

## Propagating the Filipino Martial Arts and the Culture of the Philippines

# Engineering the Martial Arts

By Eric Primm

Engineering is the application of science to the real world. Physics, mathematics, chemistry, and biology are wonderful fields of study, but they excel at providing concepts and theories. Engineering translates their discoveries into tangible, real world applications. I have spent half of my life studying engineering specifically because it combines mathematics and physics with a tangible product. The principles that engineers use are the same that make Counterpoint Tactical Systems so interesting. CTS is a process oriented art governed by Pareto's principle that uses margins of safety for maximum cautiousness. Below are the lessons that I've pulled from CTS that are applicable to the study of any martial art.



Goals are important for any project. They provide a target to aim for, but they also can be used to plan out a journey. All of my engineering projects have had goals, and knowing where I was starting and where I was heading meant that I could plan how to get from one to the other. I've talked about setting goals before, and I still recommend that approach. You can set big goals or small goals. Your choice. Engineering has taught me that goals will keep you on track, even though that track may twist and turn, the end point is still what you are working for. You may pass through milestones more than once, you may go off on detours, and, sometimes, you may actually regress. That's okay as long as you don't give up. Whether you're designing an airplane or learning a martial art, having a goal should be your first step. Failure only occurs when you quit. Setbacks are not failure; they are part of the journey.



Joel Daugherty is playing Espada Y Daga for his second degree black belt test. He is assisted by Josh Ryer.

Process is everywhere. Most people – well, normal people – don't think about it much, though. Why? Because most processes are so ingrained that we don't even think of them as such. In engineering terms, process is a series of operations that lead to a predicted outcome. Tying your shoes is an example of a process that most people wouldn't consider one. But when a child learns to tie their shoes, they're taught a series of operations. Eventually, that series is so ingrained, the child doesn't consciously think of it but still follows. Driving is the same; after years of practicing the skills, drivers don't think about pushing the gas pedal and switching to the brakes. They do it. CTS's goal is the same. If a knife comes out, the CTS student taps it without thinking because the process of tapping is built in. As we learn advanced skills, such as knife versus knife, the tapping has been practiced so much that it comes out without prompting. In examining your own martial art, look for skills that become automatic, like punching. How do these skills and processes fit into your overall goal?

While setting your goal, you should examine your processes as well. In engineer-

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## Gatekeepers of the Lineages

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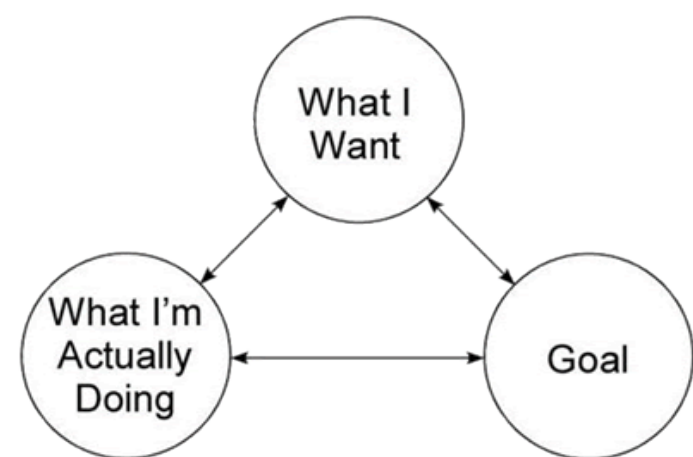
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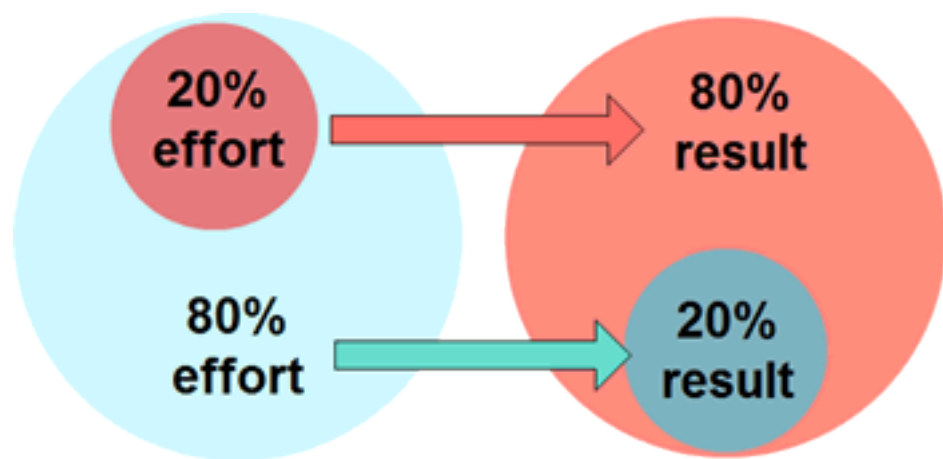


ing, this is called aligning your practices with your requirements. For example, if I am designing a hammer and my goals is a lightweight but strong product, my processes need to include weight reduction while maintaining high strength. If my processes can only deal with ceramics, then I will achieve one of my goals – a lightweight hammer that will have a very short productive life. In martial arts terms, if I set a goal to be a point fighting champion and what I'm doing is learning CTS, then my training isn't helping me towards my goal. CTS is a self-defense art that emphasizes techniques and tactics that are illegal in point fighting. So, my goal and reality wouldn't align. The above triangle is important. To achieve your goal, all three bubbles must be in alignment. If I set a goal to be a Brazilian Jiu Jitsu black belt but I really want to learn Filipino martial arts, then my goal and my interests are out of sync. In my martial arts journey, I've been out of sync with my goal and what I was doing. I had a goal that didn't line up with the particular curriculum block that I was working. (Kenpo Counterpoint 2, for those interested.) It took a few conversations

with Master Zach Whitson before I understood where my problems were. A good question to ask yourself is will your practice get you to where you want

to go?

CTS is a very organized martial art. There is an overall process from white belt to black belt. It can be broken down into sub-processes for each belt level and even further for each curriculum block at a belt level. For example, pangamot introduces the beginning students to the CTS training model. Pangamot is a drill of empty hand versus stick. Looking at the drill, I see three major processes in it. The first is learning the concept of empty hand versus stick self-defense. This is what most people get out of the drill. It's the most important part of learning Pangamot. The second is the CTS training process that a drill works best when both partners are learning. More on this in a bit. The final process is learning to react to dynamic situations. Self-defense is a situation that continually changes, and set patterns are dangerous.



When a student regularly practices dynamic drills, she is more reactive to unpredicted changes. Meanwhile, the student has made little operations, like parrying, to fall back on. What are the learning processes in your art

and how do they build towards the full expression of your art  
When evaluating processes, engineers rely on the Pareto's principle. This is more commonly known as the 80/20 law. There are many ways of using this principle. A Six Sigma engineer will use this to find issues in processes. When mapping out ways to make a process more efficient, it's usually found that by 80 percent of the issues are caused by 20% of the problems. At my previous employer, I worked on a project to reduce noise output from a drive shaft. One of the research methods was to look through customer complaints and warranty notices. It turned out that roughly eight out of every ten complaints were about two issues. Logic dictates that we focus on the two issues, and not surprisingly, we were able to dramatically lower the noise by looking for root causes associated with those same two issues. The study of the martial arts is the same, and in CTS, Master Whitson has gone through this process for us. Putting this into

practice is much harder than it sounds. It requires a lot of thought and understanding. Again, this is aligning your goals with your practice. I constantly ask myself what techniques work for my body and what

techniques come out in play. While I like flying knees, I don't train them often because my goal is using self-defense to escape an attack. A flying knee fails that goal because I'm leaving the ground and therefore unable to run away. So when I train knees to the legs, body, or, when the opponents head is bent over because those build towards my goal, and if you look, 80% of the knees that I use in sparring are to the legs. This is an iterative processes because you have to constantly examine your processes for what works for



Video – Click Here

you. Looking at your skill set, what comes out most in sparring? In your list of drills, which ones are the most efficient and which are large efforts for small returns?

Fighters by necessity follow this rule. They are looking for maximum result from minimum effort. For example, the main staple of Muay Thai's kicks are the teep (jab kick) and the round kick. Younger fighters are taught these first. When you watch padwork, these kicks are practiced ad nauseam. But you can watch some of the greats who have a larger arsenal. They've mastered the 80% kicks and are free to focus on the 20% kicks. BTW,



check out other breakdowns by Lawrence Kenshin. He's another genius at breaking down fights in a way that anyone can learn from.

Engineers are by nature a cautious group. Dealing with multi-million dollar projects exacerbates a cautious nature. I'm a structural engineer, which means that I make sure the bones of the product won't break. So, I'm even more cautious that most. My job is to think of the worst possible thing that can happen and make sure the structure can withstand it. We do this by what's called a margin of safety. If you have a margin of safety greater than zero, you're structure will hold.



Video – Click Here

Counterpoint Tactical Systems also teaches margins of safety. In the photo above, Master Whitson is tapping Josh Ryer's knife when the back of his forearm. You can see Zach's hand under Josh's arm. By having that extra distance from wrist to tip of fist, Master Whitson has protected himself from subtle changes by Josh to get around the tap. Or if it were dark and visibility low, that extra amount of space could mean the differ-

ence between getting the tap and getting stabbed. The drills we learn have these margins of safety built in, and it's important to look for them. Advanced techniques may have slimmer margins of safety but they are still there. When I'm practicing CTS, I look for techniques and drills where not being perfect doesn't get me killed. I examine why and see if I can apply that elsewhere. What techniques and drills require you to be perfect to work? What drills can your hand or body positioning be a little off and

still work?

Structural engineers must be professionally pessimistic. They have to think the worst outcome will happen frequently while the best possible case will happen rarely. When training weapons, I assume that any time the opponents weapon touches me is a finisher. At the

same time, I assume that my strikes will be shrugged off. You can find footage on YouTube of people being stabbed multiple times with only one or two being fatal. But you can't count on that either way. Your margin of safety is the assumption that your opponent has one punch knockout power while you need thirty or forty punches to achieve the same outcome. That is the worst case scenario, and if you train with that in mind, then any other situation besides that works in your favor.

**RUN! RUN FAST! RUN FAR!**

All tools are only effective when used properly. A circular saw is not good for polishing glass. A drill bit is a terrible patch for electrical wires. Engineers have to know their tools to use them effectively.

Microsoft Excel is great for calculating but terrible for presentations. For greatest effect, use the correct tool for the correct job. In the martial arts, knowing your tools is essential. What tool applies to what? For example, trying to elbow someone in the head

when they can just touch you with a fully extended front kick is probably using the wrong tool at the wrong time. This usually translates into a study of fighting ranges. Know the range of your tools, even your weapons. Yes, gun, too; guns extend the distance but not infinitely. By understanding range, you are building a margin of safety. Because if you are out of range of the tool, it can't hurt you. Staying out of range comes down to rule number one of self-defense: run away if you can. You can't get stabbed if your attacker can't catch you.

If you can't run away, knowing the ranges of your tools means you know where to be to deliver the 20% of your tools that deliver 80% of the benefit.

Engineering isn't the flashy science. Most of the time, it's downright boring. But its principles can make training more efficient. Counterpoint Tactical System speaks to the engineer in me because it is designed with these principles in mind. What about your martial art speaks to you? And do you apply any of these engineering principles to your own study?

**St. Louis Counterpoint Tactical Systems**  
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**The Challenge Fights of Grandmaster Ciriaco "Cacoy" Canete: The Greatest Living Eskrimador**

By Tom Meadows



Grandmaster Tom Meadows, author and longtime student of Supreme Grandmaster Cacoy Canete proudly announces the release of the book he wrote entitled "The Challenge Fights of Grandmaster Ciriaco "Cacoy" Canete".

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

**Paperback \$14.40**

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

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Thank you for your support.  
Grandmaster Kitty Canete-Knight

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## Collect Concepts, not Techniques!

By: Brian Johns



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In my wiser years, going over some of the Modern Arnis check hand concepts.

Eons ago when I was starting out in the martial arts, I was so taken up with techniques that I thought in terms of "collecting techniques." The more techniques that I collected, or so I thought, would make me a better martial artist. I'm sure that a fair number of martial artists have fallen into this trap. For those of you who have not followed this foolhardy path, you took the wise approach! In any case, the reality was that, to paraphrase Bruce Lee, my martial arts was headed toward a "classical mess."

I had an epiphany after getting a black belt in a martial art that I was studying. This school emphasized learning close to 300 techniques to obtain a black belt. Even worse was the lack of connections between the techniques. I remember thinking "how can anybody possibly pick out the right technique under the stress of a self defense situation?"

While studying this particular martial art, I fell into the trap of collecting techniques. The problem is that once you have forgotten a technique, you have forgotten that technique. Instead, you should focus on understanding the concept behind the technique. If you absorb the concept, the techniques will come. You might forget a technique but not the concept. It is much better to have a few con-

cepts rather than remember 100, 200, or 300 techniques.

A technique is a series of specific moves done in sequence in response to an attack. Yet there are so many conceivable attacks. A "concept" is a general or abstract idea derived from experience. In the aforementioned system that I mentioned, there were specific discrete techniques that dealt with knife attacks and yet a different ways to deal with club attacks and so on. That didn't seem practical to me.

Once I got into Modern Arnis and learned about the angles of attack, I realized that, except for minor modifications, that attacks can be dealt with according to the angle. So regardless of whether an angle 1 attack was a stick, knife, broken bottle, the underlying general concept was to step to the right at a 45 degree angle. Aha, we are dealing with angles of attack instead of meth-



Stepping to the right at a 45 degree angle against an angle 1 attack is a concept that is easy to remember!

ods of attack.

Through my training in Modern Arnis, I've gotten into the habit of collecting concepts, not techniques. They are so much easier to remember than techniques. If you know the concept, the techniques will come.



[Video: Click Here](#)

Over the years, I have gotten into the habit of listening to instructors at Modern Arnis camps and seminars for any concepts that they might share. I currently have a list of 20 concepts that I teach. Some are obvious ("Go with the Flow" etc) and others were acquired over the years. It will likely be refined and tinkered with over the years.

It is much easier to remember a few concepts than to remember multiple techniques. Thus, it is imperative for the instructor and stu-

dent alike to remember and understand the concepts of the art. Example: What are the three main ways you can hit your opponent with your cane? The strike, the thrust and the punyo (butting). Aha, you can then develop techniques off those methods

of hitting your opponent. If you're just starting out or trying to make sense of what you've learned, I HIGHLY recommend that you start listing the martial concepts that you have learned over the years. Instead of a notebook of a thousand techniques that you've learned, try creating a cheat sheet of concepts that are easy to remember. Believe me, your personal journey in the martial arts will take a giant leap forward!

Over to you, do you keep notes on the concepts of your art?

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## The Old Ways

By Chris M. Suboreau & George M. Yore



**The Visayan Eskrima Guild founding plank holders**

From L-R: Back Row Steven Magness, Chris Suboreau, Mike Braten, Wade Williams

Front Row Keenan Williams, George Yore, Steve Van Manen

### Introduction

This article came about after a recent conversation with a close friend and colleague. This man is a recognized and highly ranked master of karate and jujitsu. During this discussion, which was focused on Phillipine martial culture, he asked what ranks Grandmaster Sonny Umpad held, and, if he belonged to any particular martial arts organizations. These questions brought forth memories of discussions had with the legendary Sonny Umpad – about his experiences, recollections, and view, of the Filipino martial arts. Our research, insights, and, impressions, shed light on this topic of conversation.

### Closed Ranks and Low Profile

The Filipino martial arts, until the early 1970's were clannish, secretive, and insular in nature. The burden of the Spanish occupation, as well as, the fact that these arts were often used for life or death purposes, demanded, for centuries, that the protagonists of these arts maintain a low profile. In

remote areas of the country, or in times of war, the skills honed from the indigenous fighting arts practiced by a given tribal/regional group or family were often the only immediately accessible means of protection that one could call upon. The combative arts, of both allies, and enemies, were mined for their respective offerings and were assimilated into the ever-evolving native martial practices. It was imperative to understand the perspectives of advantage and to probe for any weaknesses.

Reconnaisance missions have been around since time immemorial – prudent for the hunt and for human conflict. All warriors grasp this concept as expedient and essential – know your enemy. Notwithstanding the difficulty of maintaining clandestine operations, with resolve, it is possible. In fact, stories of a wife's not being told of a husband's mastery, or, of other family members discovering an adept's hidden knowledge after a period of many years, were not unusual.



Often, a student learned the basics in the old fashioned, of instruction. Corrections were given as necessary, so as to embed the preferred maneuvers of blocking and striking. After building this foundation, the student "learned by doing" via their participation in drills. An Eskrimador would fight in many training bouts and perhaps encounter some challenge fights; particularly if a dispute, criminal act, or point of perceived disrespect, required mutual combat to settle the matter. This training, despite its rigorous nature, was, at its core, inherently valuable – those who were accepted into the circles of Arnis, Eskrima and Estocada knew full well that mistakes, under duress, and in the heat of an altercation, could get one maimed or result in a fatality. The training methods were suitable, and adjusted on a sliding scale of intensity, to account for the circumstances and potential threats that one might encounter: facing multiple opponents, the maintenance of footing on uneven terrain, or the manipulation of a weapon in close quarters. There was a lot of information to pass on, so for these arts to remain intact and transmissible to succeeding generations, training had to build practitioners up, not destroy them at every turn. The fundamental style of a practitioner consisted

received from his instructors and classmates. Once that foundation was established, the Eskrimador would inject refinements and insights into the application of this material from practical training, sparring bouts, and informational exchanges with other practitioners. Ultimately, his style would become his own interpretation of this knowledge, based on his preferences, skills, and abilities. All of our recognized masters went through this process and handed down their knowledge and personal contributions to us. Details may vary, but the process essentially remained constant. This process of ongoing research and continuous personal development of one's understanding and ability makes the Filipino martial arts a constantly evolving field of study. It can be presumed that this type of growth is not exclusive to Filipino martial arts and also occurs in other martial arts systems regardless of their origins; be they Indonesian, Indian, Maori or Samoan.

### The Dissemination of Seeds

The late Grandmaster Sonny Umpad, in his recounts of past events, unraveled the process we have described above, to us – this was transmitted both verbally, and via direct practical instruction, during the years that we trained with him as his students. Sonny was famous for his encyclopedic knowledge of



the Filipino martial arts and his ability to demonstrate myriad variations of any technique.

Grandmaster Umpad used his own development process to illustrate the learning, polishing, and cultivation that lead to Eskrima mastery. In his generation, it was not unknown for a fledgling Eskrimador to be schooled in the art by a relative or close family friend. Sonny learned the basics from his best friend's grandfather. Once equipped with the basics, he learned from other young students through discussion, training, and challenge matches. Only a few formal schools existed at this time, the era of the 1950's and 60's. Most learning was informal and happened away from established academies. Practitioners of good character and reputation often trained with more than one group or teacher.

A frequently heard phrase of Grandmaster Umpad's was the exhortation to, "add em' up." Like most of his advice, this saying operated at several levels of meaning. At its most basic level, this means to simply combine techniques and attributes to create a larger outcome. For example, two five-count patterns could be combined to make a ten-count series. Footwork could be added to a stationary drill to create a flowing, dynamic interplay. This process of addition, subtraction, and analysis became a hallmark of Sonny Umpad's great instructional methodology. It served as a mandate for advanced students to freely interject their contributions and interpretations. Analysis would then be conducted to determine the validity of these ideas. Let us caution the reader that this method was only used after assimilation of the basics, and, requires the guidance of an experienced instructor. Simply going on, of one's own accord, can be a grave error if not done with proper comprehension of the basics.

Additionally the phrase, "add em' up" is a challenge to all instructors to add their own unique expression and insights into the living body of knowledge they impart to their students. Along with the proven classical material, these insights provide the "spice" that makes Eskrima such a satisfying dish. However, even when a recipe has been perfected, the chef presses on – never resting on their laurels.

It was made clear to us that the cuisine of Eskrima, was not allowed to stagnate. The impetus for the growth of the art was a charge that was sown within our consciousness. This concern for the health of Eskrima was always in operation during our training sessions. As was Grandmaster Umpad's way, he urged us to stay hungry, dig deeper, and, build a foundation that would continually foster the art of Eskrima. It was imperative that the art not merely survive – the goal was for it to thrive.

#### The Ebb and

#### Flow of Influence

Just like the present day, financial times can be tough on families, and, sacrifices need to be made. The competition for scarce jobs lead to a much more fluid lifestyle, as employment often required travel to where work could be found; as has always been the case, people take their culture with them when they travel afar.

On one occasion, Mr. Suboreau was introduced to a manong (respected elder) by Sonny in 1981. Fed up by the fruitless search for a job, and, with a family to support, Mr. Soto shipped out of Cebu as a deckhand aboard a cargo ship. He was able to go from ship to ship continuously because of his hard work ethic. He was only able to return to his family seven times in the next 35 years; finally retiring to the USA with his family. Mr. Soto credited Eskrima with saving his life, on many occasions, while traveling all over the world. Sometimes,

he and his shipmates would practice Eskrima after work aboard ship. More than once, he met other martial artists, and was able to compare techniques. Under these conditions, allegiance to any style, or teacher, became impossible. There were no governing bodies to accredit an Eskrimador. His credentials were his fighting ability and his teaching expertise.

The capacity to organize and transmit complex material is what defines a great instructor.

The ideas of ranking and certification were not a usual and customary part of the traditional Filipino martial arts. These concepts came from foreign martial arts and were not used in the Philippines until fairly recent times; perhaps the late 19th or early 20th century. Certainly these are effective organizational tools; also useful for standardization, and, purposes of commercialization. These ideas are practically inseparable from the modern martial arts culture, as we know it today. As a matter of fact, it may be more important for a system to cultivate the ability to produce competent students, as opposed to, a more limited focus that revolves around the chief instructor's fighting skill, combat record or rank. By the way, what rank was Bruce Lee?

**In Answer To Your Questions**

Santiago "Sonny" Umpad did not belong to any particular martial arts organizations. He was invited to join several different associations over the course of his life, but he always respectfully declined the offer. Sonny preferred to remain an independent operator – this made sense given that he founded his own system of martial arts. He felt that requisite obligations on numerous fronts, to one, or several associations, would rob him of the precious time that he poured into the continual

research and development of his unique style of Eskrima.

Although he trained with many other martial artists during his lifetime, he claimed no affiliation to a given system – other than his own. However, he always gave credit where credit was due. In this context, he, like those that came before him, was a product of the old ways. This model, molded Eskrimadors from young apprentice, to nose-to-the-grindstone journeyman, to formidable master – this journey allowed the construction, over the course of time, of the self-made man. Bearing this model in mind, it takes no great leap of faith to understand why many systems of Filipino martial arts use a family name as their crest, or, why other founders chose more esoteric names for their particular style.

In terms of certificates, we were never shown, made aware of, or discovered in Grandmaster Umpad's personal effects, after his untimely passing in 2006, any diploma issuing him a given rank under the auspices of another Grandmaster of Arnis, Eskrima or kali. We did recall, that on occasion, usually after Sonny had returned from having delivered martial arts instruction abroad, via a contracted seminar, that some hosts had issued him a certificate of appreciation or honorary recognition, for having contributed knowledge to their student body.

When one witnessed a performance by, or worked directly with Sonny Umpad, and, experienced first-hand his expression of Eskrima, there was no doubt in your mind that this gentleman was a master of his craft. A certificate would not be a necessary requirement to establish that fact. As a corollary, when one saw the American artist Fred Astaire dance, it was obvious he was not only gifted, he was a master. From what school of dancedid Mr. Astaire graduate?

The hard work and dedication, required on the path to mastery, perhaps that is what is celebrated by the issuance of a diploma. All of Sonny's longstanding students referred to him as "maestro" in both formal and informal settings, this was done willingly out of

respect – Sonny had earned his bones a long time ago – anyone with any sense knew that. We gentlemen, who founded The Visayan Eskrima Guild, bestowed upon Maestro Sonny Umpad the title of "Grandmaster." Unfortunately, this was awarded posthumously. He is

most deserving of this title, in no small part, based upon his selfless contribution to Filipino martial arts and culture\*\*. Like many masters, both before, and of his generation, he was not alone in this pursuit. He this path, nor, will he be the last. Sacrifice, for the good

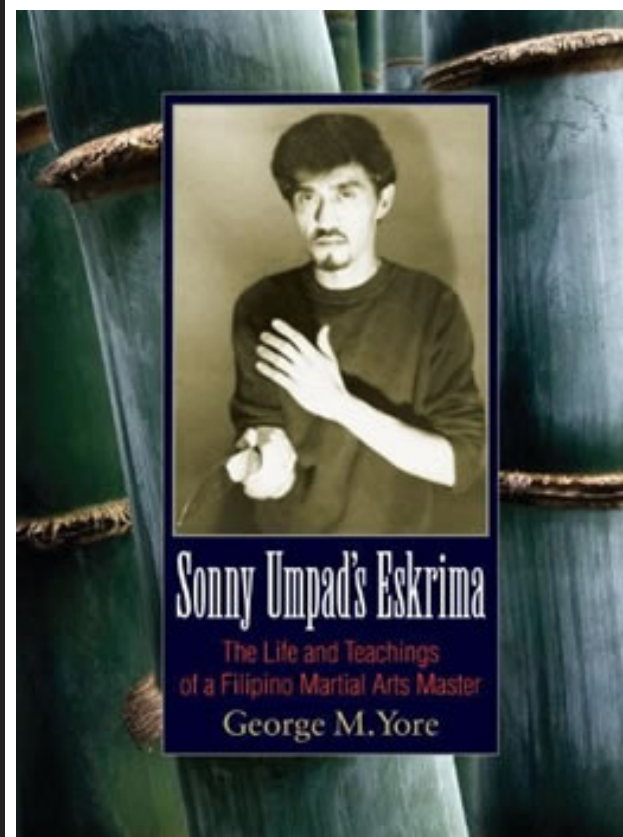
of the art, requires a resolve that many aspire to, but few, can maintain over the course of a lifetime. In conclusion, journey well, work hard, and ask intelligent questions. For as practitioners of the Filipino martial arts, is it not our obligation to keep these arts alive?

\*\* In fact, an entire book has been written about this man: "Sonny Umpad's Eskrima: The Life and Teachings of a Filipino Martial Arts Master", Berkeley: Blue Snake Books, 2012. This work is the most comprehensive book written about Grandmaster Umpad and his Eskrima system – answers to your questions may be found within its pages. This martial arts gem has garnered 5 stars from customer reviews on Amazon and Goodreads. Treat yourself to a copy, and, we ask, most sincerely, that you add to your martial arts base of knowledge, skill and ability at every opportunity.

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

By George M. Yore



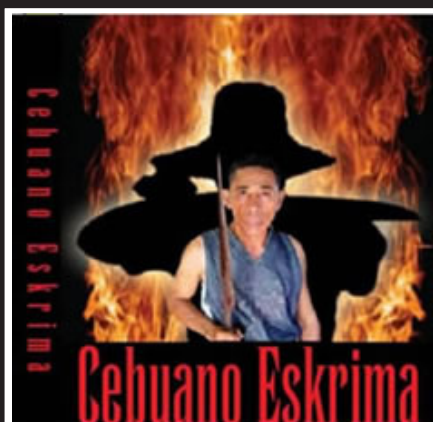
Born with the soul of a warrior, the intellect of a scholar, and a zealot's devotion to his art, Maestro Santiago "Sonny" Umpad forged an enduring contribution to the rich and colorful history of Filipino martial culture. In 1976, after immigrating to the United States, Sonny founded the school of Visayan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

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#### 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.

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## Gatekeepers of the Lineages (*Bahala Na, Serrada and Presas*)

By Mustafa Gatdula

Some feelings might get hurt on this one.

I decided to tag the four systems in the title of this article (Presas, meaning Remy as well as his brother Ernesto) for a reason: I know people on several sides of the debates in these systems and have some insight. Because I am not a player in these situations, I decided to classify this article as an "Observation/Insight", so that no one can shake the "mind-your-own-business" finger at me. It is, however, a little more than an opinion piece. My view of these situations are rooted in the cultures I was raised in from my own grandfather and his martial arts philosophy, my Jow Ga kung fu teacher, and a few others. So I am speaking as one who has my own lineage of martial arts, and understands the philosophy and culture of the arts quite well.

I happen to know several grandmasters of the same system. Is that confusing? The phrase several grandmasters of the same system can confuse a few of us, depending on your definition of "Grandmaster":

- The founder of a new system of fighting
- The oldest, senior, or highest ranking master of a system
- Your teacher's teacher--your martial arts grandfather, if you will
- A level of rank in a system
- The oldest, senior, or highest ranking master of a system in a geographic area
- A title one is bestowed by the community or given to oneself

So, which one is valid?

Surely, you jest. Martial arts systems and corporate cultures are as varied as fingerprints in this community. How dare any of us use our own as a standard to judge another man's culture and practices by? As martial artists, we should be respectful of all. There is room for all of us in this martial culture, and the only walk of life, the only title that really matters, is the one called "Better-than-me". In this industry, unlike most, every man practicing their art is endeavoring to become more knowledgeable and skilled than every other man calling himself a martial artist. I respect almost all martial artists. However, I do not respect the martial artist who cannot beat me--and does not strive to build his skill until he can beat me. In my opinion, any martial artist who is not training to beat the next guy needs to get out of the business. The business of martial arts has many different angles and specialties--and all of them are involved with self-improvement and self-preseveration.

And despite what you may believe of the martial arts, it actually is about fighting, and the bottom line of martial arts styles is "Can you beat me? Or can I beat you?"

We must toughen our bodies, toughen our minds, toughen our emotions, and strengthen our character. One way that we can do such a thing is to become better men, not just better businessmen and better showmen. Fighting, in this part of the conversation, is irrelevant. When I say that we should become better men, I am referring to a man who is:

- Truthful
- Reliable/Keeps his word
- In pursuit of self-improvement
- Selfless
- Kind
- Righteous
- Courageous

- Empathetic

In An-Nawawi's Forty Hadith, he relates that the Prophet Muhammad (saw) stated that no one is a true believer unless he wants for his brother, what he wants for himself. In other words, a man who is striving for improvement is not a good man, unless he is also striving for his brothers to improve as well. When we apply this wisdom to the martial arts, it is not enough for me as an Filipino martial arts man to strive to become the best if my skill does not help other Filipino martial arts men become good as well. If you are a Master or leader in a particular martial arts system, training to become the BEST teacher of that system is good. But it is better if your improved knowledge and skill also benefit the other teachers of your system. I am not suggesting you take your valuable research in the art and share it with the world. On the contrary, you should actually keep those secrets secret. But if you withhold that information from your own system brothers, can you actually call yourself a leader of the system? Are you in fact promoting the system if others in your system do not benefit from your research--or are you just promoting yourself?

If a martial arts system's leader is on the right path, he is not a divider, but a uniter. He does not look to separate himself from his system brothers. Sure, he can have his own school, maybe even his own identity as a member of that martial arts family. But in order to be an effective Master/Grandmaster of that system, he must be looking for a way to bring his wisdom to the rest of the family even if it is only through associating themselves with his work. Martial arts styles are brands. Their uniqueness are trade secrets. You cannot have more CEOs than workers, and some will have to be satisfied promoting the interests of the system as a lower level manager, as a third and fourth man in charge, even as a foot soldier. If everyone in the system is preoccupied with trying to be the admiral and no one wants to man the boiler room, the ship will surely sink. The first step in determining if you have what it takes to be a Grandmaster is first finding out if you love the system more than you love your position in it. You must want this art to become bigger than you, and you cannot love money, recognition, power and influence, or yourself more than your desire to see the art outlive you. And you must be willing to allow a better man to lead, even if he is less skilled, has less time-in-grade or lower ranking than you. Not everyone is qualified to sit in the captain's chair.

When your Grandmasters taught you, they didn't always communicate their desires for who would be in charge when they passed away. Sometimes, Masters were more focused on teaching. Sometimes, they were more focused on developing a particular student. Sometimes, they intended for the senior/ranking position to go the senior student, his son or daughter, the best fighter, the best businessman, or a favorite student. You won't always like or understand that decision. The question is, do you want the system to go on--or are you that disgruntled with your Grandmaster that you no longer wish to be affiliated? If you decide to leave and break ties, there is nothing wrong with that. Just don't drop your Grandmaster's name to establish your credibility. One great Master of our time, the great Mas Oyama, did just that. He broke away, established his own and actually improved better than even his own masters. And when those masters died,

Oyama did not go back to Japan to claim leadership of his Master's systems. He moved on.

Many Masters leave behind their legacy to a student who was disliked by his peers. Perhaps that student was not the best fighter, but was a good PR man. Maybe he was a junior student who spent most of his time with the Master in his last days. But when that Master is dead and gone, every student who loved him and loved his system should not discredit one another--especially when concerning leadership or "Grandmastership". It's silly. You all want to be Grandmasters? Then so be it. But don't put down the next guy, especially if you know he put in his time just like you did, and wants to see the system grow--just like you, just like your teacher.

Inheritors of a system are gatekeepers to that system. Many of us are inheritors by birthright. Manong Leo Giron's son, Michael Giron is such a person. Grandmaster Angel Cabales' son Vincent Cabales is such a person. Grandmaster Ernesto Presas has Jan Jan, Grandmaster Remy has Dr. Presas Jr. But other gatekeepers of the same systems are the highest ranking, active students--in Bahala Na's case, Antonio Somera. In others, a member of the newest generation of students who is outranked by everyone older than him--for example, in Remy Presas' Modern Arnis it was a group of students he called his MOTT (Masters of Tapi Tapi). Another gatekeeper can be the best of the group, the most active of the group, the ones closest to him before he died. Another one may be the student who keeps the Master's original organization going after he died, and then after his successor died--like (and he doesn't call himself Grandmaster, but I'm calling him Grandmaster) Joel Juanitas. The system's members may not call a man Grandmaster, a man may not call himself Grandmaster, but from the strength of his own skill and that of his students may thrust a Master into that leadership role, like Grandmaster-who-doesn't-use-the-title-Grandmaster Darren Tibon. There are Masters who left to found their own Organizations who come back after certain deaths to stake claims. Other Masters who were around in non-leadership roles, but decided after some time to assume (sometimes by asserting themselves) leadership/Grandmaster roles. And then you have Masters who stayed out of the limelight, but get up on stage after being unhappy with the way current leadership is handling business. There is a place for you too, guys. Just don't try to push anyone off the stage while you're doing it.

I get it. I am not one who cares to sit in the driver's seat. In my Jow Ga system, I was the guy who spent the most time in my Master's presence during his last years on Earth. I learned his personal struggles, learned things about the system he had not shown other students. But I was the youngest member of the "Sifu" class. I will never be the "Grandmaster" of US Jow Ga. I even stopped teaching Jow Ga for two decades and got back in the spotlight when I saw some things I disliked. With the exception of one

Sifu/"Grandmaster" of Jow Ga, you will never hear me discredit any Jow Ga Sifu, and I am satisfied leading from a few rows back. But I love that Kung Fu system like a family member, and this is why I don't hurt the art or anyone else in pursuit of my goals. You cannot lead a system unless you love your art's longevity more than you love your own legacy within it.

Like I said, I understand everyone's position. I didn't meet my paternal grandfather until I was 11. Only a few years later, I returned to the Philippines until I was an adult, then I came back to the U.S. and enlisted in the service. When I found myself back in DC, he was sick, and I took care of him daily until he died two years later. In his last days, he shared many stories. He gave me memorabilia from his life, gave me names to look up, told me things about my own father that perhaps my Dad might not know. And guess what? The day after my grandfather died, I became the gatekeeper--keeping out cousins who came over to claim Granddaddy's favorite watch, pictures, suits, his cars. My emotions were out of control. Where were you when Grandpa couldn't bathe himself? Did you know where he went to high school? Well I have his diploma. Tell me what his favorite meals were.

But I was foolish. Each of my cousins had a separate relationship with my Grandfather. They had their own stories to tell, their own memories, and each of my cousins felt just as connected to him and his lineage as I did. I became close to him in his last two years, but they had decades. I fancied myself his closest and youngest grandson--but to them, I was the foreign grandson with the accent who ate balut. Here we were, thinking that we knew this man better than the other, that we loved him more. This family would have been ripped apart if we did not recognize and respect the other's own--perhaps selfish--claim to his memory.

To an outsider it may seem strange that a system would have many Grandmasters. Is the true leader of Manong Leo's Bahala Na Dexter Labonog? Michael Giron? Joel Juanitas? Is the Serrada King Cabales or Tibon? This is a valid argument for many, but the truth is that it is one that will never be resolved. The world is big, the Filipino martial arts world is big. Serrada is in competition with Bahala Na, just as it had been for half a century, and those two arts are in competition with Modern Arnis, Kombatan, even with my own Gatdula Fighting Eskrima. If you get focused too much on the leadership argument, other systems will pass you by. As the adage goes, five fingers make a hand, but if you ball them up tight into a fist, you can strike a mighty blow. With each Grandmaster working closely together, they can make water cut a diamond. But working apart, a system can disappear as easily as a mist. Once you recognize everyone's claim, a system can become even stronger than it was when the Grandmaster walked the Earth.

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## About ...

### Eskrima Labaniego with Mang Bert

By DirtyBoxing



My search of the Malay Archipelago for exotic fighting arts recently led me to Paranaque, Philippines where I had a private training session with Grandmaster Roberto Labitan Labaniego (Mang Bert). You may have seen Mang Bert before, as he was featured in the Filipino martial arts film "The Bladed Hand".

At 74 years old, Mang Bert has been training in Arnis and Eskrima since the age of 12. Born June 6th, 1940, Mang Bert comes from a poor family from a small town called Mambusao on the Visayan Island of Panay. Although Mang Bert's father, Costodio Labaniego did not have much in the way of financial resources, he was rich in his knowledge of the Filipino Martial Art of Largo Mano Arnis.

You see, Costodio Labaniego was part of the Filipino Resistance Movement, who fought with bolos (swords) in guerrilla warfare campaigns against the Japanese amid the Japanese occupation of the Philippines during World War II. A hero in the conflict, Labaniego had two hand-to-hand confrontations with Japanese soldiers. In both

incidents, he utilized Arnis tactics and a bolo to kill the Japanese soldier targeting the adam's apple on the heart side. He suffered a bullet wound to his foot.

In 1952, after the war, Costodio Labaniego began teaching Largo Mano (a long range style of Arnis) to his boy, Bert. According to Mang Bert, at that time, the only known styles of Arnis were Largo Mano, Espada Y Daga and Cinco Teros. Fast-forward 63 years. Even at 74 years old, it's obvious that Mang Bert has been training since he was a small boy when you witness his smooth, sharp and graceful movements.

In 1986, Mang Bert began training with his other teacher, Grandmaster Ben Lima (Mang Ben), the founder of Lightning Scientific Arnis International. Mang Ben taught Mang Bert traditional Espada Y Daga techniques.

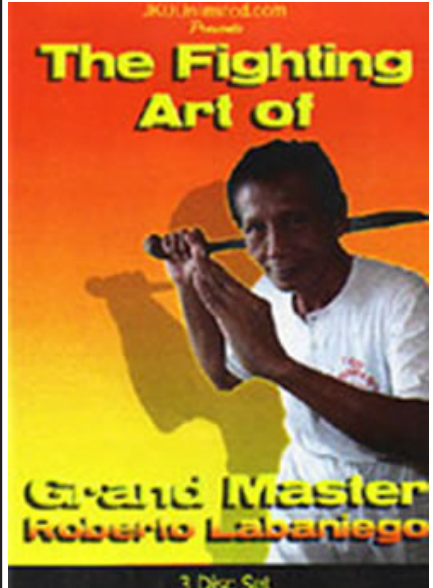
Mang Bert gravitated to these methods because he prefers the close range tactics of Espada Y Daga over the long range strategies of Largo Mano. He explains that you cannot use Largo Mano tactics in close range like when in a Jeepney (the main method of public transportation in the Philippines).

For Mang Bert, Arnis and Eskrima are not only about defending yourself and your family but also about making friends from at home and abroad. This becomes apparent when you meet Mang Bert and experience his kind and gracious attitude toward sharing his art with others, locals and foreigners alike.

I had a fascinating and enlightening lesson with Mang Bert! We covered the stance, the footwork, the 14 angles of attack, and the first 3 movements and how to apply them at close range with a stick.

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### First Battle of Bud Dajo

Wikipedia - [en.wikipedia.org](http://en.wikipedia.org)

The First Battle of Bud Dajo, also known as the Battle of Mt. Dajo, was a counter insurgency action fought by the United States Army against native Moros in March 1906, during the Moro Rebellion phase of the Philippine–American War. While fighting was limited to ground action on Jolo Island in the Sulu Archipelago, use of naval gunfire contributed significantly to the overwhelming firepower brought to bear against the Muslim insurgents, who were mostly armed with melee weapons. The description of the engagement as a battle is disputed because of both the overwhelming firepower of the attackers and the lopsided casualties. The conflict, especially the final phase of the battle, is also known as the Moro Crater Massacre.

During this battle, 790 men

and officers, under the command of Colonel J.W. Duncan, assaulted the volcanic crater of Bud Dajo (Tausūg: Būd Dahu), which was populated by 800 to 1000 Moro villagers, including women and children. According to Herman Hagedorn (who was writing prior to World War II), the position held by the Moros was "the strongest which hostiles in the Philippines have ever defended against American assault." Although the battle was a victory for the American forces, it was also an unmitigated public relations disaster. It was the bloodiest of any engagement of the Moro Rebellion, with only six of the hundreds of Moro coming out of the battle alive. Estimates of American casualties range from fifteen killed to twenty-one killed and seventy-five wounded.

The first battle at Bud Dajo

happened during the final days of General Leonard Wood's term as governor of the Moro Province. Wood's term was a time of great reform. Some of these reforms, including the abolition of slavery and the imposition of the cedula - a registration poll tax - were less than popular with his Moro subjects. The cedula was especially unpopular, since the Moros interpreted it as a form of tribute, and according to Vic Hurley, Moro participation in the cedula was very low even after 30 years of American occupation. These reforms, coupled with the general resentment of foreign Christian occupiers, created a tense and hostile atmosphere during Wood's tenure, and the heaviest and bloodiest fighting during the American occupation of Mindanao and Sulu took place under his watch.

Although Moro hostilities died down during the latter days of Wood's governorship (the tenure of Wood's replacement, General Tasker H. Bliss, was a period of relative peace), it was in this tense atmosphere of Moro resentment that the events leading to the Battle of Bud Dajo played out. According to Hermann Hagedorn, the Moro rebels of Bud Dajo were "the rag-tag-and-bobtail remnants of two or three revolts, the black sheep of a dozen folds, rebels against the poll tax, die-hards against the American occupation, outlaws recognizing no datto and condemned by the stable elements among the Moros themselves." Vic Hurley, author of *Swish of the Kris*, adds that "the causes contributing to the battle of Bud Dajo were resentment over the curtailing of slave-trading, cattle-raiding, and women-

stealing privileges of the Moros of Sulu."

### Road to Bud Dajo

The chain of events leading to Bud Dajo began when a Moro named Pala ran amok in British-held Borneo. (The Moros differentiate between the religious rite of the juramentado and the strictly secular violence of the amoks, Pala's rampage was of the latter.) Pala then went to ground at his home cotta near the city of Jolo (the seat of the Sultan of Sulu), on the island of Jolo. Colonel Hugh L. Scott, the governor of the District of Sulu, attempted to arrest Pala, but Pala's datu opposed this move. During the resulting fight, Pala escaped. He avoided capture for several months, setting up his own cotta and becoming a datu in his own right. Wood led an expedition against Pala but was ambushed by Moros from the Bud Dajo area with the help of Pala. Wood beat off the ambushers, and many of them found refuge in the crater of Bud Dajo. Wood determined that the Moros held too strong of a position to assault with the forces at hand, and so he withdrew.



Bud Dajo lies 6 miles (10 km) from the city of Jolo and is an extinct volcano, 2,100 feet (640 m) above sea level, steep, conical, and has thickly forested slopes. Only three major paths lead up the mountain, and the thick growth kept the Americans from cutting new paths. However, there were many minor paths, known only to the Moros, which would allow them to resupply even if the main paths were blocked. The crater at the summit is 1,800 yards in circumference and easily defended. The mountain itself is eleven miles (18 km) in circumference, making a siege difficult.

Over the months that followed, the Bud Dajo rebels were joined by various outlaws, bringing the population of the crater up to several hundred. Water was plentiful, and the rebels began farming rice and potatoes. Scott sent the Sultan of Sulu and other high ranking datos to ask the rebels to return to their homes, but the rebels refused. Wood ordered an attack in February 1906, but Scott convinced him to rescind the order, arguing that the opposition

of the surrounding datus would keep the rebels isolated. Scott was worried that an attack on Bud Dajo would reveal just how easily defended it was, encouraging repeats of the standoff in the future. Unfortunately, the Bud Dajo rebels were emboldened by the American inaction, and began raiding nearby Moro settlements for women and cattle. Although the datus of Jolo continued to condemn the rebels, there began to develop popular support of a general uprising among the Moro commoners of Jolo.

The crisis at Bud Dajo occurred during a period of transition in the leadership of the Moro Province. On February 1, 1906, Wood was promoted to the position of Commander of the Philippine Division, and was relieved as commander of the Department of Mindanao-Jolo by General Tasker H. Bliss. However, Wood retained his position as civil governor of the Moro Province until sometime after the Battle of Bud Dajo. Colonel Scott was absent during part of the crisis, and Captain Reeves, the deputy governor of the Sulu District, served as his substitute.

On March 2, 1906, Wood ordered Colonel J.W. Duncan of the 6th Infantry Regiment (stationed at Zamboanga, the provincial capital) to lead an expedition against Bud Dajo. Duncan and Companies K and M took the transport Wright to Jolo. Governor Scott sent three friendly datos up the mountain to ask the Bud Dajo Moros to disarm



The short sword barung is the Jolo Moros' (i.e., Tausugs) national weapon



The other preferred blade of the Jolo Moros is the kalis (i.e., kris)

and disband, or at least send their women and children to the valley. They denied these requests, and Scott ordered Duncan to begin the assault.

The assault force consisted of "272 men of the 6th Infantry, 211 [dismounted] men of the

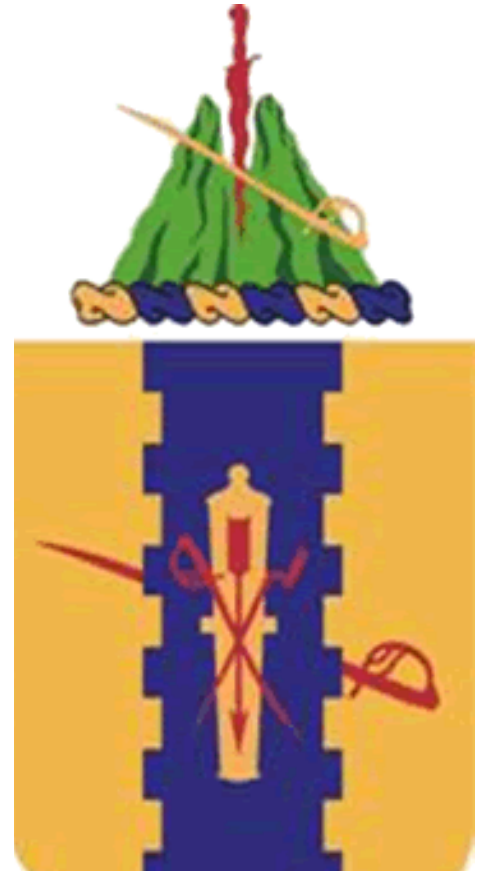
4th Cavalry, 68 men of the 28th Artillery Battery, 51 Philippine Constabulary, 110 men of the 19th Infantry and 6 sailors from the gunboat Pampanga." The battle began on March 5, as mountain guns fired 40 rounds of shrapnel into the crater. On March 6, Wood and Bliss arrived, but left Duncan in direct command. Captain Reeves, the acting governor of the District of Sulu, made one last attempt to negotiate with the rebels. He failed, and the Americans drew up into three columns and proceeded up the three main mountain paths. The columns were under the command of Major Bundy, Captain Rivers, and Captain Lawton. The going was tough, with the troops ascending a 60% slope, using machetes to clear the path.

At 0700, March 7, Major Bundy's detachment encountered a barricade blocking the path, 500 feet (150 m) below the summit. Snipers picked off Moro defenders, and the barricade was shelled with rifle grenades. The barricade was then assaulted in a bayonet charge. The Moros staged a strong defense, then charged with kris (the traditional wavy-edged sword of the Moros) and spear. 200 Moros died in this engagement, and Major Bundy's detachment suffered heavy casualties. Captain Rivers' detachment also encountered a barricade, and took it after several hours of fighting, during which Rivers himself was severely wounded by a spear. Captain Lawton's detachment advanced up a poor path, so steep in places that the Americans proceeded on hands and knees. They were harassed by Moros

the Americans hauled mountain guns to the crater's edge with block and tackle. At daybreak, the American guns (both the mountain guns and the guns of the Pampanga) opened up on the Moros' fortifications in the crater. The Moros, armed with kris and spears, refused to surrender and held their positions. Some of the defenders rushed the Americans and were cut down. The Americans charged the surviving Moros with fixed bayonets, and the Moros fought back with their kalis, barung, improvised grenades made with black powder and seashells. The defenders were wiped out.

Out of the estimated 800 to 1,000 Moros at Bud Dajo, only 6 survived. Corpses were piled five deep, and many of the bodies were wounded multiple times. According to Hurley, American casualties were 21 killed, 75 wounded. Lane lists them at 18 killed, 52 wounded. Hagedorn says simply that "one-fourth of the troops actively engaged have been killed or wounded." By any estimate, Bud Dajo was the bloodiest engagement of the Moro Rebellion.

### Aftermath



The US 4th Cavalry Regiment's coat-of-arms features a reference to the Bud Dajo campaign: a green volcano is seen at the crest with an inverted kris symbolizing the Moros' defeat. The unit's victory is symbolized by a yellow saber at the charge.

Following the American victory, President Theodore Roosevelt sent Wood a congratulatory cablegram, but reporters stationed at Manila had cabled their own account to the press. The March 11, 1906 New York Times headlines read, "**Women and Children Killed in Moro Battle**; Mingled with Warriors and Fell in Hail of Shot. **Four Days of Fighting** Nine Hundred Persons Killed or Wounded—President Wires Congratulations to the Troops."



The press' account of the "Moro Crater Massacre" fell on receptive ears. There were still deep misgivings among the American public about America's role during the Spanish-American War and the stories of atrocities carried out during the Philippine-American War. The public had also been largely unaware of the continuing violence in the Moro Province, and were shocked to learn that killing continued. Under pressure from Congress, Secretary of War William Howard Taft cabled Wood for explanation of the "wanton slaughter" of women and children. Despite not being in command of the assault (although he was the senior officer present), Wood accepted full responsibility. By the time the scandal died down, Wood had assumed his post as Commander of the Philippine Division, and General Tasker H. Bliss had replaced him as governor of the Moro Province.

In response to criticism, Wood's explanation of the high number of women and children killed stated that the women of Bud Dajo dressed as men and joined in the combat, and that the men used children as living shields. Hagedorn supports this explanation, by giving an account of Lt. Gordon Johnston, who was severely wounded by a woman warrior. A second explanation was given by the Governor-General of the Philippines, Henry Clay Ide, who reported that the women and children were collateral damage, having been killed during the artillery barrages. These conflicting explanations of the high number of women and child casualties brought accusations of a cover-up, adding to the criticism.

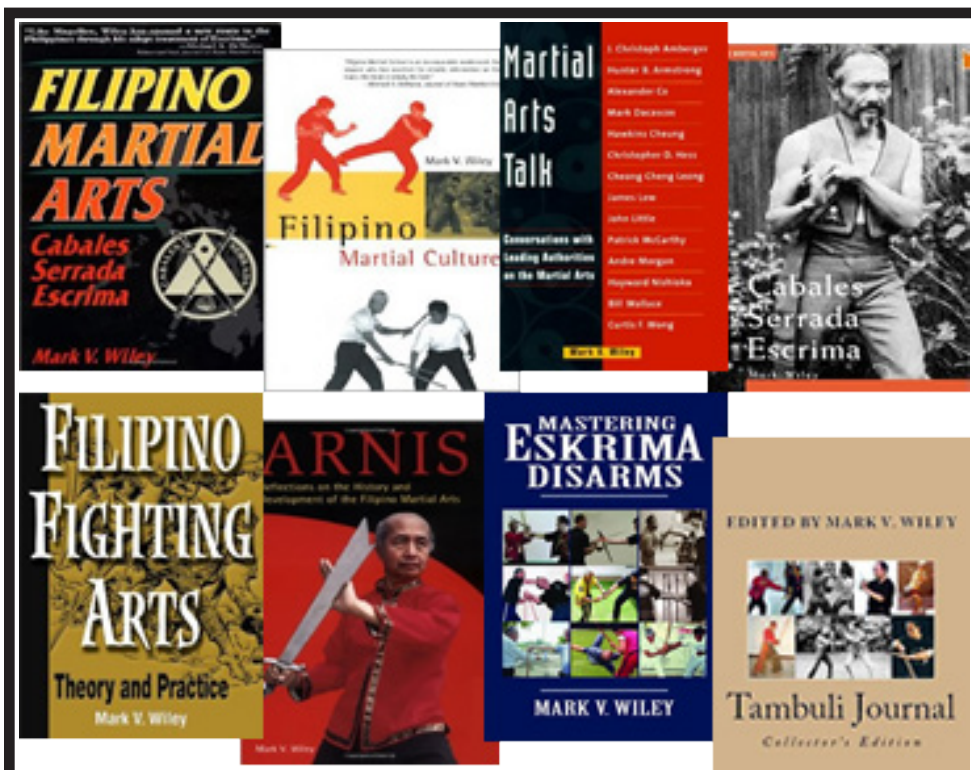
Some of Wood's critics accused him of seeking glory by storming the crater rather than besieging the rebels. Wood did show some signs of being a glory-hound earlier in his tenure

as the governor of the Moro Province, taking the Provincial Army on punitive raids against cottas over minor offenses that would have been better left to the district governors. This heavy-handedness jeopardized relations with friendly datos, who viewed the encroachment of the army as a challenge. Wood badly needed military laurels, since he had gone through an uphill United States Senate battle over his appointment to the rank of Major General, which was finally confirmed in March 1904. Although Wood had served as an administrator in Cuba, he had seen only a hundred days of field service during the Spanish-American War. Wood had been promoted over the heads of many more senior officers, bringing charges of favoritism against President and fellow Rough Rider Teddy Roosevelt. Even though his promotion had been confirmed, Wood's reputation still suffered. Wood's willingness to take responsibility for Bud Dajo did much to improve his reputation within the army.

Wood argued that besieging Bud Dajo would have been impossible, given the ample supplies of the rebels, the 11-mile circumference of the mountain, the thickly forested terrain, and the existence of hidden paths up the mountainside. During the Second Battle of Bud Dajo, in December 1911, General "Black Jack" Pershing (the third and final military governor of the Moro Province) did succeed in besieging Bud Dajo, by cutting a lateral trail which encircled the mountain, 300 yards downhill from the crater rim. This cut off the Moros in the crater from the hidden mountainside paths. However, the tactical situation facing Pershing in 1911 was far different from that facing Wood in 1906.

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Bram Frank, recognized as the father of the methods of combat with knife Israelis, is the founder of System CSSD / SC, an art tactical combat based on the Modern Arnis Remy Presas, which was the direct student. In this DVD, Bram, practical and direct in his teachings, we unveiled the concepts of the tactical response knife. Explore the training system, the Contras using our most instinctive basic motor skills "raw" ways to cut and stop the opponent from the point of view bio-mechanics, the proper use of weapons of

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**The Case of Juan Luna's Murder of His Wife and Mother-in-Law**



On December 8, 1886, Luna married Maria de la Paz Pardo de Tavera, a sister of his friend Felix and Trinidad Pardo de Tavera. The couple traveled to Venice and Rome and settled in Paris. They had one son, whom they named Andrés, and a daughter nicknamed Bibi who died in infancy. Luna was fond of painting his wife's portraits.

However, the jealous Luna frequently accused Paz of having an affair with a certain Monsieur Dussaq. Finally in a fit of jealousy, he killed his wife and mother-in-law and wounded his brother-in-law, Felix, on September 23, 1892. He was arrested and murder charges were filed against him.

Juan Luna was a man of violent temper. He suspected his wife of infidelity, and when his wife and mother-in-law locked themselves in a room to escape his anger, he shot them both and killed them.

In a "crime of passion", a person commits a crime against a spouse or loved one, or another person, because of anger or heartbreak. When a person becomes very jealous or disappointed, it can produce such strong emotions that he cannot think; rationally and may act on his impulses without thinking about the consequences.

The Philippine justice system considers "having acted upon an impulse so powerful as naturally to have produced passion or obfuscation" a circumstance that mitigates criminal liability. Not only that, but Article 247 of the Revised Penal Code expressly provides that if a person catches his spouse in flagrante delicto with another person and kills one or both of them as a consequence, he shall only suffer the penalty of destierro, or exile, and this only to protect

**100th Anniversary of the Building of Kennon Road**



The photo comes from a collection that was gathered during the commemoration of the 100th Anniversary of the building of Kennon Road. The road that would be the gateway to the Cordilleras, the mountainous region in the Northern Philippines. At the center of the photo is the builder of the great highway.

Kennon Road was ordered built by American governor general William Cameron Forbes in 1901. Although originally called Benguet Road, it was named after U.S. Army Colonel Lyman N. Kennon who was its final builder. With the labor of Igorots and some foreign workers, the road was completed in 1903 and has since become a major route to Baguio City.

Millions of local and foreign tourists have since marveled at Kennon's alternating steep rises, dips, and sharp turns, splendid waterfalls and lush vegetation. After almost 100 years of constant use, natural wear and tear aggravated by earthquakes and strong typhoons, some sections of Kennon Road became hazardous.

Kennon Road is one of the three major access roads that lead up to Baguio City from Manila and the provinces in the central and western parts of Luzon. It connects the city with the town of Rosario, La Union. The other two are Marcos Highway from Agoo, La Union and Naguilian Road from Bauang, La Union. A fourth less-traveled route is Halsema Highway which links Baguio City with Ifugao, Mountain Province, and Kalinga-Apayao. It is taken in going to Bontoc and the famed rice terraces of Banaue. Another infrequently-traveled road from the province of Nueva Vizcaya (via Aritao) connects with the city and passes on top of Ambuklao dam.

\* text and photo from Goodude Collections

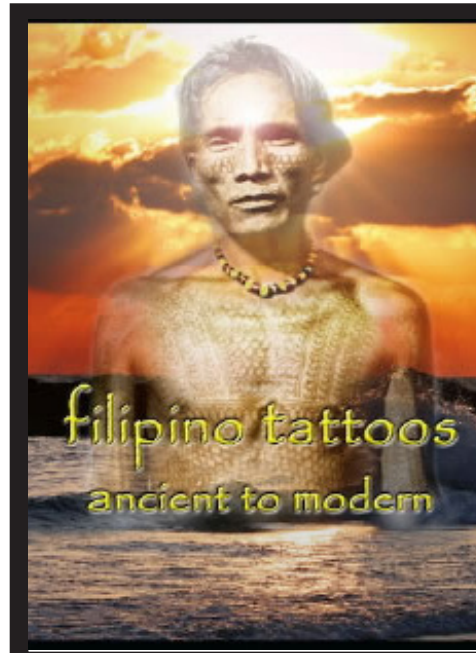
him from the vengeance of the relatives of his victims.

Luna was acquitted of charges on February 8, 1893, on grounds of temporary insanity; the "unwritten law" at the time forgave men for killing unfaithful wives. He was ordered to pay the Pardo de Taveras a sum of one thousand six hundred fifty one francs and eighty three cents, and an additional twenty five francs for postage, in addition to the interest

of damages.

The assassination of his brother Gen. Antonio Luna contributed to his death by heart attack at the age of 42 in Hong Kong on his way to join the Revolution in 1899. His remains were buried in Hong Kong and in 1920 were exhumed and kept in Andrés Luna's house, to be later transferred to a niche at the Crypt of the San Agustin Church in Intramuros, Manila. - simoun

**Image:** Prof. Ambeth R. Ocampo / **Article:** en.wikipedia.org



**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, tattoos 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.



### Past Events

#### Mano-Mano for Kids

May 17, 2015  
MAMFMA Gym  
Pasay City, Philippines

Mano-Mano for Kids Seminar was hosted by the Modern Arnis Mano-Mano Filipino Martial Arts headed by Punong Lakan Garitony Nicolas. The event was conducted by Lakan Kenneth Magno, Dayang Rhiwerli Quine, Lakan Romeo Solatorio, Lakan Junar Vidal and Lakan Reynaldo Senson.

Arnis for kids gain their confidence and being a kid they do it not only for self defense but also to have more fun.

Analyn Jayona Delos Santos



#### Maharlika Kuntaw

Maha Guro Brain "Buzz" Smith  
May 21, 2015  
Floyd Soo's Korean Karate  
Clarkson/Lake Orion, MI.



Maha Guro Brain "Buzz" Smith had been chatting with a couple of guys in Canada about doing a stick seminar for quite a while - they finally said "let's do it" so Maha Guro Smith started to make arrangements. Maha Guro Smith happened to mention to Master Floyd Soo that he was going on the 23rd and he asked if Maha Guro Smith could stop in on his way through and do a small seminar for his students in Clarkston, Michigan as it was on his way to Canada... Bonus!

Maha Guro Smith arrived on Thursday morning and spent a few hours working one on one with Master Soo to familiarize him with the stick fighting of Kuntaw to see what he would like him to cover in the seminar. Master Floyd Soo had some Modern Arnis background and it was not much of a jump to see the variances of the two arts.

The seminar started with a basic run down of training - from crawling to running and how that was done within the stick fighting arts. Maha Guro Smith explained the hitting of the sticks for practice and then the striking of appendages or the actual body for advanced studies. Maha Guro Smith also showed how a shield was used in battle with one of his students and that set the stage for getting into the meat of Bugtongan sword and shield techniques.

The students grasped these ideas and ran with the formulas and the techniques in short order. Maha Guro Smith went into the history of Filipino martial arts and laid out in detail how the different arts progressed. A fun time with highly motivated students.

#### Kuntaw Convention and Seminar

Hosted by AUL TMAC  
May 23, 2015  
Aquinas University of Legazpi  
Daragang Magayon Hall, Rawis  
Legazpi City, Philippines  
By *Michael Tuscano*

The activity was organized and planned by Guro Michael M. Tuscano, the Chief Adviser/Instructor of AUL TMAC Martial Arts club (formerly AUL Kuntaw Association). There were 4 main objectives of the Convention:

1. To review and to be updated with Kuntaw forms for standardization.
2. To meet fellow Instructors/Black belts especially the inactive instructors to be more alive and active again for the purpose of unification.
3. To meet and be engaged with Great Grandmasters children, the Kuntaw ng Pilipinas - National President Grandmaster Carlito "Jun" Lañada Jr., Grandmaster Alicia L. Kossmann- the Chief Instructor of Kuntaw Legacy- USA together with her husband Master Bill Kossmann and daughter Guro Cassie L. Kossmann. And lastly,
4. To established a good plan and programs for the benefit of Kuntaw in Bicol Region.

The participants for the junior belts were the students of AUL TMAC, Albay, Maharlika Kuntaw, Forbes Kuntaw and Rawis Kuntaw. Whereas the instructors and black belts came from different clubs such as representative from Naga Kuntaw, Albay Black Belters Association, Sto. Domingo Kuntaw, Albay Maharlika Kuntaw and AUL TMAC. Other instructors had emergencies to be settled but they're pledging their full support to the activity. The senior members of Kuntaw also extended their support. The former Kuntaw ng Pilipinas President Kyud Luis A. Ortega of Naga City, Master Orlando Olavere and Grandmaster Antonio Villareal were present.



A demonstration of Kuntaw forms was performed by the Kuntaw Legacy from USA headed by Grandmaster Alicia L. Kossman together with Master Bill and Guro Cassie Kossman. After the demonstration all instructors and black belts reviewed their Kuntaw forms lead by Grandmaster Alicia and assisted by Grandmaster Jun. The junior belts was trained by Master Bill and Guro Cassie.

After such an excellent review, all the black belts and instructors gathered for a couple hours for a meeting. The purpose was to settle some small issues and to set a meaningful plan and program for the Organization.

Certificate of participation from Kuntaw Legacy was given to all participants and medals for selected instructors and black belts. The event was very successful and we're aiming for another gathering to be held in another Region in the future. This is the continuing quest for true changes and unity among Kuntaw members.







**Balintawak and Abenir Kalis Seminar**

May 23, 2015  
Cercle Tissier  
Vincennes, Paris, France  
Two different and complementary styles met and crossed their weapon. Great technical exchange between Balintawak and Abenir Kalis

It was a historical event of its kind. Participants were able to try the rapid Balintawak stick techniques and effective sword techniques of the Abenir Kalis,

The day's program centered on single stick in medium and short range and the single sword in long medium range, an explosive combination that gave a Incredible result! To respond to the enthusiasm of the participants There will be future workshops and summer camp!

**Instructors:**

Master Fabien Jolivel - World Nickelstick Eskrima  
Punong Guro Fabrizio Mansur Filograna - Abenir Kalis Europe



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**Maharlika Kuntaw**  
Maha Guro Brian "Buzz" Smith  
May 23, 2015  
Premier Martial Arts  
205 Cross St.  
E. Dunnville, Ontario, Canada

We were fortunate to get Maha Guro Brian "Buzz" Smith to come down for his first trip teaching in the Southern Ontario area. Buzz exposed us to some new concepts, principles and techniques from his art. Most of these were new to us, but the ones that were not, he gave us a new way to approach them by his easy and simple teaching methods. Buzz covered Bugtongan stick, sword, staff and empty hands for us. He guided us through the first elements from each part of the art. After this Buzz went over some drills for us to practice such as Hubud, Decadena, loading stances and some others such as Firecracker.

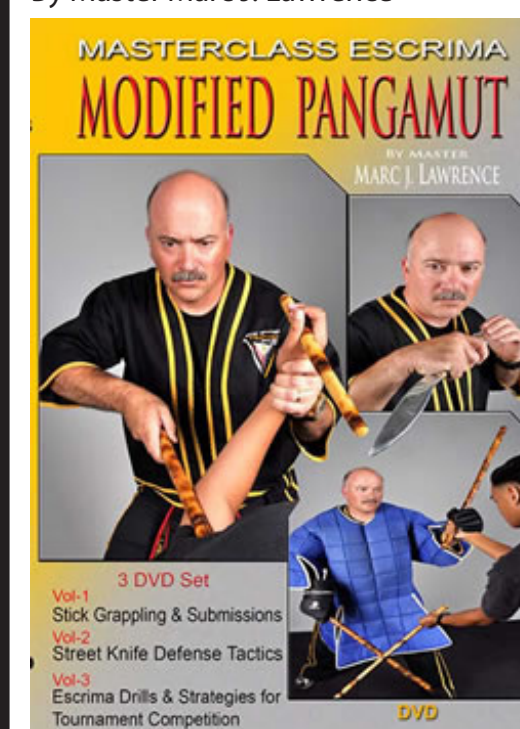


He then went over the formulas for learning, fighting, and the floor diagram to evade and showed how it was hidden in the Native dances of the Philippines. Lock flow drills and a wrist lock drill was also shown. All in all we had a great time getting a glimpse into a unique art. This served as a great teaser for us and gave us plenty to work on till he comes back for another seminar. The knowledge and support given to us by Buzz is second to none. To quote him: "I am always available to you guys to point the way". Don't worry we will take you up on this as you have already found out through our many questions to you after you got home. To finish off the Saturday portion of the seminar we were fortunate to be able to go out for dinner, not only with Buzz but with two gentleman from another Kuntaw family that came down to show their support. Master Rollie Descargar and Guro Mark Anastacio from the Bais Tres Manos system. Thank you gentlemen for the heartfelt gesture, it was greatly appreciated. If you want to catch a glimpse into the early methods of Kuntaw, I suggest you look up Brian "Buzz" Smith, you will not be disappointed.

After the seminar was over I had a sit down with Shaun Milo and asked him what he thought about Kuntaw / Bugtongan. He said it was a well-rounded system and was very integrated from hands to weapons. Very complete but not complex if you follow the concepts and principles". So I asked if he would like to represent the AMKA and the Kuntaw style in Southern Ontario, he accepted and we are planning another seminar or two yet this year. Anyone wishing answers about Kuntaw can contact Shaun at Dunville Ontario Premier Martial Arts - **Shaun Milo**

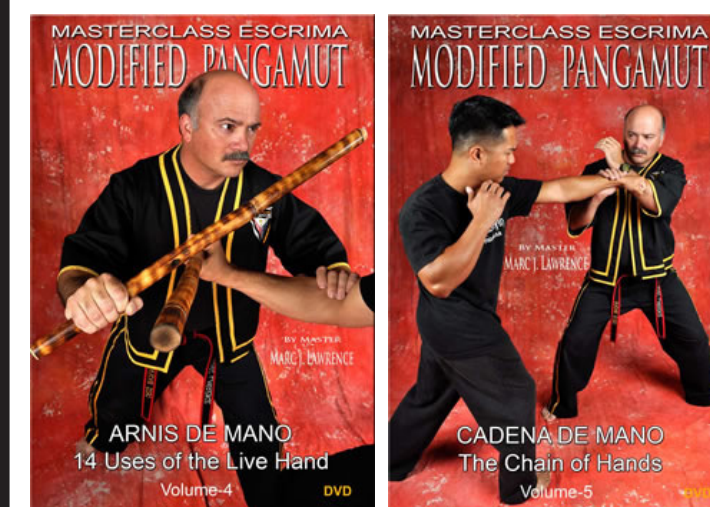
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**Modified Pangamut (DVD Set Vol-1, 2 & 3)**  
By Master Marc J. Lawrence



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



**Year 3, #5 Phoenix FMA Training "Monthly Share"**

May 23, 2015  
Granada Park  
6505 N 20th St., Chandler, Arizona



We'll first off the park (Margaret T. Hance Park, 1134 N Central Ave, Phoenix, Arizona) that is the usual meeting and get together park for the "Monthly Share" and has been held since the beginning of the monthly share was packed on Memorial weekend with all areas being taken, plus for a couple months it will be under renovation.



So a new park was tried which was Granada Park and it seems to be the place, not really crowded, a little out of the way and unless you really know how to get there, one might just get a little lost, (as some unfortunately did).

Anyway on wit the event. It was a beautiful day in high 70's to low 80's, a bit of sun so some need some sun protection, a little distance from where everyone ended up meeting was a small Tai Chi class in progress. A few new faces showed up (maybe because of the location), but also some of the regulars.

At first everyone just walked around meeting the new practitioners that showed up and the regulars got caught up on things that had been going on since the last time they met for the monthly share.

Some paired up and just started to share some techniques. So to get the rest started Michael Butz, suggested to share how would, each defend against #9 strike (This is striking at the opponents left knee and angling up to the right shoulder).



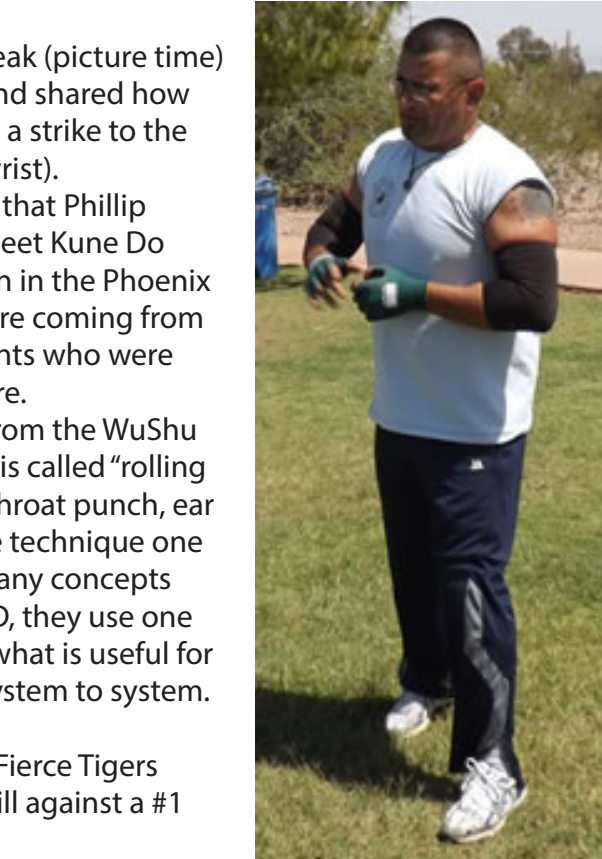
After a time everyone took a short break (picture time) and then paired up with a different person and shared how they would defend against a #3 strike (This is a strike to the opponents left side between shoulder and wrist).

OK after a period of time it was asked that Phillip Hernandez Head Instructor of the Jun Fan - Jeet Kune Do school, and is going to open a school up soon in the Phoenix area this being his first time at a monthly share coming from Las Vegas, and brought a couple of his students who were also interested in attending the monthly share.

He demonstrated and taught stems from the WuShu and Wing Chun family of JKD. The technique is called "rolling fist", very effective for back fists, eye gouge, throat punch, ear slap or target any vital upper body point. The technique one concept that is suppose too branch out to many concepts for the person or martial artist to learn. In JKD, they use one concept to branch out to many concepts or what is useful for the practitioner. This is called flowing from system to system. It's also a filling technic.

Next up was Joel "Mejje" Sampaga of Fierce Tigers Martial Arts. He showed the "outside pass" drill against a #1 strike from Serrada Eskrima.

At the end everyone got together for the barbeque and good conversation.



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".



**Sayoc Seminar**  
w/ Guro Harley Elmore  
May 23 - 24, 2015  
NAK Martial Arts Center  
Phoenix, AZ.



Guro Harley Elmore taught a two day Sayoc Kali seminar in Phoenix, Arizona May 23rd and 24th, 2015. Topics included introductions to free style trapping, low light training, and phase two trapping.





**FMA International Cross Training Seminar**

May 23 - 24, 2015

Athens, Greece

By **Michael Kossivakis**

Successfully held the International Filipino Martial Arts Cross Training Seminar in Athens on 23 and 24 May 2015.

In total 76 participants from five countries (Greece, England, Scotland, Russia, Turkiye) presented Balintawal Arnis by Master Richard Cotterill from England, FCS Greece Program by Master Michael Kossivakis from Greece and Pekiti Tirsia Kali by Master Eric Laulagnet from France.

The seminar lasted two days, six hours of training each day. Three separate programs taught simultaneously in the same training hall

1st: Beginners - 2nd: Intermediates - 3rd: Advanced and Instructors

All participants felt fully satisfied with the quality and professionalism of the event, the great experience and knowledge of the masters and the very positive atmosphere that prevailed throughout the event.



In the event offered welcome coffee and snack at the first day, while the second day participants enjoy an amazing meal in an hour breaks.

76 participants, 43 trainers (24 Martial Arts School owners) and 33 students from 20 different Martial Arts (ITF, Ju-Jitsu, Krav Maga, Shotokan, Fu Jow Pai, Muai Thai, Kick Boxing, Western Boxing, MMA, Kenpo, Jeet Kune Do, Wing Chun, Kali, Wing Tzun, Kyokushin, Hapkido, Kumdo, Ninpo Tai Jitsu, Balintawak Nickel Stick, FCS Greece).

It was an event with attention to every detail, which was in a wonderful place with 1000m2 hall.

The International Filipino Martial Arts Cross Training Seminar organized by the FMA Brotherhood ([www.fmabrotherhood.com/en](http://www.fmabrotherhood.com/en))



**Master Richard Cotterill**

Richard is the founder and chief instructor for the International Balintawak Europe Group. He started training in martial arts at the age of 10, at age 16 after enlisting in the UK armed forces he soon found himself teaching others both military and civilian.

He has travelled extensively providing seminars internationally in many parts of the world including UK, USA, Canada, U.A.E., Spain, Germany, Switzerland, Poland, Austria, Italy, Greece.



He is passionate about what he teaches and how he teaches it. Always striving to improve himself and the teaching methodologies he uses to create a learning framework that is functional yet flexible and gives true meaning to the term "transferable/useable skills".

His aim is to create a mindset that involves combative movement and the practical application of that movement rather than a collection of techniques. Richard reminds his students that "Art means you as an individual not copying, copying (production line) with no level of self understanding or ability / knowledge of how to evolve yourself". Richard just acts as a guide, always humble to admit at over 50 years of age he has still not finished learning.



**Master Michael Kossivakis**

During his 40 years of experience in the field of martial arts, 30 years of Michael's professional career have been spent in his own schools, investing over 70,000 hours to teaching Karate - Kick Boxing - Tactical and Filipino martial arts.

Michael began specializing in the Filipino martial arts in 1991. Since then, he has remained dedicated to the expansion of his own knowledge, participating in over 200 specialized martial arts seminars in Greece, USA, England, France, Germany, Belgium, Holland, Switzerland, Italy, Hungary...

Currently, Michael is responsible for the overall operation of the Filipino martial arts program in 20 martial arts schools and 5 training groups in Greece, while the FMA Poland (Filipino Arnis De Mano Poland) and one school in Wales (Filipino martial arts in Wales, have incorporated his knife training program (FCS Greece Blade Programme) since 2010.

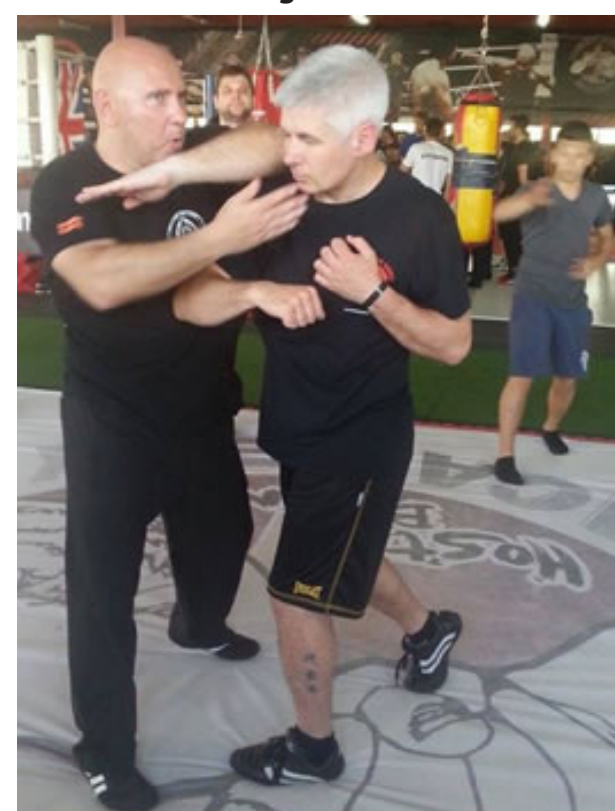


He has also established 22 instructor schools, attended by over 150 scholars, teachers and coaches (up to 8th Dan) from over 85 different martial art styles, and has performed over 1000 (one thousand) FMA seminars in Greece, Cyprus and Europe (Belgium - France - Poland, Switzerland, Italy, Hungary, England)

- Master 6th Dan Black Belt in KARATE 2000 / USA by USAKF and AKBBA
- Master Instructor 5th Dan Black Belt JU-JITSU 1997 / USA by USMA
- International Master KICK BOXING 1995 / England by WAKO
- Instructor Filipino Combat Systems 2007 / USA by FCS
- Senior Instructor Modern Arnis 2010 / USA by MARRPIO
- Police Defensive Tactics Trainer 1993 / USA by DSI
- Certified Karate Coach, by the Hellenic General Secretariat of Sports - 1995
- Professor of Martial Arts / American College of Martial Science / USA - 2002
- Academic Instructor of Self-Defense in the Greek Police Officers' Academy.
- Academic Trainer of Self Defence in the post-secondary public education institution.
- Speciality: Security & Infrastructure Skilled Personnel



**Master Eric Laulagnet**



Eric Laulagnet has been practicing martial arts for more than 40 years, he worked with the greatest French and International experts around the world.

He trained during 4 years in the Philippines directly under grand Masters as Grand Tuhon Leo Gaje, Tuhon Rommel Tortal, Grandmaster Rodel Dagooc....

He is Mandala (Master) and chief instructor for the Pekiti Tirsia Kali in France. He is 5th Dan in Kali Eskrima FFKDA. Currently, he is a Kali and Jeet Kune Do Instructor, a 5th Degree expert in Self Defense and Defensive tactics, 2nd Degree Black Belt in Kung Fu and a Ju-jitsu Black Belt.

He has performed in many Filipino martial arts seminars in Philippines, Japan, France, Canada, Belgium, Greece....

His research in the field of martial arts from South East Asia has led him to develop a realistic and efficient self-defense method.

Eric is also a professional tactical and firearms instructor, training special units around the world and specially the Philippines special forces.







### AMOK! Sweden Spring Camp 2015

May 23 - 24, 2015  
Vellinge, Sweden

This year's spring camp was held at the very scenic Viking Village in Vellinge, Sweden on a beautiful piece of property right on the ocean with warm sun, cool breeze, and lots of wild flowers. The cabins were quaint and comfortable which made it convenient for trainees to stay on the training grounds and there was a nearby convenience store, fast food, and a market too.

Friday evening, Tom Sotis presented a lecture on Fighting Methodology, which is the study of how different fighting systems integrate their techniques. Tom's presentation included the Quick-Skill Method, which is believed to be the fastest known method of integrating fighting skill to the point of spontaneous adaptation. Ten people attended who asked a lot of interesting and intelligent questions. There were a lot of "Aha" moments and there was a lot of positive feedback over the weekend.

Saturday morning, Tom presented Expanded Counter-Striking that builds upon the core skills of Passing or Stopping incoming strikes when in close quarters. This began by achieving Passes or Stops using

the edge, point,ommel, or spine (and tip) of the blade to the Arm, Body, Legs, and Head. The singular Pass and Stop actions were compounded to form combination responses and then blended to effectively manage a fast combination attack when there is no time to think and trained reactions carry the moment. Compound counter-striking actions then undergo a progression of practice activities to successfully implement them in a realistic environment of real (changing) time and real chaos.

Saturday afternoon, Gregory Cruz presented more exciting pistolcraft. As always, starting with Safety rules the IG way, and then expanded on Rule 4 with KIM's game, a visualization and memory retention drill. Cruz proceeded with a quick class on fundamentals before jumping right into force-on-force (FoF) where the primary focus on identification and engagement supplemented with several skill enhancement drills taken from the FoF fight. Putting their training back into use, the day's training ended with FoF activities.

Saturday evening, Mattias Persson treated everyone to a

Viking Feast of epic proportions. Matt spent a lot of the day preparing and cooking for 20+ very hungry people. The food was amazing and laughter filling the dining hall testified to the terrific time had by all. It was great to see so many long-time practitioners of AMOK! still active and evermore skillful, and as well to enjoy the newcomers who keep everyone on their toes. Special thanks to AMOK! Instructor Mattias Persson for taking care of all the logistics for the camp. Mattias secured the venue, paid the instructors' air tickets, ran the ads, collected the funds, did the food shopping, arranged for the targets and stands, organized the weekend's events, cooked the feast, and then cleaned up after everyone hit the road. Mattias did all of this while taking care of two guest instructors and that weekend was his lovely wife's birthday too.

Saturday night, Cruz gave an illuminating (excuse the pun) class on low-light engagements where he covered the types of lights to enhance lowlight shooting, reasons for using lights, hand-held or weapons-mounted considerations, and light sources other than flash light. Cruz

then went on to cover low-light the pros and cons of different shooting positions and an into Night Vision Devices.

Sunday Morning, Tom taught "Sparking" which uses a blend of blade and empty-hands counter-strikes to overwhelm an attacker on the first moment of contact. When attackers wore head gear and made full-on attacks, the effective stopping power of Sparking was self-evident, even when the receiver was empty-handed.

Sunday afternoon, Cruz expanded on the fundamentals and ready positions before covering linear danger areas. After a bit more FoF activity, they worked more on angles and ready positions and then added off-line movement. The training concluded with a stress-fire FoF drill that had everyone experiencing pressure and adrenaline for an exciting wrap-up.

Once again, our thanks to everyone who attended and know that we have something very special the upcoming AMOK! Sweden Fall Camp on the weekend of November 14-15, 2015.

**Tom Sotis**

**Visit:** amokcombatives.com

### Pekiti Tirsia Kali

Guro Christophe Verdot  
May 23-24, 2015  
Lannion, Brittany, France

For the very first time in Brittany (west of France), the Silat Seni Gayong KHTC Bretagne's club, invited Mataas Guro Christophe Verdot, the only French practitioner living in Philippines and teaching Pekiti Tirsia Kali.

A Small group attended, but a very friendly and hard working students, for the 2 days of 10 hours total to discover of the art of Pekiti Tirsia Kali near the medieval city of Lannion.

Mataas Guro Christophe Verdot was assisted with his assistant Guro Christophe Tari.

For sure, our club will invite him next year! Cikgu Daoud aka David Boussion, representative of Silat Seni Gayong Kumbang Hitam Training Center (KHTC) for Brittany province and vice president of Silat Seni Gayong KHTC France" - **Panglima Datu Daoud**



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

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**Baxafra Armor Self-Defense Awareness Seminar**

May 24, 2015  
Paco Park, Manila, Philippines

By: Teacher Edward A. Mirador Head Coach/Trainer also of Arnis Varsity at San Bartolome High School in Novaliches, Philippines

The seminar training entitled Picnic Camp Self awareness was held last May 24, 2015, Sunday at around 9am at the historic Paco Park. It was lead by the head instructor Maestro Ronaldo Baxafra with his wife Dayang Jemn. The attendees were two Arnis Varsity Russel Aramo and Kent Casao, professionals Ms. Judy Daiz former 3x Champion World Arnis Organizations (W.A.O.), Ms. Allen de Guzman Silver medalist in W.A.O., Mr Mikesell Bandin also a Silver medalis in W.A.O., Mr. Edward Mirador and an Arnis beginner, a Science teacher, Mr. Ruel Legario who was invited by Mr. Mirador. Mr. Legario and Mr. Mirador are colleagues in San Bartolome High School.

The seminar was started with a prayer, followed by twirling warm-up and practical application of twirling and purpose then by an introduction to Arnis and self defense. The training as introduced by Maestro Baxafra focused on self-defense and self awareness. Participants were paired to cooperatively execute the techniques shown by Maestro Baxafra.



The training followed by review of some basic and advance sinawali the double weapon applications and single weapon redonda and their empty hand defensive and counter applications. As for Mr. Legario, twirling and redonda were step-by-step and patiently given to him by Mr. Bandin and was backed up by Mr. Mirador in knife defense and mano y mano hand techniques. Maestro Baxafra also showed knife defense and tactical application counter-attacks and some counter-to-counter applications (Reversal)- the highlight of the seminar training. Lastly, some of double edged blade dulo-dulo sanggot and panuntukan (dirty Boxing) were exhibited by Maestro Baxafra. The training was concluded by distribution of certificates.

The training elapsed for 3 and a half hours but it was packed with knowledge that is very timely and relevant in this modern age were crime and abuse is always around. Self-defense using Arnis has been proven very practical. This art is within us. Like a candle, all we have to do light it up and practice it, to protect ourselves and also our live ones.



Arnis Varsity Team from Polytechnic University of The Philippines with their Coach, Master Arroyo



Arnisadors from Baguio



Lady Arnisador



Lady Arnisadors from Iloilo's Dingyang Bastonero

**Latosa Filipino Boxing**

May 27, 2015  
Petaluma Academy of Martial Arts  
620 Petaluma Blvd N., Petalima, CA.



Filipino Boxing Seminar with Grandmaster Rene Latosa and Master Cedric Concon at Petaluma Academy of Martial Arts hosted by Master Dan Cuthbertson. The students were great--focused and eager to learn new concepts! Excellent! - **Cedric Concon**

**Arnis Philippines Results of Women's Martial Art Festival 2015**

May 25-27, 2015  
Megatrade Hall 3, SM Megamall  
5th Level, SM Megamall Building B, SM Megamall  
Julia Vargas Avenue, Ortigas Center, Mandaluyong, Philippines



The Philippine Sports Commission (PSC) held PSC All Female Martial Arts Festival. The 2nd Women's Festival of martial arts was held on May 25-27, 2015 at SM Megatrade Hall, SM Mega Mall. The events were Arnis, Boxing, Fencing, Judo, Karatedo, Muay-Thai, Penkat-Silat, Taekwondo, Wrestling and Wushu, to name a few. The Arnis event is sanctioned by the National Sports Association under the Philippine Olympic Committee, Arnis Philippines Inc. and was officiated by ARPI's Technical Committee. Participants came from all over the country.

**Results Click Here**



(L-R) ARPI T.O. & Emcee Mr. Ceasar Gonzales; Mr. ARPI Sec Gen. Richmond Velayo and PSC's Atty. Jay Alano along with Medalists: Sherlyn Jose of Valenzuela City (Silver medalist), Lovely Maximo of SALAKNIB-Quirino Province (Gold Medalist); and Bea Alianza of Iloilo's Dinagyang Bastonero Team (Bronze).



**FMA Seminar Featuring Suro Jason Inay Head of the Inayan System of Eskrima**

May 30, 2015  
Academy of Combative Defense & Fitness  
5833 Cottle Rd, San Jose, CA.



An Exciting seminar where Suro Jason Inay, the head of the Inayan System of Eskrima, illustrated how each of the styles within his family system fits together and works tactically. Suro Jason Inay also covered some of the elementary concepts for teaching and learning the Inayan System of Eskrima, founded by Mangisursuro Mike Inay.

**Kuntao Seminar - Sifu Chris Derbaum**

May 30, 2015  
Hammer Training & Fitness  
420 Allentown Dr., Allentown, PA.

Chinese Indonesian Combat Arts held Kuntao Seminar on Saturday May 30, 2015 in Allentown, PA. at Hammer Training & Fitness. The Seminar was taught by Sifu Chris Derbaum and he was assisted by his long time student Sifu Justin Miller. Seminar participants got rare glimpse in the ballistic striking along with how Kuntao uses the whole body to generate power. Footwork, knifework and takedowns highlighted this event. The host of this event was Esli Gonzalez better know as King E!



Great Kuntao Seminar in Allentown today. Want to thank Host Esli Gonzalez and everyone that made the trip. - **Chris Derbaum**

**FMA Seminar at Workshop in Beijing**

Featuring: Brother Jhun Occidental  
May 30, 2015  
Tiger King Gym  
Photographer: Rhio Zablan and James Lin



**Dos Manos Knife Seminar for Police and Citizens**

Pangulo Guro Mike Keller  
May 30, 2015  
Sweetwater, TX.

Pangulo Guro Mike Keller has been certified in the Inosanto/LaCoste Kali system, and the Lucaylucay Kali/Escrima System. He also has extensive training in the Bracero Navaja knife method.

This seminar will introduce students to the PDT Dos Manos Double Dagger System including the "Alto Seis" (high 6) and "Baja Seis" (low 6) knife sectoring system.



**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](http://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](mailto:mestrella@sbcglobal.net) \$37 including ground USPS shipping in the USA

**Mandirigma.org now offering Sponsor Membership**

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 even expand capabilities.

For more information on how to be a "Sponsor Member" or donate to the cause, please go to the following link.: **Click Here**  
Please contact us for any further questions.

Thank you for your interest and support!  
Maraming Salamat Po!



**Filipino Martial Arts Seminar - Toronto, Canada**

**Featuring:** Pinakatay Arnis Sigidas  
**Hosted By:** Punite Fighting Arts  
May 30, 2015  
International FMA Academy  
1992 Yonge St., Ontario, Canada

Ultimate Eskrima International (UEI) from Md, USA held a Filipino martial arts seminar in Ontario, Canada last 30th of May 2015 at 1992 Yonge St., ON, Canada and hosted by Master Guro Oliver F. Garduce of the Punite Fighting Arts. The UEI crew includes, Kuya Walter Crisostomo, Kuya Wesley Crisostomo, Palaban Lexi Crisostomo and Palaban Roger Velasco. It was a one day affair but Palaban Roger drove round trip with his wife Sally and daughter Katrina also to see his brother while the rest flew in from Maryland.



TKMT Gym was spacious and clean and afforded a suitable place to hold a complete seminar. Master Guro Oliver opened the event with introductions and taught his knife combat skills, the defenses and offenses that come with the drills and patterns.



The "Bigayan" made most of the fun and interest when the participants learned how to engage opponents with blades. He expounded on the offensive moves, disarming and the foot coordination in his teachings. He explained the optimum ranges as consciously estimated to effectively apply the knife techniques and emphasized this by having the participants work in pairs and execute the interactive part of each technique. The finale was the blade sparring test and demonstration with Palaban Lexi as the dynamic dummy where Master Guro Oliver showed his deadly skills when he used multiple thrusts for Palaban Lexi to parry and counter. Everyone enjoyed this part best as they seriously applied their learned blade skills in a controlled presentation courtesy of Master Guro Oliver.

The second part of the event was UEI (we) sharing the Pinakatay Arnis Sigidas System (System of principles) and the techniques that everyone found distinctly different from what they already know. They were thrilled to learn new things



that were useful and ready to add to their already tested skills. The system being new, we have to start from the basics PAS 101 for them to understand how the movements and the creation of openings/ un hindered targets. We then had to re-program their way of striking as well as their mindset during engagement.

Learning new methods and concepts in maneuvering the Arnis sticks (solo baston) takes a slow process to grasp the idea apart from learning the techniques alone. In this system, we broke down the way each one is use to engaging a stick fighter with the aim of optimizing the power, accuracy and the precision in delivering the kill strike. We were satisfied with the attendees as they were open minded enough to absorb what was explained and to try experiment on the new techniques they just encountered. We emphasized practicing the basics and going back to the basics as the simplest way to enhance the learning process.

Kuya Walter took the charge of explaining the body mechanics and the different strikes that Pinakatay Arnis Sigidas can do at very close quarters. He pointed out that most arts has specialized in chambering strikes as opposed to Pinakatay Arnis Sigidas "witik / pitik" method of striking and that Pinakatay Arnis Sigidas also have the Filipino martial arts generic chambered strikes in its arsenal to be used when needed. He showed how



Pinakatay Arnis Sigidas can deliver the same strikes even when in a retreating motion.

Kuya Wesley expounded on the uniqueness of Pinakatay Arnis Sigidas in their abanico strikes, the versatility of the backhand and forehand techniques relative to the use of the wrist power. He also told of how most Filipino martial arts critics brand Pinakatay Arnis Sigidas witik /pitik as nothing more than touching or another ineffective way of striking and how Pinakatay Arnis Sigidas respects their point of view. He explained that once you learn "Pinakatay," you will develop a "dual personality" which raised eyebrows. He said that Pinakatay Arnis Sigidas was not there to challenge the existing structure but to try and go beyond the common understanding of such structures.

It is up to the listener to accept it or ignore it. Respect towards one another is foremost when sharing ideas and opinions. Palaban Roger taught them the essence of the live or checking hand and its role in the creation of openings and clearing. He demonstrated the 12 striking areas (of the Pinakatay Arnis Sigidas system) and how it is targeted at will based on the opponent's reaction and position in an engagement. He showed how he can see his targets 2 strikes ahead just basing on the opponents movements.

Everyone learned the functions of the left and the right hand, the roles of the weapons and the quick hand, the methods of neutralizing the opponent's offensive and defensive moves. The interactive portion saw the participants (controlled strikes) hitting their partners at designated targets much to their surprise as these targets cannot be reached by conventional maneuvers. The application made them aware that Pinakatay Arnis Sigidas capitalizes in random strikes and not sequential in order to improve their reaction time and instinctive defenses. They marvel at how strikes can be done multiple times in a second and at specific target areas.

The non-choreographed demonstration by Palaban Lexi and Palaban Roger displayed the Pinakatay skills and techniques in real time in two settings, one with helmet and the other without helmets. They showed how to deliver controlled or not controlled kill strikes even at full speed sparring without doing MUCH damage to each other. Leaving welts and bruises after each spar is quite normal with Pinakatay Arnis Sigidas system but that is how the Filipino martial arts is done. Learning Filipino martial arts is more exciting when one experiences pain in both weapons or otherwise. Although it takes some time to learn the Pinakatay Arnis Sigidas system, it is quite effective, practical and the many awkward and almost "impossible" striking movements that the Kuyas can do can almost certainly be learned by anyone and be added to their arsenal.

Maraming Salamat po Wesley Crisostomo



During the same short visit to Toronto to conduct an Filipino martial arts seminar hosted by Master Guro Oliver F. Garduce, the Kuyas did a simple ritual awarding the "Mataw Guro Association" certificate of recognition to MatawGuro Oliver Garduce from the UFoMA Hall of Fame Awards. Along with this ceremony, we also awarded a simple certificate of participation to the attendees for the seminar itself and for learning the Introduction to the Basics of Pinakatay Arnis Sigidas System. UEI also introduced the Book of Dr. Ned Nepangue and Celestino Macachor entitled " Cebuano Eskrima : Beyond the Myth". There also exchanges of small remembrance articles between teachers.





**Masters of Tapi-Tapi / International Modern Arnis Federation's Texas Blast**

May 30 - 31, 2015  
Rowlett Community Centre  
5300 Main St, Rowlett, Texas

On May 30th and 31st, 2015 the Dallas Modern Arnis Club hosted International Modern Arnis Federation Master of Tapi-Tapi Charles Gauss and I.M.A.F. Master Earl Tullis for a weekend seminar of Professor Remy Presas's Modern Arnis.

Both Mr. Gauss and Mr. Tullis openly and deftly shared the Professor's art with our eager group. The experience levels were from beginners to experienced practitioners. Master Gauss traveled and trained with Professor Presas extensively and was one of only seven people in the world awarded the title of Master of Tapi-Tapi by Professor Presas. Tapi-Tapi is a term that means, "counter-for-counter". Master Tullis also trained under the Professor. Both Masters instructed left vs. right tapi-tapi drills and built from there. Their enthusiasm, love for the art and their loyalty to Professor Presas was evident. High praises for both Masters were heard throughout the weekend.

The surprise of the weekend was Guro Darren Dailey's promotion to Lakan Dalawa (2nd degree black belt). He was humbled and honored to be promoted by Master Gauss and Master Tullis and that his direct instructor, Dr. Hume, was present for the ceremony.

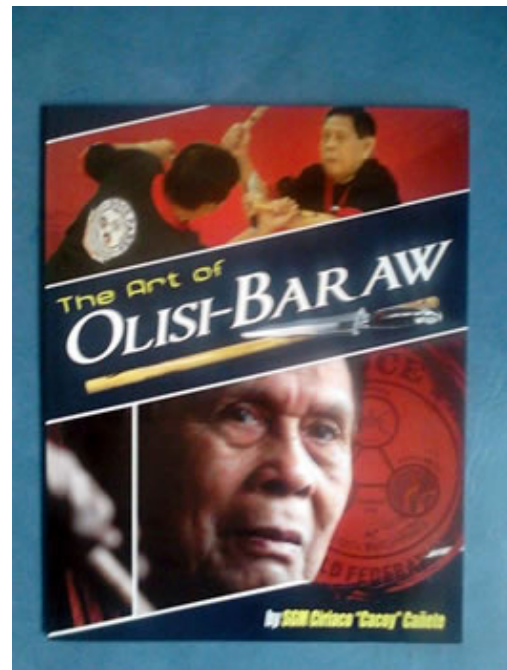
The next Texas I.M.A.F. event with the Masters will be July 25th and 26th in College Station at the Academy of Modern Martial Arts at 2501 Texas Ave. suite A-104. This event will be hosted by Dr. M. Hume of the I.M.A.F.

**For more information contact:** Master Tullis at (713) 882-9016, Guro Hume at (979) 695-7150 or Guro Darren Dailey (972) 207-1302



**"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 Eskrima, Jui Jitsu and Kodokan Judo among others.

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

**3rd Annual FCS Kali Seminar**

May 30-31, 2015  
DC Kali  
916 G St NW  
Washington DC, District of Columbia

For the 3rd year in a row DC Kali has been proud to hold the annual FCS Kali seminar here in downtown DC. Although our training group is small, each year the seminar gets bigger and better! In addition to Tuhon Ray Dionaldo, we were blessed to have Lakan Guro Pipo Lopez in attendance. This allowed Tuhon Ray to go blazing fast and really show off the FCS flavor. Without having such an accomplished "uke" for Tuhon, the participants would not have been able to see how FCS should really look like.

The two day seminar started with Tuhon Ray and Lakan Guro Pipo testing a bunch of my students on the curriculum for Level 1 and Level 2. They sweated it out for two full hours before testing was done and the public seminar began.



The seminar Tuhon Ray decided to focus on the FCS Sumbrada. Unlike the regular 6-count Sumbrada in the curriculum, this triple-hit give and take sumbrada is designed to allow the players to freely move and create within its boundaries; inserting additional strikes and temporary locks into it. In fact, it would be the basis for the Espada Y Daga portion that he taught on Day 2. Afterwards we spent the remainder of the day doing Sarong work. Tuhon Ray demonstrated the sarongs crushing power and showed us how to implement and access the sarong and various entries and take-downs using the sarong. By the end of the seminar we were all drained and portion of us made it out to a local hangout spot for food and drinks to celebrate.

On day two, we started out with a history of Panantukan and its evolution in Hawaii and in the U.S. Then we went over the FCS Panantukan set which is based on timing and rhythms, and has a largo and corto component of it. Because the FCS Panantukan pattern is based on dual blades, positioning of hands and guard was stressed a lot. First we ran through the 7 "notes" on a "scarecrow." Then we focused on each strike, guard, and elbow strike that's integral to the set. We next focused on using a solo knife in the same set in the right hand, then in the left hand. Finally, we worked on "quick draws" within the FCS Panantukan set and how to use aspects of the Panantukan set to stop an attacker from deploying his weapon while maintaining a guard and quick drawing our own weapon to strike one of the vital points.

Finally, we used the last hour and a half to work on the FCS Espada Y Daga flow that was based on the previous days FCS Sumbrada. First we focused on the pattern, then we focused on our range, and finally proper movement to minimize efforts to block and counter-attack. Needless to say, by the time the seminar was over, all of us except Tuhon Ray and Lakan Guro Pipo were completely drained mentally.

Thank you to Tuhon Ray and Lakan Guro Pipo for flying up to DC to spend 12 hours guiding us through the intricacies of FCS Kali. Also a hearty thanks to all the participants and our guests who represented Modern Arnis, Lameco, and Combat Kuntao styles of martial arts. Looking forward to practicing the concepts and training over the next year, and an even bigger and better seminar in DC next year! Mabuhay! - **Mosi Jack**



**Stickman Escrima Products**  
Hi-Impact Sticks and Blades  
www.stickman-escrima.com



**Guru Dan Inosanto Seminar**  
May 30-31, 2015  
Gelinas Academy of Martial Arts  
1121 Ste-Catherine West, 5th floor  
Montreal, Canada



FMA and JKD legend, Dan Inosanto returned to Montreal for the 27th time to conduct another highly successful JKD and Filipino Martial Arts seminar. A true pioneer in these efforts he has seen the Filipino Martial Arts evolve from an interesting curiosity to a mainstay in many martial arts academies. - Philip Gelinas

www.montrealmartialarts.com

**Panuntukan - The Art of Filipino Dirty Boxing Seminar / Workshop**

Laraw Kali Pamuok  
May 31, 2015  
Senior Citizen's Park  
Luntea Park Manila

A good and nicely packed seminar with 23 participants attending the event. Laraw Kali Pamuok FMA opens its door and showcases its complete Panuntukan Curriculum on the grounds of Rizal Park last Sunday, May 31, 2015.

Lakan Ronnie Royce Base, the Founder of the system together with his apprentices demonstrated the art of Panuntukan, its principles and methodology that includes Hubad-lubad, Cadena De Mano, Hand trapping and clearing techniques, Foot trapping and sweeping techniques, Entries and follow-ups, Focus Mitt Drills and many others.

Lakan Ron also differentiated and shown the many similarities of conventional and traditional boxing. He demonstrated the connections between empty hand system and blade concept of Kali. It was a worthwhile activity because it had served its purpose of promoting the Filipino martial art to its own people, awakening their senses to embrace and patronize their very own martial art which has been recognized by people worldwide.



**PTK-SMF Tactical Knife Fighting, Single/Double Blade, Empty-Hands and Takedowns**

May 31, 2015  
Bayanihan Center  
14301 Nine Eagles Dr, Keystone, Florida

When news broke out in the Philippines that there was a lone survivor of the SAF 44 massacre, news traveled fast that the single survivor was PO2 Christopher Robert Lalan. According to the news story this lone survivor was able to defend himself with only a single knife and was able to dispose of eight terrorist who would have executed him as well.

PO2 Lalan credits his Pekiti Tirsia Kali training to his survival against great odds.

Cruzada Pamilya is comprised of various disciplines of the Filipino martial arts in Florida, one of which is PTK SMF. So to demonstrate some of the training possibly utilized by PO2 Lalan, Cruzada Pamilya sponsored a two day event in Orlando & Tampa Florida May 30 & 31 2015 to showcase Pekiti Tirsia Kali -SMF Tactical Knife Fighting Single/Double blades, Empty Hands and Take Downs. This event featured Mataas na Guro Dino Martinez, Director of Pekiti Tirsia Kali Global Organization (PTKGO).



This was a unique opportunity to experience and learn the tactical fighting system of PTK-SMF with the knife, translated to empty hands application and take downs as utilized in the military application of the system.

Dino Martinez an exceptional Instructor of the technical, tactical, and instructional methodology of the Authentic Pekiti-Tirsia Kali System. Mr Martinez continually researches both the historical and modern execution and application of Pekiti-Tirsia, the Filipino Martial Arts, and Combat Science. He is the Senior Instructor under Tuhon Tim Waid, President of the next generation Pekiti-Tirsia Kali System Global Organization of Instructors, which offers the most comprehensive and definitive resources available for Instructors and students of the Pekiti-Tirsia system.

When one seeks to define the differentiation of "PTK-SMF from other this is what their website describes their system: Provides functional knowledge and develops effective combat and self-defense skills in



students immediately, during every instructional period, not in weeks, months, or years later.

Pekiti-Tirsia Kali is the most complete, advanced, and effective system of Filipino martial arts in existence today. Pekiti-Tirsia is a true combat Blade Fighting system that employs all edged and impact weaponry, empty-hands combat, and integrates seamlessly with the use of modern firearms.

Today, Pekiti-Tirsia Kali is trained and executed in combat and survival by military operators, law enforcement officers, and citizens across the free world. Pekiti-Tirsia Kali is the official martial arts combat system of the Philippine Marine Corps and is the only Filipino martial arts system recognized as official war fighting doctrine by the Armed Forces of the Philippines (AFP)."

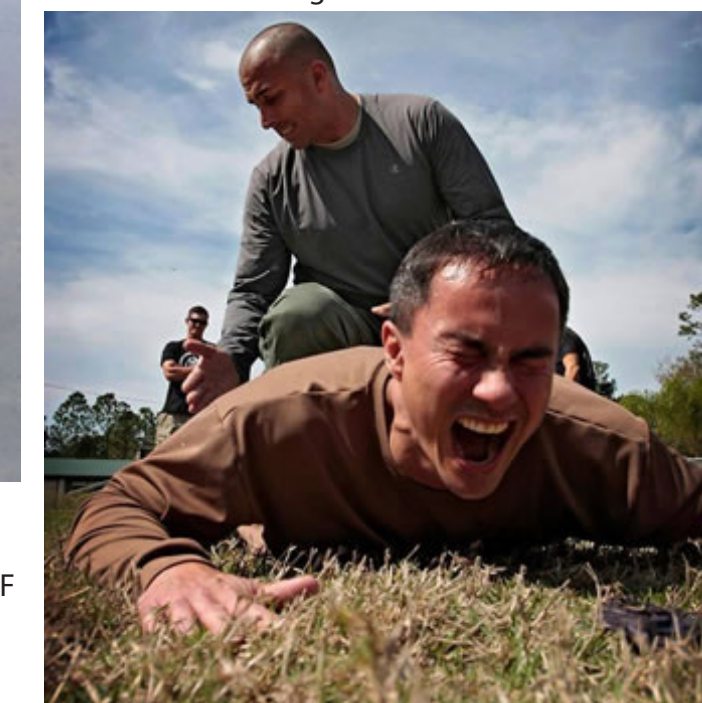
During the training Mr. Martinez established the foundational skills necessary to make the weapons efficient and deadly by teaching the systems "delivery vehicle" the PTK foot work where this allowed the practitioner to manipulate timing and distance negating the opponents attempt to counter the attacks and counter attacks.

The empty hand component of the training was endearingly described as "chimp hands" where the attendees were able to deliver



devastating empty hand attacks utilizing the blade system without compromising the integrity of the fighter's hands and fingers. So as to avoid the risk of sustaining the "boxers fracture" should an ill placed punch land on solid bone. These empty hand techniques were complemented with the take downs necessary to quickly end a fight.

So when the single and double knife was



introduced the participants were already well versed with the skill set initially introduced by Mr. Martinez. Thus allowing for a systematic logical progression of skills building and training. No wonder PTK is the system chosen by the military. Cruzada Pamilya is proud to have PTK-SMF among its ranks and that we can call them our "Kapatid" - Simeon Lao



Below is a brief excerpt of a participant to the seminar.

**Joe Rambac Wakey**  
**My lesson of the day.....**

Training specificity! What does this mean? Simply stated, it means if you want to be a good runner - run. If you want to be stronger - lift weights. If you want to be a good fighter - then fight.

It often takes years of exposure to strikes, twists and falls to condition the body for the impact and rigors of a fight. Today, I realized (again) just how quickly you lose it, if you don't use it. With each strike absorbed, my body crumbled in pain. My arms shook as the result of the shock from each strike, slap and hack that crashed upon them and I knew after the first hit that today was going to be a long day....but a day necessary to get back to fighting form.

I attended a martial arts workshop conducted by my good friend Mataas Na Guro Dino Martinez. He focused on the empty hand system of Pekiti Tirsia Kali. We reviewed the striking mechanics of the knife and how these same mechanics translate to the weapons of the body (hands, elbows, knees and feet).

One note about PTK-SMF, once the mechanics are understood and practiced in the stationary position, it is not mastered until it can be executed at speed against an uncooperative opponent. This is the way of Pekiti Tirsia Kali as taught by Tuhon Tim Waid.

Most systems fall short of mastery because they never progress from the stationary position. The truth is, you cannot win standing flat footed in front of your opponent, especially if a blade is involved. PTK-SMF is about moving. You don't have it, until you are moving and striking against an opponent who does not want to be hit!

Today was a painful lesson on how far and how quickly I've let myself go. It was a painful wake-up call, but the pain made me feel alive and happy. Time to armor up and refocus on the specifics of my training.

Thank you for a great workshop Dino and thanks to all those who attended and helped me realize I need to step up my game."



**Arnis Canada Inc. & Punite (PMACC) Present: Training Seminar**

(For Sports Events and Martial Arts Competition)

June 6, 2015

Masaryk - Cowan Community Center  
 220 Cowan Ave., Toronto, Canada

In preparation for parkdale cup this June 13, 2015 and the Biradahan/Punitehan sa Toronto on July 5, 2015 tournaments.



**Southern Stick Slam 2015**

June 5 - 7, 2015

2400 Gillionville Rd, Albany, GA.

The Annual Modern Arnis Camp for Arnis International was held in Albany, Georgia, from 5-7 June at Darton College. Once again, the venue was perfect and everyone had a great time. Grandmaster Bruce Chiu did most of the teaching, covering disarms, counters, sinawali and applications, and of course tapi-tapi. His energy and openness were a delight for all and kept things very down-to-earth.

Grandmaster Jack and David Hogan discussed accurate targeting



tests was held round-robin via individual sessions with a cross section of graders and several deserving black belt and other ranks were awarded.

I'm already looking forward to next year's camp - hope you can join us! All styles and organizations are welcome! - **Tye W Botting**



applications with an eye towards useful striking points and strategies. Guro Tye Botting also contributed variations and covered "alive" training, including targeting and delivery, distance control and footwork, and keeping the cane alive when it has been freed for action.

As usual, the other black belts in attendance each contributed a lot of material and their own fine points for a very active and engaging summer camp. Rank



**6th Annual Vallejo Filipino Martial Arts Goodwill Tournament**

June 6, 2015

Vallejo Waterfront

298 Mare Island Way, Vallejo, California



The 6th Annual Vallejo FMA Goodwill Tournament was held at the 29th Annual Vallejo Pista sa Nayon, on Saturday, June 6. This was the first FMA tournament to be held outdoors at a major Filipino festival in the U.S. The tournament was hosted by the instructors of four Vallejo-based Filipino martial arts schools - Grandmaster Michael Giron of Original Giron Escrima, Grandmaster Emil Bautista of KajuEskrima, Master Mel Orpilla of Island Warriors Balintawak Arnis, and Master George Cabiles of Kombatan. It is unique in that it is a double elimination tournament using teams for the adult fighters. Under clear but windy conditions, fighting got underway with the Juniors 12 & Under Division shortly after the rules were read to all the participants. With only three contestants, each was assured they would go home with a trophy, which this year were either a gold, silver or bronze colored Escrima stick on a stand. The winners were:

- 1st Place - Chaz Leonard
- 2nd Place - Jarell Baker
- 3rd Place - Ethaniel Cabrera

Next up were the Juniors 13 - 17. Some of the best fighting of the day was witnessed in this category. Defending undefeated Champion, Hanale Wilson, from KajuEskrima, was back to defend his title. He was able to do so but had one loss along the way. The winners were:

- 1st Place - Hanale Wilson
- 2nd Place - Charles Burgess
- 3rd Place - Mike Estrada

After a 15 minute break, the Men's Teams were ready for battle. In front of hundreds on onlookers, six teams fought hard and strong. In the end, two of the three winning teams came from OGE (Original Giron Escrima). The winners were:

- 1st Place OGE 1**
  - Napoleon Reyes
  - Evan Rubin
  - Marc Winchell
- 2nd Place 974**
  - Justin Bitagon
  - Vince Williams
  - Alex Algar
- 3rd Place OGE 2**
  - Thomas Giron
  - Jeremy Alres
  - Frank Reyes



The tournament directors are already looking forward to next year during the 30th Annual Pista sa Nayon. - **Mel Orpilla**





**St. Louis Filipino Martial Arts Katipunan**

June 6, 2015  
C4 Sports & Conditioning Center  
12691 Conway Rd, Creve Coeur, Missouri

Saturday, June 6, 2015, St. Louis area FMA practitioners attended the 2015 MO Katipunan. Tim Rivera of Garimot STL organized the event that was an afternoon of instruction, demonstration, and sparring. Five different styles were on display for free one-hour seminars. Guro Joe Craig started off the afternoon teaching Inosanto-Lacoste blend kali. Guro Joe of Apex Training Center covered a striking pattern, a box drill, and hubud applications. Eric Primm of STL Counterpoint led a class in Cacooy Doce Pares corto applications, such as striking patterns, Jennifer drill, and breakout. Tim Rivera taught Garimot Arnis and covered long range striking. Guro Erol Weber taught Serrada escrima next, and Guro Chris Hesse taught Tabamina Balintawak. Thanks to Tim Rivera for organizing this wonderful afternoon.

*Eric Primm*



**Kuya Doug Mercida and Guro Ernie Lake**

June 7, 2015  
Knuckle Up Fitness  
Sandy Springs, GA.

**Blade Show - "FMA Convention" 2015"**

By Micheal Smith

**Atlanta Filipino Martial Arts**

*Mabuhay! Welcome to the Atlanta Filipino Martial Arts blog!*  
blog.atlantafilipinomartialarts.com

*Who am I, why do I have a blog? My name is Micheal Smith a Filipino martial arts practitioner and a person who is attempting to enrich himself with Filipino martial arts as well as Filipino culture. If you don't know me, it's ok, I barely know myself sometimes, and I don't have, nor have, earned any bragging rights. I'm writing a blog simply because I want to reach out to a community that is bigger than myself, but often feels somewhat compartmentalized. I want to break the walls, and share where I've been, what I experienced and what I have seen.*

*This is the first blog post of many (hopefully), of which I also hope to have guest bloggers write down their experiences and wisdom. I don't write in this manner often, so if my writing seems a bit wonky, forgive me, I haven't written creatively since college. Do the math, you will realize that's a long time. I'm not sure I've found my voice yet, but hopefully over time I will. So here goes nothing, my first Atlanta Filipino Martial Arts blog ever, I hope you all enjoy.*

So this past weekend our city once again hosted the Atlanta Blade Show. As one person in particular, called it an "FMA Convention". Blade Show was nothing short of awesome, what these blade smiths produce is nothing short of artwork. Like most artwork, many of the knives are beautiful, elegant and amazing to look at and hold. I'll likely need to save my pennies to buy something worthwhile and that will last me all my years. However, I'm just grateful to see and hold some of these pieces in my hands, at least for now.

However, I mentioned that it was also a Filipino martial arts convention. Why, you ask? This year we were fortunate to have several Filipino martial arts seminars take place this past weekend with some of FMA's most prominent instructors. Doug Marcaida has been a very leading

figure in the Filipino martial arts culture and for the first time, held a seminar in Atlanta. We are a very lucky bunch to have been able to gain his insights, his knowledge and hopefully some new skills in our craft. Kuya Doug is passionate, an amazing instructor and a true expert in Kali. What's more is that he is a very gracious, genuine and incredibly kind person to know.



My friend, mentor and Guro, Baste Carlos, of Carlos Hermanos Kali made an appearance at the halfway point

if this wasn't already super awesome, later on, two more masters arrived, this time from the world of Balintawak. Grandmaster



Baste and Doug catching up on 18 years in only a few minutes here after the seminar. However, they spent more time later on during the day to make up for it.

during the seminar. As soon as he walked in the gymnasium Doug's noticed and in unwavering kindness, stopped the session, and introduced him to the entire group. As

Monie Velez and Master Jemar Carcellar watched on as Doug continued to teach and show us more of Marcaida Kali. Eventually, running out of time, the seminar had to end, but not before Baste and Monie Velez put on a quick demo of his system of WOTBAG Balintawak disarms. The "WOW! Factor" with the crowd was huge here, and when the video is made



Atlanta Filipino martial artist Micheal Smith poses with Kuya Doug



Photo courtesy of Jason Croom

public, I will share it.

Grandmaster Monie Velez, Guro Baste Carlos and Master Jemar Carcellar taking a photo together after Grandmaster Monie Velez and Guro Baste giving the group a demo.

The seminar turnout was awesome, I was told that almost fifty people showed up, from as far as Ocala, Florida and Augusta, Georgia. Maybe some came further and I don't know, but as far as I have seen, this was one of the biggest turnouts for a Filipino

martial arts seminar in Atlanta that I have seen. The material was great. So Doug if you are reading this, thanks for your guidance and mentoring, I believe everyone learned more than they came in with and felt honored to be in the presence of your tutelage. I know myself and my training partner Guro Kat Lopez both had a great time. We sincerely look forward to your next visit to Atlanta.

By the way, did I mention that GN from Funker Tactical was there filming the event? That's

right, GN filmed the seminar and hopefully will have something to share with us soon.

After the seminar, the Masters all enjoyed chatting about the good ole' days, the current climate of the Filipino martial arts and the common bonds between the people and different systems. Baste presented Doug with a signed custom sword from Master Arnold Narzo of Kalis Ilustrisimo, Doug exchanged one of his DART knives and the both of them caught up on old times and new

until we were all forced to leave.

Soo... let's get back to the Blade Show right, this is why we were here right? So after a lunch, Guro Baste and I head to the Blade show. If Friday was big, Saturday was bigger! First stop, the Mikkel Willumsen Urban Tactical booth which Guro Chris Caban from the Atlanta Kali Group was running. Mikkel Willumsen, you sir are a scholar and artist in blade smithing. Your knives are exceptional in both design and functionality.



Ron Baliki of MARS posing with Guro Baste

From here, Guro Baste and I walked around, checked out every booth, made some friends, and Baste kept his keen eye on various designers and blade smiths for possible future designs of his own. Eventually we made it over to the Cold Steel booth and caught up with Ron Balicki. If you don't know who Ron is by now, then you should probably do some soul searching, Ron is a legend in the FMA community. It doesn't hurt that he is amazing in what he does for FMA and just an all-around incredible person to talk with. Baste and Ron chatted about their brotherhood in LAMECO. They share some common history and lineage through LAMECO and so they talked about the unfortunate and untimely passing of several of our greats in the Filipino martial arts.

We followed up with Doug's booth and found him just after running a demo on the utility of his DART knife. Unfortunately Doug's partner Anthony wasn't

around, but Baste and Doug had more time to catch up and talk about their days with Grand Tuhon Leo Gaje, and training together in the Philippines. So many stories and so little time, but the day is not yet over. While they were catching up, Jared Wihongi walked up and completed the trifecta! So here I am, standing in front of three great luminaries of the Filipino martial arts, Carlos Hermanos Kalis Ilustrisimo and Pekiti Tirsia Kali all represented

here within three feet of me!

As these three gentlemen were grouping for a photo, another local Filipino martial arts pillar, Guro Chris Caban walked by just in time. Guro Chris, your timing is impeccable, your mentorship remarkable and a fine example of how we should all viewed Filipino martial arts in our small community. I can only imagine how honored you must have felt when you were invited to be part of the pillars of FMA, in the

picture that I took of you all.

After a bit more of walking around, the Blade Show started to wrap up for the day. I heard Tuhon Ray Dionaldo and Guro Ernie Lake of Filipino Combat Systems Kali, were walking around. We didn't run into them this time, but we did have the good fortune of hosting Guro Ernie for a seminar the next day with the Atlanta Kali Group. More on this later. The plan now was to have dinner with Arnold Filiomeno's group along with



Guro Baste is pictured with along side Jared Wihongi of Pekiti Tirsia Kali, Doug Mercida and Atlanta Kali Group's Chris Caban.



Doug and his. So after everyone begrudgingly left the hall, we met up with the gang at the restaurant.

So while everyone enjoyed their dinner, Doug and Baste continued reconnecting and eventually ventured into the history, current trends and philosophy of the Filipino martial arts. Their collective knowledge of the arts is incredible and both have vast amounts of knowledge to share. GN from Funker Tactical was also there as well as Doug's right hand man Anthony Palmer. GN is a filmmaker and as most of us probably know, films and promotes Doug through his media

company. He is also aspiring to learn more about the Filipino martial arts and bring it to the forefront through films and storytelling. I dare to say, this evening was the genesis for great story and I hope to see something come of this soon.

Several hours later, we all eventually had to say our adieus and part ways. In true Filipino form we left with a full belly and greater friendship. Another Filipino martial arts seminar was set for the next day, so it's wise to go home and take rest.

Sunday, bright and early at eleven o'clock the Atlanta Kali

Group hosted Guro Ernie Lake of FCS Kali. Unfortunately, I was only able to attend the last hour of the seminar. However, it looked really awesome and it was super cool Ernie was able to give us some of his time. Guro Baste also made a surprise visit and brought his inventory of Kali gear. After Baste and Ernie were introduced the seminar continued on and eventually ended. I heard there was a lunch after the event, with some enlightening and captivating conversations, but I wasn't privy to any of it since I had to leave after the photo session. I guess I will hear those stories later.

All in all it was a great weekend, the Blade Show was super cool and the Filipino martial arts seminar turnouts were amazing. I got to hang out with my best friends, made some new friends and met some amazing people in the process. So if you are reading this, I will leave you all with this; if you love awesome knives and you love to train, make the next Blade Show a must see weekend. I am almost certain next year will be just as awesome if not more awesome. So bye for now, take care, be well and "Maraming Salamat!"

**Masters of the Warrior Arts**  
June 7, 2015  
Urban School Of Self-Defense  
120 W. 7th St., Long Beach, CA.

Grandmaster Darrell Sarjeant made his first appearance in Long Beach, CA, sharing the Art of Tahimik Mandirigma Kali Silat. Along with Grandmaster Sarjeant was Grandmaster Andre Glenn, Kaiso Shawn Cephas, and hosted Shihan Zahalea Anderson, chief instructor of the Urban School of Self-Defense. The main premise of the workshop was Unity. Each Master was assisted by the other Masters present which brought home the whole theme of the workshop. Any and all egos were left outside.

The participants congratulated Grandmaster Sarjeant, who was also in town to attend the Masters Hall of Fame Award Ceremony in nearby Los Angeles, CA. where he was honored among several leading Masters and Grandmasters recognized for their service to the martial arts and their community at large. Grandmaster Sarjeant stood proud to represent his teachers and honor them as he accepted his award from his sister in the Arts, Sifu Restita DeJesus.

The Masters of the Warrior Arts opened with Grandmaster Sarjeant sharing aspects of footwork. Participants were taught various methods of pyramid stepping and as they learned, they immediately were trained in De Cadena (chaining together). Grandmaster began with empty hand entry and exit. Participants were shown various methods to counter the jab and cross. Several types of throws and takedowns were shown and Grandmaster then began sharing several drills with the double sticks and basic four count Siniwali. Grandmaster shared just a few phases of the Tahimik Mandirigma Doble Baston A.D.D. (Attribute Development Drills). These encompassed Single stick against double sticks; Scissoring and Double stick entries. Grandmaster Sarjeant

concluded his session by sharing basic tactics utilizing the single stick.

Next up to share aspects of American Shorinji Te was the founder, Kaiso Shawn Cephas. This session focused on various applications of joint manipulations. Kaiso shared a wide range of variations stemming from many Arts that were enjoyed by all the participants.

Shihan Zahalea Anderson, host of the event, shared a demonstration of the Art of Sanuces Ryu Jiu Jitsu. Sanuces Ryu has a unique Filipino lineage that stems back to Professor Florendo Visitacion through the founder of Sanuces Ryu, Dr Moses Powell. Shihan demonstrated both empty hand and weapon principles,

concepts, and techniques of Sanuces.

Grandmaster Andre Glenn was our final presenter for the day. Grandmaster Glenn began with empty hand tactics as taught in his 360 Kombat System. Several one arm defenses were shown and the participants enjoyed the practicality that Grandmaster Glenn brought to these tactics. Grandmaster Glenn then shared aspects of the stick tactics of his system. Grandmaster shared several different weapons and how they would be used in combative situations. Grandmaster Glenn ended the session with instruction in the use of the Tomahawk both offensively and defensively.

The seminar concluded with a lecture by Grandmaster

Sarjeant. The lecture covered history of the Filipino Arts and the evolution over time here in America. Special Guest Professor Ron Chapel stopped by to lend his support and spend time with the seminarians and participants. Everyone was grateful that Prof Chapel took time off his busy schedule to come and be a part of this historical event.

All the seminarians look forward to working together again, while the participants vowed to spread the word for next year!

Miraming Salamat Po to all the participants, the guest instructors, and the host for a wonderful day. We hope to see you all next year! - **Darrell Sarjeant**

**By: Chris Caban Atlanta Kali Group**

This event was co-sponsored by Karambit.com and Lansky Urban Tactical.

Among the many highlights of the 2015 Blade Show were seminars with Doug Mercida and Ernie Lake.

Sunday the seminar with Guro Ernie Lake of FCS Kentucky. This was Guro Ernie's 2nd workshop with our group for the Blade Show and we had a great time.

During the training Guro Ernie taught a variety of open hand, single stick, and double stick drills. As a treat for the trainers Guro Baste Carlos of the Carlos Hermanos system stopped in and had some great training gear he picked up while back home in Manila, for sale. I got some training daggers smile emoticon. After training we went to our traditional Taco joint for great food and stories. The training was awesome and hanging out with Guro Ernie and Guro Baste was a great cap to an awesome weekend.

One of the biggest hits of the show was the 'Tyran' Custom Fighting Knife made by Willumsen Urban Tactical in Copenhagen Denmark. As the World's



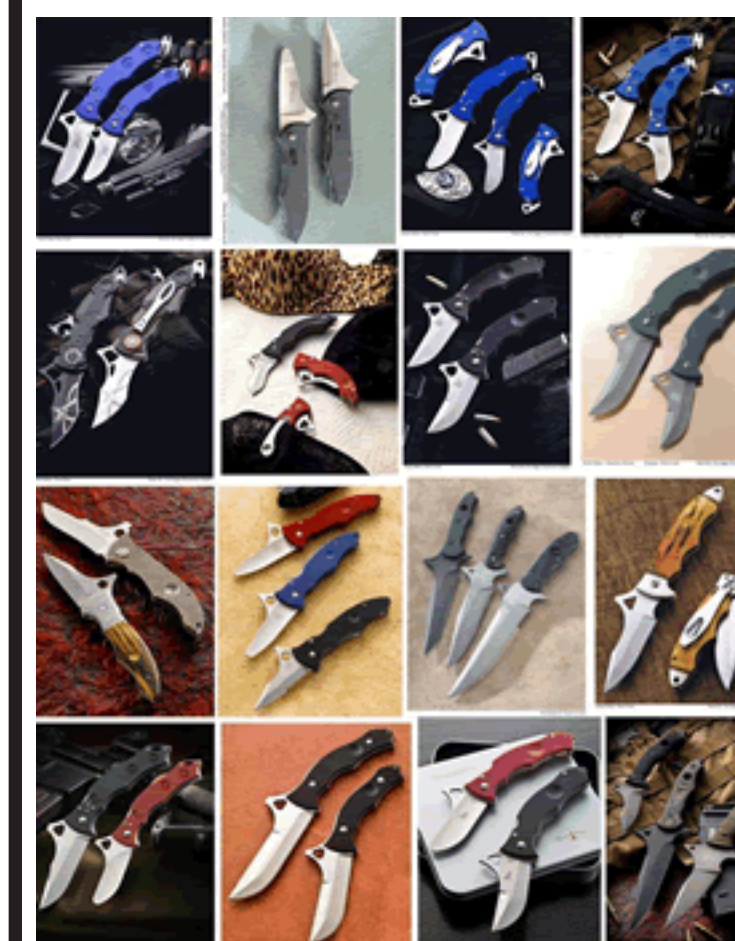
Largest Knife Convention, the Blade Show is a yearly event that draws the biggest names in the business. Knife Makers and dealers from the world over come together and show their wares. The seminar and networking of the Filipino martial arts crowd has also come in to it's own with the likes of Tuhon Ray Dionaldo making a visit and many trainers and teachers from all across the globe coming to the ATL.

Balintawak's Grandmaster Monie Velez was also in Atlanta for the weekend.

After the Saturday seminar many of the Who's Who of the Filipino martial arts returned to the Galleria Convention Center for the show. Pugay! and Thank all of you for coming to my humble city and sharing your time with me and my local Filipino martial arts families. Blade Show 2016 is right around the corner.... We hope to see y'all then. -



**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.

Grandmaster Bram Frank has been teaching in the field of edged weapons and martial arts for 50 years. Bram has been inducted into several Martial Arts Halls of Fame. Mr. Frank's dedication and service has also won him numerous awards as a martial arts instructor. For his design of the Spyderco Gunting, the World

Head of the Soke Councilship has called it the "Most Innovative Weapon of the Millennium."

**Visit the following websites to witness for yourself the excellent:** Bram Frank's Knives, Bram Frank's Tools, Holsters, Self-Defense Knives, Self-Defense Tools, Tactical Knives, Tactical Tools, Training Knives

**Visit:** [www.CRMipt.com](http://www.CRMipt.com)

[www.CSSDSC.com](http://www.CSSDSC.com)

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durham 2014

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For ordering and shipping costs send enquiries to [labanb@excite.com](mailto:labanb@excite.com)/ [labanb.moonfruit.com](http://labanb.moonfruit.com) or via The Laban Baston Eskrima Club Facebook page



**Self-Defense Seminar**

*Magkuno Diamondback Eskrima*

June 14, 2015

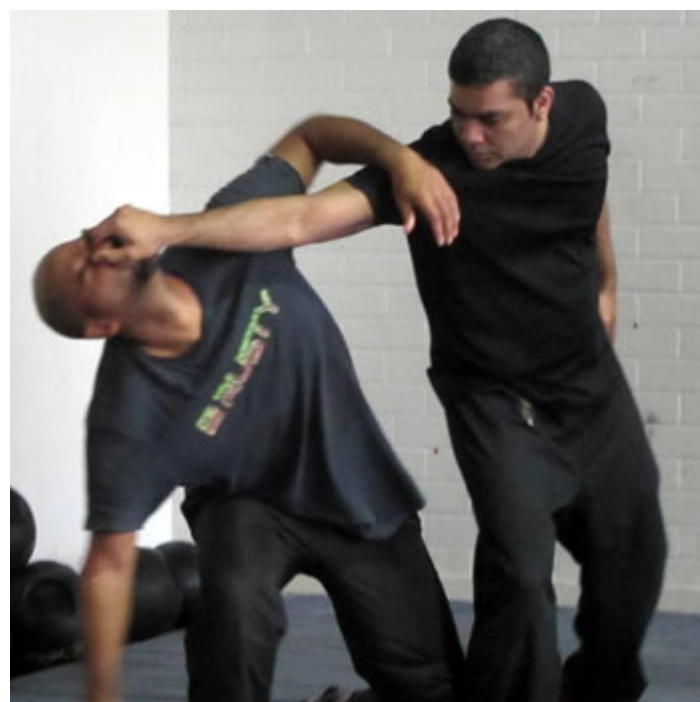
107 Burswood Rd.

Burswood, Perth, Western Australia

On Sunday the 14th of June a Self Defense Seminar hosted by MMA 24/7 in Perth Western Australia to help raise money for our 74-year-old Senior Grandmaster Ernesto Berdin who suffered a major stroke in the Philippines was held. The money is intended for Medicine and to help in his recovery.

Known as a Filipino martial arts style most students turned up with their sticks but were pleasantly surprised to find out that the seminar was all about empty hand street encounters. (Pangamot and Dumog)

With many students there that were or had been in the security industry taking part along with instructors from kickboxing, BJJ, Krav Maga, karate, a K1 fighter along with some of the top Magkuno diamondback Eskrima instructors and assent instructors here in Australia, the heat was on to just see what works in real self defense from a system that has a reputation as a no nonsense Filipino martial arts style.



The first part of our 4-hour Magkuno-Diamond Back Eskrima (MDBE) seminar was conducted by 7th degree black belt Maestro Andrew Roberts. Maestro Andrew is an ex Australian Navy clearance diver and served over seas, He has trained with some of the best military's from around the world and for the last 18 years has been the top student of Grand Maestro Greg Henderson. He has also conducted seminars all over the world, with his last for prison guards and the rapid response for the Solomon Islands government.

He was assisted by (MDBE) 1st degree black belt Rodney Coulman he also holds a 3rd degree black belt with Cobra Martial Arts. Rodney runs his own club called Bad Wolf Martial Arts.

This first part concentrated on giving the students some basic understanding of power generation and strikes at close quarters and the tools while moving in a relaxed manner.

The reaction from participants at seeing Maestro Andrew, a very big man, move smoothly with such grace, speed, generating such power seminally without effort was an eye opener. Students that had already trained with Grand Maestro Greg Henderson and 3rd

degree black belt James Yuen at MMA24/7 had a bit more understanding and picked up the concepts faster but everyone enjoyed it.

We then had a short brake and moving into the main training hall. Students and staff of MMA24/7 had provided snacks as well as tea and coffee.

The second half and last 2 hours was conducted by Grand Maestro Greg Henderson which covered quick and easy responses to common grabs, holds strikes and encounters.

Now the fun started with finger thrust, pokes, ripping, bites and gauging to soft tissue and vulnerable targets. Even with height, weight and strength advantages over Grand Maestro Greg the students were easily put down and controlled, they all found the techniques simple and effective.

A question was asked of Grand Maestro Greg about



advance techniques, as he seemed to move with such easy and counter every thing thrown at him from student's trying to counter the different situations that they found themselves in. This is quite common at a seminar where students from different styles will try their stuff out. This may be ego driven by some but most just wish to know will it work for them for real, and yes it dose...

It is all about Basics, although you have fun when you learn it "Self-defense is not a game".

An

advance technique is just basics joined together, FMA is a complete martial art and there is a place and time to use it for self-defense, but in my opinion the flashy movements will not work in real self-defense no matter how long you train was his response...

Every situation is different but you should think that you are fighting to save your life against more than one, so don't BS yourself into thinking you are invincible and wont be hit. (If your not hit then that's a bonus) It is not a sparing session, forget about ego, do what you have to then get out of the situation as soon as you can...

What was funny for all students was the painful technique's being applied with little effort, although in a bit of pain and discomfort everyone was laughing. They couldn't believe how simple it was.

In conclusion I would like to thank everyone who helped make this seminar such a successes. Thank you and God bless... - **Grand Maestro Greg Henderson**



**Year 3, #6 Phoenix FMA Training "Monthly Share"**

June 14, 2015

Esteban Park

3345 E Roeser Rd., Phoenix, AZ. 85040

As said for the last "Monthly Share" Margaret T. Hance Park, is under renovation. This month another park was tried which was Esteban Park, 3345 E Roeser Rd., Phoenix, AZ.

Michael Butz of Kada Anan Martial Arts started the training by sharing an Espada y Daga version of an inside defense found in nearly all Filipino martial arts styles. He kept a focus on the dagger; showing a reinforced defense and how to switch control of the opponent's weapon hand from the sword to the dagger.

Alessandro Ashanti of Full Circle Warrior Arts showed a left-handed defense, similar to when one fixes their hair on the side of the head, against a straight punch and then against two straight punches. Although his teaching focus was based on a right shoulder injury, he elaborated that sometimes one may have only one hand available when attacked (e.g. holding groceries or a child).

Jay Sowell of DTE, sporting his left arm in a sling, taught last. Like Alessandro before him, Jay stressed the importance of being able to defend oneself, even when injured.

He taught a roof defense against a straight down, vertical stick attack but emphasized angular footwork as well as using the pressure of the attack to facilitate a counter strike.

The days are getting warm in Phoenix getting to be over 100 degrees as the day goes on, so the July "Monthly Share" should be interesting.



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".







**Kalis Ilustrisimo Orihinal Repeticion (KIOR) class**

June 19, 2015  
Burnaby, British Columbia, Canada

Welcome Guro Terry Joven of Bahala Na Multi Style Escrima, Guro Marlo 'Lou' Mabazza Faralan of Kalahi Martial Arts Academy and Peter Leung of JPKD to our Kalis Ilustrisimo Orihinal Repeticion (KIOR) class. - **Kenneth Co**



The Bahala Na Instructors with the Vancouver Instructors. From L to R: Brent Matsuda, Ed Wong, Noel Tomboc, Terry Joven, Louie Lindo, Marlo 'Lou' Faralan, Tom Dy Tang, and Kenneth Co.



**Filipino Martial Arts: Kombatan meets Doce Pares**

June 20, 1015  
Arnis Braunschweig  
Springkamp, 38104 Braunschweig, Germany



Seminar with Master Peter Korschak and champion Björn Hammerling and as guest of honor Grandmaster Ron Lew (United States)

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

**BALINTAWAK ESKRIMA**

**The Secret Art of Derobio Escrima**

**LAMECO ESKRIMA**

**ESKRIMA STREET DEFENSE**

**MASTERING ESKRIMA DISARMS**

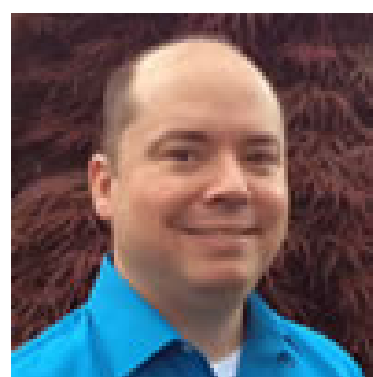
**Tambuli Journal**

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# Health and Safety



## Treat Yourself For Tennis Elbow

Dr. Mark Wiley

Just about everybody risks injury during physical activity. The significance of the risk depends on your habits and activities. These two elbow injuries occur on different sides of the elbow.

### Serious Pain

Tendonitis is a generic term for inflammation of the tendons. When the tendon that connects the muscles of the forearm with the outside of the elbow become inflamed, it is a condition known as lateral epicondylitis: tennis elbow.

The tendons that attach to the lateral epicondyle (bony portion of the outside of the elbow) from the forearm are used to extend your fingers and wrist. When these are stressed, causing pain, swelling and tenderness, it is a sure sign of "tennis elbow."

### What Goes Wrong With The Elbow

Tennis elbow most commonly occurs as a result of overuse and repetitive motion stress of the forearm extensors. These muscles possess tendons that attach to the outer forearm and help the wrist and fingers bend and grip. The problem occurs when the extensor radialis brevis (ECRB) muscle, which helps to stabilize the wrist during stressful motions when the elbow is straight, becomes damaged. Micro tears occur in the tendons that are difficult to heal. Synovial fluid leaks from the tendon sheath and bones rub together, causing inflammation. The result: pain and a weakened grip.



Video: [Click Here](#)

Tennis pros are not the only ones at risk of tennis elbow. In fact, holding a racquet is only one source or problem. You can also injure this part of the body when you turn a wrench or knob, open cans, bend objects or perform any activity that requires a firm grip while bending or rotating the lower arm. All of these activities can cause a repetitive strain and stress-induced tendon tears.

### Treatment Options

Some of the more common treatments for tennis elbow include ice, NSAIDs (non-steroidal anti-inflammatory drugs), physical therapy, cortisone injection, surgery and massage.

In this video, I demonstrate a simple and free approach to preventing and treating tennis elbow with Chinese medicine. It is a self-applied acupressure sequence that works wonders.



## ThrowDown - Give Cancer A Blackeye

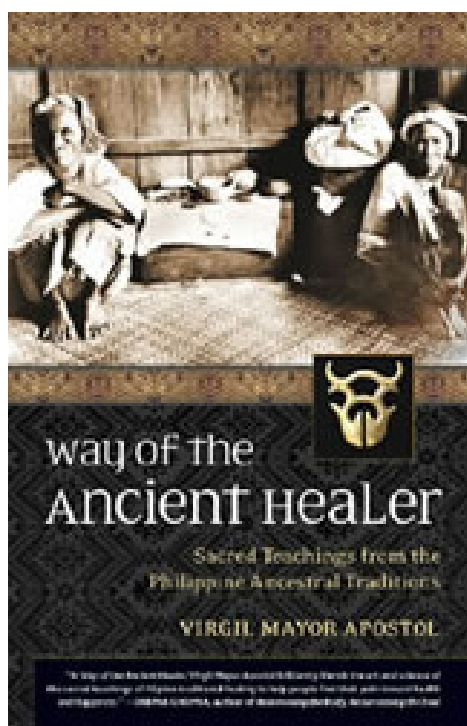
June 7, 2015  
Bluewater Martial Arts Academy  
Bluewater  
1624 Laurier, Rockland, ON

Today we held our charity Throwdown 2: Give Cancer a Black Eye event. We had 21 participants aged 8 to 48 from several Ottawa ON area schools of various martial arts disciplines. We grappled, Karate point fights, continuous sparring matches, soft stick, aluminum trainers, rattan stick and combinations thereof. We had over 80 matches! We raised \$400 that will go to the Beat The Crap Out of Cancer fundraiser to be held in Mississauga November 7. That event is knife and stick only and is hosted by Rene Cocolo and Tyler Morin. BTCOOC gives its entire proceeds to the Cancer Society. The video is of two participants engaged in knife on knife. - **Jeremy McCann**



Video: [Click Here](#)

## 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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## Ruban's Wish To Walk Seminar

June 6, 2014  
Raw Combat International - Essex Chapter  
Dagenham, Essex, England

The fund raising event on sat the 6th June was for a boy of 2 years old in which he cannot walk and need treatment in the USA for Dersal Rhotomy aims to remove spasticity from his legs, amount to be raise is £80,000

On the day we raise £400 where people took part in martial arts fund event for Ruban Selley,  
**Anymore donations will be welcome. - Martin Sillitoe**



## The Bladed Hand

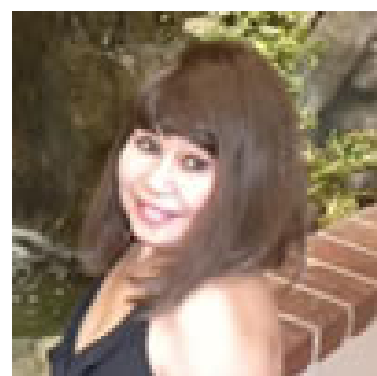
Director: Jay Ignacio  
Producers: Jay Ignacio, Kent Vives, Sonny Sison



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](http://www.thebladedhand.com)**





**Look at Crisis the Right Way**

By Zena Sultana Babao

Crisis comes into everyone's life. It's how we look at it that matters. According to John F. Kennedy, "The word crisis, when written in Chinese, is composed of two characters: one represents danger, and the other represents opportunity."

That being the case, let's look at crisis the right way – and find the opportunities it offers. With people imbued with optimism, they see opportunity in every crisis. A popular adage says: "When one door closes another door opens." And another says: "What doesn't kill you makes you stronger!"

Crisis and its accompanying stress make us stronger, more resilient and resourceful. They make us think of the important priorities in our life. And they also make us think of changes we need to make in our own selves.

Anthony Robbins, one of the top peak-performance coaches here in America, says that crises and extreme stress can be useful for growth, learning, and determining what really matters to most to us. "Sometimes your worst day can be your best day if it produces a change," Robbins explains. "There is something called post-traumatic growth. You don't have to have post-traumatic stress. You can have growth come out of extreme stress."

In the Success magazine article "Wake-Up Call" by Sarah Blaskovich and K. Shelby Skrhjak, it says that what is happening in today's world has prompted many people to reappraise their lives, their goals, their priorities. Many can take pride in personal victories and comfort in knowing their priorities are in order. Others realize their perspectives are skewed, and they are making changes.

Likewise, international speaker and life coach Amanda Gore says hard times show us how wonderful the "little things" in life are. "Hardship reminds us to reconnect our heads and our hearts, and our hearts with other people's hearts," she said. That is so beautiful! Connecting our hearts with other people's hearts!

"Families thought happiness came from buying stuff – the more we have, the happier we would be," Gore said. "Now, we have more time together as a family because we can't afford to have everyone running around doing different things, like eating out or shopping. We can focus on the truly important things in life – like love, connections and contributing."

Gore is right! Our focus has to shift from the material things that we crave, to the non-material, but more uplifting things that we can truly enjoy. The shift in our focus will bring us more pleasure and more contentment.

Another personal achievement expert, David Bach, author of the best-selling book Fight for Your Money: How to Stop Getting Ripped off and Save a Fortune said that "Hard times provide us with an opportunity to create our own economic prosperity plan, and thus help us wealth."

Bach also said that tough economic times help strengthen our entrepreneurial muscle. "Starting your business in a recession is like running against the wind. If you're training for a marathon by running with the wind, what are you going to do when you have to run against the wind? You have to run against the wind to learn how to run hard, lean and mean."

Wayne Dyer, author of "Excuses Be Gone!" agrees that changing our mindset from negative to positive is of utmost importance and is beneficial to our well-being. He said, "When you change the way you look at things, the things you look at actually begin to change. Mental health is about flexibility."

Dyer said that our focus upon the present is crucial during times of crisis. "If you can have the relationship in the now, you'll have a great relationship with life. Most of us have trained our mind to be anything but right here, right now," he said.

"When you're on the dance floor, the purpose of the dance isn't to end up in a different place on the dance floor," he continued. "The purpose is to enjoy every note," he says. "Find a way to be fulfilled. Life is about feeling good."

I agree with Dyer. The past is over, the future is not here yet, and we are not even sure of it. What we see is now, so what matters is now. How do we deal with the here and now is therefore crucial. We either learn to swim or sink with the tide. It's all up to us!

**Edged Impact Weapons for Women's Self-Defense**

By Angelo Garcia

Attackers decide the time, the place, and the method of the attack. This creates a considerable challenge for the person who has been targeted since already they are in a disadvantaged position.

For women, this problem is compounded by the probability that there will be a considerable size disparity in favor of the attacker.

As such, it becomes increasingly necessary to have the right toolset to rely on when violence does erupt.

Now, there are a large number of women's self-defense programs that are accessible that offer simple to learn empty hand techniques from a broad range of systems like boxing, Muay Thai, or Karate. They are effective when the user is able to generate the power and targeting skills needed to fend of a larger, stronger attacker.

In the context of self-defense, especially with a smaller frame, it is of necessity to quickly gain the upper hand or buy time to escape. Weapons then become a preferable option given their ability to amplify attributes and strengths.

Depending on jurisdictions, the choice of weapons may be limited and firearms may not be an immediately available option.

However, edged impact weapons become a viable option given they exist everywhere. Other than knives and sticks/batons as they're portrayed in films, the skills are directly applicable to common objects that are readily available including:

- pens
- cellphones
- bottles
- keys
- umbrellas
- brief cases

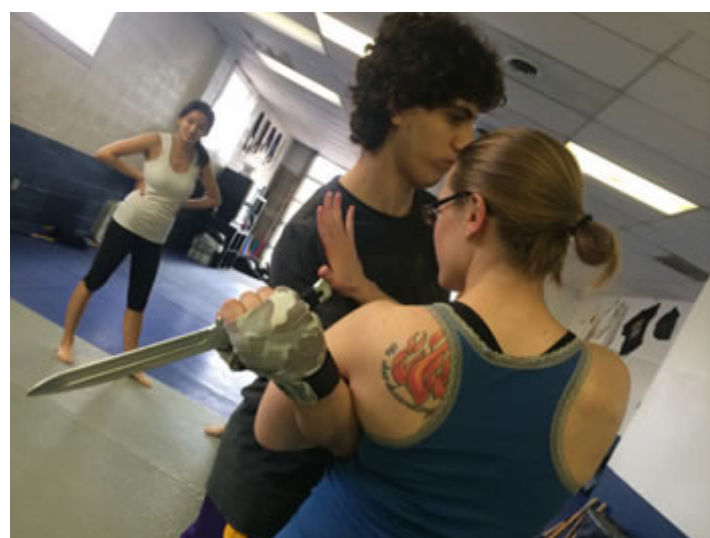


Suddenly, there are superior options that can be deployed if need be.

Learn more about how you can develop skills with edged impact weapons and incorporate this skill set into your self-defense program at [www.stickandknifefighting.com](http://www.stickandknifefighting.com)

Self-defense training is incomplete without an understanding of situational awareness. There are many excellent resources on how to improve situational awareness, such as the Gift of Fear by Gavin de Becker as well as material by Sgt. Rory Miller which everyone who is interested in self-protection should read.

**Stick and Knife Fighting Blog**  
dcstickfighting.wordpress.com



**Survival Class Teaching Female Students How to Protect Themselves on Campus**

By Emily Miller, FOX 5 Chief Investigative Reporter  
MyFoxdc.com - May 24, 2015 - www.myfoxdc.com

**Baltimore** - After University of Virginia student Hannah Graham was murdered while on a night out partying and a University of Mary Washington student was strangled by her roommate, parents with daughters in college -- and college coeds themselves -- are concerned about their personal safety on and off campus.

I joined some sorority girls from the University of Maryland, Baltimore County in a class on campus survival. They learned how to physically defend themselves and how to get out unharmed and alive. But more importantly, they learned how to avoid getting into dangerous situations at college in the first place.

Joe Lynch started teaching this class he calls "Fight like a girl" a year ago when his daughters got to college age.

He starts by hammering home the most important lesson. "Stop staring at the cell phone," he said.

Instagram, Snapchat, texting -- they distract you from seeing signs of danger. And bad guys are looking for easy targets.

"Walking across the quad, oblivious to the surroundings, that's the person I'm going to come up and I'm going to steal a phone, steal a purse or hurt them," said Lynch about a criminal's mindset.

The girls learned quickly. "A lot of times, I'm just on Instagram walking across campus by myself at nighttime and I'm just like, 'La, la, la' and someone could come and very easily take my phone or attack me," said sophomore student Alex Raab.

Lynch also teaches them when you go out, make a plan and tell someone what it is. He said this might have helped Hannah Graham.

"The poor young woman at UVA was gone for two days," said

Lynch. "Nobody knew where she was. Nobody knew to go looking for her. Nobody knew that she was missing because there wasn't a plan communicated."

And, travel in a pack -- don't go out alone. But if you are alone, it's safer to walk with a alongside another group.

"Even if it's not someone you know, if there's another pack around you, you can join in with them too," said senior Sara Knox. "It doesn't always have to be girls you're used to."

Car safety is important too. Keep your gas tank full. Park in well-lit areas. Keep your keys in your hand. And only unlock the driver's side door.

"If you unlock your car from a distance, someone else could get in, or they know you're going to your car and now they know where your car is because they see those lights flash," Knox said.

If you do feel a threat, confront it head on. That means if someone's behind you, turn around and look at him.

"He doesn't want a witness," said Lynch.

Keep strangers out of your personal space -- meaning close enough that they can touch you.

And in the worst case scenario, fight back.

"If I do hit you, that may be all it takes," said Lynch. "I'm pretty confident I could knock you out in one punch. We're not teaching the girls how to be fighters. We're teaching them to survive."

The girls know it's not



just strangers on the street.

Sophomore student Megan Allis describes one possible scenario: "If you're out to a party, someone tries to feed you drinks and that doesn't work, so they [say], 'Let's go up to the bedroom' and that doesn't work, and they will just take you up there and you've got to get away."

If he grabs your arm, twist down and away. Use leverage to break a hold. If a man is on top of you, use bicycle kicks and punch. Always protect your eyes.

Don't punch like boxers. You may hurt yourself that way. Use a hammer fist or an elbow strike. Aim for his neck and yell out his description for witnesses to hear. Fight as hard as you can to get away.

"It's very unfortunate, but you have to always be thinking, 'Am I in a situation where I could get raped?'" said Allis.

The college years should be special -- and they can be -- but

girls need to be careful and be smart about their safety.

Lynch also taught the girls a few more safety tips:

- No strangers in dorm room
- Never shower alone in group bathroom
- Control your alcohol intake
- Know your exits

In the dorms, don't let anyone in your room you don't know. Talk to strangers in the hall.

In group bathrooms, only shower when people are around.

If you are drinking, control your alcohol intake by making sure you know how much alcohol is in your drink.

Lastly, when you are at a party, make sure you figure out the exits.

And I want to emphasize this again -- for college girls, and really, all women -- stop staring at your cell phones. Look up. Be aware. Bad guys are looking for easy prey. You need all your senses to pick up the dangers.

**Here are the details of the course:**

[annapolisdefense.com/women-only-fight-like-a-girl](http://annapolisdefense.com/women-only-fight-like-a-girl)

They alternate their College Prep course, as seen in the story, with their Women's Self-Defense course every Sunday from 10 am to 2 pm.

The course costs \$84/person, Advanced registration is necessary, COD is available.

For more info, call 443-333-4042 or

email: [info@annapolisdefense.com](mailto:info@annapolisdefense.com)

**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**



**Urban Escrima - Women's Self-Defence Workshop!**

April 25, 2015  
Limehouse Town Hall  
646 Commercial Rd.  
London, United Kingdom

On 25th April 2015, Urban Escrima hosted a Self-Defence Workshop for Women. The Workshop took place in Limehouse Town Hall, an historic building which has played part in some key events in the history of London's East End. Urban Escrima decided to run the workshop after receiving numerous requests for a women only space to learn self-defence and Escrima. The workshop covered such things as weapons defence; space and awareness and permission to fight back. Importantly, stories were shared about violent situations, which the participants had been in and how they dealt with them.

The workshop also proved a gateway into Escrima for those who may have shied away from a predominantly weapons based style of self-defence before. It was a really constructive day and we are already planning for the next workshop. Thanks to our Instructors on the day Catherine Webb and Aletha Harman from Escrima Concepts Norwich.

Also, here is a text from our female instructor Catherine Webb, who wrote this about her experience of teaching this particular workshop.

**Thoughts on Teaching Women's Self-Defence**



By Catherine Webb (Urban Escrima Women's Self-Defence Instructor)

You can't teach Escrima in two hours. There's no magic ninja-move, let alone enough time to imbed the idea of simply dodging into your legs or brain. What you therefore hope to do is plant the beginning of a thought process, which for all its nuance basically boils down to this: if I am attacked, I will fight back.

It sounds simple, but we often flinch from even basic physical contact, even in a self-defence class. Our instincts in the face of sudden danger can be unhelpful – fear and panic, which can freeze us to the floor – and one of the biggest goals of teaching women's self-defence is to try and push back against that set of reactions, and begin to offer alternatives. A huge part of that is recognising danger in advance. Often, especially as women, there's a fear of being grappled with by a larger, stronger man, but actually we teach very little about this scenario, on the basis that we want to avoid getting into that situation before it can happen. We want to see the danger coming, and to have the confidence in our own judgments to walk away before it escalates. Sometimes, however, these things cannot be controlled, and it is as a worst-case scenario that

we teach the very basics of moving out of the way and running, or dodging and inflicting pain on an attacker by targeting vulnerable areas of the body, or using any tools to hand as a weapon – mobile phone, door keys – anything to give you an edge. Students who've never considered using such things hopefully leave the class with the awareness of options, and through awareness, the ability to think through scenarios in advance, to make a plan for what they might do if the worst happens. One of the great goals, and indeed the great joys of women's self-defence is seeing that instinctive flinch disappear in the class, and a confidence grow both in students' willingness to face a threat, and to fight back.

It's sometimes suggested that teaching women's self-defence isn't feminist, as women should not need to defend themselves, should not need to be afraid. And yes, of course, this is an aspiration we all have; and equally men too should not be afraid, and yet crime continues. Faced with this reality, I would argue that confidence is more empowering than ignorance, and the heart of women's self-defence is this: that by teaching a few simple basics you can take a general fear of being attacked, and begin to change it into something more useful. There is no magic move that in two hours can give you a physical answer to every challenge, but we can begin to address how we think about defence, and that mental component is perhaps even more important – to transform fear into awareness, and anxiety into having a plan.

- Thanks to the Instructors for the day Aletha Harman Escrima Concepts and Catherine Webb for running the Workshop, great stuff. Thanks to Abject Bloc for hosting us and helping with the set up, much appreciated. - **Urban Escrima**

If you would like to attend our Women's Self-Defence Workshops please email us on: [info@urbanescrima.com](mailto:info@urbanescrima.com)

Visit: [www.urbanescrima.com](http://www.urbanescrima.com) or [www.escrimaconcepts.com](http://www.escrimaconcepts.com)



**URBAN ESCRIMA**  
SELF-PROTECTION AND REALITY BASED TRAINING

Expecting women to help prevent rape was "victim-blaming."

I may be male, but I fail to understand how women empowering themselves and taking control of their bodies is anything but feminist. Self-defense training isn't about shifting blame from criminals, it's about developing our bodies, minds, and spirits. For women and men, this is a good thing.

And yes, there is something wrong with a culture where sexual assault is so prevalent. We can work against that problem from multiple angles. And a very effective angle is empowering women to stand up for themselves.

**That Self-Defence Stuff Doesn't Work**

This is just hogwash. The studies above, and my experience teaching thousands of people, do not agree.

This stems from a pervasive myth in the martial arts world I call "the juggernaut foe." Most people get all of their ideas about violence from TV and movies. On TV, you punch the bad guy in the jaw, he shakes it off, and comes at you harder. Oh yeah, nobody ever bleeds, gets bruised, or gets a thumb in the eye.

The vast majority of criminals are not indestructible. Most of them are afraid of getting caught, hurt, or identified. Most of them prefer easy targets.

The Boston Strangler is known to have killed 13 women. All of his victims except one, Gertrude Gruen, perished. Gertrude Gruen fought off The Strangler and he fled.

Self-defence isn't about defeating somebody in a ring, like in the UFC. It is about escape. The goals are much different, and the means to achieve them are too.

**The False Sense of Confidence Thing**

Here's another one that drives me crazy. The argument is that some amount of training gives women a false sense of confidence. They will then go out and pick fights with people and get into trouble, or something.

This is a load of horse manure.

Not to sound sexist, but women don't do this – not in my experience. False macho trouble-making falls squarely in the realm of male behavior. Self-defense training leads to smarter decisions, not more stupid ones.

Just give women guns, or pepper spray, or stun guns, etc. Politics completely aside, firearms and other defensive weapons can be great equalizers. Just recently, a woman brandished a handgun to scare away a knife-wielding robber in Portland.

However relying solely on weapon for self-defense leaves a lot of gaps. For example, many people travel to places where carrying a weapon is impractical or illegal. The post office, a school, federal property, the beach.

Many victims of sexual assault are young women in College, who are not allowed to carry weapons on campus, and because of their age.

Weapons also only work when they are in-hand precisely when

you need them. The woman in the story above was luckily able to retrieve a firearm from her car. An assailant might not give you time to access a weapon.

Unarmed skills are the first and last line of defense. If you need to fight to get away, access a weapon, or retain a weapon, unarmed skills are crucial. If you lose your weapon, can't access it, it fails, unarmed skills are what you're going to have to rely upon. There is a good reason our ARMED forces train in unarmed close-quarters combat.

**What Self-Defence Training Does**

Good self-defense training isn't just kicks and punches. It begins with awareness. It teaches to look for indicators of violence in people's body language. It teaches escape and avoidance strategies. Yes, there are also physical techniques.

But one of the interesting things to come out of these studies is that women who are trained are less likely to be the target of attempted attacks. This is important. They aren't just better at fending off attacks, they are less like to be attacked.

Why is this? I have two theories:

1. People who are properly trained have better awareness of their surroundings and the people around them. They are more able to avoid problems before they start.
2. Training changes people's body language. A bit of confidence and perceived strength and awareness is very off-putting for somebody looking to victimize someone. I have seen this with my own students.

The effect might be completely unconscious. If you've ever been made uneasy by someone and couldn't explain exactly why, you'll understand this.

**My Personal Take**

If you couldn't tell by now, I am all in for women getting self-defense training. I train and will continue to train my wife and daughters. I believe it's the right thing to do.



**BDN Blog – Family Health and Safety**  
[familysafety.bangordailynews.com](http://familysafety.bangordailynews.com)

**Study: Women Trained in Self-Defense Far Less Likely to be Sexually Assaulted**

By John Moore



There's a new study out of Canada showing that college students who underwent a 12 hour sexual assault resistance training were far less likely to be assaulted. More telling, is that they were less likely to be the victims of attempted assault.

**Self-Defense Training Works**

This study jives with earlier research by the self-defense instruction company, Model Mugging. They surveyed 60,000 of their female students and found that after training (more intense than the Canadian training), 98.3% of their students were able to avoid assaults altogether.

Of those who were assaulted, 97% were able to fight off their

attacker, 80% of those were able to use voice and body language alone and did not resort to violence.

**Sexual Assault**

Numbers on sexual violence in the US vary, and are difficult to track, because it is an under-reported crime. The most conservative estimates are around 1 in 5 women, and somewhat fewer men, will be the victims of sexual assault in their lifetime. The numbers might be much higher, but this number is still staggering.

Imagine being able to reduce sexual assault incidents from 20% of women to less than 2% of women. Imagine if, of those 2%, sexual predators were only successful 3% of the time. This means a reduction to .06%.

**The Controversies Around Teaching Women's Self-Defense**

In the interest of full-disclosure, I do teach a kick-butt women's self-defense class. I started teaching in Boston around the summer of 2000 with my partner when two serial rapists were attacking women in the city. Quite frankly these guys were pissing us off (pardon my French).

Since then I have heard a lot of arguments against training women in self-defense. To be honest, all of them are completely without merit. Most of them are a subtle form of misogyny. Allow me to elaborate:

**The Quasi Feminist Argument**

In 2014, Miss USA and Tae Kwon Do black-belt, Nia Sanchez, created a stir among some when she dared suggest women train in self-defense to help prevent sexual assault. The argument, by some calling themselves feminists, was that this somehow promoted rape-culture.



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Domestic shipping costs \$8 per order

International shipping costs \$40 per order

or additional information please contact us



## Discovering the Filipino Martial Arts



### A New Friend

By Joy Lim

I recently met a new friend, Joanna. She's a chirpy petite social worker who gets assigned to remote areas in the different provinces here in the Philippines. When she first learned that I was into Filipino Martial Arts, she asked me if it was applicable in real life. "Oh yes, most definitely," I answered. Her eyes gleamed and she said that she wanted to learn too. Really? I gave her a small smile and thought that she probably was just making conversation. But I did tell her that I would be training the next day and she could come if she was free.

She did come, even earlier than me.

She met Master Crisanto Pasindo, (known as Master Cris) and told him that she feels that she and her all-women team need to learn basic personal safety and self-defense. You see, their work involves going to unfamiliar places, meeting different people, and they often have to travel alone by foot or bicycle. Ten years ago, a teammate got raped. Last year, another was mugged. Since then they already wanted to get some training but somehow it hasn't happened yet.

Master Cris laid out a tentative plan for their team --- Personal safety tips, like Preparation and Awareness of surroundings, What to do when the bad guy wants your bag or wallet (just give it to him, mostly), When and how you should fight back, and more.

He then taught Joanna moves that "You can learn now and use immediately:" the diagonal downward strikes (Buhat-Araw), and how to escape when your arm is grabbed. Her strikes expectedly lacked strength but she was so excited because she was able to "escape" when master Cris and I took turns grabbing her arm.

"This is exciting," she said wiping her sweaty face. We talked about a tentative training schedule for their team, took a few photos, and then called it a day.

Later, she posted the photos in her Facebook account and a few of her friends commented that they didn't expect her to be "mean enough" to be interested in martial arts. "Of course I am," she replied with a smile emoticon. "It's empowering."

With all the good work that they do, Joanna and her team deserve to be empowered.

**Visit:** The Blog - The Deadly Dance  
By Joy Lim - thedeadlydance.wordpress.com

### 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.

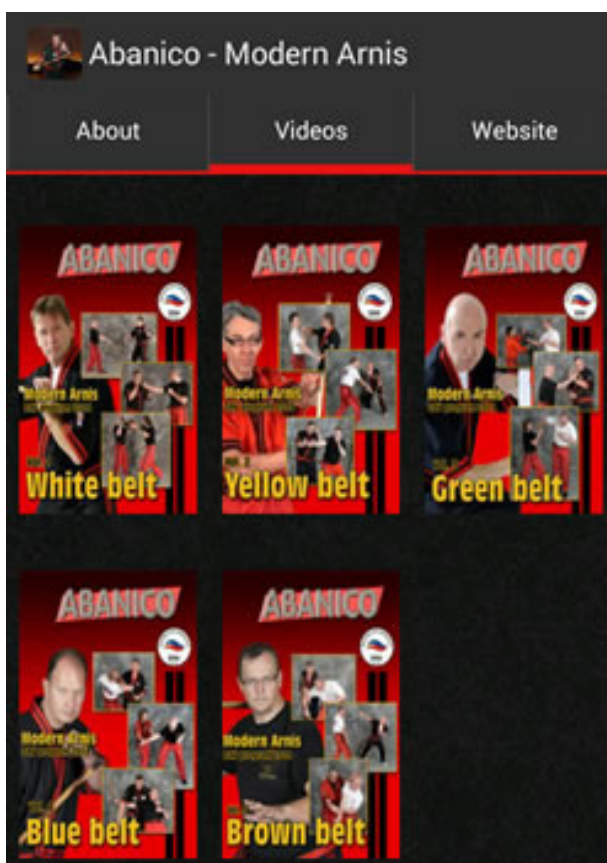
This way you have the videos there on your smartphone or tablet during your training. The videos in the app do have menus, so that you can jump directly to the topics you want to train.

### Here re the links to the appstores:

Modern Arnis App

Apple for iPhone and iPads (IOS7 ist required): [Click Here](#)

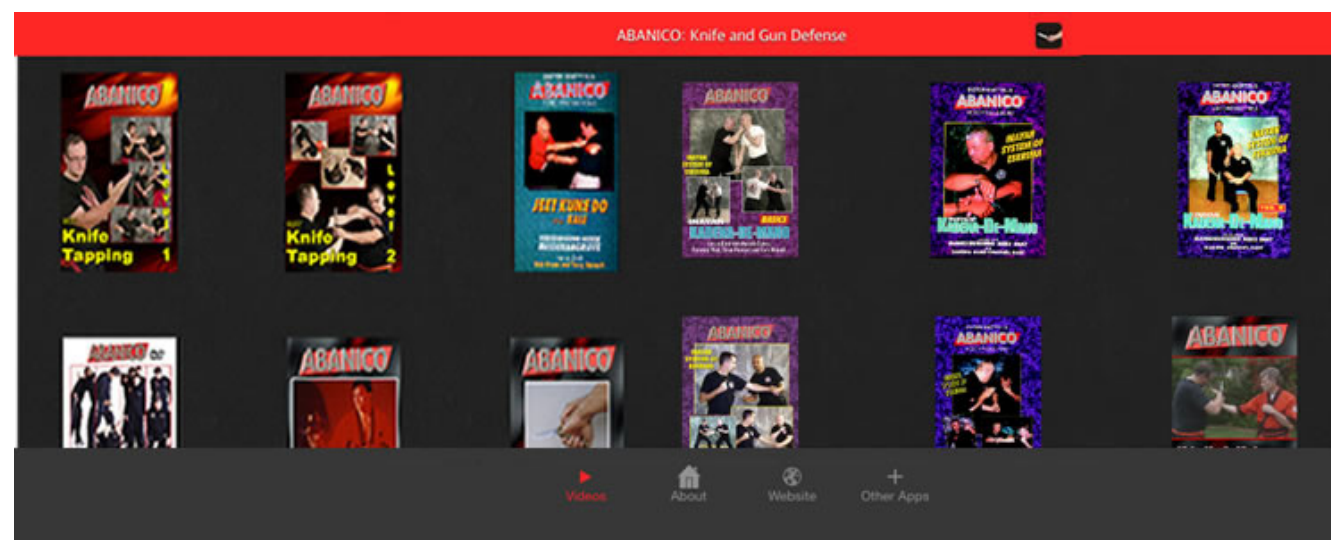
Google for Android Smartphones and Tablets: [Click Here](#)



Knife and Gun Defense 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](mailto:dk@abanico.de)



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

### 7 Benefits of Changing Partners

By Brian Johns

Often I'll tell my students "Change partners!" during class. Why? Because it's good for all of us. In this article, I list seven benefits of changing and working with different partners.

I've been meaning to post about the importance of changing and working with different partners in class for a while but it's time. Recently, Andrea Harkins did a terrific post on "15 Mistakes to Avoid in Your Martial Art." Number 6 on her list of mistakes is "working with the same partner all the time." Andrea nailed it in her short exposition on why it's a bad idea to train with the same partner over and over. I'm going to expand on this.

Modern Arnis and many martial arts rely heavily on partner based drills. There are several reasons why working with the same partner over and over is not beneficial. Working with the same partner is detrimental in that being in a predictable comfort zone does not allow you to stretch your horizons and consider the different possibilities. The more partners you work with, the more prepared you will be if that moment ever comes.

Here are the reasons why changing and working with different partners is beneficial for you:

#### (1) Broaden your knowledge base:

You get familiar with a wider range of movement in terms of timing, speed and rhythm. Different people move differently. Not all have the same speed, strength or timing. The more partners you work with, the deeper your knowledge base becomes.

**(2) Antidote to "going through the motions":** Changing partners is a great antidote to "going through the motions" with a familiar partner. I have seen partners who

are too familiar with each other and they start to socialize instead of focusing on the technique. The end result is that they are going through the motions. Obviously, this is not beneficial to either partner. To me, that's worse than doing nothing.



**(3) Different sizes:** By sticking with the same training partner, they are denying themselves the opportunity to train with different sized people. There are a whole range of possible partners who differ in height, weight, reach, and strength. If you're working with a 5'6" partner all the time, how are you going to handle a person who is 6'4"? If you don't avail yourself of the opportunity of working with different partners, then you will likely not know how to adjust various techniques for different sized partners.



**(4) Puzzles:** There are partners who may unintentionally present puzzles to you that you have to figure out. Training partners who are stiff and muscle their way

through techniques is a good example. Often they are not aware that they are not relaxed. While an instructor or a senior partner may point this out to them, it is sometimes beneficial to figure out how to deal with this issue. How do you find the path of least resistance when encountering this type of energy? This is a great opportunity to figure out how to work with this energy, find openings and use it against them. If you work with the same partner, you get used to their compliance or their energy. Needless to say, this is not exactly beneficial.



**(5) Different variations of the same technique:** Even though they are practicing the same techniques, you may be seeing slightly different versions of the same technique. You may end up saying to yourself "Hmmm, I like

Sometimes, they trigger an inspiration in you. "Oh, I just thought of something!" Don't deny yourself this opportunity.

**(6) Experienced partner:** Working with an experienced partner may present different challenges than working with a beginner. The experienced partner may present you with changes in the timing or speed of a technique that might throw you off. Thus, this is an opportunity to learn the deeper nuances of a technique that you thought you knew. Or the experienced player may correct you on one or several aspects of a technique. Take advantage of the other person's experience.

**(7) Beginner student:** Working with a beginner presents a different set of opportunities. First and foremost is the opportunity to teach. This is where you begin to acquire teaching skills, either through trial and error or with guidance by an instructor. When you teach the beginner, you are also teaching yourself. I can tell you from experience that I have learned much more from teaching than from being a student. Much more than that, the beginner student will get to know you and like you!

By insisting that the students change and work with different partners also has the benefit of improving relationships in the class as the students get to know each other. It also helps to expand their knowledge base and understanding of the concepts and techniques of the martial art they are studying. In addition, by seeing the different attributes that different folks bring to the table, they can also see which of their own attributes need to improve.

### Bamboo Spirit

[bamboospiritmartialarts.com](http://bamboospiritmartialarts.com)

### Top 10 Most Bizarre Filipino Foods

It's amazing to witness how diverse Filipino cuisine has become. And speaking of "diverse", it's even more fascinating how our kababayans apply both creativity and resourcefulness to come up with the next big dish. For some, it's an issue of survival while ethnic groups do it in the name of their age-old traditions.

So rich is our culture that bizarre Filipino foods came sprouting everywhere. Listed below are some of the weirdest foods to ever come across the Filipino taste buds. Let your eyes and imagination be the judge.

#### 10. Soup No. 5



**Made from:** Bull's testes and penis.

**Yuck factor:** If you're a brave foodie and looking for the next aphrodisiac to try, Soup no. 5 should be a hot pick. But not for those whose stomach turns at the sight of exotic foods. For one, Soup no. 5 is made from a bull's sex organs—considered by many as

the "fifth leg" of the animal, hence

the name. Cebuanos know it as "lanciao" and is believed to give the physical attributes of a bull to anyone willing to take a sip. Nutrition-wise, a serving of Soup no. 5 gives less zinc (the mineral which increases libido) when cooked. Nevertheless, it remains a fantastic choice for those who are either bored with bulalo or craving for an unusual beer

match.

#### 9. Sundot Kulangot





**Made from:** Gelatinous rice (kalamay) cooked with brown sugar and coconut milk.

**Yuck factor:** By just its name alone, sundot kulangot can scare away picky eaters. It literally means “poke a snot” or “pick a booger”, describing the bizarre way of eating it. But despite its name, there’s nothing gross about this traditional candy.

Packaged within small wooden orbs, sundot kulangot are actually sweet, pinch-sized delicacies that taste like our traditional coconut jams. One must break the orb and use either a popsicle stick or one’s own finger to get a taste of the candy. Thanks to its tedious preparation, sundot kulangot is now becoming a rarity with its limited supply being sold in Baguio City and other Northern Luzon provinces.

**8. Crispy Chicken Nails**



**Made from:** Chicken nails (Yes. Those sharp, pointed parts that usually end up in the trash bin).

**Yuck factor:** You don’t need a graphic imagination to realize that feet are one of the dirtiest parts of the body—be it in chickens or humans. Yet, most of us won’t mind eating chicken feet either as adobo or sinigang. For some people, however, the term “waste not, want not” also means that no part of the chicken, including its nails, is ignored. In fact, an episode of Kapuso Mo, Jessica Soho featured how to properly clean, prepare, and fry the breaded chicken nails. The taste test generated positive feedback so if you’re in the mood for experimentation, crispy chicken nails is definitely a must-try.

**7. Balut**



**Made from:** Eleven-day old duck egg, boiled to perfection.

**Yuck factor:** If you have ever watched past seasons of Fear

Factor or Survivor, then you probably know how horrified foreigners can be by the mere sight of balut. For them, tasting a balut is worse than skydiving without a parachute. In fact, balut has long been known as El Dorado of bizarre edible items. But do all Filipinos think otherwise? Judging by the slimy texture and the bizarre appearance of the feathery duck fetus, I’m sure a lot of Filipinos detest balut as well. Add to that the half-formed head, guts, beak, and bones of the poor duck and you’ll have a recipe for the ultimate scary food.

**6. Kamaru**



**Made from:** Mole or rice field crickets.

**Yuck factor:** The fact that it emerged from the country’s culinary capital means there’s something delectable about kamaru. But for non-

Kapampangans, it’s harder to muster the courage to feast on this exotic dish, especially when the image of dirty, crawling insects keep on popping up. The unusual crunchiness and the juice coming out from the insect’s abdomen also add up to its “yucky” factor. But if prepared and cooked right, perhaps an adobong kamaru may inspire the adventure foodie out of you.

**5. Pinikpikan**

**Made from:** Native chicken beaten to death through a



process called “pikipik” from which the dish got its name.

**Yuck factor:** The Bontoc tribe of the Cordillera region must have been hated by animal welfare groups. Blame it on traditions but this group prefers to torture their chickens before boiling it with salt and cured pork (etag). They believe that lightly beating the chicken with a stick tenderizes

and boosts the flavor of the meat. But utmost care is required to get that perfect Pinikpikan. An ideal chicken should not be bloody after beating with its bones still intact.

**4. Tuslob-Buwa**

**Made from:** Pork brain and



liver cooked with chili, salt, and other spices.

**Yuck factor:** Resourceful Filipinos will always find a way to make the most of what they have. And that includes making sure that no part of the swine goes into waste. In Pasil, Cebu, for instance, pork brain and liver are cooked thoroughly with spices until the sauce thickens. You know the dish is ready to serve when bubbles appear in the surface which then explains why Tuslob-Buwa literally means “dipping bubble”. Anyone can get a taste of this exotic dish as long as you buy rice ball (which locals call “puso”) from street peddlers. Tuslob-buwa perfectly complements the rice ball the way dinuguan does to puto.

**3. Lepeg**



**Made from:** Native pork that is cured by either smoking or storing in earthen jars for weeks (binurong baboy)

**Yuck factor:** Etag is Sagada’s official ham. In fact, this patent-pending meat delicacy has a festival named after it. Etag is prepared by salting the pork and curing it either by smoking or storing in earthen jars for several weeks. Foul-smelling, dark, and rotting with maggots, the final product is exactly not for the faint at heart. Nevertheless, Cordillera traditions won’t be complete without this local meat favorite. And with current plans of standardizing its preparation and improving its culinary taste, it won’t take too long before Etag captures our taste buds as well. [Image source]

Featured image courtesy of journeyingjames.com



**2. Tamllok**



**Made from:** Raw tamllok (shipworm) marinated in a mixture of vinegar, chili, and onions.

**Yuck factor:** It’s slimy, salty, and nowhere near appetizing. But to make your Palawan adventure memorable, local guides will tell you that tamllok is really worth a try. Tamllok usually bores into wooden structures and mangroves that are abundant in the municipalities of Coron, El Nido, and Linapacan. Eating a tamllok also means munching on pests because these creatures destroys every wood they come across, giving them the name “termites of the sea”.

**1. Etag**



**Senior Grandmaster Hamsa Jay Jumawan Promotions**

May 16, 2015  
Arnis Lightning System  
Ground Zero Adventure Camp  
Isabela Province, Philippines

Senior Grandmaster Jay Jumawan was in Isabela province, awarding certificates to his students Senior Master Darwin Dizon - Lakan 7, Master Gerry Ruflo - Lakan 5, Master Christopher Gagarin - Lakan5. Standing immediately to Senior Grandmaster Jumawan right is Senior Grandmaster Dr.Robert Ong of the empty hands Kinaadman Arnis System, also he was promoted by Mang Vic Sanchez this year as Senior Grandmaster 10th Dan Red belt.



Senior Grandmaster Dr.Robert Ong perform a Locking Hand part of the Kinaadman Arnis System

**Arnis to be Featured in AFP Summer Sports Carnival**

Manila Times - May 25, 2015

Philippine martial arts will be among the highlights in this year’s Summer Sports Carnival according to Armed Forces of the Philippines (AFP) Deputy Public Affairs Office Chief Lt. Col. Marlowe Patria. Arnis, the national sports of the Philippines, will be showcased by AFP athletes and coaches to increase awareness of the sport. Patria said the 2015 Summer Sports Carnival will start on May 26 and end on May 28 in various sporting facilities of AFP in Metro Manila.

**Baguio Opens Bid in Women’s Martial Arts Fest**

Sun.Star Baguio - May 25, 2015

Fifty-Nine young female athletes will represent Baguio City at the 2nd Women’s Martial Arts Festival which kicks off in Mandaluyong City on Tuesday, May 26.

Baguio will field 14 entries in arnis, six in muay thai, 10 in judo, 20 in taekwondo, and nine in wrestling.

At last year’s WMAF, Baguio took the title in arnis with 11 gold, five silver, and six bronze medals.

The wushu team contributed two golds and two silvers. City Sports Coordinator Gaudencio Gonzales told Sun.Star Baguio he is optimistic the city delegation will dominate the competition.

**Sixth Year Anniversary - MyFMA.net**

By John R. Malmø

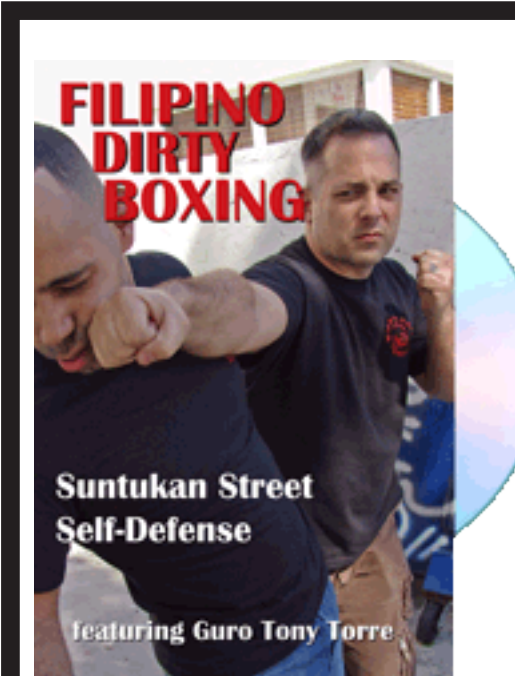
Six years ago, I started this network with the intention of providing a platform to promote the Filipino martial arts. I believe the network has been very successful in that regard.

The Filipino Martial Arts Network currently has over 3,000 members that have shared or created:

- 12,187 photos
- 2,646 videos
- 623 forum topics
- 790 event listings
- 677 blogs
- 173 groups

There are numerous individuals spreading the arts, and promoting the positives of the Filipino martial arts. I am proud to help give them voice. Personally, I wish I had more time to spend here, but until I complete my Doctorate (May 2016), much of my time is devoted towards my academic pursuits. Thankfully, I have several members that have stepped up and taken an extremely active role. Gentlemen like Terry Joven, Lawrence Motta, and the rest of the admins/mods provide me invaluable assistance. Please extend them your thanks.

Without all of you, this network would be a shell or would join the countless other Filipino martial arts ventures that have folded. Thank all of you for the continuing support!



**Filipino Dirty Boxing**  
Suntukan Street Self-Defense with Tony Torre  
In Filipino Dirty Boxing, Guro Tony Torre blends the traditional with the modern to form a comprehensive fighting system designed to enhance any fighter’s training regimen. Steeped in the Filipino martial arts of arnis and suntukan, Torre draws on his extensive knowledge to give you a whole new sense of street fighting and self-defense under extreme circumstances. After

acquiring a solid foundation in positioning, natural combinations, targeting, disruptions and striking, you’ll move on to mechanics, joint integrity and minimization of energy leaks. The extensive partner training exercises included in the video provide you with the skills and confidence that can only be developed with hard work in the gym. Whether your fighting is on the mat or in the streets, Torre’s training methods provide the explosive offensive and defensive tactics needed to overwhelm your opponent and come out victorious. For information purposes only.

170 minutes \$29.95  
**To Purchase:** [Click Here](#)

**The Filipino Martial Arts Database**

This is the Filipino Martial Arts Database service, provided to the FMA community in support of its growth and advancement.  
[www.fmadatabase.com](http://www.fmadatabase.com)

**MyFMA.net**  
[www.myfma.net](http://www.myfma.net)





**Women in Martial Arts**

Sun.Star Baguio - May 28, 2015  
By Jayson Vicente

May 26-27 marked the staging of the 2nd Women's Martial Arts Festival.

According to the Philippine Sports Commission (PSC) Commissioner-in-charge Akiko Thomson-Guevara, the activity is set to recognize the ability of women in the field of sports and their feat could not be underestimated.

2009 World Taekwondo Team Poomsae Champions Rani Ortega, Camille Alarilla, and Janice Lagman, bemedaled athletic champion Elma Muros, and champion equestrian Mikee Cojuangco-Jaworski were among the women athletes who attended the festival's opening.

"These women have achieved so much for the country and the sport and serve as an inspiration to all women to have their own sport to nurture and use as an instrument to do something for their country their family and themselves," Guevara said.

She hopes the event, to be held at the Megatrade Hall in SM Megamall, Mandaluyong City, will get better every year.

This year, Baguio sent a delegation of women to compete and hope to duplicate last years' feat with more or less 50 women athlete to compete in arnis, muay thai, judo, tae kwon do and wrestling.

The official results have yet to be released by the PSC but in the sport of arnis, the team of 14 players have done it again amidst the changes in competition format where categories are divided into three age divisions, 7-12 years old, 13-17 years old and 18 years old and above with the provision of 7-12 years old and 13-17 years old only performing "anyo" or creative forms and not being given the opportunity fight in the "labanan" or sparring and those 18 years old and above only playing in the "labanan" and not have "anyo" event. This lessened the medals at stake and chances of the Baguio Arnis All Stars to duplicate last year's medal haul, nevertheless they still pulled through capturing the over-all championship in the seniors division with only four entry and top three standing in the 7-17 years old category.

With a much stronger pool of arnisadores, the feat of the Baguio Arnis All Stars is commendable considering others could not come due to examination schedules in their universities. But still, the team prevailed after making do with who are available, so in behalf of the Baguio Arnis All Stars team of this year's 2nd Women's Martial Arts Festival thank you for all the support and prayers! To God be the Glory!

**Baguio Arnisadors Defend Title in WMAF**

By Mark Victor Pasagoy  
Sun.Star Baguio - May 30, 2015

The Baguio City arnis squad successfully defended the overall title in the arnis event of the recently concluded Philippine Olympic Committee-Philippine Sports Commission 2nd Women's Martial Arts Festival held in Mandaluyong City May 25-27.

Arnisadors from the Summer Capital towed five gold, six silver, and two bronze medals to outclass other LGU's from all over the country in the two-day competition set as an extension of this year's Women's Month celebration.

Norielyn Sagun, Janna Kaye Balicdang, Danica Caw-is jumpstarted the medal haul for the city as they generated two gold and one silver in the anyo competition's 13-17 year old age bracket.

Sagun, Balicdang, and Caw-is dominated the synchronized solo baston and synchronized sword and dagger events, after landing second place in the synchronized double baston event.

Sagun, last year's most bemedalled athlete with six gold, also added two more silver this time from the from the individual solo baston and sword and dagger contests.

Irish Dianne Tolentino, the youngest athlete in the group, added one silver (double baston), and two bronze (solo baston,

sword and dagger) from the individual performance in the 7-12 years old age division.

Athena Mantias, Rikka Marie Ramirez, Gigie Anton (13-17 years Old) also saved a runner-up finish from the synchronized sword and dagger team event.

In the senior's (18 years old and above) sparring (labanan) competitions, Cindy Abegail Monte (flyweight), Herzl Viernes (bantamweight), Corina Ado (featherweight) each generated one gold medal, while Florentina Pascual (lightweight) added one silver to their group.

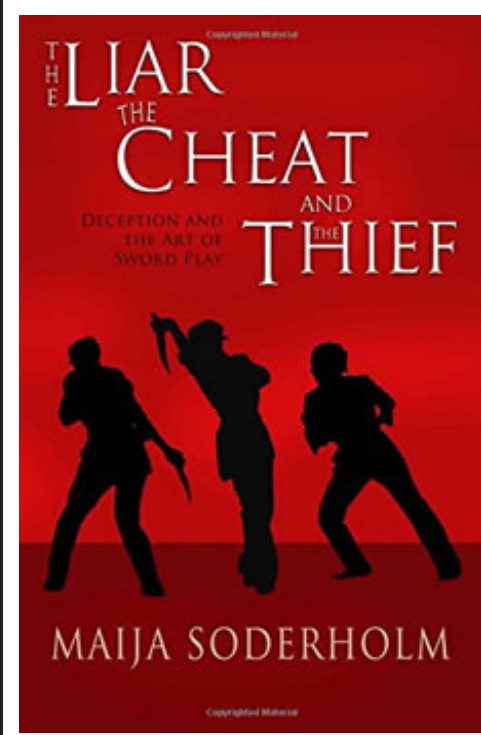
Baguio copped the top spot in the senior's division despite fielding only four players, while the junior counterpart landed a decent third place mark.

The second staging of the WMAF was initiated by POC-PSC commissioner Gillian Akiko-Thomson Guevarra in 2014 with the slogan "Women Empowerment and Women in Sports".

WMAF aims to showcase sports talents of the Filipina youth by arranging an annual national competition which helps develop program in promoting various martial arts practices.

Apart from arnis, the national sports affair also showcased combative sports including taekwondo, boxing, fencing, judo, karatedo, muay thai, penkat-silat, wrestling, and wushu.

**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**

**Arnis Philippines**

June 1, 2015

The Philippine Sports Commission (PSC) disenfranchised Arnis in all the provinces Except Metro Manila in the 2015 Philippine National Games

Arnis, the National Martial Art and Sport (RA 9850), will only be played in Marikina. There will be no more eliminations in the outskirts of Metro Manila and beyond. According to PSC, there will be no more eliminations available for all provinces and cities in the provinces. Instead there will only be a single tournament in Marikina City. This is inspite of the big participation in every tournament held in any part of the Philippines every year due to the popularity of the Sport.

It is expected that there will be mounting complaints from the Arnis Community about why PSC did not make it available for those who play our very own native sport. This extraction will make it very difficult and restrictive due to expenses, time and distance for many practitioners that will be coming from outside Metro Manila.

**Click Here** to go to PSC-PNG2015 website-schedule



**YMCA Kids Shine at Martial Arts Festival**

By Larry Fabian  
Sun.Star Baguio - June 02, 2015

Five female judokas from the Young Men's Christian Association of Baguio bagged medals in 2nd All Women's Martial Arts Festival held at SM Mega Trade Center in Metro Manila last May 25.

Zaira Aquitania and Mariah Christine Pauly won the gold in their weight class, Charmea Quelino grabbed the silver in the 15-year-old age category and Kaye Ales and Andrea De Leon took the

bronze in their own divisions. Close to a thousand athletes from all over the country took part in judo, arnis, boxing, fencing, karatedo, muay thai, pencak silat, taekwondo, wrestling and wushu events during the three-day tournament.

The Baguio judokas are from the YMCA Kaitagi Judo club under sensei Willy Dino and Ferdinand Cudao



**Senkotiros Arnis Videos**

(Collectors Editions)

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Advanced	\$29.95
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Lost Years	\$14.95

**Shipping and Handling** \$10.00  
**To obtain full details on Ordering** - Click Here

**Baguio Squad Rules Second Women's Martial Arts Festival**

Manila Times - June 2, 2015

Team Baguio hauled 23 gold, 13 silver and 14 bronze medals in the 2nd staging of the 2nd Women's Martial Arts Festival held in SM Megatrade Hall, Megamall, Mandaluyong City recently.

University of the East grabbed the 2nd place with 10 golds, 4 silvers and 5 bronzes. Taguig City Karatedo Association cornered the 3rd place with 7 golds, 10 silvers and 8 bronzes.

The Philippine National Boxing Team, 4 golds-4 silvers, ruled over the Australian Team, 2 silvers, and Papua New Guinea Team, 1 gold-1 silver, in exhibition matches. The Nationals include Nesthy Petecio, Josie Gabuco, Aira Villegas, Alexcel Dargantes, Analyn Velasco, Irish Magno, Maricris Igam at Riza Pasuit.

Under the auspices of Philippine Sports Commission Akiko Thomson-Guevara, the tournament started last year with female martial artists featured in arnis, boxing, fencing, judo, karatedo, muay thai, pencak silat, tae kwon do, wrestling and wushu.

Among the distinguished female athletes who graced the event are International Olympic Committee representative to the Philippines Mikee Cojuangco-Jaworski, trackstar Elma Muros Posadas, President of Philippine Pencak Silat Celia Kiram, tae kwon do jins Rani Ortega and Janice Lagman.

**Lameco Eskrima (The Legacy of Edgar Sulite)**

By David E. Gould



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. 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**

**Conceptual Modern Arnis**

By Bram Frank

A seldom seen view of Arnis/Modern Arnis the Filipino fighting art of Professor Remy Pesas as seen by 1st Generation student... 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

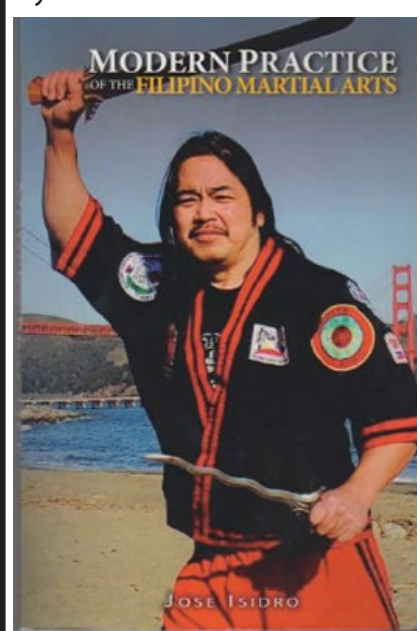
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**Modern Practice of the Filipino Martial Arts**

By Master Jose Isidro

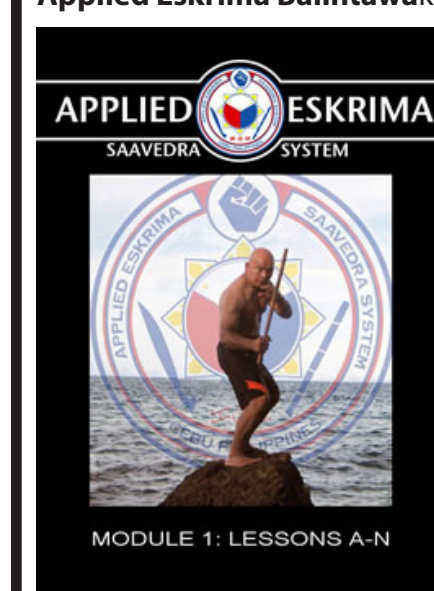


The Book contains technical pictures on the Filipino martial arts of striking, blocking, Sinawali, Redonda, locking, trapping, Empty hand, knife disarm, Bangkaw, Tying, Espada Y Daga, Drills such as Give-n-Take and Block/Check/Counter, Transition of Stick to Stick, Empty Hand to Stick, and Empty hand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

The book is published and distributed by Central Books Supply - **Web-site:** 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.

**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 of 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**



### My dear friends,

This appeal is to all TnT and Desangut friends, my dear colleagues.

We appeal for your help to build bamboo houses for 40 families in Khokana. This Nepalese village was wiped out by the catastrophic earthquake. All we need is 200 people donating \$20 each to reach the modest goal of \$4,000.

To give help, please visit our Crowd Fund in Switzerland: [Click Here](#)

We have only 80 days left to achieve our goal. If we don't, the Crowd Fund will return your donated money (minus the transfer fees). But this means that the people in Khokana will continue to live in uncertainty, hunger and cold.

If you wish to send donations directly to me, you can paypal: [nepal-recovery@strategic-edge.ch](mailto:nepal-recovery@strategic-edge.ch).

This relief effort is led by TnT Nepal Chapter, together with our self-defense group Women Empowerment Nepal, and my private company Strategic Edge. We will send you a video-report on how your donations were used.

Khokana is just outside Kathmandu, very near the place where Robert, Andy and I used to live. Here, 90% of houses were destroyed. Over 4,000 people are homeless. Khokana was declared a new municipality just before the disaster. This means, they had no time to establish a government infrastructure. There are no international aid agencies operating there, except for World Vision which runs a small children's program.

Our goal is to build 150 shelters in Khokana. So far, we are able to build 100. After helping Khokana, we move on to the next 3 villages that are equally devastated. The situation is desperate as the monsoon rains are approaching. Every \$20-donation will put a roof over a child's head.

Please help me spread the word. Thank you so much for caring.



#### The Desangut Fixed Blade Magnum

By TnT Blades

#### Production Information:

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

*Trainers are now available*

**To Place your Order Click Here**

### Risky Business

By: Maija Soderholm

They say you should imagine the scariest opponent you can think of, and that your training is valid if only if it works against them.

I get this - Certainly if your training only works against an inexperienced, clumsy, compliant, half wit you are indeed doomed to failure. But is the opposite true for the other end of the scale?

Who would you most fear to cross swords with? Not in a sport context, but in an imaginary lethal encounter?

My personal nightmare is a bigger, faster, stronger, insane person. (Let's not go into multiples/ambush/unarmed vs armed etc. Just keep it simple, to a one on one see 'em coming both equally armed context). And for me, the 'insane' part is the part that makes them the most scary. If someone is insane and does not care if they live, what options do you have? Not many. There is no potential harm you can threaten them with. They cannot be reasoned with, and the height/weight advantage means they outmatch you once contact is made.

When the odds get this bad, you have to risk everything to stand even a small chance of prevailing. Your options narrow down to the smallest of windows of opportunity, where the risk of injury or death is almost a certainty, and your only option is to 'go'. Once. Win or Lose.

You could argue that this is the most important place to train because it matters the most. But it is also extremely rare. Many people might outweigh or outreach you, and there are certainly people out there who are more highly skilled, but insane? Not so much. For someone to care less if they 'die' just for the pleasure of taking you out? This takes a very particular type of individual with a very, very, personal grudge. *Why does any of this matter?*

Because this is the opponent most people seem to fight, all the time.

*Is this 'wrong'?*

There is a logic that says that if you have the answer to the most difficult problem, you also have the answer to all the easier problems, because the only thing that is changing in the equation is the threat level the opponent presents. As the threat level goes down, so the winning should become easier and easier. Right?

Well, kinda ... yes, the technique might be very effective, but no, because the risk to self is left extremely high.

Remember, in training smart, we are looking for maximum gain for minimum risk. When you have no time or space, you have to judge everything, from range, to timing, to angle, perfectly. Even if there is only half an opening, you hope for some luck to add to your slight chance of surprise and you take it. Because you have to. And if nothing else, it never hurts to increase the chaos if you are losing.



yours truly

**Master Edessa Ramos**

Traditional & Tactical Combat Arnis

**Together with:**

**Arjay Manandahar** - TnT Nepal Chapter

**Rashmila Prajapati** - Women Empowerment Nepal

But what of mere mortal opponents? I would argue that here, you actually do have the luxury of space, time, and especially rationality, to play with. You have choices, and those choices actually increase as the RELATIVE level of the threat decreases.

Rory once said something to the effect that time is a commodity, and one of the differences between a veteran and a rookie is knowing when you have it, and when you do not. If you do have it, it is far better to spend it gaining intel, rather than rushing straight into an unknown chaos without understanding what you might be facing.

Same can be said for sword play. If they are not insane, gain some intel first. Don't risk yourself unnecessarily. You do have the time and the space. Use them. Make a smart decision.

I found the quote below on the internet. I have no idea if it is a real Native American saying, but I thought it was quite good. It speaks both to the difference in attitude whilst training versus in 'reality', but perhaps it also applies in a dueling situation, to the one who controls the game versus the one who does not?

*"The huntsman can make many mistakes, the hunted, only one".*

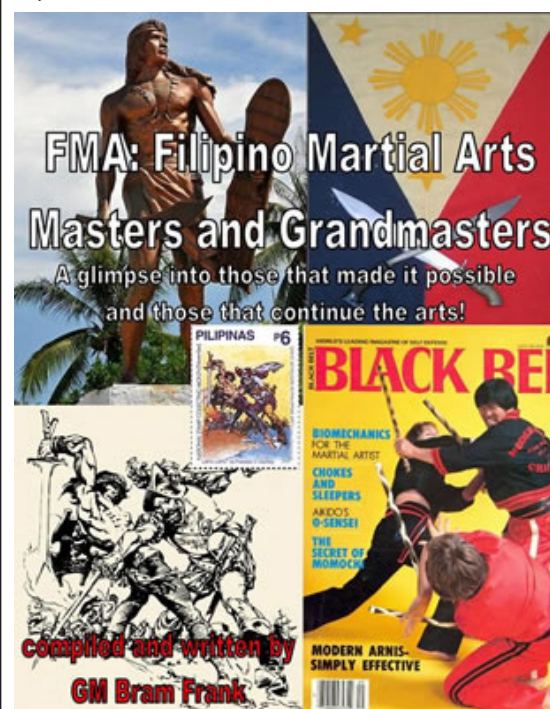
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*About teaching and training Eskrima and Bagua. Recommended seminars, and related material I find interesting.*  
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### FMA Grandmasters and Masters

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!

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### Creating a Fighting System

By Zach Jenkins

FMA.net: [www.myfma.net](http://www.myfma.net)

*What goes into the creation of a new martial art, style, or system?*

In my opinion there are degrees of separation when it comes to the martial arts. You have an art, a system, and a style. Being a professional artist I always think of art as being creative.

A system to me is a method of doing something and a style is how a person interprets what they learned.

In order for a martial art system to work as it is intended, it must be tested. Much like theories must go through various methods of testing, it is the same for the martial arts. Defensive and offensive theories without testing to prove they are effective might make them invalid.

One of my teachers was always a sceptic when it came to watching others demonstrate their offensive and defensive techniques or style. In order for him to believe that a method of fighting was valid, he would test it

against what he already knew. This didn't mean that he went around challenging everyone. That would be a very foolish activity for many reasons. Instead he found a way to test what others knew in a friendly exchange.

There are many reasons why a person decides to create a system of fighting, some out of necessity and others for self-serving reasons. But whatever the case, new systems will continue to flourish as they should because creativity is a key element behind all art forms.

Style in fighting is something that each individual develops because it is a way of expression. I once heard someone say that in the beginning a student whistles his teacher's tune but when they understand what they are doing they whistle their own tune.

So am I saying that every martial artist has their own style? Well, yes and no. Style depends on

the knowledge and experience a person possesses as well as their views about the fighting arts themselves. Many teachers don't encourage their students to think outside of the box. There can be many reasons for this such as a lack of knowledge on their part, traditions that they adhere to, a poor teacher or teachers, or maybe their own belief system when it comes to learning and teaching martial arts.

Usually martial artists that develop their own systems of combat have come in contact with a variety of already established fighting systems. There are some who may consider themselves purists or loyal to the particular system they are learning or have learned. I see nothing wrong with that but if you don't experience other arts you might be short changing yourself because there are amazing martial art systems out there that are a joy to experience. Other arts may

also enhance your own or even make your art more complete. Not everyone especially nowadays has the opportunity or the time to study and complete a martial art curriculum. But by experiencing other arts you may be able to fill the gaps in areas where you lack knowledge.

The thing that you want to avoid is learning an art or system and then renaming it and calling it your own. If you don't intend to teach what you know it doesn't matter but if you do decide to teach your own system, you'll have to ensure that it's truly yours. Not saying that it can't be influenced by other arts or systems because just about all arts are influenced by others.

But if you decide to embark on the creation of a new fighting method, don't cheat, do the work that's required and don't forget to give credit where credit is due...

### Antonio "Tatang" Ilustrisimo's last interview before his death.

Conducted by Steven Drape, a teacher of San Miguel Eskrima under Urbano "Banoy" Borja who was a student of Momoy Canette.

This interview was conducted with Grandmaster Antonio "Tatang" Ilustrisimo, along with his senior students Antonio Diego and Christopher Ricketts, on 29 July 1997 in Manila, Philippines. At the time of the interview, Grandmaster Ilustrisimo had been ill for several weeks, so he was weak and had some difficulty talking. (As it turned out, his illness became worse and he eventually passed away in the fall of 1997.) We were accompanied by a live-in companion, who helped serve as a translator for some of the Grandmaster's answers.

Grandmaster Ilustrisimo lives in one of the toughest sections of Manila, near the docks. He was a merchant seaman for 35 years, and has spent most of his life in this same area. As an example of the respect people here give to this living legend, the story is told of a gang fight between a local Manila gang and a group of men who had come to Manila from the Visayan islands for work. At the height of the melee, with many men involved in the fight, "Tatang" walked right through the middle of the spot and everyone stopped fighting to let him pass. He is one of those rare men where legend may actually match reality.

**This interview was conducted for Australasian Fighting Arts Magazine (AFAM).**

**AFAM:** *Erle Montaigue met you and wrote an article in AFAM in 1981. He told me that he was very impressed with you and your art. Have any of your training methods changed since 1981?*

**Grandmaster Ilustrisimo:** The principles of the art have not changed, so of course it is the same.

**AFAM:** *When you began teaching your students, like Tony Diego, you had certain ideas as to what they would learn by now. Have they reached your expectations?*

**Grandmaster Ilustrisimo:** Yeah! Tony has been with me for a long time, since 1975. If you want to train with me, you must learn the old way. When we train, I will hit your hands, many times, so you learn. You must take the pain to learn.

**AFAM:** *Tony Diego, you've been with Grandmaster Ilustrisimo for more than 20 years. Have you been satisfied with your training in the Art, and with "Tatang"?*

**Tony Diego:** At first, he wouldn't teach me. He said that the Art was only for fighting. I kept asking and finally he accepted me. I've been very satisfied. I have never felt that I wanted to change, or stop training. At one time, I was

a little frustrated, though, and I asked "Tatang" why I couldn't be more like him (in his ability). He simply answered, "You are you, you are not me." Everyone learns in a different way, so you must be satisfied with the result that you get. You can never be exactly the same as your teacher.

**AFAM:** *Do you feel like you have mastered everything the grandmaster has to teach?*

**Tony Diego:** Once I asked "Tatang" if he had taught me everything, if I had the complete system. He replied, "When a guest comes to your house and you give him food, you always give him the rice from the top of the pan. It's the best rice that everyone likes to eat, but you save for yourself the rice from the bottom of the pan. There it has become hard and crusty." I think that means that he taught me everything he could teach, but that there are things that he still has that are not teachable. Things that come from a person's experiences in life.

**AFAM:** *Tony, you will retire from your job in a few years. Do you think that you will take on more students, expand your teaching?*  
**Tony Diego:** No, I don't think so. I have several students who have

been with me for many years. Probably they will take over the job of carrying on, of passing on Kali Ilustrisimo.

**AFAM:** *Grandmaster Ilustrisimo, your style of arnis impresses as one of the most natural for self-defense. Are your views still the same in that this Art should only be used for self-defense using straight-forward methods instead of more flowery techniques?*

**Grandmaster Ilustrisimo:** The fancy stuff in arnis, all the flowery movements, is only for stage shows and demonstrations, not for real fighting.

**AFAM:** *What is your advice to students who would wish to take up arnis nowadays in the Western world? It seems that today, the old ways of learning are fading, and more and more students want to learn tournament styles.*

**Grandmaster Ilustrisimo:** Arnis is simple- 1-2-3 (demonstrating a 3-strike combination in the air). The tournament styles are different, not really arnis.

**AFAM:** *How long do you feel a student needs to train to learn arnis, how many years?*

**Grandmaster Ilustrisimo:** Only two weeks, you can master the techniques! Arnis is simple 1-2-3!

**AFAM:** *Two weeks!?*

**Grandmaster Ilustrisimo:** Study with me one hour every day and you can learn how to fight for tournaments. My students usually win in the tournaments. Remember, though, that training for tournaments is not training for real fighting. Wearing armor is bad for the Art, students don't learn well.

**AFAM:** *Have your methods changed much as you have grown older?*

**Grandmaster Ilustrisimo:** When fighting, you only adjust to your opponent, to what he does. As you get older, you must still adjust. Maybe you do something differently than when you were younger, but it is just an adjustment to the situation. Age is just one part of the situation.

**AFAM:** *Does that mean that the inevitable physical decline that comes with age can be compensated for? Does someone's increasing skill and experience make up for declining physical ability?*  
**Grandmaster Ilustrisimo:** Yes!

*(To illustrate this point, when Tony Diego first introduced me to "Tatang", he playfully attacked him. The grandmaster was holding two*



canes at the time, one to help him walk and a shorter rattan. Even though he does not see well any more, and he is 90 years of age, his reaction to even the playful attack was immediate, very fast and obviously exactly right to defend himself if the attack had been real. A very impressive introduction to the grandmaster!

**AFAM:** Let's change directions now. In your lifetime, who were the best arnis players you can remember, the very best ones?

**Grandmaster Ilustrisimo:** Here in the Philippines, no one would fight me. I had fights in Singapore and in Jakarta with good players. The toughest one was in Singapore. I cut him across the right wrist and won the fight and \$5000. I also fought in Calcutta and broke that man's right arm.

**AFAM:** Besides yourself, then, who here in the Philippines were the best fighters?

**Grandmaster Ilustrisimo:** My father, my grandfather and the brother of my father were all great fighters.

**AFAM:** So you learned from your father and uncles?

**Grandmaster Ilustrisimo:** Yes.

**AFAM:** Who was Pedro Cortes? Did you learn anything from him?

**Grandmaster Ilustrisimo:** Yes, he was the sparring partner of my father, from Mindanao. His style was much like the Ilustrisimo style, same as my father's.

**AFAM:** What about some of the famous names everyone has heard about? People like Dizon, Villabrille, Cabales? Did you know them when you were all younger?

**Grandmaster Ilustrisimo:** Yes, we were all here in Manila. Villabrille was my cousin.

**AFAM:** Did you ever teach Cabales anything?

**Grandmaster Ilustrisimo:** Yes, but I didn't like his techniques.

**AFAM:** Did you ever fight with Cabales or the others?

**Grandmaster Ilustrisimo:** Yes, we played often, but none of them would fight me for real.

**AFAM:** So you had a reputation even then, when you were a young

man. What other fights have you had?

**Grandmaster Ilustrisimo:** Yes. No one wanted to fight me. In the early 50's, I had a real fight, not an arranged match, with a man called "Doming" here on Dock 8. He had a knife and I picked up a short piece of pipe from the ground. He died from a blow to the head with that pipe.

**AFAM:** I've heard that you have another nickname. "Dagohoy", is that correct?

**Grandmaster Ilustrisimo:** Yes, it is only a nickname.

**Tony Diego:** "Dagohoy" was a famous fighter from the island of Bohol who led the people in an uprising. He was a famous figure in our history, so people call "Tatang" this name as, well, a name of respect.

**AFAM:** Dan Inosanto is very well-known in martial arts circles. One of his teachers of Arnis was John LaCoste. Did you know John LaCoste here before he went to the US?

**Grandmaster Ilustrisimo:** No, I didn't know him.

**AFAM:** What about the fighters from Cebu? The Canetes, the Saavedras, etc.? Did you know them, or ever fight anyone from Cebu?

**Grandmaster Ilustrisimo:** No, I never fought them, but I don't like their techniques. The Cebu fighters like to use the abanico techniques to the head. No good!

**AFAM:** In your style, you train to use a blade. Does that change how you use a stick?

**Grandmaster Ilustrisimo:** It's the same, no different.

**AFAM:** There was a famous match arranged once, between Joe Mena and "Cacoy" Canete. Can you tell me what happened?

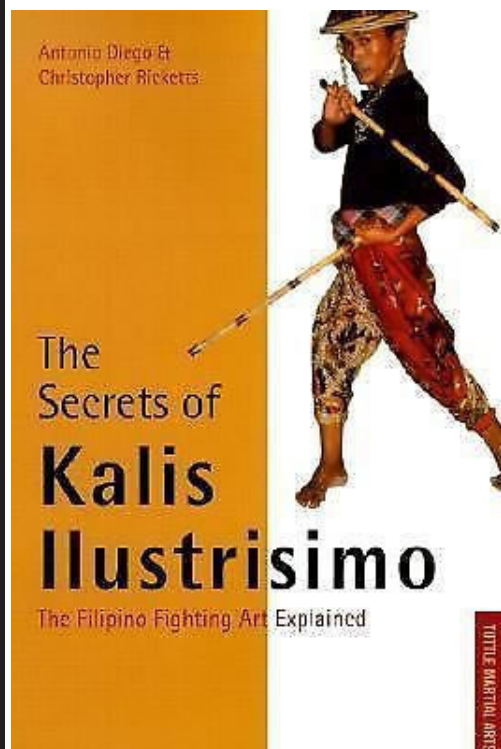
**Grandmaster Ilustrisimo:** They began to fight but someone interfered and the fight was not resolved, no winner.

**AFAM:** I've heard that you began training when you were 9 years old. That would have been in about 1916. How was training different then, from the way it has become today?

**Grandmaster Ilustrisimo:** It was very different. It was only practical

### The Secrets of Kalis Ilustrisimo: The Filipino Fighting Art Explained

By: Antonio Diego and Christopher Ricketts



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

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

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

Sections include:

- Kalis Ilustrisimo in Perspective - History and Development; Structure of the Ilustrisimo System
- Fundamentals of Practice - Preliminaries (Weapon Length; Weapon Grip; Combat Ranges); Stances and Footwork; Methods of Striking
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- The Combative Encounter - Combative Sign Language; Spiritual Fortitude; Fighting Principles and Strategies
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training then, learning how to survive.

**AFAM:** During World War II, you were a resistance fighter. There are several stories about you from that time. Can you tell me about some of them?

**Grandmaster Ilustrisimo:** Yes, I was fighting the Japanese. I killed 7 Japanese with my blade.

**Tony Diego:** There is a good story about that time. One night, "Tatang" and a friend had been drinking and were walking home when they came upon a single Japanese sentry. "Tatang" walked right up to the man and pulled

his samurai sword right out of the scabbard, looked at it and put it back. The Japanese soldier was so surprised that he just stood there and did nothing, even though he had a gun.

**AFAM:** Grandmaster Ilustrisimo, you've had a long and eventful life. Is there anything you regret, or anything you would like to change?

**Grandmaster Ilustrisimo:** Nothing. I've been happy.

**AFAM:** Thank you for this interview and for the knowledge that you have passed along.



Award under the Vocational Service for the "Arnis Para sa Barangay Tanod Program" which was a joint project with Arnis Philippines, Inc. (ARPI) and QC 4th District Councilor Jessica Castelo Daza.

### Rotary of New Manila QC Arnis Project Receives Award

During the Rotary International District 3280 Awards Night, "the Best Year Ever" held at the AFP Theater in Camp Aguinaldo, Quezon City, last May 17, 2015, Rotary District Gov. Sammy Pagdilao presented The Rotary Club of New Manila Quezon City (RCNM) with the Peace and Conflict/Prevention



(L-R) ARPI President and RCNM P.P. Mr. Raymond S. Velayo; RCNM P.P. Mike Crisologo; RCNM Pres. Cynthia Zipagan; ARPI Director and RCNM P.P. Med Quiambao; RCNM P.P. Jun Zipagan; holding their awards for various categories.



Rotary Club of New Manila with Former President Arroyo (Top L-R: RCNM PP Jun Santos, RCNM PP. Larry Gadon, RCNM PP Oyo Bulandi; RCNM PP & ARPI Director Rene Pronstroller; RCNM PP Jun Zipagan; and RCNM PP & ARPI Pres. Raymond S. Velayo) (Bottom L-R: RCNM PP Ana Millionado; Former Pres. Gloria Macapagal Arroyo; RCNM PP Cynthia Zipagan;)

### ARPI and RCNM recognizes GMA for Arnis Bill

Former President Gloria Macapagal Arroyo receives the Honorary Lakambini Sampu Rank (Arnis 10th Degree Blackbelt) from Arnis Philippines President Raymond S. Velayo for having demonstrated her Nationalism and Patriotism by sponsoring and having approved on December 11, 2009 in the Halls of Congress of the Republic of the Philippines a Bill recognizing "Arnis as the National Martial Art and Sport of the Philippines" under Republic Act No. 9850. Arnis is signature project of the Rotary Club of New Manila, QC and had won several awards in Vocational Service for Peace and Conflict Resolution in Rotary District 3780

Arnis Philippines - [www.arnisphilippines.com](http://www.arnisphilippines.com)

### Baguio Arnis Team's Target: Title Retention

By Mark Victor Pasagoy  
Sun.Star Baguio - June 11, 2015

The Arnis team from Baguio is gunning for a second straight title in the Philippine National Games which kicks off July 2.

The team finishing with 11 gold, six silver and four medals last year.

Arnis coach Jayson Vicente said his athletes started to train as early as last month.

"Continuous naman ang drills natin, as always we motivate our players so they see the value of continuous training," Vicente said. "In this way we always keep up and will not be left behind with the improvement of the other teams who compete every year."

Vicente is optimistic Baguio will remain as the team to beat in the annual event.

"Landing as the best team

overall yearly should be the goal of the Arnis team of Baguio, we always have to make sure to get better than we were before, mas mahirap i-maintain ang title kaysa panalunan siya," Vicente said.

In 2013, Baguio ruled arnis with a 16-10-9 medal tally from both labanan (sparring) and anyo (form) competitions.

Vicente said they are looking to field around 20 male and female arnisadors this year.

Baguio is sending at least 150 athletes to this year's National Games.

Last year, Baguio finished with a 59-61-53 medal harvest coming from Wushu, Taekwondo, Wrestling and Muay Thai.

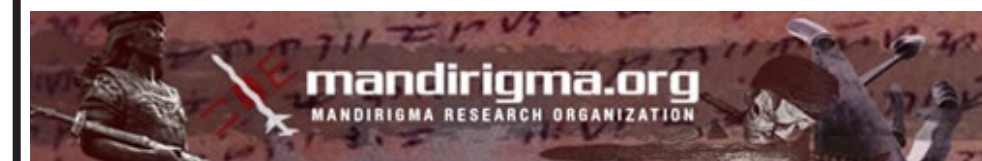
### Eskrima Documentary Series

By: Kapisanang Mandirigma Productions

Ang Dangal ng Lahi (Pride) is a series of short documentaries about the Warrior Arts of the Philippines commonly known as Eskrima, Arnis and Kali. The focus will be arts and organizations of Bakbakan Philippines, Ilustrisimo and Lameco Eskrima.

Director: Tim Fredianelli  
General Consultant: Dino Flores  
Distribution: Mandirigma.org  
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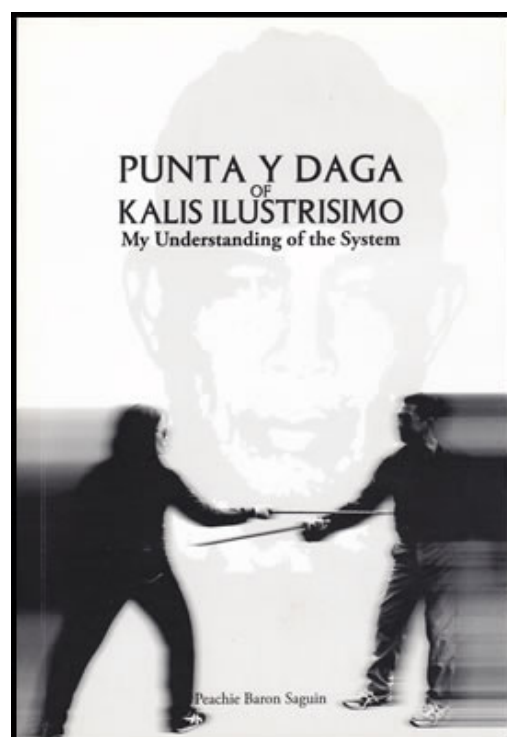
**Release Date: 2015**



For more information and up dates on the project visit: [Click Here](#)



Trailer: Ang Dangal ng Lahi (Pride)  
[Click Here](#)



**Punta Y Daga Kalis Ilustrisimo**  
*My Understanding of the System*  
By Peachie Baron Saguin

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

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

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

Peachie Baron Saguin

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## Over Structuring

By Zach Jenkins

Can martial arts be over structured?

Structure is very important in almost everything we do in life. In the military structure equals efficiency and is effective in the movement and training of large groups. The same holds true for the martial arts in that when you take a person that knows nothing or very little about the martial arts, it requires structure in order to get them through the different stages of training.

Students are comfortable with a structured curriculum because the stages of progression are clear and simple. An instructor feels comfortable because structure makes their task easy and adjustments can be made with very little stress to the teacher or the student.

*"Learn the drill to learn the skill and when you learn the skill, forget the drill."* - **Abner Pasa**

Before martial art drills and forms, individuals learned how to fight by fighting plain and simple. When individuals reached high levels of proficiency at fighting, people sought them out in order to learn how to be good fighters themselves. But these fighters had to figure out a way to teach people who couldn't fight effectively so they devised drills and broke training down into techniques, steps, and/or modules. This was probably a difficult task for many fighters. I've seen many amazing

fighters that had no structure when it came to teaching others and many students couldn't learn from them because it was too difficult to comprehend the concepts, principles, and techniques on such a high level.

So how can martial arts be over structured? Martial arts become over structured when teachers rely on drills and forms too much and neglect having their students engage in fighting practice. When I practiced Kung Fu many years ago my teachers would shy away from fighting practice because they were afraid to lose students. Many students lose confidence when they are bested at fighting and sometimes they experience real pain and then lose interest. Some teachers that do have their students engage in fighting practice try to avoid the pain and potential injuries by padding up their students from head to toe. Students enjoy it because there is usually much less pain involved and teachers like it because they don't have to worry about students getting injured which could be costly in martial art schools today when it comes to insurance, medical bills, and law suits.

Although I'm an advocate for safety in training, I believe that pain or the potential for pain has some benefits as well. For one thing students are more careful and not over daring when

they fight. It teaches students to respect weapons whether they are implements or anatomical. It also teaches students control so they can avoid potential injuries to themselves and their training partners.

How do we break free from being over structured in martial arts?

Fight, Fight, Fight! Fighting is the primary purpose for martial arts. Drills and forms are only stepping stones to get to the reality of it which is the act of fighting. This is why many people that engage in boxing or grappling give little credence to many traditional martial arts. Boxers and grapplers spend numerous hours sparring against a live opponent. What good are drills and forms if you can't use them in an actual fight?

I've heard many Filipino martial arts practitioners say that you should not spend a lot of time practicing disarms because they seldom work when actually fighting. They say this because in their experience it doesn't work for them so they figure it's useless. They have a very narrow scope of thinking when it comes to disarming because of their lack of experience and understanding about fight strategy and methods.

The method of Filipino martial arts that I've trained in places a great deal of emphasis on close quarter fighting. At close quarters there are many

opportunities to trap, stick, lock, and disarm. Long range is a different game entirely. Sure there are opportunities to disarm but mainly by striking the weapon hand or weapon itself.

*"When you fight an opponent, you fight your way not their way."*

**Pendekar Paul de Thouars**

Since my method of Eskrima focuses mainly on close quarter or corto fighting, the dilemma my students face is; how do we close the gap in order to fight where we potentially have an advantage? A group that focuses on long range tactics or Largo will probably focus on how not to get to corto range.

I know what you're thinking, that's why we train at all ranges... Yes, we do train at all ranges but just like that old saying, "Jack of all trades and master of none", the same holds true for martial arts. We should be familiar with as many aspects of martial arts as we can but we can't master everything. People are very good at certain things because they spend many hours focusing on that particular thing they are good at. Just like a fine artist is skilled at painting, drawing, sculpture, and so on, there's one area that usually outshines all the others and other areas that are very weak.

MyFMA.net  
www.myfma.net

## Architect Launches Filipino Martial Arts Center

By Jaelle Nevin Reyes

Manila Time - June 11, 2015



Architect and Arnis master Manny Dacanay (second from right) poses with students after a training session. Contributed Photo

Amid the influx of foreign martial arts in the local combat sports scene, one man has taken a stand to uphold the country's endemic martial art.

Manny Dacanay, an architect by profession, has erected a building situated at the outskirts of Metro Manila dedicated to the preservation of Filipino martial arts - especially Arnis.

The aim of the project is in line with the objectives of Republic Act 9850 or the Arnis Law that declares arnis as the Philippines' national sport and martial art.

The Filipino martial arts Center, which is located in Pasig City, is one of the first places where local martial arts enthusiasts can share and develop the sport,

according to Dacanay.

*"Eto yung pinaka-ungang Filipino martial arts center na dedicated talaga sa mga sport gaya ng Arnis kasi yung mga instructor natin, di maka-afford ng sarili nilang lugar,"* he told The Manila Times in an interview.

*"Ang main goal ng Filipino martial arts center is para magkaroon ng isang venue kung saan pwede sila magkita-kita,"* Dacanay added.

Besides the center, Dacanay, on the other hand, also hopes to someday build a museum for the sport.

*"As an architect, gusto ko gumawa ng isang Filipino martial arts museum. Ngayon pa lang, sinasabi ko na na ililibre ko na yung services ko para magawa 'yun,"* he said.

He expressed that he is just looking for support from the public or private sector to help

him make his vision a reality.

An Arnis Master or "Guro" himself, Dacanay has gone the extra mile to do his part in the propagation of the sport even with its unpopularity among Filipino youth.

He explained that his interest with our domestic combat sports has started with arnis and reiterated that as a Filipino he felt compelled to make it his mission to spread the teachings of the Filipino martial arts.

*"I love being a Filipino and everything about being Filipino. So when I learned about arnis, I told myself: why not learn Arnis?"*

Dacanay mentioned that with Republic Act 9850 in place since 2009, the government has implemented programs to continue the promulgation of the sport among the youth.

Besides the Department of Education (DepEd) and the Philippine Sports Commission, another government agency that must be actively involved in the implementation of the Arnis Law is the National Commission for Culture and the Arts.

"May program ang Department of Education para sa mga bata na tinuturuan sila ng basic Arnis. I think DepEd is doing their best to help na hindi mamatay ang sport."

Meanwhile, Dacanay believes that arnis and other Filipino martial arts should be appreciated by the public especially the younger Filipinos.

He stated that it would be a big loss if Filipinos did not learn to give ample attention to a sport

that is proudly local.

*"Sorry na lang sila kapag 'di nila napag-aralan ang Filipino martial arts kasi hindi nila nakikita yung beauty ng art and culture natin. Kawalan nila 'yun."*

Consequently, Guro Dacanay, who regularly holds arnis training sessions at the center, admitted that despite the passage of a legislation specifically for the sport, he thinks that their community just receives minimal support.

*"I think the sports commission is in the process of organizing a federation that will house Arnis kaya nga lang mabagal."*

*"Kaming mga guro, naghihintay lang kami ng action from the government para pagsamasamahin kami."*

Even without a substantial support coming from the government, Dacanay claimed that they hold tournaments and seminars to promote the sport.

*"Nagkakaron kami ng pocket tournaments and seminars pero watak-watak. Kung magkakaroon ng national conference for Filipino Martial Arts, 'di ba ang ganda noon?"*

Lastly, he clarified that he hopes that a someday a social arm of a big company takes interest with his cause.

*"Nakakapag-hold naman kami ng small tournaments pero kung may support sana ng big corporations, mas mapapaganda yung venue and the other factors,"* he ended.

## Eskrima Combat vs. Drills

KaliEskrima FMA Blog - kalieskrima.com/blog/escrima-combat



Today I came across a video channel on Youtube.com by Harrison Martial Arts ([Click Here](#)). This short eskrima clip below demonstrates disarms out of hubad. It is actually a cool drill, reminiscent of many drills taught in the Defensor Method.

What caught my eye about this clip however, was the negative comment by a random viewer in the comments section. The viewer states that blah, blah, blah, that would never happen in a fight. Okay, I'm sure Harrison Martial Arts can answer this themselves, but if I may...

Filipino martial arts drills are meant to teach attributes that are conducive to combat situations; they are NOT a substitute for sparring. Eskrima drills are more like simulations that build sensitivity, timing,

hand/eye coordination, repetition, and many other attributes that make a well-rounded fighter. Nobody ever said, "Hey you're good at hubad, time for the UFC!"

Had the training knife in the clip have been a live blade, you'd see the defender try to gain as much distance from the attacker as possible. However, if these guys ever find themselves way too close to a live blade, their automatic response will kick in because they practiced the drill hundreds, possibly thousands of times through the repetition of this drill.



Video: [Click Here](#)

## TMAC Hosts Regional Kuntaw Convention

Aquinas University of Legazpi News

By Ester Joy D. Agudo



The Thomasian Martial Arts Club (TMAC) of Aquinas University of Legazpi (AUL) hosted the Regional Kuntaw Convention on May 23, 2015 at the Daragang Magayon Hall in AUL, Rawis, Legazpi City, Albay, Philippines. The Kuntaw training/seminar workshop aimed to re-unify Kuntawistas in the Bicol region, re-establish the good relationship and strengthen the brotherhood of Kuntawistas while re-learning the old Filipino Martial Arts style. Kuntaw Art Forms were reviewed in the morning and in the early hours of the afternoon, to make sure that the basic foundations of the Filipino Martial Arts style is still accurate and embedded in the hearts and minds of the Kuntawistas. An Art Form Exhibition was held after the training workshop. The Art Forms Mayon, Maya, and Singkilan were performed by Master Alicia Lañada-Kossmann, daughter of Great Grand Master Carlito Lañada Sr. (Founder of Kuntaw), Master William W. Kossmann and their daughter Kyudai Cassandra M. Kossmann. National and Regional Officers of Kuntaw convened in the afternoon, where issues and concerns with regards to the Kuntaw organization as a whole were tackled.



Welcome to the Kali Center and Join Us!

The Kali Lifestyle - Filipino Martial Arts Demonstrations - Kali / Eskrima / Arnis

YouTube Channel: [Click Here](#)



### 20th MAMFMA Anniversary Presents Community Service / Feeding Program

June 13, 2015  
Brgy 31, Zone 5, Pasay City, Philippines

20th Modern Arnis Mano-Mano Filipino Martial Arts just finish the feeding program and community service last June 13, 2015 at Col. Doro Street, Pasay City. In support of Brgy. Chairwoman Luzviminda Torres and Barangay Council.

The said event was a joint project by Punong Lakan, Ron Torres and Genny Becker.

The organizing committee were supported by Shihan Dennis Aquino from Philippine Karate League, Sata Rosa Laguna; Master Jimmy Ibrahim of Falcon Consolidated Martial Arts, Ms. patty Caballero - President of Lightning Scientific Arnis; Grandmaster Dannie San



Joaquin - Samurai Judo; Guro Sunshine Facto from Sinag MartialArts Institute. Jonah Geronimo and Sarah Sanchez - Sandatang Kamao, Jemn Baxafra - Baxafra Armour.

The Modern Arnis Mano-Mano members are: Romeo Solatorio, Maan Vergara, Ken Magno, Ever Quine, Brian Plaza, Mizha De Guzman, Anthony de Guzman, Jayme Francisco, Elbert Marquez, Rogelio Vasquez, Junar Vidal, Deborah Vidal, Jhelai Raagas and Vince Raagas.

Thanks to all the sponsors of this event Mark Medina, PG Jayson Vicente - Baguio All Star, Genny Becker, Julius Guatlo, Mikeli Mapua, Christian Chuatoco and Michael Chuatoco



### Book Review: Sonny Umpad's Eskrima

By: Brian Johns

Bamboo Spirits Martial Arts bamboospiritmartialarts.com



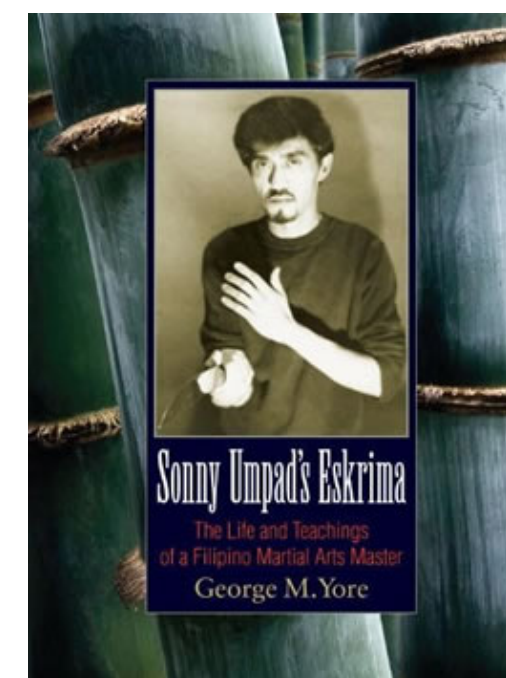
The feeding program started with the different games for the kids, then giving the bags, umbrella and slippers. while the kids are eating the MAMFMA give some vitamins and mediciens to all the parents.. - **Garitony Nicolas**



MAMFMA crew with Brgy Capt. Luzviminda Torres and Council, Ms. Genny Becker



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on emphasizing the sword in the later part of his teaching career. The influences on his system were varied, ranging from Balintawak to Doce Pares, street experiences, training with Master Raymond Tobosa, Angel Cabales, Leo Giron, Max Pallen, and Gilbert Tenio. The book takes pains to point out that Maestro Sonny also drew on his students' martial arts experiences in order to develop new avenues of research into his system.

Recently, I used my gift card from the Chapters book store to purchase "Sonny Umpad's Eskrima: The Life and Teachings of a Filipino Martial Arts Master" by George M. Yore. This book was published by Blue Snake Books ([www.bluesnakebooks.com](http://www.bluesnakebooks.com)).

For those who are not aware of who Maestro Sonny Umpad is, first see this video. Embedding has been disabled so you will have to click on the link below.

I first heard of Maestro Sonny Umpad when I attended one of Datu Kelly Worden's seminars several years ago. Since then, I had seen his name mentioned in various places on the Internet. Unfortunately, Maestro Sonny passed away at the age of 58 in August of 2006. He was born in Bogo, Cebu, Philippines and later in his life, settled in Northern California where he taught until his untimely death.

He created the style known as "Visayan Style Corto Kadena/Larga Mano Eskrima" and was best known for his emphasis

The book is divided into three parts. The first part is a biography of Maestro Umpad's life, beginning in the Philippines and covering his move to California. It discusses the seeds of his system and how he evolved over the years, in particular moving away from structured drills in favor of "random flow training." The book indicates that there are three distinct phases of Maestro Sonny's system, reflecting his ongoing research and evolution in the art of Eskrima. This should not be surprising as the great martial artists and teachers often evolve over the years as they refine their techniques, concepts, and philosophies. Two good examples of this are Professor Florendo Visitacion and Professor Remy Presas. One quick look at their careers from beginning to end would reveal considerable evolution in their respective arts.

The second part of this book is a collection of seven well written essays by various students of Maestro Sonny. These essays are reflections on their initial encounters with Maestro Sonny, their long and arduous training under him, their observations of his teaching and research methodology as well as explaining

his martial philosophy. Collectively, they give a fascinating window into Maestro Sonny's deep martial intellect. The essays leave no doubt that he had a tremendous intellect and a probing mind that allowed him to deeply mine the art of Eskrima. As a result, his system "Visayan Style Corto Kadena/Larga Mano Eskrima" is a deep and wide ranging art encompassing the corto, medio, and larga ranges. It incorporated a considerable amount of footwork and, according to the writers, a wide ranging number of weapon and empty hand concepts.

The third part of the book is an attempt to show some pictorial examples of the system starting with the foundational 17 strikes of the system. Other expressions include solo baston vs. solo baston, solo baston vs. larga mano, larga mano vs. doblecada and edged tools. While there is no doubt in my mind that the authors did their best with their step by step pictures, it is my opinion that this section of the book does not

do well. It is difficult, at times, to decipher the precise movements from one picture to the next. In this day and age of DVDs and YouTube, photographs of this kind may well be archaic. As noted in the last book review, Tuttle Publishing has apparently gone to a book/DVD format for some of their martial arts books. I recognize that it may be unfair to demand a DVD for a book that focuses less on "how to" than on Maestro Sonny's martial philosophy. In any case, I think that this section could use considerable improvement.

All in all, if you are into martial philosophy and want insights into Maestro Sonny's philosophical, research and teaching methodology, I highly recommend this book. If you are looking forward to the "how to" section, be warned that it is not in depth and the pictures are difficult to decipher. I look forward to re-reading this book several times for its' great insights but will skip the pictorial section.



Video of Sonny Umpad: [Click Here](#)



**Book Review -Balintawak Eskrima, by Sam L. Buot**

By Peter Huston  
peterhuston.blogspot.com

Balintawak Eskrima, by Sam L. Buot, Sr. (2015)  
Tambuli Media, Spring House, PA. 262 pages, 7 by 10 inches, paperback. • ISBN-10: 0692312994

Balintawak is one of several styles of Filipino martial arts. \* Like most, it is a comprehensive martial art that begins training uses a stick but also incorporates knife and empty hand techniques. Unlike many Filipino martial arts (FMA), however, in this art, practitioners practice with a single stick instead of a pair of double sticks. Aside from that, the art appears to be fairly typical. This is a good 240 page book in which Sam L. Buot, Sr, explains a great deal about Balintawak. It is divided into different sections. Each section is done well.

The first section covers history and masters of Balintawak Eskrima. Although much of this is both fascinating and informative, in my opinion, it goes on longer

than a typical reader would appreciate. My guess is that the author not only wished to show his appreciation for all who had taught him or taught those who taught him, but that he also wished to ensure that no one would feel slighted or be left out. Still a great deal of valuable information was presented on the social niche and transmission of this and other arts in the Philippines. The next section is 13 pages long and discusses the foundation of the art, a system of 12 strikes.

The next three sections, called The Defensive Stage, The Offensive Stage, and a section entitled "Balintawak Interpreted: Application of Balintawak," total 142 pages and cover a variety of

techniques and applications of the art. The bulk of the book is demonstrations of techniques. These are demonstrated well with clear text explanations and a reader and a training partner should be able to reproduce them reasonably well assuming they have enough grounding in the Filipino martial arts to see the basic principles on which they are built.

In conclusion, although there are portions of the book, that stretch on longer than most readers might wish, this is nevertheless a fine book that would make a welcome supplement to any Filipino martial arts practitioner's library.

• Although the exact terminology is quite controversial these arts



are often known as kali, arnis, or eskrima, a term Mark Wiley prefers to spell as eskrima, with a K. Therefore, Balintawak could be said to be a sub-style of eskrima (eskrima). The author, Sam L. Buot, Sr., makes it clear that he prefers to avoid the term kali, saying it is almost unknown in the Philippines.

**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**

**35 Outrageous Filipino Superstitions You Didn't Know Existed**

*Filipinos are superstitious, and our culture—essentially a melting pot of local and foreign beliefs—has made us that way.*

*We can't deny that even in this day and age, we at times still adhere to the beliefs of our forefathers. Paglililihi, usog, and pasma are but a few examples of the countless common Filipino superstitions we still believe in.*

**Origins of Filipino Superstitions**

Owing to its strategic location in Asia, the Philippines has seen many settlers and visitors from other places even before the advent of written history. Naturally, these different peoples would also carry with them their peculiar beliefs and custom pertaining to phenomena that they could not explain at the time. These beliefs would then be transmitted to their descendants via oral or written tradition.

Historians generally agree that aside from the original main settlers (the Negritos, the Indonesians, and the Malays), the biggest influences of Filipino superstitions would be the Indians, the Chinese, the Spanish, and the Arabs to a lesser extent. This inter-mixing of different beliefs is the reason why we have so many superstitions in the country even

today.

This article presents some Pinoy superstitions you may or may have not heard of. We don't have to believe them of course (most do not even make sense really), but knowing them at the very least can give us an idea of just how rich and diverse our culture really is.

**1.** If you want bedbugs to leave your house, place some on a piece of paper and leave them in someone else's house. The other bedbugs will transfer there.

**2.** If you want to get rid of unwanted visitors, secretly sprinkle salt around your home and they will soon leave.

**3.** Guests should not open the door while the family is eating because that family's good fortune will fly out the door.

**4.** All windows inside a house should be opened on New Year's Day to let good fortune come in.

**5.** It is good luck to the family if there are bees found inside the house.



Get rid of unwanted visitors by secretly sprinkling salt around your home. Photo via [www.hollywoodstoragecenter.com](http://www.hollywoodstoragecenter.com)

**6.** When doves and pigeons leave a house, it means the occupants

are always quarrelling.

**7.** If you have to leave on a trip before finishing your meal, turn the plates on the table so that your trip will be safe.

**8.** Do not place money on the table while eating.

**9.** Leave a few grains of rice inside a sack and tie it tightly so that your guests will not consume your entire preparation for them

**10.** Leaving some rice in the cooking pot will ensure that you will always have food inside the house.

**11.** If a fishbone gets stuck in your throat, don't tell anyone. Instead, spin your plate three times to make it disappear.

**12.** Serving plates to your guests ensures that blessings and good graces will be left on those plates.

**13.** To get good news from a distant relative or stranger visiting your house, serve him/her water first.

**14.** Always eat food from the center of the plate when dining in the home of strangers.

**15.** When three people pose for a picture, the one in the middle will be the first to die.

**16.** A person with two cowlicks in his hair is said to be mischievous.

**17.** The sound of a single rumble of thunder heralds the death of a prominent person.

**18.** Gamblers will lose when they see the number seven.

**19.** Breaking a glass on Friday will bring the person bad luck for seven years.

**20.** 3, 5, and 9 are unlucky numbers.

**21.** If the number of letters in the

husband and wife's name adds up to 30 or more, then that means good luck.

**22.** A person who dreams of numbers will win the lottery.

**23.** Red-colored cars are predisposed to accidents.

**24.** A person whose gums are black is a jealous type.

**25.** You can tell a person's personality by knowing his/her color preference: jealous people prefer yellow, the energetic prefer red, the peaceful prefer white, the optimistic prefer green, and the lonely prefer blue.

**26.** When you dream about a friend wearing white, it means he/she is getting married.

**27.** When a person breaks an egg and sees two egg yolks, he/she will become wealthy.

**28.** Seeing a white butterfly will mean riches are in store for the person.

**29.** Putting your purse or handbag on the floor will not make you prosperous.



An egg with two egg yolks is a sign of good luck. Photo via [somecontrast.com](http://somecontrast.com)

**30.** One who pays his debts at night will become poor.

**31.** After you see a shooting star,

wrap some money in a corner of your handkerchief and play a game of chance. You will win.

**32.** When you wear clothes and discover that they are inside-out, it means you will receive money

shortly.

**33.** Always keep coins or bills inside your bag or suitcase. If you don't spend it, you will have lots of money for that year.

**34.** Put a coin you find on the road inside your purse or pocket and never use it. You will never be short of money.

**35.** Give a generous discount to your first customer of the day so your sales will increase for that day.



**References:** Filipino Tapestry: Tagalog Language Through Culture by Rhodalyne Gallo-Crail and Michael Hawkins; Orientalists, Propagandists, and Ilustrados: Filipino Scholarship and the End of Spanish Colonialism by Megan C. Thomas; Philippine History by Christine N. Halili; Study Skills in English for a Changing World by Magelende Flores, et al.

**About the Author:** When he isn't deploring the sad state of Philippine politics, Marc V. likes to skulk around the Internet for new bits of information which he can weave into a somewhat-average list you might still enjoy. You can also check out his ho-hum yet extremely addicting lists over at [Listverse.com](http://Listverse.com) and read them... over and over again.

**Motivation Training Muisic**

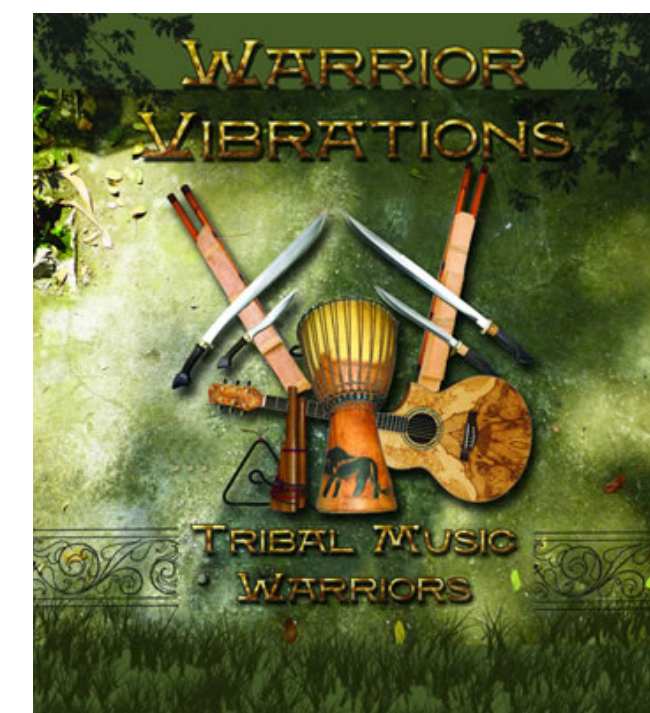
By the Tribal Music Warriors called, "Warrior Vibrations"

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

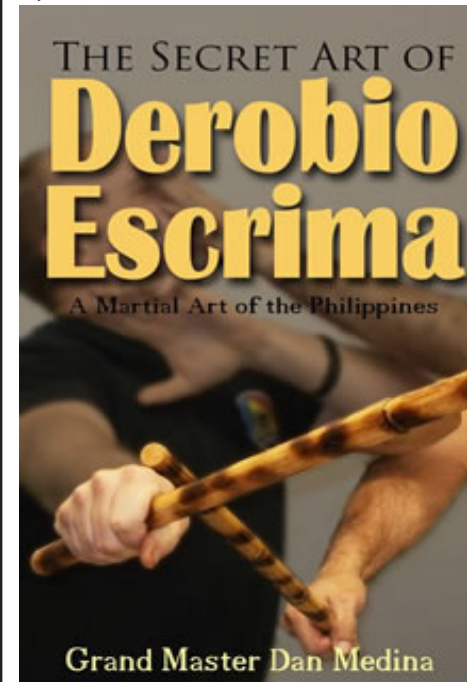
Sword and impact weapon play has such a rhythm to it once people have it down well. We basically took the rhythm of the sword and impact weapons and added a tribal beat with many different primitive instruments and added some guitar and a few other modern sounds and put together this unbelievable sound.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

The video is just samples of the music on the actual CD: To see it [Click Here](#)

The Tribal Music Warrior CD is sold on – [TraditionalFilipinoWeapons.com](http://TraditionalFilipinoWeapons.com) - To Purchase: [Click Here](#)

**The Secret Art of Derobio Eskrima**

By Dan Medina



In The Secret Art of Derobio Eskrima 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 Eskrima is the first look into this amazing battle tested art. Not only does it take you through the basics of Derobio Eskrima, 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 Eskrima, 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**





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

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



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**Article Submission**

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

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

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

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

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

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