

# Filipino Martial Arts

**Kataas-Taasang Punong Guro  
Antonio Vasquez**

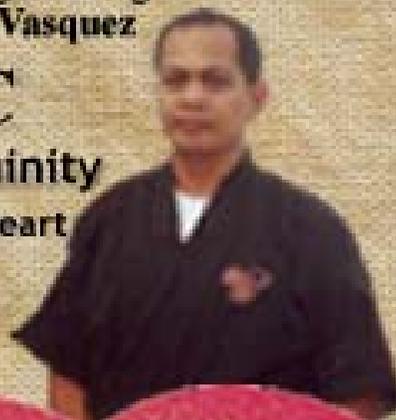
**Digest**

**Vol 2 No 2  
2005**

## **DULAC**

**Martial Arts Consanguinity**

**The Martial Arts with a Heart**



**Escrima-Kenpo-Arnis Goes to College in New York**

**Five Strike Espada y Daga Drill**



**When one thinks about blowguns –  
three names come to mind – Higuchi,  
Marinas, and Janich**

**Publisher**

Steven K. Dowd

**Contributing Writers**

Guro Damaso 'Danny' Liwanag

Phil Elmore

Dave Sustak

Adam Toussaint

**Contents**

**From the Publishers Desk**

**DULAC Martial Arts Consanguinity**

**Five Strike Espada y Daga Drill**

**The Blowgun** - an interview with

Sensei Dr. Hironori Higuchi, Dr. Amante P. Marinas, Sr., and Mr. Michael D. Janich

**Escrima-Kenpo-Arnis Goes to College in New York**

**FMA Future Events**

Filipino Martial Arts Digest is published and distributed by:

FMA Digest

1297 Eider Circle

Fallon, Nevada 89406

Visit us on the World Wide Web: [www.fmadigest.com](http://www.fmadigest.com)

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.

The authors and publisher of this digest are not responsible for any injury, which may result from following the instructions contained in the digest. Before embarking on any of the physical activities described in the digest, the reader should consult his or her physician for advice regarding their individual suitability for performing such activity.

## **From the Publishers Desk**

### **Kumusta**

Well I hope all have had a good start for 2005. Nominations for Man, Woman and School of the year started in January. Get your vote in [[click here](#)]. The one with the most votes and if they or the nominator can give the FMA Digest a bit about themselves or school and a picture or two then they will be recognized.

This issue has some interesting articles in it. Now DULAC Martial Arts Consanguinity, the Martial Arts with a Heart is a very interesting organization in the Philippines helping rape victim, women's self defense, anti-terrorist teams and of course the regular martial artists.

Phil Elmore has contributed to the FMA Digest a few times now and has given knowledge that is interesting and useful. The blowgun is seldom heard about, but seems that it has a rather strong following; this interview with the top representatives is informative.

If you downloaded and read the Special Edition then you will know the names of Dr. Jerome Barber and Mr. Adam Toussaint of the Escrima-Arnis List. Well I have had many inquires on Dr. Barber and Mr. Adam Toussaint was very kind to supply the digest with an article.

Got a Seminar, Training Camp, or Tournament dealing with the Filipino Martial Arts? Well please submit [[click here](#)] it so we can get it out the practitioners of the Filipino Martial Arts. If you get it to us before the deadline of the issue, then it will be included in that and every issue up until the time it happens.

Little by little the Practitioners section is growing, I hope this continues for people need to know who is out there that can teach and what style they teach or represent [[click here](#)].

Well I hope all enjoy this issue and remember the FMA Digest is always looking for articles on the Filipino Martial Arts.

**Salamat Po**

## DULAC Martial Arts Consanguinity Martial Arts with a Heart



### Left – Right

- Guro Damaso ‘Danny’ Liwanag
- Kataas-Taasang Punong Guro Antonio Vasquez



Kataas-Taasang Punong Guro Antonio Vasquez President/Founder of DULAC, “a word which comes from the Bicol region of the Philippine” and means ‘extreme, furious street fighting, Dulac is a local vocational, technical, artistic, scientific martial art which is combined with practical/situational form of self-defense. It is a practical self-defense which is a simple form of mixed martial arts and combines cardio exercise that will help improve muscle strength, builds stamina, concentration, balance, and timing in the student.

In 1975 Antonio ‘Tony’ Vasquez III commenced his training in the martial arts. He started with Kuntaw ng Pilipinas, which Grandmaster Carlito A. Lanada brought to the public in 1960 from his family’s heritage. In 1979 through constant training and finding that his adaptability in gaining knowledge and executing the movements of Kuntaw came to him naturally, found him promoted to Master. This might seem amazing in its self that one could attain such a rank in 4 years and commence teaching, but to see Antonio demonstrate and apply his knowledge there leaves no doubt in his abilities.

Constantly seeking knowledge to apply to his skills, he also studied Judo, Karate, Kung Fu, Aikido, Arnis and the list goes on for any type of fighting was interesting to Antonio. While he was intensely training and becoming more knowledgeable, he stepped back and looked at today’s society as a whole and found that with his knowledge he could help others who need his knowledge, not just to compete, but for self preservation and inner peace.

So it was that Kataas-Taasang Punong Guro Vasquez established DULAC in this he teaches original Filipino martial arts, which is effective and applicable for the common situation in the communities of today. Practical and basic empty-hand self-defense techniques, effective against armed and unarmed attackers and multiple opponents.

Learn to handle and counter the following situation:

- Kidnapping and abduction
- Rape and Molestation
- Armed hostage situations
- Cellular phone/bag/jewelry snatching
- Armed robbery and similar crimes
- And many other, real-life threatening, situations that happen in today’s society.

Dulac does not just cater to companies, organizations, or establishments that want their people to be able to defend themselves. They also have customized classes with effective cardio work out exercises and defensive techniques that are for:

- Battered wives and elderly women
- Children ages 4 to 7 years old
- Elementary and High School students
- Male adults 18 years and up

All students who are interested in learning Dulac first must learn the basic principles that are a combination of the body, heart, and the mind. Which; will develop into the philosophy of 'if someone attacks, one must maneuver to control the attacker. Once the attacker is controlled then law enforcement must be brought into the picture to hopefully get the attacker to move towards rehabilitation whether through the justice system or through self-rehabilitation and counseling. Of course this is dependent on the seriousness of the confrontation and situation. It is the duty of every Dulac practitioner to help others in distress and to show the proper guidance for rehabilitation.

With the techniques of Dulac size and weight is not a factor. For with the proper teaching and training the student learns to overcome these factors. With learning and mastering of the human anatomy's vital points, continuous physical fitness building strength and stamina, and the practice of self-defense applications, using proper techniques, balance and timing the student builds confidence in their actions and the ability to adapt to the confrontation and control their attacker or attackers.

Of course through all the training and knowledge of Dulac besides confidence and self-esteem one builds instincts which can make awareness of situations which can be avoided and the instinct to overcome an attacker with the skills built within themselves which is self-preservation.

Since 1998 Kataas-Taasang Punong Guro Vasquez with his senior instructor Guro Damaso 'Danny' Liwanag (a police officer for 15 years) can be found every Sunday in Luneta Park giving a 2-hour free workshop on Dulac in practical situations, personal prevention, and safety. This is Dulac's way of giving back for the knowledge they have attained. All are invited to view and join in on the workshop.

Dulac is for all persons, no matter gender, size, or weight. Dulac also does and has trained counter terrorist teams, police, military, and hostage prevention management. Even the person who wishes just to learn forms/katas, competing in semi or full contact competition Dulac can train them.

It must be remembered and noted that overall Dulac moves to rehabilitate the aggressors, it is known as the "Martial Arts with a Heart". It is not meant to harm or destroy, but to control and rehabilitate, going with the principles of humanity.



Aggressor is in front pointing a gun to the chest.



Turning to the right and grabbing the gun, point the gun out to the side.



Close up



Twisting the aggressors' arm that has the gun, bring the arm down on the knee.



Continuing, bring the gun arm further downward, breaking the aggressors arm.



Attacker has the woman pinned against the wall.



She grabs the attacker and knees him in the groin area.



Slipping out from between him and the wall, grab the attackers head and thrust it into the wall.



Another Angle



Continue by bringing the attacker down to the ground against the wall, [with his head against the wall and the leverage you have on his arm]

## Five Strike Espada y Daga Drill

By Phil Elmore

Working with one long and one short weapon - a stick and a knife, or a long blade with a shorter blade - is obviously a little more difficult than working with a single weapon or two weapons of the same size. *Espada y daga* (sword and dagger) training is thus extremely rewarding and quite a bit of fun. One way to develop coordination and speed when wielding the sword and dagger is a basic five-strike drill I learned during Kali training at the Syracuse Wing Chun Academy.

The angle numbers to which I will refer are based on the 17 Angles previously described in *The Martialist*. (Remember that the orientation is flipped for the left hand, as the angles are illustrated for the right hand only in the 17-angle pattern drill.)

The relatively simple five-strike drill illustrated here is done from a standing position first, then with basic forward-and-backward footwork. When students are comfortable with this, they graduate to circular footwork in which students pivot around an imaginary point between them. The basic drill is as follows:

**WARNING! Knife training is inherently dangerous. Use a safe, dull TRAINING KNIFE only in learning and practicing any pattern drill.**

### Ready Position



The ready position assumed first is a defensive posture in which the knife (left hand) is held low at the waist, close to the body. The elbow is tight, not cocked out from the torso (a common mistake). The right hand holds the stick (which could also be a long blade) parallel to the knife with the arm across the body. From here we are ready to begin striking.

### Angle Two Strike and Retract



The stick travels in a backhand Angle 2 strike across the opponent's body. It whips out quickly, retracting to a ready position *under* the knife arm.

### Angle 6 Knife Strike to Ready Position



As the stick chambers, the knife arm delivers an Angle 6 strike to the opponent's right eye and follows through in an arc. The arm comes across the body in a protective posture.

### Angle 4 Strike to Ready (Start)



The stick moves out in an Angle 4 backhand lower across the body. It follows through to a ready position on the right side.

### Angle 7 Knife Strike and Retract



As the stick moves to the right-side ready position, the knife strikes out to the opponent's left eye and is retracted to the starting position. One variation of this drill adds two more strikes from this position – a low shot and a duplicate high shot. With or without the variation, this strike meets wrist-to-wrist with one's training partner. (If you're too far or too close to do this comfortably, you're footwork is off.)

### Angle 1 Strike to Ready



As the knife retracts to its original ready position, the body turns and the stick comes across the opponent's body in a finishing Angle 1 strike. It follows through completely and chambers in the ready position.



### Final Ready Position

If everything went as it was supposed to go, you're back where you started and ready to start the cycle over again. As you progress, you will begin to flow through the techniques instead of seeing them as individual pieces of the drill.

*It should go without saying that the body naturally twists with the strikes as needed. Integrating footwork with these movements makes them much more effective. There are three steps in the final evolution of the drill. Beginning with your right foot forward in a right front stance...*

- 1 Step forward to the side with your left foot while delivering the first strike and the follow-up knife shot.
- 2 Bring your right foot behind your left foot, cross stepping as you complete the knife strike and deliver the second stick strike with its follow-up knife

- blow.
- 3 Step back with your left foot and shift the angle of your right foot to recover your right front stance, delivering the finishing fifth strike as you do so.

Performing these steps repeatedly, students move in a circle around a point forward of their right feet. Two students working together can circle that point opposite each other. Their sticks meet on the stick strikes, while the first knife strikes miss each other and the second knife strike meets wrist-to-wrist.

This may sound complicated, particularly in text form, but once you've got the basic pattern and learn to move the limbs simultaneously, it comes together nicely. When learned properly the drill appears very graceful. It is an excellent tool for developing fluidity while wielding weapons and practicing one's footwork in conjunction with striking angles.



## **The Blow Gun** **An interview with**

*Sensei Dr. Hironori Higuchi*

*Dr. Amante P. Marinas, Sr.*

*Mr. Michael D. Janich*

By: Dave Sustak, Co-Founder, National Sport Blowgun Association



### **Sensei Dr. Hironori Higuchi**

Chairman of the International Sport Fukiyado  
Association, of Nagaoka, Japan



### **Dr. Amante P. Marinas, Sr.**

Author of "Pananandata: Guide to Sports Blowguns"



### **Mr. Michael D. Janich**

Author of "Blowguns: The Breath of Death"

When one thinks of a Triumverate - the leading heads of the Roman Empire - a ruling power that spanned generations comes to mind. When one thinks about blowguns - three names come to mind - Higuchi, Marinas, and Janich. Because of their achievements in promoting the sport of blow gunning, world wide, these three names are synonymous with the discipline. One often wonders how these three individuals, from diverse backgrounds, came to the forefront of this often-maligned activity. What do they think about blow gunning as a sport? What is their vision for the future of blow gunning?

**Q.** *How did you first become involved with blow gunning?*

**H.** Since I was a child, I had played with the blowgun as a toy. It is a very popular children's toy in Japan.

**M.** The zarbatana (ancient Philippine blowgun) had always been a weapon that used poison darts. Poison is as serious as you can get. Since I have been in the martial arts for many years, it was only natural for me to make a serious study of the blowgun.

**J.** When I was about 13, my martial arts instructor brought a Jivaro blowgun into class and demonstrated it for us. Once I saw the tremendous power and accuracy possible with a blowgun, I was hooked. I bought my first one within a week and have been hooked ever since.

**Q.** *Dr. Higuchi, what influenced your decision to write the book, "Fukiya Health Method"?*

**H.** I found that the breathing technique used to properly shoot the blowgun is same as one's abdominal respiration, which is a traditional health method.

**Q.** *Dr. Marinas, what was your influence for "Pananandata: Guide to Sport Blowguns"?*

**M.** I consider the blowgun as a very effective weapon. Hence, I included it as one aspect of Pananandata, the system that I founded.

**Q.** *Mr. Janich, what influenced your decision to write the book, "Blowguns: The Breath of Death", and why was that selected as the title?*

**J.** After developing an interest in blowguns, I started to do some research to learn more about them. Unfortunately, most of what was written consisted of isolated articles or single chapters in books. There was no one book devoted to the topic of blowguns and I thought there should be. Once I had the background knowledge to do the job properly, I gave it a shot. As for the title, that was my idea. Curiously, it remains one of the few Paladin Press books to have ever been published under its original working title.

**Q.** *Dr. Higuchi, have you considered having your publication, "Fukiya Health Method" reprinted, and translated into English?*

**H.** The publication, "Fukiya Health Method" is more of a pamphlet, than a book. In retrospect, I do find many passages that I'd like to make changes to ... some mistakes in the description. Other areas addressed include topics on: windsurfing, riding a unicycle, mountain climbing, camping, and so forth. At that time when I wrote the pamphlet, I couldn't find any data about the blowgun at all. That is why I decided to publish it.

**Q.** *Dr. Higuchi, how did you first become involved with Dr. Amante P. Marinas, Sr.?*

**H.** I found the book "Pananandata: a Guide to the Sport Blowgun" published by United Cutlery. After reading it, I contacted Dr. Marinas.

**Q.** *Dr. Marinas, how did you first become involved with Sensei Dr. Hironori Higuchi of the International Sport Fukiya Association (IFA)?*

**M.** I saw his website and emailed him. I was really surprised when he responded.

**Q.** *The National Sport Blowgun Association (NSBA) was founded in the United States to promote the sport of competition target blowgun shooting. They position the sport as being between "pub darts" and archery. The sport is approached from a more relaxed, less disciplined standpoint, than it would be as a form of the Martial Arts. Do you believe this is the correct approach to take in the United States? Why or why not?*

**H.** I love the Martial Arts ... all forms of the Martial Arts are actually sports. However, usually only young men get involved in the Martial Arts. I changed the name of the International organization name from the "International Sport Blowgun Association" to the "International Fukiyado Association", by request of the JSFA, so as not to have a conflict in registered terms/ The term "Fukiyado" refers to the sport in a Martial Arts sense, and new participation has declined. Japanese blowguns with the film cone darts are not dangerous at all. It is a very safe sport. I recommend the sport for all ages, and both sexes. If you promote the sport as a Martial Art, the project will fail. There is a negative connotation to grouping the sport solely as a Martial Art, because the blowgun becomes thought of more as a weapon (although it really is, but only if the projectiles used are those capable of causing injury. The film cone darts used in Japan are very safe). There are other more powerful and accurate weapons that belong grouped within the Martial Arts category, but I believe that the blowgun really doesn't fit that definition.

**M.** If it is to become accepted, it has to be treated as a martial arts discipline. And as such, in all shooting competitions, all competitors must be required to wear uniforms with patches to identify their school/club affiliation. If shooters wear all kinds of informal get ups, blowgun shooting will not progress beyond the club level.

**J.** I think this approach is very appropriate for the American market, as long as the competition offers enough challenge and variation to maintain shooter interest. Because we are so fortunate, we sometimes tend to get bored easily. By keeping the competition challenging and exciting, like some of the high-end archery competition currently in vogue, I'm confident that we can get blow gunning to flourish as a sport here.

**Q.** *Can you offer any examples of training tips and technique for a beginner in the sport? What cross-training activities would be best to compliment the training needed for the sport (e.g.: swimming, jogging, weight-lifting, etc.)?*

**H.** Blow gunning really doesn't require any cross-training activities. Mr. Morikuni Matsumoto (holder of the World Record at both 8 and 10 meters), doesn't cross-train in any other sport. I am old (68) and a small stature individual, and I have scored in the "gold" level. Some strong people often quit blow gunning because they hold barrel and blow too hard, thus their darts improperly arc, and don't hit where they are aiming for. They get frustrated, because they are "over-blowing". The technique needed for target blow gunning is control, not power. Force can be delivered to the dart without hyperventilating.

**M.** Breathing exercises must be done before any shooting starts. It will improve the public's perception of the blowgun. It will then be seen as a discipline and not just shooting a needle-like dart. If you are right-handed, place the barrel over the V" of your right hand. This way, you can use the index finger as a pointer. If you are right-handed, you do not point at things with your left hand. You must record all your shots and score them according to a certain set of standards such as the ones used by the IFA, JSFA, NSBA or the ones I have in Pananandata Guide to Sport Blowguns. If in doubt as to what

point to give a shot, be generous to yourself. Have a regular shooting schedule and plan how many times you are going to shoot. If you shoot outdoors, do not curse bad weather. Do something else. If you shoot outdoors, take time to watch the birds, the bees and the butterflies - even the bugs. It will help you relax. Know the weather forecast for your area. The forecast will give you wind velocity. Any sport that will develop a stronger pair of lungs such as swimming, jogging, skipping rope. Are good cross-training activities?

**J.** The ultimate training activity is always the actual practice of the task. As such, constant, regular practice is the key to getting good. I like to vary my practice to focus on specific aspects of my shooting game. Sometimes I'll shoot at short ranges (15-20 feet) but using very small targets (aspirin or Tums tablets) to develop accuracy. Other times, I'll shoot for maximum distance or deepest penetration to develop lungpower. Supplemental breathing exercises from the martial arts or yoga also help a lot.

**Q.** *Have you considered writing a second book about the sport, and if so, can you share some of the topics that you may cover?*

**H.** Publishing a book is very expensive in Japan. Booksellers would most likely not display this type of book as they would a best seller in Romance or Biography, so the sales would be low. I just don't think it would be popular reading here

**M.** My 2nd book is almost finished. I have added (a) sections on how to make darts and blowguns (2) more statistical information on shooting the blowgun (3) a more detailed discussion on aiming the blowgun (4) the blowguns from Ecuador (5) more physics.

**J.** I would very much like to revise my original work to include some of the things I've learned since I wrote it. Specifically, I'd like to address things like advanced dart design; comparison of bore diameters as they relate to power and velocity, and the utility (or lack thereof) of blowgun gadgets and attachments.

**Q.** *Do you have any other comments in closing?*

**H.** I wish that participants in USA would research what type of darts are better for competition blowguns, the wire shaft VS film cone. We believe that the film cone is superior for this purpose. The Japanese don't believe you use mouth-pieced barrels; it's just not done here - different technique. Americans should know that blowguns are not an effective hunting weapon, they are too underpowered for both penetration and range, and they are only good for sport target shooting. The IFA doesn't have specific membership requirements, or charge any annual fees. Any national sport blowgun organization is welcome to join us. I send out an e-mail newsletter to the membership, keeping them aware of format) on my web site. Anybody who sends me the correct answers, and a sample handmade dart, can be an IFA instructor, with no charge.

**M.** Practice!

**J.** Stay safe!

Visit the following sites about the blowgun:

**National Sport Blowgun Association**

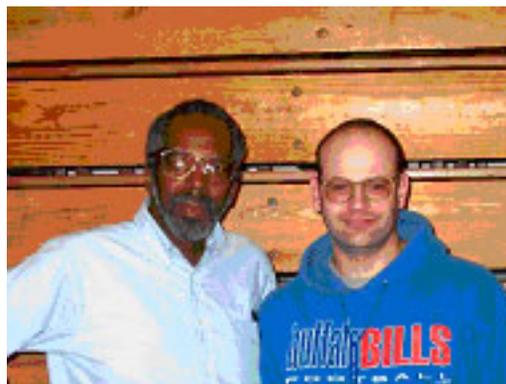
**International Fukiyado Association (IFA)**

**Amante P. Marinas, Sr.**

## Escrima-Kenpo-Arnis Goes to College in New York Academic Courses at Erie Community College

By Adam Toussaint

On September 3, 1987, Dr. Jerome Barber, entered the gymnasium at Erie Community College, South Campus and began to call roll for the first Kenpo-Arnis Self Defense course that would be taught at the college. The ECC-South Campus is located in Orchard Park, NY, a suburb of Buffalo. This particular class was opening day for a continuous 17-year run of self-defense courses that were developed by Dr. Barber. The man behind this incredible feat of academic endurance is every bit the



Dr. Jerome Barber and Mr. Adam Toussaint

quintessential college professor, in terms of mannerisms and inquisitiveness. He has turned a personal preference into a passionate pursuit that is passed on to his students. Curiosity and self-discovery are the hallmarks of Dr. Barber's martial art teaching style. His students are encouraged to find what works best for them within his escrima-kenpo-arnis curriculum. The ultimate goal is teach each student how to eventually make the art for himself or herself. "Conformity is not a viable option" according to Dr. Barber.

As both a sociologist and martial artist Dr. Barber, is dedicated to teaching as both a vocation and avocation. He identifies himself first and foremost as a teacher. He is always seeking out other teachers, books, magazine articles and videos for information that he can share with his students. His students are encouraged to attend seminars and camps taught by other instructors, because in his words, "Nobody has a monopoly on truth, techniques, talent, skill and knowledge. All I want my people to do is bring what they have learned back and share it with us."

The ECC Escrima-Kenpo-Arnis Program, as developed by Dr. Barber, are the result of commitment that he made to his instructor Sifu/Guro Don Zanghi and the late Grandmaster Remy A. Presas, while training as an under-belt at Zanghi's, *Fighting Back Institute*, in the early 1982. The ideas behind teaching a credit bearing self-defense course began to take shape after an extensive conversation that Dr. Barber had with Sifu Zanghi and Professor Presas. Professor explained that he had taught Modern Arnis at several colleges and the National Physical Education College in the Philippines before he went into exile in the USA. Dr. Barber promised Professor Presas that as soon as he finished his doctoral studies at the State University of New York at Buffalo and earned his black belt under Sifu Zanghi, he would begin working on establishing a credit course at ECC. In January 1986, after completing both projects, Dr. Barber, began working on the first of four course outlines that he would present to the ECC Physical Education Department for their review and possible approval. He also began working with several students on establishing a Self Defense Club, which was formally recognized by the

South Campus Student Government Association in September of 1986. Herb Eckert, Paul Martin and James Shank were the students who took on the task of getting the club established. This club ran from 1986 through 1998.

In September 1986 Dr. Barber submitted his course proposals to the PE Department and in May 1987, he received permission to offer PE 200 in September 1987 and PE 201 in the spring of 1988. Approval to offer the other two courses would depend on the success of first two courses. Subsequently, Dr. Barber was authorized to offer PE 220 and PE 221 during the 1988 - 89 academic years. The four course sequence have been taught on a rotational basis ever since.

It would seem that having a two tiered program format in which the Self Defense Club complimented the credit bearing courses gave both programs a solid foundation. The club members trained on Tuesday and Thursday evenings while the credit courses met on the same days from 1 - 2 pm in the afternoon. The student club raised the money to sponsor seminars and camps, while the academic program lent credibility to the training endeavors at both levels.

In April of 1989, Professor Remy A. Presas, put Dr. Barber and two of his ECC students, Duane Brown and Tim Kashino, through a four hour intensive review of entire college credit curriculum. His requirement was quite simple. They had to demonstrate every technique, perform every drill and Dr. Barber had to explain each and every aspect of the program as Professor raised them. For instance, Dr. Barber had to explain why he began the program (PE 200) with Kenpo and Modern Arnis empty hand training. The Modern Arnis single stick training began with the second course (PE 201). The rationale was actually quite simple, the PE Department members, approved the first course only because Dr. Barber shifted all of the stick work to second course, thereby giving the students ample time to learn self control within their techniques. Professor signed off on the curriculum, as did the college wide curriculum committee, thereby ensuring that the ECC Self Defense Courses would become a permanent part of the college's academic offerings. Subsequently in 1992, the ECC program was further enhanced when Punong Guro Tom Bolden and Grandmaster Al Tracy, both formally recognized and gave their written approval to Dr. Barber's curriculum. Thus the ECC Self Defense Program has earned the official recognition of three grand masters, representing the International Modern Arnis Federation, the American Modern Arnis Society and the Tracy System of Kenpo. In addition Ama Guro Billy Bryant, gave Dr. Barber permission to add the Oliverez Pangasinan Escrima to the ECC program. He also certified Dr. Barber as a Basic Instructor of OPE, in 1993.

Given what he has accomplish thus far in his teaching and martial art careers, one might expect Dr. Barber to be quite full of himself. However, he is very quick to deflect the credit for the program's success to others, insisting that he is just a role player who has been blessed with good friends and students. Looking back on what he had done was fun, he told me, "...but since they don't give medals to yesterday's heroes, I've got to get some things done today and tomorrow and then do some more, the day after that."

**Here are some other observations and comments, in Dr, Barbers own words.**

*AT: I've noticed that people use several different ways of addressing you, is there a preferred way that you would like to addressed?*

**JB:** No. I use “Doctor” because I promised my mother that I would do that, because she requested it as a last wish before her death in 1984. I just wanted the degree. The title was not all that important to me, but when your mother asks you to do something like that, you just do it. “Jerome”, “Doc”, “Doc B” are all acceptable as far as I am concerned.

**AT:** *When and why did you start your own organization?*

**JB:** After Sifu Zanghi left Buffalo (NY) in 1988, without naming anyone as his successor to the “Kenpo-Arnis” program that he taught, I did not want to get into a hassle with any of my fellow black belts from his school, so I obtained permission from Professor Presas to form the “Western New York Modern Arnis Associates”. I was also named area co-representative for the IMAF. I left the IMAF in 1993 because of some differences of opinion that developed among a number of the Modern Arnis people in this area. In 1994 I founded the “Independent Escrima-Kenpo-Arnis Associates”. That allowed me to formulate my program in a way that was most comfortable for me. By that time I had Sifu Zanghi’s program, plus training with Tom Bolden, Al Tracy, Ernie McPeek and Billy Bryant as well as Professor Presas to draw on.

**AT:** *What was Professor Presas’ reaction to your leaving the IMAF?*

**JB:** He was not happy when I began talking about why I was leaving. I did promise him that I would not hide or deny my association with him and that seemed to help smooth things out a bit. I didn’t see him for about two years and then I took two senior students to a seminar in West Seneca, NY. He seemed genuinely happy to see me. We talked a bit before the seminar and afterwards he told me that he was very pleased with what he saw my students doing. We saw each other a couple of more times and more of my students went to seminars with him. They always took a note from me to give him and he always replied in a very positive manner. The main thing is that I kept my promise.

**AT:** *Your program seems to be very eclectic.*

**JB:** Yeah, but I prefer to called it “blended”. After all, I worked with Don Zanghi from white belt to 1st black and we were cross training in Kenpo and Arnis from day one. Adding something from other systems is just an extension of what I have always done, the way I was taught. But if you look closely, you’ll see that I never strayed too far from my roots. Come on, I’ve studied American Modern Arnis, Pancipanci Eskrima, Oliverez Escrima, Balintawak, Sayas-Lastra Arnis, Kalasag Kun Tao, Garimot Arnis, CHA-3 Kenpo and Chuan-fa Kung Fu. And what is Chuan-fa? A variation of Kenpo with a decidedly Chinese flavor. And please allow me to say this, I AM NOT ranked or certified in all of the above arts. I was just fortunate enough to get exposure to them.

**AT:** *Who helped you or taught you all of these arts that you’ve mentioned?*

**JB:** I have been blessed over the years to work with people like Tom Bolden, Billy Bryant, Ernie McPeek, Eddie Lastra, Roberto Torres, Abon Baet, Dan Donzella, Bram Frank, Bobby Taboada, Eric Joseph, and I don’t want to forget my friend, Shishir Inocalla, who just met last year for the first time. These people plus my students and training partners have made the ECC program a real joy to be a part of for all of these years. And without Don Zanghi and Professor, none of this would have ever happened!

**AT:** *Wow, that is a lot variety. BTW, there is one Modern Arnis instructor who is not impressed with Professor's endorsement of your ECC program. What your thoughts on his comments?*

**JB:** (Laughter and big smile) Ok, let's just cut to the quick on this one: Bullshit! Professor didn't have to approve my curriculum! He could have told me that it needed more work or it wasn't something that he could recommend. He was the Grandmaster; I was a basic instructor, working in his organization, teaching his art, so whose got all of the clot? It was 1989, not 1975! Professor was already well established. He didn't need my program or me! He approved of and signed off on the ECC program quite simply because he liked what he saw. My guys and I measured up to his standards. That particular person made his so-called "back in the day" statement because he has a personal agenda and vendetta going. He's just blowing smoke for some very personal and petty reasons. When I responded to his post and asked several very critical questions regarding his statements, he declined to answer. So, I rest my case.

**AT:** *It seems odd to me that this instructor would try to denounce your Program, isn't it the only college credit Modern Arnis program in the US?*

**JB:** As far as I know, I am the only person who has received Professor Presas' written authorization to teach a Modern Arnis college-based Program that bears academic credit. I've periodically asked if there are others and thus far, mine is the only one in existence. That makes me unique, however, I doubt that it means much more than that and I treat it as an honor, not a license. As I said before, that guy has an agenda. He needs to diminish others in order to appear larger and more important than he really is. No matter he says I still have Professor's signature of approval for my curriculum, don't I? Again, I rest my case.

**AT:** *Has anyone ever earned a black belt through the ECC Program?*

**JB:** Strictly speaking, no. The credit program only provides 60 hours of instruction over a two-year or four-semester period. That is not enough time in training. The way someone earns a black belt is to work through the club, as well as the credit classes. That adds an additional 120 hours of instruction, plus there is the extra training time during the fall-spring semester break and summers. Not too many students have all of that extra time available to them for training.

**AT:** *What modifications have you made in order to fit your Kenpo-Arnis program into an academic year calendar?*

**JB:** The two major adjustments were starting the instruction from an empty hand perspective and to eliminate the Modern Arnis anyos (forms) from the credit course. There simply was not enough teaching time available during the semesters to include the anyos and still get all of self-defense training in place. I put the anyos in the evening club programs because I had two hours per session, twice a week to work them into the instructional mix. My emphasis there was on the four stick anyos.

**AT:** *Why did you put the emphasis on the stick anyos?*

**JB:** They have a better flow and feel than the empty hand anyos in my opinion. Besides, Professor and I discussed that during the testing and review in 1989. He had no objections, so I just did it my way.

**AT:** *How many of your ECC students have earned black belt status under your instruction at ECC over the 17 year life of the program?*

**JB:** Nine. Plus six of them were also awarded ranks of Lakan Isa through Lakan Dalawa. You know 1st degree through 3rd degree, by Professor. That was a very nice complimentary honor for each of them. I felt that Professor's granting additional rank validated my training regimen of Kenpo-Arnis.

**AT:** *Doc, you've become somewhat controversial in the last year, following the Modern Arnis Symposium that you hosted. Any thoughts on that?*

**JB:** Actually I've a lot of thoughts on that topic but why get into them? The event is over its past history. It was a very successful event and quite enjoyable for almost everyone who attended. My revised goals were met and my promise to host only one will be kept!

**AT:** *Just for clarity, what were your revised symposium goals?*

**JB:** I wanted people to have a chance to train and talk with someone that hadn't worked with before. Some many people have trained under and earned rank from Professor, that it is impossible for any of us to know everyone else in Modern Arnis. Therefore the symposium was intended to give everyone who attended an opportunity to meet one another exchange ideas, information, techniques and training tips. That's exactly what happened!

**AT:** *You've implied that maybe some people were unhappy with the Symposium.*

**JB:** Oh yeah. There were three unhappy campers, but that was because they chose to separate themselves from the other participants. They declined specific and personal invitations from different people to attend dinner, have drinks or get with people for breakfast at the hotel. So as far as I am concerned they created the conditions that led to their unhappiness. The dinner/drinks portion of the event led to a lot of conversations and trading stories back and forth. There were some "fills in the blanks" things that happened. New friendships and networking connections were made and apparently are being maintained. These were the kinds of things that I wanted to see happen. So it was a success and if people missed out on it, I'm sorry, but the symposium was advertised for over a year in advance.

**AT:** *I remember some pre-symposium postings on a particular forum site and not all of the comments were favorable toward you or the camp.*

**JB:** Yeah, that's true, but what the hell was I suppose to do, cancel the symposium because some people were not willing to participate? That was not about to happen. As long as I have four instructors who were ready and willing to teach, the event was going to happen. Sure, there were several people who backed out and did not show, but I had a backup plan in place and used it. The symposium was intended clearly. Most of the naysayers were anonymous screen names and they did what they do best, they posted

smack, but stayed away. As far as I am concerned the symposium is over, history, past stuff and it's time to move on.

**AT:** *As I recall, most of the negative post-symposium reports and posts came from members of one Modern Arnis organization, can you comment on that?*

**JB:** Sure. The same three people, who would not fully participate at the symposium, led the charge that was dedicated to hammering the event. When the founder and lead instructor of that particular organization is on the program as a presenter, the organization headquarters is located in a suburb of Buffalo, the event is held in downtown Buffalo and not one single student from the HQ school shows up at the symposium, the only conclusion that I can come to is that this group wanted us to fail. If people can come from Israel, Germany, England, British Columbia, Washington State, Oregon, Nevada, Texas, Georgia, Florida, Ohio, Indiana, Pennsylvania and Eastern New York State, I don't understand why some people living and training in Buffalo under a lead instructor wouldn't be at the event to support their instructor! It just seems to me that this instructor discouraged his students from attending. It doesn't really matter if that discouragement was active or passive, it did occur.

**AT:** *If the symposium was successful, why all of the bitching and moaning afterwards?*

**JB:** Precisely because it was successful. Precisely because people came, had fun, learned from one another and shared information about Modern Arnis. These people lived the principle of "art within your art". If you look closely at where all of the criticisms came from, it was centered around one individual and his organization members. The three unhappy people at the symposium that I described earlier. An additional fact that everyone should be aware of is that when Grandmaster Dan Anderson, proposed doing a similar type of Modern Arnis event, the attacks came so hard and fast that Dan back away from his idea. Once again it was "the wrong person hosting", "too soon after Professor's death", "the wrong location (city)" and "the wrong people have agreed to be the event instructors". I seriously doubt that the various Modern Arnis organizations within the USA and fronted by Americans will ever bridge their own self-imposed isolation from another. The gaps that separate them are too large and fueled by personality differences. Viewing this from my own experiences with the symposium and also watching what happened to Grandmaster Anderson, the factures are simply just too imposing.

**AT:** *Speaking of the factures, it is well known by now and because of the post symposium fall-out that you parted with Professor Presas in the mid 1990s. Did he ever retract his approval and how did he feel about the ECC program after you quite the IMAF?*

**JB:** I dropped out of the IMAF in 1994. As far as retracting his approval of the ECC program, that never happened. One-person claims that he was instructed to pull my rank certificates, but that didn't happen either. The reasons why Professor did not revoke my certificates or his foremost we discussed my leaving a full 6 months before I formally resigned. He knew what my reasons were. He also knew that he did nothing to stop me from leaving. Secondly, Professor loved having bragging rights among his peers. How many other Grandmasters had someone teaching their art at a college and for academic credit? I think that Professor really enjoyed having that feather in his cap. From what I

have been told by several of Professor's Filipino Modern Arnis friends, he mentioned me quite often, because I was the guy who taught Modern Arnis at a US college.

**AT:** *I'm sure that you know that a group of Filipino Modern Arnis Masters, who trained under Professor Presas, have begun organizing American Chapters of the IMAFP. Do you care to comment on that situation?*

**JB:** Sure. I'm all for it. I'll support the development of the IMAFP Chapters as best I can. There's plenty of room here in the US for their organization. In fact, I see it as an opportunity for some previously disaffected people to rejoin the Modern Arnis world and have a direct connection to the Philippines. The IMAFP is a very clear alternative for those people who want to reclaim their Modern Arnis roots. \*

**AT:** *Doc, is there anything that you would like to add before we end this interview?*

**JB:** Not really. What more can I say? The ECC program is a success, not because of me, but because of the students and their willingness to work hard. People like Tim Kashino, Herb Eckert, Duane Brown, Richard Curren, Kenny Q., Deb Moore and Paul Martin, really made the program. I was just a guide with the correct credentials for the college administration.

**AT:** *Thanks for agreeing to sit for this interview, Doc.*

**JB:** You're welcome, Adam. I hope that this answers some questions that some people wanted to ask of me, but never got the opportunity.

Adam Toussaint  
Administrator of the Escrima-Arnis List  
Interview conducted at the Roycroft Inn,  
East Aurora, NY, November 6, 2004

For more information about the IMAFP, the reader is advised to contact Guro Rich Acosta, Kuntaw Kruzada / Kruzada Eskrima, at The IMAFP website - <http://www.imafp.com>. Or the USA Representative - Guro Jay de Leon: [jakkdawg@yahoo.com](mailto:jakkdawg@yahoo.com)

Please join us on the Escrima-Arnis List, which is dedicated to open discussion of the FMA, Silat, Kuntaw and other related SE Asian Martial Arts topics. - [escrima\\_arnis\\_subscribe@topica.com](mailto:escrima_arnis_subscribe@topica.com)

## ***FMA Future Events Seminars***

### **Legends of KALI Grand Seminar**

1 & 2, April 2005  
Apolo's Karate  
8056 Ritchie Highway  
Pasadena, Maryland

**Email**

### **Sadiq Kali Silat Training Camp**

April 1-3, 2005  
Macklanburg Community Center  
2234 NW 117th St.  
Oklahoma City, Oklahoma

**Email**

**Website**

### **Rapido Realismo Warrior and Mastery Camp**

April 25 - May 9, 2005  
Silang Cavite, Manila, Philippines

**Email**

**Website**

### **1st Annual SFMA Int'l Recognition Award**

Master Seminar & Martial Arts Demonstration  
May 28, 2005  
Quality Inn Northern Grand Hotel  
100th Avenue  
Fort St. John, British Columbia, Canada

**Flyer**

**Email**

**Website**



**1st. MantasDaga Shootfest and Knife Camp**

June 15-26, 2005

Cental Negros CQB Site

Camp Minoyan, Murcia, Philippines

**Email**

**Website**

**5 Day Kali Silat / Stick / Blade**

9 - 13 September 2005

Craig Smith Karate School

Dam Neck & General Booth / Shopping Center

Virginia Beach, VA.

**Email**

**Website**

**2005 Bacolod Maskara Festival**

**MantasDaga October Maskara Knife Camp**

October 2-19, 2005

Mambucal Mountain Resort

Mambucal, Murcia

Bacolod City, Philippines

**Email**

**Website**

***Tournaments***

**1st Grand National Kali Labanan StickFighting**

April 3, 2005

Essex Community College

7201 Rossville Bvd.

Baltimore, Maryland

**Website**

**1st Annual SFMA Int'l Recognition Award**

Filipino Martial Arts (Stick Fighting Competition)

May 29, 2005

Quality Inn Northern Grand Hotel

100th Avenue

Fort St. John, British Columbia, Canada

**Flyer**

**Email**

**Website**

# MantasDaga

Filipino Knife Tactics

## 1st. MantasDaga Shootfest and Knife Camp

June 15-26, 2005

Cental Negros CQB Site

Camp Minoyan, Murcia, Philippines

**Email**

**Website**



## World Filipino Martial Arts Expo



## 3rd WFMAA Expo & Laban Laro

August 12 - 14, 2005

The Coast Anaheim Hotel

Anaheim, CA.

**Email**

**Website**



**Filipino Martial Arts Magazine**



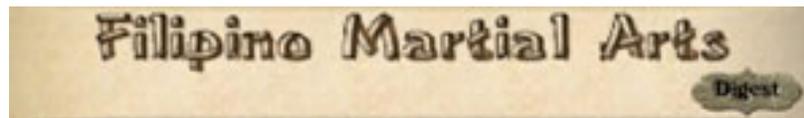
**Rapid Journal**



**El-Juramentado**



**Maharlika-Enterprizes**



**Filipino Martial Arts Digest**

**Man, Woman, and School of the year in the Filipino Martial Arts  
"2005"**

Help nominate your choice for the Filipino Martial Arts Digest Man, Woman, and School of the Year.

**Register your FMA School  
Post your Event**

**Advertise with the FMA Digest**

An Ad in the Filipino Martial Arts Digest can create Business. Your Advertisement for Filipino martial arts equipment, books, videos etc, can be included in the Filipino Martial Arts digest.

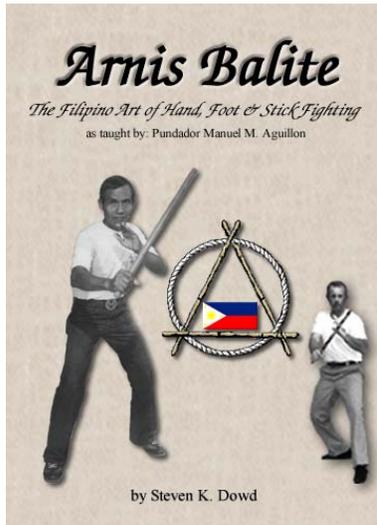
Website Advertisement - Free

Subscribers Online {e-book} digest - \$5 per year

**Website Application  
Hard Copy Application**

## **Arnis Balite**

The Filipino Art of Hand, Foot & Stick Fighting  
As taught by Pundador Manuel M. Aguillon  
By Steven K. Dowd



This book will give you the Fundamentals and Basics of the art of Arnis Balite as taught by Pundador Manuel M. Aguillon. Though there is no replacement for personal physical instruction.

Arnis Balite has never been taught outside the Philippines and never to anyone other than a Filipino. I am the first and only non-Filipino to be taught the art of Arnis Balite and was promoted to instructor. And since Pundador's passing have inherited the art, per the family's request.

100 pages - over 450 photos'

**To order**  
**[[Click Here](#)]**