

Propagating the Filipino Martial Arts and the Culture of the Philippines

The Killing Art: Filipino martial arts

By Jason Cruz



Belton Lubas demonstrates using a stick against a man armed with a knife. (Courtesy: Belton Lubas)

Denzel Washington, Matt Damon, and Melissa McCarthy have all trained in Filipino martial arts (FMA) for action roles in movies. It's an art that is known for self-defense techniques and the bluntness of its attacks.

"You've probably seen it, and didn't even know it," said Belton Lubas, a high-level practitioner and the Filipino martial arts instructor in Bellevue.

While it may not be well-known, the Filipino martial arts has been used in many popular movies. "When you look at action films, the satisfaction of wanting to see that violence is what is attractive," explained Lubas.



Bringing down an assailant with a knife. (Courtesy: Belton Lubas)

Due to the "dark" nature of the system, Lubas describes the Filipino martial arts as a "killing art." "There are no points, it's straight to the point," explained Lubas.

In practice, the Filipino martial arts includes the use of sticks, blunt objects, and blades. The stick is the symbol of the blade. "When you practice with the stick, you practice with the lines [involved in stabbing or slicing your opponent with a blade]" said Lubas. It is a very combat-effective art and is known for its use of adapting to situations, overcoming dangers, and improvising the use of weapons when needed.

The martial art was developed in the Philippines and cultivated by different regions and families, although the three most popular forms are Arnis, Eskrima, and Kali. According to some historians, the martial art has been around for over 2,000 years and predates many other types of martial arts. All three forms include open hand and weapons such as sticks, knives, and bladed weapons. The martial art was a necessity for the Filipino people, as the island country had to fend off invaders and local conflict. Thus, it became more of a fighting system which incorporated common resources in usually close-quarter, combative situations. Lubas indicated that to this day, many combat special-forces either train in the Philippines or utilize the techniques in training for combat.

Ferdinand Magellan, whose expedition arrived to the Philippines in 1521, met Filipino warriors led by the legendary Lapu-Lapu. Instead of conceding their way of life to the Spanish, Lapu-Lapu led the Filipinos against the Spanish expansion. It was the Battle of Mactan in which the Filipinos utilized the martial arts against the Spanish forces, which were armed with rifles and crossbows. Lapu-Lapu's warriors wounded Magellan and eventually killed him in battle.

For Lubas, his martial arts ca-

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reer began in 1994 when he was in San Jose, Calif. However, he did not get involved with the Filipino martial arts until 2007. Lubas, who is Filipino and originally from Guam, recalls the story of seeing an individual doing stick work. The instructor asked him if Lubas was Filipino. Lubas said yes and the instructor told him, “this is your art.” From there, he learned that his father practiced the Filipino martial arts. Lubas was instructed by three main teachers. His systems are from the Visayan region of the Philippines. After learning the Filipino martial arts, he began to teach it. In addition to learning the dif-

ferent types of systems, Lubas states that you must come up with your own interpretation. Lubas’ passion to learn about the Filipino martial arts included going to the Philippines to train with one of the Grandmasters of the Filipino martial arts. Lubas’ intense schedule included training 12-14 hours per day. Lubas teaches the Filipino martial arts for Elite Brazilian Martial Arts in Bellevue. When watching a class, there is the use of open hand techniques, sticks, and training knives. There seems to be a rhythmic thrust and parry between two individuals practicing. As one individual attempts to come

forward, the other uses a set of blocks and counterstrikes and vice versa. To the untrained eye, it appears that they are just doing a pattern. “It looks like we’re just banging sticks,” explained Lubas. However, it is more than patterns. Lubas explained that many that are drawn to the Filipino marial arts have done their research on the subject and are interested in learning more. Also, people are intrigued when knives (the knives used for training in classes are not sharp) are used to train. The use of a knife in training shows the practical nature of dealing with a real-life situation when one’s life might be in danger.

Northwest Asia Weekly
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Babes and Blades: Why Women Should Train With Knives

By Ms. Typd

It was a crisp spring day outside when I took my first edged and improvised weapons class. We started how most training classes do, with introductions and reasons for why we were there. It wasn’t but a few days earlier that a trip to the State Capitol building also meant I would have to go in unarmed. After carrying almost every day for the past two years, walking through the parking ramp and into the Capitol without my firearm left me feeling vulnerable. So when it was my turn to introduce myself I blurted out something like, “Because I want to become as familiar with carrying and using a knife defensively, as I do with my gun.” And there began my journey into the exciting, but often equivocal, world of edged weapons training. If Napoleon Dynamite would have met Chad McBroom from Comprehensive Fighting Systems and learned some edged weapons skills instead of wishing he had nunchuck skills, the ladies would have been asking him to prom. Joking aside, sweet blade skills aren’t only for men and Chad is someone who

wants to make edged weapon training less intimidating for women. After getting to know Chad over several months, I naturally I had questions for him about the subject, and by his responses you can tell he isn’t from the Rex Kwon Do school of martial arts. **Why should women consider edged weapons training?** There are a number of reasons that I recommend edged weapons training in general; however, when it comes to women in particular, the knife is a great equalizer. Although I’m not a fan of the show, there is a great line by Rachel McAdam’s knife-packing character Ani Bezzerides in True Detective: *“The fundamental difference between the sexes is that one of them can kill the other with their bare hands. Man of any size lays his hands on me, he’s gonna bleed out in under a minute.”* It’s funny. I have women come to me all the time and say “I don’t want to learn all of that knife stuff. I just want to be able defend myself against a man who is

much larger and stronger than me.” I tell them, “Okay, here’s a knife.” There seems to be this aversion to edged weapons training among most women, but it is actually quite ironic. You can train in Krav Maga or some other form of empty-hand self-defense, but those require a certain amount of physical power to be effective. The blade does not. That is what makes it the great equalizer that it is. At contact-range, there is no greater weapon than a knife.



From True Detective: Ani Bezzerides training with her war post.

Is there a particular style of knife that works better for women? That’s a difficult ques-

The art helps address the situation and how to defend oneself, as well as a counter to the danger. As Lubas points out, law enforcement, special forces, and the military have trained in the Filipino martial arts as a way to supplement its combat training. The close-quarter fighting involves short, blunt weapons in subduing a criminal or enemy. There is no set system of time for promotion in the Filipino martial arts, although the process for achieving a black belt takes time. Testing occurs in some specific systems to promote practitioners to different levels. tion to answer. Generally speaking, I would say, no. There are a lot of things to consider when choosing a defensive knife (I use the term defensive to indicate that the dedicated purpose of the knife is for self-defense), but the most important thing is to choose a knife that fits well in your hand and carry it. I am a big advocate of the Wharncliffe-style knives because of their ability to cut deeply due to their blade geometry. That is usually what I recommend for a defensive blade. The great thing is you’re not limited to just one knife either. It is a good idea to carry multiple blades in different locations on the body to ensure that you can always access at least one of them regardless of the scenario. For example, you might carry a tactical folder clipped to the inside of your front pocket on your dominant side, a medium sized fixed blade in an appendix sheath, and a small neck knife on a chain or clipped to the inside of your bra. This would give you a lot of options from various positions.

What are some things women should consider when purchasing a knife? When it comes to knives, you typically get what you pay for. As a general rule, expect to pay at least \$50 for a decent knife. There are some exceptions, but usually anything under that price range isn’t worth your time. Resist the temptation to go for the pretty, “girly” looking knives unless you have really done your homework. You’ll find a lot of these types of knives at the mall kiosks and gun shows. They are usually cheap junk and not worth your time or money. If it’s pretty and cost \$12, run away. There are some really great hideaway knives out there that are great for the ladies, too. For example, there is a company called Booby Trap Bras that makes sports bras with a built-in knife sheath that allows you to carry a small knife while out running or exercising. I have also been helping my friends over at Ace of Blades Apparel to develop a sweatshirt with a built-in, light-weight knife & sheath system. There are solutions to just about every carry concern if you look hard enough. I’m also always happy to answer specific questions from ladies looking to by a knife. **What other training would you recommend to supplement edged weapons skills?** I believe that if you are serious about self-preservation, then you should train in as many areas as possible. Firearms, Impact Weapons, Empty-Hand, Escape and Evasion, etc. You should never limit your training. Make sure you seek out instruction from competent and reputable instructors in those fields. There seems to be some really quirky “instructors” out there. How do I know who is a reputable person to take training from? Oh man, where do I begin? The truth is, there are probably more edged weapons instructors out there that

you shouldn’t train with than ones you should. Since this field isn’t regulated in any way, you have to rely upon industry recognition, peer recognition, and professional recommendations/endorsements. Is the instructor recognized by leading companies in the field? Is the instructor respected and endorsed by a consensus of reputable peers (i.e. other reputable instructors)? Are there professional organizations (i.e. law enforcement agencies, military units, etc.) that have found value in what the instructor has to offer? Sometimes you have to go with your gut instinct. Edged weapons training is complex, but it’s not difficult. That may seem contradictory, but the truth is the movements and principles are simple. The complexity comes with the increased ability to apply them. If the instructor has to convince you that what he is teaching works, then it doesn’t. **Do you have any recommendations on simple drills ladies can do at home to keep our skills sharp?** Absolutely! There are a number of solo drills that you can do to practice and hone your skills. One drill is what we call “shadow shanking,” which is similar to shadow boxing. It is a catchy name for practicing your cuts, stabs, footwork, and techniques in the air while visualizing what your opponent is doing. This is a great way to develop your movements. Another excellent drill that I do all of the time is called “war post training.” Set up a solid wooden post or find a telephone pole or old dead tree and attack it with

your blade. Practice cutting, stabbing, moving around it, hitting it with your checking hand (empty hand), etc. This develops your grip strength, power, and accuracy by giving you a solid target to strike against. You can paint lines and circles on it to give you visual targets to hit for even better accuracy training. Finally, have your boyfriend, husband, or anyone you can use as a training partner (preferably a male who is bigger and stronger) and have them place you in different assault positions so you can practice getting to your knife from those positions. Some examples would be from a rear bear hug, a rear choke, pinned on the ground, arms trapped, etc. This gives you the opportunity to work out how you would get to your knife while helping you determine the best placement for your knives. Make sure that you use a quality training knife when conducting any kind of training, not your live blade. It’s best if you can find a trainer that matches the knife you carry so that you can get the most out of your training. Most quality knife manufacturers offer aluminum training versions of their most popular knives, and most custom knife makers will make you a trainer to match their live blade if you ask. There are also several companies that make trainers to match popular knife styles. **Where can I find information on a Comprehensive Fighting Systems class?** You can visit my website at www.compfightsys.com to

learn about my weekly classes in the Tucson area, as well as upcoming seminars and private training opportunities. There’s also a lot of resources on my website, such as links to articles that I have written on the topic of edged weapons and links to product reviews. You can also find Comprehensive Fighting Systems on Facebook and Instagram if you’re into social media. I’ve recently begun working on a program that I call Bladed Babes to promote edged weapons training among the ladies. The idea is to educate women through training and provide resources that they will find particularly beneficial to their unique needs as women. This includes specialized product awareness like the Booby Trap Bra I mentioned earlier. I want women to realize that they don’t have to stop being beautiful, or feminine, or sexy to learn knife skills. **Do you ever travel out of state?** Yes. I do travel to conduct seminars at various training venues, which typically include martial arts studios, gun range facilities, and law enforcement training sites. I have a number of packaged courses that I have developed to deliver in seminar format. Anyone interested in hosting one of these courses can contact me through my website. While the motivation for myself to seek and take training was very apparent to me, some of you might still be unsure how it would benefit you. Let me tell you...there are things that you think you will never need to know, that you may only need to know at one time in your life that could save your life, because you had that knowledge and training. You now have a solid resource to start your own edged weapons journey. If you value your life and your families lives, invest in training.

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Martial Arts and Mental Health

By: Eric Primm

Mental health continues to be a taboo subject that we hide and avoid. Martial artists are as guilty of it as anyone else. We project toughness and fitness because that’s what martial artists are supposed to do, right? A typical class will touch on physical health in a number of ways. I’m often talking about my diet and weight loss with martial arts friends. We’ll discuss stretching and weight lifting. But we never talk about emotional and mental fitness. Why? Because when you say mental health, we’re programmed to jump to the worst case scenarios. We think of dangerous individuals who hold society in harms way. These are the outliers, though. They get the most attention because they are the scariest, but they are one end of a spectrum. The reality is that mental health is not constant for every human being living. Inside every class, there are individuals dealing with issues we don’t understand or even know about. Those issues range from work related stress to financial worries to depression to a negative self image. These same individuals may come to the next class without any of these issues. Much like physical fitness, emotional well-being is not static. Mental health ranges from stress and self esteem maintenance to more extreme issues, like depression, and the martial arts are one of the best tools available for improving mental health.



We’re bowing at the end of testing and sparring. Respect flows from student to instructor for the knowledge, and respect flows from the instructor to the student for putting in the time and effort. Often, the selling aspects of martial arts will include positive benefits like discipline and focus. In my mind, these are equated to improved strength and cardiovascular health. These are great reasons to join, but they are only part of the changes people undergo. In addition to improved fitness, martial arts also maintain your body. The constant movement keeps your joints limber and muscles pliable. Just as martial arts improve and maintain the physical, the mental is also improved and maintained. Yes, we improve our discipline, and we become goal oriented. But we also shore up our self esteem; we work off our stress; we learn that we are capable of more than previously thought. Somewhere, along the journey, each of us is faced with moments of doubt. Can I really do this? The



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answer to this question is truly meaningless, but the attempt to answer it is priceless. Facing these doubts and continuing on might be the best way to shore up mental health. At some point, we all struggle with a technique. We lose a sparring match. We might fail tests. Others will progress faster than us. Our own progress will plateau. Life will interfere your training. Injuries happen. None of that matters. Showing up to class after any set back does matter. Because the moment we step on the mat again, we can look back at all the obstacles that kept us from training and see how we’ve overcome. We can see the struggle and know that being back on the mat is a victory.

Also, ridiculous exaggerated war faces are important.

The next time you step on the mat, know that you are improving your health – both mentally and physically. Pat yourself on the back for having the discipline to show up to class. Take a look at how far you’ve come along your journey, and resolve to continue on that path to self improvement.



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About ...

Living in Harmony With Nature: A Lesson From the Agtas of Tiwi

By Lyn V. Ramo

Legazpi City — The tribal leader said he lives nearby. Speaking in Tagalog, he said, “*Diyan lang (nearby),*” when asked where he would go home to. To indigenous peoples, the phrase “*Diyan lang,*” is as simple as pointing to the back with a hand over their shoulder. Without clarifying further, the “bagong salta” (newcomers) might be in for a long walk over the rugged mountain terrain they have never trekked before. Indigenous peoples are used to walking long hours, their stamina not even challenged, partly because they are used to it, and partly because they are healthy enough to face the hardships owing to the nature of their communities. This explains the phrase “*Diyan lang,*” which may refer to a distance that would take the “bagong salta” three days to reach.

They said they did not choose to live a poverty-stricken life. They are not bound to suffer as they have been living in mineral-rich and nature-bountiful lands their forefathers have nurtured for generations. The mountains used to give them precious metals such as gold, silver, copper, nickel and many more. The rivers used to teem with fish and other marine resources. The plains gave them the needed cereals, meat and vegetables.

Their forefathers used to enjoy the richness of their ancestral territories, until the “*bagong salta*” brandishing a piece of paper, told them to leave because machineries would come and build school houses and roads, not just for the “natives,” but for national development. Tiwi has also lost its hot springs to the geothermal plant, which now produces 289 mega-watts (MW) of electricity contributing some eight percent for the Luzon grid. Tiwi geothermal field is one of only two commercially operating geothermal plants in the country. The other, producing 459 MW, is Makiling-Banahaw geothermal field in Laguna and Batangas provinces.

Renewable energy could be the answer to global warming because it does not produce much greenhouse gases. The Agtas of Tiwi, Albay are not exempt from this reality, although their counterparts in other areas in the Philippines are not luckier than them either. They headed farther into the mountains and now live in narrow valleys, where they could still ask their gods to control the wind and the rains.

That is the way with indigenous peoples. Their belief systems make them resilient to even the worst impacts of climate change. When they do not see any rain and their crops wither, they perform rituals that would invoke for rains and the cooling down of the temperature.

“We talk to nature through our gods to help us talk to the rain and wind,” the tribal chieftain said in Filipino. He was referring to the rituals they perform from time to time but mostly twice a year depending on the need.

The Agtas see climate change and global warming as nature’s way of punishing those who have violated it. As one Agta teacher would say, “Climate change is nature’s whip because it has been violated.”

To remedy this, the tribal leaders offer prayers and ask for forgiveness in behalf of the erring people. They invoke for the resumption of good weather.

“The holding of the ritual is the responsibility of the whole community. It is not just of the persons performing the rituals, according to Roland Atanacio,26, a teacher from sitio (subvillage) Altong in Misibis.

There was one ritual, which the Agta performed in Cagsawa, near the belfry ruins, with Lumad peoples of Mindanao. One of the Lumads reportedly saw in a vision, that Mayon Volcano would erupt. Lumad leaders then coordinated with the Agta to perform the ritual, where the “Kingdom of the unseen” was claimed to be in the vicinity of the Cagsawa ruins.

The Agtas of Tiwi, Albay are further subdivided into the Coron, Agta-Cimarron and Agta-Tabangnon. They make up 272 families who now reside in sitios Joraan, Misibis and Malem.

They live tending abaca and processing the stalks into semi-finished fiber, which they sell at P25 per kilo. They harvest abaca once in five to eight months, when there is enough sunlight to dry the fiber.

They also plant root crops, which is their staple and scour the mountain for anything that feeds them. They till the slopes of mountain sides and plant these with whatever that sustains life. “*Anything in the mountains that sustain life,*” as they refer to food crops and wildlife.

The Agtas inspired Tiwi Mayor Jaime C. Villanueva to support a program on education that would promote Perma-culture (short for permanent agriculture) at the Tiwi Agro-industrial School.

Perma-culture is nature-based organic, agro-forestry, according to Vilanueva in an interview in his office during the Coron Festival on August 6.

Living with nature, like the way indigenous peoples live, is the best way to combat climate change and global warming. There is less input in agriculture and fisheries and the result is sustainable, according to Villanueva. “We can live in the way of nature,” he told the members of the Philippine Network of Environmental Journalists (PNEJ).

The Agtas of Tiwi are among 14 million indigenous peoples all over the country. The lure of urban living and development aggression into their indigenous abode and ancestral territories have driven many indigenous peoples from their ancestral lands.

Like the Igorots of the Cordillera who have to give way to projects such as large dams and mining in the name of national interest, the Agtas and their counterparts in other parts of the country have to make do with little government attention to their plight, decline in agricultural produce and a dwindling natural resource, which may, or may not, be a result of global warming and climate change.

It was past 2:00 p.m. when the group of journalists belonging to PNEJ arrived in the place where the indigenous Agta leaders would meet the entourage. Because the leader insinuated he lives just a short distance, the talks went on longer than what the journalists and their hosts in the provincial government of Albay had expected.

It was already dark when the PNEJ convoy reached the next stop: organic farm. They wished there was another day to see other sustainable projects like the marine sanctuary and the mangrove reforestation.


On the way home, the visiting journalists could not help but wonder how many more kilometers do the Agta leaers have to walk to get home to their respective communities in the bosom of Tiwi’s Mount Malinao. Do most of them have food on the table when they get home, knowing that they have spent the whole day preparing to meet the “bagong salta”

For the Agtas of Tiwi, the phrase “*Diyan lang,*” must be referring to the road to their liberation as indigenous peoples. It is a long and winding road that may be shortened depending on how one sees development. As they always say, it is just there. - Bulatlat.com



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



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Past Events

CKF Student Competes with British WEKAF Champion!

November 27, 2016

One of our Escrima Assistant Instructors recently decided to do some reconnaissance to see what all the noise was about when it came to stick sparring competitions. Showing a lot of resilience and courage, Neil went from ‘This might be fun’ on Monday night to full on sparring on Sunday. He did incredibly well, and has acquired a lot of knowledge with which he aims to prepare for next year (with some company if you fancy having a go). Read his account and then check out the videos of his fights below.

(Note: the ‘live hand’ is an acceptable target but you’re not really allowed to do anything with it apart from ‘checking’ an opponent which is why in the Single Stick match the opponent quite often keeps it back out of the way. We train to use both hands equally which means Neil was having to combat his own training at the same time as fighting an opponent who has been training specifically for this event.)

The other night I happen to look on Facebook and made a decision that has changed my life. I saw an advert for an World Escrima Kali Arnis Federation (WEKAF) competition in Luton on Sunday the 27th of November. I decided that despite not really having any idea what to expect I would go. I contacted Col my Escrima Concepts instructor, to ask permission and things just snowballed from there. Within a day he had completely unexpectedly changed his plans, was going to accompany me and began offering tactics and

advice in addition to asking his teacher Grandmaster Steve Tappin for strategies and ideas. Now in Escrima Concepts we train to win and finish any kind of confrontation quickly and definitively as at the end of the day if an aggressor picks up a weapon to attack you they can potentially maim or kill you with no skill required, hence the phrase “*falling on your sword*”. Competition Escrima is very different, you are judged on tactics, speed, movement, both defensively and offensively. Your opponent wears armour and your stick is half the diameter and rigidity of our normal training aids (about the diameter of my little finger). You can not attack the back of your opponent, they will not stop or even react much when you hit them, you can not punch or kick, or grab or hold. So bearing all that in mind and armed with various bits of armour scrounged or brought last minute in Cambridge and 30min of practice we headed off to Luton 8am Sunday morning.

The turn out was good and some of the people we recognised from various seminars and previous Filipino martial arts festivals we had attended. A quick word with the organiser had secured me some spare gloves and we awaited the start. The day starts with solo form demonstrations, some are formal and others are “freestyle” it was quite something to watch people spinning and thrusting swords and sticks around. Then the first single stick match began, the speed and differences between our system and competition were very soon apparent! Unperturbed

Col and I began analysing and planning. Before long it was my turn, I was strapped into my armour and the whistle blew. We launched into action attacking and retreating. The first round went well my footwork and movement keeping me in control and safe, unfortunately it’s also very tiring and I had underestimated how draining. The second round I became slower and didn’t respond enough. The third was better but by then I had lost the match.

We watched many more matches finally seeing the finals and British Single Stick champions announced.

About 4 hours after my first match the time came to suit up ready for my double stick match. Unfortunately Col had needed to leave by now but the President of WEKAF and former world champion stepped in to support my efforts and “corner me” during my fight. Taking on the lessons from my first fight and learning from the matches I had been watching during the day, I went in to this match better prepared. The double stick fight was very different, I tried to not hit with as much power and attempted to use more explosive attacks combined with defensive jabs on

the retreat. This worked and I won my fight. This meant I was now in the finals for British Champion and the chance to represent not only Escrima Concepts Cambridge but also England in the European competition next summer. This was something I really had not expected and was very surprised.

A few hours passed and many more fights and it was my turn again. This time I was up against an opponent who in addition to having over 17 years experience of weapons fighting, his own martial arts school and being extremely fit was WEKAF 6 time International and British champion. I was thrilled to have reached this final stage but very nervous and knew there was very little chance of winning. I focused on the fight and began, this time my opponent used his experience of the rules and sparring, to bring the fight into his comfort zone and after a couple of tiring mistakes he had me.

But not to fear I shall be returning next year, fitter and more canny.

A huge thanks to Col for his unwavering support, Grandmaster Steve Tappin of Escrima Concepts and the WEKAF GB team it was fun.” - **Neil Ellis**

Follow the links to view the action!

Single Stick Fight: [Click Here](#)
Double Sticks, First Fight: [Click Here](#)
Double Sticks Final, Round 1: [Click Here](#)
Double Sticks Final, Round 2: [Click Here](#)
Double Sticks Final, Round 3: [Click Here](#)

Cambridge Kung Fu
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Well another Sunday morning just a slight coolness but warmed up to be in the low 70’s, oh yes winter in Arizona. A great day for The Last Phoenix FMA Training “Monthly Share”. Not a great thing that the Phoenix FMA Training “Monthly Share” are ending, but it was a great ending with the instructors that came and all shared their knowledge and skills.

Starting off the monthly share was Jeffery A. Latorre of Direct Torres Eskrima (DTE) shared some of the basic principles and philosophies of DTE on clearing and controlling the opponent, in breaking the opponents’ structure through attacking.

Following up Steven Dowd of Arnis Balite talked about some of the basic principles of Arnis Balite an how to begin the student uses a baston, once proficient moves onto the bladed weapon the bolo and then the knife, for each has their advantages and principle uses by design. Other words if you use a baston use the baston to the fullest, it is not a blade – if you want to use a bladed weapon such as a bolo use it not a baston pretending it is a bladed weapon.

Going into some basic principles of huli lusob (capture trap and attack) Steven Dowd pointed out that Arnis Balite by design, being that it is a mixture of Arnis de mano and boxing is a close in martial art by design, using angles and putting the opponent at a disadvantage while moving in.

Next up was John Jacobo of Ilustrisimo Kali and one of the godfathers of the Arizona FMA Friendship Gathering came and was asked and definitely delivered in his share to the group. Starting off with the differences of the stick and the blade in depth and especially the bladed weapon, which the type, shape and the weight of the blade must be taken into account on the way it should be handled.

Continuing John Jacobo continued in pointing out some basic principles in angling and stances in techniques towards an opponent. He had the group work on a double stick crossada using and pointing out the movements of leading with the right or left and coordinating a parry in the movements.

A brief break from sharing, Micheal Butz and Jay Sowell talked about a new aspect in promoting the Filipino martial arts. This new program is called the “Arizona Filipino Martial Arts Association (AFA)”. This association is dedicated toward the propagation of the Filipino martial arts within Arizona.

All are welcome to join in on this program for it will enhance and promote the Filipino martial arts throughout Arizona. Visit: www.the-afa.org to find out more.

Getting things started again, Alessandro Ashanti of Full Circle Martial Arts demonstrated and taught the defense against a #8 strike in

Serrada. #8 is a horizontal backhand above the chest. I played with empty hand pass with an abaniko to the temple. We progressed to dis-arms with the empty hand pass and retune strikes with the weapon. We finished with a structure break with under the armpit to a takedown.

Next up was Russell T Mackler of Viñas Arnis who introduced some basic concepts to enable practitioners to move while attacking and defending. The basic concepts involved utilized distance/range, timing, half pass and full pass footwork. The goal of exercise was to allow for some freedom of strikes and footwork to help a practitioner experience and learn more about realistic distance/ranging and timing.

Following up Jay Sowell of Direct Torres Eskrima (DTE) shared “Alternating Retreating Angles to an Advance Principles” this is retreating at an advantageous angle to avoid an attack. Advancing at an appropriate angle to jam the attack. Using the line of attack to break an attacker’s structure

The Drills that Jay Sowell had the group participate in were: Attacker with weapon, defender without, attacker feeds with a strike from the right and left. Defender then retreats at reciprocating angles (avoiding strikes) toward his rear right then left. On final strike... defender drives in arresting strike with forearms, leveling over to a palm strike. Then, while staying connected, the defender can break or redirect the arm or body of the app on antibiotics. This giving access to apply a choke.

The next drill was an empty hand version, using a Dirty Boxing approach to slip, staying tight in order to advance on the inside. Leading to a clinch and a knee to the inner thigh disrupting the attacker’s structure or possibly placing them in a position to be taken down.



The Last Phoenix FMA Training “Monthly Share”

December 11, 2016
1202 W Encanto Blvd, Phoenix, Arizona

Instructors



Finally Francisco Nuñez of the Kada Anan Eskrima style, who was the first one four years ago toteach at the monthly share was the last one on this final monthly share. Francisco Nuñez taught retirada (retreating) stepping against cinco tiros strikes. He included counter striking on both the follow and meet.

Well the “Monthly Share.”Went over time, and no one seemed to mind since the knowledge kept coming. A very excellent monthly share with knowledge and skills just continuing to come forth, and everyone just wanting more and more and seeming not to be tiring of it.

Afterwards there was not the usual barbeque so a few of the practitioners that had the time met at the Habit Burger Grill in Phoenix, AZ to eat afterwards.



Note from Michael Butz:
Today's PFT session was the last one I'll be hosting. Not just the last one for 2016 (although it is...) but the last one, period.
I'd like to thank everyone who participated, taught, visited, watched, cooked/contributed food or a combination of all these things over the last four years. Without people to attend, there is NO event regardless of any effort put forth to create it. I hope you all networked, made new friends, strengthened existing relationships, learned something new or different and (most of all) had fun spending time together.
Although PFT has come to an end, I'd like to mention that instead of continuing this event, I've decided to shift my focus and effort toward the “Arizona Filipino Martial Arts Association (AFA)”. This association is dedicated toward the propagation of FMA within Arizona.
Please feel free to check out (and give us a “LIKE”!) the FB page: [Click Here](#) or the Website: www.the-afa.org.
Again, thank you, everyone!
Michael J Butz




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Books by Bram Frank



Perspectives of Modular Instructor Guide
By Bram Frank
This book is an Instructors guide to the Modular Tactical System: Modular Blade Concepts-Martial Blade Concepts-Martial Blade Craft as developed by Bram Frank. The system is based on Filipino Martial Arts and uses simple gross motor skills and simple modules of motion to achieve tactical use. This book is an instructors guide that shows HOW to teach as well as WHAT to teach. For MBC instructors its a must and for anyone wanting to learn the concepts of MTS:MBC it will open the door to the methodology. The book features tactical tools designed and patented by Bram Frank expressly for the Modular system. The responsible use of edged tools(knives) is shown and the fact that less than lethal response is more effective than lethal to stop any opponent and control a situation. Liability and Legality of the use of the tools and training are discussed in detail. - 406 Pages

FMA Grandmasters and Masters
By Bram Frank
This book is about some the many Masters and Grandmasters of the FMA: 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 GM Bram Frank. Some are the heroes of the Philippines and the spirit of Arnis like the late Professor Remy Presas, part of American martial art history with the FMA and JKD like Guro Dan Inosanto or like GM 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! Regardless of gender these people give their lives, souls and energy to the Filipino Martial Arts. This is the first in a series of volumes of these wonderful people! This is the first book written by a non Filipino with a forward by a Filipino President: President Benigno Aquino III. - 475 Pages

Conceptual Modern Arnis
By Bram Frank
A seldom seen view of Arnis/Modern Arnis the Filipino fighting art of Professor Remy Pesas as seen by 1st Generation student / Senior Master Instructor, Grandmaster of Arnis: Bram Frank. Modern Arnis is seen through the perspective of the family art of the Bolo and knife,(edged tools) rather than a stick. The art of the blade as hidden in Modern Arnis based on the family style of Bolo is shown. The Presas family was known for teaching bolo to the brigades during WWII. Bram was named by the last of the Presas family GM Roberto Presas and The Worldwide Family of Modern Arnis and Filipino Martial Arts Council as the Guardian of the Legacy of Presas bolo. Bram's innovations and translations are shown: the same as he teaches at the FMA festivals in the Philippines.Some history of Modern Arnis in the USA is told. - 511 Pages

Bram Frank Knives
By Bram Frank
This is a 30+ year look at the knives of Bram Frank. Why he designs knives, the progression of idea, to drawing to CAD and finally to steel. It show Bram's Patents and ideas used by Bram and others in the Knife Industry. There is an overview of Brams Gunting Family of knives and his “trademark” BRamp or Ramp (Allowing for Kinetic OPENig by contact of any object), his rounded triangular hole(always able to open with Thumb easily),his Indexing(ability point to rotate from Forward grip to reverse grip and back) and his spoon clip that allows function in a flat clip. A brief overview of training, magazines and comments about Bram's Tactical and Practical knives that have influenced

WHFSC Grandmaster’s Council: a compendium of the world’s leading Grandmasters
By Bram Frank
This a compendium of the world's greatest council of Grandmasters. These Grandmasters both past and present represent an amazing history of the martial arts. It contains their bios told as they want it heard and seen along with pictures past and present of these Grandmasters. The WHFSC World Head of Family Sokeship Council brings together Grandmasters and Sokes from every style of martial arts to a yearly meeting, with an awards dinner, Hall of Fame and seminars sessions given by the Grandmasters themselves. Included in the book are some of the upcoming masters in the martial arts. - 645 Pages

WHFSC GM book vol #2
By Bram Frank
Vol #2 is a compendium of the worlds Grandmasters of the WHFSC World Head of Family Sokeship Council. These Grandmaster and Masters are those on the committees, boards, and representatives plus hundreds of grandmasters that weren't in volume #1 due to the numbers of members of the WHFSC. These members, in Vol #1 and Vol #2 make up a large piece of the history of martial arts in the current times. Almost every martial art known is represented by these Grandmasters and Masters. Their bios and stories are told in their own words with current and historical pictures. - 639 Pages

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Health and Safety



Drink This to Avoid Cancer, Diabetes and Mental Decline
Dr. Mark Wiley

No longer is coffee just needed nectar for waking up or staying awake. Coffee is also a healing beverage that protects against colon cancer, type 2 diabetes and cognitive impairment.

Coffee is one of those ubiquitous beverages. You either love it or leave it, and everyone is specific in how they like it. The purists will tell you it must be black in order to get the full body, aroma and flavor. Others says cream and sugar cut the acidity and make the perfect cup.

I love coffee, and as I write this article, I am sitting in Japan's Narita airport awaiting a connecting flight to Manila. I used to live in Japan, and I miss their unique charcoal roasted coffee. And in the Philippines, they are known for their unique Batangas coffee.

Yet, in the USA, even with Starbucks on every other corner, these two types of coffee are not offered. So I sit and relish in the delight of my unique coffee experience, an emotional feeling that is satiating in a way, and it's made even more so in the news of several recent studies linking coffee, yet again, to healthy outcomes.

Coffee and colon cancer

New research out of Boston's Dana Farber Cancer Institute indicates that drinking caffeinated coffee not only reduces the risk of type II diabetes but also the return of colon cancer in those in post-treatment remission. Not only that, but coffee may also be linked as part of a potential cure of the disease.

Their study, published in the Journal of Clinical Oncology, included 953 stage III colon cancer patients who were treated with surgery and chemotherapy. Those who consumed at least four cups daily had the greatest benefits, becoming 42% less likely to have their cancer return than those who drank none. What's more, the same group was 34% less likely to die from cancer or any other cause.

And it's the quantity that counts in this case. Those who drank only two or three cups per day had less overall benefit, and those who drank only one cup per day did not see any benefit.

In analyzing the results of the new study Dr. Charles Fuchs, director of the Gastrointestinal Cancer Center at Dana-Farber, discovered that the lowered risk of cancer recurrence and deaths was entirely due to caffeine. In a Dana Darber news release, Fuchs said that in addition to coffee "people can take other measures to reduce cancer risks — avoiding obesity, exercising regularly, adopting a healthier diet, and eating nuts, which also reduce the risk of diabetes."

Coffee and type 2 diabetes



Over the years coffee has been associated with a decreased risk of type II diabetes. A 2014 study published in Diabetologia, the journal of the European Association for the Study of Diabetes, looked at how changes in coffee and tea consumption influence type II diabetes risk.

For the study, researchers examined the association between four year changes in coffee and tea consumption and risk of type II diabetes in subsequent four year follow up. During that time over 7,200 cases of incident type II diabetes were documented.

What they found was as telling as the previous study mentioned above. More coffee is better. Participants who increased their coffee consumption by more than 1 cup per day over a four year period had an 11% lower risk of type II diabetes in the following four year period. Conversely, those who decreased their consumption by more than 1 cup per day had a 17% higher risk for the disease. Yet, changes in tea consumption showed no change on diabetes risk.

According to researchers, "Our data provide novel evidence that increasing coffee consumption over a 4 year period is associated with a lower risk of type 2 diabetes, while decreasing coffee consumption is associated with a higher risk of type 2 diabetes in subsequent years."

Coffee and mild cognitive impairment

According to the Italian longitudinal study on aging, recently published in the Journal of Alzheimer's Disease, coffee, tea, or caffeine consumption may be protective against cognitive impairment and dementia.

For the study, researchers looked at the association between changes in coffee consumption, steady coffee consumption amount, and the incidence of mild cognitive impairment (MCI) in 1,445 participants, ages 65-84.

They found that cognitively normal individuals who consumed one to two cups of coffee regularly had a lower rate of incidence of MCI when compared to those who drank less coffee or none at all. Where changes in consumption are concerned, the findings are less ideal.

"Cognitively normal older individuals who increased their coffee consumption had a higher rate of developing MCI, while a constant in time moderate coffee consumption was associated to a reduced rate of the incidence of MCI."

In the case of MCI, constant and steady wins the race.

Additional thoughts

No longer is coffee just needed nectar for waking up or staying awake. Nor is it just for emotional uplift and after-dinner conversation. No, in addition to these fine things coffee is also a healing and protective beverage that should be drunk in moderation as described in the studies. As a migraine sufferer, I will tell you, too, that spacing the cups out — two in the morning and two in the early afternoon — will give you the health rewards while leaving the headache trigger behind.

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- Coffee Consumption Habits and the Risk of Mild Cognitive Impairment: The Italian Longitudinal Study on Aging



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Is Your Training Functional or Circus Act?

By: Scott Tindal, Coach

Functional this, functional that... The word has overrun my social media feeds, and is the subject of countless articles across reputable and not so reputable websites. To be 100% honest, it does my head in. Why? Because half (and that's being generous) of this content is absolute rubbish and does not reflect function. By definition in the Oxford Dictionary:

- "Function"**
1. An activity that is natural to or the purpose of a person or thing.
 2. Practical use or purpose in design.

If function is natural and has a purpose, you have to ask yourself what a lot of trainers and physios are doing. They may say they're doing functional training, but is it? Or is it just a simple movement pattern, or something they made up that does nothing and makes you look like a fool in the gym?

Quantifying Function

It is pretty damn difficult to quantify true function in a specific sport. Attempts are made within sports to quantify certain aspects by applying a numerical value to a specific act. In rugby, for example, the tackle made by a player can be graded from 1-5, where 1 is a missed tackle and a 5 is a hit that forced a turnover. As you can imagine, there is a high degree of subjectivity or personal bias associated to such a scoring system, and gray areas will exist.

When a search for evidence in the literature is undertaken relating to function, the most common finding is the Functional Movement Screen (FMS). The FMS is a system devised by a group of American professors and physical therapists that attempts to quantify movement with a scoring system, where 0 represents pain that inhibits movement, and 3 represents perfect movement form for the seven movements prescribed: overhead squat, lunge, hurdle step, straight leg raise, push up, and rotary stability.

I have a decent amount of experience with the FMS (and the SFMA), as I was one of the first accredited practitioners in the UK and spent some time with Gray Cook and Kyle Kiesel (two of the developers). Both these guys are extremely clever and their thought processes are excellent. I have utter respect for what they are attempting to do with quantifying movement. However, it is movement they are quantifying, and I would argue the function part is equivocal. For sure, if you squat, lunge, step over, or do a push up, it is measuring your function, but only if these movements are functional to that individual. If you score badly on the FMS, does it mean you are destined to be injured or not be able to do a particular sport? Of course not, and I don't think even Gray or Kyle believe that.



If a movement screen doesn't test things you need to do, can it be called functional?

provide the sensitivity needed to assess injury risk among adolescent pace bowlers and no other accurate cut-off score could be calculated." The FMS composite score of <14 is now no longer viewed as the essential cut off point. Now, the individual movements and asymmetries are placed with a higher importance in predicting injury.

Another example comes from a study investigating the FMS and chronic low back pain.² The study recruited 20 chronic back pain sufferers and 20 healthy subjects. Unsurprisingly, the chronic pain sufferers had a reduced capacity to perform the movements, specifically the squat, hurdle step, straight leg raise, and rotatory stability tests. The



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surprising thing from this study was that the authors concluded that the FMS could be used "as a functional assessment tool to identify functional deficits in chronic lower back pain patients." But the FMS assesses specific movements, and unless these individuals do them all the time as part of their life, the FMS is not truly assessing their function, but merely a specific movement and their ability to do it.

Don't get me wrong, the FMS can be useful for seeing what a patient can and cannot do. It is a great tool to use as a marker of their ability to do a squat, lunge, push up, etc. in order to create a baseline for them and get them towards exercise, but it is not looking into their function. Only when you investigate and decipher what is really going on in a chronic pain sufferer's life (physical and psychological) do you get anywhere near what constitutes true function for them.

Training for Function

I am not bashing the FMS—I like it. I have a bastardized version I use that includes movements I believe are important for athletic ability. The take home message here is that functional training should reflect the function you require. So if you are doing functional training that involves walking handstands, I guess you are in the circus. Why not instead call it movement training, since that is what it is?

I work in professional sailing with Oracle Team USA as they attempt to defend the 35th Americas Cup. These guys are athletes—true athletes. They lift weights three times per week (power cleans, deadlifts, bench press, squats etc.), sail for 2-4 hours up to four times per week, and top up with pedestal grinding sessions for fun. The training they do is functional. The deadlift or RDL they do is used specifically to train the posterior chain. The posture they are in during these lifts is very similar to the posture they are in during grinding. We also know from several studies related to grinding performance that the involvement of the lower limb is paramount to performance.³ Therefore, a significant amount of their training involves squatting, deadlifting, and cleaning. It is built into their program because it improves their function. It has a purpose, which is to make them better athletes and better at grinding and sailing in order to win the America's Cup.

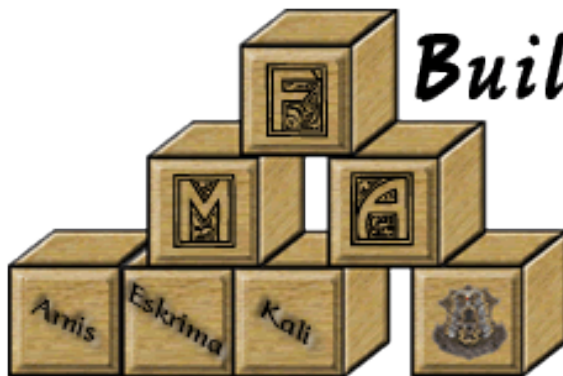


Only when a movement helps you toward a goal can it be termed functional.

The other key principle to consider is Specific Adaptation to Imposed Demand (SAID). This principle states that if you do something enough times, you will positively respond and adapt to it. Therefore, grinding on grinding machines is perhaps the best example of functional training that the sailors can do in order to adapt and improve their performance. The strength training translates to improving grinding performance and can be considered additional work for a specific, functional task.

Am I against drills that improve mobility, co-ordination and proprioception? Absolutely not! Am I against calling every new exercise developed by someone with an interest in physical activity a functional drill just for the hell of it? Yes! So the next time you are doing a functional exercise, ask yourself—and the person giving it to you— "Is it really?"

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Building Blocks of FMA

Coordinated Body Movement In FMA

By Marc J. Lawrence


One of the biggest problems in Filipino martial arts with new and intermediate students is lack of coordinated Coordinated Body Movement. What I mean by that is that your body motion must be coordinated from your hands to your feet and all the way between. I have seen many students who can not match the strikes to their footwork in all speeds. You learn to coordinate your hands and feet first slowly. This because slow movement is smooth motion. Smooth motion is fast movement. If you can do it slowly then you with time and proper practice will become fast. You need you know the motions like you know your name.

How do you get there you should ask? You start with your strike. It starts with your stick on your shoulder. Using a forehand strike start with a strike and a step,the stick comes to rest on your other shoulder in one fluid motion in a U shaped motion. Then using a backhand strike and step. Keep your steps no wider than your shoulders. Do this from your shoulders, then from your rib line then from you knees and then work back up the body. Work on doing this walking in straight line forward then back. Next work on on moving in a circle around one side then the other. Then you work from a block to a strike transition. These will be your basic movements.

When you work on your strikes your power should come through your heels through your legs up through your hips through your core into your shoulders, down through your arms into your hands and into the stick. your motions should be a fluid snapping motion. You must learn to move with a relaxed tension. That means your motion should be a steel chain and ball being swung, it is fluid but in motion but but tightens in the moment of impact. You should now learn to do this while walking and breathing. Breath in through your nose and slowly out through your mouth.

As you build your skills you have basic movements that you must coordinate through your entire body, striking and movement, blocking and movement, then you have breathing and movement with striking and blocking. This will allow you to building your skills of coordinated body motion. I know you may say this is simple but to learn to be truly fluid in your motion your must learn to move your body smoothly so that your stick glides through the air like a bird's wing. As you build in speed you should still be smooth and fluid. Your stick will start to whistle as you move quickly and fluidly. As you speed up you find you are now able to do two strikes to one breath with a step. Then you will build up to two strikes and a block with a step and a breath in a simple fluid manner. You will be on your way to building the skill of coordinated body motion.

Remember to train as it your life depends upon it. As it may some day. Stay safe out there.



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

Grandmaster Remy Amador Presas

"A team of first generation Modern Arnis students in Pennsylvania has begun compiling a book about the art and its Founder, the late Grandmaster Remy Amador Presas, as a tribute on this fifteenth anniversary of his passing. The Presas family has given its blessing to this project, and encouraged the Editors to seek submissions from all students of the art, regardless of school or system, provided that the overall tone of the material is positive. Anyone wishing to contribute an insight, story, or memory should send it via e-mail to remypresasstories@gmail.com (along with a photo if they wish to have it appear alongside their submission). Please consider coming together with your fellow arnisadors from all around the world to be part of this very special tribute to the man, the master, and the art."

Filipino Filmmakers Shed Light on the Forgotten. They Hope It Can Last.

By Amy Qinn



Brillante Mendoza, the Filipino film director, in Paris this month. Credit Patrick Kovarik/Agence France-Presse - Getty Images

MANILA — The Filipino director Brillante Mendoza had already presented his latest film at the Cannes Film Festival when President Rodrigo Duterte took office in the Philippines in June. But since then, the movie, “Ma’ Rosa” — a gritty, unvarnished depiction of drug use, police corruption and survival in the Manila slums — has acquired new relevance, as Mr. Duterte has accelerated a blistering crackdown on drugs, leaving thousands of Filipinos dead.

“*Drugs, corruption — it’s happening all around us*,” Mr. Mendoza said recently at his studio in Mandaluyong, a city that is part of metropolitan Manila.

In the film, Rosa (Jaclyn Jose) is a working-class convenience-store owner who resorts to low-level drug dealing to support her family. After she and her husband are arrested by the corrupt local police, their four

children must scramble to buy back their freedom.

“*Rosa may be a bad citizen, but she is a good person and a good parent*,” Mr. Mendoza said. “*People don’t see this perspective.*”

Has Mr. Duterte, the Philippines’ most zealous antidrug crusader, seen the movie?

“*I invited him to the premiere and sent him a copy of the DVD*,” said Mr. Mendoza, who directed the president’s State of the Nation address in July. “*But I’m not sure if he’s seen it.*”

Mr. Mendoza is part of a growing wave of moviemakers in the Philippines who are using their medium to shed light on often overlooked corners of society.

Many of their films are neorealist in style, telling stories of poverty, drugs, postcolonial malaise, bureaucratic corruption, environmental ills, homosexuality and the thriving ethnic diversity found across this archipelago nation. Typically made independently, without

best director at the festival for his film “Kinatay.” In September, another prominent Filipino director, Lav Diaz, won the Golden Lion at the Venice Film Festival with “*The Woman Who Left*,” a four-hour film noir about a woman who seeks revenge after being wrongly imprisoned for 30 years.

“*The success of Philippine film abroad has not been an overnight sensation*,” said Roger Garcia, executive director of the Hong Kong International Film Festival. “*It’s taken some time to build up. They have been very persistent.*”

It’s been a remarkable turnaround for an industry that just 15 years ago was nearly moribund. In the early 2000s, production had dwindled to about 50 films a year, from around 150 in the 1980s.

The country has experienced what are often called two golden ages of film: in the 1950s, and again in the 1970s and early 1980s (during the martial law years under President Ferdinand E. Marcos).

During that second wave, directors like Lino Brocka, Ishmael Bernal and Mike de Leon, working in the face of censorship imposed by the Marcos regime, made their names with socially conscious and political films and paved the way for this generation of independent filmmakers.

But the film industry as a whole struggled with piracy and competition from Hollywood. Not until the early 2000s did independent film begin to flourish again.

With the introduction of digital technology, the costs of making a film dropped substantially. And with less money on the line, filmmakers and investors became more willing to experiment with different forms of storytelling.

“*Digital technology virtually emancipated us*,” said Mr. Diaz, who is known for his experimental slow-cinema style. “*We own the medium now.*”

Around the same time,

finding the money to make new work became easier after the advent of several Philippine independent-film festivals.

In its first year, in 2005, the Cinemalaya Philippine Independent Film Festival received a flood of pitches from around the country, from Manila down to the southern island of Mindanao, for a program to help fund full-length features by young directors. Ten entrants were awarded grants of about \$10,000 apiece — enough to cover roughly a quarter of the cost of a low-budget movie in the Philippines at the time.

“*Before, it seemed like there was nothing more to learn about Filipino culture through film*,” said Laurice Guillen, a veteran director and a founder of Cinemalaya. “*But then the submissions starting coming in, and it was amazing. Most were stories that we had never heard of before.*”

One of those first films was Auraeus Solito’s “The Blossoming of Maximo Oliveros,” a coming-of-age story about an effeminate boy who lives in a Manila slum with his family of petty criminals and falls in love with a handsome young police officer. The movie picked up several awards at the Berlin International Film Festival in 2006 and went on to become the official Philippine entry for the Academy Awards that year.

With Mr. Mendoza and Mr. Diaz leading the way, many say the environment for independent Filipino filmmaking has continued to improve. More festivals have sprung up, and sources of financing have proliferated. In recent years, directors like Erik Matti (already an established director of mainstream fare), Raya Martin and Jerrold Tarog have come to the fore.

What hasn’t changed, filmmakers say, is their biggest challenge: finding an audience at home. With the exception of last year’s immensely popular historical biopic, Mr. Tarog’s “*Heneral Luna*,” commercial screens continue to be dominated by thinly plotted but crowd-pleasing melodramas, romantic comedies and action films, along with Hollywood imports.

As a result, more independent filmmakers have



A scene from Lav Diaz’s “The Woman Who Left,” which won the Golden Lion at the Venice Film Festival this year. Credit sine olivia pilipinas



Jaclyn Jose in “Ma’ Rosa,” a drama about survival in the slums of Manila. Credit Center Stage Productions

studio backing and on shoestring budgets, the films often blur the lines between documentary and feature.

Many have also found their way onto the international festival circuit — some with great success.

Ms. Jose took home the prize for best actress for “Ma’ Rosa” at Cannes in May, seven years after Mr. Mendoza was voted

turned to the international festival circuit in search of recognition. For many, it is also their best chance to find foreign distribution. After its Golden Lion win in Venice, for example, “The Woman Who Left” was picked up by distributors in countries including China, France and Italy. “Ma’ Rosa” will be released in France on Wednesday.

Some critics say the films favored by festivals abroad tend to cater to a widespread perception of the Philippines as a bleak, impoverished place of slums, corruption and drugs. The term “poverty porn” is often tossed around, but filmmakers vehemently oppose that characterization.

Mr. Mendoza turned the question around. “I live in a developing country,” he said, adding that a large percentage of people live below the poverty line. “So is it poverty porn when you are

telling stories of society?”

In recent months, filmmakers have faced a more immediate concern. Until now, official censorship has not been a major worry. At the 2009 Cinemalaya, for example, the director Pepe Diokno presented “Engkwentro” (released in the United States as “Clash”), based on extrajudicial killings carried out by death squads in Davao, the southern city where Mr. Duterte was then the mayor.

But with the ascension of Mr. Duterte to the presidency, whether filmmakers will now dare to touch such subjects is an open question.

“There will be upheaval,” said Ms. Guillen, the Cinemalaya co-founder. “But I’m not sure how this will be reflected in our films, if at all.”


The New York Times
www.nytimes.com

Stickman Escrima Products



Hi-Impact Sticks and Blades

www.stickman-escrima.com



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 inch 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.

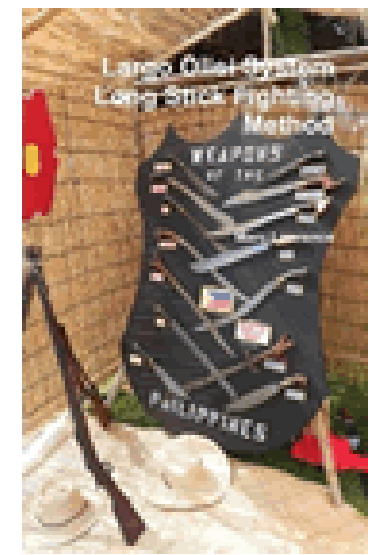
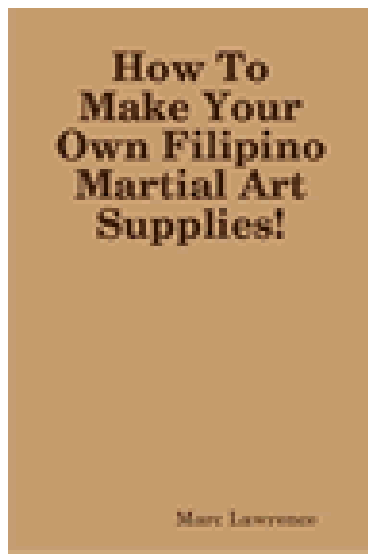
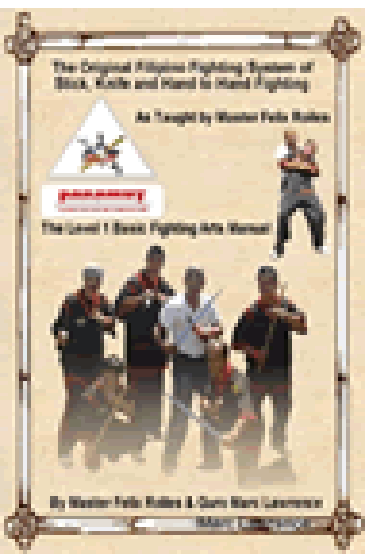
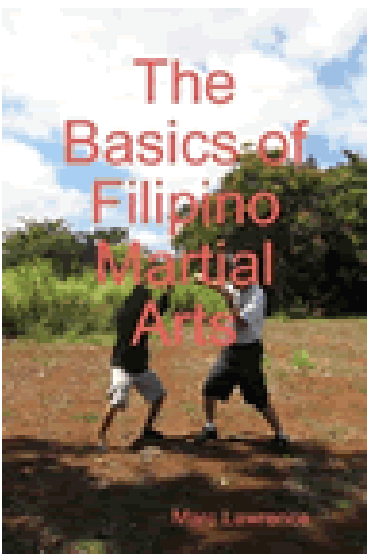
Last but not least, they are affordable. Good quality and longevity doesn't have to put a strain on the wallet.

Website: www.talimtrainers.com



fmaforum.org

Books By Marc Lawrence



The Basics of Filipino Martial Arts

By Marc Lawrence

This book is about the basics the make the Filipino Martial Arts know as Eskrima, Arnis and Kalis. This book covers the basics of footwork, striking, using sticks, knives, bolo, as well as your hands and feet. The book also contains a section on how to make your own training supplies out of basic materials. - 92 Pages

PAKAMUT Filipino Fighting Art

By Marc Lawrence

This book is about Mountain Visayan Fighting Art used to defend your village and family members. This information is battle and sport tested. This book is for those who are defenders! - 75 Pages

How To Make Your Own Filipino Martial Art Supplies!

By Marc Lawrence

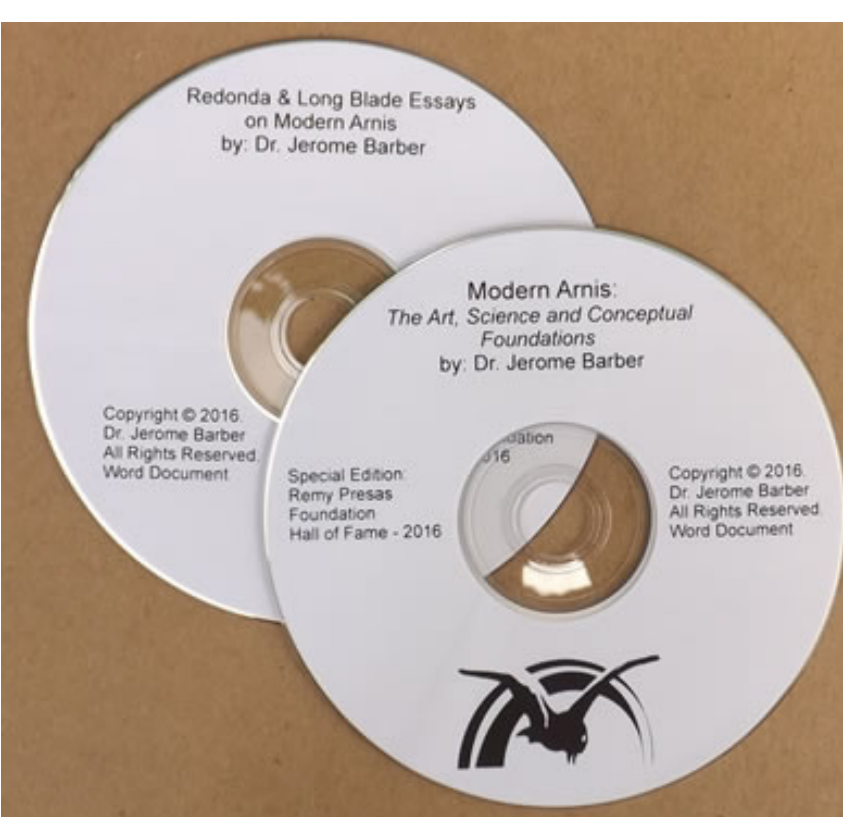
This book is how to make your own Filipino Martail Arts equipment for home, back yard or other simular location. Ideal for for anyone intersted in self defense training working on a budget. - 28 Pages

Largo Olisi System Long Stick Fighting Method

By Marc Lawrence

This book is about a stand alone fighting system that can be used for self defense, combative methods or dueling. The Largo Olisi system can be used with any other martial art system, self defense system or Military Combatives. - 118 Pages

Purchase one or all in Paperback or PDF - Click Here



Modern Arnis: The Art, Science and Conceptual Foundations

By Dr. Jerome Barber

The definitive book about the hidden conceptual foundations of the Modern Arnis Filipino Martial Arts System, developed by the late Professor Remy Amador Presas. This book explains hidden conceptual foundations that tie all of the independent aspects of Modern Arnis into a unified whole, stand alone, FMA system. Dr. Barber has taken the written ideas and statements of the late Professor Presas and woven them together to create an in-depth analysis of why Modern Arnis works so effectively and efficiently as a self-defense system.

You can obtain an e-book on disk for \$20, plus \$2 s/h, payable in a money order sent to: Dr. Jerome Barber, 14391 Spring Hill Drive, Suite 180, Spring Hill, FL 34609.

Redonda Long Blade Essays on Modern Arnis

By Dr. Jerome Barber

These two (2) essays were written by Dr. Barber, to explain how Modern Arnis can be used as an effective self-defense system. The Redonda/Block-Check-Counter essay covers a set of self-defense applications of the empty hand Redonda Drill. Dr. Barber and several friends photographed their training session for future reference and study.

The “Long Blade” essay was written to explain the relationship between the stick, Filipino long blade (bolo), evasive footwork and body-shifting in the Modern Arnis system.

You can obtain an e-book on disk for \$20, plus \$2 s/h, payable in a money order sent to: Dr. Jerome Barber, 14391 Spring Hill Drive, Suite 180, Spring Hill, FL 34609.

FMA Education: The Fundamental Core of Arnis de Mano

By: Louelle C. Lledo Jr. and Andy Sanano Jr.

Research and development of authentic indigenous classical maneuvers within FMA training has given rise to the formation of this FMA Education: Fundamental Training Manual. The basics and drills leading to skills are firmly rooted in a common language of biomechanics based upon anatomy, physiology and physics, and this is the foundation presented in this book.

FMA Education correlates the techniques of Filipino martial arts and creates a basic standard of fundamentals from which all FMA style can be built. Most improtant are the small set of “classical maneuvers” from which all techniques are based, and the two “basic strikes” from which all strikes derive.

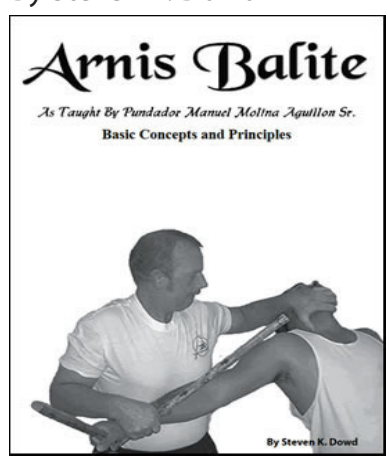
With nearly 1,000 photos and 250 pages of text, this training manual merges the authors’ previous four handbooks into a single, newly expanded and comprehensive volume. The expectation of this book is to help develop the ability of teachers and students to present a consistent educational curriculum across all of the traditional systems and schools of FMA (Arnis/Eskrima) while understanding and respecting the variations among them.

Purchase at: Tambuli: www.tambulimedia.com

Arnis Balite “As Taught By Pundador Manuel Molina Aguillon Sr.”

Basic Concepts and Principles

By Steven K. Dowd



This book will give the reader the basic fundamentals, concepts and principles of the art of Arnis Balite as taught by Pundador Manuel M. Aguillon. Though there is no replacement for in person physical training by a qualified teacher.

There are no ranks other than student and instructor. No belts accept the one that holds up your pants. Arnis Balite has never been taught in schools, but is a backyard /garage training environment. It cuts the cost of facility rent, utilities etc.

Named by his surviving family members as the most senior student of the Arnis Balite system; Punong Guro Steven K. Dowd has been appointed by the family to carry on their father’s art and philosophies until a family representative can learn the art and take the art back into the family.

Download Order

Form: Click Here



Mandirigma.org now offering Sponsor Membership

even expand capabilities.

For more information on how to be a “Sponsor Member” or donate to the cause, please go to the following link.: **Click Here**

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

Dedicated to promoting the Warrior Arts and Culture of the Philippines, Mandirigma.org has been online with this mission since 1998. Recently there have been numerous request for membership or ways that can help contribute to the site. To answer these requests, Mandirigma.org now has a donate button and additionally offers the opportunity to be a “Sponsor Member”. Every dollar helps with the monthly expenses required to maintain the website and hopefully

FMA Informative Where is the future?

Surprising with over 8,000 subscribers and just over 4,500 on the FMA Informative Face Book group page, not one thing has been submitted?

The following requests have been put out here on the FMA Informative FB group page and elsewhere. And the status of the requests.

1. FMA Informative Newspaper – No Responses

The FMA Informative is a newspaper and when enough information can be gathered on a specific topic offers an issue dedicated to that topic. The FMA Informative is designed for the Filipino martial arts community to tell others about the Filipino martial arts, their Organization, Federation, Association, style and about themselves or others. To give their prospect views or contribution of knowledge of the Filipino martial arts and the culture of the Philippines. Now also the FMA Informative covers other martial arts their concepts, theories etc.

There are various sections in this newspaper that can benefit all. The newspaper commences with articles / stories which can be a few paragraphs up to two pages.

The next section is called “About …” in this section Organizations, Federations, Associations, Schools, and practitioners can send in their logo or picture if on themselves with a brief narrative about the Organization, Federation, Associations, School, or practitioner. And of course some aspect of the culture.

Following is “Past Events”; hopefully once the event has been completed someone will send at least one picture and a little something about what happened at the event. (If no picture is available it is ok to just send in a little write up about what happened). It is nice to know what went on for those who could not attend. It’s an advertisement for the instructor, school, and overall event.

Last there is the TidBits (Fact, Fiction, Fantasy or Gossip?) section which is short articles, information etc.

Be a part of the FMA Informative newspaper. Submit articles, past events and Tidbit news items.

If interested send article and pictures to fmainformative@gmail.com

2. What will the next FMA Informative Issue be? – No Responses

The FMA Informative issue which is an online magazine, the issues are designed to speak about one subject, whether a basic concept of a style, philosophy, techniques, a cultural aspect of the Philippines etc. The submitted material must be at least 10 page minimum, but can be as long as desired.

In an issue of course a little history of the art, and also a little about the main practitioner that is explaining what the issue is about.

Topics are on one aspect of your art, the concept etc., about what is being put forth. The reason the FMA Informative does only one subject for each issue is then it is possible to do more issues and that leads to advertising you more.

So examples are:

- About the basics of your art
- About the empty hands of your art
- About the knife/bolo work in your art
- About the baston use in your art.
- About Philippine culture
- etc.

Or you can do a very basic issue that covers the aspects and concepts of your art, then in the future take it a step up to another level in your art etc.

The idea of the FMA Informative is to have the readers learn about what you are teaching and just a little about you. So they will want to come to you to learn what you have put out. Also to learn something of the culture.

If interested send article and pictures to fmainformative@gmail.com

Any questions please do not hesitate to ask. fmainformative@gmail.com

3. FMA Informative Product Advertisement – No Responses

The FMA Informative newspaper has many advertisements for weapons, DVD’s, Books etc. The FMA Informative welcomes anyone that wishes to advertise their products special services etc.

However going through some of the advertisements it has been found that links are no longer valid or the product is no longer valid.

Please check the FMA Informative newspaper (good one to check is Vol5 No 12 and see if your advertisement is correct or if you would like to change it.

Anyone that finds advertisement links that do not work, or the product is no longer available PLEASE inform the FMA Informative at fmainformative@gmail.com or PM Mar Angeles

Want to have your product etc., advertised in the FMA Informative newspaper or website submit information etc., to fmainformative@gmail.com

Please pass the word around for some may not be a member of this group...

3. FMA Informative Past Events – No responses

To Promote and Promulgate the Filipino martial arts

Having an event and you have advertised it here on the FMA Informative group page or even if not advertised here and you know of an event.

Once the event is complete if you could send at least a group picture, and maybe a little something about what went on for the FMA Informative newspaper.

For those who wish - if you provide enough write up and pictures to fill 10 pages, the FMA Informative will make an issue about the event.

What does this do?

1. Tells others that there was an event and they (if there remember) if not there then they know what they missed.
2. Advertises the practitioner or practitioners that taught which others may want to attend in a future event or when the practitioner comes to their area they will not want to miss it.
3. Advertises the school which held the event or the person that hosted the event and people can look forward to possible future events at the school or being hosted in the area.

Please send pictures and write-ups to fmainformative@gmail.com or if Facebook through Mar Angeles. The FMA Informative issue which is an online magazine, the issues are designed to speak about one subject, whether a basic concept of a style, philosophy, techniques, a cultural aspect of the Philippines etc. The submitted material must be at least 10 page minimum, but can be as long as desired.

In an issue of course a little history of the art, and also a little about the main practitioner that is explaining what the issue is about.

Topics are on one aspect of your art, the concept etc., about what is being put forth. The reason the FMA Informative does only one subject for each issue is then it is possible to do more issues and that leads to advertising you more.

If interested send article and pictures to fmainformative@gmail.com

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Federation, Association, style and about themselves or others. To give their prospect views or contribution of knowledge of the Filipino martial arts and the culture of the Philippines. Now also the FMA Informative covers other martial arts their concepts, theories etc.

It is hoped all will enjoy the FMA Informative Newspaper and Magazine. Please pass the word so more practitioners, and non-practitioners can join in on sharing their knowledge, aspects, and experience.

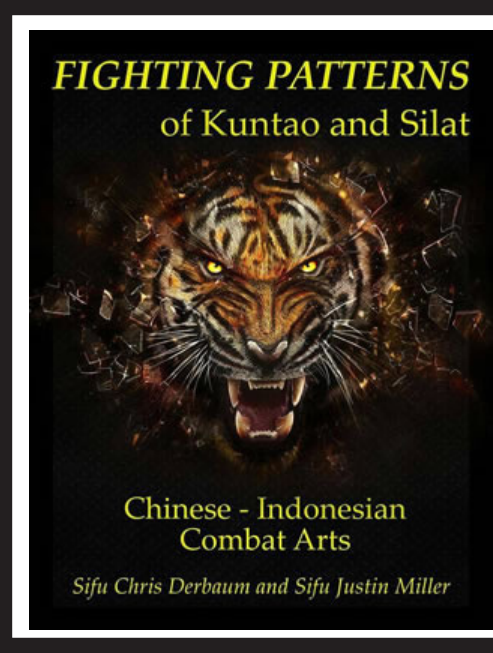
The FMA Informative is a non-profit online newspaper and magazine; we do not solicit, expect or want donations, just material to share with others. The FMA Informative Staff is dedicated to the Propagating of the Filipino martial arts and the Culture of the Philippines.

It must be remembered that the FMA Informative is what you make it, if nothing received, and then nothing can be given.

It is with great appreciation to those that have supported the FMA Informative in the past whether for an article, Tidbit news past event or a FMA Informative issue.

Mar Angeles

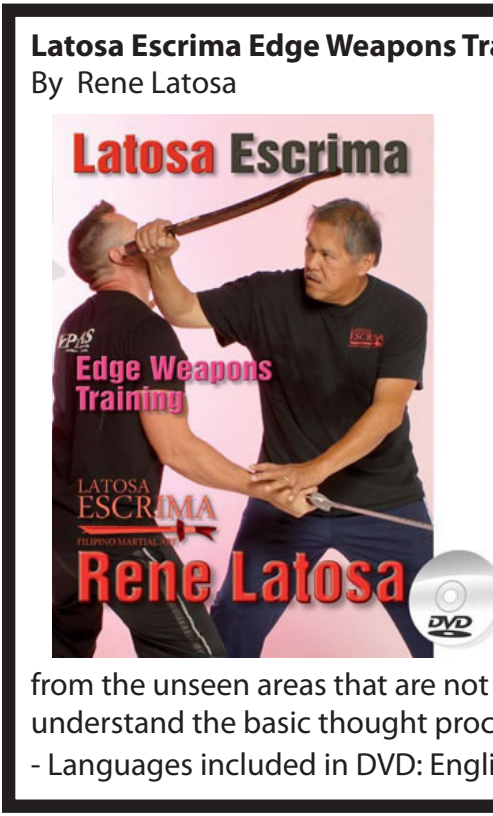
Owner – FMA Informative
fmainformative@gmail.com
www.fmainformative.info



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

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

Amazon.com: [Click Here](#)



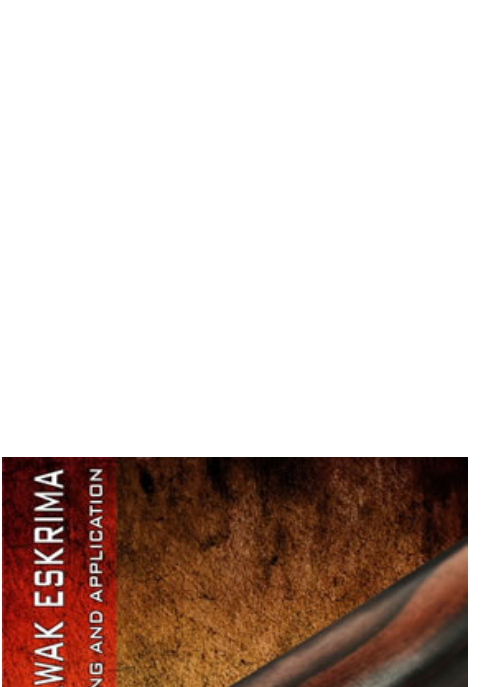
Latosa Escrima Edge Weapons Training
By Rene Latosa

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](#)



Knife Tactical Response
DVD by Bram Frank

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

List Price: \$49.95
This is a Special Order Item \$26.95 Special Order Now: [Click Here](#)



The Nickelstick Balintawak Eskrima Bull Chapter Training and Application book
By Guro Christos Koutsotasio

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

Preparatory excercises as well as basic and advanced material are presented in a step by step method, with detailed description and in depth explanation of the methods and applications for each technique.

The book is in A4 size, with 260 pages full of detailed instructions of the curriculum and with over 800 supplementary photographs.

If you are interested in it send an email to further information! - chriskouts@gmail.com

Remember the FMA Digest



The FMA Digest was published from 2004 through 2010

The FMA Digest was published quarterly. Each issue features practitioners of martial arts and other internal arts of the Philippines. Other features include historical, theoretical and technical articles; reflections, Filipino martial arts, healing arts and other related subjects. Now offered on Amazon the FMA Digest Quarterly issues in Volumes 1 through 7 that is from 2004 through 2010. Printed in 8.5 x 11, Full color

Just a note: Amazon would not sell all 7 Volumes as a set only individually. Also made the prices as low as possible, so I will actually not make more than a dollar or two if that. It is not the money it is the sharing of information.

- FMA Digest Volume 1: Quarterly Issues 1-4 - 50 pages
- FMA Digest Volume 2: Quarterly Issues 1-4 - 80 pages
- FMA Digest Volume 3: Quarterly Issues 1-4 - 221 pages
- FMA Digest Volume 4: Quarterly Issues 1-5 - 475 pages
- FMA Digest Volume 5: Quarterly Issues 1-4 - 446 pages
- FMA Digest Volume 6: Quarterly Issues 1-4 - 283 pages
- FMA Digest Volume 7: Quarterly Issues 1-5 - 239 pages

[Visit Amazon to Buy: Click Here](#)

School Submission

The schools listed teach Filipino martial arts, either as the main curriculum or an added curriculum.

If you have a school that teaches Filipino martial arts, or you are an instructor that teaches, but does not have a school, list the school or style so individuals who wish to experience, learn and gain knowledge have the opportunity.

Be Professional; keep your contact information current. - [Click Here](#)

Advertisement Submission

Advertising in the FMA Informative Website is FREE.

An Ad in the FMA Informative can create Business. Your Advertisement for Filipino martial arts forums, blogs etc, can be included in the FMA Informative. Advertisement is for the Filipino Martial Arts and the Philippines.

To submit Forums [Click Here](#). To submit advertisement for products and/or Services [Click Here](#)

Article Submission

Finished manuscripts should be accompanied by color or black and white photographs. Though we take care of materials, we can not be responsible for manuscripts/photographs and accept no liability for same. Every photograph or graphic must be accompanied by a caption Carefully key photos to caption information with a letter or number.

We reserve the right to use any photo(s) as cover material or additional compensation. We also reserve the right to edit material and to crop photographs.

We reserve the right to use articles or parts of articles that are given and approved from time to time as needed to promote the Filipino martial arts and the Culture of the Philippines.

Physical manuscripts should be typed in black, double spaced, and set to 1-1/2 margins (right and left).

Emailed manuscripts should be typed in Ariel or Times Roman, on programs such as Notepad, Wordpad, Microsoft Word, Word Perfect and can be sent as an attachment. Photo(s) can be sent as a .jpg, .gif, .bmp, or .tiff - to submit material for either the FMA Informative Newspaper or an Issue [Click Here](#)

We welcome your article, ideas and suggestions, and look forward to working with you in the future.