Integrity generally means to adhere to moral or ethical principles. Another meaning is of being in sound, unimpaired, or perfect condition.

Both dictionary meanings of integrity are important at Mid-Cities Arnis.

What does it mean to have integrity? How do you live with integrity?

• Treat others as you would wish to be treated (the “Golden Rule”)
• Own your mistakes and making amends when you possibly can for them
• Do the right thing even if nobody is watching you or will ever know
• Do the right thing even if there are big rewards for violating your values
• Do what you say, say what you mean
• Make no promises you can’t keep

Living with integrity also makes life a lot simpler in many ways. Here’s a great article about living with integrity that talks about that benefit:

Living a Life of Integrity

As instructors at Mid-Cities Arnis, we strive to do what we say we will do, to own our mistakes and admit them when we are wrong, and to live the values we ask our students to adopt.

In our daily lives, the details of values may differ from person to person, due to religious differences, cultural differences, or different experiences. In the end, it’s important that each of us understand and adopt our own moral codes, and live accordingly. That is living with integrity.

Living with Integrity – introduction

Are you living your life with honesty and sincerity? Do you value the inner things that matter most rather than the outer things that are temporal and matter least?

Integrity has two facets to it. As human beings there are two groups of people we must be honest and true to. The first is our family, relatives, friends, colleagues, and society as a whole. Secondly, and more importantly, we must be totally honest and true to ourselves. Abraham Lincoln declared when he was president: “I desire so to conduct the affairs of this administration that if at the end, when I come to lay down the reins of power, I have lost every other friend on earth, I shall at least have one friend left, and that friend shall be down inside me.”

Living with integrity – the challenge

In a country like ours, it seems...
impossible at times to live a life of integrity. The impression you get is that in order to get anything done you have to bribe someone, threaten them or do one favor or other for them. “Nchiekela, or bribery, has become a pervasive force in our society that threatens all the progress and development we so desperately need. It is a threat to free and fair trade, competition, quality products and services, and, most of all, to justice. In every third or fourth shop you will visit these days, particularly in areas such as Kamwala in Lusaka, someone will try to sell you something at a “discount” below the counter. I must admit that at one point I myself did not mind paying less at these shops, but after starting my own business I realized that the practice was extremely unfair to the hardworking entrepreneurs that operate these businesses.

The surprising thing is that quite a few people actually have the nerve to complain about the ill-treatment of Zambian shop assistants when their shop owners ask them to leave the shop when they have to use the bathroom or go out to do anything. But how do you treat someone you simply cannot trust? How do you treat a person who takes every opportunity they get to steal from you and sabotage your business? It is partly the dishonesty of the people themselves that leads them to be mistrusted and mistreated.

Living with integrity

having personal moral and ethical standards

Dennis Wailtey said “Integrity, a standard of personal morality and ethics, is not relative to the situation you happen to find yourself in and doesn’t sell out to expediency. Its short supply is getting even shorter...” He was writing about the USA, but you could just as well apply that to Zambia. It seems the odds are against honest, sincere and truthful people.

The whole setup of things is in favor of dishonesty and cheating. Not to point fingers, but at times the very structures that are put in place to protect us and our rights as people are the same structures that violate our rights and perpetuate these vices. Justice seems to respond to money rather than to right and wrong. It would not be totally wrong to say that if you plan to live a life of integrity in this country you are in for a tough time.

Living with integrity – we all have a part to play

Who is to blame? All of us. Both the people receiving and those giving favors and bribes are at fault. We must all acknowledge that the structures that violate our rights and perpetuate these vices are those put in place to protect us and our rights as people. The whole system that is in favor of dishonesty and cheating. Not to point fingers, but at times the very structures that are put in place to protect us and our rights as people are the same structures that violate our rights and perpetuate these vices. Justice seems to respond to money rather than to right and wrong. It would not be totally wrong to say that if you plan to live a life of integrity in this country you are in for a tough time.

Living with integrity – conclusion

The person who lives with integrity and sincerity is strong and unimpaired. Endeavour to be such a person. Let your actions be in conformity with your words. Do nothing that nobody watching or will find out. In the wise words of Paul Wellstone, “Never separate the life you live from the words you speak.” You are all you can be. Go on and be it.

How to Improve your Coordination for Kali and Silat

By Leslie Buck

How to Improve your Coordination for Kali and Silat

Get the most out of your training with these effective methods.

Develop a mental image of the perfect execution of the technique. As you better understand the movement, you will develop a mental image of the movement and how it should be done properly. This internal image will play in your head like a video anytime you want to practice. You will constantly compare your performance to that of the image in your mind. This image is critical to your practice, because it becomes your standard. It will be your benchmark as you try to match it every time you repeat the movement.

To better, that image must be crystal clear. Not only should you develop the visual image of the movement, but also the feel. With this more complete vision, you can develop proprioception, a sense of your position and balance with your movement. You will learn to recognize when you are doing it right by feel rather than just by seeing it. For striking and weapons work, you may even benefit from knowing the sound of the technique. This may include the sound as your stick as it whips through the air or impacts a target.

Know the Right Movement

In order to develop the most coordinated movement, you need to know what the right movement is. Study the best example: your teacher, or a top performing student of the art. At first you will just watch. Take in the overall movement. Examine the body mechanics. Look at the footwork. Watch the movement of the shoulders and hips. Get a feel for how they work together. Watch several times and pay attention to smaller details. If possible, practice the movement, then go back and watch a demonstration of the movement again. Each time you will absorb more detail.

Practice Effectively

Start slow to perfect each detail. You must be able to pay attention to the details. With slow, deliberate movements, you can instruct your body just how it should move. If you always rush through your practice, you may not be able to see what you are doing right or wrong. After the movement become more smooth, speed up to test the movement and diagnose any problems, then slow down again to fix them.

Make adjustments with each repetition. Make an effort to improve every time you repeat the movement. Identify what would be the most significant improvement you could make and focus on that first. Repeat and correct the movement until you can perform the correction consistently. After that, move on to the next aspect that needs refinement. Focus on one thing at a time. It’s more efficient and it’s easier to make changes.

Are you not doing anything but the movement right? You are just getting started. If it took you 99 repetitions before you got the coordination right, then you now need to develop the mental image and burn it into muscle memory. You need to add more repetitive corrections of the correct movement. Otherwise, if you quit at 100, your brain and body will forget the right 99 times and right only once. That is not a good ratio for success.

Analyze your Progress

Get feedback. In order to improve, you need feedback. Another set of eyes may help you identify something you have not noticed before. Get feedback from your instructor, senior students, or a training partner. Try to get feedback from someone who has more experience than you. Ask what you are doing right and what you are doing wrong. Get specific. You need actionable information and coaching.

Study yourself on video. With some phones, you may even be able to watch yourself in slow motion. Watching in slow motion will allow you to analyze every detail.

Track your efforts and thoughts. Take notes in a journal. Note what you have improved and what you need to work on. Capture any feedback you get from others. Write down any technical details that you want to develop as you practice. Don’t leave out any details. The more you identify, the more you will understand the nuances of the technique.

The process of tracking what you do and expressing your thoughts into words will help you improve on what you want to perfect. It will force you to clarify your vision of the movement.

Coordination is a prerequisite to learning how to apply your technique. You do not need to be perfect, but accelerating a sloppy movement in sparring or in application drills will not make it better. Get coordinated before you add intensity to your training. By applying the methods above you will master your technique in a very short time.

If you want to improve your striking precision, a training blade will work better than just a stick. Check out the Kali Gear Aluminum Training Gunting below. It was designed to have the feel and weight of a real blade. With it, you can perfect your blade awareness, striking precision and your coordination.
Do You Train a Blade System?

By Nick Stevens

How do you know if what you’re training really works with a blade? The purpose of this article is to reveal the primary attributes that make a martial art or combat-system program a “blade system.” This will allow the reader to objectively evaluate the training options available to them and make educated decisions about what will best meet their objectives. Firearms and blades are the same in the sense that they’re both used to deliver a lethal wound that will stop an aggressive opponent who is intent on doing you or your family harm. There should be no difference in your mindset regarding the severity of a situation. If you deploy a firearm or a blade, your intent is to eliminate a threat that you feel requires deadly force. You don’t draw a blade in a fight for any other reason.

The training behind blade use in combat has to be striving for a kill shot with every move. If this is not the case, then you’re wasting energy and time in a violent confrontation where your life or the life of a loved one is on the line.

The first thing we need to do is define what we mean when we say a blade system. A blade system is offensive in training and in mind set. Every technique in the system strives for lethal entry on his opponent. Blade technology has to come first.

What a blade martial art system is not:

- You train only how to ‘defend’ against a knife but never how to use it.
- If you spend the majority of your training time defending against a blade, you are already on the losing side for several reasons.
- Defending by definition denotes that you were attacked and thus are behind the curve. You are now trying to play catch up to someone trying to kill you. Since action is always faster than reaction, repeatedly reacting to some else’s attacks makes it only a matter of time until you fall so far behind the curve that you cannot re-act in time to save yourself.
- If you only pick up a training blade to help your training partner learn to defend from blade attacks, then you do not have a developed training system. What you’re teaching tends to cut and down and non-lethal controlling techniques such as administering wrist locks (?!?) with a blade. This gets back to the original premise above, why are you carrying a blade if you do not plan to use it for lethal confrontations?
- Using the blade and gun analogy again, there are people out there that say you can shoot to wound with a gun. While that is true, are you really willing to put your life and the life of a love one on the line because you only lines with an edged weapon.

The first problem is targeting. Blade targets are very different than the targets sought using a stick. If you are using a stick you are aiming for bony landmarks to strike to deliver the most damage such as hands, elbows, jaw, etc. With a blade you are aiming for vital targets that will cause exsanguination such as carotid arteries, femoral arteries, abdominal aorta and so forth.

Power generation is another consideration. With a stick you need different body mechanics to generate the power required to hurt your opponent. With a blade, power is not part of the formula. What you need is speed and accuracy.

Sticks do not translate to blade.

Slashing Slash-Slash Slash!

Having seen a decent amount of training in my time in the military options are limited. If you are doing a lot of slashing in their blade systems. The problem with slashes is that, with the exception of a few key techniques of the human body, they are not fight stoppers. 

In many systems of martial arts they have angles of attack which they use for both stick and knife. There are several problems with using stick attack

This brings us to the question: What percentage of your system is bladed? 10%? 50%? There is a simple test that I encourage everyone to try and do. Put a training blade in each hand and practice your forms/katas/isolations. Try out your techniques in training this way. If you have to make changes so you are not self-cutting then you do not train in a blade system.

A blade systems technique can always change to empty hand and back to blade without modifications while an empty hand system cannot change to bladed without modification. The practitioner will have necessarily changed himself because the techniques were not designed to avoid it.

This is not to say that other martial arts have no value. It is to say they aren’t blade systems. They may have blade components in their systems that have varying degrees of effectiveness, but as we’ve discussed, this does not make them blade systems.

You should be able to trust your training. Value what we’ve discussed, this does not make them blade systems.

With a blade you want the threat neutralized as quickly as possible. So in these situations you need to slash for lethal entry. This is not to say that other martial arts have no value. It is to say they aren’t blade systems. They may have blade components in their systems that have varying degrees of effectiveness, but if you are trained in a blade system then you should be able to trust your training. Value what we’ve discussed, this does not make them blade systems.

Instructors guide to the modular tactical system

Modular Blade Concepts

Martial Blade Concepts

MBC has taught me that MTS:MBC is not to be misunderstood. They state that you don’t train in just self-defense, but that you do in fact train in self-defense and in the process develop tactics and techniques to be used in day to day life.

The system is based on the fact that less lethal response is more effective than lethal to stop any opponent and control a situation. Liability and legality of the use of the tools and training are discussed in detail.

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This book is an Instructors guide to the Modular Tactical System Modular Blade Concepts: Martial Blade Concepts - Martial Blade Craft as developed by Bram Frank. The system is based on Filipino Martial arts and uses simple gross motor skills and simple modules of motion to achieve tactical use. This book features tactical tools designed and patented by Bram Frank expressly for the Modular system. The responsible use of edged tools (knives) is shown and the fact that less lethal response is more effective than lethal to stop any opponent and control a situation. Liability and legality of the use of the tools and training are discussed in detail.

Paperback, 464 Pages

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Books by Mark V. Wiley

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It was a soapy affair indeed. Three out of the top five television advertisers were soap makers, and Procter and Gamble was television’s biggest sponsor, spending $161 million. By 1962 major soap firms spent approximately $250 million per year for advertising, of which 90 percent was television advertising. In 1966, known as soap operas, to advertise its Oxydol soap in 1933.

Quick to recognize the communications revolution, the soap industry pioneered in radio advertising, particularly by developing daytime serial dramas. Procter and Gamble originated Ma Perkins, one of the earliest, most successful, and most long-lived of the genre that came to be known as soaps, to advertise its Oxydol soap in 1933.

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Philippine Soap Operas

Soap opera in the Philippines originated when Gulog ng Pag-ibig was first heard on the radio in 1949. The genre then expanded into television in the early 1960s.

The first Philippine TV soap opera was Hiwaga sa Bahay na Bato in 1963, and the first Philippine TV series was the very popular Gulong ng Palad in 1960.

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The Day Aguinaldo Almost Resigned and Mabini Almost Became President
By: Marc V.

With all the flak Emilio Aguinaldo has been getting from contemporary Filipinos, it’s good to know the man had his redeeming qualities—namely, his willingness to resign as President in favor of someone more capable. In the book The Development of Philippine Politics authored by Maximo Kalaw, Miong supposedly tendered his resignation as head of the government sometime in December 1898—a mere month before the formal establishment of the first Philippine Republic.

According to the book, even Aguinaldo’s closest advisers did not know he had written and circulated his resignation letter titled “Requesting a Christmas Gift From My Filipino Brethren.” In the letter which he wrote in Tagalog, Aguinaldo cited “his acknowledged ignorance of matters of state” and the “favoritism, selfishness and bribery shown by other officials” as his two main reasons for stepping down.

If interested to purchase it is advisable to find friends who are interested in buying the “Olisi-Baraw” books the cost of the book with Shipping already included is cheaper. Here are the Prices Per Book (Shipping already included):

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Paranaque, Philippines
January 2, 2016
Primera Corta - 1st Edged Weapons Cuttin Workshop

On January 2, 2016, Forge: Martial Fitness, a martial-arts and fitness center, held its first event of the year called Primera Corta, a weapons cutting workshop which was opened for amateurs to explore.

Spanish for “First Cut,” Primera Corta was divided into 3 parts: an introduction to the fundamental cuts of swordsmanship, a basic guide on proper sharpening and care of blades, and the cutting proper.

The intro class, which was based on Kali Ilustrisimo, was led by Dr. Sixto Carlos, Kali Ilustrisimo Guro under the Late Grandmaster Antonio Diego and Libre Fighting Philippines Chapter Head, who taught the basic cutting principles. He was assisted by Jericho Viejo, Kali Ilustrisimo practitioner, Dos Manos (two-hand) apprentice to Dr. Carlos, and Krav Maga Instructor for Krav Maga Global, who gave the class cutting drills.

A surprise visit by the great Master Romeo Macapagal, an apprentice to Dr. Carlos, and Krav Maga Instructor for Krav Maga Global, who gave the class cutting drills.

The cutting session that came after lasted 3 hours, which involved 3 stations and cutting proper.

Large plastic bottles (1-1.5L) came first, to get the participants used to cutting and to get them warmed up. This was the easiest as little aim is needed and edge alignment mistakes are more accessible substitute. While it had some drawbacks (each cut would leave a sticky sap on the blade which had to be cleaned or it would leave a sticky sap on the blade which had to be cleaned or it would cause corrosion fairly quickly) its density and feel was pretty on point for tatami. This was the hardest target as it is unforgiving to bad edge alignment and would catch the blade if the cut is weak or has no follow through. Many beginners struggled here at first but they eventually were able to apply what they learned earlier in the workshop.

For the cutting session that came after lasted 3 hours, which involved 3 stations and cutting proper.

Large plastic bottles (1-1.5L) came first, to get the participants used to cutting and to get them warmed up. This was the easiest as little aim is needed and edge alignment mistakes are more tolerated.

Small plastic bottles (250ml-500ml) came second and proved to be challenging, as aim is very important and edge alignment is needed to properly cut, and not just crush, the bottle.

Last came rolled and soaked anahaw mats. Anahaw is a local leaf which is often woven in a criss cross pattern and is ubiquitous in Filipino culture. As tatami is hard to find and expensive in Manila, anahaw rolls provided a cheaper and more easily accessible substitute. While it had some drawbacks (each cut would leave a sticky sap on the blade which had to be cleaned or it would cause corrosion fairly quickly) its density and feel was pretty on point for tatami. This was the hardest target as it is unforgiving to bad edge alignment and would catch the blade if the cut is weak or has no follow through. Many beginners struggled here at first but they eventually were able to apply what they learned earlier in the workshop.

Our Primera Corta Edged Weapons Cutting Workshop was graced by Master Romeo Macapagal, one of the elders of Kali Ilustrisimo. Here he is lecturing us on proper cutting techniques.

“Filipino martial arts are not just for the small, but for the strong hearted. The skills you learn here are a pillar of Kali Ilustrisimo, also gave the participants valuable insights on “the old ways” of Filipino martial arts which also saw them practicing cuts on different targets.

They used Armas De Rattan (Rattan Weapons) instead of just sticks, in order to get the used to edge alignment, a key element in cutting. This was followed by a class on basic blade sharpening by polishing expert Pandoy Pulido, who taught the group how to properly use sharpening stones correctly to achieve proper edge shape, leather strips to make the edge fine, and polish to clean the metal, in order to maintain blades and keep them sharp.

Aside from learning, participants wanted to check out the goal that was being used or see blades crafted by local Pandays and blade smiths. Lastly, the participants came there for the opportunity to meet & greet fellow enthusiasts — to engage in some good fellowship and camaraderie.

The competition format of the training event was not done in the typical obstacle course style, but divided into stages that showcased the individual skills competitors would need in formal competition. For the fun of it, an additional stage featuring a Speed Balloons event was included. While not part of the international format, this is an event well suited to Filipinos who are into Filipino martial arts skills. It proved to be very popular and a pure speed blade event will be organized for the later part of 2016 at Angel’s Garden.

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I’d like to take this opportunity to thank everybody who came, participated, supported and helped out in this event. It was a true pleasure to see old friends and meet new ones. The sport advocacy, the friendship and camaraderie, and even just relaxing and chilling with you guys at Angel’s Garden was really a great experience and I look forward to seeing you all again.

A big thank you to Jeremiah Olfindo Dayto, Donnie Lomais, Zeno “Loco Estoy” Estisco for all of the good work, Jeremiah, thanks for my duck wing feathers! They will make their way onto arrows soon! In the documentation department, thanks to Bilbo Amlag, bavo for all of the great photo
and video work — we enjoyed going through all the photos. They “captured the moment.” You could really see the energy and flow of the Choppers in action, even an interesting insight into how some of these guys “relate” to their targets. Likewise thanks you to Emerson Benzo, Mark Fucanan and all the others who have contributed to documentation support. Thank you to the WISAR Team headed by Atty. Patrick Tetangco for medical support (Medical Team members Raj, Richie & Aileen). Thanks to Albert Maquinad & crew for food & beverage support, likewise to Dukes Project Crew, headed by Rommel & Mang Jun for all the event stage support. A big Bravo as well to the Philippine Prepper Network and to Survival Games for coordinating vital event information on social networks.

To Tim “Pandoy Pulido” and Katrina (Happy Anniversary!), Miko and “Z” Tetangco, Richie and family, Derek and family, Brooks, Rommel and family, Jaime and family — and all those who came to support the event, we were glad that you were able to come to Angel’s Garden Events Center and join us for The Blade Sport Workshop & Fun Chop to make the event something special. We hope competitors are now more inspired to improve their skills & performance. It is good for our advocacy and the sport.

Thank you all very much, God bless and stay safe! - Mike Melchor (Angel’s Garden Events Center)
Bahala Na Martial Arts Seminar
January 10, 2015
Eskabo Daan
1475 Polk St, Ste 11, San Francisco, California

An amazing seminar led by Master Joel Juanitas and his instructors representing the legendary Bahala Na School of Giron Escrima Arnis! 3 systems under one roof making one larger family: Bahala Na, Eskabo Daan and Visayan Style Corto Kadena took the floor today to share and train together. Day started off with Eskabo Daan Professor Dizon and Grandmaster Castro showing body control and knife techniques for the first 30 mins. Followed by Master Jay Pugao and Greg Manalo showing just how beautiful and deadly Visayan Style Corto Kadena can be via using the Pendelum. There will be more seminars like this in the near future hosted by Eskabo Daan in San Francisco. Eskabo Daan has lined up seminars with as many styles as possible such as Latosa Escrima, Balintawak, Kombatan and more. Next up is with Grandmaster Rene Latosa in February. - Joseph Bautista

Knife Fighting 101: Intro to Bladed Combat and Defense
Hosted by Zombie Survival Camp
January 10, 2016
Undisputed Martial Arts
127 Sunrise Avenue, Unit 3, Toronto, Ontario, Canada

The Knife-fighting Workshop was led by Kru Archie, a Bakbakan-Kali Ilustrisimo instructor at Undisputed Mixed Martial Arts in Toronto, ON. We learned several basic slashes and stabs and linked them into a simple form. Then we learned how to defend against those same strikes. The partner drills really helped us solidify the angles of strikes as well as blade orientation. For every attack or counter, great emphasis was put on footwork. Angling in and out of strike ranges really showed how effective being light on your feet is. And as with any kind of fight, the best defence against a knife is cardio... always run away when you can." - Zombie Survival Camp

Face Book: www.facebook.com/stix.arnis
E-commerce website: www.eljansports.com/12-stix
This will be a global gathering and fellowship of legends, masters and grand masters from September 1 to 3, 2016 at the Phoenix/Mesa Hilton in Mesa, Arizona. There will be a plethora of talent and celebrities who will demonstrate and teach. This will make it a monumental and colossal event, unmatched and unequalled in FMA history.

Invited Grandmasters and Presenters, have confirmed their attendance except those from the Philippines for reasons of health and other issues:

Invited Grandmasters and Presenters:

- Bobby Taboada – Balintawak Cuenta
- Sam Buot – Buot Balintawak International
- Nick Eltz – Nickelstick Balintawak
- Nene Gaabucayan – Nng Balintawak
- Ver Villasin – Villasin Balintawak Arnis Academy
- Bobby Taboyna – Taboyna Balintawak
- Ben Marapao – Kibigmag Balintawak
- Mark V Wiley – Integrated Eskrima & Tambuli Media
- Ron Balicki – Inosanto Group and Mar

Disciplines:

- Lameco Eskrima with Guro Dave Gould – 6 DVD’s and 1 Book
- David Gould – Lameco Eskrima
- Ron Balicki – Inosanto Group and Mar
- Nick Eltz – Nickelstick Balintawak
- Rich Parsons – Teddy Buot Balintawak
- Doa Tim Hartman – Modern Arnis, Ted Buot Balintawak
- Doug Marcadia – Marcadia Cali
- Dan Medina – Denobo Eskrima
- David Gould – Lameco Eskrima
- Brandon Ricketts – Kali Illustrisimo
- Dario Maranga – Maranga Combat Eskrima
- Danilo Canete, Sgm – Doce Pares International
- Datu Tim Hartman – Modern Arnis, Ted Buot Balintawak
- Mark V Wiley – Integrated Eskrima & Tambuli Media
- David Hatch – Ted Buot Balintawak and Inosanto System

Mark your calendars. Enroll early and get an early discount.

Registration Fees:

- $150 if paid by April
- $175 if paid by June
- $200 if paid by August
- $250 if paid at the door on registration.

Questions Contact Sam Buot: (480) 840-5803 or Email: sam@buot.net

Hotel Registration through Hilton Phoenix/Mesa Hilton
1011 West Holmes Avenue, Mesa, Arizona, 85210-4923
Website: Click Here
Discounted rates for the event.

Group Name: International Fellowship of FMA Masters
Group Code: FMA
Check in: 31 August 2016
Check out: 4 September 2016
Visit the website then CLICK ON The World FMA Gathering of Masters logo.
Phone Number: (480) 833-5555 if reservation is direct through Hilton.

Mention Group discount of the FMA Global Fellowship of Masters

Natural Approaches for Aleviating Knee Pain
Dr. Mark Wiley

Health and Safety

Natural reducing symptoms and preventing further wear and tear can do much to prevent the problem from returning, and restoring quality of life. Arthritis and joint pain affect millions of Americans annually. Pain and inflammation wreak havoc on the body, after one's ability to carry out their daily activities, reduces joy and over time causes depression. Knee pain is among the most common types of pain for which people seek medical advice and treatment. Non-steroidal anti-inflammatory drugs (NSAIDs), steroid injections and surgery seem to be more common than not. But they don't have to be. Naturally reducing symptoms and preventing further wear and tear can do much to prevent the problem from returning, and restoring quality of life. The knee joint

The knee joint is taken for granted to do what it needs to do to balance, bear weight, propel, raise and lower you. The knee is a hinge joint, which means it is meant to move back and forth from front to back, and not bend or twist or rotate side to side. Yet, this is what happens when playing sports or moving too quickly before ample warmup.

To help facilitate weight absorption and body movement the knee must rely on a bunch of muscles, tendons, ligaments and bones all working in tandem. When one piece of the puzzle is too tight, too weak, over developed or stiff, sprains, strains, dislocations and spurs can occur.

Knee pain and arthritis

When seeking medical advice for knee pain in their 30’s or older, they are often given a diagnosis of osteoarthritis. If you have been given an arthritis diagnosis, please don’t let that word derail your efforts at natural relief and prevention. As we age, most people will get some form of arthritis or wear and tear on their joints. It’s normal and natural. So don’t be afraid of the diagnosis label. Read my advice on the top 10 arthritis mistakes here, or check out my book Arthritis Reversed, for a comprehensive program. Among the most important components of any pain reduction program, is reduction of inflammation.

The inflammation response

Inflammation is a natural response your body has to stress, whether emotional or physical. The inflammation response helps protect the injured area and also to repair it. However, inflammation that does not resolve itself and becomes chronic is cause for concern, as it can cause serious health concerns and disease. Chronic inflammation breaks your body’s internal balance point, disrupts its ability to regulate the immune system and affects the functions of the central nervous system. As such, under the influence of chronic low-grade inflammation, you run a greater risk for pain, illness, disease and accelerated signs and symptoms of aging. The advice below will help you reduce inflammation, and thus pain, naturally.

PRICE-less first line advice

If you injure your knee or suddenly feel pain there, the acronym PRICE is a good reminder of what can help in the short run. It stands for Protect, Rest, Ice, Compress, and Elevate. Here is the overview:

- Protecting the knee from additional trauma can be done by reducing or stopping activities that stress the joint too much, and wrapping the knee to keep it protected from fall or impact while recovering.
- Resting the knee allows it to begin repair while also preventing repetitive strain. But don’t keep it immobilized for too long or you may also develop frozen joint syndrome.
- Icing the knee will help reduce pain and inflammation in the short run, say 20 minutes at a time, several times that day.
- Compressing the knee also helps reduce swelling and pain by holding sustained pressure to promote circulation and holding the bones in alignment to prevent rub.
- Elevating the knee to above the heart will reduce swelling by allowing gravity to help circulate fluids around the knee for processing of inflammation bad stuff

Apply some DMSO

DMSO is an old timey product that athletes used to use for sprains and strains. I love it. Unlike other topical pain creams or ointments (which remain largely on skin surface), DMSO absorbs quickly into the skin and reaches deeper tissues and membranes. It has been found to be a great carrier of other substances, and it aids in their absorption. I sometimes use other topical pain/inflammation creams mixed with DMSO gel to help reduce pain and inflammation.

Because DMSO has antioxidant properties it neutralizes free radicals around an injured site. It also stabilizes and stops leakage from damaged cell membranes and reduces pain by blocking peripheral nerve C fibers. DMSO is rich in sulfur, one of the building blocks of collagen, the connective tissue that makes up cartilage. As such, DMSO is often used for those suffering arthritis and joint pain, though it is equally effective for muscle pain and spasms.

Try DMSO For Pain And Inflammation

There comes a time you just need to forget the approval of the Food and Drug Administration and use a product that has been proven effective. Many effective treatments are available that lack sanctioning or approval for various reasons, including politics and bias. In this category, a product known as DMSO (dimethyl sulfoxide) is a useful substance that has a long history of being ignored, or even blackballed, yet has helped millions of people in pain.

Odd Beginnings

DMSO has strong anti-inflammatory and analgesic properties. Originally a commercial solvent used in the wood industry in the early 1950s, DMSO was first applied in the medical field as a preservative for transporting organs during the 1960s. Stanley Jacob, M.D., a former head of the organ transplant program at Oregon Health Sciences University in Portland, Ore., started looking into its potential as a healing agent when he saw how fast and how deeply it penetrated the skin. Since the ‘60s, more than 40,000 articles concerning DMSO have appeared in scientific journals. They show DMSO to have versatile properties and numerous health benefits. In fact, according to Terry Bristol, president of the Institute for Science, Engineering and Public Policy in Portland, DMSO was the first non-steroidal anti-inflammatory (NSAID) discovered after aspirin. He believes it is this product that spurred research into the development of other NSAIDs.

Too Good For The FDA?

As a result of its early heralding of being a "wonder" product, many companies tried to patent DMSO. However, the FDA rejected approval across the board, mainly because it has a wide range of attributes, not merely one (as drugs need for approval). In other words, a drug needs to be effective for a single illness, focusing on the symptoms and not the causes of health problems. This represents a perverse reversal of the perspective of traditional healing systems.

DMSO, however, violates the FDA's narrow requirement with its ability to help numerous health issues, including pain, inflammation, sprains, arthritis, stroke, clots, central nervous system trauma, minor cuts and burns (it speeds healing) as well as protection against cancerous cells. Yet in the United States, DMSO has FDA approval only for use as a preservative of organs for transplant and for intratesticular cysts (a bladder disease).
Quick Benefits
I love DMSO and use it as often as needed. Among the topical analogues and anti-inflammatory products out there, it is among the safest and most effective. In fact, it stands perhaps alone in its ability to be administered topically, orally and intravenously.

When applied topically, it absorbs quickly into the skin and reaches deeper tissues and membranes. It has been found to be a great carrier of other substances, and it aids in their absorption. I sometimes use other topical pain/inflammation creams mixed with DMSO gel to help reduce pain and inflammation. When antifungals, cortisone and penicillin are mixed with a DMSO solution of between 70 percent and 90 percent, you get quicker and deeper penetration of the tissues. I use the 70 percent solution for regular pain, sprains, inflammation from exercise or daily strain. When there is particular pain or stiffness or inflammation, I use the 90 percent solution.

How And Why It Works

DMSO has antifungal properties. As such, it neutralizes free radicals around an injured site. It also stabilizes and stops leakage from damaged cell membranes. This combination effectively reduces inflammation. What's more, according to lab studies, DMSO reduces pain by blocking peripheral nerve C fibers.

It is also a potent antioxidant. As such, it neutralizes free radicals from injured cells. That means it can help to protect skin and joint pain, though it is equally effective for muscle pain and spasms.

Forget About FDA Approval Here

The way DMSO is viewed by the FDA is, to me, perverse. I subscribe to the traditional Chinese medicine (TCM) philosophy that a medicine (in the TCM case, herbal medicine) is judged "low" if it works on only one or two health issues. The TCM concept holds that many health issues arise from the same or similar root causes, so a remedy must treat the "root" (the cause) and not just the "branches" (the symptoms). Therefore, a remedy is considered "high" when it effectively treats multiple health concerns concurrently; this means it is correcting the root imbalance. To use a single-use-prescribing system, misuses the boat and will allow for an inadequate and more powerful substances, like DMSO. And when it sanctions trials on Chinese herbaies, it isolates individual compounds to then make them suitable for pharmaceutical (single-use) drugs. What a pity.

DMSO is available online, and it is easy to get. If you are suffering from pain, inflammation, arthritis or other related ailments, give it a try. Do more research if you like; I list a number of articles below for your reference. Remember, DMSO is safe and it works.

Cebuano Eskrima

Eskrima: Beyond the Myth

By Red R. Ngonpoud, M.D. and Celestino C. Macadar

Cebuano Eskrima: Beyond the Myth boldly unravels with compelling and provocative hypothesis on the spiritual 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 starting detail from its early beginnings as a Philippines folk art. It was influenced by pirates and slave traders and its later espousal to the Spanish Catholic Church by Jesuit warrior priests during the years 1635-1644, the height of Spanish rapiers 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 are authors of practitioners of this martial art, technicalities in eskrima never before detailed in other materials on the subject are carefully discussed in the book.
**Building Blocks of FMA**

Caught on video: Body-cam shows stabbing of two San Diego firefighters

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**The Basics of Surviving Knife Attacks**

By Marc J. Lawrence

FMA is a martial art of an edged weapon with its roots in blades. That being said how do you in this modern world survive an edged weapon encounter? First off most what is taught in MMA will get you injured maimed or killed. The only thing I have heard that was good with limits did say to run away. That is not always an option. I watched body camera footage of a San Diego City Firefighter who got himself trapped by a physical object and he was stabbed 4 times and slashed once by street person with a feral attack. He tried to clinch the guy and disengage but the guy had a good handle on him while he was being moved.

So do we as Filipino martial artist at basic level keep this from happening. 1st part is situational awareness. This method is used by the military and CIA operatives to keep them safe. The basic method is Colonel Jeff Cooper’s color coded chart of awareness:

1. First level is white - nothing is happening, your environment is safe, example you are at home talking with your family watching TV. So unless you live with a psychopath you should be able to operate this.

2. Second level is yellow when something could happen, you will respond when it happens, but you are looking around being aware, example you go out and fill your car at the gas station, go to restaurant with your family, places where robbers happen so you are watching people and their body language and an actions.

3. Third level is Orange it focuses alertness when you go for the ATM and you are looking around and you hear someone approaching, you are walking along in park and you have someone seem like they are tailing you so you start into an evasive maneuver to check their intention. You establish a mental trigger and a tactical plan of what you are going to do.

4. Fourth level is Red you are locked and loaded for action, you are going into a situation where you know there is going to be a physical altercation. This may or may not involve weapons so you have to plan and you are ready to execute the plan. You go into place where a fight is occurring say a party where individuals have been drinking and watching a MMA match or sports event and people are saying things back and forth and some is getting up to get into someone’s face.

**FMA level** used by the UDMC is Black that means you are going into an active fight with or without weapons being involved.

To make you skills be applied you need to use a process called an OODA loop. This method was developed by a Fighter Pilot in the 1950’s. It stands for Observ, Orient, Decide, Act. Now with training you can solve what the act will be. Most people who carry knives in the US do not have any great level of training but rely on feral responses. Due to the fact that most believe they can whip their weight in wild cats but in actuality this could only be done by a kitten. Due to the lack of training they will challenge you to understand the material. The process of trying to recall and practice the material will force you to analyze it. You will not have anyone to follow, so you must use your memory and critical thinking skills.

The more you practice at home, the quicker you will learn in class. This is essential that you try to remember the movements you have learned and make an effort to perfect them outside of class. This will allow you to develop your mental image of what the movements should be. It will become ingrained in your mind more accurately. Add repetition, and you will get ahead. Rather than spending more precious class time on repetition for coordination, you can return to class, ready to move forward, with the skills you developed at home.

Below are some tips on structuring your Kali practice at home.

Focus on the skills with the biggest impact

Start by determining what are the most important skills that you should be practicing right now. The skills you need to develop first are those that will support many of the techniques that you will learn in the future. Ask your instructor what you should practice at home, so you can coordinate it with your lessons. It will likely be a mix of critical fundamentals and whatever instruction is currently being presented in class.

You may want to focus on creating the foundation of skills that will help you develop the other techniques. This could include practicing the skills that will give you the best return on investment, at your level. These skills will be the ones that will help you develop the skills that you need to be able to move forward.

Some of the most important skills you can develop at home include basic mechanics, footwork, and coordination in your strikes.

Regardless of the technique you are learning, you will need to be able to execute your strikes and move at the same time.

Practice the footwork. Most of us feel that the striking is more fun, but the footwork is more critical to get right. The movement of your hands don’t matter if you are not in the right place. So get the footwork down first.

After you practice the footwork, practice your striking. Refine your strikes to develop accuracy, precision, speed and power.

Finally, combine them back into the complete movement so that you are doing your footwork and your striking at the same time. Make sure you practice long enough to get all the mechanics working together.

**Be organized in your training approach**

Break your movements into manageable chunks. If you are learning a complex technique it is often better to start with repeating small portions of it. If you get more comfortable with each part, add a little more to it. This will develop your memory and focus on areas that need more attention. If you are struggling with one part, separate it from the combination. Fix it with practice, then plug that part back into the combination.

Include fundamentals in every session. Fights are typically won based on solid fundamentals. Make sure you have regular practice on the fundamentals, so that you can quickly and focus on areas that need improvement.

**Conclusion**

For learning Kali, having a training partner is very important, but there is a lot you can do alone at home. In fact, training alone is necessary if you want to progress quickly in Kali. Though you do not have anyone at home to give you immediate feedback, you should not let that be a barrier to getting something done. It is better to do something than to skip it altogether. Don’t wait for the ideal conditions to practice, just do it. Focus on what is most important and ignore your weaknesses. Stay organized and you will see improvement in a short period of time.

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

**How to Practice Filipino Kali at Home**

By Leslie Buck

Training Tips to make you better, faster.

1. You are attacking or defending, if you are attacking a regular class or only receive instruction from time to time, practice at home is must to develop your Kali skills quickly. Even when my students come to class on a regular basis, I strongly believe that they need to develop regular practice at home. Because of this, I highly recommend you practice your skills at home between each class or lesson. You will actually develop your skills faster. So you will challenge you to understand the material. The process of trying to recall and practice the material will force you to analyze it. You will not have anyone to follow, so you must use your memory and critical thinking skills.

2. The more you practice at home, the quicker you will learn in class. This is essential that you try to remember the movements you have learned and make an effort to perfect them outside of class. This will allow you to develop your mental image of what the movements should be. It will become ingrained in your mind more accurately. Add repetition, and you will get ahead. Rather than spending more precious class time on repetition for coordination, you can return to class, ready to move forward, with the skills you developed at home.

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**Anatomy of a training session**

I recommend this simple outline for your home training session:

1. Journal Review: Review what you did in your previous training session. Note what you have improved, what you are working on, and what you want to practice during future sessions. Write down your goals and anything that is helping you reach them. Record questions you have for your instructor and advice you get from more experienced training partners.

2. A journal will help you stay on task and allow you to start the next session with a basic plan of action already in place.

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**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 the use of weapon. All the "What’s it’s good for" why, but the main point for trial and error, and assuming probability. 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 process your learning along the way, and you will stay more focused if for only one long session. Multiple sessions will allow your mind to for trial and error, and assuming predictability. The serious danger of edge weapons is real, and can prove to be lethal. So you must be prepared.

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 tactical 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 the fundamentals 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 ground and standing. This is not in your peripheral vision. Obviously there are other, more advanced 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, Spanish, Italian, Français

**Budo International Click Here**
You may be able to throw crisp, strong punches, but without footwork, you are no boxer. In Kali, you may have smooth and accurate strikes with the stick, but you need footwork needed to move you into range to strike with them, or out of range to avoid your opponent's strikes. Footwork is also essential in Kali because it gives you the ability to avoid your opponent's attacks. Footwork is fundamental in every fighting art. You must have footwork to move to your opponent, or move away from your opponent's attacks. You must have footwork to enter for a throw or a takedown, and you must have footwork to avoid being taken off of your feet. One of my Jeet Kune Do brothers, Sifu David “DC” Carter of Relentless MMA in Chantilly, Virginia, has a saying that I have stolen and make my students repeat many times...

“Footwork, footwork, footwork, bla bla bla…”

This reinforces the fact that without footwork, all of your other techniques are meaningless. You may be able to throw crops, strong

This reinforces the fact that without footwork, all of your other techniques are meaningless. You may be able to throw crops, strong

If you are reading this, I want you to thank you for taking the interest to do so. My name is Damon Rooney, a Veteran of the Iraq and Afghanisth campaigns of the war on terror.

I am going on 13 years of service to my country in the Vermont Army National Guard, I enlisted at the age of 17. Two years later, in 2005, I found myself deployed to Ramadi, Iraq. At the time, this city was listed the most dangerous city in the world. During this time, I was witness to horrific violence, hit numerous road side bombs and killed numerous men and all I was legally able to consume alcohol. I struggled with PTSD during my redeployment home. I had difficulty in everything within my day to day life. Relationships suffered and keeping a job was a nightmare. I sought counseling through the local Vet Center, and that helped take the edge off, but the pain was still there.

In 2010, I deployed to Afghanistan as a member of Reconnaissance Troop. I was once again put through the ringer of making split-second decisions with peoples lives hanging in the balance. Between two targets, I had approximately six rocket propelled grenades detonate within 6 feet of my position.

I returned home and watch my life crumble around me. Jobs continued to escape me, I shrank away from the world. Counselling wasn't cutting it for me anymore.

I then met my lovely partner, Lillith and she introduced me to a holistic path, with such things as Yoga, Mindfulness, Herbulism and Reiki.

Peace began to enter my Life through this process, a feeling I had not had since I was studying Martial Arts, and found that the process soothed my soul and fell in my line with my Warrior side. One hour in the dojo was equivalent to four hours of therapy. I became an assistant instructor at my old dojo, and still practice every day.

Lillith and I have both become fed up with the war. Veterans are treated in this country, with the difficulties of the VA, and the push for medication to deal with PTSD. It has been our experience that a Veteran finds peace through connecting with his or her inner self, learning how to fight those inner demons with their inner power and applying those lessons to every day life. We want to bring in the Veteran's experience to others with the Veterans Re-Emergence Center, a Holistic PTSD treatment center that will welcome all Veterans. Our focus will be on quieting the inner battle with Mindfulness and Yoga. Meditation and Yoga Nutrition to aid ones body in the healing process and empowering the Veteran through Martial Art training.

To bring the Veteran's Re-Emergence Center to reality, we are asking for your help to fund us so that we may purchase or rent a space dedicated to this. We want an environment that welcomes the Veteran with warmth and comfort, not the dreary prison gray of so many clinical institutions. To do this, we will need:

1. A space such as a Yoga Studio or Martial Arts dojo.
2. A roof for the floor.
3. Peaceful, welcoming decorations.
4. A kitchen area and kitchen appliances for tea, coffee and good nutritional meals.
5. Martial Arts and Yoga Supplies to conduct exercises and training.
6. A sound system to allow peaceful music to be played.
7. An office space and computer for book keeping and reports.

We want to get this up and running as soon as possible, so please, donate if you can and spread the word. We, and we believe: Many Veteran’s will be thankful for your help in bringing this to fruition. Please help us end the epidemic of PTSD and Veteran Suicides.

Thank you,
Damon Rooney
FMA Training with Music Will Make You Better!
by Russ Haas

So we begin with an expansion of one of the points that was made in a earlier past “CTS is NOT for Everybody…” if you haven’t read it, check it out. One of the points that I made was that the Counterpoint Tactical System (and Filipno martial arts training) may not be for you if you don’t like music. Now, of course, this is an over generalization, it’s clear, when we get together, that many of my CTS, brothers and sisters are not only tone deaf, but one might wonder if they can hear any music playing at all! Yet somehow they still manage great success in their training. As for me, “it sure helps m’trainin’ when the music is on and I always have some music on when we train. The best is when we throw some blues or reggae on and spar in the way of ‘Cacoy’ Try these: 1. Peter Tosh – Love & Dangerous; Boston 1976 2. The Rolling Stones and Muddy Waters – Live at the Checkerboard Lounge 1981 3. Cyndi Lauper: Memphs Blues (2010) For me music is as much a part of my life as my heartbeat and breathing and training is as much a part of my life as music, so let the music move in you in more than your heart and your head. So if you’re in off the street And you’re beginning to feel the heat Well listen buster You’d better start to move your feet To the rhythm of rock steady beat Of Madness One step beyond! Madness Like Brother Bob says “one good thing about music, when it hits you – you feel no pain.” For a bunch folks who are used to getting whacked with stick all day, well, that’s nothing. So take advantage of the heavy heavy monster sound. Get on your feet and take your training ONE STEP BEYOND!

Drop Point
A drop point blade is another great all purposes blade and is one of the most popular blade shapes in use today. The back (unsharpened) edge of the knife runs straight from the handle and stops about halfway up the knife. Then, it turns and continues to the point of the knife. This “cut-out” area can be straight or curved, and is referred to as the ‘clip’. The clip point is used on many pocket knives and fixed blade knives, and is especially popular on Bowie knives. Read more about clip point knives.

Advantages of the Drop Point
• Very sharp and controllable point
• Good for piercing
• Plenty of cutting edge ("belly") for slicing Disadvantages of the Drop Point
• Point is narrow and weak

Tanto Point
The tanto blade has a high point with a flat grind, leading to an extremely strong point. The front edge of the tanto knife meets the back (unsharpened) edge at an angle, rather than a curve. The tanto blade does not have a belly, which is sacrificed in exchange for a stronger tip, so it is not useful as a general utility knife. However, it’s extremely strong point allows it to be used in tough situations where piercing hard materials is needed. Read more about tanto blades.

Advantages of the Tanto
• Extremely strong point
• Great for piercing hard materials
Disadvantages of the Tanto
• No cutting edge ("belly") for slicing
• Hard to control point

Sheepsfoot
A sheepsfoot blade has a straight front edge and a dull back spine that curves down to meet the straight edge and make a false point. The main purpose of a sheepsfoot is for cutting and slicing where a point is not wanted or needed and is the distinctive blade shape used on santoku chef’s knives. Because the back spine is not sharpened, you can hold it with your fingers, providing a great degree of control. Read more about sheepsfoot blades.

Advantages of the Sheepsfoot
• Well suited to giving a clean cut while slicing
• Very controllable
• No point exists (avoids accidental stabbing) Disadvantages of the Sheepsfoot
• No point exists

Dagger / Needle Point
A needle point blade (also known as a dagger) is a double-edged blade used for stabbing or thrusting. It has two sharp edges which reduce the profile and let the knife cut in on both sides. Daggers are primarily used for self-defense in close combat situations. Read more about needle point blades.

Advantages of the Needle Point
• Very sharp and sharp
• Provides ultimate in piercing soft targets Disadvantages of the Needle Point
• Weak point that can break on hard targets
• No cutting edge ("belly") for slicing

Spear Point
A spear point is a symmetrical pointed blade with a point that is in line with the center line of the blade’s long axis. They can be single or double edged, although the tip is only sharp if both edges are sharpened. A spear point provides a very strong tip and is often used in throwing knives. Read more about spear point blades.

Advantages of the Spear Point
• Single pointed blade
• Sharp point (if double edged)
• Very controllable Disadvantages of the Spear Point
• Small cutting edge ("belly") for slicing

Trailing Point
A trailing point knife is a lightweight knife that has a back edge that curves upward. Trailing point blades provide a large curved cutting area ("belly") and are optimized for slicing or spraying. They are most common on spinning and fillet knives. Read more about trailing point blades.

Advantages of the Trailing Point
• Large belly is perfect for slicing or spraying
• High point is out of the way Disadvantages of the Trailing Point
• Weak point

Gut Hook
A gut hook blade is a special type of blade in which the spine has a sharpened semi-circle ground into it. Often used by hunters for field dressing, the “hook” in the spine is placed in a small cut in the underside of the animal and pulled like a zipper. The small hook opens the abdomen of the animal without slicing into the muscle, possibly affecting the quality of the meat. Read more about gut hook blades.

Advantages of the Gut Hook
• Field dressing wild game
• Large belly is perfect for slicing or spraying
• High point is out of the way Disadvantages of the Gut Hook
• Trailing edge cannot be sharpened

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Knife Blade Shapes
Written by Steven Musumece

Clip Point, Drop Point, Trailing Point! Confused yet? Let Knife Depot help by providing an overview of the main blade shapes and the advantages and disadvantages of each. Some knife blade shapes are designed for a specific purpose, such as skinning an animal, while others aim to be more utilitarian and useful for many purposes. By reading the brief overview below, you can decide which knife blade shape is right for your intended use.

Clip Point
A clip point blade is one of the most popular blade shapes in use today. The back (unsharpened) edge of the knife runs straight from the handle and stops about halfway up the knife. Then, it turns and continues to the point of the knife. This “cut-out” area can be straight or curved, and is referred to as ‘clip’. The clip point is used on many pocket knives and fixed blade knives, and is especially popular on Bowie knives. Read more about clip point knives.

Advantages of the Clip Point
• Very sharp and controllable point
• Good for piercing
• Plenty of cutting edge ("belly") for slicing Disadvantages of the Clip Point
• Point is narrow and weak
In the art of Eskrima, few names stand out like the late Edgar Sulite. He dedicated his life to mastering the art of Eskrima and put his reputation on the line, taking challenges for money and honor. He earned the confidence of a collection of legendary grandmasters of the day, and earned the mutual respect of his era’s newest masters. When Sulite came to the United States he took the country—and then the whole world—by storm. In this unique book, Guru David E. Gould recovers the life, the art and the legacy of Punong Guru Edgar G. Sulite and his Lameco Eskrima system. The chapter titles: Pocket Knives

FMA Informative

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Grandmaster Bram Frank and his 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. 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, he was awarded the Spyderco Gunting Philippines Award, which helped him realize why his design of the Spyderco Gunting, the World Champions of Native Swordsman. Bram received military burials complete with a full gun salute in honor of their service. While growing up in the Philippines, he learned how to handle a knife. He started competing at a very young age and had already established himself in the field of edged weapons and martial arts.

For practitioners who only learn drills that they were told to practice, or participate in competitions, the knowledge is not retained. They have no real experience of using the weapons in a real situation. The knowledge is not retained. In the real world, anything that is not used will eventually be forgotten. The knowledge of using the knife or any other weapon is not something that can be learned in a book. It has to be learned through experience and practice.

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Malayang Anyo Martial Mind: Applied NLP and Hypnosis for Optimal Martial Arts Performance

By: Perry Gil Mallari

The old Masters of juego todo know the importance of mental training. You imagine you fight, I go to the mountains alone. I pretend my enemy is there. I imagine being attacked and in my imagination I fight for real. I keep this up until my mind is ready for the kill. When I enter the ring, nobody can beat me; I already know that man is beaten.”

— Grand Master Floro Villarreal, the late undisputed champion of escrima death matches in the Philippines and Hawaii (quote from Dan Inosanto’s book The Filipino Martial Arts, 1980).

Learn visualization and other powerful mental training tools to turbo-boost your training progress.

Get the Malayang Anyo Martial Mind: Applied NLP and Hypnosis for Optimal Martial Arts Performance today.

If you repeatedly fail to keep your promise to exercise year after year, it is best for you to abandon the mind first for the physical task that you want to accomplish.

While the Malayang Anyo Martial Mind program is created for martial artists and combat athletes, anyone can use it to become stronger mentally and physically.

Frequently Asked Questions (FAQ)

- What is NLP?

Neuro-Linguistic Programming (NLP) was developed by Richard Bandler and John Grinder during the 1970s. Bandler is a linguist and a computer expert while Grinder is a linguist. Identifying the structure of excellence and modeling is the heart and soul of NLP. Bandler and Grinder created NLP by observing and emulating the structure of works of several excellent therapists, the most prominent among them Virginia Satir, Milton Erickson and Fritz Perls.

- What is the advantage of this course over other NLP and hypnosis courses?

NLP is a vast and still growing field and the common problem that people studying it encounter is information overload. Without proper guidance, a trainee could easily get lost in a labyrinth of NLP principles and procedures. Hypnosis, on the other hand, while offering a simpler method of eliciting change compared to NLP still carries a negative image because of wrong portrayal by the media. Many misconceptions about hypnosis are discussed and dispelled in this course.

- What techniques will I learn in the course?

This course presents techniques from both disciplines that a martial artist could use right away to improve performance.

- Does this thing really work?

Training the mind is as hard if not harder than training the body but it’s worth it. Top martial artists as well as Olympic-level athletes are known to have used mind training to achieve optimal performance.

- How will I get my certificate?

Once you are ready, you can complete the accompanying examination and email it back to the course developer for evaluation (no time limit).

- How much is the course?

This is an independent study program entirely in electronic text format (pdf), no books to buy. Regards

Malayang Anyo Martial Mind: Applied NLP and Hypnosis for Optimal Martial Arts Performance

The course is all about improving martial arts performance through the application of NLP and hypnosis techniques. You will be certified as a Malayang Anyo Martial Mind Coach for that purpose alone to not conduct any form of therapy.

- How will I get my certificate?

You can email the course developer if you have any questions while studying the course.

Malayang Anyo Martial Mind: Applied NLP and Hypnosis for Optimal Martial Arts Performance

- Does this thing really work?

You can email the course developer if you have any questions while studying the course.

- How much is the course?

You must email malayanganyomartialmindcoach@gmail.com for course fee and payment instruction.

This is an independent study program entirely in electronic text format (pdf), no books to buy. Regards

Inquiries Email: malayanganyomartialmindcoach@gmail.com for complete info.
The kata seminar was for the four major karate styles—training partners. Obviously, different training partners force you to use different parts of your martial repertoire. Tapi tapi against a bull is much different than playing with one who prefers finesse. Only by training with different partners can one expand your horizons. If you skip class and claim that you are doing just fine training by yourself, are you really being honest with yourself? Are you being honest to yourself when you need a teacher to stroke your ego every time you perform a technique well? Are you being honest to yourself about the consequences of an action that was foreseeable to everyone but yourself?

Being honest with yourself and being grounded is likely among the greatest gifts to yourself. Self honesty will go a long way to helping you fulfill your potential not only in martial arts but other areas of your life. Without this honesty, do you know what your weaknesses are? Brutal honesty and self-awareness is an essential ingredient to progress. Many karate instructors can point out what is obvious to everyone except the student can. The importance of a great instructor cannot be overlooked. They can point out the reality of who you are as a martial artist, not what you think you are. Listen to those instructors.

Would you rather have an instructor who is honest with you or one thatstroke your ego every time you do well?

Substitute “training partner” in place of “opponent.” Every training partner is a teacher. Having an honest instructor to point out what is obvious to everyone except the student can be tremendously beneficial. This kind of instructor can spur your students to greater heights. An example concerns the legendary boxing trainers, Angelo Dundee. Before the 13th round of the legendary fight between Sugar Ray Leonard and Thomas Hearns in September 1981, Dundee knew that Sugar Ray was losing the fight. He shouted to Leonard, “You’re blowing it son! You’re blowing it!” Leonard went on to rally in the 13th and 14th round to win the fight by TKO. Dundee’s quote became one of the most iconic moments in sports history. If you’re not honest with yourself, you might benefit from an instructor or a friend who will say various versions of “you’re blowing it son! you’re blowing it!” You’ll be grateful.

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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

Conceptual Modern Arnis

By Bram Frank

A seldom seen view of Arnis/Modern Arnis the Filipino fighting art of Professor Remy Arnis as seen by 1st Generation student... Bram Frank, Modern Arnis is seen through the perspective of the family art of thesip and knife/judged tools) rather than a stick. Some history of Modern Arnis in the USA is told. File Download: $40.00 Paperback: $69.00 Further information and to Order visit Lulu.com: Paperback - Click Here E-Book (PDF) - Click Here

The Association for the Advancement of Karatedo (AAK) Davao bets show their harvest of four gold medals, five silvers and four bronzes in the just-concluded 4th Adidas International Karate Championships at SM Mall of Asia Sunday.

AAK Davao chief instructor Rommel Tan, in a text message, said, “Half of the team are newbies this year so happy na rin kay nag-perform sila and won four golds. More veterans played last year so we got eight golds.” His daughter Atsuko Kiyasell Tan of Davao Christian High School rallied the girls six to seven years old division kata gold with John Paul Ponce of Adidas International School of Davao (PISO) annexed the boys 12-13 kata gold. Mark Danwao and and Clarence Ross Maramana also pocketed golds in juniors kata boys and girls categories, respectively.

How Hard Do You Really Train?

By Brian Johns

The first thing that we did was review the 12 angles of attack. Big deal right? Everyone knows the 12 angles of attack. Just go through them once and we’re done. Except I led the class in executing each angle 25 times each. By the time, we finished angle #12, we had compiled 300 repetitions.

The team also attended a kata training camp and the Advancement of Karatedo (AAK) Davao hauled a total of four gold medals, five silvers and three bronzes at the close of the 4th Adidas International Karate Championships at SM Mall of Asia Sunday.

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We will try to let these wanting to inflict pain to someone.

As one Master lamented,

interpret and teach their students,

training and seminars for private

form.


ganun we should leave arnis from

magiging magulo rin naman lalo na

but unless coaches settle their

compete in the said event.

City Sports coordinator

suspend sending entries for Arnis

Committee National Finals.

athletes from joining this year’s

the Summer Capital might cost its


Squabbling in Arnis to Cost City in PNG

Quibolon already reporting for the

of its gold mine events for the PNG.

the PNG nationals momentarily for

Responding to Gonzales, the

Decision.

the coaches of a particular club

National Finals, Arnis ranked as the

second most bemedalled team for

compete in national events.

most likely to come across every

all the top teams nationwide when


Disagreements in Arnis

soared just recently after another

of a combination of clubs

volunteered to be part of the

ago. The resulting event is one of the

However, what the city doesn’t

the city does not have a choice but to

those interested to be included in

has expressed his desire to see

for private coaches to compete in the said event

unless coaches settle their

in the matter, then the city should

for private coaches to compete in the said event

the board of the continued strife, the

City Sports Office may

suspension of sending entries for Arnis

agreed that Arnis has the most
to compete in the said event

or time in the arts. If I learned

other. I've seen blog posts where

on Youtube and DVD. The higher

if you sell a course or book

the best, they are not better than

or more students in two hour

an old Teacher does not make one a

the best, the most knowledgeable

or time in the arts. If I learned

or have students who are

or time in the arts. If I learned

The Hierarchy of FMA’s Teaching Class

by Mustafa Gultata

Some of you may dismiss this discussion as a matter of semantics, but this really is a serious business.

One who teaches the art

are not created equal, and what

separates us is so much more than

which style we offer to teach to us.

I imagine I would like to introduce a few of these things to the

and then there is Teachers.

with the river of the river

and behavioral importance of

We have a higher

The problem is that being an

Are there any who know the

we are teaching.

the arts, we have a

must first be an expert

then be a Teacher. A Black

Expert Certification is a

The Deansug Fixed Blade Knife

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Free contact us for any further questions. - Thank you for your interest and support! - Maraming Salamat Po!

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Unreal Martial Arts Training

By Jayson Vicente - The Sun.Star Baguio

January 14, 2016

In a recent interview with Mandirginya.org, he said, "Martial arts training is not real, it is no, it is not martial arts.

"It is just the art of "firing off.""

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The Longstick Oli System

Long Stick Fighting Method

By Mart Lawton

This book is about skills where an able

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Secrets of the Filipino Fighting Arts

Words from a Modern Day Warrior

This is a 4 foot long staff constructed of dense rattan and finished with a clear coat for added durability. Used by Arnis Tadpo and Dole Pares for long stick fighting where theணீ台南’s 33 - 18 oz. Weight approx. 1.3 - 1.8 oz. Bright pattern may vary slightly from picture. #WF018A

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Lastly, we are a member driven group. If you wish to put forth an individual for possible membership, it can only be done with your permission. However, if you would like to receive a certificate, a small donation can be made. It is not required. Once you have formally been inducted, you may bring receive a generous rate.

For overseas please contact me at mail@hatuwi.com or facebook John Harvey.

The Secret Art of Derobio Escrima

By Grandmaster John Harvey

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 counting. 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 others. 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.

Mustafa "Maurice" Gadultra is Filipino Martial Arts instructor based in Northern California, with branches in the Washington, DC area. He teaches Pino-Ja Kung Fu, Kali, and Eskrima full-time in his school in Sacramento, with satellite classes around Northern California. His school is called the Typhoon Philippine School of Martial Arts. His specialty is fighting stick and empty hand.

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

By Master Marc J. Lawrence

The traditional arts are known as Kali, Eskrima or Arnis, stick, knife and hand to hand fighting was developed over a period of many centuries in the Philippines as her people fought for their independence from foreign invaders. Each skirmish with a new culture added to the Filipino Martial Arts as warriors developed techniques to combat foreign styles. Subsequently, more than 100 different Filipino Martial Arts styles developed, which can be grouped into three complete self-defense systems which utilize sticks, swords, empty hands and other weapons. Our core system is a Mountain Visayan fighting system bought to the USA by our system's Founder (Pundador) GM Felix Roiles. His Grandfather called it Pakamut also called Pangamut. This referred to having skilled hands in Cebuano, a Visayan dialect. He shared this with Marc Lawrence, his families fighting system. Marc L. awrence 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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Volume 2: Controlling the Axis, Multiple Strike Strategy, Defenses & Disarming …
Volume 4: Arnis De Mano '14 Uses of the Live Hand': - 14 Uses of the Live Hand from the Arnis De Mano System when fighting with a single stick: Re-Enforce, Augment, Checks, Passes, Jams, Pushes, Pulls, Grabs, Hooks, Spreads, Punching, Blocking, Pinning...
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Order from Punong Guro Marc Lawrence and receive a package deal plus his book "The Basics of Filipino Martial Arts"

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