

# FMA Informative

Newspaper

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

## Filipino Knife and Kyusho

**Defending Against the Knife**  
By Tom Gallo



Crazy person, street thug or martial art knife practitioner, you do not know the intent or skill level of your attacker. The only thing you can do is train in as many attack scenarios and with anyone you can. If you need ideas just search videos on the internet, there are plenty of real life knife attacks posted. A problem with many “techniques” is that they are performed with your fellow classmates utilizing the same system, in a familiar training hall with no real intent on harming you. You need to go outside of your comfort zone and cross train with other knife practitioners. Be open-minded. There is no single correct defense. What works in one situation might get you killed in another. You need to know the strengths and weaknesses of everything you do. Above all, respect the blade.

So why am I singling out Filipino martial arts in this article? I have found their drills the best at increasing your reflexive responses. The way a Filipino martial arts practitioner flows in the attack gives you a taste of every possible angle and combination. Whether it is single or multiple attacks, the way they do it will wake you up.

There are many variables that can be addressed when discussing Knife Defense,

too many for a short article to cover. Let’s take a look at entries. Whether your system’s initial defensive response is tapping, grabbing or passing, you can utilize the benefits of Kyusho Targets. What are Kyusho Targets? Well, we all have heard our instructors speak of “Nerve Attacks”. This is one of many aspects of Kyusho. The only difference is the way it is taught in Kyusho International. A slight tweak to the way you already strike or grab and the attack on the nerve becomes more than just a pain response, you are affecting the internal systems of the human body.

### Five Basic Angles of Attack

These are the typical angles of attack found in the Filipino martial arts, although some systems can have more than a dozen.

We will use these common angles to demonstrate some ideas.

With the blade held in either Saksak (saber grip) or Pakal (icepick grip), these angles can be delivered on any part of the body; arm, neck, face, torso, leg. We will look at attacks to the torso but remember to practice all possible body targets using the basic angles.

**Angle 1** - Forehand 45\* downward slash or stab

**Angle 2** - Backhand 45\* downward slash or stab

**Angle 3** - Forehand Horizontal slash or stab

**Angle 4** - Backhand Horizontal slash or stab

**Angle 5** - Straight Thrust

Entry Examples

Let’s take a look at a response to a particular angel of attack followed by a strike to a Kyusho Target. Any secondary follow up should be easier and more affective once the Kyusho Target is activated properly.

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Angle 1



In order to defend against an attack on Angle 1, tap the attacking wrist with your right wrist activating the Kyusho Target H-6, Ulna Nerve. Pass the attack through and grab the knife hand. With the radial side of your left arm strike the Median Nerve, Kyusho Target TW-12, just where the Triceps forms a “V”. This affects not just the nerve but the Muscle Spindle Cell which protects the muscle from tearing. Now both the Extensor Reflex and MSC reflex are activated. The body will jerk forward. As this happens, pull back striking Kyusho Target PC-3 located just above the elbow crease on the bicep bending the arm.

Angle 2



For Angle 2, pass the knife hand down with your left hand and grab at the wrist. With the fingers of your right hand press against the Kyusho Target H-2, Ulna Nerve, located about two fingers above the inner elbow joint in the hollow pocket between the Biceps and Triceps Muscle. This will cause a withdrawal reflex bending the arm for control, stab or lock.

Angle 3



A horizontal inside slash is executed. Step to the right. With your right hand tap the forearm in the middle as your left hand grabs above the wrist. This will stimulate several nerves on the arm making the next target more sensitive to your strike. Roll your right hand up and come down on the side of the chin activating the Kyusho Target M-HN-18, the Mental Nerve. This nerve exits the jaw bone from a small hole called a Foramen. This will cause dysfunction of the neck and body muscles, cause a withdrawal reflex of the head, a nauseous state, dizziness and altered state of consciousness.



Angle 4

As the knife comes on Angle 4, stop it with a “cut” to the attackers arm using your right ulnar bone. As this is done rotate your arm clockwise. The focus of the strike should be above your wrist striking close to the attacker’s wrist activating the Kyusho Target SI-6, Ulna Nerve. This will cause pain, weakening of the attacker’s grip and possibly opening of the hand. When struck with increased force more physical dysfunction can occur. Use your left hand to control the arm with your hand in a “C clamp” position. Roll your right hand up to strike the attacker’s Kyusho Target known as LI-18, transverse cervical nerve, located between the muscle strands of the Sternocleidomastoid Muscle. Use the wrist knuckle on the ulna side of your hand to strike on a 45\* downward angle. This will cause the body to collapse from lack of muscle control, cause pain, body weakening and possibly an altered state of consciousness. This is a great setup for a variation on a Puter Kepala takedown.



Angle 5

With this angle it is safest to be on the outside of the attack but unfortunately circumstances might trap you on the inside. As the attacker thrusts towards your midsection side step and immediately grab attacker’s wrist with your left hand in a pulling action which will activate Wrist Targets weakening the arm and unbalancing the attacker. Follow this by pressing with your thumb to the Kyusho Target L-5, Lateral Antebrachial Cutaneous Nerve. It is located in the muscle of the forearm just below the crease of the arm. The smaller and harder the “body weapon” used the better the effect so make sure to use the tip of the thumb and not the pad. This will weaken the arm and buckle the legs. Follow this with a push kick to the inside of the leg about four fingers above the ankle. This is Kyusho Target SP-6, a branch of the Saphenous Nerve, which will cause severe pain and loss of support resulting in the hyperextension of the ankle joint.



As stated in the previous article which focused on Stick and Kyusho, you are not drastically changing what you already do just making slight adjustments. In the end even if you do not cause a “Kyusho Effect” you are still hitting anatomically weak areas of your attacker. Caution is needed when applying these strikes. Use safety equipment. Only use training blades; wood, plastic, rubber, metal, foam. Do not use a live blade.

Always train with a Certified Kyusho International Instructor.  
Thank you Camille Casanova, Freddy Gonzalez, Sigmund Lambrento and Andrew Ng for assisting with the pictured examples.

**Tom Gallo**, Founder of T.A.C.T.I.C.S., is a Certifying Instructor with Kyusho International; member of the Kyusho-Jutsu Kokusai Shihankai: International Association of Kyusho-Jutsu Master Instructors; KTCP Instructor: Kyusho Tactical Control Program; trained in several Filipino Martial Arts Systems and has a Black Belt in Hwarang Do. He is currently teaching FMA, KMA, Kyusho and Close Quarter Tactics in New York. Tom hosts the “USA Kyusho Summit” held in New York every June.  
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The Reality of Knife Disarms on the Street

By: David E. Gould



There has been a lot of discussion about the reality of knife disarms in a combative venue as of late. I feel on a personal note that a determined man can make anything work for him in his time of need when he is forced to do so, should an opportunity exist. Punong Guro Edgar G. Sulite’s opinion on this subject was that it is not so much

“what” you do but rather “how” you do it which makes the biggest difference in the outcome of a fight. Remember that in a fight if you try to take a persons knife or any other weapon once deployed from him against his will he will heavily resist with bad intentions and if you are not careful you could easily fail in your attempt to disarm your opponent of his weapon and make the situation far worse resulting in you paying for your failed attempt in terms of realistic consequences which will be set into motion by the natural laws of cause and effect. So you need to embrace this reality in your training environment allowing healthy doses of non-cooperation and natural resistance from your training partner at any time that he deems necessary in trying to secure, control and disarm your training partner of his weapon. This will force many things to surface regarding your abilities and combative attributes to include the ability to locate and relocate, perception and reaction and most important learning to turn a failed attempt into a successful counter measure based on existing or manufactured opportunity. Punong Guro Sulite used to say that the recovery of one failed attempt on your opponents position has more value than 1000 successful attempts uncontested against a non-compliant opponent. As for the reality of disarming on the street I can’t say that it doesn’t work because I have successfully used

disarms to positive effect in real crisis situations in the past. I have under duress taken guns, knives and machetes away from people intent on doing me great bodily harm. Instead of doubting the ability of disarming I think that maybe we should redefine our understanding of this concept. Just because it may not work for one situation doesn't mean that it can not work for another. As well just because it works in one situation doesn't mean that it will work in all situations. Disarming is situational at best to be decided and implemented on

a case by case basis as determined by a proper threat assessment as the situation is about to play itself out. Disarms come in many different facets.

1) You hit your opponents hand using full power with an impact weapon or cut deeply into his hand with your knife.

2) Controlled disarms where you have full control of your opponents weapon hand long enough to disarm him of his weapon.

3) You completely sever the weapon hand from the wrist with your knife or machete.

4) You completely sever the fingers along with carving the knife from the hand with your knife or machete.

5) You cut the arm off at the elbow with your knife or machete.

6) Incidental disarms that just happen in combat whereby you or your opponent not having full control of a weapon will simply lose it somewhere in the exchange.

Here is the reality of controlled disarms, if you can not contain and control the weapon hand of your opponent for more than 1/2 a second it will be very difficult to achieve a positive disarm. It comes down to the way that you train and what your working knowledge of disarming involves that will determine your over-all effect in implementing this aspect of your training. As I stated above dis-

arming at best is situational, the fact is that there are some people whom you will be able to disarm and then there are others which you will not be able to disarm. The secret is to take advantage of an opportunity only as long as it exists in real time and should you encounter failure you have to recover as soon as possible and move on to the next opportunity until you are either dead or successful in putting down the situation.

Punong Guro Sulite felt that there were very few people on the planet that could take his knife from him if he "chose" not to let them have it. I train in the same vane as to "not" cooperate or comply with my opponent's intent in like manner. As soon as someone tries to gain control of my weapon hand long enough to disarm me they will lose control of it very quickly, because I will not allow them the opportunity which they need in order to disarm me of my weapon. Non-cooperation happens often when one is forced to choose between life and death. It exists in realistic response and with this being the case we owe it too ourselves to introduce it into our training in hopes of creating as similar a training environment as possible with that of reality.

However, we must be realistic and acknowledge that not everyone has the knowledge to resist such at-

tempts, but some do. Someone "not" in the know may not see the opportunities that you see and they may not have a working knowledge of how to contradict your efforts in taking their weapon from them. Against these types of people you may have an opportunity to disarm. Some people will resist and have the knowledge to do so with great effect and against them you may not have a good opportunity to disarm them of their weapon. I didn't say that disarming would be easy only probable if you know what you are doing, have the opportunity and are able to control the weapon hand long enough to take the weapon with positive effect.

For the record, I feel the same about a disarm as I feel about firmly grabbing my opponents weapon hand and slamming him face first into a telephone pole, the side of a building or flinging him into heavy traffic in front of a moving bus. I don't rely on any one technique as the "end all of techniques" which is guaranteed to work in "all" situations "all" the time. I was simply taught to perceive a threat and react with the most appropriate response as dictated by necessity, opportunity and target availability for that specific situation. If that involves disarming than so be it... If not than I will move on to more appropriate solutions. One technique is as good as the

next too me if I can use it to positive effect as to allow me to live for one more second in combat. I've always thought that the "best" technique for any situation is the one that will work for you when it is called upon to defend your life. That technique will be different from situation to situation.

I feel that disarming should be taught correctly to those in search of knowledge but only with the understanding that they are only to be used where applicable. I wouldn't suggest anyone to confront a crisis situation and "choose" to disarm their opponent because they feel it an easy task to accomplish. It is not!!! If you have an opportunity than by all means I think that you should seize that opportunity while it avails itself to you in real time. If you should fail to disarm your opponent then you are to go above and beyond by recovering center and relocating the weapon hand all the while finding another solution in putting that situation down while you continue to fight for your life. Defending against a weapon is a dangerous prospect and more times than not it can lead to a very violent, painful and bloody death. As soon as you lose respect for a weapon, it will take your life, there is nothing "guaranteed" in fights which involve weapons other than you may die if you don't respect the weapon.

I always teach my students to realize that there are no "guarantees" in combat, only opportunities. Either you will be able to recognize those opportunities and react with positive effect toward them when they avail themselves to you in real time or you won't, in which case you may die. The situation will dictate your most appropriate counter response and your abilities will

determine your overall performance by which to defend yourself in a crisis situation. A disarm is nothing more than a probable means to an end, not an end all technique guaranteed to work in all situations. Train and recognize it for what it is and you will taste more success in your dealings with possible random street violence.

### Training with a Combative Mindset

By: Angelo Garcia



Angelo Garcia demonstrating knife defense in third party VIP Close Protection Course in the Israeli Tactical School

As martial artists, we have a tendency to view combat through specific paradigms and we lose sight of the goal. Put simply, learning drills and memorizing techniques become the primary goal instead of understanding where and when it would be appropriate to apply them. And it is absolutely essential to know when and where it is right to apply the right skill lest we lose and find ourselves injured or killed.

Let me preface this discussion by first saying that this isn't an esoteric discus-

sion about timing, speed, or a zen concept. Instead, this is about establishing a framework to understand when and where techniques should be applied. It important to understand which techniques work in specific situations and then train to apply the correct tools in your martial arts arsenal to accomplish the task at hand.

Is it self defense? Point sparring? No holds barred fighting? A grappling tournament? Dueling? Third party protection? Law enforcement?

When you have the skills,

The image shows several wooden training blades of different shapes and sizes, including a large knife, a smaller knife, a dagger, and a kerambit. The blades are arranged around the central logo which reads "TALIM TRAINERS". Below the logo, there are labels for each blade: "BARONG: 23.25" LENGTH", "DAGGER: 10.75" LENGTH", "BOLLO: 24.25" LENGTH", and "KERAMBIT: 7.9" LENGTH WITH 1" FINGER HOLE BREAK RESISTANT!".

**Talim Trainers**

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

Talim Trainers is the result of years of trial and error. Last but not least, they are affordable. Good quality and longevity doesn't have to put a strain on the wallet.

**Website:** [www.talimtrainers.com](http://www.talimtrainers.com)

it's time to train a specific pallet of techniques that are appropriate in that context. Having provided edged impact weapon training to security professionals with specific goals, that addressed their needs.

I recently taught at the Israeli Tactical School's VIP close protection course where the mission had very specific parameters: Protect the VIP from a knife attack, neutralize the threat, and evacuate the VIP to safety. It would not have been appropriate to drill anything outside of what is needed to accomplish these goals.

The technique that most effectively completed the task was an aggressive execution of a knife interception and an aggressive barrage of attacks leading to a takedown. But the

exercise did not stop after the aggressor hit the ground. Because the technique was only one stage of the whole picture, the next aspects needed to be drilled as well. Now that I've taken down the attacker, what is the next step? Should I draw my firearm? Stay sprawled over him? Return to my VIP?

All of these questions were addressed in drilling for this specific mission profile and included deploying the weapon while keeping 360 degree awareness to ensure the safety of the VIP.

As we train, it's important to learn techniques and understand the context in which they should be applied. Build up your arsenal of techniques but drill these skills for their specific contexts.



**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)

## Clinching with Weapons – Reprogramming Empty Hand Responses

By Angelo Garcia



Over the last couple of weeks I had been teaching private training sessions to some of my law enforcement and security students. The focus of these sessions has been take downs and locks in weapon fighting. As an instructor, I was quite pleased to see that they were able to quickly familiarize themselves with the material. Their years of grappling competitively in arts like shoot wrestling, Brazilian Jujutsu, Judo, as well as striking in Boxing, Muay Thai, and Kyokushin Karate allowed them to pick up and quickly execute many of the techniques I taught them.

However, I noticed three fundamental flaws in their execution that made sense in purely empty hand fighting but would be most perilous in an altercation involving knives or sticks.

**First, they prioritized the head rather than the arm for the clinch.** In a vacuum such as the gym, the ring, the cage, or the wrestling mat, it makes sense to clinch for the head. It’s an opportunity to control your opponent so you can subject him to knees, elbows, or pin them and choke them. I have seen countless self-defense videos that have recommended the strategy of going after the head first and to ignore the arms. However, in the case of weapon fighting, the biggest threat comes from the weapon hand since uncontrolled, it can be swung and cause serious injury or death. Thus, always clinch to control or track the weapons and not the head.

**Second, they mirror take downs and locks on both sides and ignore the weapon configuration.** This is closely tied to the first paragraph as it pertains to how they prioritize their tactics. Attempting one type of throw or bind with one arm may make sense if the weapon is on the right side but executing the same movement may not necessarily make sense if the weapon is in the left hand.

**Third, after they establish control, they would try to slowly bring me down or stay in the clinch and trade strikes.** This is the objective in submission grappling or in a stand up striking match as victory is determined by the ability to control the clinch or submit your opponent. However, the more time spent in these transitional positions, the higher the probability of being cut, stabbed, or clubbed. As such, it is essential to decisively



execute a take down or strike combination in this position.

Many skills from the empty hand systems I’d mentioned previously reinforce the technique required to effectively handle weapons. In fact, if you have these skills, your ability to control weapons fighting improves considerably. However, what is essential is the mind set you possess ultimately and not the particular technique. So how should we train the clinch in with weapons?



**Establish and maintain control of the weapon hand or isolate it so you can determine whether to continue fighting or if you need to make an exit.** This should be your priority, especially if you are unarmed. This way, you reduce the number of weapons you have to deal with (including anatomical weapons like the leg and hands) and you are able to buy yourself some time that can be used to launch a barrage of strikes or execute a take down.



**Train the specific take downs that are appropriate for each weapon configuration.** The weapon configuration of your opponent, such as whether the knife or stick is in the left hand or right hand, will affect the efficacy of binds, locks, and take downs. While in the long run it is helpful to have a map of where the different locks are, it is more important to be able to quickly use them.

**Act decisively in the clinch regardless of whether you are striking or executing a take down.** As soon as there is contact and a clinch begins forming, time runs out to determine who is faster. For this reason, you should train to aggressively execute the take down once you have it or begin firing a barrage of strikes to establish control.

Doing these three things will drastically improve how you handle clinching with weapons whether you are armed or unarmed. So go on and incorporate this mindset in your training and see what the results are!

Stick and Knife Fighting Blog  
dcstickfighting.wordpress.com

## About ...

### Punono Guro Fabrizio Mansur Filograna

Responsabile: Abenir Kalis Europe

Filograna Fabrizio was born in Italy in 1978. At the age of 4 he started learning Judo for 10 years, when he was 14 years he practiced Shotokan Karate, but after two years he decided to stop the practice because the Japanese style was too stiff for him.

It was at the age of 16 when he began practicing JKD and the Filipino martial arts in the Progressive fighting system of Paul Vunak, due to his rapid capacity of learning, he started to teach in the classroom at the age of 17 years, and in 1999 at the age of 21 he obtained the full instructor diploma in JKD concepts and Filipino martial arts.

In the same period he was learning Wing Tsun of Grandmaster Leung Ting and Latosa Escrima. In the 2000s he began the study of western boxing, which he practiced with rigor and discipline and obtained excellent results in Italy and in Switzerland.

In Italy he lived in Milan and studied different styles (Arkutaipa, Kombatan, Arsido) with the Masters of Filipino community, and he studied the Italian stick fighting with his friend and fencing master Italian Lorenzo Manusardi (a family style)

During the April 2004 in Italy he organized the “Best Arnisador Cup” with great success, and in June, he took part in the world stick fighting championship wekaf held in Cebu winning the silver medal in the double Super sticks lights division.

In May 2005 he was the one to organize the first Panuntukan championship in Italy. In the year 2007 he went to live in the Caribbean for 5 years and then in 2010 he studied in Miami with Master Abundio Baet and he became the Carribean Garimot Arnis moderator Until 2012.

He currently lives in Paris and he’s the Chief Instructor of the Abenir Kalis Europe Headquarters.

His teaching is focused in the use of blades rather than sticks, he teaches the Filipino fencing with single and double swords , the longsword and sword and dagger.

The workouts are held with wooden swords or metal and with the protections of the historical fencing to allow the full contact during the sparring the swords utilized are in PVC or metal.

During his courses are studied different combat scenarios such as ambushes, duels or scenarios on the battlefield. He is currently engaged in the promotion of competitions with swords, to give a different option than traditional stick competitions.

Punong Guro Mansur is a passionate Fencing Renaissance and Japanese Koryu , his main objective is to promote the Filipino martial ars throughout Europe, so frequently he travels to visit the best teachers around the world, to continue and deepen his research in the Filipino and European martial arts.



Leran More Visit: Abenir Kalis Europe Headquarter (Face Book) [Click Here](#)  
[www.abenirkali.blogspot.com](http://www.abenirkali.blogspot.com)  
[abenirkalisfilipinofightingart.blogspot.com](http://abenirkalisfilipinofightingart.blogspot.com)

### Master Fabien Jolivel

Head of the Balintawak in France



Fabien Jolivel started martial arts in Japan in 1968 with Karate Shotokan Do, until 1999. He discovered the Filipino martial arts during a training camp with Master Mike Inay from the Inayan Eskrima.

He started his formation, and build a study group before opening the first Kali Eskrima club of Seine-Maritime (France).

In 2005, he travelled to the Philippines with some of his students. In Cebu, with Nick Elizer, he became an expert in the Balintawak system.

He got his “Master” title in World Nickelstick Eskrima. Fabien Jolivel is also a Federal Karate instructor.

### Club Normand Kali Eskrima

What do they offer?

As part of the promotion and development of Balintawak in France and abroad, Club Normand Kali Eskrima established a technical syllabus. The syllabus enables us to position Balintawak students at their appropriate skill level and gave them a definitive promotion levels to aspire to. Their instructors have a good

technical knowledge which they pass onto their students; this ensures that during skill exchanges with Eskrimadors from other groups in the Balintawak family our students perform very well.

Their comprehensive Balintawak Syllabus safeguards the quality of the style taught in our group. It is independent to national and international federations.

The syllabus consists of 12 levels and 3 levels of technical education.

The 12 levels allow progressive learning, rational and quality. Symbolically, the levels correspond to the colors of the 12 clubs established by Grandmaster Teofilo Velez when creating his group “Teofil’s Balintawak” in April 1982.

The schools syllabus clearly assimilates with the Balintawak transmission through “Groups” established by Grand Master Atty. Jose Villasin and developed by Grand Master Teofilo Velez.

The 3 levels of technical education stem from my past research, my current understanding of the art and more importantly my numerous meetings with Filipino’s professors in martial art, namely

- Grand Master Nick Elizar
- Master Eddy Velez
- Master Danny Vedula
- Master Sergio Arcel
- Master Boy Ceniza

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Victory Liner Bus in 1950's

Victory Liner, Inc. is one of the largest provincial bus companies operating in the Philippines. This bus company played a major role in transport industry since it became the product of Japanese occupation in the country after World War II.

Today, Victory Liner, Inc. has grown as one of the largest bus transportation business groups in the Philippines, servicing all key destinations in Northern Luzon and Southern Tagalog. As of today, Victory Liner deploys more than 900 buses in its daily operations. The company is a sister company of Five Star Bus Company.

The company was founded by Mr. Jose Hernandez. Its beginnings trace back from the years of Japanese occupation in the country. The phrase “Victory Joe”, reminiscent of America’s victory in the World War II became a household word way back then, Mr. Hernandez decided to coin out the name of his bus firm from it, and so became Victory Liner

Mr. Jose I. Hernandez, a pre-war mechanic, has collected bits and pieces of machinery, metals and spare parts from abandoned U.S. Military vehicles. He intended to build a delivery truck from scratch for his family’s buy and sell business of rice, corn, vegetables and their home-made laundry soap. Upon completion of the truck, he was surprised to see that what he envisioned to be a delivery truck turned out to be more like a bus.

On October 15, 1945, Mr. Hernandez’s first bus plied the Manila-Olongapo-Manila line. He was the driver and Leonardo D. Trinidad (a brother-in-law) was his conductor.

Never did he know that that was the start of a very big thing. Later on, the Hernandezes incorporated the business and became one of the main transport modes in the province of Zambales, Quezon and Batangas to ferry passengers and goods to and from Manila and the provinces of Bulacan, Pampanga, Bataan, Zambales,

Pangasinan, Tarlac, Benguet, Nueva Ecija, Nueva Vizcaya, Isabela, Cagayan, Apayao, and Kalinga.

The Company was passed to the son of Mr. Hernandez, Johnny Hernandez.

In 2007, Victory Liner introduced a Deluxe class, Available only in Baguio and Cagayan Valley routes.

In 2011, Victory Liner initially equipped 50 air-conditioned buses with Sun Broadband Wireless Wi-Fi powered by Sun Cellular to allow passengers with Wi-Fi capable gadgets such as mobile phones, laptops and other wireless gadgets to log on to the Internet making travel more productive and entertaining. Victory Liner will have the most number of buses with free Wi-Fi after Sun equips its whole fleet of air conditioned buses before the end of the year. To date, more than 600 airconditioned bused are equipped with Wi-Fi technology and still growing.

In 2012, Victory Liner has tied up with AirAsia Philippines, the country’s newest low cost airline, to provide free shuttle service for inbound and outbound passengers of Clark International Airport for the convenience of AirAsia passengers and guests, Victory Liner shuttle bus provides return services from Dau and Marquee Mall to Clark airport.

Recently, Victory Liner together with its sister companies, Five Star, Sta. Lucia Express uses Tachograph to its fleets to monitor drivers who are over-speeding or who are speeding beyond 120 km/h per hour continuously. Drivers who violate the rule will be automatically suspended.

Photo from Google  
Articles from Wikipedia

Lighthouse and Filipino Fishing Boat. Image taken around 1900-1902



foundation of the old one. The Philippine Coast Guard Station of Manila is located adjacent to the lighthouse and the community that developed from the reclaimed lands is now known as “Parola” (Filipino for “lighthouse”).

The present tower is a white conical concrete structure with a height of 46 feet (14.02 m) and a focal plane of 43 feet (13.11 m). The old tower was taller at 49 feet (14.94 m). Lighthouses in the Philippines are maintained by the Philippine Coast Guard.



Antonio Luna: A Lover, Traitor. Thief and a Hero  
Philippines Shocking History - Face Book Click Here

**Note:** This post is about why Antonio Luna was assassinated by Aguinaldo’s men and about his affair to Ysidra Cojuangco in which the wealth of the revolution were given to her, but Ysidra did not give it back to the revolutionary government.



At the turn of the century, with the Spanish forces decisively defeated by the Filipino revolutionaries, the first Philippine Republic was established. In ceremonies held at the Barasoain Church in Malolos, Bulacan, on January 23, 1899, General Emilio Aguinaldo was proclaimed president of the republic and the Constitution was approved. Unfortunately, the republic did not live long as the Americans colonized the nation and crushed the republic in a bloody war that lasted until 1902.

The Philippine-American War, which had begun in February 4, 1899, caused unparalleled grief to millions of Filipinos. The US occupation army killed an estimated 200,000 people as the Filipino revolutionaries persisted in their struggle to keep the country free from foreign rule. The economy was in shambles, unable to bear the brunt of the war that began in 1896. The fortunes of many prominent families dwindled but a lucky few—like the

Cojuangcos—prospered from it.

By 1901, the Cojuangco landholdings, under the name of Ingkong Jose, Ysidra or Melecio, had extended to other towns in Tarlac like Gerona, Camiling, La Paz and Moncada as well as to the adjoining provinces of Nueva Ecija and Pangasinan. In less than five years after resettling in Tarlac, the Cojuangco family acquired almost 2,000 hectares of agricultural land along the railway in Paniqui, well up to Nueva Ecija and Pangasinan.

The family’s economic bonanza was indeed impressive, especially since it was realized at a time when agricultural production in Tarlac was in a dismal state. Rice fields then were covered by sand left by floods. Government reports during this period indicated that drought and locusts had destroyed many crops. But the fortune acquired by the Cojuangcos had puzzled many of their neighbors even then. They knew the family depended on the income from their rice milling and trading business for the money that they

but. With the calamities that plagued rice lands, however, neighbors wondered, surely Cojuangco money could not all come from rice milling and trading alone.

It was all the fruit of hard work, frugality and good business sense, they were told. This explanation did not satisfy the stories from swirling around at the “real” source of the Cojuangcos’ now-fabled wealth. The account, written in 1987 by Ramon Henares, the newspaper columnist who coined the moniker

“Pacman” for Danding, cited a study reportedly made by Carlos Quirino, the former director of the National Library. Henares wrote in the Philippine Daily Inquirer:

General Antonio Luna, as chief of staff of the revolutionary army, had collected a sizeable sum from contributions with which to pay his soldiers. The person who collected for him was Tiburcio Hilario, Pampanga governor. Hilario’s granddaughter, Ambassador Rafaelita Hilario Soriano, relates that her grandfather kept the gold and silver in sacks, including gold plates, chalices, and other church treasures taken from Bacolor, San Fernando, and Guagua.

After losing an encounter at Sto. Tomas, Pampanga, Luna ordered Hilario to bring the valuables to Tarlac, where the revolutionary government planned to establish its capital. General Luna, so the story goes, then turned over the treasure to Ysidra Cojuangco, then an attractive 32-year-old woman, for safekeeping. Then Luna

proceeded to Cabanatuan to meet with Aguinaldo, there to be assassinated by [Aguinaldo’s] troops.

(General Antonio Luna transported the wealth of the revolution, millions worth of gold and silver coins from Ilocos Treasury and Governor of Pampanga, the home of his girlfriend Ysidra Cojuangco. After three days, General Luna was assassinated by Aguinaldo officers. The gold treasures of the First Philippine Republic suddenly disappeared. Even the American forces couldn’t find it. And so in 1900, Ysidra Cojuangco became one of the richest women in the Philippines. Central Luzon is forever changed.)

Why did the general entrust Ysidra with the treasure? Rumors had it that she was his sweetheart and lover, and he entrusted her to keep the treasure till he returned...

Another account said that General Luna sired Ysidra’s son, who was also named Antonio but was claimed by Melecio and Tecla as their third son. The story goes that during the Philippine-American war, Luna had tried to control the Manila-Dagupan railway since this was a vital facility for communications and transportation, as it was during the earlier war against Spain. It was supposedly in one of Luna’s trips to the north that he met Ysidra, who lived very near the train station. And when the Filipino troops were retreating to the north during the war against the US, he may have renewed his ties with her.

Further Reading (In Filipino)

According to the Historian, Alfredo Saulo:

The convoy of carts loaded with a huge amount of Spanish gold and silver coins seized from local treasuries in the Ilocos region, leading this convoy through forested areas up to the final destination in Paniqui, Tarlac, in the house of Ysidra Cojuangco, girlfriend of General Antonio Luna. Nang paslangin si Luna noong Hunyo 5, 1899 sa Cabanatuan, sa utos diumano ni Heneral Aguinaldo, naiwan kay Ysidra ang mga ginto ng rebolusyon. At dahil hindi hayagan ang relasyon ng magkasintahan, hindi alam ng karamihan sa mga

lider kung saan o kanino iniwan ni Luna ang mga ginto. Hindi na isinauli ni Ysidra ang mga ginto.

According to Henares:

Malaki ang ebidensiya na ang mga gintong ipinatago ni Luna kay Ysidra ang dahilan ng biglang pagyaman diumano ng mga Cojuangco. Matagal na ring alam ng mga viejas familias sa Gitnang Luzon na sa rebolusyonaryong gobyerno ni Aguinaldo at ng Katipunan nanggaling ang kayamanan ng pamilyang Cojuangco. Upang itago raw ang

tunay na pinagmulan ng kanilang yaman, sinasabing ipinabura ng pamilyang Cojuangco ang lahat ng rekord na maaaring magpatotoo na anak nga ni Heneral si Antonio Sr. Nawawala ang kanyang mga rekord ng pagkabuhay sa mga simbahan ng Malolos at Paniqui, at maging sa Ateneo de Manila, kung saan siya nag-aral.

Kung paniniwalaan ang historyador na si Dr. Vivencio Jose, pataksil na ipinapatay ni Aguinaldo si Luna. Maingay at delikado kasi siyang katunggali hindi lamang para sa kapangyarihan ni Aguinaldo, kundi

ng mismong mga mananakop na Amerikano. Isang malaking kawalan sa mga nakikidigmang Pilipino ang pagkamatay ni Luna. Malaking kataksilan din ang di pagsauli diumano ng kasintahang si Ysidra ng mga gintong malaki pa sana ang maitutulong sa rebolusyon.

Kataksilan at kasinungalingan diumano ang naging pundasyon ng kayamanan ng mga Cojuangco, tulad din ng kataksilan at kasinungalingan na naging pundasyon ng Republika ni Aguinaldo.

Past Events

**Bahala Na Multi Style Escrima**  
June 20, 2015  
Vancouver, Canada

The first Bahala Na Multi-Style Eskrima seminar was held in Vancouver, Canada on June 20, 2015 conducted by Guro Terry Joven and Guro Noel Tomboc. It was organized by Brent Matsuda of Warrior Zen and supported by Ikatan Kali, USS/MCC, Kalis Ilustrisimo and Kalahi with participants from Washington and Vancouver Island.

Guro's Terry and Noel taught the fundamental De Fondo blocks, blocking versus multiple attackers, long range drills (Largo Mano) and sparring drills and techniques.



Bahala Na Instructors Brent Matsuda, Noel Tomboc and Terry Joven



**Houston Stick Fighting Association**  
2nd Quarter Gathering of 2015  
June 20, 2015  
Hermann Park  
Houston, TX



We had our 2nd quarter gathering of 2015 on June 20th at Hermann Park in Houston, TX. We had regular players as well as new people come out and join us. The learning from sparring with others from different martial arts backgrounds and sharing of ideas has always been a priority for the HSFA and keeps helping us grow stronger. It is an incredible feeling knowing and seeing that something that started 9 years ago is still going with the same mission as it started with. - **Jason Evans**

**North Carolina Powerade State Games**  
(Martial Arts Open State Championship Competition)  
June 20, 2015  
Raleigh Convention Center, NC.

Kuntaw Palace brought martial artists to representing Wilson and Kuntaw Martial Arts in this year's North Carolina Powerade State Games martial arts competition, and no one came back empty handed.

Dashaun Simmons (Adult Advanced): Gold Medal – Forms  
Cassandra Kossmann (Adult Black Belts): Gold Medal – forms, Gold Medal – Weapons  
Dahkil Hausif (Adult Advanced ): Silver Medal – Forms, Bronze Medal – Sparring  
Angelo Vazquez (Intermediate 10 to 11 yr. Olds): Gold Medal—Forms, Gold Medal—Weapons  
Dillon Gay (Beginner 7 and 8 year olds: Gold Medal – Forms  
Kristin Gay (Adult Beginners Women): Gold Medal – Forms  
Daoud Abeid (Adult Advanced): Silver Medal – Forms

Sponsors are always welcome and appreciated for scholarships for financial need based scholarships for children in the community. To sponsor a specific student, or to make a donation to our general scholarship fund contact our Head Instructor/ Program Director Bill Kossmann.



**Bill Kossmann**  
Head Instructor, Kuntaw Palace  
(252) 289-5878  
**Email:** bill@kuntawmartialarts.com  
**Website:** www.kuntawmartialarts.com  
**Facebook:** www.facebook.com/KuntawPalace

Following competitors, took places: (L to R) Dashaun Simmons, Cassandra Kossmann, Dahkil Hausif, Angelo Vazquez, Dillon Gay, Kristin Gay, Daoud Abeid

**Grandmaster Bobby Toboada**  
June 20 - 21, 2015  
Mansfield, United Kingdom



Great weekend with Bobby Taboada. Thanks to Richard Cotterill for putting together a great weekend - **Matt Mclean**

Knife-Fighting & Defense

June 21, 2015  
Lisbon, Portugal

Well - mission accomplished!

34 fighters joined the seminar “Knife-fighting & Defense” in Lisbon this past Sunday! People from different styles of martial arts (Krav Maga, Karate, Kiusho, Aikido, BJJ, Muay Thai and FMA) took their Sunday time to attend, learn, fight and make new friends.

We did knife-fighting sparring and knife survival in close range in the, always painfull and stressfull, “Grab and stab” scenarios. A little bit painfull for all, but the bruises are the reminders for growth.The mindset was at the top!

Very good fights and one can see that knife-fighting and defense is hell on earth! Im very happy for the event!

Thank you to all my teachers. Thank you to the organization. Thank you to all participants - without you it would not been posible. See you next time. - **Pedro Fma**

Photo By: Anibal Junior



Jon Escudero, Ariadne Dirks and Bernardo Contreras at CrossFit Tel Aviv

June 27, 2015  
CrossFit  
Tel Aviv, Israel

Tsevet Lohamim was the first pre-army program run by solely by Ex-lone soldiers for future lone soldiers.

More than 97% of our trainees go on to serve in Israels most elite units or commanding positions within the IDF.

We provide more than three sessions a week and two Krav maga sessions taught by instructors from the worlds number 1 Krav Maga academy.

All of our instructors served as lone soldiers in combat roles.

Tsevet Lohamim is more than just hardcore training, it is a brotherhood of warriors enabling lone soldiers to serve at the highest caliber within the IDF!



What a day!!!

Giving a self-defense Seminar for women.and getting an Arnis Seminar by the one and only Jon Escudero with Tsevet Lohamim - **Adi Rotem**



Intensive Edged Impact Combat Defensive Tactics

June 27, 2015  
Relentless MMA  
14700-K Flint Lee Rd.  
Chantilly, VA.

Angelo Garcia, Head Instructor of DC Lightning Scientific Arnis held a edged impact weapon seminar at Relentless MMA!

The seminar covered:

- Defensive tactics and techniques against knives, clubs, batons,
- Tactics with edged and impact weapons
- Counter-offensive techniques



Phoenix Martial Arts Club

Edward Chavez Kenpo Karate Institute  
Goodyear AZ  
June 27 2015  
By Fergus Fausto

Different Styles All Under One Roof

June 27 2015 marked a special event for the Phoenix Martial Arts Club. It was their first meet up. Eight different schools were present for this event. Held at Edward Chavez Kenpo Karate Institute in Goodyear AZ, Master Chavez open his doors in hopes it was going to be one of their first memorable event.



Originally intended to be a small group of 4 or more, Founder of the Phoenix Martial Arts Club, Fergus Fausto of Coda Jujitsu says he intended to have just a few people in a club so he could study different styles of martial arts without being lock down to just one school. The group is now up to 240 members and still growing.

Sean Broussard an MMA Instructor describes this event as a “living and interactive library of martial arts”. Unlike in the past you explored other martial arts styles through purchases of VHS. He started his demo with a take down.

Guro Michael Butz, Filipino martial arts Instructor made an appearance and showed several techniques on evading an attack both with weapon and unarmed. He gave a critical lesson on time and space and footwork to keep his body safe from an attack and countered his assistant.

No great demonstration wouldn’t be without a gun disarm. Ryan Karyllye of Edward Chavez Kenpo Karate shared a story of his wife being held at gun point. Stressing on timing, distraction, keeping safe and out of line of fire he showed how to disarm the gun and recover.

Representing Kajukenbo Robert Clarfield showed numerous techniques of how Kajukenbo versatility using strikes, throws and locks.



Jonathan Thornton of Legendary Martial Arts wasted no time and showed a technique from Krav Maga. He emphasized out on the street there’s no time to think of which technique to use. He showed the group to pluck the attackers hand followed by a straight palm strike to the face followed by neck and arm wrap to finish with a series of knees.

Drake Sass of Seito Matsumura Shorin Ryu Karate gave a good history lesson of the origin of Karate and really demonstrated that Karate still has a place in this changing world. Impressing everyone with the settle powers of Shorin Ryu everyone was virtually blown away with his speed and power. He also demonstrated a few reciprocating drills to improve hand and eye coordination.

The Phoenix Martial Arts Club plans to continue these types of event featuring different martial arts at different martial arts schools and/or different venues throughout the valley. If you would like to join please search us on Facebook “Phoenix Martial Arts Club”

**EDC Headquarters** - edcheadquarters.com





**Grandmaster Dieter Knüttel Modern Arnis Seminar**

June 27 - 28, 2015  
Roanoke Recreation Center  
501 Roanoke Rd  
Roanoke, Texas

**Day 1** - Just finished the first day of a two day seminar and he taught 6 hours on Sinawali. We are talking about Single Sinawali, you know the high low drill, I'm not kidding it was great. Most in depth material on those drills and variations there of that I have seen. He used different drills based on the Sinawali; 2 sticks vs 2 sticks, 2 vs. 1 person in a triangle format several variations (drills), then line drills for fun and more teaching concepts, then at the end back to the triangle format again but with a totally different training concept in mind which was a lot of fun but mind blowing. Along the way we also did double stick disarming, solo stick disarming etc. etc.



**Day 2**

What a great seminar yesterday. Concepts and application of cane disarms, tapi-tapi, and knife (distance, timing, options, follow-ups, methodology of striking, body and biomechanics of movement and technique). I saw some of the blisters, bruises, and raw hands from Day 1. I hope to see some of the technique from Sinawali that caused those. Now, we need to expand the MAPA Concept to bring more people in for these Gatherings

**Abel Mann Martinez**

**Joint Lock Grappling Seminar**

July 1, 2015  
UCLA Campus  
Yates Gymnasium  
Los Angeles, CA.

July 1st, UCLA hosted seminar on joint locks and restraints with Instructor Arlo Welty. Concepts and techniques from Kali, Escrima, Arnis, Jeet Kune Do and Hapkido were used to defend against situations such as lapel grab, grab and punch, rear naked choke and more. After defending the attack, we focused on either trapping the hand and locking the attacker down if it was a grab, or off balancing, throwing and restraining the attacker with joint locks on the ground. Using concepts drawn from many arts to find a cohesive defense that ended in either restraining or breaking the attackers' limbs. We had many great students of varied backgrounds, including instructors from UCLA, Inosanto Academy of Martial Arts, and Indiana University.

Arlo Welty is an instructor in Kali/Escrima, Jeet Kune Do, Hapkido, Jun Fan Jeet Kune Do Grappling and Tai Chi, currently instructing at Indiana University. He published a book entitled "The Art of Joint Locking" in 2013 and owns/operates Satori Training Weapons making handmade wooden training blades.

*Due to legalities with UCLA a group photo was not taken at the seminar.*

Thank you.  
Train Hard and Train Safe

Instructor Guro Arlo Welty has been in martial arts for over 20 years

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

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

[www.S2institute.co](http://www.S2institute.co)

and currently instructs for The Untied States Hapkido Federation, Martial Concepts (JKD/Kali), Jun Fan Jeet Kune Do Grappling Association, and at Indiana University (JKD, Hapkido, Escrima, Tai Chi and Archery)

**Datu Dieter Knüttel Modern Arnis Training in NoVA**

July 3, 2015  
Rock Martial Arts  
7937 Heritage Village Plz, Gainesville, Virginia

On Friday 3 July 2015 as part of the long holiday weekend, we put together a 4-hour seminar in Gainesville, VA, with Grandmaster / Datu Dieter Knüttel, head of the German Arnis Association (DAV). This was the last event at Master Heather Judd's Rock Martial Arts which has been friendly to countless Filipino martial arts events, fundraisers, and gatherings over the last few years - truly a friend to the Filipino martial arts. Even with the holiday, almost 20 people showed up from all over the DC/Virginia/Maryland area to support Grandmaster / Datu Knüttel and explore what he shared.

Starting with single sinawali, Datu immediately discussed proper body mechanics for using the cane as a cane instead of just a sword or bolo proxy, stressing proper



extension and speed to get maximum power on target at the right time. This worked really well to build in targeting, timing, and footwork for a drill that often gets relegated to simple warmups and coordination training. From there, Grandmaster Knüttel had the group work on 1 versus 2 single sinawali to set up entries for disarms and other counters. This was also extended to 1 versus 2 double sinawali. The disarms were done against the 2-cane wielding opponent without changing rhythm or beat, often with closed eyes to ensure there would be no pauses or other "help" for the single-stick person as they entered - timing was everything and people really enjoyed the exercise.

Grandmaster Knüttel covered several disarms and had a lot of pointers for the most effective use of body positioning and leverage; there was nothing fancy, just good, solid principles which can be used for a great many disarms

and other counters. Grandmaster Knüttel Knüttel showed the techniques against both right- and left-handed attackers, and also against followup additional strikes if the opponent manages to get those in with their other cane. Throughout the event, he happily took questions and provided extensive insights. All in all, the event was a huge success and everyone was enthusiastically positive - the next question was "When are you coming back?"

My bottom-line recommendation: definitely train with Grandmaster Knüttel whenever you can, and definitely ask questions, show problems or techniques, and discuss any aspect of theory you want - he will help you explore all of those and give you new ways to improve and a fresh set



[www.abanico.de](http://www.abanico.de)



of experienced and knowledgeable eyes. Many thanks to all who attended, to Master Judd for supplying the venue (and training as well), and especially to Grandmaster Knüttel for sharing so well and completely.

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**MARPPIO Instructional Video's and Live Seminar Video's**  
Grandmaster Remy A. Presas  
Single video's and sets  
**To Buy - Click Here**

**13th International Summer Camp**

July 4 - 11, 2015  
Bialka Tatrzańska , Poland

The camp was organized by the Guro Adam Duchnik, President of the Federation “Filipino Arnis de Mano Poland”.

Master Michael Kossivakis from Greece, taught blade and stick by the specialized program of FCS Greece and Master Norman Cabriana Elizar from Philippines, taught stick and empty hand by the special style of Balintawak Nickelstick Eskrima.

The camp took place at the beautiful touristic resort of Bialka Tatrzańska at Tatra’s mountains. 48 students and instructors participated from several Polish cities, but also from England and Wales.



**The history of this camp is:**

12th / 2014 - Master Norman Elizar / Philippines,  
11th / 2013 - Grand Master Rodel Dagog / Philippines,,  
10th / 2012 - Grand Master Nick Elizar / Philippines,,  
9th / 2011 - Datu Tim Hartman - USA  
8th / 2010 - Master Michael Kossivakis / Greece  
7th / 2009 - Grand Master Ernesto Presas - Philippines..,

Best Regards from Greece  
**Michael Kossivakis**



**The outline of the daily workout of the camp was:**

- 10:00 to 13:00 Master Kossivakis advanced group – Blade / Master Elizar beginners group Stick
- 16:00 to 18:00 Master Kossivakis beginners group – Blade / Master Elizar advanced group- Stick
- 20:00 to 22:00 mixed group training, one hour for each Master – Empty Hand.

It was a wonderful camp that left everyone satisfied and with the best impressions





**Chinese Indonesian Combat Arts**  
**Featuring: Chris Derbaum**  
July 7, 2015  
Three Rivers Eskrima  
Baden, PA.

The Seminar was taught by Sifu Chris Derbaum and under the guidance of Master Scott Young of Meadville KuneTao School. This was Chris Derbaum first time returning home to teach a seminar where he grew up. Seminar participants got rare glimpse in the ballistic striking along with how Kuntao uses the whole body to generate power and speed that overwhelms the opponent. Footwork, knifework and takedowns highlighted this event. The host of this event was Guru Joe Walls very talented Filipino teacher.



**Kuntao Seminar**  
w / Chris Derbaum  
Hosted by: Master JungHo Lee  
July 11, 2015  
Lee Brothers TKD  
Raleigh, NC.



The Seminar was taught by Sifu Chris Derbaum on the lineage of Willem Reeders Kuntao. Seminar participants got rare glimpse on ballistic striking along with how Kuntao uses the whole body to generate power and speed that overwhelms the opponent. Footwork, knifework and takedowns highlighted this event.

**Double Dagger Seminar**  
w / Guro Jon Rister  
July 9, 2015  
Rister International Martial Arts  
119 Luke st. #113 Irving, Texas  
Guro Jon Rister (a Senior Associate Instructor Under) Magulang Na Guro Dan Inosanto.  
Guro Jon Covered The base structure of the Lacoste Inosanto/Rister system area 5 Double Dagger  
Mostly covering are 1 of 9 within the sub system (two Daggers In Heaven Grip) for simplicity.  
The base skill set at long, and middle range as well as disarming from a base of fire Higot Hubad Lubad drill. Long range Evade (shadow), Segang Hit/cut (Inside position and outside) Gunti or Scissor. Middle range Sakai (Ride0, Karasak y sumgob (covering/Sheilding with a thrust), Palisut( pass scoop) as well as Atacado Serrada (elbow roll). And many other base techniques we taught. However the significance of the seminar was the tactical application that was taught.




**Double Dagger Seminar**  
By Guro Jon Rister

This seminar is on the base structure of “Area 5” (Double Dagger) of the Lacoste/Inosanto/ Rister system.  
For simplicity, Guro Jon covers 9 techniques in the sub- section of two daggers in Heaven grip position with the base skill set at long and middle range, as well as disarms from a base Higot Hubad Lubad drill. Long range techniques include Evade, Segung (inside and outside), and Gunti. Middle range techniques include Sakai, Karasak y Sumgob, Palisut, and Altacada Serrada.  
However, the main emphasis of the seminar is on the tactical application of the techniques.

A two- disc DVD set of this seminar is now available for purchase through PayPal.  
2 disc set for \$65.00 (Shipping included up to \$8.00)  
**Contact:** sales@ristermartialarts.com or email sifugurojon@aol.com

**Preview: [Click Here](#)**

**Fighting Patterns of Kuntao and Silat: Chinese Indonesian Combat Arts** (Paperback)  
By Chris Derbaum and Justin Miller



**Chinese - Indonesian Combat Arts**  
Sifu Chris Derbaum and Sifu Justin Miller

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

**Amazon.com: [Click Here](#)**

**Eskrima Seminar**  
w/ *Grandmaster John Mac* of Cacoy doce Pares  
July 11, 2015  
G-Force Gym Vechtsportschool  
Heidestraat 20  
Brunssum, Netherlands

*First workshop of the Eskrima Doce Pares system of Supreme Grandmaster Cacoy Canete in the Netherlands, given by Grandmaster John Mac.*

How did it come to this?

As a Krav Maga Instructor trying to expand my knowledge of several defense systems I was invited, by a family member, to visit the Philippines and to practice Eskrima.



As we arrived at in the Philippines at The Island Cebu we went to the capital, Cebu City, and went immediately to the dojo of Supreme Grandmaster Cacoy Canete and as we arrived I met John Mac, who was going to be my instructor during the period we agreed to. After many hours of training I was sure that this short range system was the best system to combine with my Krav Maga system (HG Krav Maga). After leaving the Philippines I was sure that John and I would soon meet again. The moment I heard John was coming to Europe we contacted each other to arrange more training and we agreed to look for the possibilities to arrange a seminar in the Netherlands in the province “Limburg”. Saturday the 11th of July would be the day, time and place would be from 11.30 to 15.00 at G-Force Gym in Brunssum. John Mac managed to arrange a seminar that lightens up all the aspects of the beautiful

system of Cacoy Canete.

After three hours of hard training people were very satisfied and even wanted to learn much and much more.

Now the next question raises, how are we going to expand our knowledge?

At first the Cacoy system will be integrated, step by step, within my Krav Maga system as an extra dimension in self-defense.

What will be the next step(s)? Steps will be carefully taken, many training has to follow before thinking about getting a Mastership of the Eskrima Doce Pares system off Supreme Grandmaster Cacoy Canete. - **Hubert Gerritsen**



**Sinkatan Arnis Seminar**  
w/ *Ama Maestro Bernardo Fabia Salinas*  
July 11, 2015  
Langley, British Columbia, Canada

Maestro Doug Klinger, arrange a seminar for his student friends, and colleague in Filipino Martial Arts at Langley Park, British Columbia Canada July 11, 2015 where he teaches and train his students during summertime. He invited his FMA instructor Ama Maestro Bernardo Fabia Salinas for instruction of his Sinkatan Arnis. The workshop was very successful which Ama Maestro Salinas introduce the old system taught by his grandfather the Ocho Tiros Orihinal (Eight Original Strikes) the training covers the following styles of recta, ruedo vertical, horizontal, also the old system of blocking in deferent angles of strikes and application as well. The application base on the striking and slicing techniques, using training stick or training knife after the introductory of Ocho Tiros Orihinal, Ama Maestro Salinas also introduce the basic angle of strike and basic blocks Cinco Teros Estrella.

All the practitioners in deferent arts like Balintawak, Doce Pares, Kempo Karate Kick Boxing, and others who participated in the workshop was advice to ask any questions in regards of the training. Ama Maestro invites everybody to shares of their knowledge and experience of their art.

Grandmaster Bill Thurston of Balintawak and Guro Mike Sanchez of Doce Pares volunteered to demonstrate their system.

The seminar ends up at 4:30pm, Thank you for the participation of Grandmaster Bill Thurston, Master Carla Thurston and Guro Mike Sanchez, Maestro Doug Klinger and their students for their support to Ama Maestro Salinas.



The Estelo Recta application of blocking and countering of striking techniques



Ama Maestro Bernardo Fabia Salinas is the family heir and direct student of the Founder, Ama Mauricio Fabia. Ama Fabia was the teacher of Pablo Navarro, Saturnino Fabia, Alfonso Fabia and the great Santiago Toledo, to name a few.

**Latosa Escrima Edge Weapons Training**  
By Rene Latosa

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

Techniques: These movements are trying to give you a generalization of possibilities, and probabilities of what may happen. Drills: Most drills are used to develop and enhance body movement skills used in the technique application. The emphasis of this Edged Weapon Training is the proper placement and prioritization of how to develop yourselves for such a situation. The technique does not give you the skills to deal with an edged weapon, only gives you scenario of how it could work. Do not mistake drills and techniques as the system, they are only tools to develop your skills. Reality is having a partner attack you, safely of course with attacks from very close to far away, different speeds and power, from the side and from the unseen areas that are not in your peripheral vision. Obviously there are other, more advance concepts and training methods, but first understand the basic thought process and where the techniques and drills are placed in your priority list.

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

**Budo International: [Click Here](#)**

**Zenway Digital Concepts & Design Center with Independent Creative Concept Photography** is a small and independent private digital concepts & design center consultancy and contractor with current specialty Product Development ranging in and Trademark Specialist with Creative Unique Photography in Bicol Region.

In March of 2007 the Zenway Digital Concepts & Design Center was established, with a small design group and trained designers with their specialized fields of expertise. Using state of the art equipment and tools for our designers as a result we have made a great impact on our designs. We are located in the heart of Bicol - Legazpi City, with a view of the beautiful and Majestic Mayon Volcano, and the church of St. Raphael Archangel as it was used to create this company.

**Visit:** [zenwaydigital.weebly.com](http://zenwaydigital.weebly.com)

Balintawak Legacy - Gathering of Masters

July 11 - 12, 2015  
NOVA Field House  
14810 Murdock St, Chantilly, Virginia

This past weekend, Kapatiran Mandirigma and Master Jhun Occidental and his crew (Nico Occidental, Tom Saysithideth, Roel Vera, Heather Judd, Cyrus Bongon, Eugene Nepangue, Dan Lowman) along with the help of the Crisostomo brothers, Walter and Wesley, created one of the most historical events in FMA history.

The event was the “Balintawak Legacy - Gathering of Masters” and was held in Washington D.C. to honor these great men who have been so influential in the art of Balintawak and for the contributions they have made.

The Grandmaster’s that were invited to teach are as follows, in no particular order :

- Grandmaster Sam Buot
- Grandmaster Nene Gaabucayan
- Grandmaster Bobby Taboada
- Grandmaster Crispulo “Ising” Atillo
- Grandmaster Monie Velez
- Grandmaster Ver Villasin

The Masters and Guro’s in attendance are as follows:

- Master Zacarias Taco
- Master David Hatch
- Datu Tim Hartman
- Master Rich Parsons
- Master Eugene Racaza Nepangue
- Master Cyrus Bongon
- Guro Rino Balinado
- Guro Jerome Teague
- Josh Walker and Jojo Ygay

That’s one amazing line up! All lineage’s of Balintawak were represented. There was also a session taught on Kombatan, in honor of it’s Balintawak influence. There were attendees from all over the country from different styles and even a group from Germany flew over to be a part of this event. We also had the privilege and honor of Homer Sayson in attendance. Homer is a writer for Philboxing.com. He is writing about this historic event in a 5 part article. This event was the largest collection of Balintawak GM’s and Masters under one roof ever in the United States. We all shared, ate, laughed and sweat as a family. The KM spirit was running wild throughout the event. We are so proud of Master Jhun and his crew for pulling off an event of this magnitude. History was made.

Kapatiran Mandirigma Headquarters



Photo By: AlexOrmaza



**Warrior Arts of The Philippines Alliance - Eskrima Seminar**  
**Featuring:** Guro Brandon Ricketts - Kalis Ilustrisimo  
July 12, 2015  
Aranda-Ricketts Memorial Gym  
Glendale, CA.

On July 12 2015 Guro Brandon Ricketts conducted a seminar at Glendale FMA / Aranda - Ricketts Memorial Gym. The Event was hosted by Guro Bud Balani and Guro Dino Flores of the Los Angeles chapters of Lameco SOG, Kali Ilustrisimo and Kapisanang Mandirigma. Attendees came from all over California from places such as San Diego, Santa Barbara, Stockton and San Francisco. Guro Brandon was also supported by some of his students from the USA Headquarters of Kali Ilustrisimo.



Events Hosts with Guro Brandon: Guro Dino, Grandmastre Joe Tan, Guro Johnathan Balani, Guro Bud Balani.



Lameco SOG Members with Guro Brandon. Guro Bud Balani, Guro Dino and Guro Bryan Emerson with his son.



Guro Brandon giving pointers



Guro Brandon Ricketts focused of the fundamental core techniques and how they relate to real time sparring. A concept his father the late Grandmaster Christopher Ricketts drilled into his dedicated students. The seminar concluded with the participant doing some light sparring to test some of the techniques they had just learned in real time.

All the participants had a great time with this truly hands on approach to the art.

Guro Brandon is leaving for the Philippines at the end of the year. One of his objectives is to take partial administrative charge of his fathers Bakkaban Legacy and bring it into the next generation. The Los Angeles chapters of Lameco SOG, Kali Ilustrisimo and Kapisanang Mandirigma will try to host Guro Brandon Ricketts again for another seminar before he leaves. - **Dino Flores**



About Guro Brandon Ricketts

In 2011 Guro Bruce Ricketts was formally selected as the new Chief Instructor of Master Christopher Ricketts Ilustrisimo Organization and Bakkaban Philippines. The official ceremony was held in Manila, Philippines. During the same ceremony Guro Brandon Ricketts was promoted to the the position as Second in Command to Guro Bruce Ricketts. Also selected was the Administrative Board which includes Guro Ronnie Ricketts, Guro Alex Ricketts and Guro Jason Ricketts. The organization is dedicated to maintaining the legacy of Grandmaster Christopher Ricketts. The Advisory Board was also selected.

Guro Bruce Ricketts and Guro Brandon Ricketts trained under their Father, Grandmaster Christopher Ricketts since they could walk. The training room in their Philippine home was located in front of their bedroom. Daily exposure to the arts was the norm. Besides daily training with their Father and other students, many masters spent time training in their home. To name a few, legends such as Master Roland Dantes, Master Rey Galang, Master Yuli Romo, Punong Guro Edgar Sulite, Master Tony Diego and none other than Grandmaster Ilustrisimo himself would train there. The technical and fighting skill of these young Guro’s clearly reflect their esteemed lineage. Guro Bruce and Guro Brandon are also accomplished practitioners of Bakkaban Sagasa Kickboxing, Ngo Cho Kun, Jiu-Jitsu and Boxing.



**Combat Science: Warrior Arts of Asia and Kapisanan Centre - Filipino Martial Arts Introductory Workshop**

July 12, 2015  
Kapisanan Centre and Krudar Fitness  
152 Augusta Ave., Toronto, Canada

Toronto, Canada: Combat Science – Warrior Arts of Asia, in collaboration with Kapisanan Philippine Centre for Arts and Culture held its first Filipino Martial Arts Workshop at Krudar Muay Thai this past July 12, 2015.

Participants were introduced to some of the basics concepts of the Filipino martial arts, from stick work to empty hand drills.

Since 2003, Combat Science’s mission has been to foster and promote the study of the Filipino martial arts in all its forms through an inclusive, community-based, and holistic approach. - **Somar Jb**

For more information on Combat Science: Warrior Arts of Asia, please feel free to visit - [www.combatscience.net](http://www.combatscience.net)



**10th Annual Pittsburgh Filipino Martial Arts Camp**

July 16 - 19, 2015  
Ryer Martial Arts Academy  
5440 Centre Ave, Pittsburgh, Pennsylvania

Ryer Academy held their 10th Annual Pittsburgh Filipino Martial Arts Camp this past weekend, July 16th through 19th, at their academy in Shadyside. This weekend featured the instruction of Zach Whitson, the Founder of the Counterpoint Tactical System and Grandmaster in Cacoy Doce Pares.

The camp began on Thursday night with rank examinations for eight adult members. Participates were tested on a diverse set of skills from Panatukan and Pangamot to Pekiti Largo Solo Baston and Cacoy Doce Pares. Each participate was successful and earned their next level. Then instructional seminars commenced on Friday with Master Whitson teaching advanced CTS Double Knife curriculum to a full mat. During the seminar participates learned Double Knife Quick Entries and progressed through more detailed technique and applications as the weekend went on. The tradition on Saturday mornings of the Pittsburgh FMA Camp is to practice Cacoy Doce Pares. For three hours, Master Whitson taught the group Sal Ob, a snaking and trapping concept with close quarter single stick. Finally on Sunday, we met at a local park and Master Whitson led a core group of students through Rattan Staff Defensive Tactics as well as taught a Black Belt lesson to prepare several members for their up-coming Black Belt examination at our annual CTS Instructor Training Camp held in Laurel Ridge, North Carolina this fall.

This martial arts event has been running for a decade in Pittsburgh and is stronger than ever thanks to the teachings of Master Zach Whitson and all the participates who graciously give their time and energy to train. In addition to the tremendous support from members of Ryer Academy: we were honored to have Mr. Kevin Wagner of Gem City Martial Arts in Dayton, Ohio; Mr. Evan Ringle of Erie, Pennsylvania; Mr. Thomas Slack of Myrtle Beach, South Carolina; and Mr. Tim Gwilt and Mr. Keith Huber of York, Pennsylvania. Be sure to join us next year as we begin another decade of great Filipino martial arts training in Pittsburgh!



For more information on Ryer Martial Arts Academy  
Visit: [www.pittsburghkarate.com](http://www.pittsburghkarate.com)



For more information on Zach Whitson’s Counterpoint Tactical System  
Visit: [www.tacticalmartialarts.com](http://www.tacticalmartialarts.com)



**Vinas Arnis Seminar**  
**Featureng:** *Grandmaster Wilson “Nonong” Vinas*  
July 19, 2015  
Glendale, California

Such a great day Sunday, learning from Grandmaster Wilson “Nonong” Vinas and as always, my teacher Master Joe Tan. I am very lucky to do what I love and to be able to learn from such great men. Grandmaster Wilson “Nonong” Vinas was amazing and everything that I hope to be as a person and a Martial artist. He also paid me a great compliment, which really meant a lot to me. Life is good! - **Chris Stacy**

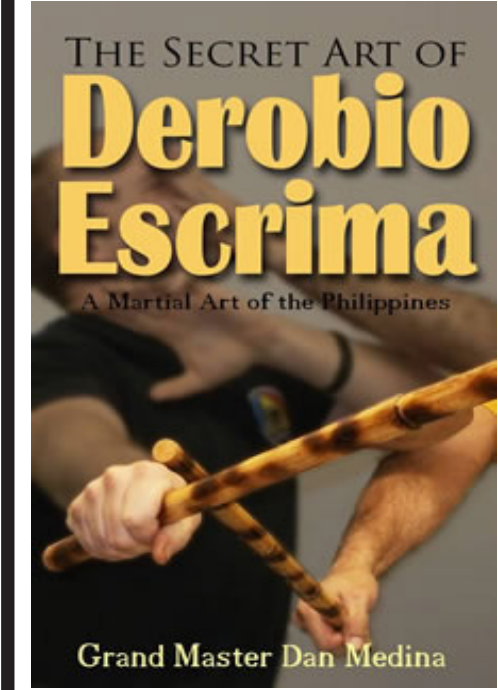


Grandmaster Vinas of Lapu Lapu Arnis Aficionados instructing. Grandmaster Wilson Vinas first ever seminar outside of the Philippines. Lapu Lapu Arnis Aficionados System founded 1932. Seminar at Glendale FMA / Amanda Ricketts Memorial Gym. - Dino Florence

Gome of the sponsor's and special guests with Grandmaster Vinas. **L to R** - Dino Florence, Grandmaster Nene Gaabucayan of Teovel Balintawak Gold Chapter, Grandmaster Vinas, Grandmaster Joe Tan of Lapu Lapu Arnis Aficionados / Modified Tapado, Guro Bud Balani



**The Secret Art of Derobio Escrima**  
By Dan Medina



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

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

**Available through Amazon - Click Here**

## Health and Safety



### Diet and Exercise Deliver a One-Two Punch Against Metabolic Syndrome

Dr. Mark Wiley

Metabolic syndrome is a nasty health condition that just seems to sneak up on people. Also known as insulin resistance syndrome and syndrome-X, metabolic syndrome can have deadly consequences. Because it is not a

disease, it is often difficult to diagnose until it has already taken hold in the body, done some damage, and placed those with it at elevated risk of developing heart disease, diabetes and stroke. But two simple changes in lifestyle have shown to reverse some of its damage.

#### The deadly syndrome

In 2011, the National Heart, Lung, and Blood Institute reported “About 47 million adults in the United States (almost 25%) have metabolic syndrome, and the number continues to grow. The increasing number of people who have this condition is linked to the rise in obesity rates among adults. In the future, metabolic syndrome may overtake smoking as the leading risk factor for heart disease.”

But over the next three years the spread of metabolic syndrome got worse. In 2014 the American Heart Association reported the nearly 10 percent uptick, “Almost 34% of American adults are affected.”

Because it is a syndrome it is diagnosed based on a collection of different health factors that present together. This is what makes it difficult to diagnose, because there is no direct evidence of it until many of the independent symptoms are at a stage where they themselves are health issues.

#### The risk factors are the symptoms

One of the troubling things about metabolic syndrome is that its risk factors are the same as its symptoms. What this means is that until the symptoms show up you don't know you are developing this potentially deadly syndrome. The American Heart Association warns, “Many of the risk factors that make up metabolic syndrome have no symptoms until severe damage has been done.”

And that damage puts you at risk for developing heart disease, diabetes and stroke. The best way to see if you are at risk for developing metabolic syndrome is to know your odds. According to WebMD, “people with metabolic syndrome have at least three of the following traits.”

Large waist circumference - Often termed “apple shaped obesity” or “abdominal obesity,” this is an indicator of elevated risk of heart disease.

Low levels of HDL (“good”) cholesterol - This is the ‘good’ type of cholesterol needed to help remove the bad (LDL) cholesterol from our arteries. Low HDL increases your risk of developing heart disease.

High levels of triglycerides - These are the fats that are found in the blood.

Elevated blood pressure - Blood pressure above a 120/80 reading is considered high and can lead to hypertension and heart disease.

Elevated glucose (blood sugar) levels after fasting - Raised blood sugar levels over time can lead to diabetes and obesity.

Additionally, if you experience the following symptoms, it may be a good idea to consult with your healthcare professional.

- You feel sluggish after eating.
- You are still hungry even after eating a balanced meal.
- You crave carbohydrates, sugars and sweets.
- You are tired and sluggish, regardless of your level of sleep.
- You gain weight easily, but have difficulty losing it.
- Your blood pressure is on a steady incline.
- Your LDL “bad” cholesterol keeps climbing.

### Diet and exercise deliver a one-two punch

While metabolic syndrome is a serious health issue, reversing it seems to be as easy as adjusting your lifestyle in two simple ways.

The first is diet. Excessive consumption of simple carbohydrates is a main contributor to metabolic syndrome.

They cause the pancreas to release too much insulin into the blood stream, which causes more cravings for simple carbs, weight gain, energy drops, and eventually diabetes. Next is to ramp up your exercise. Engaging in exercise at least 20-minutes daily is another sure-fire way to reduce weight and reduce blood sugars.

#### Let’s look at the research into both of these two areas.

**Study:** Mediterranean Diet reverses symptoms of metabolic syndrome

A recent secondary analysis of data from the PREDIMED trial showed that the Mediterranean diet worked well at reversing the effects of metabolic syndrome. The analysis “looked at data on 5,801 participants in the randomized controlled PREDIMED trial, who were ages 55 to 80 and were at high risk for cardiovascular disease.”

Participants were randomly assigned to one of three groups: 1) A Mediterranean diet supplemented with extra-virgin olive oil; 2) A Mediterranean diet supplemented with nuts; and 3) A low-fat control diet.

Here’s the promising conclusion: “During 5 years of follow-up, 50% of patients who were healthy at baseline developed metabolic syndrome. But more patients who had metabolic syndrome at baseline had full remission of the disease if they were on one of the Mediterranean diets.”

#### Study: Hard exercise curbs metabolic syndrome

According to recent research from Norway presented on WebMD, aerobic interval training can make a big difference in those with metabolic syndrome.

The new study included 32 adults with metabolic syndrome. They were assigned to one of three groups: 1) aerobic interval training; 2) continuous moderate exercise; or 3) no exercise.

The symptoms of metabolic syndrome were not changed in those who did not engage in exercise. And while both exercise groups did lose weight, the best results overall were found in the aerobic interval training group. This type of exercises intersperses high-intensity aerobic training to elevate heart rate to near capacity, with moderate levels of exercise during sessions.

**The conclusion:** “The interval training group showed more improvements in how their bodies handled blood sugar and responded to insulin, a hormone that controls blood sugar. Also, HDL (“good”) cholesterol increased by about 25% in the interval training group, but not at all in the other groups.”

#### Conclusion

Based on the current research, metabolic syndrome can be reversed. However, if left unresolved it can lead to free radical cell damage and potentially life-threatening diseases like diabetes, hypertension, cardiovascular disease and stroke. So if you think you are at risk based on the symptoms outlined herein, and answered to the positive on the above questions, check in with your healthcare provider to be sure. And in all cases, making changes to your diet and exercise regimes will do a great deal to help reverse the symptoms and make your healthier overall.

#### References

*Mediterranean Diet May Reverse Metabolic Syndrome - MedPage Today*  
*Hard Exercise Curbs Metabolic Syndrome - WebMD*  
*Metabolic Syndrome - American Heart Association*  
*What Is Metabolic Syndrome? - National Heart, Lung, And Blood Institute*



One Movement That Tightens Every Muscle and Helps Lose Weight!

You may not know, but there is one exercise that has proved as the most effective and helpful everywhere in the world. It is called “the Plank”. With the help of this exercise you can perfect every muscle in your body. It takes only 5 minutes and you have to do it every day for maximum results, but in the end you will be surprised by them.



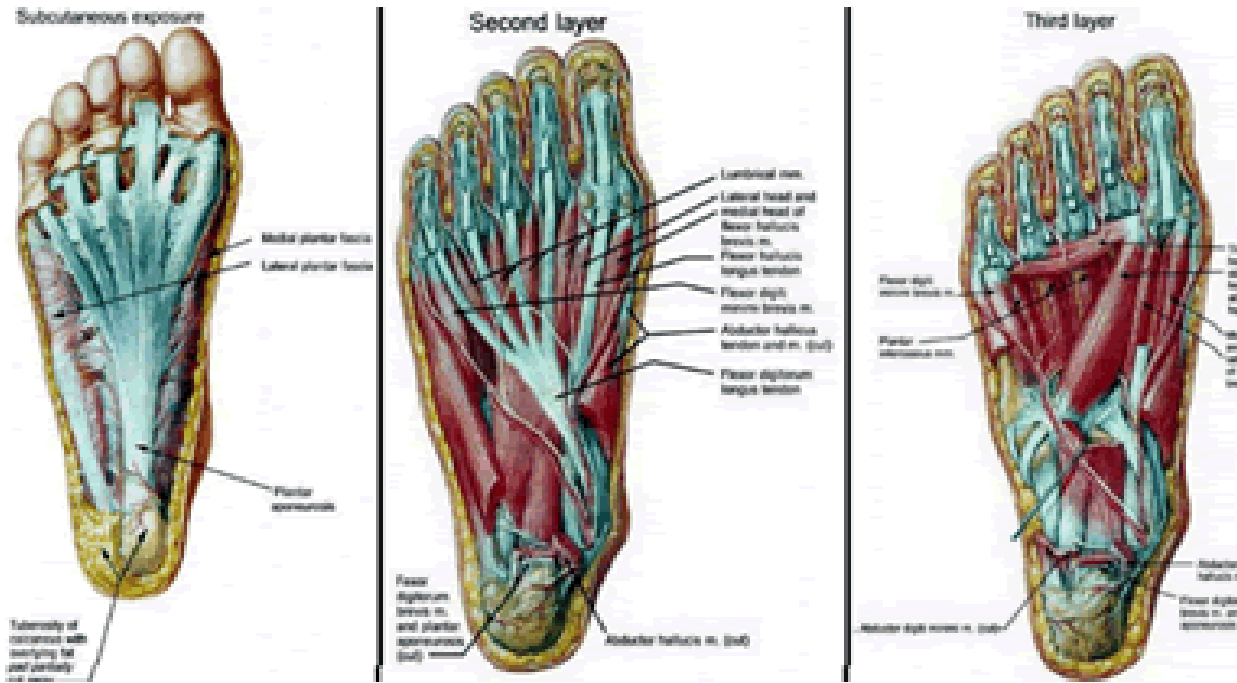
The exercise may seem easy to do, but it consumes much energy and makes you use every muscle in your body. All you need to do is lie down on the floor on your stomach and lift your body using your hands and legs. You have to “float” your body like that for full 5 minutes. At first it may be hard for you to endure even 2 minutes, but in time you will improve.

With the help of this exercise you can burn cellulite, flatten your stomach, strengthen your back and shape your hands and legs.

How to Do It:

Doing the “Plank” doesn’t include any movements at all. You

5 Foot Exercises to Relieve Back, Hip, and Knee Pain in 20 Minutes or Less  
The Healthy Soul - theheartsoul.com



It all starts from the ground up. Your feet might not seem like significant contributors to your overall health. However, when it comes to the external aspects of your body, there is no harder working part than your feet. They keep you moving, and if you take proper care of them, your feet will prevent back, knee and hip pain.

What follow will explain 10 exercises that will strengthen your feet, help prevent pain, and improve your balance.

1. Toe Presses

Like any body part, the feet need to have their muscles warmed up properly before engaging in exercise. Toe presses are a great low impact warm up for your feet, and, the movement can be quite relaxing. Stand tall and bend slightly in the knees. Next grip the floor with your toes and hold for a count of three. Release and perform a set of 10 reps three times a day.

2. Toe Walking

You don’t have to be a ballerina for this foot exercise. Toe walking will help strengthen the muscles in your toes, as well as the ligaments and muscles surrounding the balls of your feet. To perform the toe walking exercise all you must do is stand on your tiptoes and walk forward for 20 seconds. Once you have completed this walk, rest for 10-15 seconds.

just assume one position and have to keep your body like that for as long as you can, or at least 5 minutes. It is important to keep your body properly.

First, lie on your stomach. Then you lift your body almost the same like when doing push-ups, with one small difference: here you have to bend the elbows 90 degrees and rely on your forearms. The point is to keep your body flat as a plank at all time in order to activate all the muscles in it. You are not allowed to relax at any point of the exercise if you want to do it properly.

**Feet.** Get them close in order to keep pressure on the abdominal muscles.

**Legs.** Keep your legs tight and straight so that the pressure on the right abdominal muscle is constant.

**Buttocks.** You mustn’t relax your buttocks in order to activate the muscles on the lower torso.

**Lower back.** This is the most important part in the “Plank”. Keep the lower back flat if you want the exercise to be effective. Don’t dent it or curve and don’t relax at all.

**Stomach.** Get your stomach in as much as possible. Imagine a big belly guy that tries to tuck his stomach in under the ribs in order to appear sexy in front of a girl. You have to do the same here, but don’t keep your breath, just breath normally.

**Elbows.** Keep your elbows at a 90 degrees angle directly under your shoulders. This will help you with the strain.

The longer you keep this position, the better. Begin slowly if you are not physically fit. Try to hold the position for at least 10 seconds, and repeat this at least 5 times between 2 minute breaks. Try to increase the position hold time each day. It is important to do this exercise daily if you want results.

Repeat this exercise 5 more times.

**Note:** this exercise should be performed 2 times a day for best results.

3. Ankle Circles

Ankle mobility and flexibility are extremely important. Ankle’s that are tight and restricted often causes the rest of the body to compensate for their flaws, which results in muscle and joint pain throughout the body. If your ankles are tight you might experience hip, back or knee pain.

To perform ankle circles, put your back to the floor and extend one leg over your head. Rotate the extended leg’s ankle clockwise for 10 counts. Then, rotate the extended leg’s ankle counterclockwise for 10 counts. Switch legs and repeat.

4. Resisted Flexion

Resisted flexion is excellent for targeting the hard to reach small muscles in the foot. These muscles often play a crucial role in maintaining balance. Strengthening these muscles will prevent injury.

To perform this exercise you will need one exercise band. Sitting on the floor, straighten your feet out in front of you. Next, wrap an exercise band around a sturdy chair or bedpost, and then place the band on the top of your feet. While in a seated position on the floor, slide back until you feel tension in the band.

Flex your foot backwards and hold for a count of 5, release and repeat this movement for 10 repetitions.

5. Toe Pencil Pickups

Toe pencil pickups are easy to perform and can be done almost anywhere. All you will need for this exercise is a pencil (or pen we are not picky). Stand in front of the pencil you wish to pick up. Using your toes grab this pencil and elevate it off the ground, hold for 10 seconds, then drop it. Repeat this movement 5 times for each foot.

This exercise routine should only take about 20 minutes to complete. Preform these exercises in succession of each other every 2-3 days for best results.

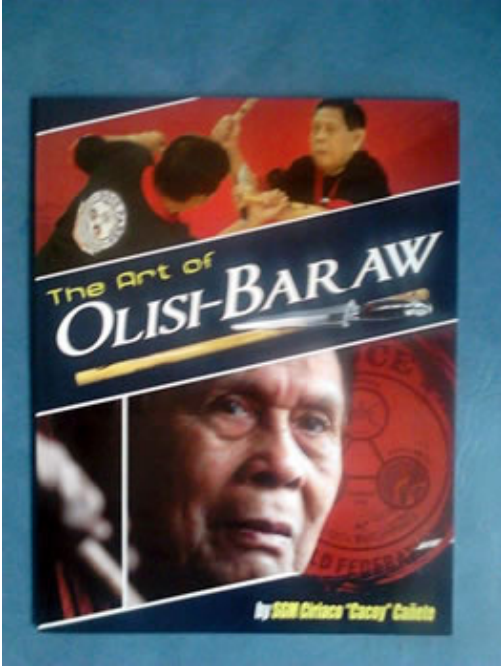
Quotes to Warm your Heart

By Zena Sultana Babao

- Keep your dreams alive. Understand that to achieve anything requires faith and belief, vision, hard work, determination and dedication. All things are possible to those who believe. – **Author Unknown**
- The only things that stand between a person and what they want in life are the will to try it, and the faith to believe it’s possible. – **Rich DeVos**
- Enjoy the little things, for one day you make look back and realize they were big things. – **Robert Brault**
- Life is not about waiting for the storms to pass. It’s about learning to dance in the rain. – **Vivian Green**
- What we think, we become. All that we are arises with our thoughts. With our thoughts we make the world. – **Buddha**
- Anything that is of value in life only multiplies when it is given. – **Deepak Chopra**
- Keep your face to the sunshine and you will not see the shadows. – **Helen Keller**
- I would rather be ashes than dust. I would rather that my spark should burn out in a brilliant blaze than it should be stifled by dry rot. I would rather be a superb meteor, every atom of me in magnificent glow, than a sleeping and permanent planet. The proper function of man is to live not to exist. I shall not waste my days in trying to prolong them. I shall use my time. – **Jack London**
- You have to laugh at life, or you won’t have a life to laugh at. – **Author Unknown**
- Happiness is not an accident. Nor is it something you wish for. Happiness is something you design. – **Jim Rohn**
- It’s not the number of breaths you take in life that counts – it’s the number of moments that take your breath away. – Author Unknown
- The lives we touch will touch many others. When you bring encouragement, humor, hope, fun and positive energy, you touch lives you have never met. That’s the Ripple Effect. Life is short and time is precious. Waste not a single minute. – **Michael Potter**
- The past doesn’t define you. It prepares you. – **Author Unknown**
- We have to live every moment as if it were our last, and not close ourselves from the world. – **Author Unknown**
- What you leave behind is not what is engraved in stone monuments, but what is woven into the lives of others. – **Pericles**
- It’s not what you make of your dreams. It’s what your dreams make of you. – **Aerosmith**
- A great attitude is not the result of success; success is the result of a great attitude. – **Earl Nightingale**
- To the world you may just be one person, but to one person you might just be the world. – **Mark Twain**
- Carry out random acts of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you. – **Princess Diana**
- People who get on in this world are people who get up and look for circumstances they want, and if they can’t find them they make them. – **George Bernard Shaw**
- The human mind is like the land. It doesn’t care what you plant in it. It will return what you plant. We become what we think about. If we think of nothing we become nothing. – **Author Unknown**
- You must become the producer, director and actor in the unfolding story of your life. – **Wayne W. Dyer**
- Kind words can be short and easy to speak, but their echoes are truly endless. – **Mother Teresa**
- Even if you are on the right track, you’ll get run over if you just sit there. – **Will Rogers**
- If you go looking for a friend, you’re going to find few. If you go out to be a friend, you’ll find them everywhere. – **Zig Ziglar**

“Olisi-Baraw” (Stick & Dagger)

Supreme Grandmaster Cacoy Cañete



To all Eskrimadors and Stick-fighters,

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

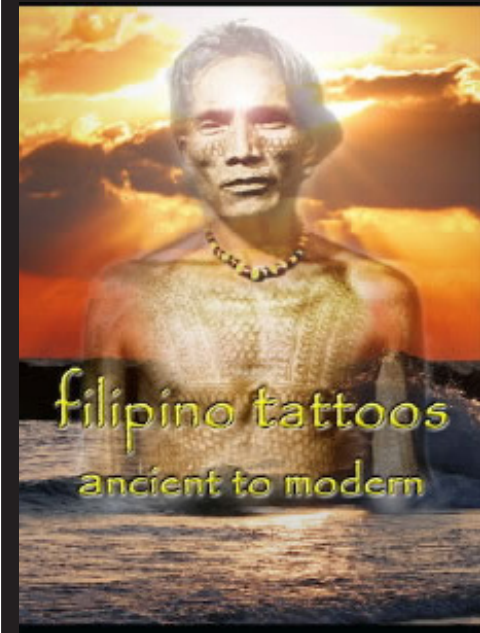
The 95 year-old Supreme Grandmaster Cacoy Cañete, President and Founder of Cacoy Doce Pares Eskrima-Eskrido-Pangamot is the last surviving founder of the oldest Eskrima organization “Doce Pares” founded by his late brothers in Cebu, Philippines in 1932.

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

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

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

Very respectfully yours,  
**Grandmaster Catherine-Kitty Cañete-Knight**  
Vice-President for International Affairs  
Cacoy Doce Pares World Federation



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. Beginnning in the 16th century, European explorers came across many people who practiced tattooing as an integral part of their cultures. This is the first serious study of Filipino tattoos, and it considers early accounts from explorers and Spanish-speaking writers. The text presents Filipino cultural practices connected with ancestral and spiritual aspects of tattoo markings, and how they relate to the process and tools used to make the marks. In the Philippine Islands, tatoos were applied to men and women for many different reasons. It became a form of clothing. Certain designs recognized manhood and personal accomplishments as well as attractiveness, fertility, and continuity of the family or village. Facial tattoos occurred on the bravest warriors with names that denoted particular honor. Through the fascinating text and over 200 images, including color photographs and design drawings, the deep meanings and importance of these markings becomes apparent.

**Available at:** Schifferbooks.com and Amazon.com.

Self-Defense for Women

July 18, 2015  
TKMT  
1992 Yonge St., Toronto, Ontario, Canada



Stephen Boyd



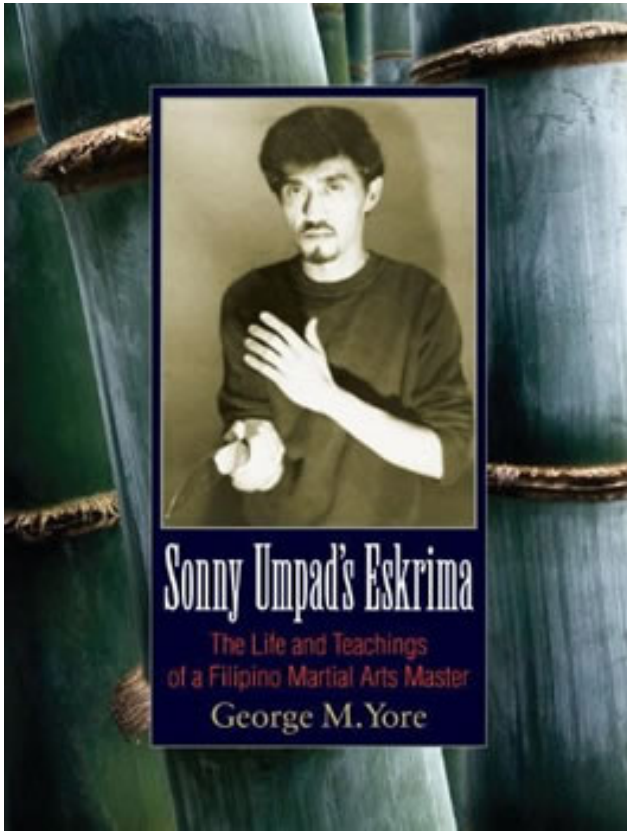
Maestro Oliver Garduce



Self-defence for Women Seminar on July 18th,2015 at TKMT 1992 Yonge St. is a joint venture of International FMA Academy and Ring-fit. It was an amazing one. The women were so excited to learn more about what to watch for, the way to stop an attacker from hurting them and how to protect themselves. This is hopefully one of many classes and seminars to empower women. Stay safe and sound. Learn self-defence!

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

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

The Deadly Art of Kalis Ilustrisimo

A Candid Interview with Master Romy Macapagal

By Krishna K. Godhania



Having made several trips to the Philippines in order to research the Filipino Martial Arts – I have been fortunate to meet, learn from and befriend some phenomenal martial artists. I regard Romy Macapagal as being amongst the best. As one of the top students of the late great Grandmaster Antonio “Tatang” Ilustrisimo, he has preserved a great art and is willing to share it with dedicated and sincere individuals. In this interview he talks about his beginnings, the exploits of his famous teacher and explains why the Ilustrisimo system is rated so highly.

1. At what age did you first become interested in the Martial Arts?

Romy Macapagal: I cannot really recall, but I had to stand on a stool for my grandfather to show me arnis moves, and grandfather barely cleared five feet. Incidentally, the techniques were what I would later learn from Antonio “Tatang” Ilustrisimo as the Pluma and Cruzada series

I also recall that childhood games were very warlike and fierce, and involved a lot of fencing with bamboo sticks, albeit strongly influenced by American movies of pirates, Ivanhoe, Galahad, etc. We even fenced with bare hands. I was born right after World War II and the atmosphere in Manila was still very combative during those childhood years and beyond.

2. Which styles did you study?

Romy Macapagal: Well, aside from grandfather’s Arnis, father, who was a collegiate boxer, taught me a little Boxing.

Then he engaged a so called Jujitsu instructor for me who taught what I now recognize as a mix of American Jujitsu and the barehanded forms of Arnis.

Then Karate became popular due to a movie titled “This is Karate” and we learned from books until some Filipinos, notably the Gonzales family opened a Karate school. Judo became popular about the same time, (this was the late 50’s and early 60’s) and again we scrounged around for instruction, generally

watching Master Hirose teach at the National Bureau of Investigation. Chinese kung-fu then became popular and I joined a spin-off Filipino group from a Choy Lee Fut school. This was the Red Lightning, and the Cantonese Club was called the Hong Sing Athletic Association. In the

mean-time, I continued to seek out arnis players from among the older generation and ask for instruction. Notable among them was Mang Luis, formerly of Bataan, Mang Pedro, originally from Laguna, Mang Pidiong, from Samar, and Mang Selo, from Navotas, and a Mr. Bondok, from Papanga who was referred to as an “Anak-Bitin”. (Anak means child, Bitin is a boa constrictor, and the term was applied to professional fighters in the “enforcement” business.)

Then of course, I met Antonio “Tatang” Ilustrisimo in January of 1986 of whom enough cannot be said, he had to be seen.

3. Under whom did you first learn Arnis?

Romy Macapagal: As said previously, my grandfather. But in the serious sense of the term “learn first,” in spite of my previous instructors named above, it would be Grandmaster Antonio “Tatang” Ilustrisimo.

4. What was your training like under this Master?

Romy Macapagal: Highly enjoyable, light and easy, with only a few light injuries. (The broken fingers, blackened fingernails, hematomas, etc. came from sparring with fellow students). Tatang had such precise control that he could cut at someone with a blade, at full speed, and leave only a thin red welt. His approach was very relaxed, not at all the fierce and furious attitude normally encountered with martial arts instructors. It was, truly, playing. (In tagalog, the term used when taking instruction or sparring even without armor is “Laro” or play. The word fight “Laban” is reserved for when serious injury or death is intended).

This has to be made clear: Tatang was not a teacher in the commonly understood sense. There was no program of instruction, no progressive sequence, not even correction

of wrong moves. One had to ask, analyze, clarify, and model, otherwise you got only an impression of grace, power, ease, and efficiency. Nothing else. You see, Tatang did not look at himself as a teacher, until much later, when the only way to support himself was by instructing, but he still did not have a system.

5. Was it difficult to obtain tuition from Tatang in the early days?

Romy Macapagal: When Antonio Diego, present head of the Ilustrisimo system first learned about Tatang, he went to ask for instruction, and was refused. Tatang’s reply was that his art was for his own use. It took months for Tony Diego to convince Tatang. I was luckier. I was at the Luneta, saw Tatang make a move with one of the students that gathered around him, and asked to be taught. He said yes, and that was the start of a long and fruitful relationship with a man whom I regarded as friend, father, teacher, and comrade.



6. Can you explain what it was like to train with Tatang and identify any physical/esoteric rites of passage?

Romy Macapagal: As I said, it was light and easy. For four years I trained everyday with Tatang from 7:30 am to 3:30 pm. There would be breaks for tea and lunch and discussions and story, telling in between learning the techniques and applying them. I believe I averaged 340 days a year with Tatang for those first four years from 1986 to 1990. The sparring sessions were beautiful. We went fast and hard with rattan and then faster and harder when padded sticks and gloves, and headgear came into use. There were injuries of course, but these were ignored. We used to go around with black and blue forearms and hands. Cristopher Ricketts, another senior student, once got poked playfully in the eye by Tatang, but did not lose his sight. The sparring was the physical rite of passage but there was also an esoteric procedure. Let me describe it further.

Tatang was well known

for his psychic powers. He had anting-anting and oracion and was telepathic to a very high degree. But knowing this did not prepare students for Tatang’s graduation rites which came about when he thought a student had learned enough of the Ilustrisimo system and was serious about the art

It came about in my second year of training that I had to stay away from Tatang for about a week. During that week I went through what seemed like six or seven hour nightmares from Sunday to Saturday. The first night I dreamed I was in a blade fight against strong opponents, armed with two swords. However, every opponent I downed would spring right back and fight me again one after another. The next night I lost one sword and snatched a dagger so that I fought with espada y daga, with immortal opponents who came at me in two’s. Third night I lost the dagger and the fights became more intense. Forth night I lost the sword but replaced

it with an additional dagger so I fought daga y daga. Fifth night it was only one dagger. Sixth night I kept on losing and snatching for my use, various weapons from opponents – long swords, spears, sticks, sickles, etc. Saturday night I was completely bare handed. Needless to say I woke up mornings covered in sweat and exhausted.

Sunday I went to Tatang and reported the nightmares, at which he

laughed, and said, so you have dream. You have finished.

Later on I learned that Tony Diego and Yuli Romo had both gone through the same experience. The only other I know of was Atty. Llariza, another serious student but who unfortunately suffered a stroke and became comatose for years.

7. Can you please highlight some of the distinguishing characteristics of the Ilustrisimo system?

Romy Macapagal: The major distinguishing characteristic of the Ilustrisimo system is efficiency. It has a very pragmatic and practical application of physics and psychology.

For instance Tatang said:

- A. Don’t go against the force. (No edge to edge contact) Parry beside or behind the plane of the cut.
- B. Use the force of the cut to deliver the counter.
- C. Spill off the attack to the side and counter at the same time.
- D. Attack the closest target.
- E. Parry from the closest distance.
- F. Cut, Cut, Cut until the opponent

can no longer threaten your safety. **G.** Use your empty hand to parry, use your weapon as a shield in defense which is also an offense. **H.** The attack is a parry, the parry is an attack. **I.** No hand movement without a corresponding foot movement. **J.** Don't waste moves, be flexible. A parry which does not incorporate an attack is wasteful movement. **8. *Ilustrisimo* lived a unique and colorful life – could you describe some aspects of it?**  
**Romy Macapagal:** This is an issue on which I have some strong opinions. Before proceeding to relate some stories, let us look at the particular setting of Antonio Ilustrisimo's life.

Tatang was born at the turn of this century, July 16, 1900. Compared to the West today, conditions then in the Philippines were somewhat like what are shown in some anthropological documentaries. I believe that in Europe, although outlawed, sword duels were still fought in private during that time. These preliminary statements are necessary for the present martial artist to have perspectives in the right relationship to present conditions. It would be unfortunate for those affected by these stories to go and want to have the same experiences.

Tatang had his first fight when he was seventeen in Jolo, Sulu. He was then the adopted son of a Tausug Hadji (a moslem who had been to Mecca) since the age of nine, and was named Montesali. Tatang, or Montasali was drinking beer at a store and was reprimanded by another Moslem since Islam forbids the consumption of intoxicating or mind altering substances. In Philippine culture, hard words lead to physical violence after two of three exchanges. The other man drew his barong, (the national sword of the Tausug which is about 16-20 inches long, 2-3 inches wide, leaf shaped, hook handled, with a wonderful balance and prodigious cutting power).



Tatang drew his own barong and with a technique called “tumbada” which

simultaneously parries and cuts horizontally at neck level, beheaded the man. Because this was considered a gentleman's fight, the hostilities did not escalate, Montesali's adopted father paid blood money, and to ensure his safety, Montesali (Tatang) was put in the custody of the American led authorities. Being a minor both in American-Philippine and Moslem law, Tatang was exiled out from Jolo, Sulu to Cebu, close to his birthplace of Sta. Fe, Bantayan Island. (A note about the Tausug-The Sultanate of Jolo had once covered present day Sabah, parts of Sulawesi, and various islands all the way to Flores in the Indonesian Archipelago aside from Tawi-Tawi, Basilan, and Zamboanga in the Philippines by virtue of armed conquest. They are still viewed in much the same way as the Gurkas are by Britons, in the Philippines today.)

The last known kill was in the late 1940's and involved the dispatch of a notorious bully and protection racketeer at Manila's local port. One of Tatang's friends came to him for help against this bully who was very good with the knife and who had come close to killing the friend. The agreement was for the friend to go against the bully, with Tatang standing by. In case the friend lost, Tatang was to finish off the bully.

Tatang wore a long sleeved shirt, stuck an 18 inch length of 3/4" iron pipe up the left sleeve and went with his friend to get the bully. Tatang's friend lost his knife at the first encounter, fortunately unwounded, drew back and gave way to Tatang who slid out the pipe, transferred it to his right, hands extended both arms out to the sides to appear very vulnerable and invited a thrust from the bully. As the thrust was made, Tatang used his left hand to parry the blade to his right and with a classic “atracada cerrada” delivered three rapid blows to the back of the neck of the bully who collapsed. Tatangs friend then urged Tatang to walk away so that

he could then take the rap for Tatang. Tatang walked to the edge of the piers threw the pipe into the sea sand walked back. His friend in the meantime had cut the bully's neck and was still drinking the man's blood when the police arrived.

The off shoot of the incident was that the ship operators were so happy at the demise of the bully, they fixed Tatang's papers so he could go to sea as a boatswain on foreign vessels. (Tatangs was a licensed captain for coastal navigation). This is sea going job lasted until Tatang was in his early eighties, some thirty

plus years all around the world. Everytime Tatang got home he would visit his friend at the National Penitentiary with money, food, beer, etc.

In between the first and the last were various incidents and lest readers judge Tatang harshly he did operate against the Japanese during the war, hunting them down in the streets of Manila. He was also part of the famous Col. Yay Marquing's Guerillas and appears to be the same man mentioned in a magazine article written in the 1950's after the war as the “Executioner”. Tatang and some friends mentioned exactly the same incidents reported in the article.

Tatang's exploits were generated out of necessity. In the Philippines of his time practically every man had to learn to use the blade for fighting. Conditions were harsh and survival for the less privileged depend on fighting ability, as it still is partially today. That his survival art led to a level of spiritual development gives a lot of credit to a man who was mostly self-educated. This was the man I came to love and respect. A gentle, generous, humorous lover of life who admonished us that if we have to kill, it should be those who are hurting/damaging society. (This sounds so much like the sword that gives life concept of Bushido. Perhaps the way of the sword not only evolves similar techniques but also philosophies).

**9. *Tatang Ilustrisimo* was reputed to possess both anting anting and oracion, did you witness any demonstrations of his powers?**  
**Romy Macapagal:** I have seen both anting-anting and oracion in operations. Many do not seem to work but those that do evoke wonder in even among avid researchers into the paranormal. Let me cite a few instances.

Before Tatang's health deteriorated in 1992 his mind was very sharp and focused, his will power tremendous. On good Fridays we would go to empty lots to tests his powers. On a sheet of bond paper, Tatang would scribble a few orascions and have it set up for a target. Now, I and my two elder sons are competent shots but at a distance of five meters we were only shooting around that 8" x 11" sheet of paper, knicking its edges only at 3 meters. Good sight pictures, good squeeze, good ammo, but could not hit the target. Whatever the mechanism, it worked.

After the dreams mentioned earlier, Tatang got a small pocket notebook and a lead pencil, brought me to a far corner of Luneta and told me to write oracions as he dedicated them including the instances for their use. Now, I am quite sceptical but acquiesced out of respect for Tatang's good intentions. After that, for a period of two years I

did not get cut. Now this is not unusual for most people but in my case I am a part time blade smith and in that period was prolific, polishing and sharpening blades by hand. Unconsciously I was handling blades without respect, grabbing at dropped blades etc, and did not receive a cut when previously, I was the corner stores main buyer of band-aids.

Only Tatang could cut me in practice or demonstrations, thin scratches which bled well. I was also doing very poorly financially during this time, a fact noted by an uncle, who asked me if I had or “wore” “armadura”-armor. I said no but commented that I was not getting wounded when I should. The uncle advised me to get rid of the armadura put on me by Tatang which I did. Right after my finances improved and I could get wounded in playing or when working on blades.

**10. *What your experiences with Arnis tournaments?***  
**Romy Macapagal:** There was a time when I was quite active in the formal Philippine and International Arnis Organizations. I was at one time both a Director of Naraphil and WEKAF, acting as tournament director. This was a time of idealism and the hope that Arnis/Eskrima could be seen and recognized for the very efficient martial art which it is. There were attempts to rationalize tournament rules and give a wider exposure of some forms and styles. The realities of the market place overwhelmed reason. Habits developed on the tournament floor which would get champions hurt on the street, and I wanted no part of that. Stories were evolving about masters and Philippine culture to suit the demands for fantasy and adventure of a growing market. Anyone who got his photo taken with a master became a master or a certified instructor and an instant expert on Philippine culture. Symbols, such as medals, became more important than true capability. I got out. Thank you.

**11. Are you selective about teaching?**  
**Romy Macapagal:** Today I am more selective concerning who I share with what I learnt from Tatang. I still show to sincere, dedicated and decent people examples of Ilustrisimo's art, and why it had acquired so much fame.

Questions on Philippine culture are examined for intent, since there is so much wish fulfillment on the part of some that specifics could be taken out of context. Which is why I get long winded.

**12. *Have ever had to use Arnis in life threatening situations?***  
**Romy Macapagal:** I should rather beg off from his question. To say no would be to lie and to say yes and mention instances would make my life unpleasant. Let us

say that I have worked on security related matters for some time but no longer do so.

I would like to air some views though. If I may. Arnis Ilustrisimo or any equivalent, is a good martial art. One of the best, but not the best, for one needs to know other arts as well, to round out fighting skills.

Unless involved with the police, military, or private security organizations (legal or illegal) today's martial artist will find very little use of his/her art on the street level. It is possible that even such a remote instance can be avoided if we do not mistake our egos for ourselves or at least remain aware.

**Krishna Godhania's Institute of Filipino Martial Arts**  
**Warriors Eskrima**  
www.warriorseskrima.com

### Ten Reasons to Try Filipino Martial Arts

By Brain Jones

Bamboo Spirit Martial Arts - bamboospiritmartialarts.com



Modern Arnis, a Filipino Martial Art, has been around since at least 1957 when it was introduced to the public by the late Professor Remy A. Presas. There are many elements to Modern Arnis including stick work, joint locks, ground controls, knife defence, empty hands, and espada y daga. It's not just a martial art; it's a great self defense system!

**Ten Reasons to try Filipino Martial Arts!**

**1.** Filipino Martial Arts is a very individualized martial art. It's not a cookie cutter martial art. Techniques are individualized to ensure that it is effective for YOU.

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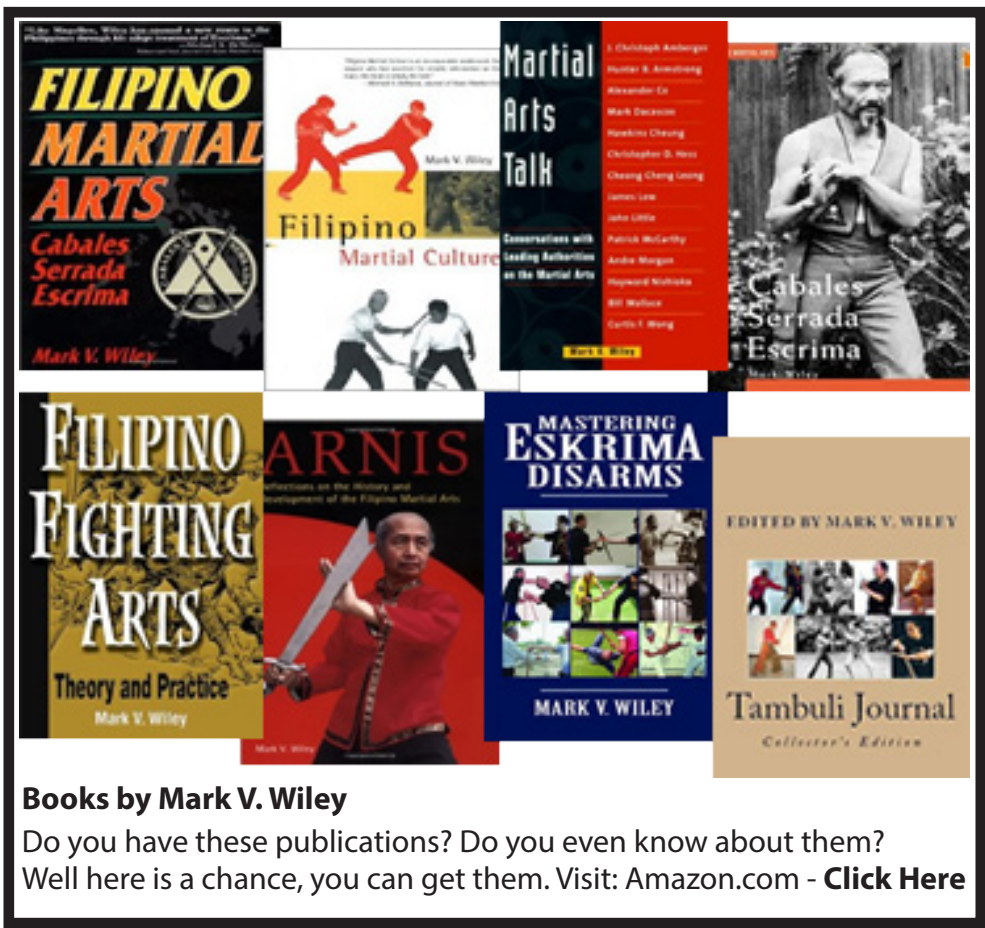
By TomMeadows



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This development of awareness is one of the true values to be found in martial arts practiced seriously. Nothing provides as good a reality check as a good, hard and fast sparring session. Illusions are laid to waste and mistakes hurt. To be competent (not undefeated champion) one has to be honest with ones' self. This leads to psychological maturation and to becoming a better person.

Martial Arts practice is good and enjoyable. There is no need to prove manhood in a real fight, which is avoidable. Be competent, be ready, be aware, very aware of many things.



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2. Look cool like Jason Bourne! Matt Damon trained in Filipino Martial Arts while preparing for his roles in the Bourne movies.
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  7. You learn instantaneous problem solving: Progressive counter for counter techniques involve problem solving and critical thinking, attributes that come in handy in real life!
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  10. Increased Confidence: When you learn how to defend yourself through Modern Arnis, your confidence will soar!

Blauer’s Ten Commandments of Street Survival  
By Tony Blauer



I – Thou Shalt Not Not Train

Imagine for a moment losing a real street fight. Imagine the impact on your confidence, dignity and pride. Imagine if you were hurt and couldn’t train or possibly go to work for several weeks. Imagine if when you “physically” recovered you were gun-shy in sparring. Imagine all this.

At the time of the attack you took too long to recognize the danger, hesitated and as you started to react you were knocked to the ground and though you put up a valiant effort you were beaten.

Upon reflection you realized that you lost this fight for several reasons:

- 1. Your actual understanding of the theories of “intuitive radar”, “attacker profiles”, “sucker punch psychology” and “fear management” were limited.
- 2. Actually, you never did “sucker punch” drills.
- 3. You had never done “threshold and pain tolerance training” or
- 4. Worked on “ballistic ground fighting” and
- 5. You never analyzed natural stances.

This scenario is a fantasy or perhaps a nightmare. But it need not be.

“Totality” in your training is simply about being thorough.

I always tell my students, If I am to lose to the superior fighter. Let me lose because he was better than I was. Not because I was worse than him.”

How hard do you train in relation to “why” you train? Think on that.

Coach Bear Bryant said, “The will to win compares little with the will to prepare to win.” That is one of my favorite quotes and pretty much sums it up.

You can’t not train and expect to be your best at a moment’s notice. Boxers agree to fight 3 months in advance so that they may train for the contest. You don’t have that luxury. As my friend Marco Lala said, “You can’t fake endurance.”

II - Thou Shalt Not Defeat Thyself

The mental side of combat is so vast and powerful that it quite literally determines your next move. Dan Millman wrote, “When faced with just one opponent and you oppose yourself... you’re outnumbered.” Powerful words. Your mind can be your ally or your most formidable opponent. Your thoughts can motivate you or they can create the inertia State of psycho-physical paralysis.

Psychological fear leads to doubt and hesitation. Unchecked it can devolve into anxiety and panic. Unsolicited, a ‘Victim’s vocabulary’ starts: What if I lose? What if it hurts? What if I fail? Thoughts like these must be eliminated from your vocabulary for you to perform at your peak. Your ‘self talk’ or ‘internal dialogue’ must be positive, assertive and motivating. Your inner coach must empower you to greater heights, to surpass preconceived limitations, to boldly go where... you get the picture. That is what it means to not defeat yourself.

III - Thou Shalt Not Give Up



The will to survive is probably the most neglected area of our training. It is also the most important. Knowing what to do and knowing which tools to use is important but compares little with the ‘will to survive’. If you have great technique, but do not know how to dig deep, I will bet on the opponent with heart. Will beats skill. “Not giving up,” means Not giving up. You must research this.

Irrespective of your training, there are situations that can catch us off guard. Sudden violence or specific threats outside our Comfort Zones can overwhelm us emotionally and induce the ubiquitous “victim” mind-set. To off-set this I have my students tap into their “desire” to survive by writing out a list of things they will lose if they do not survive the fight.

This list is memorized (ideally, long before any serious altercation) and serves as an unconscious motivating force that triggers the survival mechanisms when our theoretical warrior-self is experiencing technical difficulties.

The list should include the most important people, places and things in your life. And you must

remind yourself that if you “give up” in the street – you may be giving up that list as well.

In 1987, this concept became the Be Your Own BodyGuard™ principle. This is a powerful metaphor for street survival. Sometimes we feel that we would rush to someone else’s aid quicker than we would defend ourselves.. this is a common emotional feeling, however, it is not very practical if you are the intended victim. So ask yourself, “Who (or what) would you fight to the death for?” And if you are the person’s Bodyguard, who is yours?

My friend... be your own bodyguard.

IV – Thou Shalt Not Fear Fear



More dangerous than your opponent is your mind. If it doesn’t support you you’re 3/4 beaten before you’ve started. There are really only two types of fear: biological and psychological.

Fear (biological) has been generally described as the “fight or flight” syndrome for most of our modern history. This definition does not serve us once the physical confrontation is under way and is really not pertinent to your success. Though the adrenaline surge created by your survival signals is a component of success, it is the mind that ultimately determines the action you will take.

Psychological fear, on the other hand, is an emotional state. Therefore it can be controlled and used to create action. However, due to the lack of good information on fear management, fear, as we feel it, usually creates emotional inertia: your body’s inability to move. Inertia or panic is created by psychological fear when the mind visualizes failure and pain. Understanding this process is necessary to conquer fear.

We use three acronyms, to help us remember that psychological fear is only in our mind. They are:

- 1. False Evidence Appearing Real (External stimuli that distracts ups; physical evidence: weapons, multiple opponents, etc.)
- 2. False Expectations Appearing Real (Internal stimuli that distracts us; how we visualize, images of pain and failure.)
- 3. Failure Expected Action Required (A trigger to DO

SOMETHING!)

Cus D’Amato, a famous boxing coach, said, “The difference between the hero and the coward is what they do with their fear.” The next time you feel it – fight it. Challenge your fear. Attack your fear. Do not fear fear. We all feel it.

Fight your fear first then fight your physical foe.

This is one of the true ways of growth.

V - Thou Shalt Not Telegraph Your Intentions

When it’s time to fight, most fighters telegraph their intentions. This “faux pas” is committed at times by everyone and every type of fighter, including you and me. From street fighters to professional boxers, from military generals to serial killers. We all telegraph.

Telegraphing for most is considered to be a physical gesture, but really, the physical telegraph is usually the third stage of the telegraph ‘Domino effect.’ In my seminars I always remind participants that you can only beat the opponent when the opponent makes a mistake. Think about that. The “real” opportunity occurs at the moment of the telegraph, when the intention is revealed, when there is hesitation or a momentary lapse in attention.

Start thinking about the various ways we reveal ourselves, signals that create the telegraph: anger, erratic breathing. Adopting a specific stance, going for the knockout, verbal threat. These are some of the most common telegraphs that would afford an experienced opponent some mental preparedness. Remember that your opponent should be the last person to see your attack.

This subject is so vast that I can’t do justice to it here. Just remember that fighting is like tennis, the player who makes the most unforced errors, generally loses. But don’t look at the obvious. Be sure to study our Sucker Punch Psychology and Non-Violent Postures theory.

VI – Thou Shalt Not Lose the Street Fight

You must know in advance that you will survive the authentic street fight. By ‘authentic’ I mean a true situation where you have a moral and ethical reason to take action. Only then can you be resolute in your conviction and only then will you have the support of good and the force of the universe behind you. This may sound corny to some, but when you use your skills for “life” (for preservation), rather than “death”, (abuse of your skill) the emotional power that is available to you is exponential.

You must also appreciate the relationship to the pejorative ego in combat.

You don’t “win” a real fight. You survive one.

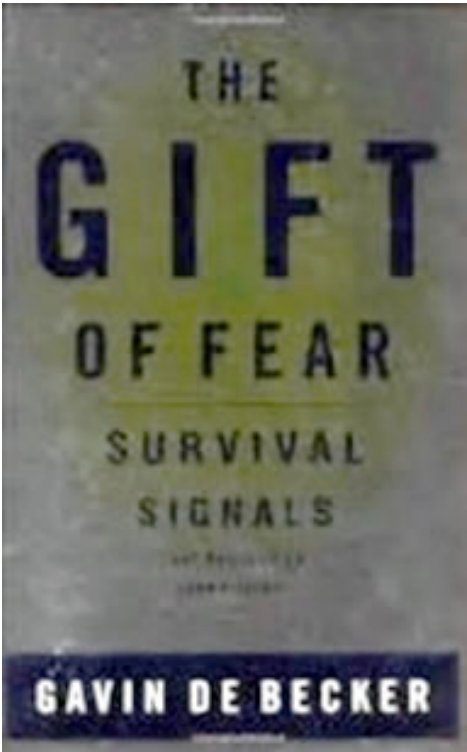
Win & Lose are labels our ego uses. Think survival. Think about your life and why you’ll survive. This is true power.

Remember this: Never fight when your opponent wants to fight. Never fight where your opponent wants to fight. And never fight how your opponent wants to fight. Take care of those three factors, I’ll bet on you. Sun Tzu wrote: “The height of strategy is to attack your opponent’s strategy.” Study this.

\*On purely a strategic level you can study the Samurai treaties about the mind and the ego and death. They reveal much about the appropriate mind-set for lethal combat. If you catch a glimpse of the power of this mind-set you will recognize true power and you will be sure not to abuse this power.

VII – Thou Shalt Not Invite Disaster

You’ve heard the expression “An accident waiting to happen.” So many victims of violence failed to use simple skills like awareness and avoidance. No one deserves to be a victim, but many street tragedies result from “planning for failure through failure to plan.” Though the world is an incredible and wonderful place, it does have its dangers. If you respect the simple truth and spend a little time developing your Survival Toolbox, you can get back to the real task at hand: enjoying your life.



For simplicity sake consider there are two types of victims. Those who deny and ignore (apathy will usually help seal your fate) and those who manufacture danger at every turn. If you haven’t had the opportunity to read Gavin De Becker’s excellent book, The Gift of Fear, get yourself a copy. It is the first time, in my opinion; anyone has effectively explained the fear signal in a positive, useful light as it relates to danger and violence. His examples and theories are welcome additions to the pre-contact arsenal necessary to try to avoid

violence.

It would be nice if simply ‘trusting’ survival signals were all we needed to detect and avoid danger. Unfortunately, there may be situations where we do everything right, but still find ourselves in the thick of things and must take physical action. Preparation is paramount.

Learn to evaluate a stimulus in advance. This mind-set will spare you a lot of trouble if you do a little research. In the end, most situations are easily avoided with the right attitude, awareness and advance analysis.

Here are the critical areas you must examine:

- Evaluate your routine. Are there any obvious places you could be attacked? Is there something about your schedule, behavior, residence, etc. that sends a ‘come and get me’ message to an opportunist criminal? When you you attack you and why?
- Evaluate your mind. What type of person are you? Do you find yourself in many confrontations? (Of any nature) How do you deal with them? Do you lose your temper quickly? Do you accept abuse (verbal, mental, etc.) too readily? Both reactions could create serious problems in a violent confrontation.
- Evaluate your arsenal. You may take care of the routine and have yourself in total control and still be faced with a threat. What specialized skills do you bring to the confrontation? Many of us become fairly proficient with our empty hands in a ready stance in the dojo where we know the rules, we know our opponent, the level of contact is agreed to and we’re wearing equipment and.. I think you get my point. Do you really understand the nut on the street? Are you confident on the ground? Against a weapon? In a survival scenario? Total confidence results when you ask pertinent questions and research, to satisfaction, the answers. That’s being proactive. After all, this is your life.

Apathy and denial will seal your fate in a confrontation. Other personality aberrations like an inflated ego, misguided inferiority complex, and overconfidence all contribute to the issue of safety. There attributes will create problems during confrontations of any nature. Be proactive about the things that can cause you grief. I have a simple belief that keeps me honest and introspective:

I believe we experience confrontations every day of our lives, (“Confrontation” defined as any situation that affects our enjoyment of the moment – I know people who take traffic personally!). Therefore, the degree of calmness and clarity with which we deal with our confrontations will directly determine the quality of our day and therefore, the

quality of our life.

VIII – Thou Shalt Not Kill, Unless It Is Absolutely Necessary



Bruce Lee wrote in his Tao of Jeet Kune Do, “Forget about winning and losing; forget about pride and pain. Let your opponent graze your skin and you smash his flesh; let him smash into your flesh and you fracture his bones; let him fracture your bones and you take his life’ Do not be concerned with your escaping safely – your life before him!”

Hmmm? What do you think of this? Pretty powerful, huh? Not how it triggered a visual and how it affected your mind-set: power or fear? Though Bruce Lee’s quote has much value, it sends a dangerous message if not analyzed correctly.

Many people who come to the martial arts for self-defense buy into the mythological image of cool nerves, impenetrable defense and total control. Unfortunately, the sociopath’s intensity on the street bears little relation to the energy in the dojo and so those martial artists who have not done diligent homework for the street situation are predisposed to fail. This doesn’t mean they will. But, it means they survive in spite of the way they trained.

What would you do if...? Have you really visualized different scenarios and analyzed what would be necessary to escape the confrontation safely? It takes courage to walk away. Is avoidance a component of your self-defense system? How far would you go to avoid bodily harm? Would you kill? What moral and ethical issues do your responses raise? do you possess a directive, one that would support you in a court of Law or when you looked in the mirror?

When you train with integrity, and respect all humanity, you will grasp the deepest message in Bruce’s words. As a last resort I endorse his message.

IX – Thou Shalt Not Settle For Mediocrity

There are key areas of concern for this commandment. Human beings are designed for improvement. Our brains and bodies are built for success. We use only a small percentage of

our brain’s capacity. Our bodies are capable of massive muscular and cardiovascular development and we have only just begun to explore the power of spiritual development.

Remember earlier I wrote that the mind navigates the body? I believe that there are three fundamental rules we all break from time-to-time that prevent us from maximizing our performance and development in many areas.

1. Avoid Comparison: Compete with yourself. Use other people for inspiration only. If someone is better than you are, use his or her “skill level” as a reference point. Find out how they train and what their beliefs are. Many people miss this point and experience frustration in their training. The pejorative ego is duplicitous and works overtime on comparison. It’s your job to defuse this emotional time bomb and get focused on your path.

2. Don’t Judge: Don’t judge others. Don’t even judge yourself. Learn to evaluate, diagnose, weigh, and consider. When you change the “judgement filter” to one of “analysis”, you will gain so much more. Like comparison, judgement is a detour away from our goals. Many times we enter some arena (relationship, job, fight) worrying about what the other person is bringing to the table. Howe can you be yourself and work on you when you are fixating on them? True education takes place when we start to notice our tendency to compare and judge.

3. Limiting Beliefs: Many of us have been fed negative programs during our life and these ‘ideas’ eventually become our very own erroneous beliefs. And they severely handicap our growth. How often do we say or hear statements like, “You can’t!” “That’ll take too long,” I’ll never be able to do that”, “What’s the point?”. The list goes on... you get my point. Beliefs that do not serve your goals, success, happiness, or dreams must be purged from your mind. This is an easy process... you believe it is too hard. Just remember that starting off positive is every bit as important as actually starting.

Here’s another key concept in the performance enhancement formula my company has developed: You’ll often hear motivators state: “Your potential is unlimited.” Nothing could be further from the truth. Actually ‘potential’ is quite finite, whereas ‘capacity’ is unlimited. Think about it [and yes I know this is completely backwards from conventional thinking]. Your ability is limited by your capacity. But you can work on your ‘capacity’ daily. And therefore ‘capacity’ is continually evolving. However, ‘potential’ is fixed. In other words, your potential is limited

by the fact that you are human, or of a specific gender, age, size and so forth. Potential is also something we ‘can’t do’ yet. The trick in maximizing performance therefore, will be our ability to reframe, to create a personal paradigm shift and really direct our energy into our ‘current abilities’ and forget about where we could be if... Confused? Read the next two paragraphs and then reflect a little.

I have done a number of motivational seminars on this very important paradigm shift, an empowerment process I call The Myth of Peak Performance. To consider, evaluate, plan and proceed, you must understand the difference between “capacity” and “potential.” What you can do is your capacity. What you would like to be able to do is your potential. But, at the end of the day, you can only do as much as you can do.

Reflect on this expression: *“You’ll never know how much you can do until you try to do more than you can.”*

In training, assess your capacity, recognize your potential as greater, and create realistic goals so that you experience success regularly and you will be on your way to self-mastery. But do not fixate on your potential.

In the self-defense and martial art world many practitioners severely handicap their capacity by not sharing information, not investigating other options and ideas, not asking questions, etc. To go beyond the limitations of style, you must challenge all ideas so that your training results in unshakable faith in your skill.

So remember, training must be holistic: Mind, Body, Spirit. *(\*Note how each commandment interconnects and a flaw in one of the areas could very well throw the equation into flux.)*  
*\* Article is re-posted with permission & unchanged from the original.*  
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**X – Thou Shalt Not Rebuke Other Systems**

Bruce Lee said, “*Man, the living creature, the creating individual, is always more important than any established style or system.*” This commandment is important on two levels. Firstly, on an emotional level it is so important to make peace with everyone we contact. This attitude is contagious and if we all adopted a more loving and compassionate view of life and of our fellow human beings, we would all experience a significant increase in happiness and peace of mind.

In the martial arts world there exists so much comparison, pejorative competitiveness and politics, that our industry is simply a microcosm of the warring nations and rival gangs that pollute our cities and countries. Please reflect on this.

We are on the same team. We train to better ourselves. We choose different schools and styles for a variety of reasons. But we all want the same think. Peace. Inner peace. Confidence. Self-control. So keep an open mind. Maintain a “Beginner’s Mind.” A beginner loves to learn. He is intent and intense. Learn to communicate, listen to the words, and listen to the voice of body language. When someone shows you a different way or explains a different approach, listen keenly. Savor, digest and absorb.

And secondly, as a martial artist and self-defense specialist, you cannot afford to limit your training. The more you understand any and all strategies, approaches, attitudes and methods, the greater your confidence.



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.  
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**Knife Tactical Response**  
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**The Globalization of Martial Arts**  
By: Brian Johns

*In another post Mr. Jones addressed the issue of rank and how, in his view, it has corrupted a number of students and instructors alike. He further addressed the fact that one has spent an “X” number of years in the martial arts is not necessarily an indicator of martial expertise or skill. Here, he will point out how meaningless pursuit of rank can be when viewed in the context of the increasing globalization of martial arts.*

In recent years, the term “globalization” has become the catch all term for increasing competition between corporations and between nations. Several years ago, Thomas Friedman, a columnist for the New York Times, wrote a terrific book called “The World is Flat” in which he analyzed the effects of globalization of commerce in today’s world and how that is driving increasing innovation and competition.

I would argue that globalization has had a profound effect on the martial arts in today’s world and because of that, the notion of rank needs to be re-examined in this context. As stated in the previous post, more importance needs to be placed on skill rather than rank.

If one were to travel back in time to the 1950’s and look for martial arts schools, one would probably find only (as far as mainland US is concerned) judo, boxing, and perhaps karate for the most part. American GIs were just starting to bring karate back from Okinawa. Tae Kwon Do had not yet become the force it is today (not until the 1970’s).

Chinese martial arts were, for the most part, taught only to the Chinese. Likewise, Filipino martial arts were not well known and not well spread. Furthermore, FMAs were taught to Filipinos. Brazilian jiu jitsu was not in the US in this time period. Ditto for MMA. Add in Krav Maga, Indonesian pencak silat and many other martial arts. They simply were not available in the 1950’s. Consequently, methods of self defense, as practiced in the 1950’s, were not highly evolved. As an example, I recall seeing an English language Japanese karate book published sometime in the

late 1950’s. A section of that book focused on applying karate to self defense situations. Suffice it to say that the self defense techniques portrayed were incredibly unrealistic.

Fast forward to today. There is an incredible cornucopia of martial arts to choose from and study. I have noticed that the trend is to teach more realistic skills for personal protection than those presented in the past. Students are looking for and demanding more realistic self defense skill sets. Another factor not present in the 1950’s is the incredible proliferation of martial arts videos and books. There is an unbelievable amount of information available to anyone who has the time and discipline to learn. Then there is the availability of untold number of videos on YouTube. One can type in virtually any martial arts related term and find some relevant video clips. An additional factor to consider is the popularity of MMA/UFC events, particularly on TV.

What it comes down to is that the globalization of martial arts has resulted in a vast amount of information available to the public through the many different kinds of martial arts, videos, books, YouTube, and other media. It is natural, then, for those who study martial arts to consider how to deal with techniques of different martial arts styles. An obvious example is “what do I do if I’m taken down to the ground” or “what do I do against a Muay Thai kick ?”

The real question is “what do I do if I run into a bad guy who is emulating his favorite UFC fighter or has some knowledge of knife fighting skill ?” Like it or not,

that vast amount of information is going to find its way to the bad guys. Some of the “muscle” guys on the 9/11 plot had trained in martial arts in the months leading up to the attacks on that fateful day.

While rank may be an indicator of skill, it is not the end all be all when viewed in the context of globalization of martial arts and the vast amount of information available. The determining factor as to whether one is successful in a self defense situation (aside from conflict avoidance), is not rank but skill. I have seen black belts who do not possess the bare minimum functional skills to protect themselves. I also have seen martial artists with rank below black belt (mudansha in Japanese) who are extremely well equipped to defend themselves. Ditto for those who have an x number of years in the martial arts and have achieved a certain rank. It may not mean squat, as in the case of the fella who claimed to have trained in the martial arts for 50 years.

The other factor to consider is the evolution of the martial arts since the 1970’s. More specifically, I’m speaking to the evolution of martial arts styles. Take, for example, Tae Kwon Do. In the 1970’s, this art was more or less characterized by who could throw the most kicks in the shortest amount of time. In other words, “the fastest and the mostest” to use a mangled cliché.

However, TKD has evolved to include intricate footwork, feints, baits, and lots of

conditioning. Suffice it to say that TKD has come a long way since the 1970’s. Another example is Karate. To put it real simplistically, most schools taught a variation “sport karate”, with tournament sparring and perfection of kata. Nowadays, it is common to see Karate folks examining and exploring the kata applications in terms of grappling moves and pressure points. Kata applications are absolutely devastating for self defense purposes.

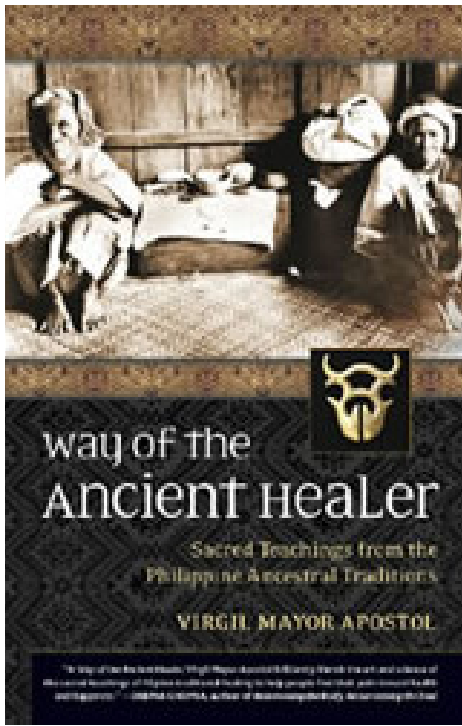
The next factor to consider is the fact that it is quite common for martial artists to cross train in different arts. A tae kwon doist may be a black belt in that art but what if he supplements his skill by learning brazilian jiu jitsu ? Let’s suppose that he gets blue belt in BJJ. What is his overall rank ? As you can see, it’s meaningless. What we have here is a person who has an impressive skill set, being able to draw upon the classic TKD kicking skills as well as the ground game of BJJ. What really matters is the skill set rather than some artificial benchmark such as rank.

So given the above, it is my opinion that rank is useful only insofar as determining one’s place within a style, school or organization. However, the quality between schools and organizations can vary wildly. So, rank does not necessarily equate to martial skill.

It’s okay to be proud of your rank but I would caution one to not to get too caught up in rank or become a rank chaser. Continue to focus on the skill sets needed to survive an encounter.

**Bamboo Spirit Martial Arts Centre, Ltd**  
[bamboospiritmartialarts.com](http://bamboospiritmartialarts.com)

**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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**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**

**Heritage of All Asian American Pacific Islanders Festival**  
May 30, 2015  
Joint McGuire Airforce Base  
Lakehurst, NJ

On May 30th, 2015, Pinoy Dragon Amara Arkanis Sikaran was invited to demonstrate traditional Filipino Martial Arts at the Joint McGuire Airforce Base in Lakehurst, NJ. The invitation was extended by Felicity Shuler,



(coordinator for the festivities), in celebration of the heritage of all Asian American Pacific Islanders. Students Emily Ruhl and Rachel Gaffney of Pinoy Dragon assisted in the demonstration. In addition to the martial arts presentation, many other groups honored their cultures with songs, dances and cuisine from China, Japan, Korea, India, Philippines and Polynesian nations. It was a wonderful opportunity to share some of our traditions with others as well as learning about other cultures.

**Marlon E. Hudak**



**Los Angeles City Hall**  
**Celebrate 117th Philippine Independence Day/Araw ng Kalayaan with Kapisanang**  
June 12, 2015  
Los Angeles, California  
Mandirigma.org

Los Angeles City Hall to celebrated the 117th Philippine Independence Day or Araw ng Kalayaan. The event was organizes by the Los Angeles Association of City Employees. Kapisanang Mandirigma/Mandirigma.org demonstrated a sample of the Warrior Arts of the Philippines at the event. In particular the Arts of Lameco Eskrima and Kali Ilustrisimo.

This is the second time Kapisanang Mandirigma has appeared at L.A. City Hall. The last time was for the official dedication of L.A. Historic Filipinotown in 2002. The first official Filipinotown in the country.

Guro Bud Balani and Guro Dino Flores was assisted by Guro Johnathan Balani, Mark Ramos and Daniel Parker. Their performance was after the flag ceremony in the main building forecourt.

The Flag Ceremony consisted of Filipino-American law enforcement officers parading with various flags of the Philippine Revolution. Los Angeles has the largest population of Filipinos outside of the Philippines. Mabuhay Ang Pilipinas!



Guro Bud Balani and Guro Dino Flores.

Photos property of Mandirigma.org. Photographer Dr. A.S. Flores



Demo Team in action headed by Guro Johnathan Balani.



Los Angeles City Hall and L.A. Sister Cities



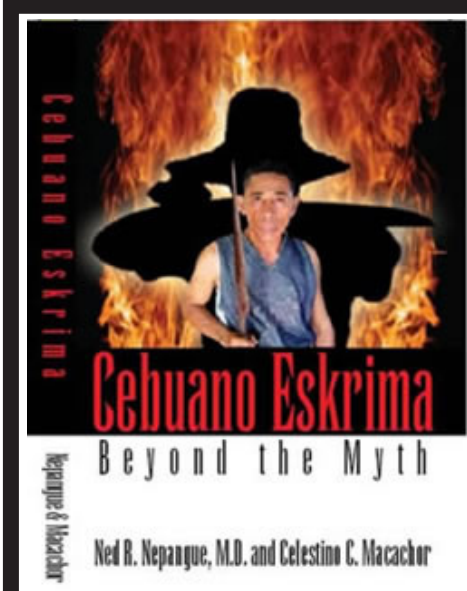
Guro Dino and Guro Johnathan demonstrating single sword techniques as Guro Bud narrates.



The Eskrima Demo team



Filipino-American Law Enforcement Officers parading various flags of the Philippine Revolution



**Cebuano Eskrima**  
**Beyond the Myth**

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

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

The authors present prima facie evidence on the fraud of the supposedly precursor art called kali.

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

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

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

**To Order Visit** - Amazon.com

Philippines Independence Day Celebration

June 13, 2015  
Cooper River Park  
Cherry Hill, NJ.

The event was a great success and Ms. Shuler coordinated our participation in the Philippines Independence Day Celebration at Cooper River Park in Cherry Hill, NJ. The celebration was held on June 13th, 2015 and once again we were delighted to be able to demonstrate both traditional Filipino martial arts and Sikaran (“The true empty hand of Philippines”). Special thanks to my teacher Mataw Guro Luelle Lledo, his daughter Katherine Lu Lledo, and my students Rachel Gaffney and Zachary Reeves who took the time to help out with the demonstration. We were also honored to have Mataw Guro Art Eng and his students perform Wing Chun at the event.

The Philippines Independence Day Celebration is growing and it’s good to see the increase in community outreach and participation with each passing year. Both before and after the demonstration we were treated to an impressive array of Filipino food, dance, music and art.

We had the honor of meeting the Consul General Mario



L. de Leon Jr. of the Philippines and various members of the Filipino Executive Council of Greater Philadelphia. We are grateful for the warm welcome we received. Both my instructor, Mataw Guro Luelle Lledo (founder of Mataw Guro Association) and myself are appreciative that Consul General de Leon Jr. expressed his wish that we be a permanent part of the celebration. We are very much looking forward to performing Filipino martial arts as part of this event every year! I encourage everyone to attend this great event and support our community. Thank you for all the support!  
**Marlon E. Hudak**



ABANICO Modern Arnis Apps

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

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

The first apps covers the new Modern Arnis grading program.

The apps are free of charge and you can buy the videos in-app and watch them on your device. The videos in the apps are cheaper than the DVDs.

You can download the videos to your device or you can stream them, whatever you prefer.

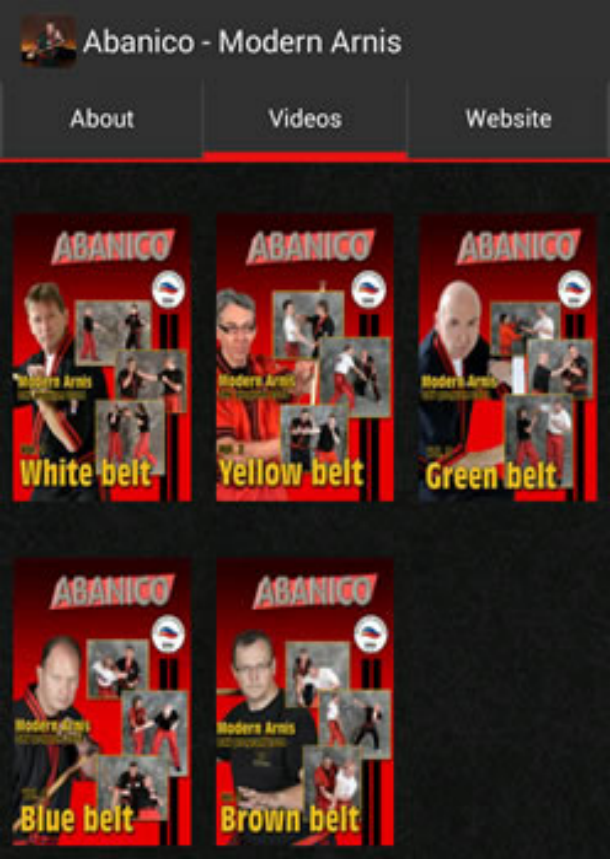
This way you have the videos there on your smartphone or tablet during your training. The videos in the app do have menus, so that you can jump directly to the topics you want to train.

Here re the links to the appstores:

Modern Arnis App

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

Google for Android Smartphones and Tablets: Click Here



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

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

**Dieter Knüttel**

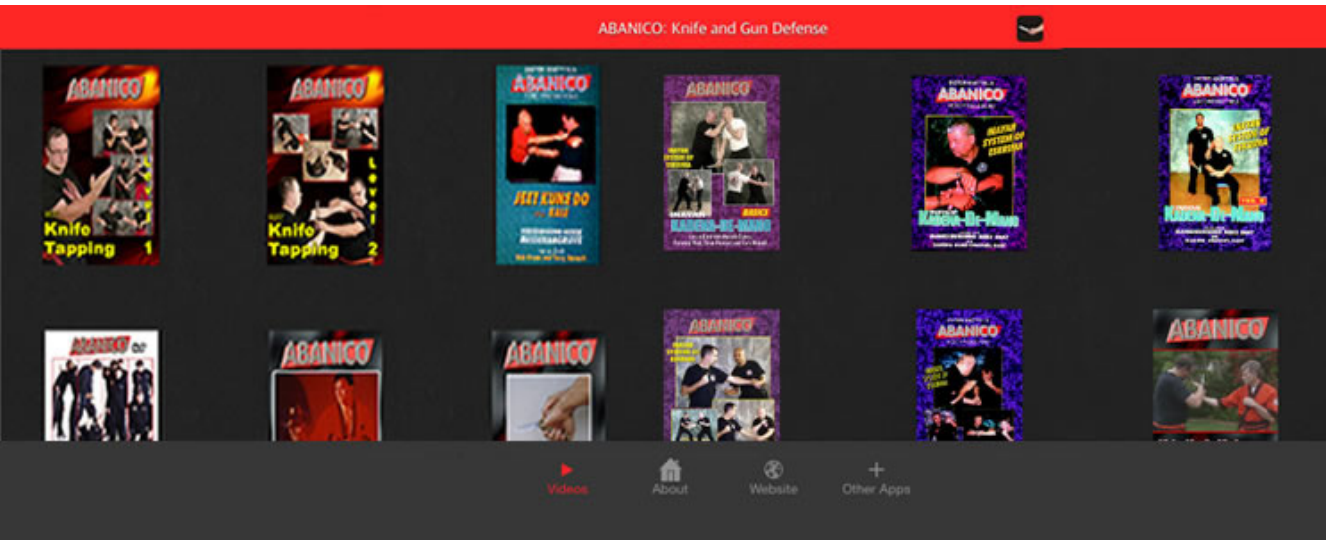
Email: dk@abanico.de



Knife and Gun Defense app:

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

Google for Android Smartphones and Tablets: Click Here



Baguio Honors Wushu Gold Medalist

By Mark Victor Pasagoy

Sun.Star Baguio - June 23, 2015



Sea Games 2015 Wushu gold medalist Daniel Parantac displays his form in this file photo. Parantac is currently the toast of the Cordillera region after winning in the international tournament. (Larry Fabian)

Baguio City has hailed Daniel Parantac for winning a gold in wushu at the recent Southeast Asian Games in Singapore.

Parantac was awarded a citation by city officials during the flag-raising ceremony at City Hall Monday.

Mayor Mauricio Domogan presented the citation to the Bontoc, Mt. Province native.

Domogan said Parantac’s performance should inspire everyone to strive for excellence and greatness.

Parantac defended his title in tajjijan and also won a silver with John Keithly Chan, a fellow Cordilleran, and Norlenc Catolico in the men’s double weapon.

The University of the Cordilleras BS Education finished with 9.71 points, edging Jack Chang Lo of Malaysia and Julius Kurniawan of Indonesia.

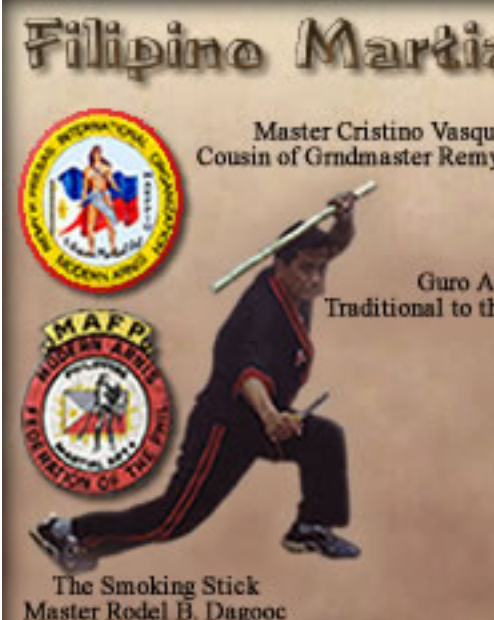
Other Baguio medalists at the SEA Games are boxers Josie Gabuco (gold), Irish Magno (silver), Ian Bautista (gold), Rogen Ladon (bronze) and Mario Fernandez (gold) wrestler Minalyn Foyos (silver), runner Yohan Caido (bronze) and judoka Helen Dawa (bronze).

The Philippines finished sixth in the medals table with 29 golds, 36 silvers and 66 bronzes to its tally.

Thailand topped the Games.

Master Cristino Vasquez

FMA Digest Vol2 No1 - 2005 Click Here



A cousin of Grandmasters Remy and Ernesto Presas, Cristino Vasquez commenced his training at the age of 13 years old from the younger brother of Remy Presas. When he reached the age to where he could attend high school, Grandmaster Remy Presas sent him to manila to gain more knowledge in Arnis de Mano. Once arriving in Manila, Cristino found that Arnis was becoming a lost art and the popular martial art of the 60's was Karate. So Cristino took up the arts of Karate and Judo.

When this was brought

to Grandmaster Remy Presas attention he commenced to offer Arnis de Mano instruction in the schools, trying to reestablish and bring back the interest of the art. Grandmaster Remy Presas believed that all persons should learn Arnis for it is the martial art of the Philippines, which has been known throughout Philippines

Grandmaster Cristino B. Vasquez



Passed away at 4:45am, June 25, 2015 in his home in Hinigaran in the Philippines due to Cardiac Arrest. Modern Arnis and Founder of the Ipit-Pilipit System *The FMA informative thinks Edessa Ramos said it best...*

With great sadness we mourn the passing of our dear Grandmaster, Cristino Vasquez, a man of honour and compassion, a true friend and warrior. My dear teacher, you were a titan that walked among us. You were an important part of my life and the void you leave behind is indescribable. My

family and students honor you. Your teachings, your laughter, all that you have shared with us, will remain alive for generations to come. In behalf of Traditional & Tactical Arnis, we convey deepest condolences to Grandmaster Cris’ family and the entire Modern Arnis community. We are holding 3 memorial trainings for him this month in Zurich, and all fees to be donated to his family. (This photo was taken in Zurich, Octobet 2004, by my son Gusty).

Conceptual Modern Arnis

By Bram Frank

A seldom seen view of Arnis/Modern Arnis the Filipino fighting art of Professor Remy Presas 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.

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demonstrate and explain the theory of the style of Modern Arnis. After completing several other demonstrations in the United States the group returned to the Philippines. In that same year and in the Philippines Master Cristino Vasquez applied to various security agencies in the Philippines so to be able to teach Arnis as a apprehension, controlling and self-defense for personnel that were in need to be able to do their jobs in the highest professional manner.

In 1987 Grandmaster Ernesto Presas contact Master



Vasquez and invited him to accompany him to Australia to demonstrate Arnis. While touring Australia Grandmaster Presas and Master Vasquez were asked to train the Australian Blue Mountain Police. It was not until 1989 that Master Vasquez was able once again to see his homeland of the Philippines.

Master Cristino Vasquez in reflecting on his knowledge of Modern Arnis expresses that even though each part of the art is important, he feels personally he excels in the classical arnis, such as Espada y Daga, Figure 8, Palis-Palis (go by the force techniques), double bastons, and Tapi-Tapi. Master Vasquez has a natural capability in Espada y Daga with the baston in one hand and the daga in the other.

Master Cristino Vasquez is a Lakan - 9 of Modern Arnis and is Chairman of the Modern Arnis Remy R. Presas International Organization of the Philippines, (MARRPIO). He also currently the Vice Chairman of the Promotional Board of the International Modern Arnis Federation of the Philippines (IMAFP).

Master Cristino Vasquez  
FMA Digest Vol6 No2 - 2009 Click Here

Grandmaster Cristino Vasquez and the art of Ipit Pilipit



Grandmaster Cristino Vasquez commenced his training at the age of 13 years old from Roberto Presas. When he reached the age to where he could attend high school, Grandmaster Remy Presas sent him to Manila to gain more knowledge in Arnis de Mano. Once arriving in Manila, Cristino found that Arnis was becoming a lost art and the popular martial art of the 60’s was Karate. So Cristino took up the arts of Karate and Judo.

Once Grandmaster Remy Presas re-instituted the art of Arnis de Mano Cristino Vasquez turned back to his roots and once again training in Arnis came to the conclusion that this martial art was the best in his belief. For once he grew old he thought and believed that he could continue to adapt in executing the techniques with the cane.

Grandmaster Cristino Vasquez in reflecting on his knowledge of Modern Arnis expresses that even though each part of the art is important, he feels personally he excels in the classical arnis, such as Espada

His movements have a poetic flow and rhythm making it seem as though he is creatively dancing while defending and counter attacking. In addition to mastering the techniques mentioned above, he has also made his own contribution to the art by inventing a unique style of pressure locking of fingers and hands, which he calls ‘Ipit-Pilipit’. Ipit-Pilipit is a product of years of experience in Arnis and the careful study of hand and arm movements, pressure points and locking techniques.

Even though Master Cristino Vasquez is a cousin of the late Grandmaster Remy Presas and Grandmaster Ernesto Presas, he has taken what he has learned and combined it into a formidable art of Arnis.

y Daga, Figure 8, Palis-Palis (go by the force techniques), double bastons, and Tapi-Tapi. Master Vasquez has a natural capability in Espada y Daga with the baston in one hand and the daga in the other. His movements have a poetic flow and rhythm. Making it seem as though he is creatively dancing while defending and counter attacking. In addition to mastering the techniques mentioned above, he has also made his own contribution to the art by inventing a unique style of pressure locking of fingers and hands, which he calls ‘Ipit-Pilipit’. Ipit-Pilipit is a product of years of experience in Arnis and the careful study of hand and arm movements, pressure points and locking techniques.

Ipit Pilipit is one of the advanced techniques of Arnis, which was invented and has been promulgated by Grandmaster Vasquez. This was developed to bring Arnis and Modern Arnis to a higher level using the basics.

The basic concept behind Ipit Pilipit is not to strike the opponent, but to twist and lock the opponents’ fingers. In this one does not need to strike the opponent for once applying the lock the opponent is fully under control.

In Negros Occidental, Grandmaster Vasquez teaches in his home, and shares his knowledge with various Barangay’s in the area to show the advantage of Arnis in their law enforcement duties. He also travels to Coron, Palawan and teaches employees and security personnel at the Hikari Pearl Company. He has traveled to Switzerland, Germany



1. Master Vasquez on guard against opponent.

2. Opponent steps in and executes a strike to Master Vasquez head. Master Vasquez shifts the body in low and to the left of opponent and executes a thrust with the daga to the opponent’s abdomen.

3. Shifting the body in the opposite direction, Master Vasquez executes with the cane a strike to the opponent’s right side.

Basic Ipit Pilipit



and Russia and has demonstrated and promulgated the art of Ipit Pilipit as an advanced part of Modern Arnis. Grandmaster Vasquez was able to share his knowledge of

experience and training in 2006 in an episode of ‘Fight Quest’. He was the instructor and choreographer for Modern Arnis, knife fighting and Mano-Mano.

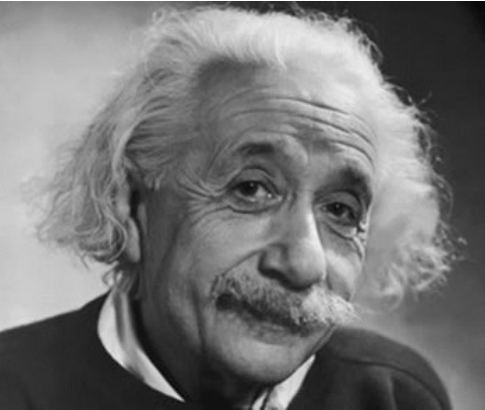


How Filipino Martial Arts Influenced Albert Einstein

Brian Johns

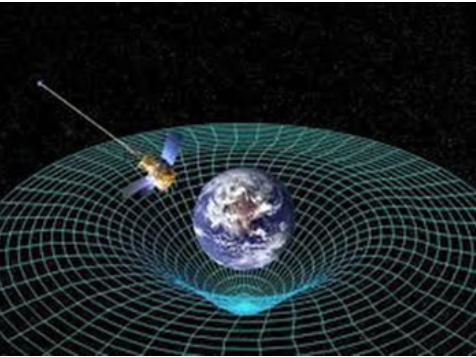
Bamboo Spirit Martial Arts Centre, Ltd - bamboospiritmartialarts.com

(Substantial artistic license taken with the entire story. In other words, it was entirely made up.)



In 1905, Albert Einstein published his “Theory of Special Relativity” in which he stated that the laws of physics are the same for all non-accelerating observers and that the speed of light in a vacuum was independent of the motion of all observers. According to Wikipedia, “Special relativity says that every person has their own time. One person’s clock says something different from another person’s clock. The reason a person’s time can be different from another’s is because of time dilation.”

In 1915, he published his “General Theory of Relativity” in which he postulated that a massive object like a star warps space and time through its gravity. Think of how a heavy bowling ball warps a trampoline. The warping of the trampoline is akin to the warping of time and space due to the gravity of a celestial body. Since then scientists have confirmed the warping of both space and time through numerous experiments.



What inspired Einstein's two famous theories?

The inspiration came from a little known trip to the Philippines in 1904 with his first wife, Mileva Maric, herself a well accomplished Serbian physicist. At

that time, he was a patent clerk in Switzerland and needed a reprieve from his job as well as from his work on theoretical physics. He and his wife chose to visit Manila. Despite his best efforts, Einstein’s mind could not and would not stray far from his beloved thought experiments in physics.

While staying a hotel, he was invited by guests to pay respects to Jose Rizal at nearby Luneta Park. Although they had never met, Einstein felt an affinity for Rizal due to the similar history of oppression of the Philippines as well as the Jewish population in Europe. After paying respects to Rizal on the site of his 1896 execution, Einstein was invited to tour the park.

On this hot sweltering day, while walking through Luneta Park with a halo halo in his hand and absentmindedly musing about space, time, and gravity with his wife, he observed Manila residents training with swords and sticks.

A representative halo halo, the treat that Einstein was having while touring Luneta Park.



While observing them, Einstein and Maric both noticed that, while the young players had more speed and power, the older players seemed to negate the superior speed and power by creating space and time for themselves in various ways. Einstein muttered to himself that “it seems like they are warping

both space and time” to gain an advantage over the younger players.

It occurred to Einstein, that the older player might resemble a massive object in space, being able to warp both space and time. “Hmmm, what if I substitute a star in place of that old master?” In addition, it seemed to Einstein as though the master seemed to manipulate time in a way that the younger player could not. This provided the “aha!” moment for Einstein. While it took years of work, this was the inspiration for his two famous papers and change the course of scientific history.

What did Einstein see in Luneta Park on that day to inspire him to come up with these history changing insights?

According to long lost notes recently discovered in Hill Valley, California, Einstein observed the following:

(1) The older player (whether it be a master or one with more experience) used economy of motion to manipulate space and time in his favour and thereby negate the speed of the lighter, younger and more nimble players. (2) Superior footwork helped to either dilate or shrink space-time in favour of the master. For example, the master could employ defensive footwork to evade an attack and thereby buy time and space for his counter attack. (3) Maric pointed out to Einstein another way in which space time was seemingly warped. She noticed, for example, that feinting and baiting produced desirable effects for the driver. In one instance, a master attacked his younger partner with an angle 1 strike. While the young student was turning to block the angle 1 attack, the right side of his head became vulnerable to a hook punch from the master. The master had warped space in his favour to create an opening and manipulated time so that the younger student could not counter in time.

(4) The choice of weapons often favoured the senior master. It was observed that the senior sometimes favoured a lighter stick to increase his speed. By increasing the speed of his stick, the master was able to stack the odds in his favour by manipulating the space time continuum. (5) An excitable gentleman from California who bore an uncanny resemblance to Einstein shouted at him “Great Scott! They’re pushing and pulling with their empty hand while using the stick in the other hand!” The senior player used the check hand to push and pull to either create more time and space for himself or to shrink space-time for his opponent.

While finishing the last of his halo halo, Einstein noted that time appeared to be relative to the players. Where the master perceived himself at going at a measured pace, the younger player perceived the master playing at tremendous speed. Two different players saw different speeds, time and space. Time seemed to be relative. The remaining notes from that day are indecipherable and it is not known what other insights Einstein and Maric gleaned on their visit to Luneta Park. It is not known how those notes ended up in Hill Valley, California.

As he and Maric boarded the ship for their return trip to Europe, he surely must have wondered, if space-time could be warped or manipulated in Luneta Park, whether this could hold true for the universe? He knew that he needed to make sense of the disparate elements of space, time and relativity percolating in his mind as his ship sailed. However, it is clear that the ability of those in Luneta Park to manipulate space and time profoundly impacted Einstein and possibly changed the course of scientific history.\*

I would like to thank the following physicists for vetting and verifying the basic physics in this article: Dr. Jim Jaques, Dr. Rob de Haan, and Dr. Jorge-Amando Benitez. I also would like to thank Guro Terry Dayot for his Filipino cultural suggestions.

Dr. Benitez passed along an article about Reinabelle Reyes, a brilliant Filipina scientist, who recently proved Einstein’s General Theory of Relativity on a cosmic scale at the age of 26. Looks like a future Nobel Prize Winner!

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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.

BCKEAI in the 2nd Fil-Herts Barrio Fiesta

June 27, 2015  
Fairlands Valley Park  
Stevenage, Hertfordshire. United Kingdom

The sun was smiling, sky was blue with some patches of white clouds. A light breeze in the air keeps this glorious Saturday can't be anymore perfect to let the festivities begin.

27th of June, 2015. The Filipino Community in Stevenage organized the 2nd Fil-Herts Barrio Fiesta, held the Fairlands Valley Park in Stevenage, Hertfordshire. Supported by both the Stevenage Borough council and the Hertfordshire County Council, it was a day celebrating the beauty of the Filipino culture through its talents in Folk Dance, Modern Dance, Singing and of course it's martial arts - Kali - Eskrima - Arnis.



This year, the British Council of Kali Eskrima Arnis Instructors. Tom heads the Lightning Kali Combatives group based in Stevenage. Grandmaster John Harvey, who currently heads the British Council, and Grandmaster Jude Tucker of Kapatiran Arnis came to share their love of Fthe Filipino martial arts through their style and invite people for the upcoming FMA Festival in Peterborough this September.

We gave out leaflets/flyers spreading information about our respective clubs. We did short demos on various Filipino martial arts skills in empty hand, edge, and impact. Started thinking for bigger participation of the council next year. And most of all enjoyed the food, the camaraderie, and the fantastic day catching up with each other. - **Tom Edison Pena**



Arnisadors Upbeat

By Ruji Peter S. Abat  
Sun.Star Davao - June 27, 2015

While there has been an apparent change of schedule in the arnis event of the Philippine Olympic Committee-Philippine Sports Commission (POC-PSC) Philippine National Games (PNG), Davao City's arnis team is still poised to collect medals no matter when and where the competition is.

Arnis Philippines Davao head Mario Palazuel, who guested at the Davao Sportswriters Association (DSA) Forum at The Annex of SM City Davao, said:"Each of the 12 players in the team are Palarong Pambansa veterans that's why I believe we have a huge chance of winning golds in the PNG and all the more in the Mindanao Qualifying Leg."

The team is composed of Emmanuel Chua, Ivan Loriezo, Care Monterola, Laurence Paco, Marjun Palazuelo, Alfred Sagne, Dianalyn Alcain, Monec Bucol, Sheila Morales, Jennilyn Morcillo and Adelfa Sagne with coaches Jed Marc Palazuelo and Michael Ibag.

The arnis event of the PNG, however, will have a Luzon Qualifying Leg on July 1 to 6. The Visayas leg is on September 9 to 15 and Mindanao leg on November 9 to 14. The nationals is set sometime in 2016.

"We have yet to confirm if we could instead join the Luzon leg. We could only hope that there are also many teams who face

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Baguio Opens National Games Campaign

By Mark Victor Pasagoy  
Sun.Star Baguio - June 29, 2015



The Baguio Arnis squad is being tagged as one of the favorite in the ongoing Batang Pinoy Luzon eliminations being held in Bulacan. **(Sun.Star file photo)**

FMA Grandmasters and Masters

By Bram Frank



This book is about the Masters and Grandmasters of the Filipino Martial Arts. Some are well known others are relatively obscure, some are famous, others are known only by their skill but they all have in common their love for the Filipino martial arts and their connection through training, friendship heritage or lineage with Grandmaster Bram Frank. Some are the heroes of the Philippines like the late Professor Remy Presas, part of American martial art history like Guro Dan Inosanto or like Grandmaster Bram Frank a faithful practitioner and instructor of the arts. Their stories are told in pictures and with a bio of who they are and what they've done! This is the first in a series of volumes of these wonderful people! \$35.00 15% discount if bought on LULU..

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the same issue since maybe we could all go to Luzon so that the organizers will be forced to conduct a national competition instead. Otherwise, we will have to join the Mindanao Qualifying Leg," Palazuelo said.

Cholo Elegino of the Sports Development Division of the City Mayor's Office, meanwhile, said in the same forum that the notice of the change in schedule was just received last Wednesday and they have yet to confirm if arnis can still join the Luzon leg.

"When we registered our entries yesterday (Wednesday), it doesn't say there that our entries in arnis are not allowed to compete in Luzon. Our entries were confirmed. But nonetheless, we will find ways to solve this issue," Elegino said.



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5 Benefits of Teaching Private Martial Arts Lessons

By Brian Jones  
Bamboo Spirit Martial Arts - bamboospiritmartialarts.com

*In learning, you will teach. In teaching, you will learn. – Phil Collins.*

Brian Jones discusses the 5 benefits of teaching private martial arts lessons from an instructor's perspective. The obvious financial aspect will not be discussed. Instead, he will discuss several benefits that instructors can derive from teaching private lessons.

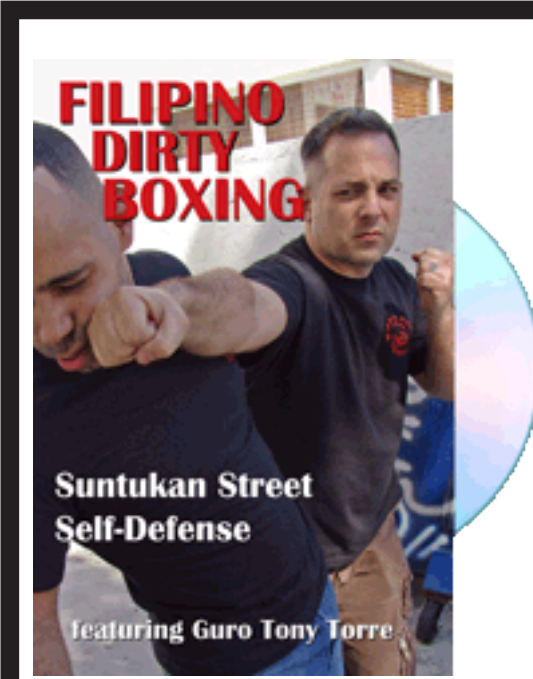


Semi private lesson in progress

**(1) Getting to know the client:** On a personal basis, you will get to know about their families, their jobs and their worldview. In terms of martial arts, you will really get to know their physical weaknesses and strengths. I look for the structural and body positioning weaknesses so that we can spend time working on them. I particularly watch for footwork and aim for efficiency of movement. Every client is different from others. They move differently. They will have different speed and timing. Some may be smooth and others may not be so. The challenge is to personalize the teaching for each client and to maximize their potential. Some will learn the flow drills quickly and others will take a bit longer. Either way, it's okay. You need to know the client well and tailor the lessons accordingly.

Then there's knowing the client on a psychological basis. One of my clients moves very well but lacks a fair bit of confidence. It is clear that the challenge isn't so much teaching the physical skills but instilling the mentality to execute techniques with confidence and verve. This requires a keen eye and attention to every move the client makes and feeling their energy.

**(2) Personalize lessons for the client:** When working with a client, you can personalize the lessons for their particular level and focus on material that they need to work on. I first focus on body structure before techniques. The number of techniques or flow drills they know does not matter to me if they do not move properly or lack good body structure. Non-telegraphic movement and efficient technique is what I seek to teach the clients. This requires knowing how to break down and explain techniques in a way that they can grasp quickly.



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Children, on the other hand, approach things a bit differently. On the one hand, they will engage in drills designed to build basic skills. However, I have learned that they need to play games. I will not play games for the sake of games. I will play games that incorporate martial arts skills. For example, Miguel likes to engage in make believe Star Wars laser sword fights. The only caveat is that he must incorporate Filipino Martial Arts through footwork and techniques.  
Bottom line, what you teach depends on their skill level and their personalities.



I learn from teaching kids and adults alike.

**(3) Light bulb moments:** Clients will ask "what if" questions during our lessons and these impromptu questions often turn out to be my favorite moments. Most of the time my answers are pretty straightforward. Other times, the questions can open a new area of exploration/ investigation that can shape how certain material is taught or presented. This is surely one of the great benefits of teaching private lessons.

For instance, I was working on Bamboo Spirit Flow Drill #2 the other night with a client. We were covering the basic clears when the question was asked "what if the opponent's hand/arm is not there to hit when you clear?" My answer was nothing new. I didn't re-invent the wheel. I showed the client a couple of ways to deal with his "what if?"scenario. This made me think about how to recast the "clearing" drill in a new way to my students. For some reason, I find that this benefit of teaching moments more common in private lessons than when I teach class at the community centre.

**(4) Improve your teaching:** One of the great benefits of teaching private lessons is that every lesson presents opportunities to improve your teaching. Sometimes this means explaining a technique in different ways before the client, whether a child or an adult, "gets it." Experimenting with phrases and terminology is often the norm in private lessons.

Terminology that may work with an adult may not necessarily work with a child. This requires some creativity and thinking in order to connect with the child.

When it comes to the content of the lessons, I have found some differences. While some adults enjoy rote drilling of techniques, I have found that some children do not enjoy this. This requires mixing things up a bit. Through interaction with different clients and some trial and error, I have learned what generally works with adults and with children.

**(5) Sharpen material:** When I work with the advanced adult students, I'll often focus only on certain material that the client needs to work on. For example, I may work only on Flow Drill #3 (Counter to the Backhand Clear) and the three variations and do it for the entire lesson.

Due to the nature of the flow drills, both the client and I constantly work and tweak the material while pushing each other. By working with a tight set of parameters, it's a great way of sharpening certain concepts and material. And within that tight set of parameters, one can find avenues to explore. "Aha!" moments often happen in these kinds of lessons and are always a blast. If the client knows the material well and has good body structure, I'll ask him or her to push me hard in the lesson. This is where we get into the timing and rhythm of techniques. The benefit of having an advanced partner in a private less is being pushed. This is often something that I don't get to do often in a group class.

*Over to you, are there any other benefits to teaching private lessons that I may have overlooked?*

Arnis, Athletics Struck Gold

By Mark Victor Pasagoy  
Sun.Star Baguio - July 5, 2015

Baguio raised its banners high as athletes competing in arnis and athletics competitions deliver the city's medals in the on-going 2015 Philippine Olympic Committee-Philippine Sports Commission National Games Luzon Leg in Manila.

Arnis copped four gold, five silver, and seven bronze as the first day of anyo (form) competitions kicked off Friday at the Marikina Riverbanks Center while over at the Pasig Sports Center, the track and fielders managed to mark one gold, one silver, and two bronze.

Felvy Ah-ul took the first gold medal for the Summer Capital lording the girls' solo baston completion.

Ah-ul, from the University of Baguio, padded her performance with one silver and one bronze coming from the double baston and sword and dagger contests respectively.

Shaira Salingbay scored top honors from the senior's single baston and a bronze in the double baston demonstrations.

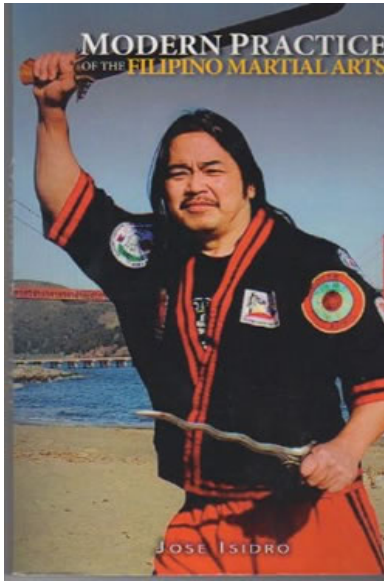
Meanwhile, Cristel Baltazar delivered two silvers and one bronze from the girls' solo baston, sword and dagger, and double baston events.

In the men's contest, Raymart Gutierrez scored gold mints from the solo and double baston seniors, Lee Carl Iglesias hit two silvers in the boy's double baston and sword and dagger events, as Christian Lardizabal saved third honors in the double baston senior's.

Over at Pasig, Erwin Bong Generalao topped the men's 5-kilometer run, Regan Contic ranked

Modern Practice of the Filipino Martial Arts

By Master Jose Isidro



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second in the men's discus throw, while in the distaff side, Cherry Doronilla and Lyka Casta generated one bronze each from the 10-kilometer and 400-meter events respectively.

City sports coordinator Gaudencio Gonzales in a phone interview said the city expects more medals to come as competition heats up until July 6.

He said the city is counting on the medals delivered from the other sport events which will be played in separate venues until July 7.

"Halos kaka-umpisa pa lang ng mga events last Friday so if we are looking at the projected medal count we can accumulate more, especially that not all events are completed until this Tuesday," Gonzales said.

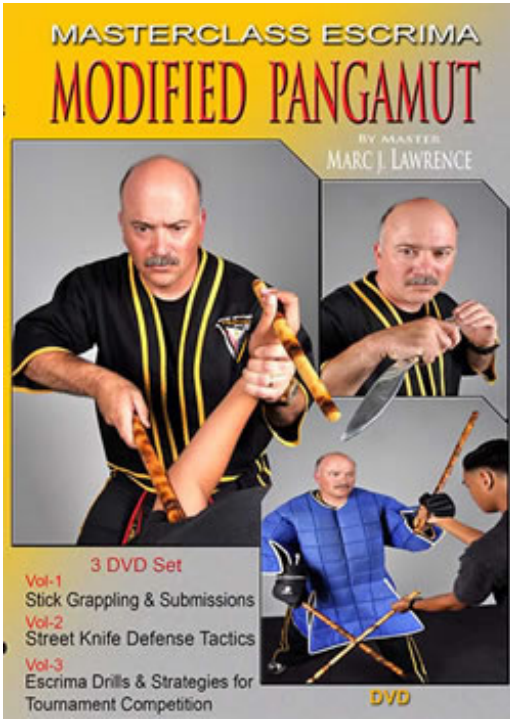
Gonzales mentioned they have yet to tally some of their medals as POC and PSC have not yet made an official announcement of the medallists.

This year, more than 200 athletes combined for Team Baguio in its bid to take center stage in the annual national sports race.

In 2014, Baguio copped a total of 59-61-53 gold-silver-bronze at the close of the week-long sports affair.

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.

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AMAC Recognition Day of Gurus Cross Training Senior Masters of Docena Corto y Largo

July 9, 2015  
AMAC School  
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Caloocan City, Philippines

The Gurus who have taken up cross training at AMAC gym in Palmera Homes, Nova East, Camarin Caloocan City are from different system of combative concept of martial arts groups and different nationalities who has successfully undergone training and have acquired skills for many hours and months of training some even claims it took them many years to reached the top level of their wisdom. The gurus pictured were tested and evaluated and recognized to their level of proficiency. Guru Marcelo B. Mutya a 4th dan Black belt of TRACMA and Karate-do has been recognized at the 5th level/5th degree Black/Red belt, Senior Guru Melchor B. Mutya a lakan 6 of Peketi Tersia Seradas and 6 Dan Gujorhyu karate-do has been recognized in the rank of Senior Guru Master 7th level-7degree Black/Red belt due his wisdom into different areas of discipline. Senior Master Antonio Merciales and Senior Master Manuel Delacruz Pintor Jr. recognized to the level 5-5th degree Black/Red belt, in completion of the course the guys are now released to start journey organized their own Dojo to propagate the Filipino martial arts and other areas of discipline of each tradition and culture.



On the other pictures Senior Masters Guru of multiple arts of discipline Mitchel Mayberry 9th degree Golden Red belt and Senior Master Guru Chris Kaler 5th degree Red/Black belt practitioner of multiple arts of discipline has traveled halfway of the globe to amac gym to update their skills in the Filipino martial arts Docena Corto y Largo, Senior Guru Librando and Senior Guru Cristobal and U.P. Professor Mendoza, Krizia Ladia the youngest black belt of AMAC also participated the events of 2015 activities.

In completion of 32 Hours physical and mental capability training of sports and combative arnis at the Docena Corto y Largo system of Aycocho Martial Arts Center standard curriculum for the purpose of martial arts physical and mental education. Gurus (instructors) are carefully guided with updated teaching procedures, provided free with syllables, copy of by-laws and policies, competition rules and recognition certificates of their titles they deserves and earn upon completion of training. They have undergone physical and written test of their skills in teaching, officiating, sports officiating and management.

**Further information** (private message) Shanfrank Francisco on FB.  
*Shanfrank Francisco will be out of the country (Philippines). on 24th July 2015 to conduct Kali Silat sports and combative concept seminar in Seoul, South Korea venue at KEYSI on 26-27 July 2015 and at Gongju-si, Bonhwang-dong, S. Korea 28 July 2015. Flyers posted on face book page Shanfrank Francisco.*

An Announcement From Datu Kelly S. Worden, a Legend in His Own Right!

July 12, 2015  
Datu Kelly S. Worden

Photo From: Kelly S. Worden’



*Tough words to follow,,, If you follow my page you might have noticed that I have made very few posts since returning from the Detroit Modern Arnis training camp, the logic of why will probably become evident in the content that follows.*

As most in the industry know, June 27th 2011 was a motorcycle accident that changed my life. I was still contracted to teach 1st. Special Forces Group at Ft. Lewis Washington; with assistance from several students I completed that contract and continued to make an effort to maintain my instructional capabilities; overall, I think I earned a fairly consistent reputation regarding my dedication and unending desire to be fair, honest, and progressive in the arts and in life.

Making it through the first three years after the accident was really a challenge, injuries to my neck, shoulders, hands, wrists, ribcage, groin and overall body trauma coupled with severe pain, loss of income, forced surgeries, pharmaceutical drug dependency, and depression, but I actually began healing, cleansed my body of pain meds, and even kicked Ambien after countless sleepless nights.

Then May 1st. 2014, my jeep was rear ended by a

distracted driver,, when I looked in the rear view mirror it appeared he was texting and traveling at a very fast rate of speed. On impact my seat back was broken and all I could see was the sky, when I rebounded back up, I was in oncoming traffic, side-swiped and then with head-on force my jeep impacted a vehicle that was parking. I couldn’t move,, ambulance to the ER and 5 hours later I hobbled out.

It’s been another year with unpredictable pain issues, Tarsal

Tunnel in my left foot, numbness and burning, limited walking and standing, a screwed up low back and minimal movement in my neck; my hands and wrists were extremely re-injured by the second accident.

I am off and on pain meds depending on how much I teach or try to minimize my work load but I am still on anti-inflammatory meds and Ambien just to sleep. My hands and wrists are now mostly limited to gross motor movement yet I continued over the last four

years doing my best to recapture my career and financial stability.

Every class or seminar I teach I pay for dearly with intensified levels of pain and immobility. I have been working on knife making with reasonable results, but unfortunately even assembly work of my Legacy folder causes increased neck, back, wrist and hand pain.

On Friday July 9th 2015, my attorney informed me that I now had to submit yearly earnings from 2007 to 2014 to my insurance company State Farm; so after two hours of waiting at the Social Security office I was assisted by a clerk that presented the requested

information. Additionally she offered her surprise and asked why I was not filing for SSI and Disability. I said,“I am trying to salvage my career and I teach as much as I can so I am working.” She confided that it is evidently not enough to sustain my family and it is important that I file for SSI.

Admittedly, my savings are nearly depleted, I have dropped over \$80,000. in medical bills and deductible payments for treatments, additionally two personal medical insurance companies have liens against the accident insurance policy with totals above \$70,000.

It appears that my

own auto insurance company contention is, ‘that my injuries are occupational related?’

So, here’s the tough part, I am announcing the finalization and ending of my professional career. I can no longer accept the unpredictable results of teaching martial arts.

I have a couple seminar commitments and thankfully the teaching requirements are minimal compared to how I always maintained high physicality and intensity of my instructional presentations; these commitments will be fulfilled, specifically Dortmund Germany.

This is the last year of the

West Coast Water and Steel, the last four years I was unable to perform up to my standards and to me, that was and is unacceptable; after 34 years that annual event ends after this upcoming Labor day weekend 2015.

Physical movement and teaching creates pain, pain creates medication dependency and medical care, medical care costs money, my savings are depleted, those real factors create depression and I am done struggling with an unpredictable roller coaster. Thanks for the memories,,,, - **Kelly S. Worden**

Grandmaster Bobby Taboada Steals Thunder in Day 2

By Homer D. Sayson  
PhilBoxing.com - July 13, 2015

Chantilly, Virginia. Grandmaster Bobby Taboada, they say, is the Michael Jordan of Arnis.

I beg to disagree.

Michael Jordan, I think, is the Bobby Taboada of basketball.

As soon as the great Bobby entered the Dulles banquet room of the Comfort Suites on Saturday night, excitement filled the air. And sure enough, Taboada didn’t disappoint, stealing the thunder in Day 2 of the 4th East Coast FMA Gathering Balintawak Legacy: A Gathering of Masters.

In an impromptu performance, Bobby wowed an adoring crowd of delegates with his expertise in marital arts. He moved with effortless grace, his hands were faster than a pickpocket, and he wielded the fighting stick as though it was a natural extension of his Arms.

Watching Bobby was like watching Picasso paint.

In a day teeming with highlights, Taboada’s appearance easily takes the cake.

But Taboada wasn’t the only grand master who thrilled the delegates. Grandmasters Ver Villasin, Ising Atillo and Nene Gabucayan also rendered one-hour clinics that were educational and extremely entertaining as well.

Day 2 of the Gathering of Masters also featured eight hours of a seminar workshop at the Nova Field House, a state-of-the-art sports facility along 14810 Murdock street, not far from the expressway that leads all the way to downtown Washington D.C.

This historic event in which representatives from six lineages of Balintawak arnis have gathered, is a terrific way of promoting the sport and fostering camaraderie among its devoted participants.

“It’s massive and historic. And it’s amazing to see six grandmasters in one event,” lead organizer Jhun Occidental, who himself is a sublime martial artist, told PhilBoxing.com.

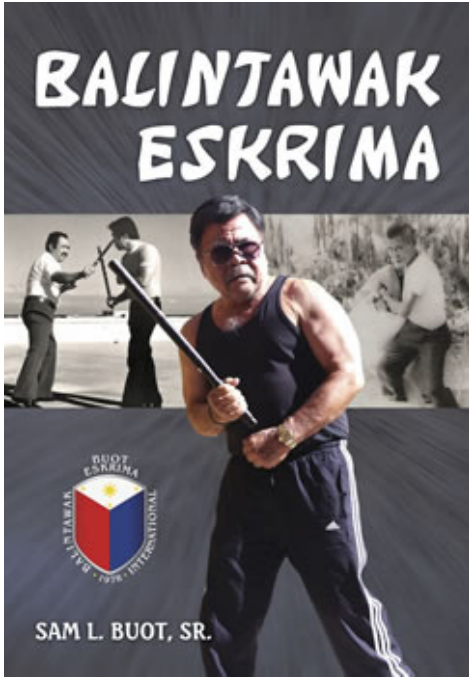
Day 3 is Sunday at the Nova Field House. Come back to see and read more highlights. This baby is getting better and better.



Grandmasters Ver Villasin, Ising Atillo and Nene Gabucayan conduct instructional classes before the participants while group photo shows Grandmaster Bobby Taboada (far right with from L) with Eugene Nepangue, Rino Balinado, Zack Taco and Cyrus Bongon.

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

A Smashing Balintawak Arnis Success

By Homer D. Sayson  
PhilBoxing.com - July 15, 2015

Chantilly, Virginia. As a warm blissful, Sunday afternoon slowly turned into early evening, the Balintawak Legacy's Gathering of Masters event concluded its three-day course at the swanky Nova Field House in this quaint suburb some 25 miles away from downtown Washington D.C.

Organized by the D.C. and Maryland chapters of Kapatiran Mandirigma, the event, which attracted over 70 delegates from all over the U.S. and the world, was a stunning success.

Over the years, the Balintawak Arnis family has been fractured by mild in-fighting brought about by politics and differences in teaching concept. But that seemed forgotten during this event as six grand masters from six Balintawak lineages gathered here to share their immense knowledge of the Philippine's most revered form of martial arts.

It remains to be seen whether these factions can now co-exist happily ever after. Still, it was beautiful to watch the leaders at least try.

"No more grudges, okay!"

5 Not-So-Popular Philippines Provinces You Should Visit

By JB Adalia

During vacations, people are bound to choose the popular spots in the country such as Boracay, Baguio, Tagaytay, Batangas, Palawan, Camiguin, and various places and provinces whose names often crop up when you think of "vacation".

The Philippines has wealth of natural resources and beautiful attractions, but many of them remain undeveloped or unknown to most of the public.

At looloo insights, Toni Alvarez lists the 5 Provinces in the Philippines You've Probably Ignored But Should Visit.

According to Alvarez, these are just 5 of the country's 81 provinces that get less attention than the others, yet offer a wealth of attractions and awesome places

Grandmaster Bobby Taboada sincerely pleaded to his peers at the Dulles Banquet Room of the Comfort Suites, the official event hotel. The other Grandmasters present were Monie Velez, Nene Gabucayan, Ising Atillo, Ver Villasin and Sam Buot.

"It was a historic event. And I can't thank the Grandmasters and the participants enough for making the trip," said Jhun Occidental, the gathering's lead organizer who worked tirelessly since October last year to make this happen.

The Crisostomo brothers -- Walter and Wesley -- were also instrumental in staging the event. Both longtime practitioners of the sport, Walter and Wesley helped document the gathering vie video and photos.

Day 3 was highlighted by six hours of grand master lessons that the students eagerly absorbed like a sponge.

A keen observer of the proceedings, my greatest take away of the 3-day event was the simple beauty of Arnis, and my gratitude for those who continue to propagate our national sport.



Tinuy-an Falls Photo credit: Jeffrey Riles/Traveling Morion

Applied Eskrima Balintawak (*Saavedra System*)

Module 1: Lessons A - N  
Module 1: Lessons O - Z

By Master Virgil Orlanes Cavada



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

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

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

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



The Enchanted River Photo credit: Jeffrey Riles/Traveling Morion

Next up on the list is Antique for its whitewater kayaking and Bugtong-Bato



Photo credit: Melo Villareal/looloo insights

Falls. Have you ever wondered how it would feel to be inside a giant pan? Then you can

try the Kawa Hot Bath, highly recommended by Alvarez.

Scary Capiz is next, with its tales of witchcraft and various mythical creatures. A visit to Capiz will change your mind, proving the folklores wrong, said Alvarez. The province has a wealth of attractions and fun activities, such as river cruises. Fresh seafood are also said to be quite cheap there.

The small island of Marinduque is great for nature lovers, with its Mt. Matindig and Bathala Caves to explore. This green island is a sight to behold, and is also perfect for swimming, snorkeling, and scuba

diving.

Another mysterious island, Siquijor, is known for tales of witchcraft and scary creatures, but its natural beauty appeals to nature lovers and adventure seekers. Alvarez also shared a photo of the 400-year-old baletre tree – take a picture in front of the tree, if you dare.

Our country truly has lots of beautiful places, many of which are still unknown to many or are just overlooked. There are still many other provinces that are often ignored by travelers, but are truly fun to explore.

Kuntaw, Once an Underground Martial Art, Finds a Home in Virginia Beach

By Irene Bowers

Virginia Beach Beacon - July 16, 2015



Great Grandmaster Carlito Lanada Sr. is credited with bringing Kuntaw martial arts from the Philippines to Hampton Roads 25 years ago. (Courtesy photo)

"It's a volunteer job, so it's a labor of love," he said. "We teach young people to be leaders and self-disciplined."

During anniversary celebrations on Saturday, he and Grandmaster Marc De Leon of Canada will be inducted into the Kuntaw Hall of Fame, for their promotion of the martial art. Lanada, who is now in his 70s and lives in North Carolina, will attend the celebration.

The events, at Virginia Wesleyan College and at St. Peter's Episcopal Church in Norfolk, aren't open to the public.

Every Saturday, Kuntaw is taught at the Princess Anne Recreation Center in Virginia Beach. Currently, some 25 students participate in classes and tournaments.

Kuntaw is based on the concept of family, using the titles Kyud or Kyudai to designate brother or sister, respectively. Rather than bowing, the heart is touched with an open hand in greeting and leave-taking.

"Once you are accepted into the family of Kuntaw, you are family for life," said Lagumen.

Harry Mansberger, known as Kyud Harry, began learning Kuntaw in his 50s.

"It is a versatile martial art, really good for physical, mental and spiritual health and wellbeing," said the Norfolk resident, who is the federation's Virginia commissioner. "I have seen its positive influence on myself as well as on many young people."



nstructors Rusty Udan, lft and Cyrus Lagumen Sr. flank the Virginia Beach Kuntaw class, which meets at Priness Anna Recreation Center on Saturdays (Courtesy Photo)



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**Pistahan Teams With Eskabo Daan**  
By AJ - Eskabo Daan

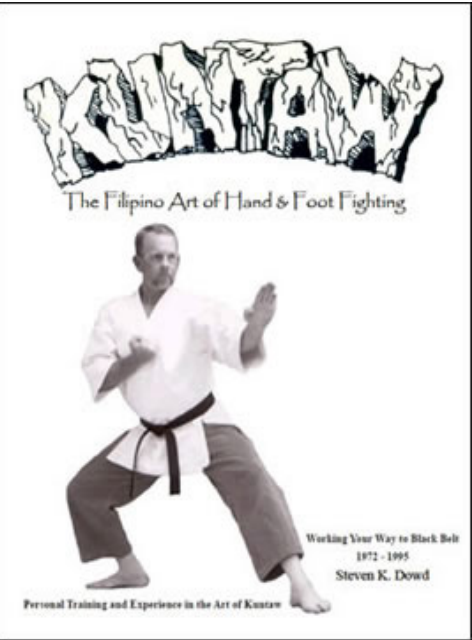


On August 8th and 9th 2015, Pistahan will be hosting its 22nd annual parade and festival. Drawing in as many as 75,000 people a day, Pistahan prides itself on being the largest celebration of Filipino culture in the United States. Pistahan wishes to continue this legacy as they team with Eskabo Daan to host the martial arts pavilion. Joseph Bautista credits Eskabo Daan’s prestige within the martial arts community for this opportunity. “Because we have a strong presence within the Filipino and the Filipino martial arts community, it only makes sense that a school with our presence is willing to take it, and so we did. Bautista explains that this year will be unlike any other before, as nine different martial arts systems will be showcased, making this the largest gathering of Filipino martial arts systems in the history of Pistahan.

“We will have more offerings for demonstrations, more offerings for workshops, more

offerings for people to learn the beauty of Filipino martial arts. There will be people all across the Bay Area coming that represent the Philippines in its entirety, North to the South.”The martial arts systems include: KaJuKenBo-Escrima, East Bay Kombatan, Eskabo Daan, Giron Escrima, Arnis Bahala Na, Latosa Escrima, Visayan Corto Kadena Eskrima, ONE-on-ONE-Filipino-Martial-Arts and Pekiti-Tirsia Kali Global Organization. One system in particular called Lagas Tapado 7th Chamber, will be making its United States debut from the Philippines. The art of Tapado, unlike most Filipino martial arts, utilizes the use of a staff approximately 3 feet long and does not take influence from Spanish or Asian arts, making it a pure indigenous martial art. But other than showing how eclectic the Filipino martial arts are, Eskabo wishes to keep family atmosphere of Pistahan and teach the art through different avenues. “Cultural games will be a

**Kuntaw - Personal Training and Experiences in the Art of Kuntaw**  
By Steven Dowd



1972 until 1995 and what has been told to him since commencing Kuntaw in 1972.

The author does not wish to dispute any facts on Kuntaw, for there are so many at the time of this writing it is like it changes with the weather. And this is just his experiences and thoughts.

To Order: [Click Here](#)

The author is not affiliated with Maharlika Kuntaw, Kuntaw ng Pilipinas, International Kuntaw Federation, or NATO all under the guidance of Grandmaster Carlito A. Lanada Sr. since 1996.

The author is also not affiliate with the American Maharlika Kuntaw Association or Kuntaw Legacy.

What this book offers is the authors training and experiences, and the requirements of Kuntaw from his time in training with Grandmaster Lanada from

way to introduce people to Filipino martial arts. A lot of people know nothing about the Filipino martial arts but we think games and play are a great way to have people experience it and would be more willing to try that out before martial arts.” But in order to bring out the martial arts’ side of history Eskabo Daan is also “...bringing historical artifacts so we can have a cultural side of it as well.” In addition to that, Eskabo Daan has also reached out to Guro Michelle Bautista who is the keeper of Filipino martial arts’ origin story. With the incorporation of games and stories, Bautista wishes to show the world the beauty of Filipino

martial art culture. “Filipino martial arts are my opinion is the biggest treasure that is hidden to most Filipinos and only those who train in Filipino martial arts understand that treasure and understand the wealth behind it, we want to share that.”

This year’s Pistahan promises to be momentous not only for the Filipino martial arts community, but for the Filipino American community as a whole. Eskabo Daan strives to give Filipino martial arts its rightful place in Filipino culture and bring Filipino Americans closer to their identities.



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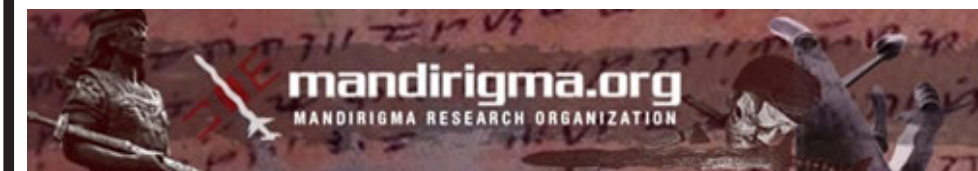
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**Kuntaw 55th Anniversary and Kuntaw VA. 25th Anniversary**

July 18, 2015  
Virginia Wesleyan College  
1584 Wesleyan Drive, Norfolk, VA.

Saturday July 18th, marked the 55th International Kuntaw Federation (IKF) and 25th Kuntaw VA Anniversary Seminar and Gala, hosted by the Virginia Beach chapter of the IKF. Guest of Honor Great Grandmaster Carlito A. Lanada Sr, the founder of IKF, attended both seminar and gala. The seminar was instructed by Grandmaster Marc De Leon along with a session on Modern Arnis was taught by Kyud Tim Hartman.

The Gala took place at St. Peter’s Episcopal Church, also located in Norfolk, in which many Kyuds (brothers) and Kyudais (sisters) gathered to enjoy time with each other while being entertained with music, singing, dancing, demonstrations, promotion ceremonies, and inductions into the International Kuntaw Federation Hall of Fame. Attendees travelled from the Philippines, Toronto-Canada, New York, Connecticut, and North Carolina to be a part of this joyous occasion to meet with old friends as well as to make new friends. - **Kyud Rusty Udan**





### 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

**Do You now These Filipino Martial Arts’ Lies?**

By unspada  
Fluent Fighting - July 21, 2015

Many, not all, Filipinos like to enthusiastically tell the story of Lapu Lapu killing Magellan in the waters near a Cebu beach. They like to say Lapu Lapu was using Eskrima, Arnis, Kali. Too bad it’s a lie.

Few know the history of the actual events about Magellan and Cebu (and few seem to have the wherewithal to do the incredibly easy task of researching the event). Be warned, I’m not going to go through the entire background (you can find it in yourself to do that); however, I will cover a few salient aspects.

The Lapu Lapu kicked Magellan’s Ass Myth: Magellan (who was Portuguese) went to Cebu to impress another island’s chief he had recently converted to Christianity. He was going to demonstrate the power of joining Catholicism: the technological superiority of the West. Magellan took a small landing crew, 49 men, to the shore on Cebu. What he found were far more tribal warriors than he anticipated: 1, 500 of them. Although outnumbered, Magellan and his men were carrying Toledo steel swords, crossbows, muskets and wearing some armor. So in an attempt to psychologically unnerve the villagers a few of Magellan’s men lit a number of huts on fire. Unfortunately for

the Spanish landing party this had the opposite effect. That is the Filipinos were galvanized and angry enough to descend en masse on what was left of the 38 man landing party (11 were at the boats holding them and those that had lit the huts on fire had been killed).

The Filipinos attacked the Spanish with a huge numerical superiority of men (something that is conveniently left out of the Lapu Lapu success story) 1,500 Filipinos vs less than 38 Spanish (there were Italians etc in the group in reality) I wonder which way the betting went. Anyway, the Spanish were broken into small groups trying to work their way back through the surf to the rowboats and then onwards to the ship. Magellan’s group was isolated. His official chronicler, Antonio Pigafetta, was in the band of 8 men with Magellan. Pigafetta stated that Magellan was besieged with over 10 villagers. He killed several (read that again—he killed several) before he was hit in the right leg with a poisoned arrow (to get through the surf they wore no leg armor). The Filipinos shot arrows and threw spears at the legs only. Even wounded and grossly outnumbered Magellan and his men fought for over an hour in the water (you try that—no matter what drills you think you’ve done in training it doesn’t begin to

come close to that reality).

The Filipinos had noticed that Magellan was the leader of the remaining men. They then focused their attack on him. While killing those that came close enough Magellan inevitably sustained more wounds. It is because of this that Magellan was unable to use his right arm to use his sword. It is then, when the Filipinos realized he was nearly defenseless, that he was slashed in the left calf by a bolo (machete). He immediately fell face first into the water. Whereupon several villagers set upon him with spears (with absolutely no martial arts’ skill required—even drunk half blind men can do it) and stabbed him to death. With the captain now dead Magellan’s remnant of a landing crew made its way back to the ship. What likes to

be told in the Lapu Lapu success story is that it was a resounding victory—they forget to state that a few years later the Spanish came back and completely dominated and conquered Cebu and held it for 333 years (so let’s see who were the ultimate winners?).

Anyway, so, what do we know about Lapu Lapu? Well if he was the guy who slashed a wounded, nearly defenseless, tired, grossly outnumbered Magellan, it’s nothing to brag about anymore than beating a 1 year old baby in combat is something to brag about. Regardless how some want to retell the story and neglect the facts—one thing still remains: it wasn’t some mysterious indigenous fighting skill that killed Magellan—it was sheer numbers.

And how about this whole Eskrima, Arnis, Kali propaganda?

Well instead of me writing several pages about it, I’ll let some informed Filipinos put things right. - Video: [Click Here](#)



**How Do They Do It?**

By Zach Jenkins  
MyFMA.net

Two men of high skill in the Filipino martial arts square off for a sparring session. As the session progresses, one of the men has a drop of sweat that is about to drip from the tip of his nose. Before the sweat falls from his nose the other man knocks the sweat away with his baston without hitting the other man. The man that had the sweat hanging from the tip of his nose thinks to himself, it must have been a fluke. A few minutes later the man knocks the sweat from his nose again.

Another Eskrima teacher and one of his top students square off for a sparring session. The sparring takes place at close range with the sticks moving lightning fast and in-between blocks and counters, the teacher strikes the butt end or punyo of his top student’s weapon at will, sometimes rapidly hitting the punyo twice in-between blocking and countering and is never struck himself. The teacher is 72 years old at the time of this demonstration.

My teacher demonstrates how he can consistently strike between the Kevlar seams of Filipino martial arts body armor

while sparring.

After personally witnessing these sessions and several others like them, a senior student of one of the teachers explained to me that if you want to do things like this you have to practice.

What was later revealed to me was that my training lacked exercises for accuracy. Many fighters that train in the Filipino martial arts cover power, speed, and technique but neglect accuracy training. The challenge though is that during a fight, no one is going to stand still while you accurately strike a target on their body so when training for accuracy you have to accurately strike a moving target. Not an easy task by any means. If you go to a firing range, everyone practices accuracy with stationary targets. What if that target were moving? In the military, for many, hitting a stationary target is difficult enough so firing at moving targets is usually reserved for special combat troops but it is a skill that the military recognizes as important.

Hitting a moving target not only requires speed, it requires

anticipation and timing in order to be successful in almost all cases.

Today when I train with my group I always express how important accuracy is in their

training. Whether with a weapon or without, accuracy is extremely important and can be a decisive factor in the outcome of a fight.

**Australian Fighter Shines in Balikatan 12 MMA**

By Josef T. Ramos  
Manila Times - July 21, 2015



Long Nguyen of Vietfighter Gym, Will Twigg and Henry Yap Kobayashi. *Contributed Photo*

Four Hybrid Yaw-Yan bets and Australian fighter Will Twigg won over their respective opponents in the Balikatan 12 Battle for Supremacy mixed martial arts (MMA) tournament held at the Hybrid Yaw-Yan headquarters in Annapolis Cubao, Quezon

City on Saturday. Veteran fighter and coach Henry Yap Kobayashi organized the tournament. Melanio Rayanon Jr. of Hybrid Yaw-Yan scored a unanimous decision win over Red Bast Fighter’s Patrick Ian Leodones in the first men’s

MMA match of the event while Christchan Buentiempo won by majority decision over UGB MMA bet Jaypee Espinosa. The Buen–tiempo-Espinosa match bagged the Best Fight plum of the night.

Jerwheel Baylon, also of Hybrid Yaw-Yan won after the referee stopped the fight when Jonathan Veluz of UGB MMA can no longer defend against the former’s ground and pound attack. Carl Sabeniano won by default when his opponent Eduard Cashela of PAMAA didn’t appear on fight night.

Twigg of Team Vietfighter Sydney was simply too much for Star Valley Fitness Gym fighter Taniboy Fernandez prompting the referee to stop the fight in Round One.

Ariel Oliveros of UGB MMA scored a second round technical knockout against Famelo Taba–nao of Samson College MMA in the first Balikatan professional-amateur MMA bout. Oliveros also grabbed the Knockout of the

Night Trophy.

In the women’s grappling contest, Titan MMA’s Lorelee Sicat beat Hybrid Yaw-Yan’s Irish Gail Santos via unanimous decision. In women’s kickboxing, AJJ Gym’s Cristina Irish Conrado bested Titans Fitness Gym’s Francia Victoria delos Reyes via first round technical knockout.

In the other matches, UGB MMA Gym’s Danilo Sarmiento thumped Samson College MMA’s Jomar Pal-iwen via unanimous decision. PAMAA Fighter Edison Cashela won over Titan MMA Fighter Francis Martin Legaspi via triangle choke. Cashela’s way of winning also took the Submission of the Night award. Yaw-Yan MAC’s Ryan Canata beat Team Freestyle Angelo Laguidao from Laguna by Guillotine Choke while UGB MMA’s Jayson Margallo bested Underground MMA’s Raymundo Ortega via unanimous decision. Duane Lucas Pascua of Sprawl MMA won over Iranian fighter Seyed Mahdi Basirat via rear naked choke in the second round.

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

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

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**2nd Lameco Eskrima DVD featuring Guro Dino Flores released by Budo International**  
**Lameco Eskrima “Solo Espada”**

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

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

Languages: English, Espanol, Italiano, and Francais

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