

# Filipino Martial Arts

Man, Woman, and School of the Year  
**2005**

Digest

Special Issue

In recognition of the dedication, promotion and support of the Filipino Martial Arts.  
*Sa pagkilala sa katapatan, pagpapansin at pagtangkilik sa Filipino Martial Arts.*

It is an honor and privilege for the FMA Digest to recognize  
*Ito ay isang karangalan at pribilibeys para sa FMA Digest upang parangalan*



Man of the Year  
Grandmaster Vincente Sanchez

Woman of the Year  
Dayang Edessa Ramos



School of the Year  
Kali Academy of Martial Arts

**Publisher**

Steven K. Dowd

**Contents**

**From the Publishers Desk**

**Man of the Year**

*Grandmaster Vicente "Vic" Sanchez*

**Woman of the Year**

*Dayang Edessa Ramos*

**School of the Year**

*Kali Academy of Martial Arts*

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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**

This is the second year for the FMAdigest to recognize a Man, Woman, and School of the year with you the readers selecting them. Though it seems not many people are voting for many of their favorite Filipino martial arts practitioner or school. The ones that are being selected this year got many votes.

Grandmaster Sanchez, which I have met personally while visiting the Philippines in March 2004, is a very amazing man to talk to. You can read about him of course in the recognition section, however he has had an article in the FMAdigest, Volume 1 No 3. Check out past issues [[Click Here](#)].

Dayang Edessa Ramos, living in Switzerland, is a very active Filipino martial artist throughout Europe. She represents the **International Modern Arnis Federation Philippines**. Also involved with the theater, and a writer, she has graciously submitted an article to the FMAdigest which will be in Volume 3 No1.

The **Kali Academy** is operated by Master Norman Suanico and Guro Sonny Padilla in Red Deer, Alberta, Canada. Bring the art of Grandmaster Tatang Antonio Ilustrisimo out of the Philippines to share with the world. Master Suanico was Grandmaster Ilustrisimo personal secretary and had lived with him for 10 years.

**Maraming Salamat Po**

# **FMA Digest Man of the Year 2005**

## **Grandmaster Vicente "Vic" Sanchez**

Through the years Grandmaster Vicente Sanchez has learned and mastered such Filipino martial arts as Cinco Teros, Kasilagan, Modern Arnis and lastly, Serrada, Cadenilla, y espada y daga (Lightning Scientific Arnis International).

At the age of 17 years old in Pangasinan, Vicente Sanchez commenced his training in the Filipino martial arts with Cinco Teros. Being a body builder and with his good looks, it seemed that others would challenge him to test if his character was as good as his appearance. Needing to defend himself his father finding out that this was happening to his son arranged through a co-workers brother to teach his son some self-defense. What happened is that Vicente Sanchez commenced his training in the art of Cinco Teros. Vicente found that instead of just learning to defend himself he found a whole new way of life.

Excelling in his learning he realized the benefits of Arnis and the spirituality (anting anting), it was in just four years that he also commenced his training in Kasilagan adding to his arsenal of knowledge. Throughout the years Grandmaster Sanchez has continuously added to his knowledge and has become one of the most respected Filipino martial artists in the Philippines.

A professional stuntman he has been called upon to do various movies throughout the years. One movie was "Pacific Connection" starring Guro Roland Dantes who introduced him to Grandmaster Remy Presas. It was suggested to Grandmaster Presas that it would be beneficial to get with Grandmaster Sanchez and teach him Modern Arnis. Grandmaster Sanchez with his prior knowledge and skill excelled in his learning and covered one year of instruction in a short period of 2 weeks. When Grandmaster Presas ventured to the United States, it was Grandmaster Vicente Sanchez who helped Grandmaster Presas's wife, who carried the Modern Arnis banner in the Philippines.



During the filming of "Sticks of Death" also starring Guro Dantes, Vicente met another great Filipino martial artist. Grandmaster Benjamin Luna Lema of Lightning Scientific Arnis was known and respected as a great fighter proving his art time and time again. These two men built up a friendship and great respect for each other through the years, until the passing of Grandmaster Lema.

To study with Grandmaster Sanchez is exciting and demanding, and a decision that if made will never be regretted. With the gracefulness of a dancer, coupled with the flowing movements like a well-rehearsed stage play, Grandmaster Sanchez through his instruction will impart upon you and open up and drawing you into a world of physical and mental inspiration of a true Arnisador.

Now lets not kid ourselves this is not an over night, weekend or even a week of training. If this is what you are looking for then this is not the man to go to. To study and get a full taste of



Grandmaster Sanchez's knowledge and experience one must spend 3 to 6 months of dedicated training.

A student of Grandmaster Sanchez will find patience, yet a demand from the student, which is given freely of retention and dedication. As the training progresses one can feel the history and tradition of a true Filipino warrior being taught. Commencing your training with the knowledge of Modern Arnis and thinking you have obtained a part of the art, Grandmaster Sanchez opens a door that has several paths of knowledge to his vast experience through the years. A student soon finds himself addicted and a desire continuously grows for more and more knowledge, which seems never to be satisfied.

On this magical tour, the student continues to learn Lightning Scientific Arnis (larga mano and palis palis) Not just as arts within themselves but as a combination and coalition of extreme knowledge which if serious in learning will make one a formable Arnisador. In learning one must realize the steps to become a true Arnisador, first starting with the dipa (long form), then tapado (cut in half) making two sticks becoming sinawali. Cut again becomes espada y daga; take away the Daga forming solo baston and that moving to mano mano. All this equals the complete Arnisador.

One must also understand that there is no quick way to gain this knowledge. There must be the interest, coupled with dedication, and the time to put forth to obtain the true essence of the teachings. The student must commence with the thought of learning the art to fight, for it has been handed down through history as a way of life, and as a way of self-preservation in the face of confrontations.

When teaching Grandmaster Vicente Sanchez hides nothing and shares all his knowledge he has acquired. This maybe hard to believe, but his belief is that by giving his students his knowledge, then once he has passed on, his knowledge will continue throughout time and nothing will be lost.

So if planning to go to the Philippines it is well worth the effort to visit with Grandmaster Vicente Sanchez and if going to be there for an extended time it is most beneficial to seek his teachings and train.

His contact information:

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**Email**





## **FMA Digest Woman of the Year 2005**

### **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. She holds a 3rd degree black belt in Modern Arnis.

In Europe, Edessa is also a member of the Deutsche Arnis Verband or DAV (German Modern Arnis Federation). 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 appointed as the Swiss Director for his organization, Common Sense Self Defense/Street Combat (CSSD/SC).

During the 2nd Filipino Martial Arts Festival in Dortmund in 2004, she assisted and performed with Master Dulay in the seminars and gala night. It was her first public demonstration of a skill considered rare for women, “that of using the itak in free-style fighting.”

In December 2004, she performed a Modern Arnis demo with Master Dulay in the 1st Swiss Budo Masters Gala in Berne. It was a non-stop 5-weapon demonstration that awed the martial arts community, primarily because it was their first time to view the full fighting techniques of the Filipino Martial Arts, and she was one of the very few women in the festival. Not only that, she was the only one handling a live machete.

Dayang Edessa is busy promoting and teaching Modern Arnis in Zurich. She is also on the brink of establishing the IMAFP chapter in Italy. Other areas that are in the



works and on her agenda include Slovakia and Eastern Europe. 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. She hopes to bring at least one master or senior instructor from the Philippines to Europe every year. 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.

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Master Dieter Knüttel - Dayang Ramos  
Master Bram Frank

## **FMA Digest** **School of the Year 2005**

### **Kali Academy of Martial Arts**

"Falling down doesn't, make you a failure, but staying down does."



Each year on Canada Day (July 1) various ethnic groups of the Red Deer Cultural Society, offer songs, music, folk dances, martial arts and ethnic foods as a form of entertainment to celebrate Canada's birthday. Sonny Padilla observed how the Japanese perform their drums and karate while the Chinese demonstrate their Kung fu. Having a background in Karate and Filipino Martial Arts (FMA) and as an officer of the Philippine Canadian Association, he proposed to the association that a Kali demonstration could be presented for the Philippine cultural dance presentation. Once the proposal was approved, Sonny contacted a friend, Punong Guro Dan Rutano of the Canadian Kali Association a well know practitioner of Estokada Kali and they formed the first demonstration team and performed on July 1, 1996.

The success of this event prompted Sonny to explore the idea of setting up a Kali school in Red Deer. He canvassed the membership of the association and there seemed to be a demand. However, having a full time job, on shift work and on occasion having to travel to other locations presented a dilemma. In order to overcome this problem, Sonny thought of bringing in a master from the Philippines.

In February 1997 Sonny Padilla went to Manila in search of a qualified master. First, he went to the grandstand in Luneta Park, a former headquarter and gym of the Karate Federation and Arnis Federation of the Philippines where he used to train under Doctor Guillermo Lengson. To his surprise his old group was no longer in existence. It was then that Sonny remembered another group in Luneta where they used to watch after his groups training. Lucky enough Sonny met Grandmaster Tatang Antonio Ilustrisimo and Grandmaster Jose Mena.



Kali Academy Class

When Sonny told Grandmaster Ilustrisimo that his desire was to bring one of the Masters of Ilustrisimo Kali to Canada to teach his system, Grandmaster Ilustrisimo reaction was why should he have his style taught to the outside world? Showing the techniques that had kept him alive? Sonny countered by saying to share, to preserve the system, and spread the art.

But in doing this Grandmaster Ilustrisimo said, other styles, once they know our system, will be able to make a defense against our techniques. Sonny explained to Tatang that he agreed with him but for every counter there is also another counter. After convincing Grandmaster Ilustrisimo, he introduced Sonny to his master students like Mr.

Pedro Reyes, Romy Macapagal, Robert Morales, Norman Suanico, Ernie Talag and others.

Of all the people that Grandmaster Ilustrisimo introduced him to, whom do you recommend first? He asked Tatang. Tatang reply was Norman Suanico. Norman was his personal secretary and had lived with him for 10 years and had taken care of him.

So, in 1997 Sonny started the groundwork to bring Norman to Canada and by December 1999 was lucky enough to bring Master Norman Suanico to Red Deer, Canada.

### **What the Kali Academy of Martial Arts Teaches:**

The school teaches authentic Kali Ilustrisimo based on Tatangs principles and techniques. The typical schedules includes: Kali, Karate and Dumog on Monday and Wednesday's, pure Kali on Tuesday and Thursdays and Joint Lock Manipulation techniques for self defense on Fridays.

The school has a structured program where a beginner starts with basic Level 1 techniques of single stick increasing to more advance techniques to Level 4. Then the student goes on to double stick, sword and dagger, knife, long sword (Dos Manos/ Tapado) and manor y manor (Empty Hand).

From the time the Kali Academy of Martial Arts School was started, countless hours of demonstrations in Karate tournaments, Tae Kwon-Do Tournaments, Sportsmen's Shows, public festivities, including the famed Edmonton Klondike Days have been spent in the promotion of the school and the art of Kali Ilustrisimo.

Seminars across Canada have been given to various martial art schools, to martial art enthusiast and the Kali Academy has developed a following from Vancouver, Nelson, Penticton, Kamloops, Salmon Arm, Westband, Calgary, Edmonton, Brooks, Saskatoon, and also in some parts of the USA.

As a service to the community, the Kali Academy offers and provides free basic self defense courses to High School and Junior High Students, including organizations like the Family Services Bureau and other corporations as part of their OSH (Occupational Safety and Health) programs to create awareness, preventive measures and basic self defense techniques.



Canada Agricultural  
Employees and Family Seminar



Hunting Hill High School  
Self Defense Class

The **Kali Academy of Martial Arts** is located at 4611 B – 50th Ave., Red Deer, Alberta Canada, T4N 3Z9. You can contact then by phone at 403-343-3350 or **Email**



**Filipino Martial Arts Magazine**



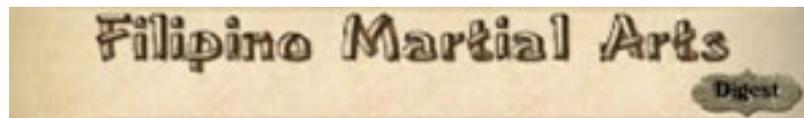
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