite, took pity on him and asked: "Why do you grieve so, Allah's favored one?" Rajah Indara Patra was startled. He looked around and saw nobody. He doubted what he had heard; but the voice spoke again: "Why do you grieve, Allah's favored one?"

His doubts vanished. It was certainly a voice, and he answered: "I am grieving, Kind One, over the death of my beloved brother, Rajah Solaiman, whose remains I can not find."

"Your brother's body was devoured by the monster, Omakaan, whom you have slain." "But can you tell me, Kind Spirit, where his ring is?" he asked.

"I can not tell you exactly, brave one, where it is, but it was lost near Sogod, on the south bank of the Lake during the fierce encounter."

Then the voice ceased. Rajah Indara Patra was much heartened. The next morning he thanked the Voice and set forth in quest of the ring.

Long he searched for it. He dove into the cold waters of the Lake and scooped up sand and shells, but to no avail. The ring was

nowhere to be found. The heaps of sand and shell may still be seen on the Lake shore near Sogod.

Rajah Indara Patra went back to the balete tree and asked the spirit if there were any human beings living around the Lake. The spirit answered there was none, but that, nevertheless, on some mornings a beautiful maiden was to be seen bathing at the mouth of the Masiu river on the other side of the Lake. Rajah Indara Patra was in sore need of a companion, so when he heard this he determined to find the maiden.

Very early at dawn, on a Friday morning, he hid himself in a clump of grass near the river mouth, and as it became lighter he suddenly saw the form of a fairy-like creature, who except for a loosely woven tapis of reeds, seemed to be dressed only in a veil of mist. The Rajah's heart beat fast at the sight of the supple, nymph-like maiden, whose long, soft hair fell to her feet. A lovelier woman he had never seen. He crept stealthily upon her and as she was about to step into the cold water of the Lake, he seized her.

The maiden, Potri Rayna Laut, daughter of the Sultan Nabi Bacaramata of Ingod na di Katawan (the Unknown Country), became his wife. They lived happily together for many years and begot many children; these children begot children of their own, and these in turn begot children, and these were the ancestors of the people of Lanao. Early in the morning, on foggy days, a thin mist in the form of a ring is still to be seen near Sogod, and this is supposed to be the enchanted ring which Rajah Solaiman lost in that spot.

Sources:

- 1. Rajah Indara Patra and the Dragons, Manuel E. Buenafe, The Philippine Magazine, Volume 33, Number 9, September 1936, Manila

Arnis' Popular Abroad, Not Known Here

By: Mon Tulfo

Inquirer.net - August 13, 2015

Why does a policeman usually use a gun instead of a baton or nightstick in subduing an unruly but unarmed law violator? Because he's not armed with a baton or nightstick.

A baton or nightstick is part of the police uniform in other countries, but not here.

But of what use is a baton or nightstick if its wielder is not well versed in arnis or eskrima?

Arnis or Eskrima, the art of fighting with single or double sticks, is an original Filipino martial art.

It is said that a person who is an expert in Arnis or Eskrima can beat multiple armed opponents.

In the 1950s and 1960s, uniformed policemen were issued nightsticks along with pistols.

Since they carried nightsticks on patrol, they were probably taught Arnis or Eskrima during their training at the police academy.

Back then, cops on patrol arrested law violators without drawing their pistols.

They arrested law offenders who resisted by clubbing them on the knees or other vital parts of the body.

Now, policemen just shoot an unruly but unarmed drunk who doesn't want to go with them to the precinct.

Needless to say, the use of a gun to control a violent but unarmed law offender is patently illegal.

This should be drilled into every policeman's head.

A policeman can only use his pistol if a crime suspect is also armed and is shooting at him.

Otherwise, an unarmed suspect who resists arrest can be clubbed on the knees or applied with a Judo hold to immobilize him.

Each uniformed cop on beat patrol should be issued a baton or nightstick, in addition to his pistol, for his weapon.

Every policeman should be taught the use of baton or nightstick through arnis or eskrima.

How ironic that in this country, where arnis or Eskrima originated, only very few people appreciate the Filipino martial art.

In the United States and Europe, Arnis is a craze among policemen, members of military special forces and the world of martial arts.

Arnis stands shoulder to shoulder with Karate, Aikido, Jujitsu and Kung fu in popularity.

So popular is Arnis or Eskrima in the United States as a defensive and offensive martial art that the blockbuster "300" and "Bourne Identity" movies were choreographed by Filipino Arnis teachers.

The unpopularity of Arnis in the country showed in last Sunday's Arnis competition held at Quezon City Memorial Circle in Diliman, which was sponsored by the Pacindo Arnis Club. There were only a few participants.

I didn't see a single policeman among the participants.

Republic Act No. 9850, a

law declaring arnis as the country's national martial art and sport, has not made the original Filipino martial art popular.

The law was authored by former Sen. Miguel Zubiri, himself an arnis enthusiast who won a number of awards in many international competitions.

Under the Zubiri law, the Department of Education, the National Commission for Culture and the Arts and the Philippine Sports Commission are directed to promote arnis as a national sport.

It seems the law has become a dead letter.

An adjunct to Arnis or Eskrima is knife-fighting.

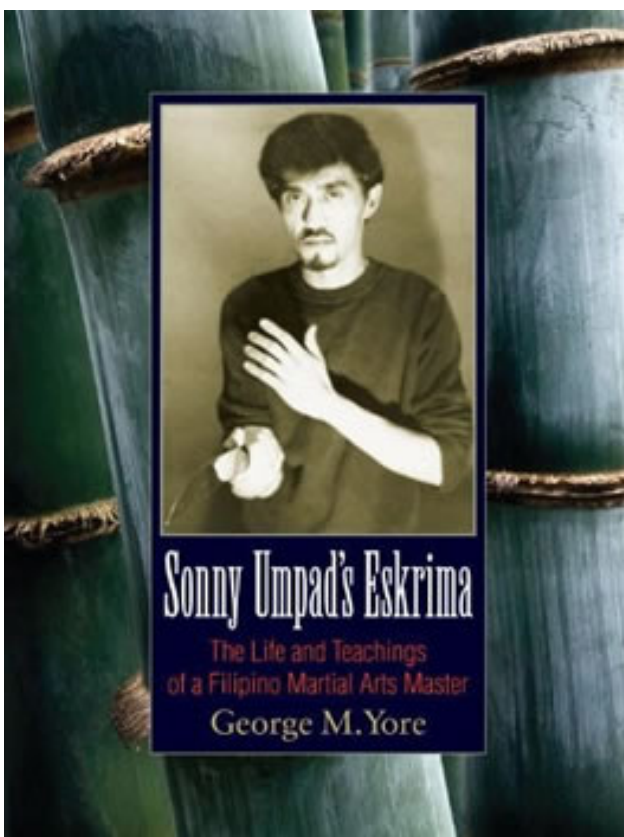
Most Arnis Masters are experts in knife-fighting.

An Arnis practitioner is also taught disarming techniques or how to wrest a weapon from an opponent.

Even without his stick, an arnis expert is a formidable opponent because he applies the principle that a stick is just an extension of the hand.

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

By George M. Yore



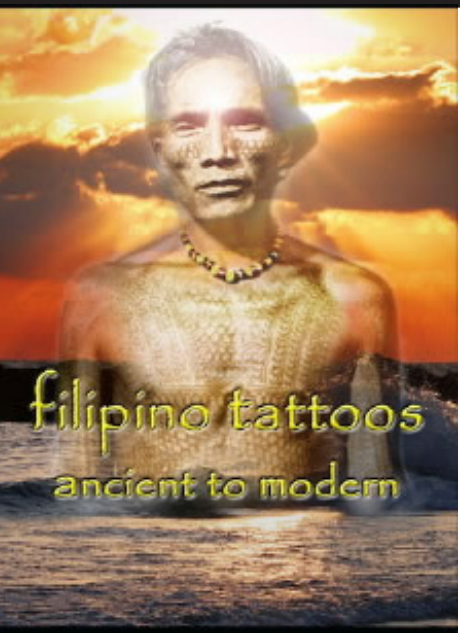
Born with the soul of a warrior, the intellect of a scholar, and a zealot's devotion to his art, Maestro Santiago "Sonny" Umpad forged an enduring contribution to the rich and colorful history of Filipino martial culture. In 1976, after immigrating to the United States, Sonny founded the school of Visayan 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



Filipino Tattoos: Ancient to Modern

By: Lane Wilcken

Tattooing is a very old and spiritually respected art form that has existed in many different cultures around the world. After many centuries of not being practiced in Europe, tattooing was re-introduced to the Western world through the inhabitants of the Pacific Ocean. Beginning in the 16th century, European explorers came across many people who practiced tattooing as an integral part of their cultures. This is the first serious study of Filipino tattoos, and it considers early accounts from explorers and Spanish-speaking writers. The text presents Filipino cultural practices connected with ancestral and spiritual aspects of tattoo markings, and how they relate to the process and tools used to make the marks. In the Philippine Islands, tatoos were applied to men and women for many different reasons. It became a form of clothing. Certain designs recognized manhood and personal accomplishments as well as attractiveness, fertility, and continuity of the family or village. Facial tattoos occurred on the bravest warriors with names that denoted particular honor. Through the fascinating text and over 200 images, including color photographs and design drawings, the deep meanings and importance of these markings becomes apparent.

Available at: Schifferbooks.com and Amazon.com.



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Football, Arnis Returning to BBEAL

By Mark Victor Pasagoy
Sun.Star Baguio - August 26, 2015

The Baguio-Benguet Educational Athletic League or BBEAL is planning to reintroduce football and arnis to its roster of events for its 29th season this year.

Season 29 Commissioner Percy Sacyafen of the host school Baguio Central University told Sun.Star Baguio BBEAL's 11 member schools recommended the return of the two sports.

Football and arnis were scratched from last year's competition due to changes in the sports association.

Sacyafen said the two sports will be played in phase two of the BBEAL season scheduled in February next year. The first phase opens this October/

"There should be enough time to scout and form teams or competing individuals in the said sports, phase two pa naman sila so hopefully school will take the chance to bring up something to the table,"

Renaldo Laxamana Basco

August 17, 1946 – August 30, 2015)
Kale Beach, Olongapo, Zambales, Philippines
Kuntaw

By: Brain 'Buzz' Smith

FMA Informative: *Some may remember Grandmaster Reynaldo Basco from the 60' – 80's but as Master Basco or Kyud Basco as members of Kuntaw are called and some will not. But it must be known he was an excellent but strict teacher of Kuntaw, with a sense of humor that at times could be strange. But overall and through the years if you knew Rey Basco you grew to respect him and his skills.*

It was rumored for years that he had passed away until Mr. Brain 'Buzz' Smith on a trip to the Philippines this year discovered he was alive and living in Olongapo City. And Mr. Smith traveled to Olongapo and visited with Rey Basco.

Rey Basco went to meet the Buddha last night with a little help from a case of Beri-beri and his Fundador. I wish him a better life next time around.

Have you ever suddenly thought about someone from your past that gave you advice, helped you when you were down, taught you to do something, or were just a good friend? Have you wondered what they are doing now? Did you ever thank them? For years I have thought about the many people who have helped me on my journey thru life. The shop teacher who helped me to figure out how to make wood things, my mother who taught me to appreciate music, my sister's boyfriend who taught me how to play guitar so that he could spend time with my sister. There are many people who have no idea what an influence they have had on my life. As an instructor at a University I have had many students come back and thank me for pushing them and helping them learn. They warmed my heart and made me feel that my life had meaning. I am returning to the Philippines to thank one such person, it might be my last chance.

I came to the Philippines 44 years ago as a US Navy sailor

he said.

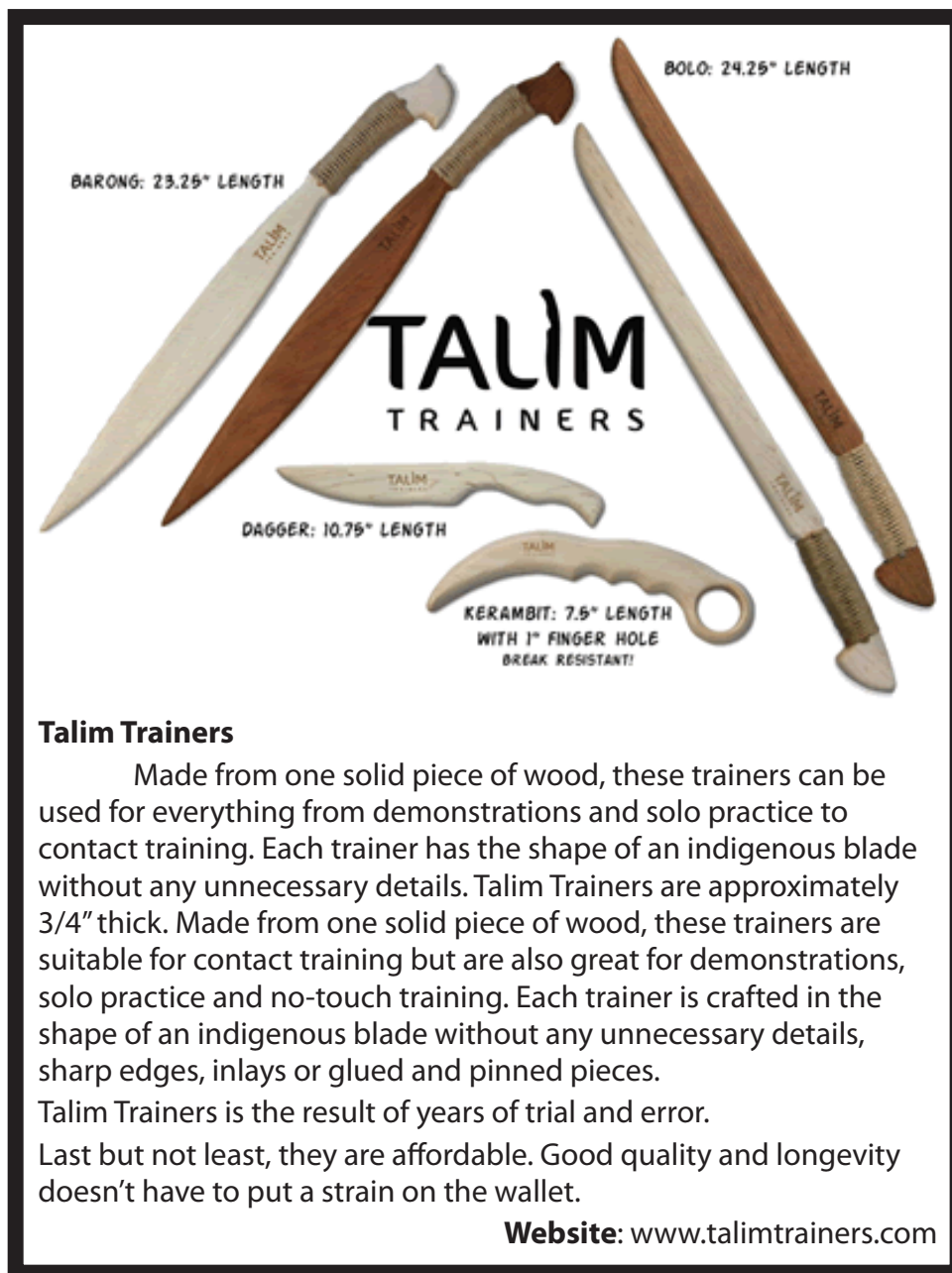
The events in the first phase are basketball, chess, sepak takraw, swimming, table tennis, and badminton.

Phase two will have baseball, softball, judo, lawn tennis, taekwondo, wushu, football, athletics and volleyball.

Futsal will remain as a demonstration sport this year.

Apart from BCU, the Baguio-based members of BBEAL are Baguio College of Technology, Philippine Military Academy, Pines City College Inc., Saint Louis University, University of Baguio, University of the Cordilleras, and the University of the Philippines-Baguio.

The member-schools from La Trinidad are Benguet State University, Cordillera Career Development College and Kings College of the Philippines.



Talim Trainers

Made from one solid piece of wood, these trainers can be used for everything from demonstrations and solo practice to contact training. Each trainer has the shape of an indigenous blade without any unnecessary details. Talim Trainers are approximately 3/4" thick. Made from one solid piece of wood, these trainers are suitable for contact training but are also great for demonstrations, solo practice and no-touch training. Each trainer is crafted in the shape of an indigenous blade without any unnecessary details, sharp edges, inlays or glued and pinned pieces.

Talim Trainers is the result of years of trial and error.

Last but not least, they are affordable. Good quality and longevity doesn't have to put a strain on the wallet.

Website: www.talimtrainers.com



Reynaldo-Basco and Brain Smith

class laugh. Sometimes I was the target of the joke, but I didn't mind. I was learning an art that was totally unheard of in the US. Rey was a competitor for the club and was well known in the Karate circuit as the man to beat. I spent 3 years under his guidance and ended up being given permission to propagate the art in the US.

I returned to my home and opened a Filipino Martial arts club in my home town. It was well received and I ended up being invited to teach the art at a local university. A year later they admitted the class to be a credit course. The first Filipino martial arts class ever to be offered for college credit. I tried to maintain contact with the Philippine club, but the mail was never returned. I had no idea what had happened with the club or what everyone had done. I would tell my students

of the Philippine experience many times and would keep the lightheartedness in all of my classes, carrying on what Rey had started.

44 years later I am returning to the Philippines to hold a seminar in Lubao for some students that want to learn Kuntaw. The organization that used to teach the art had fallen and the art was not taught anymore as it once was. Knowing that I was coming to the Philippines I tried to find the instructors that taught me. I found that some were dead, others had moved to Saudi Arabia to work, and others had retired from teaching. I wanted to find the wise guy instructor. I inquired too many martial arts organizations and to some of the various clubs in the area. With no luck. Then, by chance, a young man at one of the

Olongapo gyms said he had heard of Rey Basco and he was able to give me a phone number of one of his friends. Finally I had a lead after 1 year of searching.

The lead was to the employer of Rey Basco. I found out that he lived meagerly and was well respected even though his health was in decline and he had many setbacks in his life he still had the same smile and love to make people laugh. Many people had said that they knew of Rey, but none knew what had happened to him. Now it is my turn to say thank you. You see, I went on to found one of the first Filipino martial arts organizations in the US. I had competed in many circuits, won many titles, ended up being a fight choreographer for movies, I even was a lead actor in an action movie. I took the art that he helped me learn and brought it to Canada and the USA. None of this would have happened if not for the exposure to this art by the waiter and none of this would have happened if not for the teachings

Lightning-Fast Martial Art Draws in Students in NPR

By: Kelly S. Kelly

The Suncoast News - August 26, 2015



Gulfcoast FCS Kali owner Ray Norton spars with an opponent

New Port Richey — In a blur of motion, combatants at Gulfcoast FCS Kali clash with sticks and knives in a weapons-based tribal martial arts system called Filipino Combat Systems — or FCS Kali.

The system, used by military teams around the world, was developed by Tuhon Ray Dionaldo, one of the most sought-after weapons experts in 96 countries.

Owner Ray Norton has worked in FCS Kali for five years, two years in his current location. He's been in martial arts most of his life and also currently is employed as a fireman.

"We have professional men and women — doctors, lawyers, military and ex-military — participating," Norton said. "It makes no difference if you have a background in martial arts or none at all. At Gulfcoast FCS Kali, everyone starts over. If you come off the street you will be struggling right alongside someone with 20 years of martial arts. It takes time."

of Rey Basco. He taught me to "kick the ceiling". One of his favorite class phrases. It means- if you practice to kick the ceiling, everything that is lower will be easy. In other words- set your goals high, you will be surprised by what you can accomplish.

I am not a rich man by money standards but I am rich with memories of family friends and accomplishments in my life. Many sailors left Viet Nam and the Philippines with many memories of the bars and the nightlife of Olongapo, I have many memories of sweat, cuts, bruises, the friendships, and the teachings of several dedicated instructors. They allowed me to go on and make my life full of good memories and pass the art to many more people. I was unable to thank the others but, for you, Rey, I will always be thankful. Salamat din po my Guro, my friend, my kuya you touched my life and so many others.

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.

Paperback, 406 Pages

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everybody, including Japanese, Chinese and Spanish warriors, but they were never fully conquered because of their fighting style, Norton added.

In 1942, during World War II, all American males from 18 to 35 were required to register for military service. It is estimated that 70,000 to 100,000 Filipinos in the U.S. enlisted to serve in the 1st Filipino Regiment, nicknamed the Bolo Battalion, as they were issued a bolo as their weapon of choice for close-quarter combat.

The weapons and styles used in FCS Kali include rattan Kali sticks, single and double blades, long sword, hooked blade, dagger, whip, bolo, open hand, foot and leg fighting. YouTube FCS Kali videos demonstrate just how fast and deadly the fighting can be.

"In vintage photos of old

school boxing, fists were held very low," Norton said. "However, in the 1950s when Filipinos started immigrating to the United States, they were dominating boxing with their combat system in which their hands were held high. It was called dirty boxing. It changed the nature of boxing to what it is today."

At Gulfcoast FCS Kali, outside instructors are brought in monthly to provide fresh insights. "It's like studying eight disciplines all together," said Norton.

Participants bond closely as a family. Some come from as far as Sarasota. "I now have the greatest group of friends and family that I've ever had in my life," he said. "If I have an emergency at 3 a.m., I'd have a hard time picking who to call."

The Suncoast News

www.suncoastnews.com

Conceptual Modern Arnis

By Bram Frank

A seldom seen view of Arnis/Modern Arnis the Filipino fighting art of Professor Remy Pemas as seen by 1st Generation student... Bram Frank. Modern Arnis is seen through the perspective of the family art of the Bolo and knife,(edged tools) rather than a stick. Some history of Modern Arnis in the USA is told.

File Download: \$40.00

Paperback: \$69.00

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E-Book (PDF) - [Click Here](#)

Modern Arnis Recognizes Grandmasters

By Jean Russell V. David
Manila Times - August 31, 2015

Four Arnis Grandmasters (GM) were recognized during the 14th death anniversary commemoration of Grandmaster Remy Presas, Founder of Modern Arnis at the San Juan Multi-purpose Gymnasium in San Juan City. The event was attended by various arnis organizations from other countries among them Russia and Korea.

Grandmaster Shishir Inocalla, Grandmaster Raymund Velayo, Grandmaster Rambit Dulay and Grandmaster Mark Wiley were given the Ambassadors Medal. Grandmaster Victor “Butch” Cusi, the chairman of Great Nation Philippines, a non-government organization, conferred the awards.

“*Their task is to promote Filipino martial arts especially Arnis,*” said Cusi.

The event was also a unity gathering of Grandmasters according to Inocalla who was among the first six individuals given the rank of Datu or chieftain

by the late Presas. Inocalla was also known in Hollywood for his stunt works on the films The Process (1998), Teenage Mutant Ninja Turtles 3 (1993) and Crying Freeman (1995).

“*We have made this a special day because we believe that Grandmaster Remy Presas is mainly responsible for popularizing Arnis around the world,*” said Inocalla.

Inocalla added that they are also starting to establish a Modern Arnis family tree.

“*We look at Grandmaster Presas students from the time he started and [begin] collecting all those data to create a family tree.*”

Inocalla said that they envision unifying all arnis clubs in the Philippines and promoting the sport that seems to be disregarded in its country of origin.

“*It seems we are missing out our national sport,*” said Inocalla.

Arnis, by the virtue of Republic Act No. 9850 became the Philippines’ national martial art and sport in December 11, 2009.

Lameco Eskrima (The Legacy of Edgar Sulite)

By David E. Gould



Broken down into 10 distinct chapters, Lameco Eskrima: The Legacy of Edgar Sulite, presents the evolution of a fighter and his art, from his early days in Tacloban City and Ozamis City, through his middle period in Manila, and finally his later years in the United States.

Available through Amazon - Click Here

In the art of Eskrima, few names stand out like the late Edgar Salute’s. He dedicated his life to mastering the art of Eskrima and put his reputation on the line, taking challenges for money and honor. He earned the confidence of a collection of legendary grandmasters of the day, and earned the mutual respect of his era’s newest masters. When Sulite came to the United States he took the country—and then the world—by storm. In this unique book, Guro David E. Gould recounts the life, the art and the legacy of Punong Guro Edgar G. Sulite and his Lameco Eskrima system.

and look as young as they were in their prime. But the old warrior has arthritis. His hand swells in the cold because he’d broken it on someone’s head in his youth. He may be missing a few teeth. His body isn’t as youthful as the master’s, but unlike the old master, the old warrior is dangerous. He knows much more about fighting, and can recreate himself through his students because he knows what it takes to develop a dominant fighter. In other words: My old warrior can beat the breaks off your old Master, not that he’d ever do it. No offense.

Old Masters tend to be kind, while old warriors are mean and nasty. Old Masters very likely had lots of students telling how great he was in his youth; old warriors only have ghosts and stories in his past. The old warrior quite often were not great businessmen, entertaining teachers, or well known. Often, the old warrior was disliked in his youth, and avoided by the old Masters when they were young. So today, we know very few names of men who actually served as kings of the martial arts jungle—but we certainly know the names of the non-fighters who got articles written in magazines, were well-liked, and certified thousands of non-fighting, future “Masters” (even a few “certified Master” titles along way). And the old warrior? He didn’t do much besides train, fight, and teach the few students he had.

So now that I’ve defined the Old Warrior, let me tell you

difference between an old military officer, versus an old military NCO. Both were warriors. But one has most likely seen more battles, suffered more injury and risked life and limb for his occupation. You get old two way in the field of martial arts and sciences:

1. Becoming unbeatable and dominant
2. Avoiding fights altogether

We all have seen those boxers who were known warriors in the ring. They took on all challengers, including the ones others avoided. They’ve been beaten a few times, been on the canvas even more times. To the true fight fan, those men had careers and wars that would bring tears to your eyes. This is my aging warrior; he fought until his body told him that he could no longer do it. But little do we know, he is only declining to the point that he can no longer compete with the best of the best. Beware this old man—against the average man, he will destroy you, even at his age.

There are still a few old champions we know and love, but they did not take the warrior path. They were among the best as well, but avoided the fighters who frightened them. They made it through tough fights and refused rematches. They didn’t fight dirty; they sought to win matches and avoid wars. We still loved them for

their accomplishments, but you know deep down in your heart that if he fought So-n-So, he’d never make it out alive.

In my grandfather’s day, a 40 year old man wasn’t considered “old” yet. Those men still fought, and they sat in a place where they still had good use of their bodies yet possessed the wisdom that came with age. I knew a few men in this age group who were dangerous, and these are the men I looked to pattern myself after. Too often, martial artists will experience the signs of old age: arthritis, weight problems, internal problems, injuries that limited their movement. Rather than make like the warrior and *fight* those problems like a dangerous opponent, many will give up, consider himself “old” and allow his youth to slip away. What I love so much about the aging warrior is that he will experience those problems and endeavor through them to try and regain his youth. He returns to the gym, he hits the street to do roadwork, he enters competition as a “Senior/Master”, he will attend Round Robins to give it one more shot. We all fear for him—but he won’t listen. He was born to do this, and has not accepted defeat yet. This is a great place to be. Older, but not yet old. Still has his fire, still has what it takes to return to his prime and

will do it.

If you can find such a man to learn from, do it. You will find that the learning experience is one of a kind. Not quite the calm disposition of the sagely old Master; not quite the cranky old former fighter (see my “Mean and Nasty Master” series. I wrote three of them). You get the enthusiasm and energy of a young teacher, and the wisdom and experience of an old one. And most of all, you might get to fight him or see him fight as well. If you’re really lucky—you will get to see him return to his youth, as all old fighters go through this stage at least once or twice in his middle age. Very few of us maintain our youth all the way into our older ages.

And if you are a teacher, and looking to build your reputation—avoid the aging warrior who is returning to his prime. It is very easy to underestimate such a man. He is greying or balding. He might be overweight. But even if he can’t move like he used to, he is young enough to hurt you. Old warriors didn’t get here by accident. They got here by being wise, attaining knowledge, and by being tough.

“Secrets” of the Filipino Fighting Arts Words from a Modern-Day Warrior

filipinofightingsecretslive.com

Translation.....

VEFG Conference

The newly established Visayan Eskrima Friendship Group (VEFG) has met for the first timelast August 31at the Grand Hotel in downtown Cebu City area for their logistical meeting in preparation for their Sept 5-6 Eskrimador event.

VEFG was attended by many Eskrima different groups in Cebu and spearheaded by Walter Crisostomo.

More than 30 authentic and original Granmasters and their respective members met to discuss their plans to promote Eskrima and preserve its authenticity and quality.

Among them included Arnis de Caballes, Baalintawak SugbuArnis Club, Baraw Sugbu International Inc., Combat Eskrima Maranga, Doce Pares Philippines, Eskrima Carin, Eskrima De Campo J.D.C.- I.O., KGB Maggs -Kritters Balintawak Group, Lapinti Arnis de Abanico International, Magkuno Diamond back Eskrima, Nickle stick Balintawak Style, San Miguel Eskrima,, Yaw-Yan Ardigma, Pinakatay Eskrima, Teove’s Balintawak , Lapulapu Martial Arts Club, WOTBAG, Filmocan and many more.

This coming September 5 - 6 the group will officially launch VEFG at the Mandaue City Sports and Cultural Complex.

Other “BISAYA ” Eskrimadors who were not able to attend the logistical meeting are encouraged to submit their logos and banners anytime before or during the historical event.

Published in Super Balita - Cebu September 03, 2015



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

Bago Arnis Team Most Bemedalled in Batang Pinoy Visayas Tourney

By Henry G. Doble
Sun.Star Bacolod - September 3, 2015

Bago City's Ramon Torres National High School-Yasay Stable Club hacked the 2015 Batang Pinoy-Visayas Leg in Romblon and went home as the most bemedalled team in arnis with 10 gold medals and 10 silvers.

Bago sent nine arnis artists and all qualified to the National Finals in Cebu this coming November.

Coach Roel Pineda's girls team showed dominance as Kyle Presente got a gold in the individual Espada y Saga, while Lourraine Cadayday added another in the individual solo weapon after beating a Palaro medalist from Aklan.

Connie Lyn Rose Pampliega settled for silver medal in the full contact event at 51-55 kilograms after bowing to Aklan's bet.

The girls' team of Presente alongside Jochelle Pangcobila and Aireen Joy de la Cruz also dominated the Team Solo Weapon and Team Espada y Daga.

The group of Pampliega, Cadayday, and Keth Nicole Belnas likewise finished with silver after Iloilo City took the Team Double Weapon category.

Brian Martir coached John Michael Escleto to defeat an Aklan artist to win the gold medal in the full contact category (47-51 kilograms) while Jhunnie Rhey Pangcobila captured the gold medal in the 55-60 kilogram.

John Robert, the twin of John Michael Escleto, settled for silver in the Individual Espada y Daga and the trio also scored another silver medal in the Team Solo Weapon category after losing to Iloilo City team by a slim 0.25 difference.

Team trainers Alvarado siblings Wilson and Randy were joined by chaperon Ma. Steila Fortunado in the team supported by Bago City Mayor Ramon Torres and RTNHS principal Fortunato Filomeno.

Davao City Bets Dominate Kadayawan Karate

By Marianne L. Saberon-Abalayan
Sun.Star Davao - September 05, 2015

Davao City karatekas dominated the 30th Kadayawan Karatedo Invitational Tournament held recently at the NCCC Mall Davao.

The host city collected a total of eight gold medals, three silvers and four bronzes while Davao del Sur hauled five golds, three silvers and one bronze in second.

Tagum City clinched four golds, four silvers and two bronzes in third followed by Indonesia School (3-4-1) fourth, Panabo City (2-3-5) fifth, Cagayan de Oro City (2-2-2) sixth, Jose Maria College (0-2-6) seventh, Holy Cross College of Sasa (0-1-1) eighth and Ecoland (0-1-0) ninth.

Lya Marie Carrillo pocketed the women's kata and women's -55 kg kumite golds to lead Davao City's medal harvest as teammate Miyuki Tacay (women's -62 kg kumite) added one gold.

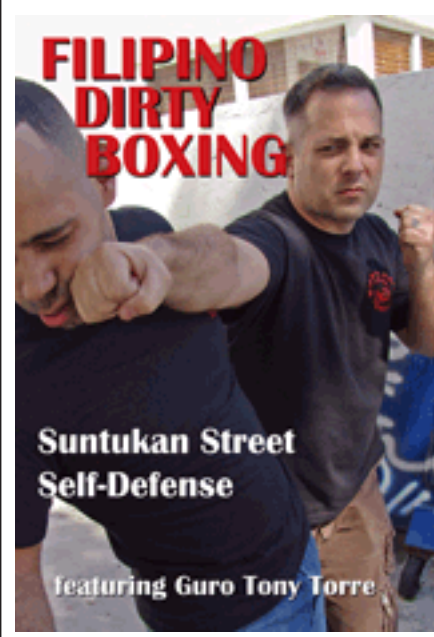
Other Davao City gold medalists were Sean Paul Gica (boys 10 kumite), Christian Clark Robles (boys 11-13 kumite), Stephen Paul Gica (boys 14-16

kumite), Azumi Tacay (girls 7-8 kumite), and Shinji Rex Tacay (men's +76 kg kumite).


Davao del Sur swept three gold in girls division led by Maridel Flores (11-13 kumite), Idel Grace Flores (open age, weight advance kata) and Leanzu Marie Cacananta (open age, weight intermediate kata). Ethel Grace Flores (women's -55 kg kumite) and Jamil Taunan (men's -55 kg kumite) also topped their events.

Tagum City, meanwhile, leaned on its champions Maridel Flores (girls 11-13 kumite), Mayorie Ledesma (girls open age, weight novice kata), Joana Baloyo (women's +61 kg kumite) and Jan Pedro (boys open age, weight intermediate kata).

The two-day event was organized by Philippine Shotokan Karatedo Association (PSKAI)-Takai Gijutsu School of Martial Arts and sponsored by the city government of Davao through the Sports Development Division of the City Mayor's Office.



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.
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Inayan System of Eskrima Flexible Weapons
By Jason Inay
In the Inayan System of Eskrima Flexible Weapons proficiency is a requirement to advance in the system. This DVD is a presentation of skills and drills to enhance one's familiarity and skill in the use of a flexible weapon. Though this DVD specifically presents the use of the bandanna the principles can be adapted to nearly any flexible weapon. Suro Jason Inay, the head of the Inayan System of Eskrima (I.S.E.), also illustrates how training the use of flexible weapons is a metaphor for approaching martial arts with a flexible and adaptable mind
Enjoy learning the use of the bandanna with drills and techniques adapted from the Inayan Kadena De Mano styles of Eskrima. Inayan Kadena De Mano is one of the core styles within the I.S.E. that emphasizes empty hand and knife skills. The I.S.E. DVD covers basic defenses to strikes, locks, and entanglements.
Visit: www.Inayan-Eskrima.com to find out more about the I.S.E. a complete system of Filipino martial arts founded by Mangisursuro Mike Inay.
This DVD may be purchased via **PayPal:** mestrella@sbcglobal.net \$37 including ground USPS shipping in the USA

100 Join Kadayawan Arnis
By Karlo Paolo R. Pates
Sun.Star Davao - August 22, 2015

Some 100 Arnisadors are vying for top honors in the Kadayawan sa Davao 2015 Sports Festival Arnis Competition that opened yesterday morning and will run until today at the Gaisano Grand Citimall, Ilustre St., Davao City.

Kapatirang Dobe Olisi Eskrima-Davao chief Mario Palazuelo, in an e-mailed statement sent to Sun.Star Davao recently, said the two-day competition features the juniors and seniors categories.

The boys and girls arnisadors are competing in the weight divisions that include

pin weight (-43 kg), flyweight (-47 kg), bantamweight (+47-51), featherweight (+51-55), lightweight (+55-60), welterweight (+60-66), and middleweight (+66-73).

Medals are at stake for the winners in each category.

The event is sponsored by Davao City Mayor Rody and Vice Mayor Pulong Duterte through the Sports Development Division of the City Mayor's Office (SDD-CMO). It is organized as part of the 30th Kadayawan Festival celebration. (KRP)

10 Shocking Old-Timey Practices Filipinos Still Do Today

By: Marc V.

Contrary to popular belief, not all the shocking practices our ancestors used to do have been relegated to the dustbin of history. In fact, these practices—far from being consigned to the schoolbooks—are actually very much in vogue today (some more than others).

While the most famous of these would undoubtedly be the annual self-flagellation and self-crucifixion of penitents during Holy Week, let's take a look at some of the other old-timey traditions Filipinos still practice today, especially those guaranteed to make someone's mother faint.

1. Inserting "Bolitas" Into the Male Genitals



Pilik-mata ng Kambing – one of the sexual accoutrements used by Filipinos. Photograph taken from Colors Magazine, January 1997 issue.

You might probably have heard how the Filipinos in pre-colonial times used to insert all sorts of implants and adornments into their genitals in order to enhance their partner's sexual experience; apparently, the practice continues to be observed among members of the sea-faring community.

That's right, Filipino seamen are known to insert "bolitas" into their penises which they say make them a huge hit with foreign women. Gunnar Lamvik, the Norwegian researcher who made an extensive research into this little-known practice, noted that aside from the carnal benefits, Filipino seamen also see it as a way of asserting their masculinity over their foreign competition as far as the labor market is concerned.

In a time when the number of seafarers from other countries is growing, the practice gives the

Filipino seamen a huge boost in confidence and allows them to stand out from the rest.

2. "Binukot:"




Video - Click Here

Contrary to its depiction in Marian Rivera's "Amaya" which scholars said had too many inaccuracies, the practice of "binukot" (Hiligaynon for "secluded") was said to have been prevalent in pre-Spanish times, where the most beautiful girls of a community would be kept isolated by their families until they can be married off.

During their period of seclusion, the girls are treated like royalty and are forbidden from working and being exposed to the sunlight. They are also taught traditional dances and oral folklore, making them a rich source of the community's history. Such a sheltered lifestyle would result in the girls becoming fair-skinned frail beauties who commanded prestige and a high price for their dowries when they became of age.

The practice continued well until World War II when most of the "binukot"—unable to run to safety due to their frail conditions—fell victim to Japanese cruelty. Today, the number of "binukot" is dwindling



Books by Mark V. Wiley
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3. "Pukpok"



Video - Click Here

Known as traditional circumcision, "pukpok" is seen as a coming-of-age ritual for boys and is mostly done in many rural areas across the Philippines.

While many historians believe the practice of circumcision came from the Spaniards, others hold that it was the early Muslim settlers who introduced it. Unlike the modern method, traditional circumcision does not use anesthesia; instead, the boy is made to chew on guava leaves while the "manunuli" removes his foreskin with a sharpened wooden or steel implement. The chewed guava leaves are then placed on the wound to prevent infection.

As to why some Filipinos—especially those in the rural areas—continue to practice the traditional method, they believe it will contribute to the boy's development of his secondary sexual characteristics as well as improve his virility when he becomes an adult.

4. "Kutkot"

In a land filled with many quirky rituals for the dead, the Hanunuo Mangyans probably



have the strangest of them all.

Located in the island of Mindoro, the tribe still observes the practice of "kutkot" where they literally dig up the remains of a loved one a year after his/her death and dress it up in clothes. To make the remains more human, the family bundles it up in clothes to form a mannequin-like figure called a "sinakot."

The "sinakot" would then be carried around by the family members back to the village where it is subjected to a tribal dance. Afterwards, it would be kept by the family inside their home for a year before it is finally transferred to a cave containing other "sinakot." Hanunuo Mangyans practice this ritual as a way to honor their dead.

5. Traditional Tattooing



Video - Click Here



TFW | Preserving Ancient Cultural Weapons

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(203) 596-9073
Sandata4UsAll@aol.com
TraditionalFilipinoWeapons.com

We already know how pre-Spanish people—especially those in the Visayas—used to practice the art of indigenous tattooing so prevalently that they were called “pintados” by the Spanish due to having large amounts of tattoos on their bodies.

Unlike the modern method, traditional tattooing consists of pricking the skin with a sharpened steel or wooden stick dipped in wet charcoal. The whole process—aside from being slower and more undoubtedly excruciating—could sometimes take months to finish especially when the tattoo design is large.

Sadly, practitioners—called “mambabatok”—have all but whittled down to Maria “Pangud” Oggay, a Kalinga woman who is considered to be the last of the traditional tattoo artists in the country. However, the Fil-American group Tatak ng Apat na Alon has worked to ensure traditional tattooing does not die out with Pangud by having their members practice and wear traditional tattoos themselves.

6. Horse-fighting.



Two stallions fight over a mare. The average fight lasts about 7 minutes with the longest fights taking up to 40 minutes. Photo Credit: Jacob Maentz via www.jacobimages.com

While technically illegal due to the Animal Welfare Act of 1998, horse-fighting continues to be observed in the Philippines especially during festivals in Mindanao.

Practiced by the “Lumads” (indigenous peoples) for half a millennium, the custom involves letting two stallions duke it out inside an enclosure, with the winner getting a mare in heat tied up in the ring’s center. As can be

expected, the two horses would bite and kick each other until one gives up or is outright killed. In some cases, they would also end up injuring the mare amid the fighting.

While the prevalence of the practice has drawn outrage from animal activists, those who continue to observe say it’s a part of their culture. Also, contrary to popular belief about the high injury and death rates among the combatants, organizers of these fights say the competitors often get out alive and are well-treated afterwards since they are expensive and are needed as work animals in their communities.

7. Female Circumcision



Female circumcision is illegal in over twenty countries worldwide. Photo Credit: unicef.fr

Hard to believe, but it’s not only males whose genitals go under the knife in this country. Certain Muslim communities in the south also have their women undergo ritual circumcision called “Pag-Islam” or “Pag-Sunnat.”

As we can recall, female circumcision (or Female Genital Mutilation as the World Health Organization calls it) is a hugely controversial practice and has been condemned by many in the international community due to its harmful effects on women. Like its male counterpart, the tradition is said to have been introduced into the country by Muslim settlers, although another theory holds it was the pagan pre-Spanish Filipinos who started the ritual.

Unfortunately, a comprehensive study into the practice has been limited; from what can be gathered from the data obtained by a researcher

after studying it among the Yakan tribe in Basilan, the process does not involve cutting off any female genitals. Only the labia majora is scraped, making the procedure a bloodless one. Also, those who were interviewed—the practitioners, the patients, and their families—viewed the ritual in an extremely positive light.

8. Abortion



We already mentioned in a previous list how the women of pre-colonial times used to enjoy a lot of privileges; apparently, one of them included the right to abort any pregnancy if she already had the number of children she wanted.

To that end, the woman would usually employ the services of a “hilot” or an “albularyo” to induce the abortion. With the subsequent coming of the Spanish, abortion was later criminalized and has remained so up until the present day and is only allowed among the most life-threatening circumstances.

Yet, the threat of incarceration has not stopped hundreds of thousands of women every year from seeking the services of the aforementioned in order to terminate their pregnancies which is accomplished through a variety of method, including but not limited to manual massage and ingestion



of herbal medicines.

9. Duelling

Arguably, the art of duelling has been around for as long as man knew how to hold a weapon. Of course, it was no

different in the Philippines during the pre-colonial and Spanish era, especially with the abundance of sharp-edged weapons and exacerbated by the cultural emphasis on vindication of one’s honor.

Even the American attempt to eradicate the practice by making it a criminal offense through the Revised Penal Code did not entirely succeed, as news of Filipino knife-fighters regularly reached American newspapers. Nowadays, while duels to the death are uncommon among urban folk, the practice can still be observed mainly among those living in faraway areas where laws cannot be effectively implemented and justice has to be meted out personally.

10. Whaling



Video - Click Here

A little-known fact: our ancestors, especially those living in the coastal areas, used to hunt whales, dolphins, whale sharks, and other large fish and mammals for subsistence. The practice, which was documented as early as the 17th century and became an industry during the different historical eras, was outlawed in 1997 after it came under intense international scrutiny.

Unfortunately, no definitive conclusion can be reached as to whether the practice has really been eradicated. On the contrary, anti-whaling advocates concede that the ban may have merely forced the whalers to continue their operations in secret.

Given the Philippines’ vast waters, the decreasing numbers of allowable species for catching plus the whalers’ livelihood needs, the practice may just be alive and well albeit in a hidden manner.

FMA Seminars: Faked or Fact?

By: Luis Tuparan

Throughout the year, I have been attending local FMA seminars for various reasons like curiosity, respect for certain elders, and confirmation of ideas about certain methods of training and their usefulness. Some seminars were good, while others were just okay, or not so good, all for various reasons. The content at some of the seminars was a glimpse into the training of some of the groups, while other seminars were an orchestration to keep the phony legends and deception going to keep the attention and money flowing to their headquarters. To me, there is a clear difference with what I see as typical FMA seminars, where we are expected to just follow along and go-through-the-motions, and the fruitful ones that leave a lasting impression and promote growth through thinking.

In my observation, those typical seminars are basically the same old story, where some master is selling a generic package of their techniques. While they tend to be more organized with their instruction, they tap into that market of people who just want to see the self-made master, or authentic master or grandmaster demonstrate the moves that can easily be taught and in turn, expect to be able to copy it. They paid good money, after all - they wanna see results!

One seminar that I attended was led by a self-made master with a box of training blades. He started off by dumping a box of aluminum training blades in the middle of the floor and went straight into doing techniques. To me, there wasn’t any explanation of the weapon - we were just told to grab an unsheathed trainer sword and start slashing with a partner and try to follow the blocking. In my observation, the self-made master was claiming a bladed-movement with the trainer blades, but was unable to differentiate his movement from that of a blunt stick.

In this seminar training situation, the stick movement did not transcend to the blade. I personally wouldn’t violate the ranges of combat against someone holding a live blade like what I saw - that’s dumb - I pictured that I would get cut. Again, the self-made master or grandmaster just demos what can be done with an already unsheathed sword, and carelessly expects others to just follow along. The perfect or ideal target audience in this situation is the person new to the Filipino martial arts or those only interested in drills outside of their usual repertoire. Furthermore, the self-made master used typical “big-words” terminology without any historical reference or analogous

Filipino-based concepts as they relate to fighting.

Another seminar Filipino martial arts group I observed has a really intense demonstration. This group also doesn’t use Filipino terms, just words to describe their system as a construct. They execute their drills and hitting with speed and power. Using their generic “V” footwork, they make the drills look good, and there’s even a flow to it all. But at a certain point, one carefully starts to realize that they always end up in the same spot even when they continuously use the same lines of their “V” footwork. What happens when the other guy realizes this and moves off the straight line, beyond the range of what was demonstrated? Truth be told, I had previously seen them spar in tournaments and witnessed their art suddenly disappear, meaning there was no longer a connection between what is “the actual” for them versus their supposed “instinctive” movement as seen in their rehearsed drills or energetic forms. It made me question point of training that way if they don’t fight that way in the end.

Another variable in those typical Filipino martial arts seminars is the occasional entourage of Masters and Grandmasters visiting from the Old Country. They fly in, get off the plane, and ready their fancy patches, colorful uniforms and belts. They might show many forms or many drills that kinda look like something trying to be combative, but not really, again with no explanation, nor any real connection to actual fighting. It’s all a big show, a phony presentation meant to disguise a circus full of social media whores selling tournament medals, selling trophies, selling certifications and selling affiliations and associations to their group. Once again, this group of predatory seminar-peddlers is highly dependent on new people with real no clue about the Filipino martial arts.

A good example of this exploitive behavior is when a Filipino martial arts group manages to get a famous name, somebody notable in Eskrima, to train them exclusively until their visa runs out. Their students are mesmerized by that visiting master or grandmaster, but they don’t think beyond that because they’re starstruck on training with a living relic who represents the bygone era of Eskrima. The student-victims don’t realize that the real motivation to host the master or grandmaster was for their instructors to be recognized by them, pay for their instructor’s monetary tribute, and become legitimized on social media. Seems legit, right?

Another type of seminar that I attended had a hidden agenda, where these local organizers were trying to make names for themselves and look good to their students, by somehow being recognized as an authority by the head of their own system. In reality, their students, who travelled about 90 minutes one-way, don’t even know any better because they were all starry-eyed while in the presence of grandmasters flown in from the Old Country to propagate their “style.” These organizers are straight-up scammers, trying to promote their agenda of making themselves look good, but in the end it backfired. Nobody could even properly explain the content being taught by the visiting grandmasters - this is a fact. The true skill and the knowledge at this seminar shined through when the true authority in the room - someone outside of their own organization - grabbed the mic and clearly explained and demonstrated the methods - it was Magtutudlo Ramon Rubia!

One major obstacle in training with these visiting grandmasters is that they don’t really speak English. To say that they were able to transfer the knowledge of all the little nuances of their respective systems that day is not plausible. They couldn’t verbalize or articulate the little things, each only showing one technique, and demonstrated their stick play in the very short time they were allotted. In fact, the grandmasters they were trying to headline were actually sidelined during the 5+ hour seminar to only about 30 minutes of instruction from each. I feel bad for those visiting grandmasters, because they were forced to look silly by forsaking their own superior methods of Eskrima in order to keep everything status quo, and reluctantly taught the fake Eskrima as directed. The use of the visiting Grandmasters’ likeness on the flyers using hashtags was nothing more than a vehicle to promote the business-side of tournament sparring and tournament forms, certificates, trophies and medals, as is the case with this style.

When we take a look at the character and background of those unscrupulous organizers, you have to remember that they come from the thinking that being given an honorary rank makes them an authority in the Filipino martial arts - this is false. It’s all about the knowledge, which is something beyond their grasp, especially in the methods with which they claim. They’re still at the elementary level of copying drills and forms from other people and repeating the process. It doesn’t

matter how many videos they put up, or how many tournaments they win, or how many sticks and blades they collect, the skill and knowledge still doesn’t shine through. In fact, one of them isn’t even a real master, albeit, a part of the headline and surname. During my era of training, they were too busy selling sticks, raising a family and taking care of babies. As a matter of fact, they weren’t even recognized on the Headquarters black belt listing until more recent years - I know because I used to check the list regularly until I stopped giving a crap. Even their own people know this phony Master, but they don’t say anything.

In contrast to those “typical” seminars, are the kind of seminars that make you think. The true grandmasters and masters are able to transcend the physical movement with their words. These instructors use historical references to make their point both by building on the attendees’ prior knowledge, and by using facts like geography and written accounts. They educate those attendees beyond the superficial, generally accepted view about the Filipino martial arts with what can be described as true Filipino martial arts from their own personal experiences. Furthermore, the masters and grandmasters who traveled around the Philippines and have immersed themselves in aspects of the various local cultures, are able to dispel the superficial, generally accepted ideas about the training and the people in Philippines as written online and in certain books over the decades.

This past August, our instructor, Magtutudlo Ramon Rubia, introduced Engr. Van Tupas Fuentes, of Karay-a Uno Blanco Eskrima from Panay, who gave a lecture to the group of attendees in the subjects of Pilipino warrior arts and sciences, hosted by Grandmaster Brad Namahoe at Erik Paulson’s Combat Submission Wrestling World Headquarters in Fullerton, CA. Topics included an introduction on the language and geographical location of the Philippine island of Panay and how it relates to Eskrima, further conclusions about the existence of Kali based on his travels to deep, remote areas of the Visayas and Mindanao, and comparing and contrasting the traditional mindset of blade versus training in stick. He later explained, in detail, the anatomy and symbolism of a particular talibong with scabbard, given as a gift to his friend and our instructor, Magtutudlo Ramon Rubia.

Van also briefly discussed sportive and survival dumog from Panay and took questions

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from the group. Learning about Eskrima from outside of Cebu was an eye-opening experience, as it directly correlates to the philosophy and approach to how we learn in Eskrima Combatives Filipino martial arts. I admired the lecture for many reasons, including hearing of his own experiences in seeking the truth about Eskrima. While Van could have easily showed us drills, which is common, what he described showed that he's into the art for more than just teaching drills - it's about the blade culture.

What I've learned so far is that there are those who want to get a good sweat and do Filipino martial arts drills, and there are those who dedicate themselves to seeking the truth about Eskrima. Filipino Martial Arts or Filipino fighting arts or Pilipino warrior arts and sciences is more than just collecting drills. It's a never-ending process that involves the most dedicated individuals continually striving to take themselves to another level. They search for meaning from the movement. If an individual is properly trained, they might come and attend these out-of-the-ordinary seminars to get an idea to propel their view. If they see something unique, some special nuance or attribute, it will either confirm or force them to reject their existing ideas. They will question if what they are doing outside of the seminar will lead to



Group photo featuring Magtutudlo Ramon Rubia (Upper row, 2nd from left), Engr. Devaney 'Van' Tupas Fuentes (Upper row, 3rd from left) of Karay-a Uno-Blanco Eskrima, and Haku Brad Namahoe (Upper row, center) and Eskrima Combatives FMA students after the lecture given by Van.

the same thing, or if it can only be accomplished in a way different from their own process.

I was able to meet up with Van and Ramon initially for a dinner and some coffee with Alan and Leo, two of my brothers-in-training at Eskrima Combatives Filipino martial arts. We got a second dose of Van's insight a week later while listening to

his lecture at CSW, and even a third later that same night while sharing another meal with him and Ramon and Leo again. The lasting impression I got from Van is that he is a very deep and knowledgeable individual, and I can see why he and Ramon are

friends. It's about the mindset, which Van and Ramon plainly emphasized to us and in my estimation, is becoming a rare trait among those in pursuit of revealing the truth about the Filipino martial arts, and they both share it.

Eskrima Combatives FMA Inland Empire, California Chapter
www.eskrimacombativesfmaie.com

Hundreds Expected to List Up for National Arnis
Sun.Star Baguio - September 9, 2015

At least 300 arnis enthusiasts are expected to sign up for this year's National Arnis Championships which kicks off at the Baguio Convention Center on September 11.

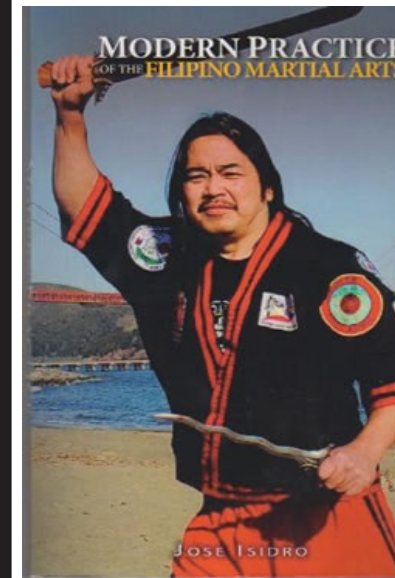
The tournament will feature the two ordered arnis events: anyo or form, and labanan or sparring.

There will be three divisions: 12 years old (anyo only), 13-17 years old (anyo and labanan), and 18 years old (anyo and labanan).

Tournament commissioner Jayson Vicente said arnis has gained popularity not only in the Philippines but abroad. (MVP)

Modern Practice of the Filipino Martial Arts

By Master Jose Isidro



The Book contains technical pictures on the Filipino martial arts of striking, blocking, Sinawali, Redonda, locking, trapping, Empty hand, knife dis-arm, Bangkaw, Tying, Espada Y Daga, Drills such as Give-n-Take and Block/Check/Counter, Transition of Stick to Stick, Empty Hand to Stick, and Empty hand to Empty hand. Local People living in the Philippines. 292 pages with many photos.

The book is published and distributed by Central Books Supply - **Website:** central.com.ph
In the Philippines contact Jem of Centralbook, Contact: 372-3550
Or for International or USA orders, please contact Master Jose Isidro at: joseisidro@msn.com for pricing.

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10 Contemporary Filipina Authors You Absolutely Should Be Reading

By Daryl

Women have been writing amazing books about Filipino life and culture for as long as we can remember, and it makes no sense that our attentions be skewed so heavily in favor of the men's. For the sake of those who need a greater push into spotlight, we are featuring 10 Filipino women writers whose works you definitely have to read.

1. Barbara Jane Reyes



Photo Credits: Peter Dressel/Barbara Jane Reyes

A poet with a BA from the University of California at Berkeley and an MFA from San Francisco State University, Reyes is the author of three poetry collections: Gravities of Center (2003), Diwata (2010), and Poeta en San Francisco (2005) which won the James Laughlin Award from the Academy of American Poets.

The Poetry Foundation says her work "explores a variety of cultural, historical, and geographical perspectives," and that her winning collection Poeta "employs English, Spanish, and Tagalog to create a devastating portrait of her hometown."

2. Catherine Ceniza Choy

Born in 1969, Choy is a professor and chair of the Ethnic Studies Department at the University of California, Berkeley. She has written two books on Filipino diasporic history: Empire of Care: Nursing and Migration

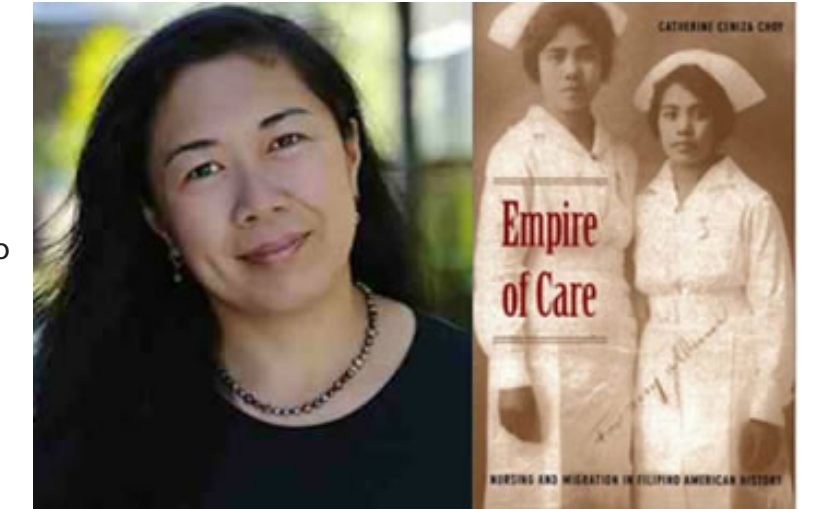


Photo Credits: University of California, Berkeley Department of Ethnic Studies/Catherine Ceniza Choy.

in Filipino American History (2003) and Global Families: A History of Asian International Adoption in America (2013). The latter looks at the complex politics and relationships that compel Americans to adopt Asian children from abroad.

She created a stir with her first book, Empire of Care, which won her the American Journal of Nursing Book of the Year Award in 2003; an Honorable Mention from the American Studies Association Lora Romero First Book Publication Prize in 2004; and the History Book Award from the Association for Asian American Studies in 2005.

3. Conchitina Cruz

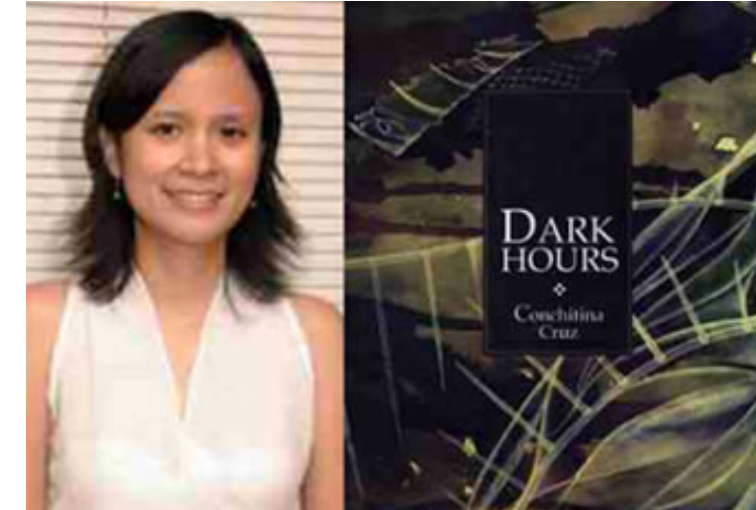


Photo Credits: Ateneo De Manila University/Conchitina Cruz

Cruz received her MFA in Writing from the University of Pittsburgh and currently teaches creative writing and comparative literature at the University of the Philippines-Diliman.

She was the recipient of both the Fulbright and Rockefeller Foundation grants; Palanca Awards in 1996 and 2001; and a Philippine National Book Award in 2006.

She's written four books so far, which include Dark Hours (UP Press, 2005), elsewhere held and lingered (High Chair, 2008), and (together with Adam David and Delilah Aguilar), A Catalogue of Clothes for Sale from the Closet of Christine Abella—perpetual student, ukay fan, and compulsive traveler (The Youth and Beauty Brigade, 2012).

4. Eileen R. Tabios.

Born in 1960, our third poet on the list is also a prolific editor, anthologist, critic, publisher, conceptual/visual artist and fiction writer.

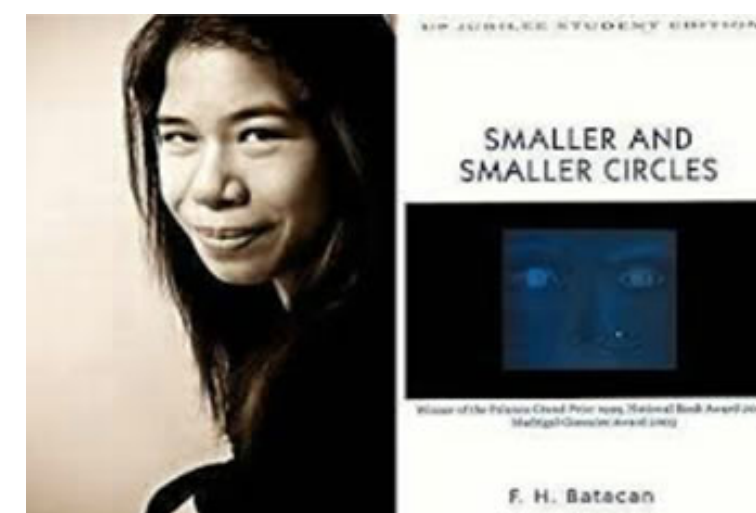


Photo Credit: Eileen R. Tabios

With up to 50 titles in her combined bibliography, she has won the PEN Open Book Award, the Potrero Nuevo Fund Prize, and the PEN Oakland-Josephine Miles National Literary Award, among others.

Tabios is a writer who's not afraid of crossing genres, mixing fiction with non-fiction as well as various artistic practices. The Poetry Foundation further credits Tabios for having invented the hay(na)ku, a poetic form in which "the first line contains one word, the second line contains two words, and the third line contains three words, for a total of six words."

5. Felisa Batacan



Felisa Batacan, also known as F.H. Batacan overseas, is a Filipino journalist and crime fiction writer based in Singapore, whose first novel, Smaller and Smaller Circles (2002), was considered to be the Philippines' first crime novel.

Batacan's novel was published to wide critical acclaim in 2002, even though it had already won the Carlos Palanca Grand Prize for the English Novel in 1999. It then went on to win the 2002 National Book Award and the 2003 Madrigal-Gonzalez Best First Book Award.

Ten years later, the book would be acquired by New York-based publisher Soho Press, and is due to arrive on bookstands this year.

6. Genevieve L. Asenjo

Known for her ability

to write and translate between Filipino, Kinaray-a and Hiligaynon, Lumbay ng Dila (2010), won the National Book Award in 2011.

In 2009, she spent half of the year in Seoul as an Overseas Writing Fellow, and in 2012, Asenjo attended the University of Iowa's prestigious International Writing Program as an Honorary Writing Fellow. On top of being Associate Professor at De La Salle University-Manila, she is also the founder-director of Balay Sugidanun.



Photo Credit: The University of Iowa/Genevieve L. Asenjo

7. Jessica Zafra

You probably have known her for her column, Twisted (1994-2004), which appeared in the newspaper Today (now the Manila Standard Today) before it turned into a book series.

Jessica Zafra is known for her trademark wit and remarkable insight, which she displays in spades across her two collections of short stories, The Stories So Far and Manananggal Terrorizes Manila. She also runs the website, JessicaRulesTheUniverse.com, which you should totally check out.

8. Lakambini Sitoy.



Described as a “brilliant new talent” by the New York Review of Books, Lakambini Sitoy’s first novel, Sweet Haven, had been longlisted for the Man Asian Literary Prize in 2008 and subsequently translated into French in 2011. Sitoy also had two collections of short stories published: the first, Mens Rea and Other Stories (1999) received the National Book Award in 1999 while her second, Jungle Planet (2006), had been shortlisted. She’s also had the impressive feat of receiving prizes from the Palanca Awards as well as the Philippines Free Press Award.

9. Marjorie Evasco

Born in 1953, Marjorie Evasco is a poet that prides herself as a true Bol-anon

who keeps alive “the memory and spirit of the revolt led by Dagohoy,” committing “her vision through her poetry, believing that the worthy warrior and healer is adept at giving voice to the vision so that others may sing it, too.”

One of the earliest supporters of women’s rights and women writers in the Philippines, she has written a handful of collections and has received in turn a bucket load of awards, including the Palanca and National Book Awards. We recommend starting with Dreamweavers, a collection that details her sense of origin and deals with the intricacies of ancestral heritage.

10. Merlinda Bobis



Merlinda Bobis was born in Legaspi City, Albay, and is currently based in Australia where she teaches at Wollongong University.

Bobis is a legend: she has published novels, short stories, dramas and poems. Her plays have been produced and performed in more than ten countries around the globe. She went from winning the Most Underrated Book Award from the Small Press Network in Australia in 2013, to snagging the Juan C. Laya Philippine National Book Award for Best Novel in a Foreign Language in 2014.

About the Author: Daryl is currently pursuing his Literature degree. When he’s not reading, he’s writing – sometimes for local online savings site ShopBack.

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

By TomMeadows



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, orascion 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.

To Order Visit Amazon.com: Click Here

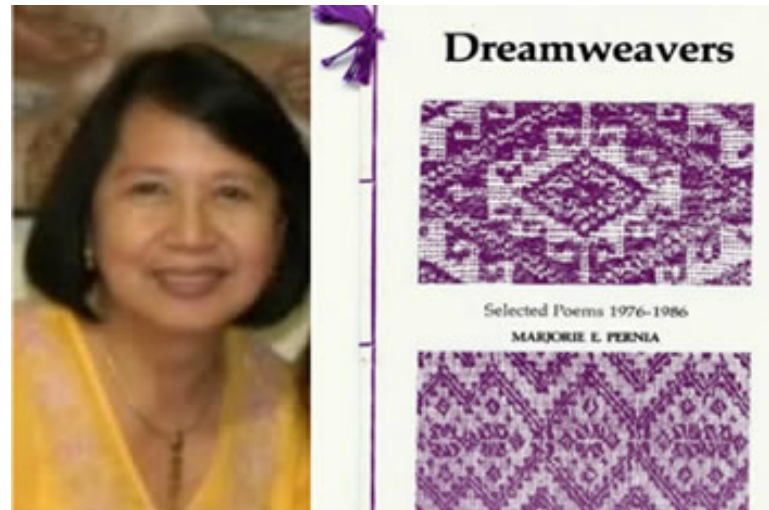
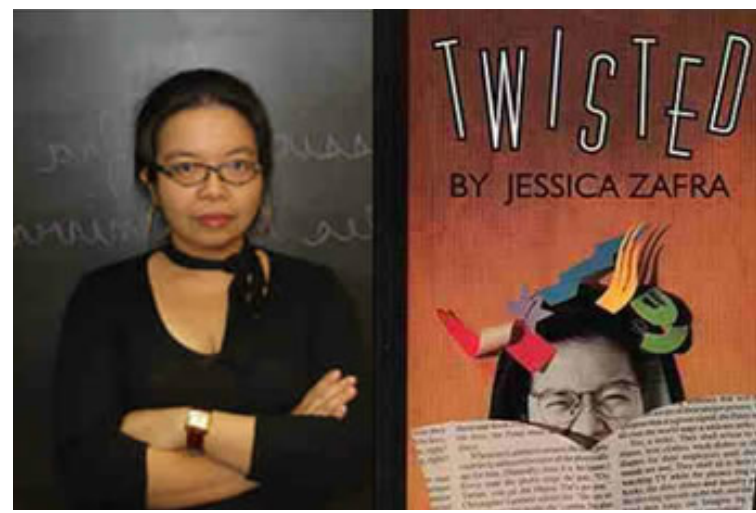


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11 Quick Tips About Modern Arnis

By Jackie Bradbury



Modern Arnis is somewhat well known, but it’s not ubiquitous like, say, Tae Kwon Do, all the various forms of Karate, BJJ and MMA, boxing, and so on. But if you’re considering picking up the art, here’s a few tips you might find helpful.

1. Don’t bother to get fancy carved or burned rattan sticks at a premium price. At least, not for daily practice. Get the basic rattan ones that are relatively straight and aren’t horribly warped. Warping can be (somewhat) repaired, but don’t bother. If you like them burned with a pattern – you can do it yourself in your garage. Your sticks will eventually be taped up and broken, so don’t waste your money. Plus, the carved sticks can cut your palms if you hold them on that end.
2. Avoid the shaved sticks, because they’re generally too light and they get broken far more quickly than rattan with the skin still on.
3. Don’t use hard woods like Iron Wood (Kamagong), Hickory or Bahi in regular practice vs. rattan. You’ll shred their sticks and if you hit your training partner, it could be the difference between a bruise and a break. White waxwood is fine as long as everyone else is using them – but note, they are VERY noisy.

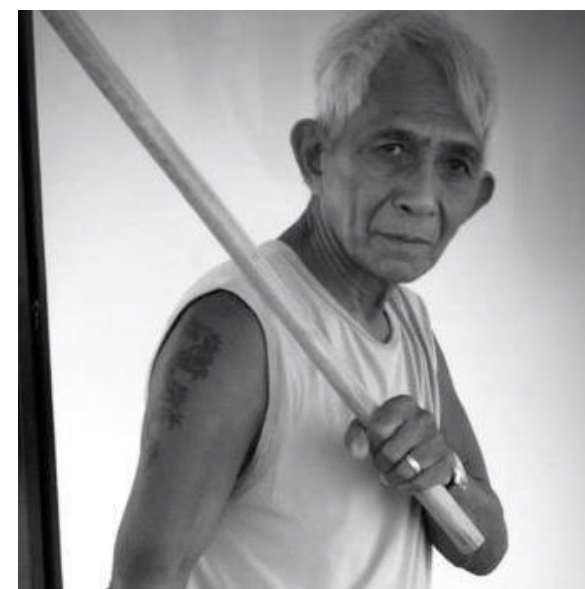
This post originally appeared in slightly different form at the Stick Chick Blog. - www.thestickchick.com
Mid-Cities Arnis (MCA) - nrhmartialarts.com

Grandmaster Warlito “Lito” Concepcion

[1944 - 2015]

Concepcion Combative Martial Arts

Grandmaster Concepcion was a good friend of the FMA Digest and the FMA Informative, a man to be admired for his continuous promotion of the FMA martial arts. He will be missed.



Grandmaster Warlito “Lito” Concepcion stumbled into the world of martial arts in the late 1980’s when his twin sons, Daniel and David enrolled in Tae Kwon Do classes. Instead of just dropping them off at school, he decided to join their class as a way of father-son bonding. He was 48 years old and the oldest white-belt student!

In 1993, Lito learned about Modern Arnis/Kombatan, a martial art style that originated from the Philippines. The Spaniards banned it during the time of their Philippine colonization. However, the Pilipinos secretly practiced the arts of Eskrima, Kali, and Arnis, incorporating the hand and foot techniques in many folk dance movements --- that is why it is called “the hidden art”. Fueled by the pride he had in his heritage, Lito went back to his roots to learn about this martial art style.

Lito was introduced to Great Grandmaster Ernesto Presas in 1994. He is the founder of International Pilipino Martial Arts Federation (IPMAF) and the creator of Modern Arnis/Kombatan. It was an honor and privilege for him to receive private instructions

from Great Grandmaster Presas. Lito traveled to the Philippines in 1999 and 2001; there he met and joined martial artists from around the world to participate in the intensive two-week IPMAF Training Camp in Hinigaran, Negros, the hometown of Great Grandmaster Presas.

With the encouragement of Great Grandmaster Presas, Lito began teaching and established Concepcion Combative Martial Arts Academy in Vallejo, California in 2001. Most of his students are accomplished martial artists with black belts in other disciplines, such as Kajukenbo, Kempo, Hapkido, Kung Fu, Karate and Tae Kwon Do. In 2001, Lito was appointed IPMAF Chief Instructor for California, USA by Great Grandmaster Presas. He attended the World Hall of Fame Sokeship Council (WHFSC) in Orlando, Florida where he received the WHFSC International Hall of Fame

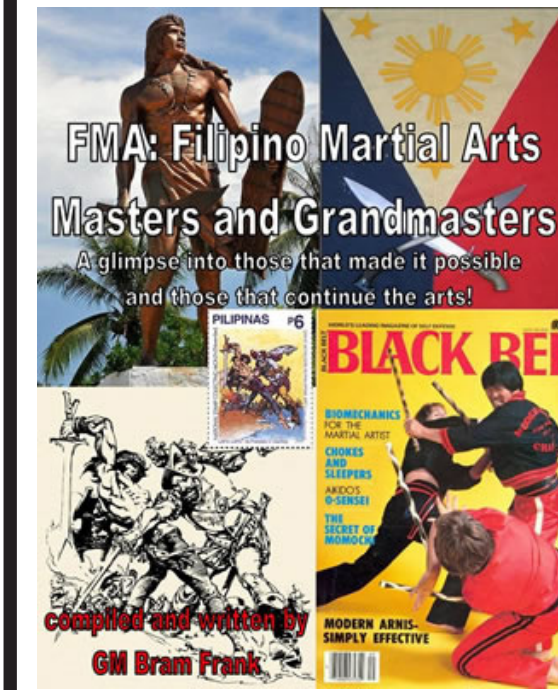
Award for Master Instructor of the Year for 2001 and 2002.

2006 marked a milestone for Lito -- not only did he turn 62 years old, but he participated in his very first World Eskrima Kali Arnis Federation (WEKAF) Martial Arts Tournament. He competed in Senior Men’s Traditional Form, Senior Men’s Lightweight Sparring and 3-Man Team at the Regionals in Oxnard, California on November 5, 2005 and at the Nationals in Milwaukee, Wisconsin on February 16, 2006. His placements qualified him to move on to the 9th World Tournament held in Orlando, Florida on July 1-8, 2006.

During the IPMAF Hall of Fame Seminar and Training Camp in May 2007, Lito was tested by Great Grandmaster Presas. He successfully passed all the requirements, and in addition, he exhibited his own adaptation of fundamental techniques. Lito was promoted to Grandmaster - 9th

FMA Grandmasters and Masters

By Bram Frank



This book is about the Masters and Grandmasters of the 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 Grandmaster Bram Frank. Some are the heroes of the Philippines like the late Professor Remy Presas, part of American martial art history like Guro Dan Inosanto or like Grandmaster 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! This is the first in a series of volumes of these wonderful people!

\$35.00 15% discount if bought on LULU..

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4. I like to train in mat shoes. I personally witnessed a disarm that shot a stick at blistering speed downward and broke someone’s toe. I just use some inexpensive athletic shoes I got at Payless for 10 bucks that I only wear on the training mat. It’s saved me from toe and foot injury more than once.

5. Keep electrical tape in your training bag to quickly patch up sticks that are cracking. I like electrical over duct tape because it’s not as gummy and it’s lighter in weight, but duct tape is fine also.

6. Paper medical tape is awesome to help combat blisters on your thumbs – just tape ‘em up before practice.

7. Nearly everyone starts Arnis wanting to hit as hard as they can. This makes newbies somewhat slow and stiff. This is normal. You’ll get over it.

8. It’s very easy to hyper-extend your elbows. Don’t. It hurts. A lot.

9. Try to use your whole arm, not just your wrists and forearms. If your wrists are tired or painful (and not from locks or strikes to the wrist) – you’re probably not using your whole arm.

10. Keep your elbows in. It hurts a lot when you hit the Medial Epicondyle of the Humerus, which is that knot of bone on the outside of your elbow.

11. The fear of getting hit in the knuckles or on the back of the hand is worse than actually getting hit. Like all martial arts, there is always a risk of hitting hit and getting a bruise or two. Arnis is no different.

I hope these tips help as you start your journey in the martial arts at Mid-Cities Arnis!

Degree Black Belt and inducted into the IPMAF Hall of Fame.

In June 2008, Lito competed at the Bahala Na Tournament during the Pista Sa Ngayon in Vallejo, California. He took home a first place trophy in single stick sparring.

At the age of 64, Lito competed again in July 2008 during the 10th World WEKAF Tournament in Cebu, Philippines. For both WEKAF tournaments (2006 and 2008), he was awarded a total of 3 Gold, 3 Silver and 3 Bronze medals.

Grandmaster Lito was very open-minded. He does not let his ego get in the way. He has a knack for reaching out to other martial arts practitioners and encourages others to do so. Twice, he hosted the "Gathering of Warriors" at his home in Vallejo, California on

August 2002 and June 2007. His passion for martial arts only grew stronger as he continued to learn new methods to complement and build on his Kombatan foundation.

Grandmaster Lito resided on the island of Cebu, Philippines. It was always his dream to return to his homeland when he retired and fulfill his goal of establishing, Concepcion Combative Martial Arts – Arnisador.

As stated by Grandmaster Warlito "Lito" Concepcion: "Our people should not lose this art, it is an integral part of our roots. I want to bring our art back here to the Philippines. I want to teach the locals, especially the under-privileged, those who cannot afford to take classes. I want to instill pride in our heritage and culture. I want to continue our legacy for future generations of Filipinos."

How to Spot a Toxic Martial Arts Club Environment

By: Sally Arsenault

Contributor - Brazilian Jiu Jitsu, Gear Reviews

The FMA Informative found this article very interesting, and can be applied to any martial arts school.

Martial arts can attract people who feel helpless in their lives. They may have been abused mentally or physically as children and learning martial arts can help them to feel a sense of control. It can make them feel powerful. As they progress in their training, they will become proficient at the techniques and begin to submit other people. Time goes by and if these people stick around and train consistently they may become the best people at their clubs, as others leave or lose interest in training.

Over time, more students look up to this person and ask for help with technique. Teammates may think that because this person is better than them at Jiu Jitsu, he or she must be better than them at everything. What they don't realize is that martial arts isn't a magical cure-all. When a person who has not overcome his or her feeling of low self-worth becomes an instructor, he or she can create a toxic training environment for vulnerable students. These type of people make up for the lack of power they feel in their lives by controlling and/or emotionally abusing others.

Reading reports from past members and defenders of Team Lloyd Irvin after the horrible incident a few months ago made me sad for the community. In his Open Letter to the Martial Arts Community, Ryan Hall said of the matter:


What I definitely did not understand at the time was that I had unknowingly joined the beginnings of a cult, and at its center was a figure perceived by many (perhaps most notably by the figure himself) to be some sort of messianic




individual deserving of unflinching devotion, total commitment, regardless of his actions. Of course there were warning signs, but I rationalized them away as best I could initially. Perhaps I just didn't understand the workings of someone who did everything in his power to convince me that he was above the judgment of the little people beneath him? Looking back, I realize that my inability to see what was right in front of my nose was simply denial, an emotional defense mechanism; it was attempting to save me from the pain of coming to terms with the fact that some of the people I'd put intense amounts of faith and trust in were not only completely unworthy of my devotion, but were actively manipulating me and others to our detriment for their own, often minor benefit.

So what are some of the warning signs that you're in a toxic environment?

- You are not allowed to train at other clubs or socialize with people your instructor doesn't like.
- You are not allowed to ask too many questions about things like technique or club rules or give feedback about club operations.
- Club rules are not written down



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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and therefore students never really know what they are. The instructor changes them as he or she sees fit.

- Your instructor overreacts to perceived betrayals or disobedience, sometimes making an example of the violator in front of the whole class.
- Your instructor frequently loses control and yells at you and others.
- Your instructor makes inappropriate comments about your gender or sexuality, berates you, or calls you names.
- Your instructor consistently disparages other clubs or athletes, yet is friendly with them socially.

How do you feel when you are in a toxic club environment? It's very similar to way you would feel if you were in an abusive relationship. If you can compare your instructor's behavior to that of a crazy ex, you may be in a negative environment.

- You often wonder what how your instructor would react and go to him or her to ask permission regarding martial arts related subjects.
- You feel as though you are walking on eggshells because you never really know "the rules" as they are always changing.
- Your instructor's volatile nature creates tension in class.
- You are nervous about approaching your instructor for help because you are afraid he or she may have a negative reaction.
- You lie about going to seminars or open mats and avoid having your picture taken because you don't want to be punished or kicked out of the club.
- You maintain secret relationships with past members.

- You train sick or injured because you don't want to miss class and have to face consequences.
- When you finally get out, you can't believe it took so long for you to leave.

We all live in a state of ignorance. It's a part of being human. We are continuously learning and need help along the way to guide us in the right direction. People who are new to the martial arts community may not realize that their club environment is toxic. They may think all martial clubs have irrational rules that have to be followed to be a part of the team or become a champion.

Brazilian Jiu Jitsu has added a lot of value and fulfillment to my life and I have enough experience to know that a big part of that is because of the healthy training environment we have at Titans MMA under the guidance of Renzo Gracie black belt Kevin Taylor. At Titans, I can do whatever I want. If I want to go to another club and train with someone who can help me to develop my game, I can. Every weekend I go and train at Marmac Athletics in Truro, Nova Scotia. No one at Titans makes snide, passive-aggressive comments about it on Monday. My team supports me. If I'm late getting out of work or if my commute takes longer than I'd like and I don't show up to class on time, I'm not punished.

Think about what I just said: I'm not punished. I'm a grown woman. Who has the right to punish me? Who has the right to tell me what to do? Hint: no one.

Kevin Taylor and the instructors under him treat everyone at the club with respect. We don't have rules, unless you

count the Golden Rule, which states that we should treat each other the way we want to be treated. We make fun of each other and bitch at each other and call each other out, but it's never mean and it's never for the sake of control. Control doesn't encourage loyalty, it encourages fear and anxiety. It also doesn't ensure success.

Ryan Hall summarized it best in the final section of his Open Letter:

Teachers: A true leader creates other leaders. He desires not to dominate those around him, but to uplift them. Not to uplift them for his own benefit, his own aggrandizement, but because it is the right thing to do. A real leader doesn't want disciples. A real leader hopes for friends who respect him for being a decent human being above all. After all, what other reason is there to follow someone?

Students: Trust your gut. We all have an internal compass that pushes us in the right direction, that guides to where we are supposed to be. Listen to it. Do not permit yourself to pull a gold medal high beam routine to justify staying in a place or with a person when your intuition tells you something isn't right. I did once for too long and still bear the scars.

Breaking Muscle

breakingmuscle.com

Davao Arnisadors Clinch 4 Golds

By Marianne L. Saberon-Abalayan

Sun.Star Davao - September 12, 2015

What Davao City tracksters failed to accomplish, the arnisadors delivered by sweeping four gold medals on Day 2 of the 2015 Philippine Olympic Committee-Philippine Sports Commission (POC-PSC) National Games Mindanao Qualifying in Pagadian City, Zamboanga del Sur as of Saturday.

Alfred Sagne axed the men's double identical weapon gold but settled for silver in men's single weapon event in the anyo (form) competition.

Monec Bucol, for her part, annexed the women's single stick gold medal and the single sword and dagger silver.

The two other golds came from the women's synchronized team of Jennilyn Morcillo, Adelfa Sagne and Jezebel Morcillo who stamped their rivals in double identical and sword and dagger events.

The city's athletics team, which bagged three golds and one silver Friday, salvaged a silver in men's 10,000-meter run courtesy of Michael Barrosa yesterday morning. Glenn Arellano of Pagadian timed 37:22 seconds to claim the gold while Barrosa registered 40 seconds. Another runner from Pagadian finished with the bronze.

Davao City athletics coach Harris Ratag, in a phone interview

yesterday, said in the vernacular, "We have finalists in 200 meters and 800 meters when action resumes at 5 p.m. so we might get additional medals later in the day."

University of Mindanao varsity tracksters Adrian Linao (men's shot put), Langie May Meder (women's 100) and Joppe Sabitan (men's 400) were the first day athletics gold winners for the city as Glein Payac accounted for a silver (men's 400).

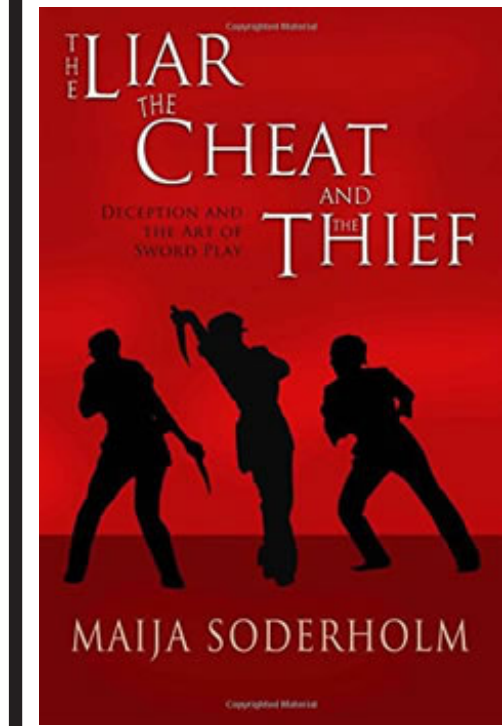
In chess, Davao City's Mary Jonah Lequin and Zsuzsa Grace Tabudlong grabbed the gold and silver, respectively, in women's rapid event. Lequin earned 5.5 points while Tabudlong had five. Jimzon Trangia of Davao City, for his part, placed second in men's rapid chess to pocket the silver with 5.5 points. Antonio Joel Fernan of Zamboanga del Sur (6.0) copped the gold.

The city's women's chess team of Exiquila Apao, Janes Hitfield Caingles and Tabudlong earlier swept the first three medals in blitz.

Meanwhile, Aldrin Paña gave Davao City a gold in visually impaired rapid chess as teammate Julius Calonia got the silver. Their teammates Jobert Lumanta and Antonio Español earlier won the ortho chess blitz silver and bronze, respectively, in the persons with disabilities category.

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

By Maija Soderholm



You don't fight bodies you fight minds.

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 duelists. As Sun Tzu said "All warfare is deception".

Amazon.com: Click Here

Bago City Arnis Team Shine in Milo Regionals

By Henry G. Doble

Sun.Star Bacolod - September 13, 2015

fter their successful stint in the 2015 Batang Pinoy Regional Qualifying in Romblon, Bago City's Arnis artists from Ramon Torres National High School (RTNHS) again finished great in the just-concluded Milo Little Olympics 2015 Visayas Finals held in Iloilo City.

The girls' team of Junary Garcia, Ellah Alvarado and Riza Erlin Mapas finished runner-up over-all behind Jalandoni National High School of Iloilo.

Garcia, Alvarado and Mapas defeated Jalandoni NHS for the gold medal in the Team Single Weapon but lost to the latter in the Team Double Weapon to settle for silver.

Garcia also bagged a silver in the Individual Espada Y Daga after losing to a Jalandoni NHS bet.

The boys' team of John

Robert Escloto, John Israel Ermeo and Carl Michael Romero also finished first runner-up behind Iloilo National High School.

Escloto also claimed a silver in the Individual Espada Y Daga and later captured another silver medal in Team Single Weapon together with Ermeo and Romero.

Coaches Brian Martir and Roel Pineda and trainers Alvarado siblings, Wilson and Randy, spearhead the team supported by Bago City, with RTNHS principal Fortunato Filomeno.

The RTNHS-Yasay Sable Arnis Club hauled 10 gold medals and 10 silvers, besting teams from Iloilo and Aklan during the 2015 Batang Pinoy-Visayas Leg in Romblon, giving them a ticket to the National Finals in Cebu in November.



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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

Zamboanga City Karatekas Dominate PNG Mindanao Meet
Sun.Star Zamboanga - September 14, 2015

Pagdian -- Underscoring its status as a regional sports powerhouse, Zamboanga City turned the karatedo competitions into a gold mine on the penultimate of the POC-PSC Philippine National Games Mindanao eliminations here on Sunday.

The Gaisano mall activity center was like a virtual playground for the Zamboanga City karatekas, who captured 17 golds out of the 42 at stake on top of two silvers and one bronze medal in the meet organized by the Philippine Olympic Committee and the Philippine Sports Commission.

Among their champions were Estiffen Angeles, Paul Merjun Tomboc, Jimmy Galez III and Robert Dave Cagot, who topped the men's 18 to 29-year-old -55, -60, -67 and -75-kilogram divisions in kumite (sparring), respectively.

They were also dominant in the women's kumite, with Heidi Chloe Angeles topping the women's 18-29 -50-kg. division

and Mary Joy Rebollos garnering the gold medal in the -55-kg. weight class in the sportsfest supported by the Zamboanga del Sur provincial government led by Governor Antonio Cerilles.

"Kung pinakyaw natin ang gold sa Asian weightlifting championships, dito pa kaya sa PNG Mindanao elims," said Philippine Weightlifting Association vice president Elbert Atilano here in jest, referring to the success of Zamboanga City lifters Hidylin Diaz and Nestor Colonia in the continental meet.

Mentored by Atilano, who is here to support the Zamboanga City contingent led by his wife and city sports director Cecile Atilano, Diaz and Colonia combined for a sterling haul of five golds and one silver medal in last week's Asian tilt held in Phuket, Thailand.

Tagum City, Davao del Norte, which held the Palarong Pambansa nationals last May, stamped its class in taekwondo, picking six golds medals, led by finweight Rohaine Lapiz and welterweight Czarish Tamayo, who ruled their respective weight divisions in the senior girls division.

Iligan City also garnered six golds while General Santos City had five, including four in the boys poomsae competition.

The gold, silver and two bronze medalists in both karatedo and taekwondo qualify for the POC-PSC PNG finals in April next year.

In softball, SCUAA champion Rizal Technological University dumped Mampang, Zamboanga City, 5-1, to annex the men's crown while the team of Tacurong, Sultan Kudarat blanked

Josefina, Zamboanga del Sur, 7-0, in a conceded game to capture the women's championship.

Davao City's Mar Ranao, the reigning UAAP men's champion, conquered Zamboanga City's Ian Jasper Chiong, 21-17, 21-13, to clinch the PNG Mindanao eliminations badminton men's Open singles title.

Metro Kidapawan's Oliver Lasaca and Neil Ven Ybanez vanquished the Zamboanga City pair of Neovanyl Arana and Edcel Dasok, 21-14, 21-19, in annexing the men's doubles Open gold.

But Fabros and Karen Mae Montilla, the women's UAAP titlist, rallied from a first-set deficit before overcoming upset-conscious teammates Elaine Gamboa and Clara Mae Tolosa, 12-21, 21-14, 21-14. (PR)

Eskrima for the Street

By Bong Abenir



Practical Techniques for Dangerous Situations

Eskrima for the Street is a compilation of techniques strictly based on the practical application of the Filipino martial arts within the concept of a street fight. Although there have been many books about self-protection and also the art of Eskrima, but only a few featuring the practicality of Eskrima for unpredictable street fighting scenarios. This book will deal with different scenarios that may happen outside the safety walls of your training hall and definitely beyond the realm of Eskrima as a sport. It will provide the readers with the different strategies, techniques and street-smart moves that may help them get out of a bad situation and may even save you and others from seriously getting hurt or from death at the hands of an attacker.

In this book, Maestro Bong Abenir addresses how to translate Eskrima weapons fighting to empty-hand skills against dangerous knife threats, against difficult situations which include third-party protection, threats against a bolo attack, against improvised weapons such as broken bottles, steel pipes, an ice pick, etc. It will also show Eskrima techniques used in special situations such as knife against knife encounters, bolo against bolo situation, blunt weapons against edged weapons and vise-versa, even scarf against edged weapons, and situations against multiple attackers and other possible street scenarios. Although no book can replace an actual training program, it will be a great tool for any individual who wants to learn a technique or two that might help him or her against special situations where one's life is at stake. It will also serve as an added resource of training material, for advanced practitioners as well as instructors in any martial arts.

Available through Amazon - [Click Here](#)

Balintawak Eskrima

By Sam L. Buot Sr.



The art of Eskrima stick fighting is indigenous to the Philippines. It was in the 1950s that one of the most popular styles emerged: Balintawak Eskrima. According to author Sam Buot, to appreciate Anciong Bacon's Balintawak Eskrima, you have to understand set-ups, anticipation, the art of outwitting through ruses and lures; economy and simplification of motion, sans lavish and squandered movements; effective strikes fused and bonded with speed, power, elegance and grace. That is the essence of Anciong's Balintawak and these are the methods Buot explains and demonstrates in this book.

Written largely from the author's personal experience and hard-earned knowledge, Balintawak Eskrima presents the art from origin to modern times, as a fighting art, as cultural tradition and as a means of personal development. Illustrated with nearly 1,000 photographs—historical and instructional—this book outlines the art's defensive stage, training drills, offensive stage, strategies of application, disarms, empty hand techniques, knife fighting in proper perspective, and an overview of how the art has grown internationally and where it seems to be headed.

"This book is a treasure trove of knowledge and a book which will be considered one of the best, if not the best, book on Balintawak"

Available through Amazon - [Click Here](#)



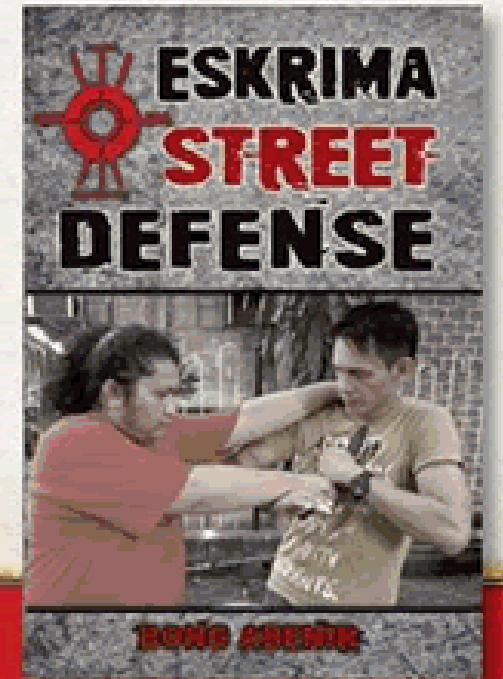
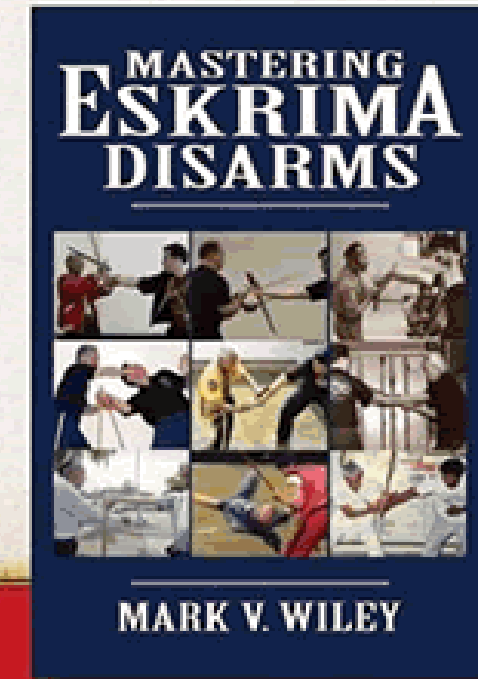
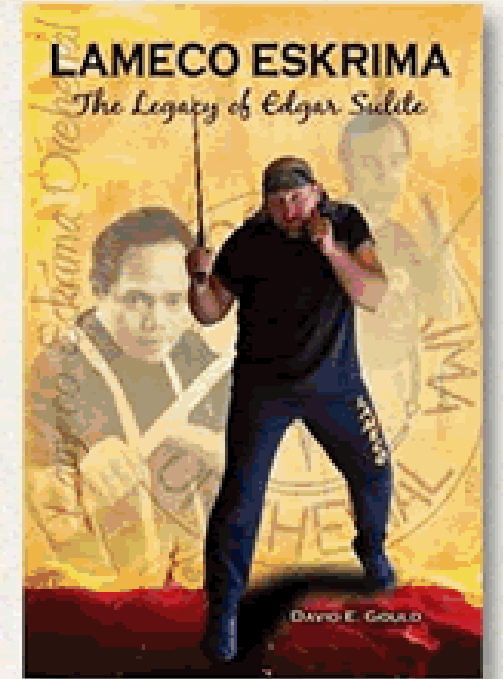
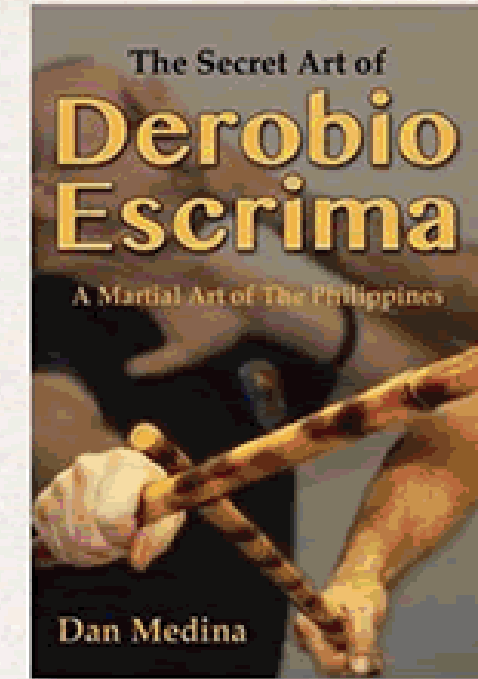
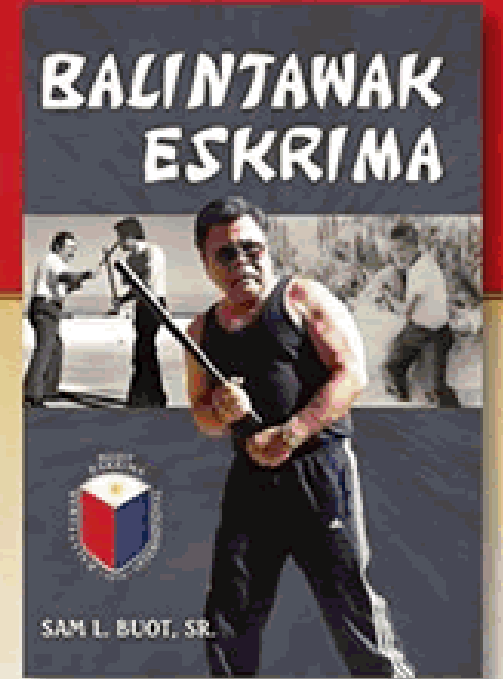
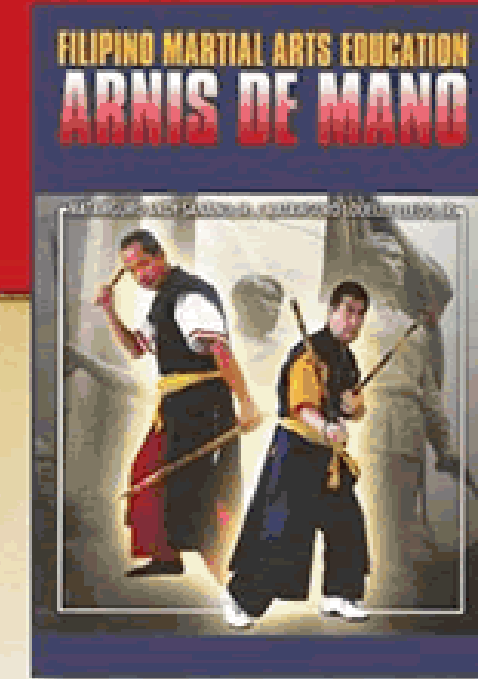
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'Way of the Balisong' is a passion project that started from a visit to the heritage town of Taal, in the Batangas region of the Philippines By filmmaker Paul Factora in 2012.



After hearing about the plight of the people in Barangay Balisong and speaking with prominent blade merchant Diosdado Ona about the disappearing industry within the Town it was named after, a decision was made to return and document their story.

After 2 subsequent trips to the Philippines, the story expanded. Originally intended as a short 10 minute piece, it became apparent that the tale of the Balisong knife was not relegated to just the Philippines and in order to tell the full story the project must also grow.

It wasn't just about a knife, it became about the people who pioneered a craft that spread throughout the world and how that craft is now dwindling away.

Along with a couple of friends & cameras over half of the principle photography was shot in the Philippines, completely self funded.

Completing the film in it's envisioned entirety, will require another trip to the Philippines and several interviews shot throughout the U.S.

'Way Of The Balisong' will need YOUR help to be completed.

To complete the film will require your support.

Please check out our Newly Opened Store to check out our Fundraiser T-Shirts and Patches.

Visit www.wayofthebalisong.com

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.

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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.