

# Filipino Martial Arts

Digest

Mini Issue  
2008



## 3<sup>rd</sup> BRITISH *Filipino Martial Arts* FESTIVAL



*Grandmaster Brian Jones*  
*Master Jay Dobrin*  
*Tuhon Pat O'Malley*  
*Jon Broster*  
*Master Shaun Porter*  
*Dayang Lucy O'Malley*  
*Master Alan Jones*  
*Punong Guru Jun Pueblos*  
*Guru Eric Amada*  
*Guru Tony Yarwood*  
*Darren Davies*  
*Master Richard Hudson*

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British Council of Kali-Eskrima-Kali Instructors Archives

FMA Digest Archives

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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

Being formed in May 2006 by what is considered to be some of the leading instructors of the Filipino martial arts in Britain and even Europe. The British Council of Kali Eskrima Arnis Instructors seeks only to unify the practitioners of Filipino martial arts on a national scale and to see equal acceptance and recognition for all qualified instructors regardless of style.

The FMA Digest was honored to be able to put out a Special Issue on the United Kingdom FMA Festival that they had the first two years.

Punong Guro Peter Lewis was instrumental for the Special Issue. However this year for the 3rd United Kingdom FMA Festival he was ill. So with thanks to Dayang Lucy O'Malley and Col Maggs, Secretary for the British Council of Kali, Eskrima, Arnis Instructors, this Mini Issue is possible.

It is hoped that some readers that have missed the last three years might be able to attend the 4th FMA Festival in the United Kingdom and experience the unity and brotherhood.

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## **British Council of Kali Eskrima Arnis Instructors**



Realizing the need for an organized counseling body of impartial and senior Filipino martial arts instructors, to ensure a fair and unbiased promotion of the real martial art styles of the Philippines; a group of leading instructors in Great Britain united to make this dream become a reality.

The British Council of Kali Eskrima Arnis Instructors was formed in May 2006 by what is considered to be some of the leading instructors of the Filipino martial arts in Britain and even Europe.

Tuhon Pat O'Malley who is Internationally known and well respected around the world including the Philippines and is the first European to be accepted as a member of the Philippine Council of Kali Eskrima Arnis Masters - winner of no less than 40 full contact Eskrima titles including 3 World and 5 European titles is the prime moving force behind the British Council and it has always been his dream to bring together the various unique styles of the Filipino martial arts. This dream has now become a reality.

There are many who claim to be teaching the Filipino martial arts mainly due to it's rise in popularity in the world of martial arts, but there are a few individuals who have no real qualifications or lineage back to the Masters of the art in the Philippines who are informing the public that they are bonifide instructors of the art simply to make money from the unsuspecting general public.

There are also many who are competing for recognition in the Filipino martial arts sector of the martial arts and unfortunately, some are attempting to give the impression that their style or organization is superior or the only qualified body to represent the Filipino martial arts. This has resulted in divisiveness and discontent and the Council is concerned about the observations and impressions that will be made by the general public and the martial arts community as a whole.

The Filipino martial arts, has suffered from such problems and we feel there is nether reason or excuse for this syndrome to continue in the Filipino martial arts community anymore. Kali, Eskrima or Arnis, whichever term one may use this martial art is part of the Philippine national heritage and should be promoted as such.

The British Council of Kali Eskrima Arnis Instructors seeks only to unify the practitioners of Filipino martial arts on a national scale and to see equal acceptance and recognition for all qualified instructors regardless of style. The enclosed mission statement describes the focus of our Council.

### **Mission Statement**

It is the goal of the British Council of Kali Eskrima Arnis Instructors to unite the practitioners of the Filipino martial arts under an umbrella of "national brotherhood" and cooperation - recognizing the merits of all bonifide styles and schools as being equally relevant and appreciated. Any and all Instructors of the Filipino martial arts are welcome and respected, providing to adhere to the spirit herein described.

We seek to continue and expand the recognition and legitimization of the Filipino martial arts as both a competition sport and combat art - and to promote both sectors in and for those groups who seek to advance their knowledge and level of participation.

Further, we seek to overcome the petty rivalries and jealousies that pervade so many similar societies and to relegate competition to "sporting events". No politics and no denigration of any Arnisador, Eskrimador, Kalista or style will be tolerated and the Council will aggressively defend any who are unjustly or unfairly treated, within the community.

To actively seek the most senior instructors of each bonifide style, system, group or organization who are willing to uphold our values to have representation on the Council.

To established and continually develop a "Code of Ethics" for the practitioner's, which will be welcomed and subscribed to by Filipino martial arts clubs, styles, systems and organizations around the United Kingdom. This will include but not be limited to: Respect for ones Master, Loyalty to your fellow Arnisadors, Eskrimadors, Kalistas and devotion to the Filipino martial arts. These are sacred tenants of our martial arts. This tradition must be upheld.

To help promote and inform to the general public only those who are of good character as well as being bonifide Filipino martial arts instructors, styles, systems, groups and organizations.

With the appointment of Directors to the Board from the head instructors of each style, system or organization, annual competitions and events in various sporting styles of the Filipino martial arts, ongoing communication and "Goodwill Tours" demonstrating our art - we hope to achieve our goals and dreams for the Martial Arts of the Philippines.

To work closely with other similar organizations around the world including the Philippine Council of Kali Eskrima Arnis Masters in the promotion of the Filipino martial arts as a whole.

## **Objectives**

- To be a non-fee paying and no political organization who's sole purpose is the promotion of the Filipino martial arts and its bonifide instructors, Masters and Grand Masters regardless of style, system, group or organization.
- To establish and maintain a level and spirit of openness and cooperation to unite the British Community of enthusiasts and practitioners of "Arnis De Mano", Kali, Eskrima - promoting the art and enhancing the image of the Republic of the Philippines as it's birthplace.
- To promote "brotherhood and inter-style" appreciation, thereby over coming the competition and petty jealousies; that are all too prevalent in the worldwide martial arts community. To actively seek recognition for both the Filipino martial arts and sport versions of the art with the official Government bodies such as the Sports Council as well as the British Olympic Committee.

- To recognize, help and support those who are of good character, with authentic lineage via the recognized Masters.
- To produce a database and website which, will be available to the general public listing all bonifide Filipino martial arts instructors who are members of the Council?

We welcome all input and suggestions from any and all who share our vision of uniting the Filipino martial arts under one organization.

For further information on the British Council of Kali Eskrima Arnis Instructors, please visit: [www.bckeai.co.uk](http://www.bckeai.co.uk) or email: [info@bckeai.co.uk](mailto:info@bckeai.co.uk)

### **Instructors of the 3rd British FMA Festival:**

**Grandmaster Brian Jones** - Philippine and British Martial Arts Society - Integrated Kun Tao

**Master Jay Dobrin** - British International Fighter's Federation -- [jay@biffuk.com](mailto:jay@biffuk.com)

**Tuhon Pat O'Malley** - Rapid Arnis / San Miguel Eskrima -- [info@rapidarnis.com](mailto:info@rapidarnis.com)

**Jon Broster** - Serrada Eskrima

**Master Shaun Porter** - Lightning Scientific Arnis -- [porter.sc@gmail.com](mailto:porter.sc@gmail.com)

**Dayang Lucy O'Malley** - Doce Pares Original Multi Style -- [info@eskrimador-supplies.com](mailto:info@eskrimador-supplies.com)

**Master Alan Jones** - Balintawak Arnis -- [alan@balintawakarnis.co.uk](mailto:alan@balintawakarnis.co.uk)

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**Guro Tony Yarwood** - Eskrima De Campo 1-2-3 Orihinal -- [tonyyarwood@clara.co.uk](mailto:tonyyarwood@clara.co.uk)

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**Master Richard Hudson** - Estilo Libre Eskrima Kali Arnis

## **3rd Filipino Martial Arts Festival**

United Kingdom

June 7th & 8th, 2008

Hucknall Leisure Centre

Nottingham

By Col Maggs

Secretary for the British Council of Kali, Eskrima, Arnis Instructors

This years Festival by the 'British Council of Kali, Eskrima, Arnis Instructors' was as informative and fun as last years, with Instructors filling their seminars with even more information and ideas. Some students were from as far away as America and Canada, with the majority travelling from all across England for this two day event. The weekend was filled with a wide variety of original Filipino styles, plus some styles that had been developed outside the Philippines based on the traditional ideas.

The weekend started off with Grandmaster Brian Jones (Philippine and British Martial Arts Society - Integrated Kun Tao) warming up the group using a single stick sinawali drill. Not only did he wake up everyone's bodies, but he got our brains buzzing as well. Switching from right to left hand in a constantly circling drill with optional variations, followed by the 1st section of a 2 stick form (that won silver medal at Balamina, Ireland, in the 1980's) makes sure you are focused and in total control of both your body and weapon - which was certainly a very important part of the 2nd session with Master Jay Dobrin (British International Fighter's Federation).

Specializing in live weapons training, Master Jay's rule was 'The guy holding the weapon is in charge of it' - if you're not holding it, you don't have to worry about controlling it. He emphasized the need to be in control of, and know what your weapon was doing at all times, in order to be able to train effectively, safely, and realistically. Looking at various live weapons including knife, machete, axe, and balisong, he focused on simple but effective strategies. Moving on to a pickaxe handle, we learned about the transition from stopping light bladed weapons to more heavy, blunt, large, and brutally scary instruments.

Before carrying on, Grandmaster Jones had a surprise in store for some of the instructors. Guru Ricky Crofts and Phil Chenery were given their well deserved Master's Certificate by Grandmaster Jones himself. Both have been training and teaching for a number of years and it was no surprise, to see people of their skill receive this well deserved award.

Following on from this, Tuhon Pat O'Malley (Rapid Arnis International and San Miguel Eskrima) got us working on our flinch reflex responses to knife and unarmed attacks. Starting with high and low attacks from both sides, Tuhon O'Malley developed our response into a strategy of 'stop, pass, lock', with various options along the way. The emphasis was on simple and easy to remember ideas and movements, giving you the option to evade and escape, or lock and control the attacker - without having to study and perfect a myriad of techniques.

Jon Broster (Serrada Eskrima) introduced us to the short stick techniques of Grandmaster Angel Cabales. Although similar in usage to the normal Eskrima stick, being only about 2 thirds the length means that extra movements and techniques are now available. Jon combined an effective finishing combo to a selection of basic defenses, explaining how the transition to short stick increases your options, without changing your normal techniques.

Master Shaun Porter (Lightning Scientific Arnis) once again showed the devastating power and speed one can create with an Eskrima stick when utilizing body movement. Master Porter taught the beginnings of a few techniques that in the past were considered 'secret', demonstrating their effectiveness and explaining the context in which they would be used. Sharing these techniques with practitioners and instructors from



Master Jay Dobrin and  
Grandmaster Brian Jones

other systems, Master Porter was putting into action one of the fundamental ideas of the British Council of Kali, Eskrima, Arnis Instructors - that of freely sharing knowledge and experience between styles without prejudice or politics, so that we can all develop and grow as martial artists, within our own systems, and also as a Filipino martial arts family within the wider martial arts community.

Unfortunately, Guro Neil McLeod (Inosanto Lacoste Kali Blend) was unable to attend this year due to last minute transport problems, and so a very weapon orientated day was finished off by Dayang Lucy O'Malley (Doce Pares Original Multi Style) teaching the first half of an unarmed 18 lock sequence. As well as learning a dictionary of arm, wrist and finger locks to control someone's body and focus, Dayang O'Malley was also teaching us about body manipulation, through the need to understand basic body mechanics to enable the locks to actually work. Being able to flow from one to another fluidly was emphasized, as the same lock does not always work the same on everyone - being able to recognize that and move on, or adapt, or essential - as with any technique in any art.

Sunday morning started with the continuation of the 18 lock sequence by Dayang Lucy O'Malley, waking everyone up with short stabs of brief pain as our partners successfully used each new locking technique. After a quick revision of the previous evening's material, we worked our way through the whole set, adding some variations and frequently having to change arms.

The very wide awake group was then passed over to Master Alan Jones (Balintawak Arnis) who focused on the 'Group 1 drill set, mainly working on the idea that 'a drill is not combat, but is there to help prepare for combat' - something misunderstood by many martial artists. Master Jones explained ways of breaking down a drill for ease of learning, and talked about 'feeding' instead of striking - so that as a group you and your partner can play and learn more successfully and easily. Being a good training partner is a very important part of learning, as the more you understand how to get your partner to do what's needed, the more you learn about how those movements and techniques work.

These ideas were then put to good use with Punong Guro Jun Pueblos (LAMECO Eskrima) who ran through the basic structure of the system. Demonstrating the difference that fine details can make to any technique, Guro Pueblos showed which parts of a technique were the essential ones, and which bits were less important to the success of that specific technique. Having looked at these, we then moved on to some machete vs. machete work, playing with locks and disarms (if they can't use their arm, then can't use a weapon - was definitely a favorite). A variety of different techniques were worked on, which we then tried out against different attacks and strike defenses, seeing how although we may need to adapt depending on what our opponent did, there were still certain parts of the technique that needed to stay the same.





Guru Keith James and Guru Eric Amada

From looking at specific parts of a technique, Guro Eric Amada (Modern Arnis and Classical Arnis) changed our viewpoint to focus on the idea or broader view. Initially using double sticks against basic high and low attacks, Guro Amada emphasized the need to flow - not just with the weapons, but with the body and weapons as one. Continuous arm movements allow the weapons to follow the flow and movements of the body, so that there is no 'still' point, or stoppage of motion for the opponent to take advantage of and re-attack.

Having practiced with double sticks, we then used the same movement ideas of expansion and flow to adapt to using stick and knife, and unarmed and knife. It was discovered that by focusing on the ideas instead of the individual techniques, enabled us to transition between the different weapon pairings more easily.

Guro Tony Yarwood (Eskrima De Campo 1-2-3 Original) began by explaining the background and history of the style, before drilling us in the 7 basic strikes and defenses. Going into the theory in detail, Guro Yarwood showed why certain tactical ideas of the style (e.g. taking out the hands at any opportunity) had developed what others might call 'unusual' starting and finishing positions. After practicing these strikes and defenses, we all soon understood and appreciated the practicality of what was shown to us. Understanding why you do something is not always necessary when you first start learning something, but if you never learn or discover, then the effectiveness of how you use what you know will be lessened. Guro Yarwood's approach of '*try it and I'll show you*' quickly got, understanding into the answer of any question.

Taking a break from traditional Filipino Martial Arts, Darren Davies (Common Sense Self Defense / Street Combat) introduced us to their 'Gunting' – for both training and life purposes. Developed from the Filipino Arts, with ideas from other arts including Wing Chun, we were shown how Kali/ Arnis/ Escrima concepts and ideas can be used unarmed, as well as with their specially designed 'threat escalation weapon'. Designed to be used closed extremely effectively, this is what we focused on, although as Davies demonstrated the blade can be opened to full usage mid-combat - in fact mid-strike - without the need for using your other hand or change your strike, enabling you to escalate the encounter without changing anything you are doing. The design allows for the kinetic opening of the blade by levering it against an object or opponent, while in its closed position it can be used to apply pressure to various pressure points on an attacker's body for non-lethal control. As Davies said, "*if it works*



Darren Davies

*unarmed, it works with a closed Gunting; it only hurts them more.”* The beauty of using this weapon, or even just the closed training weapon, is that what-ever unarmed movements you already use can become more efficient with a Gunting in your hand!

The weekend finished up with some explosively demonstrated stick and dagger vs. stick and dagger with Master Richard Hudson (Estilo Libre Eskrima Kali Arnis). Having waited all weekend to decant some of his knowledge to us, Master Hudson was dishing it out as fast as we could take it in. Variations on holding and attacking with the knife gave us lots to work with, in terms of threat assessment, and then being able to deal with it - lock, disarm, or takedown - and sometimes all three at once! After a long weekend, Master Hudson showed that it's still possible to pull out and use speed and power with great effect. An energetic and information filled end to the weekend.

After talking to both Instructors and Students at the end of the weekend, the overwhelming response from everyone was that they thoroughly enjoyed the whole festival, and are already looking forward to next year's.

The BCKEAI annual general meeting was held as on the Saturday night as scheduled and attended by many instructors and students. As last year; this was very productive and open to everyone who is helping us strive to a better future for FMA. All proceeds raised from the festival are used to support the education of children living in the Philippines. On behalf of all festival participants and the British Council of Kali, Eskrima, Arnis Instructors, I would like to thank all the Instructors for giving up their time free of charge in the interest of furthering Filipino Martial Arts in Britain.



Master Richard Hudson



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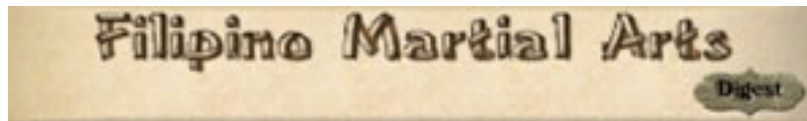
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