

# Filipino Martial Arts

Digest

Mini Issue

## 2nd Annual West Coast FMA Congregation

October 4, 2008  
Duarte, CA



*FCS (Filipino Combat Systems)  
Valencia LAMECO  
Peday Escrima*

**Publisher**

Steven K. Dowd

**Contributing Writers**

Rich Verdejo and Gigie Alunday

Photos by Lloyd Bandonillo

Photos by Victor Gendrano Jr.

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Filipino Martial Arts Digest is published and distributed by:

FMA Digest

1297 Eider Circle

Fallon, Nevada 89406

Visit us on the World Wide Web: [www.fmadigest.com](http://www.fmadigest.com)

The FMA Digest is 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.

The ideas and opinions expressed in this digest are those of the authors or instructors being interviewed and are not necessarily the views of the publisher or editor.

We solicit comments and/or suggestions. Articles are also welcome.

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## **From the Publishers Desk**

### **Kumusta**

Rich Verdejo and Gigie Alunday of dA bEST qUALITY pRODUCTS and practitioners of Filipino Combat Systems under Tuhon Ray Dionaldo came up with the West Coast Filipino Martial Arts Congregation in September 2007.

Now becoming an Annual event this has proven to be an event that is going to continually grow as the years pass. The 1st West Coast Filipino Martial Arts Congregation had over 60 practitioners attend and this the 2nd West Coast Filipino Martial Arts Congregation over 120 practitioners attended. Paying a small amount and this is just for lunch. The event hosts 3 main arts and then continues with demonstrations of other arts that are on the west coast, this year having 11 different leading practitioners demonstrating their art.

It is great seeing so many styles coming together to share their art and the Filipino martial arts bring unity and brotherhood being demonstrated.

You the reader can see a part of this event if you visit **martialmatrix.com**. Martial Matrix is a great way to network with martial artists around the world and Membership is **FREE**.

In this Mini Issue you shall get a small taste of what went on and when the event comes up next year, be sure to attend.

**Maraming Salamat Po**

### **1st West Coast Filipino Martial Arts Congregation**

**Workshop 1** - Filipino Combat Systems

**Workshop 2** - Galius Martial Arts

**Workshop 3** - Largo Mano Combat Judo

### **2nd West Coast Filipino Martial Arts Congregation**

**Workshop 1** - P.S.E. San Diego Combat Academy

**Workshop 2** - Valencia Lameco

**Workshop 3** - Filipino Combat Systems



**dA bEST qUALITY pRODUCTS**

**Email**

**Website**

## The Beginning of the Filipino Martial Arts Congregation



### 1st West Coast Filipino Martial Arts Congregation

September 22, 2007

Duarte, CA

By Rich Verdejo and Gigie Alunday

Photos By Lloyd Bandonillo



dA bEST qUALITY pRODUCTS hosted the packed event which was complete with demos from the participants and a traditional Filipino barbeque buffet lunch.

The hosts of the event aspired to bring about a sense of community and camaraderie among the Filipino martial arts groups on the West Coast. It started out as a get together among friends, and grew to an event which brought in over 60 people from San Diego, Vallejo, and even Tampa, Fl., the first event of its kind on the West Coast. The spirit of the gathering was about sharing. It was seeing old friends, making new friends while Masters shared their history and knowledge freely with everyone.

The day featured a 3 group workshop rotation among Filipino Combat Systems ([www.fcskali.com](http://www.fcskali.com)), Galius Martial Arts ([www.myspace.com/galiusmartialarts](http://www.myspace.com/galiusmartialarts)), and Largo Mano Combat Judo (**Email**). The highlights of the day were the 7 demos from Joe Marana and Jon Auzenne of Sayoc Kali ([www.intmartialarts.com](http://www.intmartialarts.com)), Jon Teopaco and Michael Banez of San Miguel/Doce Pares San Diego ([www.sd12pares.com](http://www.sd12pares.com)), Master Chief Chris Siangco of Pedoy Derobio School of Escrima (**Email**), Master Lloyd Kennedy and Rudy Franco of Center for Practical Self Defense ([www.centerforpracticalselfdefense.com](http://www.centerforpracticalselfdefense.com)), Master Felix Roiles of Pakamut ([www.pakamut.com](http://www.pakamut.com)), Guro Ramon Rubia of San Miguel/Doce Pares Eskrima (**Email**), Carlo "Sikaran" Canezo of Filipino Combat Systems ([www.fcskali.com](http://www.fcskali.com)), Master Roger Agbulos of Astig LAMECO ([www.astiglameco.com](http://www.astiglameco.com)).



Tasi Alo, Master Chief Chris Siangco, Guro Ramon Rubia, and Master Roger Agbulos

This gathering was the first of many working towards uniting the Filipino martial arts systems on the West Coast. The goal is to have an event where everyone can all share

their different martial arts styles, culture, and meet fellow practitioners. Thanks to the participation and support of the practitioners, the event was a HUGE success and we are looking forward to the next gathering!



FCS Group



Galius Martial Arts Group



Largo Mano Combat Judo Group

## 2nd Annual West Coast FMA Congregation

Rich Verdejo and Gigie Alunday

Photos by Victor Gendrano Jr.

Déjà vu for year two! It had been sunny and warm, typical Southern California weather, the days leading up to and after the event. Just like a repeat of last year, the forecasts were predicting rain only on Saturday, October 4, 2008 and sunny skies the rest of the week. However, regardless of the weather, the warriors gathered once again for the 2nd Annual West Coast Filipino Martial Arts Congregation. Gray clouds and sporadic rainfall throughout the day failed to deter the attendees from enjoying a humble day of training and sharing in Duarte, CA.

Rich Verdejo and Gigie Alunday of dA bEST qUALITY pRODUCTS hosted the event. They aspired to bring about a sense of community and camaraderie among the Filipino Martial Arts groups on the West Coast. The idea for the event started out as a get together among friends. It was a means to share what they were all learning. The decision was made to invite other friends and practitioners, and they drew in a crowd of approximately 60 attendees in the first year. This year, the attendance doubled to a remarkable 120! The draw to the event is undoubtedly the lunch buffet which was included in the \$15 event fee. All the workshop instructors donated their time for the event, even flying in from the east coast to be a part of the event. This year, the hosts introduced an “old- school” tradition of open donations as a means of showing appreciation to the instructors for their time and efforts.



Lunch Buffet

This gathering was an event to bring about a spirit of community and camaraderie among the Filipino martial arts systems on the West Coast. The goal is to have an event where everyone can all share their different martial arts styles, culture, and meet fellow practitioners. Thanks to the participation and support of the great warriors who attended, the event was a HUGE success and we are looking forward to continuing on the same path at the next gathering!

### 2nd Annual West Coast FMA Congregation - Highlights

Over 120 participants and guests attended the 2nd Annual West Coast FMA Congregation. The rain clouds threatened to pour, but was able to keep at bay with a slight drizzling. Doors opened at 9am as the attendees started to arrive for a full day of training, eating, and enjoying the company of friends.

Rich Verdejo and Gigie Alunday welcomed the guests to the event and quickly ran through the agenda for the day. The schedule consisted of 3 hands-on workshops with PSE San Diego Combat Academy, Valencia Lameco, and Filipino Combat Systems. There were also 11 demos that were scheduled throughout the day from various groups. The focal point of the event was an authentic Filipino BBQ buffet lunch which was included in the admission fee of \$15. The lunch menu included popular delicacies such as lumpia shanghai, pancit, barbeque chicken, and adobo. There were also items on the menu for the die-hards such as kare-kare, dinuguan, and lechon.



Guro Felix Valencia, RHC Chaz Siangco, Gigie Alunday, Tuhon Ray Dionaldo, Rich Verdejo

### **Workshop 1 - P.S.E. San Diego Combat Academy**



Regional High Chief Chaz Siangco - Workshop Instructor

The first workshop of the day was given by Regional High Chief (RHC) Chaz Siangco of Pedoy's School of Escrima San Diego Combat Academy, located in San Diego, CA. RHC Chaz Siangco is the direct lineage and great grandson of Great Grandmaster Braulio Pedoy.

RHC Chaz Siangco started off the day with stories about Great Grandmaster Pedoy. It was a great history lesson which gave the audience a better understanding for where our arts come from. Throughout the session, he taught in true Hawaiian fashion using his family stories to accentuate the lessons. Will Toribio assisted RHC Chaz Siangco as they went through the fundamentals and basics of Derobio Escrima. They progressed to timing, rhythm, and fluidity drills. From there, they demonstrated the counter for counter foundation of Derobio Escrima with drills that the

group eagerly participated in. The session ended with agaw, dumog, and limb destruction progression.



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

### **Pedoy School of Escrima**

PSE Combat Academy

920 E. 18th St.

National City, CA 91950

(619) 208-3987

**Email:** [info@psecombat.com](mailto:info@psecombat.com)

### **Pedoy Escrima in Hawaii**

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

### **Also visit:**

[www.myspace.com/derobioescrima](http://www.myspace.com/derobioescrima)

### **Workshop 2 - Valencia Lameco**



Guro Felix Valencia - Workshop Instructor

After a break for lunch, the next workshop was with Guro Felix Valencia of Valencia Lameco along with his students, Chris Sperling and Jesse Ramirez. His great energy was just what the attendees needed to wake up from their lunch coma and work off any well deserved extra calories from the buffet lunch.

Guro Felix started off his session demonstrating direct blade attacks. He demonstrated the different styles of attacking such as a straight linear attack and a rhythm and timing type of attack. He also went over the open hand applications and how it relates to blade disarms. Guro Felix then transitioned to Brazilian Jujitsu positions and presented how the stick could be used to move in and out of the positions and could be used in pain compliance and in aid of submission holds.

To end his session, Guro Felix then moved on to the bolo and long range bolo counters. From the bolo counters, he went over some basic blade disarms. He exhibited the disarm circle which puts 1 unarmed person in the center surrounded by armed attackers. One by one, they attack the center person who then disarms each attacker before being assaulted by the next attacker.



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

**Email:** [webmaster@valencialameco.com](mailto:webmaster@valencialameco.com)

### Workshop 3 - Filipino Combat Systems

The last workshop for the day was presented by Tuhon Ray Dionaldo, founder of Filipino Combat Systems, which is headquartered in Florida. Along with his students, Carlo Canezo, Rich Verdejo, and Gigie Alunday, Tuhon Ray started his session with the sarong. Filipino Combat Systems is well known for its blade work especially with the kerambit. Tuhon Ray introduced the group to the other weapons in the FCS arsenal starting with the least understood, the sarong. The sarong or malong is part of the Filipino culture and is featured in several of the cultural dances.



Tuhon Ray Dionaldo - Workshop Instructor

Tuhon Ray instructed the group on the basics of how the sarong can be used as an effective weapon against many different types of attacks. The sarong is a flexible weapon and can be effectively used to trap, control, take down and choke out opponents. He went over how the sarong applies to basic punyo-mano entries and how it can be used to manipulate and control your opponent. He also demonstrated strength of the torque and whip that could be generated from the sarong, even demonstrating its use to launch projectile weapons. To close out the last workshop for the evening, Tuhon Ray then moved on to stick lock flow off the basic punyo mano entry to show how to take control and manipulate the opponent. He demonstrated how the stick can be used as a lever and tool, even on the ground applying the same techniques from the lock flow.



[fcskali.com](http://fcskali.com)  
[www.myspace.com/fcsmaster](http://www.myspace.com/fcsmaster)

Email: [ray@fcskali.com](mailto:ray@fcskali.com)

Overall, it was a great day of learning and sharing. The groups that were in attendance brought great energy to the event and made the event an enormous success! The spirit of camaraderie continues to grow with each year and it was humbling to all the Grandmasters, Masters, Guros, Instructors, and students in attendance participating and sharing their knowledge. Your success made this event possible and your continued support is the only way we can ensure that Filipino martial arts will be passed on to the future generations.



Master Joe Tan and Guro Arnold Noche



Friendship and Brotherhood



## **Demonstrations at the 2nd Annual West Coast FMA Congregation**

Rich Verdejo and Gigie Alunday

Photos by Victor Gendrano Jr.

Last year, the group requested to have more demonstrations at the event, and due to the request, this year there were 11 groups that volunteered to share their styles with the group. Many thanks again to all the groups that demonstrated at the event!

### **Galius Martial Arts**

Training under Guro Jason Galius  
Style: Kali - Lineage from Grandmaster Floro Villabrille, Master Ben Largusa, Professor Greg Lontayao, and Guro Al Galius.

**Demo participants:** Guro Jason Galius, Jed Francisco, Gabe Caganap, Ralph Fontela, and Daniel Solara.



Galius Martial Arts presented their training methods in Kali. They exhibited their use of boxing and kickboxing skills in preparation for their training and demonstrated practical self defense transitions from weapons to empty hand. They also showed how they apply their knowledge in multiple attack drills and exercises.



**Email:** keoniboi@gmail.com

**Website:** www.galiusmartialarts.com

**Video Link:** martialmatrix.ning.com/video/2280117:Video:2896

### **CPSD - Center for Practical Self Defense**

Training under Coach Lloyd Kennedy

**Style:** Filipino Fighting Methodology (Kali-Kennedy Method) and Combat Jujutsu



**Email:** rudy@centerforpracticalselfdefense.com

**Website:** www.ceterforpracticalselfdefense.com

**Demo participants:** Kaiden/Punong Guru Lloyd Kennedy and Okuiri/Guru Rudy Franco



Center for Practical Self Defense presented Filipino Fighting Methodology. They demonstrated practical self defense applications for the street using single stick, blade, and empty hand.

The Center for Practical Self Defense is dedicated to providing individuals the skills, awareness, and techniques

necessary to defend themselves against modern aggressors in contemporary, realistic settings. The Center's training methods are rooted in classical (Combat) Jujutsu and Kali (Filipino Fighting Methodology), in addition to a diverse array of personal experience and other orthodox and unorthodox fighting methods and techniques.

Quick reflexes, sound training, and a calm mind are the tools for true protection. It is not always a good idea to use physical tactics; your mind is your greatest weapon. The Center for Practical Self Defense teaches the mental tools required to avoid becoming a victim or statistic, as well as the physical skills needed to defeat or escape a physical attack should the worst case scenario transpire.

**Video Link:** Coming soon on martialmatrix.com

**Modern Arnis – Toma’s Modern Arnis**

Training under Sensei Toma Rosenzweig

**Style:** Grand Master Remy A. Presas Modern Arnis

**Email:** tomammodernarnis@gmail.com

**Website:** www.tomammodernarnis.com



**Demo participants:** Toma Rosenzweig, Tommy Hoang, Shaun Thomas, John Preston, Art Picas, Andrew Picas, Seann Doughty



Toma’s Modern Arnis demonstrated Grand Master Remy A. Presas classical disarms against their 12 count. These disarms were performed for stick vs. stick and empty hand vs. stick.

Toma’s Modern Arnis was started 5 years ago to further the teachings of Modern Arnis. Keeping the history, information, and techniques alive and transmit this to others. To obtain teaching from a greater level by

having senior level instructors come to Southern California and give seminars.

**Video Link:** martialmatrix.ning.com/video/2280117:Video:6407

**Sayoc Kali - Integrated Martial Arts**

Training under Guro Travis Downing

**Style:** Sayoc Kali



**Email:** bludevildboy76@yahoo.com

**Website:** www.intmartialarts.com

**Demo participants:** Guro Steve Feng, Guro Joseph Marana, Guro Jonathan Auzenne

Sayoc Kali is most known for its blade work. The group presented their blade transition drills which train with a feeder-receiver type methodology. The feeder is trained how to attack while the receiver is trained to defend. They also demonstrated their stick transition drills which also follow the feeder-receiver methodology. To end their demo, the group showed “stick fighting” language, which was



what the stick fighters used in the Philippines to determine the parameters of their fights? Due to the many dialects spoken in the Philippines, this was a means of communicating on a common ground.



opponent.

Integrated Martial Arts is proud to be the only certified Sayoc Kali School in Southern California. In fact, they are one of three groups outside of the eastern United States. Sayoc Kali is a highly evolved Filipino martial art that concentrates heavily on blade work. Hence the motto, “All blade, all the time”. Practitioners learn to be proficient in the dangerous world of edged weapons. Training in Sayoc Kali will help you understand the dynamic relationship between an armed and an unarmed

**Video Link:** [martialmatrix.ning.com/video/2280117:Video:2904](http://martialmatrix.ning.com/video/2280117:Video:2904)

### **Babao Arnis**

Training under Master Narrie Babao

**Style:** The Babao Arnis System is the Filipino Martial Art founded by Master Narrie

**Babao comprised of three main Filipino fighting systems:**

Baston Batangas from Master Babao’s Father, the late Turing Babao

Doce Pares Escrima from Grandmaster Ciriaco “Cacoy” Canete

Villabrille-Largusa Kali from Grandmaster Ben Largusa and the late Grandmaster Floro Villabrille

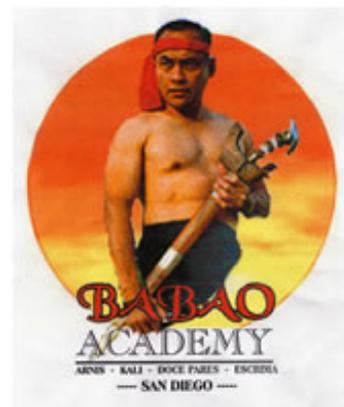
**Email:** [narrison@hotmail.com](mailto:narrison@hotmail.com)

**Website:** [www.babo-arnis.com](http://www.babo-arnis.com)

**Demo Participants:** Guro Nar Babao, Edwin Estigoy, Domingo Agnas



bangkaw disarms vs. mano-mano and bangkaw disarming baston.



Babao Arnis demonstrated the Bangkaw (Staff) for the group. They went through several of their drills including bangkaw vs. bangkaw, bangkaw vs. baston, bangkaw vs. broken bangkaw. They also went over

Like the three sides of the triangle, the Babao Arnis system is composed of three main fighting systems; Villabrille-Largusa Kali, Grandmaster Cacoy's Eskrido-Pangamot, and the original Baston Batangas taught by Turing Babao.



**Video Link:** [martialmatrix.ning.com/video/2280117:Video:6399](http://martialmatrix.ning.com/video/2280117:Video:6399)

### **ASTIG Lameco**

Under Master Roger Agbulos

**Style:** ASTIG Lameco

**Email:** [astiglameco@yahoo.com](mailto:astiglameco@yahoo.com)

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



**Demo Participants:** Master Roger Agbulos and Arnolfo Alatorre

Master Roger entertained the crowd once again during his demo. He concentrated on non-telegraphic movement and advancing fundamentals when it comes to footwork and striking.

Guro Roger explained that when sparring there needs to be a common ground that both parties agree to at the start of each session. Major strikes, including strikes to the weapon hand, need to be given their respect and both parties acknowledging the strike and resetting to the start position.



In ASTIG Lameco, non-telegraphic striking can itself be a form of blocking. The concept is to preempt an attack with another attack. Or put another way, "block" an adversary's attack with an attack of your own. The reality of weapons' combat is that it is over very quickly. The one who strikes first or more effectively, usually wins. And

so it really comes down to reaction and muscle memory.

**Video Link:** [martialmatrix.ning.com/video/2280117:Video:3607](http://martialmatrix.ning.com/video/2280117:Video:3607)

### **Sera Silat - Inosanto Academy**

Training under Guru Loius Campos

**Style:** Sera Silat under Paul DeThours and Steven Plinck

**Email:** [lbcampos@verizon.net](mailto:lbcampos@verizon.net)

**Demo Participants:** Loius Campos and Jonathan Auzenne

Guro Loius Campos went over the body dynamics and physics involved in Sera Silat. He demonstrated the use of the triangle as the basis for their offensive and defensive techniques.

**Video Link:** Coming soon on [martialmatrix.com](http://martialmatrix.com)



### **Pakamut International**

Under Master Felix Roiles

**Style:** Pakamut

**Email:** [mjlawrence@sbcglobal.net](mailto:mjlawrence@sbcglobal.net)

**Website:** [www.pakamut-fma-torrance.com](http://www.pakamut-fma-torrance.com)

Master Felix Roiles presented an explosive demonstration going over how his style handles the different ranges from long range to medium range and the short range. He showed how it can apply to the stick and also the blade. He then transitioned to empty hands and showed how the techniques can also be applied.



The well known first Filipino hero: Datu Lapu-Lapu was believed to be an expert in PAKAMUT and was taught by his father who was the part of the Sri Visayan Empire of ancient Malay in the 13th century. This technique was passed on to the descendants of Datu Lapu-Lapu and still sacred and practiced by

then especially in the remote mountains in the Island of Sugbo (Cebu). This native fighting art covers all the ranges in fighting; long, medium range and close quarter combat to Layog o Bugno with the use of Single and Double and Stick.

**Video Link:** [martialmatrix.ning.com/video/2280117:Video:3610](http://martialmatrix.ning.com/video/2280117:Video:3610)

### **San Miguel Eskrima**

Under Guro Ramon Rubia

**Style:** San Miguel Eskrima

**Email:** [kurbada@aol.com](mailto:kurbada@aol.com)



**Demo participants:** Guro Ramon Rubia, Tito Deveyra, Eva Canete-Rubia

Guro Ramon Rubia demonstrated his trainer based method which trains the reflex and instinct of your training partner. The person designated as the attacker leads the exercise as the defender follows the flow. To end the demonstration, Guro Ramon and his wife, Eva Canete Rubia, entertained the group by illustrating how the trainer based method is used in a free flow drill.



This "multi-style" system effectively develops realistic skills for self-defense through methods that incorporate the various distances of attack whether it be close, medium or long range. They develop coordination through weaponry training by utilizing rattan sticks in variety of ways. Then apply the same movements or principles to empty hand applications

**Video Link:** [martialmatrix.ning.com/video/2280117:Video:2900](http://martialmatrix.ning.com/video/2280117:Video:2900)

### **Pekiti Tirsia**

Training under Meynard Ancheta

**Style:** Pekiti Tirsia

**Email:** [mancheta@cslanet.calstatela.edu](mailto:mancheta@cslanet.calstatela.edu)

**Website:** [www.pt-go.com](http://www.pt-go.com)



**Demo Participants:** Meynard Ancheta and Francis



The 5 attack system was demonstrated by Meynard Ancheta. He demonstrated how they use 5 attacks to drill basic strikes and defenses against the strike. They showed how the same flow drill could also be applied with a blade and with empty hands. He gave us an introduction into their basics and the

advanced system of Contra-Tirsia Doble-Dos.

The Pekiti-Tirsia Kali system is an authentic, indigenous combat Bladefighting system from the Philippines that employs all traditional weapons including Empty-Hands. The foundation system of Pekiti-Tirsia is the Doce Methodos. The Doce Methodos are the 12 methods that define every manner and method in which a bladed weapon can be used to strike with. Doce Methodos defines strikes and attacks by angle, energy, weapon anatomy and manipulation. Knowledge of the tactics and techniques of the Doce Methodos transfer to all weapon categories and allows one to effectively employ any weapon and combination of weapons in combat. The advanced systems of Contradas, Contra-Tirsia Doble-Dos, and Advanced Combat Methods transfer in application to all weapons.

**Video Link:** Coming soon on martialmatrix.com

### **H2O FMA**

Training under Guro Victor Gendrano Jr.  
Inosanto Academy/H2O FMA



**Email:** H2ofma@yahoo.com

**Demo Participants:** Guro Victor Gendrano Jr.  
and Conrad Cayman

Guro Victor demonstrated the punyo sumbrada. The drill is the basis for his free flow where he uses it to create openings for other strikes and attacks. The attacks could come at any point in time during the drill. There are no limits to the type of attacks as long as the opening is created.



**Video Link:** Coming soon on martialmatrix.com



Tuhon Ray Dionaldo and Sayoc Kali



Stick-n-Move with Tuhon Ray Dionaldo, Gigie Alunday and Rich Verdejo



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

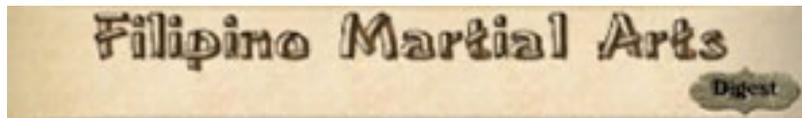
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[fcskalionline.com](http://fcskalionline.com)



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