

Filipino Martial Arts

Digest

Mini Issue



Festival ng mga Kapatid

August 2, 2008
Buena Park, CA



Tuhon Ray Dionaldo - FCS Kali
Guro Felix Valencia - Valencia LEMECO
Guro Roger Agbulos - ASTIG LAMECO



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FMA Digest Archives

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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

Festival Ng Mga Kapatid is the brainchild event created and promoted by Rich Verdejo and Gigie Alunday of dA bEST qUALITY pRODUCTS. One of the goals of dA bEST qUALITY pRODUCTS is to expand the camaraderie among all martial arts and to unite all groups in fellowship and brotherhood.

With Tuhon Ray of FCS, Guro Felix of Valencia Lameco, and Guro Roger Agbulos of ASTIG Lameco this was an event of a practitioners dream, with all the knowledge and skills of these 3 Filipino martial arts practitioners.

The festival featured workshops from Tuhon Ray Dionaldo, Guro Felix Valencia, a stick sparring session with Guro Roger Agbulos and a Blade Fighting tournament. What else could a practitioner ask for in gaining knowledge?

In 2008, Rich and Gigie were made the Official FCS/BladeSport Tournament coordinators and are continuously working with Tuhon Ray and Sigung Antwione Alferos to introduce Blade Fighting on the tournament circuit. They have done demonstrations this year at Disneyland Martial Arts Festival. Blade Fighting debuted this year at the San Diego Grand Internationals and in Las Vegas at the USA Internationals.

Upcoming events include being a part of Disney's Martial Arts Festival in Orlando, Florida on October 24-26, 2008. And dA bEST qUALITY pRODUCTS will be the host to the 2nd Annual West Coast FMA Gathering which will be held this year on October 4, 2008.

A little about BladeSport, after years of development and much testing on the unsuspecting attendees at the FCS Gatherings, BladeSport created a design which allowed participants to safely practice their blade fighting skills in a manner that preserved the integrity of the weapon being wielded. It is difficult to argue a cut when the chalk on your shirt clearly confirms it. The blades used are made of foam and have a chalked edge which marks the path of the blade.

So sit back and enjoy, and see what you missed or if you were there, let the memories roll in. And an important thought, if the chance comes forth that you can attend the next dA bEST qUALITY pRODUCTS hosted event. Attend and enjoy.

Maraming Salamat Po

Festival Ng Mga Kapatid

By: Rich Verdejo & Gigie Alunday

Photos by: Victor Gendrano

“Everyone had a great time!! Good people, energy, and sharing.” Sifu Michael Tom

“What can I say? I was floored by the show of love, honor, and respect at the Seminar, and the drills were awesome” Ed Eyas

“What’s funny is it’s the first time I meet some of the people there but it feels like more of a family reunion.” Guro Ronald Manrique

“Great teachers, and lots of good people” Shihan Ted Tabura

“It was an honor to be part of this event” Sigung Antwione Alferos

These are some of the many comments that were received after the event. The Festival Ng Mga Kapatid was held on August 2, 2008 in Buena Park, CA. Over 60 guests and participants from all over Southern California attended throughout the day. Guests drove in from all over the southland including Santa Barbara and San Diego to be part of the event.

Festival Ng Mga Kapatid is another brainchild event created and promoted by Rich Verdejo and Gigie Alunday of dA bEST qUALITY pRODUCTS. One of the goals of dA bEST qUALITY pRODUCTS is to expand the camaraderie among all martial arts and to unite all groups in fellowship. The promoters wanted to hold an event where they could share in the cultural heritage of the Philippines. Filipino martial arts are just one part of the Filipino culture and they used Filipino martial arts to launch the first Festival Ng Mga Kapatid.



Festival Ng Mga Kapatid Headliners
Guro Valencia - Tuhon Dionaldo - Guro Agbulos

Tuhon Ray of FCS was in town from Florida, and they contacted Guro Roger Agbulos of ASTIG Lameco and Guro Felix of Valencia Lameco with their ideas and Festival Ng Mga Kapatid was born. The festival featured workshops from Tuhon Ray Dionaldo, Guro Felix Valencia, a stick sparring session with Guro Roger Agbulos and a Blade Fighting tournament.

Thanks to the support of the Whipping Willow Association, the event was held at a backyard in Buena Park, CA. to give it a home town feel and to keep costs low for the participants. It was a great day of training with fellow Filipino martial arts practitioners, and a great way to share the Filipino culture.

dA bEST qUALITY pRODUCTS is working on growing the event for next year into a Filipino cultural Expo. They aim to promote Filipino martial arts and the Filipino culture all in 1 event. Plans include having food booths, folk dance demonstrations, Filipino martial arts workshops, Stick Sparring, and Blade Fighting. Stay tuned for more information and updates. Please contact dA bEST qUALITY pRODUCTS for more information.



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Festival Ng Mga Kapatid - Highlights

August 2, 2008 marked the first Annual Festival Ng Mga Kapatid. Blue skies and another perfect sunny day in Buena Park, CA. brought the festivities to a start. Guests and participants began arriving and filled the backyard and were anxious to get the day started. Old friends talked and new friends were introduced to each other. It was great to watch all the interactions among all the groups in attendance.

The promoters, Rich Verdejo and Gigie Alunday of FCS and dA bEST qUALITY pRODUCTS, welcomed all the guests and thanked them for all their continued support. The event was promoted on short notice and they were humbled to have so many practitioners in attendance. They introduced the line-up and the schedule for the day. The headliners for the event were Tuhon Ray Dionaldo of Filipino Combat Systems (FCS), Guro Roger Agbulos of Astig Lameco, and Guro Felix Valencia of Valencia Lameco. Tuhon Ray was in town from Florida, and they were fortunate that Guro Roger and Guro Felix were both available for the event.



Festival ng mga Kapatid

Tuhon Ray Dionaldo - Filipino Combat Systems (FCS)

First on the schedule was Tuhon Ray Dionaldo. He began his session in his normal manner asking what the participants wanted to work on. They were reserved with their requests at first, but it wasn't long before they started speaking out. Tuhon got the day underway with basic Punyo-Mano techniques. He explained the basic punyo-mano entry and used the entry to build on the rest of the techniques which he explained could be used in conjunction with skills that the participants already possessed in their respective skill sets. The same entry was used to demonstrate how power strikes and multi strikes can be used effectively in close quarters. Tuhon Ray then moved on to stick lock flow off the same entry to show how to take control and manipulate the opponent.



Tuhon Dionaldo demonstrating the basic Punyo-Mano entry

He demonstrated how the stick can be used as a lever and tool. To end the session, Tuhon Ray went over bolo applications using the same techniques that he used earlier. He explained that with consideration of the weapon you are using, the entry and techniques could be used with the stick, bolo, or blade.



explaining how to apply the lasso



Going over the applications with double sword



Taking control of Rich's leg after a takedown

Learn more about Tuhon Ray Dionaldo - [Click Here](#)

Guro Felix Valencia - Valencia Lameco

Next up on the schedule was Guro Felix Valencia. He continued on the same track that Tuhon Ray initiated with the stick lock flow and demonstrated how the stick can be used on the ground. He used popular 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. 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

armed 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.

Guro Felix ended the morning session and had the group hungry for sustenance as they took a long deserved break for lunch. Most of the group convened at a Thai restaurant which gave them all a chance to catch up with each other and enjoy Guro Roger's humorous wit that had the group rolling.



Guro Valencia setting up for an arm bar



Bolo counters



Demonstrating dumog



Laying back into an assisted arm bar

Learn more about Guro Felix Valencia - [Click Here](#)

Guro Roger Agbulos - ASTIG Lameco

With the group completely nourished, Guro Roger started the afternoon session with stick sparring. He concentrated on non-telegraphic movement and advancing fundamentals when it comes to footwork and striking. He introduced participants to his cardio workout which included basic strikes from the open, closed and center positions.

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. The group was given the opportunity to spar with Guro Roger and to spar amongst each other.



Guro Agbulos getting in the mix with the group

Guro Agbulos explaining the on guard position



Combining footwork with the strikes

Learn more about Guro Roger Agbulos - [Click Here](#)

Blade Fighting Tournament

Guro Roger's session concluded the training with the Masters however it did not conclude the festivities for the day. Next on the schedule was the BladeSport Blade Fighting Tournament, which was run by tournament coordinators, Rich Verdejo and Gigie Alunday. The tournament featured 12 competitors who had made it through the day and were competing for the "winner take-all" CASH pot.

Blade Fighting uses BladeSport sparring blades, which are made of dense foam where the edges of the blade are marked with chalk. The chalked bladed edges are the only means in which a competitor can earn points. The matches are scored on a point system and the first competitor to score 5 points in a 2-minute match is declared the winner.

The competitors lined up and were divided into beginner and advanced divisions. As they sized up their competition, the 4 judges and center referee took their places. The center referee called the first match and the tournament was off when the ref called "Fight"! The competitors used their footwork to evade strikes and respected the sparring blades as if they were live. The chalk marks left after strikes were testament to the consequences of an actual blade fight. Congratulations to all the competitors who weathered through the day and had the energy to bring a high level of competition. At the end of the matches, it was Arnolfo Alatorre that won the pot for the Advanced Division and Richard Canete in the Beginner Division.



Arnolfo Alatorre scoring on Mr. Mistofoles for the win!



Richard Canete's winning exchange with Marco Melchor

At the close of the event, each of the instructors and the promoters addressed the group and thanked them for their support. They all acknowledge that any success is due to the support of the participants and their willingness to come together in spirit of promoting ALL styles and systems. At the end of the day, we are all family, kapatid!

Blade Fighting Results

Thanks to all the competitors who made this tournament exciting!

Advanced Division

Chris Sperling - 3	vs.	Arnolfo Alatorre - 6
Capt Adobo Erick DeJesus - 3	vs.	Mr. Owl Ed Eyas - 1
Tyler Andreassell - 4	vs.	Jolu Talampas - 2
Arnolfo - 5	vs.	Capt Adobo - 4
Tyler - 2	vs.	Mr. Mistofoles Raymond DeJesus -3
Arnolfo - 5	vs.	Mr. Mistofoles - 3

Beginner Division

John Sevilla - 4	vs.	Kevin Phan - 8
Richard Canete - 4	vs.	Jason Thalken - 3
Marco Melchor - 6	vs.	Jacob Gorman - 1
Kevin - 3	vs.	Richard - 4
Richard - 5	vs.	Marco - 4



Jason Thalken slashing Richard Canete across the chest



Foot checking entry by Kevin Phan



What do you see?

Richard Canete's block or Kevin Phan's strike?



Captain Adobo scoring on Mr. Owl



Tuhon Ray Dionaldo **Founder of Filipino Combat Systems**

Raised in the Martial Arts world since early childhood, Tuhon Ray Dionaldo is one of the most accredited and well respected practitioners on the Filipino Martial Arts scene. Tuhon Ray represents the next generation of martial arts masters. He is an innovator of the ancient Filipino arts, adapting them to the context of the modern tactical world. A lifetime of intense training with some of the most revered Filipino Masters of the blade and stick over the span of two decades has imparted upon this young master of the blade a graceful deadliness which only a select few practitioners of the warrior arts ever achieve.

Tuhon Ray has amassed an astounding fourteen Black Belts in several fighting systems. Each of which he is known to be quite proficient in. His background is diverse, beginning in early childhood in the traditional Japanese art of Wado Ryu Karate and in Kali under Grandmasters Balthazar Sayoc and Christopher Sayoc. Tuhon Ray has achieved instructor ranks in several systems including Sayoc Kali, Sayoc Fighting Systems, Modern Arnis, Shotokan Karate, Ryu Kyu Kempo, Kali Olympic Stick Fighting, Pekiti Tersia Kali, Pambuan Arnis, Ancient Arts Academy, Strategic Knife Defense, and Wu Ming Tao Chuan Fa. He is a respected member of The Kun Tao Family of Florida under Bapak Willem DeThouars. He has also trained in Muay Thai Kick Boxing, and was a member of the Pekiti Tersia demo team as well as the Sayoc Fighting Systems demo team.

It has only at the behest of acknowledged Filipino Masters that this system has come into being. Filipino Combat Systems has been authorized and sanctioned, and has received the blessings of several Grandmasters including Grandmasters Remy Presas and Bo Sayoc. Tuhon Ray possessing the modesty which is unusual in those with his degree of skill, has only under the direct request of his instructors taken it upon himself to share his unique art with others. For those seeking an ancient art for modern times, Filipino Combat Systems is a method of self defense and personal growth whose time has come. Each generation of martial artists produces a select few who do not merely imitate previous masters, but who expound upon what has been imparted to them. Tuhon Ray has synthesized the diversity of technique from the many systems he has studied and he has taken his art to the next level.

Filipino Combat Systems is not easily categorized as a martial art, a martial science, a philosophy, or an organization or a system. It started out in the backyard with a group of friends wanting to train together without the politics of most conventional organizations and was not meant to become a system. The group was based on accepting one another in friendship. Due to this foundational principle, the group is viewed upon as an extended family instead of a political affiliation. Therefore as a prerequisite to FCS, we “leave our politics at the door”. Tuhon Ray’s goal is to propagate and promote all Filipino martial arts and not create his own “system”. It was only at the encouragement of Professor Remy Presas and other Masters that Tuhon Ray developed FCS into a system.

Tuhon Ray's subsystem of the Filipino arts is as multifaceted as his background, incorporating the best that each of his source systems has to offer into an organized, interlocking flow of techniques which form a natural progression of study. This is perhaps the greatest achievement of this art, as it is no simple task to codify the diversity of techniques which are incorporated, without resorting to a disorganized conglomeration of movements which bear no relationship to each other. Filipino Combat Systems has successfully avoided this pitfall.



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Guro Felix Valencia Valencia Lameco

Guro Valencia is a dynamic and energetic instructor with a system of training that is very easy to learn and retain but very demanding on a physical aspect. Always working on the basics and physical conditioning. The use of weighted pipes on tires, empty hand striking drills, kicking drills, working knife and stick techniques, and a lot of sparring constitute a large portion of the training. Much time is spent on the ground as also in the up right standing position learning to defend and/or control an opponent with a weapon or empty hands.



Guro Felix Valencia was born in the Philippines. He trained early in various Filipino Eskrima and Arnis Systems. He chose systems that work in the military and on the streets that allows him to flow without interruption between each range. Guro Valencia became known as Edgar's Brawler when he found a home within Punong Guro Edgar Sulite's Filipino based system of LAMECO Eskrima. Guro Valencia has worked with military and law enforcement agencies including the LAPD and FBI.

Since the passing of Punong Guro Sulite, Felix has studied, practiced, and placed in practical application empty hand and weapon fighting techniques to determine what

works and doesn't work. With Team Valencia, Felix uses different fighters to determine practical, easy to learn techniques to incorporate into what is Valencia Lamceo.

Basically there are eight Senior Instructors across the Nation who teaches Valencia Lamceo. Guro Valencia brings techniques to the different team members who try them during competition or with each other to see if the techniques are viable to the system.

The team members are:

- Allen Bridgman - WY.
- Jimmy Lui - CA.
- Dustin Hinson - UT.
- Sherri Clayton - CA.
- Tim Llacuna - CA.
- Kevin West - VA.
- Michael Rayas - CA.
- Scott Kendrick - OK.



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Guro Roger Agbulos
ASTIG Lamceo

In 1990, Guro Agbulos had the good fortune to meet Edgar Sulite, the Punong Guro of Lamceo Eskrima. He and a friend, Lowell Pueblos, were planning a Filipino martial arts demonstration, which would later become a turning point in Guro Agbulos martial arts career. Although he had some exposure to the Filipino martial arts in school, in the Philippines, the training was more like physical education than martial arts. So, when he observed Punong Guro Sulite demonstrating that day, it kindled a burning interest in him that continues to this day.

Through the years, and with constant exposure to many different Filipino martial arts, Guro Agbulos has come to some combat truths of his own. One is that unlike other Filipino martial art systems that emphasize short or middle range combat, his focus is on long-range weapons combat that does not generally focus on blocking an opponent's attack; and the live hand rarely is used to disrupt one.

In Guro Agbulos system, 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. This concept is not



new. As a matter of fact, it could be stated that it is the singular attribute of Grandmaster Antonio “Tatang” Ilustrisimo that has made him the renowned fighter that he is. This was shared with Guro Agbulos by Grandmaster Rey Galang of the Bakbakan fraternity. He refers to it as the “Eye of Tatang Ilustrisimo.”

Careful observation of sparring footage of the grand old warrior shows him reacting to an attack not by blocking, but by somehow getting in-between the rhythm of combat and literally beating the opponent to the punch.

This type of reaction requires intensive training, control, and nerves of steel. The normal response is to stop or block an attack and then deliver a corresponding response or counterattack, assuming that the opponent is delivering only single layer attacks. It takes a heart of stone to not flinch but instead to practically ignore and bypass the attack and instead, use the openings and flaws inadvertently created by the opponent during the execution and delivery of an attack or a strike.

Guro Agbulos states that his training emphasizes controlling long-range encounters with broken, flowing or combination strikes, thrown from all angles, in small numbers. Whether advancing or retreating, forward pressure is always on. After all, one doesn't have to move much to make an attack or strike of your opponent's miss. Likewise, precision strikes are accomplished within a matter of inches and split second timing.



How do you handle a long-range attack already set in motion? Does one simply step back and get out of the way, or bring a stronger attack to the adversary? Either way, the longer it takes an attack to reach its target, the greater the likelihood that it will be countered or neutralized. The most effective strikes (or blocks), therefore, are short compact ones.

How does one train for these conditions? First, you need to focus on developing non-telegraphic striking. Never pull, wind or chamber the striking hand back. Limit the movements you make when recovering from one strike to the next.

Second, emphasize mobility in your footwork. Refrain from assuming a fencing stance, which limits you to forward and backward movements only. Body shifting by itself, although providing an efficient method of avoiding attacks, nevertheless leaves you still within striking range for subsequent secondary attacks. With footwork, one not only avoids the attack but actually improves one's position and creates advantage.

Finally, mentally eliminate the distinction between blocking and striking; they really are one and the same. This holds true especially in edged weapon applications. A parry with a knife is potentially a cut or counterattack.

It has been proven in many times in combat that the way one practices is the way one will instinctively fight.



www.astiglameco.com

Always keep one's training realistic and simple. Gross motor skill, executed with a minimum of movement and a maximum of force, will always be superior to the more artful, but less rational, movement's common to and emphasized in some Filipino martial art systems.

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dA bEST qUALITY pRODUCTS is a fresh company, owned by Gigie Alunday and Rich Verdejo, dedicated to providing for the needs of martial arts, extreme sports, and physical fitness. Martial art products and events are committed to expanding the camaraderie and interest among all arts. db clothing line and accessories for the active generation. "train TRUE, train REAL, train INTENSE!"



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Guro Roger Agbulos, Rich Verdejo, Gigie Alunday,
Guro Felix Valencia, and Tuhon Ray Dionaldo

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Sigung Antwione Alferos
President of Whipping Willow Association



Guro Felix Valencia, Guro Victor Gendrano (Photographer),
Tuhon Ray Dionaldo, and Guro Roger Agbulos

Photos by - Victor Gendrano, Jr.

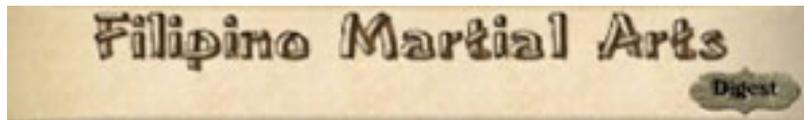


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