

# Philippine Martial Arts

Digest

Mini Issue



Georgia FMA Summer Camp

June 25 - 29, 2008



*Unity + Learning = An Amazing Camp*

Grandmaster Rene Tongson  
Senior Master Dan Anderson  
Senior Guro Edessa Ramos  
Master Robert Quinn  
Guro Jimmy Thomas



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AKJ Karate School Archives

Dan Anderson Karate Archives

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

Here we have the Georgia FMA Summer Camp 2008, which is remarkable, since no one really hears too much about the Filipino martial arts in Georgia and especially where noted Practitioners are sharing their skills and knowledge, in promulgating and promoting the Filipino martial arts.

In this summer camp there was Grandmaster Rene Tongson from the Philippines, Senior Master Dan Anderson from the state of Oregon, Senior Guro Edessa Ramos from Zurich and Senior Master Robert Quinn and Guro Jimmy Thomas who sponsored the event living and teaching in Georgia. These two practitioners Senior Master Quinn and Guro Thomas are bringing noted practitioners to Georgia to spread the Filipino martial arts and are planning to have an event next year (2009) which will even result in a wider range of talented Filipino martial arts practitioners to share knowledge with those that attend.

It is worth keeping your eye on Georgia and if in the area next year, be sure to attend the 2009 Summer Camp.

**Maraming Salamat Po**



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



# Georgia FMA Summer Camp 2008

June 25 - 29, 2008

**Location: AKJ KARATE**  
3565 GA HWY 20 South, Suite B  
Conyers, Georgia 30013

## **Instructors:**

**Grandmaster Rene Tongson**

**Senior Master Dan Anderson** - [www.danandersonkarate.com](http://www.danandersonkarate.com)

**Senior Master Robert Quinn** - [www.americankarateproductions.com](http://www.americankarateproductions.com)

**Senior Guro Edessa Ramos** - [www.silkensteel.com](http://www.silkensteel.com)

**Camp Director:** Guro Jimmy Thomas

## **About AKJ Karate School**

### **Our Mission**

AKJ Karate is building the foundation for great lives through excellent professional martial arts training in an environment where anyone will feel welcome.

### **Our Vision**

AKJ Karate's vision is to enrich lives through martial arts. We want to show our students how to apply the skills they learn from martial arts to every part of their daily lives. Every technique, drill, mat chat, and game is geared toward the life skill of the week. Skills that will be taught are:

self-esteem	friendship
leadership skills	determination
self-discipline	focus
responsibility	awareness
respect	perseverance
honor	confidence
loyalty	

We seek training and knowledge from international masters of the arts so that we may pass that information on to our own students. I want to bring the masters to our school so that our students may train directly with them.



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

## Unity + Learning = An Amazing Camp

By Edessa Ramos

The 1st Modern Arnis Camp of Georgia was held in Conyers on June 24 - 30, 2008. It was at the same time a martial arts training camp and a reunion of masters, instructors and students. It was a camp with high level blackbelt instruction, as majority of the participants were advanced in their knowledge of Modern Arnis and the Filipino martial arts systems. As for participants who were of higher colored belt levels, they benefited greatly from the advanced instruction as well as the hard-hitting training with the Black Belts.

What made the camp significant were the connections made between Modern Arnis and the wider Filipino Martial Arts. It gave a more in-depth insight into the indigenous fighting arts of the Philippines, the root from where Modern Arnis originated and grew. The Filipino instructors gave a clear picture of the martial arts of their forefathers, and showed how modern applications sprung from this knowledge.

In this camp, high level instruction meant crossing the line between technique and combat intent. Grandmaster Rene Tongson, for instance, showed the combat applications of Tres Puntas and Classical Arnis, which involved the finality of finishing a fight to the end. This is understandable in the classical fighting arts, which hold true to the century-old traditions of the Filipino forefathers, from the time of Lapu-Lapu and the datu, and all throughout the 400 years of Spanish rule wherein the fighting arts were used for winning the freedom of the Filipinos from the violence of colonialism.



Grandmaster Rene Tongson

Grandmaster Tongson has always been careful to reserve teaching the higher arts to high-level students only, which is understandable, considering the dangerous and vicious nature of a combative art. In the Georgia camp, appreciating the level of the students, he was able to show these techniques. In addition, he deepened the students' knowledge and appreciation of the classical stances, strikes and defensive techniques, which tend to be forgotten or glossed over in the learning of Modern Arnis. Many students did not realize, for example, that the effectiveness of the abaniko lies not in the wrist but in the elbow movement. By critiquing the student's stances and moves, Grandmaster Tongson was able to help them correct any misunderstanding of classical Arnis and enabled them to apply the classical techniques more effectively.

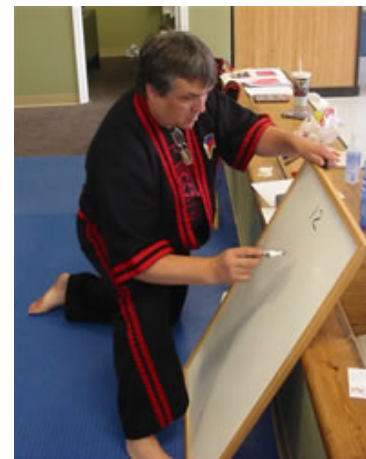
In this camp, high level instruction meant deepening one's appreciation of the significance of "breaking the opponent's structure", as taught by Grandmaster Dan Anderson. We all know that getting the opponent off-balance gives us an advantage. But how does it really work? How does intent play a role? How do you execute the structure-breaking techniques effectively? Grandmaster Anderson is a genius in enlightening the students in this regard. His lessons were simple to the point of exactness. And the energy

which infused his teaching was very infective and lent power to the students' ability to absorb deeply and learn fast.



Grandmaster Dan Anderson working with practitioners

In this camp, high level instruction meant fully appreciating the purpose and meaning of arnis forms. Senior Master Robert Quinn taught the cane forms with emphasis on application. He explained the application in great detail to make the forms more relevant to the students. Sometimes, instructors, neglect to teach the application. This is what puts the colour in the moves and makes the form authentic. It also teaches the student that it is possible to train solo. This is how his senior student, Jimmy Thomas, describes the significance of form applications: “If you can visualize the application as you perform the moves, you now have meaning that transforms the moves into a beautiful dance that flows



Senior Master Robert Quinn



Senior Guro Edessa Ramos

with elegance and purpose. You also have some of the best training you can practice by yourself.”

In this camp, high level instruction also meant drawing the line between combat and tactical applications. Senior Guro Edessa Ramos presented the Desangut, the upcoming new knife designed by Grandmaster Bram Frank. The Desangut is the modern day version of the traditional Filipino hooked knife known as Sangut, which originates in Iloilo and its nearby Visayan islands. Guro Ramos explained the relationship between farm tool and fighting tool. Her revelations of the historical and traditional lineage of the Sangut helped enlighten the students on some of the Filipino mentality about fighting. The actual instruction, however, was devoted to introducing critical entry points using the Desangut against an attacker. The end techniques were taught along the range of lethal, less-than-lethal and non-lethal use of force, emphasizing how vital this knowledge is when teaching



law enforcement, security and self-defense. Guro Ramos also taught one session of Bram Frank's Lapu-Lapu Corto and Close Range Impact techniques using Gunting entries.

The camp was sponsored and conducted by Senior Master Robert Quinn, together with Jimmy Thomas, Founder and Chief Instructor of AKJ Karate in Conyers. Their warm southern hospitality gave pure joy to the visiting instructors and students. The camp was full of Modern Arnis lessons, but there was also lots of time for get-togethers, such as the barbecue party in Jimmy's house, hosted by his wonderful wife Judy and daughter Callie. Rain clouds did not dampen the spirits nor keep the determined barbecuers from the grill. Eating had to be done indoors though, with much laughter, jokes and story-telling. It brings to mind how unique it is, that in this place, the Arnisador's dedication to his fighting arts is very much intertwined with the family and its dedication to supporting him/her to the utmost. It is often said that arnis is a way of life. And here in Georgia we have seen that it is true, and way of life is very much defined by devotion to family.



Guro Jimmy Thomas

The participants also had the opportunity for sightseeing and special events, such as the visit to Stone Mountain National Park to view the amazing laser light show. The show, and the magnificent fresco on the face of the mountain itself, gave the visitors an insight into the history of the south. Sitting together eating southern fried chicken on picnic blankets and beach chairs, it felt like a great big family reunion.

Preparations for the 2nd Georgia Camp are already underway. Tentative dates are set for July 20 - 23, 2009 (subject to change). The plan is to hold the instruction in 2 dojo's in Conyers, and of course includes lots of opportunities for camaraderie, sightseeing and family get-togethers. For the second camp, Senior Master Robert Quinn is planning to invite the following instructors: Grandmaster Rene Tongson, Grandmaster Cristino Vasquez, Senior Guro Edessa Ramos, and one more Senior Guro from the Philippines. It is envisioned that the 2nd camp will further dig into the Filipino Martial Arts and how relevant they are to today's Modern Arnis.

What makes the Georgia event memorable was the warmth that permeated the camp. One marks the absence of politics and intrigue, those viruses which sadly attach themselves too often to modern arnis event. And yet it was not an exclusive event. In fact, many of the participants met each other for the first time, some only for the second time after several years. Some participants came from as far as New Jersey and North Carolina. Others came from various parts of Georgia. It was Grandmaster Tongson's first time to teach in the US. It was Guro Ramos' first time to cherish the honour of teaching alongside her teachers. It was Senior Master Robert Quinn's first time



Senior Guro Ramos and Grandmaster Tongson

to invite Filipino instructors to his state, Jimmy Thomas' first big camp to run. And though it was no first for Senior Master Dan Anderson, it was his first time to meet many of the students, and certainly wasted no time in making them feel welcomed as part of the arnis family. Now all this constitutes the one spirit of arnis unity which paves the way for that love for learning. Now that's what it takes to make an amazing camp!

Grandmaster Dan Anderson explaining the finer points of the technique







Senior Guro Edessa Ramos, looks on at practitioners training with the Desangut





## Grandmaster Rene Tongson



Grandmaster Rene R. Tongson took his first Arnis lesson at age nine (9) in Hinigaran, Negros Occidental - the hometown of Professor Remy Presas, using sugarcane instead of the rattan stick which was scarce then. His Modern Arnis training started at the age of 15 with Grandmaster Roberto Presas. From Grandmaster Mateo D. Estoloso of Antique, Panay Island, he refined his classical techniques such as Banda-y-Banda, Rompida, Doblada, Hirada Batangueña, Espada-y- Daga, Palis-palis and many more. Under Grandmaster Ernesto, he mastered the techniques of Filipino weaponry.

Grandmaster Rene R. Tongson has a combined 41 years of experience in Classical and Modern Arnis, and holds Black Belt ranks in Kendo (4th dan),

Traditional Karate (4th dan), and a Master of Philippine indigenous weapons. He is also a member of the Council

of Masters of Modern Arnis, and Co-Founder-convener of **Worldwide Brotherhood of Modern Arnis** (WBMA) - [www.worldbromodernarnis.com](http://www.worldbromodernarnis.com).

Using his high academic and administrative experience, he spearheaded the organization of Arnis Philippines (ARPI) as its 1st Secretary General in September 1986 under the Philippines Olympic Committee (POC). In 1988 he drafted and authored the original version of the Philippine National Standard for the conduct and practice of Arnis in competitive sport, the standard rules now being used in Arnis Tournaments worldwide. He travels regularly and conducts seminars and workshops in the Philippines, Australia, Europe, and Russia continuing now in the USA. He is backed by his network of Organizations in Australia, USA, Canada, Germany, Austria, United Kingdom, Switzerland, Russia, Ukraine, Jordan, Saudi Arabia, Hong Kong and Philippines.

He inherited the classical Abaniko Tres Puntas System, from the Founder Grandmaster Mateo D. Estoloso - a unique classical style with the intricacies of a largo and close quarter technique applicable in mano-mano, blades and practical weapons.

Grandmaster Tongson is known for his unique Abaniko Tres Puntas style and form in classical Arnis. (Abaniko Tres Puntas is a unique Philippine Classical Arnis System with intricacies of a traditional weapon oriented and close quarter technique applicable in knife, Mano-Mano and empty hand combat.







**ABANIKO TRES PUNTAS** is a unique Philippine Classical Arnis System with intricacies of a traditional weapon oriented and close quarter technique applicable in Mano-Mano and empty hand combat. The combination of SANGA-PATAMA and SUNGKITI execution makes a deadly form of HAWI-TAPI and traps by Grand Master Mateo D. Estoloso of Antique, Philippines.

The techniques can be seen from different angles, so that all details are shown very clearly.

**ABANICO**

[www.abanico.de](http://www.abanico.de)

## Senior Master Dan Anderson



When Professor Presas arrived in America, he traveled all over the country teaching Modern Arnis to any and all who would listen. Senior Master Dan Anderson first met Professor Remy Presas in Oakland, California in 1979. He began training with him the following year. Professor Anderson was promoted to Lakan Isa (1st Degree Black Belt) in Modern Arnis in 1982. He continued training with Professor Presas, often traveling cross-country to do so, eventually achieving the rank of 6th Degree Black Belt on June 28, 1992. He further received the title of Senior Master from Professor Presas in 1995.

Senior Master Anderson teaches what he calls "MA-80 System of Modern Arnis" or "Modern Arnis 80." Modern Arnis, as I learned it from Professor Presas, stressed several elements, the most important being the concept of "The Flow." All I have done is taken his art, discerned the fundamental principles which underlie it and put them into a systemized form that will eventually lead the student to developing his or her own flow.

This is the legacy my teacher passed on to me and so I pass it on to my own students. "The title "Modern Arnis 80" has two meanings. 1980 was the year Senior Master Anderson began his training with Professor Remy Presas. Additionally, if you take the number 8 and place it on its side, you get the symbol for infinity. Professor Remy Presas taught countless variations of technique application, creating the appetency of an infinite number of actions one could take in any given situation. Taking the 8 and separating it from the 0 creates the philosophical viewpoint of the possibility of anything (8) to the simplicity of the moment (0). This is the viewpoint behind the training of technical application.

Professor Presas passed away in the fall of 2001 and Senior Master Dan Anderson is one of a number of instructors who are keeping his art of Modern Arnis alive in their

instruction. Senior Master Anderson was honored by the World Head Of Family Sokeship Council as a 2002 Hall Of Fame recipient as Founder of the Year for his creating the **Modern Arnis 80** system. In 2003 he received from Grand Master Wally Jay (Small Circle Jujitsu), Dr. Maung Gyi (Bando), Datu Bong Jornales (Arnis Sikaran) and Gat Puno Abon Baet (Harimau Arnis) recognition for Founding **Modern Arnis 80** and an 8th Degree Black Belt in that form.

Senior Master Anderson now has a martial arts discussion forum at the CSSD SC website you can reach it by going to: [cssdsc.com/phpbb](http://cssdsc.com/phpbb)  
Visit Senior Master Dan Anderson Website at: [www.danandersonkarate.com](http://www.danandersonkarate.com)

### **Master Instructor Robert Quinn**



Senior Master Robert Quinn has over thirty years of martial arts training. He currently holds Black Belt in three disciplines of martial arts: 7th Degree Black Belt in American Karate, 5th Degree Black Belt (Lakan Lima) in Modern Arnis, and 4th Degree Black Belt in Kenpo Karate. As an expert in various types of weapon and forms, his teaching emphasizes on application which make the forms more relevant, exciting yet understandable and effortless when implementing, both with weapons and in empty-handed.

In addition to opportunities to train with a number of recognized Grandmasters Nationally and Internationally, Master Quinn has had the distinct honor of having been trained and granted rankings by two of the greatest martial artists of the twentieth century, the late Grandmaster Ed Parker (Kenpo Karate System) and Grandmaster Remy Presas (Modern Arnis System). Under Grandmaster Remy Presas, Master Quinn earned his Lakan (Black Belt) on March 1986, and was awarded the Advance Instructor Certificate in November 1986 which was sealed by the Modern Arnis Federation of the Philippines. Subsequently, in April 1998, he was promoted to Lakan Lima (5th Degree Black Belt) by the late Grandmaster Presas which was also sealed by the International Modern Arnis Federation.

Senior Master Quinn has sponsored a number of Arnis Training Camps during which he served as the instructor assisting late Grandmaster Presas. In May 2005, as an invited instructor, he instructed at the Modern Arnis Senior Masters Camp at Brevard, North Carolina. In November 2007, Senior Master Quinn visited Iloilo City and Guimaras Island Philippines where he was trained in Tres Puntas and Sport Arnis. At this visit, he was appointed as the Sport Coordinator for the Sport Arnis in Georgia, USA under International Modern Arnis Federation Philippines.

Senior Master Quinn is the owner of the Robert Quinn's American Karate Productions, Inc. located in Tucker, Georgia ([www.AmericanKarateProductions.com](http://www.AmericanKarateProductions.com)). He is also the Founder of the Tactical Emergency Security Training (TEST©) which has been established with the goal of supplying a comprehensive approach to security of the



corporate employee, company materials, senior citizens, single parents and subsequently protect the children under their care at the time, prevent our youth of becoming a victim to personal attack, and provide specialized training for law enforcement and security level personnel that complementing the training that they have already received.

During his life-long martial arts training, Master Quinn discovered that the training has helped in all aspects of his life and is eager to pass on the extensive knowledge to his students.

**Master Robert Quinn can be contacted at:** [sifurobertquinn@bellsouth.net](mailto:sifurobertquinn@bellsouth.net)



## Dayang Edessa Ramos



In 1994 Dayang Edessa Ramos started her training in Modern Arnis in Manila under Master Samuel Dulay. When she moved to Switzerland in 1996, her training continued in the form of private seminars with Master Dulay during frequent visits to the Philippines. In Switzerland, she took Wing Chun and Taichi lessons under Grandmaster Kok Yeng Chow and Daniel Minder. In 2000, she established Modern Arnis Switzerland, which was later to become the Swiss and European Commission of the International Modern Arnis Federation Philippines (IMAFP).

Since 2001, she has been making several trips a year to the Philippines for intensive private seminars under Master Samuel Dulay and Master Cristino Vasquez with supervision from Master Rene Tongson.

In Europe, Edessa is also a member of the Deutsche Arnis Verband or DAV (German Modern Arnis Federation) [www.modernarnis.de](http://www.modernarnis.de). She travels regularly to Germany for seminars under Master Dieter Knüttel.

Edessa discovered her fascination for bladed weapons under the guidance of Master Dulay. As her teacher, he helped her to overcome her instinctive fear of the knife and taught her techniques in knife defense and combat, sangot (an Ilongo curved knife), and her favourite, the itak (or bolo).

This year, she continues her commitment to the bladed weapon through intensive trainings under Master Bram Frank. She has been recently



Master Dieter Knüttel - Dayang Ramos  
Master Bram Frank

appointed as the Swiss Director for his Organization, Common Sense Self Defense/Street Combat (CSSD/SC) [cssdsc.com](http://cssdsc.com).

Dayang Edessa is busy promoting and teaching Modern Arnis in Zurich. The lack of financial and manpower resources have not deterred her from pursuing her dream passionately: to heighten international recognition for Modern Arnis and the Filipino Martial Arts, and to achieve international renown for the masters in the Philippines.

She also writes regularly about arnis, the Filipino martial arts, and the various aspects of Filipino martial culture. Aware that Philippine Masters have very limited opportunities to travel abroad and become known, she actively organizes seminars for them. Through her efforts and the generous support of her friend and teacher Master Dieter Knüttel, it became possible for Masters Samuel Dulay and Cristino Vasquez to teach seminars in both Switzerland and Germany, hence drawing appreciation to the Filipino as a true warrior and bearer of the Filipino Martial Arts.

When not busy with Arnis, Edessa Ramos is a free-lance journalist, published writer, scuba diver and theater artist. She works as marketing manager and lecturer for the University of Business and Finance Switzerland.

You may learn more about Senior Guro Edessa Ramos and the Filipino martial arts.



You may write to her at: [edessa@cssdsc.ch](mailto:edessa@cssdsc.ch)



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

## Guro Jimmy Thomas



Guro Thomas achieved his 1st Degree Black Belt on April 27, 2002 after two and a half years of training. In 2003, his church approached him about starting a Karate class in the new family life center that was under construction. He politely declined. He declined the church three more times. Then, they asked him to evaluate another instructor that had approached the church to use the new family life center. He agreed to go to watch this instructor teach a class at another local church. He did not like what he saw in this class and did not feel that it was a good match for his church. He reported to the church that this was not a good choice for them. A week or so later he was having lunch with one of his daughters and discussing the proposed Karate program at the church. When asked how

the evaluation went, he replied, "I did not like what I saw. What we really need is someone who knows our system of Karate."

His daughter seized the opportunity. She said, "*How often were you going to help the other guy, once a week? Why can't you teach at our church?*" Guro Thomas decided to start the Karate program at Zion Baptist Church. He went back to the church and asked if he could build the program and they happily said yes. Mr. Thomas began to teaching classes at Zion on February 23, 2004.

Over the next three years the karate program grew to the point that changes needed to be made. Classes needed to be longer in order to separate the advanced belts from the beginner belts. Currently, the kids (ages 5 to 12) class averages 40 students and our teen/adult (ages 13 and up) class averages 12 each week. In these classes, there is an established curriculum for the karate training. Belt appropriate documentation is given to each student to enforce skills learned during class. Additional training in Kempo and Modern Arnis (The Filipino Art of Stick Fighting) is provided for the adults.

Guro Thomas has continued in the art by attending weekly classes training under Senior Master Robert Quinn, world renowned martial arts instructor. In 2005, Guro Thomas attended the International Modern Arnis Summer Camp held in Brevard, N.C. During that week, he received training from seven international masters.

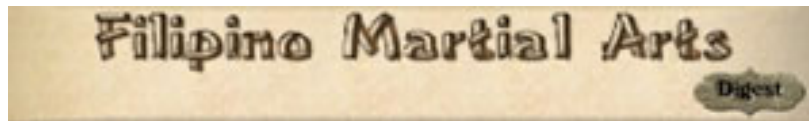
Guro Thomas has visited the Philippines twice, once, in 2006 at the 3rd FMA Festival in Tagaytay and Manila. The two week session Guro Thomas was taught by twelve various International Masters. The second time, he travelled to Iloilo City and Guimaras Island Philippines. Guro Thomas won 2nd place in a tournament held in Cabatuan, losing in the finals to the Philippine National Champion. Not bad for his first stick fighting tournament.



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