

Filipino Martial Arts

Digest

Daniel Go
The Man Behind Rapid Journal

Vol 1 No 4
2004



Eliot Shearer
FMA magazine



Music Teacher
Arnis Practitioner
Businessman



Toby Barthelmes

Publisher
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Tai Chi Publications - Staff
Sinawali Trader - Administration
Filipino Martial arts magazine - Administration

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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

Well once again another issue of the FMA Digest and this is the fourth and final for Volume 1. So it is that Volume 2 will kick off 2005. It started rough with just a few people submitting articles, however I hope others will join in and submit articles on the Filipino martial art that they represent, are studying, history or some technique or aspect on Filipino martial arts.

In this issue are people that study the martial arts and also contribute in other ways that benefit all people that are studying Filipino martial arts. I met Master Nilo Limpin while I was in Manila this year and to watch him demonstrate the balisong is to say the least amazing. I did not know a person could actually make the balisong sing and some of the movements he did are beyond belief. Also meeting Mr. Daniel Go who publishes Rapid Journal magazine was a treat to say the least. He is the publisher of the No1 magazine on martial arts in the Philippines, and now is able to offer it to people outside the country through subscription, and also one can get back issues. The articles that are in his magazines are very informative and should be on everyone's bookshelves for reference. Mr. Toby Barthelmes, who is originally from Germany, came to the Philippines to teach music, found Arnis de Mano a total inspiration. He is residing in Manila and has a great line of weaponry for martial artists offered through his company Sinawali Trader. And to say the least Eliot Shearer the Publisher of the Filipino Martial Arts magazine, which I have known for many years, continues to put out an excellent magazine and has opened it up to other areas of the martial arts.

Salamat Po



Master of the Balisong

Master Nilo Limpin



At the age of 10, Master Nilo Limpin was attending a barrio festival and saw a man playing with a knife, doing some amazing combinations, making the blade appear and then disappear. Curious about how the man was doing this, he questioned the man and found that this magical act was not magic but that the knife was a balisong knife. A type of knife that the blade is hidden in the handle until needed and then with a flick of the wrist the blade is out and ready for use.

So intrigued was young Nilo that he bought one and practiced, imitating the movements he had witnessed the man had done at the festival. As time went on Nilo discovered that he could easily make the blade sing in his hand demonstrating various sequences of opening and closing it. Throughout his province he became popular and admired for his skill with the balisong.

Nilo was so intrigued with the balisong, he went beyond the normal opening and closing of the knife, he started to experiment and developed other ways of opening and closing the balisong which amazed others and demonstrated that besides his unique opening and closing techniques he could wield the knife defensively and offensively with little to no effort.

In the 80's, a friend introduced him to Punong Guro Edgar Sulite a well-known Arnis practitioner. In seeing Master Limpin demonstrate his unique style with the balisong Punong Guro Sulite asked Master Limpin to teach him the balisong. Through this meeting Nilo and Edgar exchanged their knowledge, Punong Guro Edgar Sulite the art of arnis and Nilo the art of wielding the balisong. Upon acquiring this knowledge Master Sulite added this art to his art of arnis and has introduced the art of the balisong outside of the Philippines.

Grandmaster Leo Gaje being a close friend of Punong Guro Edgar Sulite was soon approached by Punong Guro Sulite and was told to go visit Master Limpin, who was an expert in the balisong and watch while Master Limpin demonstrated his unique techniques with this weapon. Upon seeing Master Limpin's demonstration Grandmaster Gaje became very interested and it was that Grandmaster Gaje also learned and adopted some of the techniques of the balisong as demonstrated by Master Limpin into his style of the Filipino martial arts.

As his reputation grew he was introduced and became an instructor and stuntman in the famous Filipino SOS Dare Devils (Son of Stunts), an organization most famous for their work in the films, doing stunts that were unique and beyond the norm. It was in the first meetings that the SOS Dare Devils were so impressed with his techniques with the balisong that Nilo became an instructor to the others in its use and they made him a part of their organization.



As his reputation continued to grow in the use of the balisong and while working in the SOS Dare Devils. He was asked to perform in foreign films such as Chuck Norris's 'Delta Force' and 'Missing in Action'. In trying out for the movie '9 Deaths of the Ninja, with Sho Kosugi, Master Limpin was chosen over 20 other martial arts experts for a role, due to his expert skill with the balisong and the martial arts.



In a continuous search for knowledge on the balisong, Master Limpin has traveled extensively throughout the Philippines seeking any and all that practice the balisong. In trying to find out the history of the balisong, Master Limpin found that the balisong was introduced in 1903 in Batangas, however in his extensive search he cannot find it recorded anywhere as to who it was that introduced the balisong.

Master Limpin website
Panlaban Unlimited one can obtain
Filipino and Japanese training
weapons. It is located at
www.Panlaban.com. It should also

be noted that special designed weapons can also be obtained from Panlaban Unlimited if a picture or drawing is sent with the measurements required.



www.panlaban.com

Rapid Journal **The #1 Martial Arts Magazine in the Philippines**

Publisher - Daniel Go



Like many young teenagers during the early 70s Daniel Go was an avid fan of Bruce Lee and other martial arts films. His first experience with martial arts was when he enrolled in a Kung Fu school in Manila in 1976. The school taught the Southern Chinese style of Five Ancestor Fist (or Ngo Cho Kung fu). Prior to this he was already an avid fan of kung fu movies and had read much about kung fu in many of the magazines both Chinese and English. His fascination for the martial arts was somewhat different from others. He once saw a picture from a local martial arts magazine of a master seated with his student standing beside him. To Daniel it portrayed a rare picture of a master passing his art to a diligent and persevering student and from

then on he was interested in what went on in such a relationship, what did the student have to go through, what did the master teach, how did he teach it, etc. Daniel later found out that his interest in martial arts had nothing to do with self-defense although he was a quick learner of the various movements but somehow he did not have the urge to act aggressively when executing movements. Daniel was more interested in how the movements were taught, why did they have such movements etc. His interest in history was transferred to martial arts.

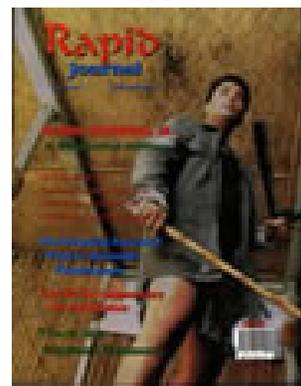
After six months Daniel quit the practice because the practice was hard (it was a southern style kung fu which emphasized external techniques), it did not fit Daniel's personality. However Daniel continued to do some practicing on his own and also read much about the arts. He also collected many articles and newspaper clippings on local martial arts activities and all these filled up two scrap books.

Two years later Daniel and his brother were introduced to a schoolteacher who taught them Yang style Tai Chi and also introduced them to a friend who taught Xingyi. From this teacher they had private lessons and were able to go through a number of forms like 108 Yang style Tai Chi (of Han Ching Tang), the two forms of Chen style Tai Chi, Baguazhang of Liu Yun Chiao of Taiwan, and some sword forms taught by both Masters from Taiwan who had visited the Philippines in the late 60s and early 70s. When Daniel graduated from college in 1983, he stopped practicing because he had to work full time. But he did continue to read and collect books on martial arts.

In early 1989 while in the United States, Daniel was diagnosed with cancer of the nasopharynx. After one year of treatment in Taiwan Daniel returned to the Philippines weakened by the chemotherapy and radiation treatment. Having nothing to do and being too weak he decided to go back to Tai Chi Chuan practice. The Wushu Federation of the Philippines was offering free Tai Chi lessons and he joined them. There were two sets of classes then Monday - Wednesday - Friday and Tuesday - Thursday - Saturday, Daniel attended both classes. So, as it was he was practicing everyday.

After a year of practice He regained some of his strength and was healthy enough and was recruited to compete in the Taijiquan Competition, as a member of the Wushu team. So Daniels first taste of competition was in Beijing in the First World Wushu Competition. There were two of them in the event, which represented the Philippines, the current Philippines representative and Daniel who was the alternate. He was supposed to join the competition but his score was not shown since he was not the official representative. However Daniels score turned out to be higher than the Philippine Representatives, so he was designated as the new representative of the Philippines. The team stayed for one month in Beijing training and in 1991 Daniel earned his first gold medal in the Southeast Asian Games held in Manila, followed in 1993 at the Southeast Asian Games held in Singapore, where he earned another gold medal. His best performance came in 1994 at the Asian Games held in Hiroshima (this was the Olympics of Asia) where he earned a bronze medal.

Retiring from competition, Daniel had plans to come out with a magazine that would continue to support his love of the martial arts activities. Daniel decided to go on with the magazine. While he was thinking of a name for the magazine,



his colleagues suggested to him to use the name RAPID with a slight change since he was not a part of the Wushu Federation anymore. So it came out “Research and Propagation for Internal Arts Development” or simply “RAPID Journal,” this was in September 1996.

Originally the concept of the journal was to provide an outlet for the different articles on internal martial arts like Taiji, Bagua, Xingyi, Qigong, and Aikido etc. The first few issues Daniel had to do much of the writing and formulating of articles because there were very few writers that could contribute material for such martial arts. Daniel even dabbled on topics, which bordered on the spiritual and esoteric since this was also part of the many martial arts tradition in the east.

Today the Rapid Journal has printed out 8 volumes with 4 issues coming out a year. It is known as one of the top martial arts magazines in the Philippines and covers all the martial arts practiced in the Philippines. Recently it has extended its availability outside the Philippines. You can visit the Rapid Journal website and obtain past issues, subscribe and even submit articles.



Rapid Journal

Music Teacher, Arnis Practitioner & Businessman

Toby Barthelmes



Toby Barthelmes was born in Frankfurt, Germany and raised in Switzerland, “in the Italian quarter” and attended music school in the French quarter to gain his music teaching degree. Once obtaining his degree the German government assigned Toby to the German school of music located in Manila, Philippines as a teacher.

Teaching in Manila since 1999. Toby was assigned the task of creating a project through music that would blend and unite the German and Filipino culture. In searching for a unique, but plausible way to do this, Toby met Guro Ariel Ramos, and in watching Guro Ramos demonstrate the art of Arnis came up with what he thought would be the best to demonstrate the cultural blending that he desired and would accomplish the goal he was assigned.

First enrolling himself for instruction of arnis with Guro Ramos to learn and get a better understanding of the Filipino art he found himself drawn into the cultural aspect of the Philippines. And soon it became a requirement for his students of music to also enroll, so they would know and understand the value of the art and be able to easily combine both the art and the music.

With the rhythmic movements of arnis, Toby soon put together a demonstration of the blending of the two cultures. With the music of Bach’s Prelude in “C” in the background and the movements of Sinawali, Toby Barthelmes put together such a

performance that the group was sent to Kuala Lumpur, Malaysia, to show this blending of the two countries, at the 1st Kulter Festival in Southeast Asia. This was a festival of all German schools in Asia, which would in each show a blending of the German culture with the culture of the country they were teaching in.

Even today Toby resides in Manila, continuing his training in arnis. He has formed a business with Guro mark Santos called Sinawali Trade which offers Arnis, Kali, and Eskrima equipment, “Quality products directly exported from the Philippines.

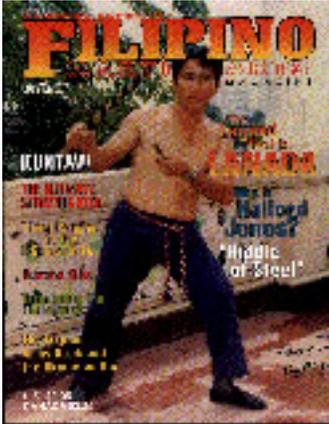
www.sinawalitrade.com



FILIPINO MARTIAL ARTS Magazine

Publisher Eliot Shearer

The Magazine for all Filipino Martial Art Styles



Eliot's Martial Art journey began when he was young, on a hot, humid, summer New York day, with the purchase of a Ju-Jitsu paperback costing 30 cents. After studying the book, he got involved in practicing and unfortunately for others on anyone that approached his environment. Soon, Eliot found himself "all alone". After a while everyone got tired of being a captured "victim" and he found himself quite alone in his practicing of the martial arts.

The street wolves, baying and lying in-wait forced Eliot to become an amateur boxer for several years. At the age of 12, he entered the structured setting of Judo/Ju-Jitsu.

Styles Eliot Shearer has studied: *Ju-Jitsu/Judo, Moo Duk*

Quan/Tang Soo Do, Aikido, Wing Chun, Okinawa Kenpo, Nin-Jitsu, Modern Arnis, Pekiti-Tirsia International (PTI). International Skeet and Point Shooting... plus Trick Shooting.

Filipino Martial Arts Magazine was given life, at a moment - when none existed - that was open to all Filipino Martial Arts styles in the USA and elsewhere in the world.

The Filipino Martial Arts magazine is known as the top Filipino martial arts magazine in the United States and covers not only the Filipino martial arts but also all martial arts. The FMAmagazine is offered by subscription throughout the world. You can visit the Filipino Martial Arts magazine website and obtain past issues, subscribe and even submit articles.



Filipino Martial Arts magazine

FMA Future Events

Seminars

Sadiq Kali Silat Workshop

October 9th & 10th, 2004

A & M Dance Studio

4200 Hwy 6

College Station, Texas

Email

Website

Richard Bustillo

October 30 & 31 2004

Reading Martial Arts Academy

8711 Reading Rd.

Reading, Ohio

Email

Jeet Kune Do, Muay Thai Boxing, Grappling, and Kali/Eskrima



Rapido Realismo Martial Arts Basic Instructor

November 29 - December 12, 2004

Rizal Park, Manila, Philippines

156 Sitio Puting Bato, nbbs.,

Navotas, Metro Manila

Email

Website

Tournaments



World Filipino Martial Arts Expo & Laban Laro 2004

World Filipino Martial Arts Expo & Laban Laro 2004

October 1 - 3 2004

PALMS Casino Resort

4321 Flamingo Rd.

Las Vegas, Nevada 89103

Website

Email

The 8th Annual Tri-State Classic

Open Martial Arts Tournament

October 23rd, 2004

Sweetwater High School

2900 Highland Ave.

National City, CA 91950

Pre-Registration Mailing & Tournament Directions

Kali Stick Fighting Rules

Website

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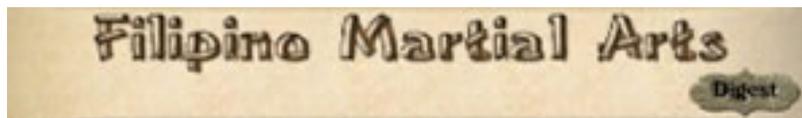
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