

# Filipino Martial Arts

Digest

Filipino Martial Arts  
Forums

Special Edition  
2005

Providing Information

Enlighten and Informing

Increasing Knowledge

Eskrima Digest

Eskrima/Arnis List

VeeArnisJitsu Group

Calgary Estokada Group

Filipino Warrior Arts 2

*Home of Real Filipino Fightin' Artists*

PEAK-L "Pinoy - Eskrima Arnis Kali"



**FMAF**

The Filipino Martial Arts Forum



The  
Filipino Martial Arts  
Database



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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.

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**

Once in a while I like to put together something that I will call a Special Edition. In this Special Edition are the Filipino Martial Arts discussion forums that I have found on the Internet. I am sure there are more, but I am familiar with what I have here. I asked each of the owners to tell me a little about themselves and their list. What I have is only the ones that were interested in answering and promoting their groups. However in trying to bring you the reader the most I have included as much as possible.

Also in this issue are bulletin boards, forums, websites that have many links to Filipino martial arts websites on practitioners and styles. Also are a couple areas, which have websites that gives information on the Filipino Martial Arts and videos. And of course for understanding some of the aspects of the Filipino martial arts are a few websites, which are like Encyclopedia's on the Filipino Martial Arts and also on other martial art styles.

A useful link has been included which is to the Filipino martial arts Database, which is an excellent resource in finding instructors, schools, and organizations.

To say the least all of the mentioned e-lists, digests, groups, and websites in this special edition are designed for people to get together and share information, theories, opinions, and discover the Filipino Martial Arts.

**Salamat Po**

## Eskrima Digest



Eskrima Digest - Filipino martial arts discussion forum, the premier Filipino martial arts forum on the Internet.  
Owner and Moderator - Ray Terry

The Eskrima Digest began in July 1994. Currently there are about 2,000 subscribers from all over the world, trading information on the Filipino martial arts.

Ray Terry's Eskrima instructor, Mangisursuro Mike Inay, had two instructors, Grandmaster Max Sarmiento and Grandmaster Angel Cabales. Suro Inay related a story to Ray in late 1993 or early 1994 about how when Grandmaster Sarmiento was on his deathbed he asked Suro Inay to promise to help make the Filipino martial arts accessible to anyone and everyone that was interested, regardless of their ethnicity. Grandmaster Sarmiento was also the person that was instrumental in getting approval from the old manongs in Stockton, California (the largest Filipino community in the US at that time) for Grandmaster Angel Cabales to openly teach Eskrima to anyone. As you can see, Grandmaster Sarmiento was serious about opening up the Filipino martial arts to anyone that was interested in learning.



Mangisursuro Mike Inay



Grandmaster Angel Cabales  
Grandmaster Max Sarmiento

After Ray heard that story he wondered what he, too, could do to help promote the Filipino martial arts to the world. Ray was a member of a firearms oriented discussion forum and thought about doing the same for the Filipino martial arts. Nothing like that existed at the time, so the Eskrima/FMA list was formed... and remains open to all.

Ray Terry has 35 years in the martial arts and currently teaches Eskrima, Hapkido and Taekwondo in San Jose, California and does seminars around the country. He also is the; administer / moderator of two other lists. One on the Korean martial arts "The\_Dojang", and one for Law Enforcement Officers involved in the martial arts "Policedo".

To subscribe to the Eskrima Digest: [[Click Here](#) ]

## **Escrima-Arnis List**

The Escrima-Arnis List was founded on May 20, 1999.

After some discussions between Jeff "Stickman" Finder, Lonnie Pollard and Dr. Jerome Barber, they were all members of another discussion forum and were in total disagreement with some recent decisions by the administrative officer of that group. It became quite apparent to them that the leadership style was one with which they were uncomfortable with, and the only viable alternative would be to start their own forum. The real fly in the ointment was how could they do that and at the same time avoid tilting the new forum towards a particular style or system, since Jeff was a Serrada Player, Lonnie was Garimot Arnis/Harimaw Buno player, and Adam Toussaint was an American Modern Arnis/Oliveres Eskrima player. The solution was to find a neutral person, who did not have a strong system identity to be the moderator or administrative officer. So Adam Toussaint was asked to be the List Administrative Officer and he opened the list with the first message on May 20.

Adam wrote this excerpt in his first post:

"You guys all talked about an alternative, now that you have it, can you keep it going????"

### **Adam Toussaint**

"List Administrator"

He asked a very good question and the answer seems to be "Yes", but that was only through today, there is still tomorrow. Our general policy statement that is sent out to each new subscriber reads as follows:

*Welcome to the Escrima Arnis e-group. This list is dedicated to an open, flame-free exchange of ideas with regard to the Filipino Martial Arts. The list administrator reserves the right to accept, or reject a request to join the list and to remove a subscriber for posted comments that are unethical, inflammatory or false in their content. Please refrain from the use of profanity and any statements, which are libelous and/or slanderous.*

*As a subscriber, you are responsible for helping to maintain an open free exchange of comments within the bounds of reasoned civil conduct. Not every issue can be resolved with a clear consensus, but differences of opinion do not have to lead to personal attacks in print or in person. Issuing challenges will not be tolerated on the Escrima-Arnis List.*

*Thank you for joining our 'family' and lets have some fun as we learn more about our favorite martial arts from one another.*

*When your request to join the Escrima-Arnis List has been accepted, please sign-in and introduce yourself to the group. Tell us what style/system that you are studying, your instructor name, the city/town where you train, how long you have been involved in the Filipino martial arts and tell about any other Martial Arts training and ranks that you have earned. Please tell us how you found out about the E-A List.*

*Thanks for requesting to join the E-A List. We hope that you will be a frequent contributor. "Lurking" is ok and sometimes it helps to read the posts for about a week or*

*so, but this list was developed to give people an opportunity to share their ideas with others.*

*Good luck and we are looking forward to hearing from you as an active E-A List member.*

*Adam Toussaint, EA List Administrator*

The above statement is one of the few times that a member will see Adam using or referring to his title. As the actual founder and owner of record he wants the EA list subscribers to view the EA List as a good place to express their ideas and exchange points of view. There is no prior censorship of posts. The posts will be presented as they are received. However, we do hold each individual responsible for his/her posted comments.

The founders have revoked three (3) subscriptions for contributing unethical or inflammatory posts. That is an incredible sound record for 6 years of operation. The fact that they “**Do Not**” have or allow themselves to have a preferred or established system, which the administrator supports, is part of the secret to their very low exclusion record.

Every subscriber is free to discuss his/her own system of study and to promote their own instructors' seminars and camps. This kind of freedom actually prevents rather than encourages a great deal of controversy, in part because the admin person is under no pressure to defend his system against an attack, real or imagined.

People can subscribe to the EA List by writing to us at the following address: [eskrima\\_arnis-subscribe@topica.com](mailto:eskrima_arnis-subscribe@topica.com) or [**Click Here**]

Once they have been accepted as subscribers, then they can post to the List at: [eskrima\\_arnis@topica.com](mailto:eskrima_arnis@topica.com) or [**Click Here**]

The Founders of the Eskrima Arnis List never envisioned themselves as becoming a large and powerful e-site for the South East Asian Martial Arts. Their goal has always been much more modest. From their perspective it is more important that they have created a venue where people can sincerely and confidently discuss the issues, techniques, differences and similarities that transcend individual styles or systems found in the various martial arts. They appear to be right on target with both objectives.

Therefore it can be said with great confidence that if people want to join and be part of an open discussion forum where the ideas or more important than systems, instructors, titles and ranks, then the EA List is the place for them join in the discussions.

**PEAK-L “Pinoy - Eskrima Arnis Kali”  
changes to a new venue  
FMAF “The Filipino Martial Arts Forum”**



The PEAK-L list, “Pinoy - Eskrima Arnis Kali” started when Robbie Trinidad noticed that most, if not all sources of information on the Filipino Martial Arts on the Internet were based outside the Philippines. I was subscribed to the Eskrima Digest when I noticed a need for a forum for practitioners in the Philippines. I privately e-mailed around 5 Filipinos I found on the Eskrima Digest with the idea to start another list so PEAK-L was born.

Robbie would like to think that the list has helped local practitioners network with each other, as well as allow other people interested in the Filipino martial arts to find a place to start learning.

Unfortunately, work and increasing Spam has made it near impossible for Robbie to keep up with different mailing lists. It's very difficult these days to manage PEAK-L again due to so much spamming on the Internet. Activity on this list has dropped to near zero (not counting Spam).

Robbie is hoping the new Filipino martial arts Forum, FMAF “The Filipino Martial Arts Forum” will be the spiritual successor to this list as this discussion group fades into the sunset.

PEAK-L “Pinoy - Eskrima Arnis Kali” [[Click Here](#)]

New Forum – Recommend you visit

FMAF “The Filipino Martial Arts Forum” [[Click Here](#)]

### **VeeArnisJitsu Group**



Anton started the VeeArnisJitsu Group in 2002 as a way for others, like himself, to discuss and share information on this simple yet effective self-defense system.

Anton has seen and tried other self-defense systems, but nothing seems to compare to what Professor David James has to offer. Being a paraplegic confined to a wheelchair, he used to feel very vulnerable in certain situations or locations that he would find himself in. Since training in Vee Arnis Jitsu, that has all gone away.

Other systems might depend on kicking or using throws against their assailant, but for obvious reason those techniques doesn't do Anton much good. The beauty of the

Vee Arnis Jitsu system is its adaptability while still being effective. Even though Anton is in a wheelchair, he is still able to use the simple concepts and principles that govern the Vee Arnis Jitsu system just like everyone else.

Although Anton lives in New Jersey and sometimes is not able to attend classes at the VAJ World Headquarters, he is lucky enough to be able to train personally with the New Jersey VAJ Representative, Sensei Frank (VAJ BB# 38) on a regular basis.

Whether being taught the locks of Vee-Jitsu, the Arnis aspect, or the 1-2-3 HIT program of Vee Arnis Jitsu, Anton now feel more safe and confident while out on his own.

As Anton has attended different events through the years and chatted in the different martial arts forums online, he noticed how so many people from around the world were interested in getting more information on the Vee Arnis Jitsu system. With that, he went to Professor David James to get permission to start the VeeArnisJitsu Group.

In October of 2002 the Group opened and has been going strong ever since. Besides the VAJ system, other topics that are discussed include previous Vee-Jitsu systems, self-defense, and most important, Professor Vee. For without him, this system would not even exist. The group keeps a very friendly and open atmosphere within the group with great discussions and added features like poll questions, photos, videos, articles, and so much more!

Besides these features, the VeeArnisJitsu Group is proud to say that they are one of the few groups online that does not allow a single piece of SPAM to go through to the readers. The VeeArnisJitsu Group is currently the #1 Filipino Martial Arts Group on Yahoo and owe it all to the loyal group members.

Anton expressly thanks Professor David James for the permission to start this wonderful discussion group and for keeping his promise to Professor Vee, and making Vee Arnis Jitsu a household name.



Anton and Professor David James

VeeArnisJitsu Group - [[Click Here](#)]

Anton is also the Webmaster for the Vee Arnis Jitsu Website - [[Click Here](#)]

## Calgary Estokada

Gordan Walker started the Calgary Estokada group after the birth of his daughter. It is a communication group for the Walker Filipino Martial Arts Club, which was started out of a desire to pursue and further train, and to gain teaching experience in the arts of Rutano Estokada and Haribon Dumog.

Gordan's group currently meets at the Varsity Community Center, located at 4303 Varsity Dr. N.W., Calgary, Alberta, on Saturdays from 2:30 - 4:00 P.M and will be adding a class during the week in the very near future.

Rutano Estokada is a well-rounded martial system offering training in all ranges. Topics covered in class will range from boxing, kickboxing, weapons, to grappling.

Gordon Walker has been training in the martial arts of Rutano Estokada and Haribon Dumog since 2001. His background includes training with Sifu Ronnie Yee in Chen style Tai Chi Chuan, Qigong and Wushu from 1997-1999 and, concurrently, with Sensei Kevin Harder in Togakure Ryu Ninpo Taijutsu from 1996-2000, and is currently cross training in Muay Thai.

If you are interested in pursuing training in the Filipino Martial Arts please feel free to contact the group at [walkerfma@gmail.com](mailto:walkerfma@gmail.com) or at [403] 265-3488

Calgary Estokada Group - [[Click Here](#)]

To learn more of the International Rutano Estokada Federation [[Click Here](#)]

## Filipino Warrior Arts 2

“Home of Real Filipino Fightin' Artists”



When visiting the Filipino Warrior Arts 2 Group page the first thing one will see is: “This page is dedicated to those who train in or have questions about the Warrior Arts of the Philippines. The comments made herein are for growth. We strive to learn from one another. We build on unity and do not derive any knowledge from disparaging one another.”

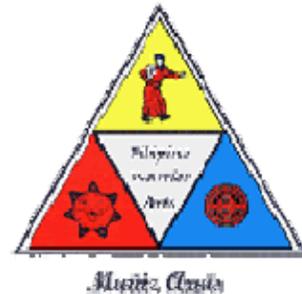
Guro Don started my informal training in Martial Arts with my Dad about 1964 or 1965. He started his formal Martial Arts Training in Kempo Karate in 1967 and his formal Filipino Warrior Arts training in 1994. Upon returning home from his yearly Christmas Vacation in early January of 1999 he decided that he would like to share his training on the Internet. Guro Don wanted to discuss, examine, compare notes with others training in the Warrior Arts of the Philippines. He got to make friends with many people that taught him the differences and similarities of Kali / Arnis / Eskrima and that other arts existed.

When the Filipino Warrior Arts 2 discussion group started there were a few misunderstandings but some times there were just down right put-downs of different instructors. Guro Don believing in the brotherhood of the martial arts put out most of the

"fires" and learned to have a no tolerance policy towards "disgruntled individuals that just cause discontent". Guro don is constantly asking for photos of other people training or of their schools, or to write an article about their styles and training or their instructors, urging others to add their thoughts and contribute their knowledge so others can learn and understand.

Guro Don is very happy to be involved in the Filipino Martial Arts Community and has established **MUÑIZ ARNIS - School of Filipino Warrior Arts**. Guro Don decided that his school would be more of a Club than a school. Making a good living as a Licensed Physical Therapist Assistant, his students would be asked to perform other duties in lieu of monthly dues or memberships.

His students are required to attend and financially support all seminars that the school sponsors, so that they can have the benefit of some of the finest Filipino Martial Arts teachers visiting and sharing their knowledge. Within the first couple of months Punong



Guro Steven Dowd of Arnis Balite came thru El Paso and taught his students that evening. November of 2003 Master Ner Reodica, Jr. came and also did a seminar for his students.

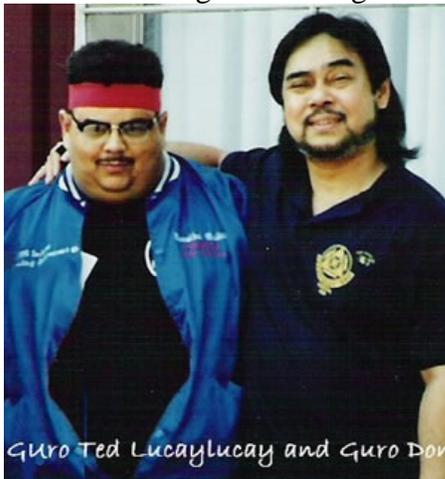
Guro Don being good friends with Master Beto Briseño is sometimes asked to do demonstrations of Filipino Martial Arts, after which he has people constantly asking him to teach them Filipino Martial Arts. Guro Don always refers them to one of the other Filipino Martial Arts teachers in El Paso where he lives.

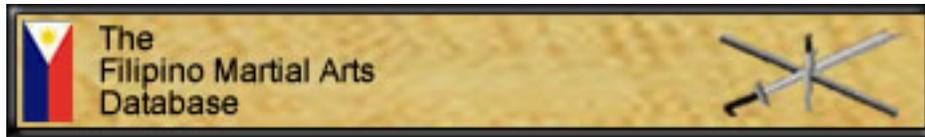
Also training in California with Master Ner Reodica, Jr. and attending seminars on different Filipino Martial Arts. In between the times when

these and other Masters and Teachers of the Filipino Warrior Arts give their knowledge, Guro Don instructs his students in the Warrior Arts of the Philippines.

He has met many Instructors and Masters of the Filipino Warrior Arts. The one thing he has found that all have in common is their devotion to teach their disciplined and effective art with the utmost concern for the student's care and in a manner that their students are devastatingly effective in that Filipino Art.

Filipino Warrior Arts 2 - Home of Real Filipino Fightin' Artists - [[Click Here](#)]





In the mid-90's, martial artist Mike Seilnacht began collecting the contact information of Filipino martial arts Guro's from around the United States and the world. Setting up one of the first Web sites dedicated to Filipino martial arts, he offered access to the information, broken down by geographical location, and encouraged instructors to list themselves. The site was manually constructed and required constant attention. For several years, Mike kept it up but began to feel the burden. Looking to preserve the benefit of this valuable collection of data, Loki Jorgenson of the Pekiti-Tirsia system of Kali took over the site in 1997 and eventually constructed the database and automated interface that powers the site today.

In 1998, along with the new database and interface, an extensive glossary of Filipino martial arts terminology was added. This glossary was originally compiled by Bob Reish of the Inosanto Academy and was included with his permission. Although it has always been the intention to grow the site even further, the Instructors listings have continued to be the primary service offered by the Filipino martial arts Database.

After almost 10 years of existence, the FMA Database offers the most extensive on-line listing of Filipino martial arts instructors available with over 1000 unique entries for Filipino martial arts instructors around the world, in dozens of different Filipino martial arts and styles. The service is maintained out of respect for, and as a gift to, the entire Filipino Martial Arts community, in support of its growth and continued advancement.

FMA Database - [[Click Here](#)]

## **Filipino Lists & Groups**

**Escrima2**  
For Escrimadors

**Eskrima Laguna Laban Tulisan**  
" Brotherhood of Luisiana Laguna Eskrima "

Filipino Warrior Arts  
" Home of Real Filipino Fightin' Artists "

**StickFighting**

**World of Serrada**

**YawYan Philippine Martial Art**  
" Philippine Dance of Death "  
" Sayaw ng Kamatayan "

**Pilipinoma**  
School of Pilipino Mastery Arts

**HoustonKaliGroup**

**FMATrainingGroup**  
" For those interested in FMA training "

**TheFilipinoMartialArts**

**FilipinoMartialArts**

**Rapido Realismo**  
" Rapido Realismo Martial Arts "

**Arnisador**  
" Arnis de Mano "

**SPMA**  
"School of Pilipino Mastery Arts "

**Kalikidlat**  
" Kali-Kidlat "

**Largomediocorto**  
" Lameco Eskrima Practitioners "

**Angels\_Disciples**  
" Home of Serrada Escrima Practitioners "

**Arnis Eskrima**  
" Filipino Martial arts "

**BahalaNa**  
" Bahala Na "

**WSEFlow**  
"The Flow Of Serrada Escrima"

## **FMA Bulletin Boards and Forums**

**Pinoymma.Com** - Promoting Filipino Mixed Martial Arts

**Mousel's Defend.Net** - The Ultimate in Martial Arts

**Martial Arts Planet** - Global Martial Arts Community

**MartialTalk.Com**

**FightClub.Com** - Forum

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## **FMA Information**

**Kali - Eskrima – Arnis - The Filipino Martial Arts**

**Stickgrappler's - Martial Arts Archives**

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### **Encyclopedia's**

**Wikipedia - The Free Encyclopedia**

**Nationmaster.Com**

**Martial Arts - The Web Encyclopedia**

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### **Websites, which have links to FMA Styles**

**Tanikalang Ginto**

**C.O.M.B.A.T**

➤ Arnis

➤ Escrima

**MartialZone.com**

**Martial Arts**

**Budo Seek - Martial Arts Community**



**Filipino Martial Arts Magazine**



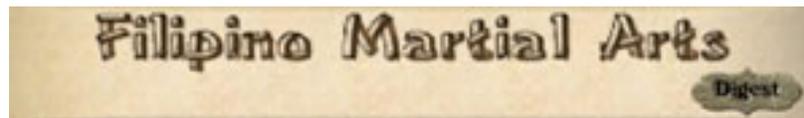
**Rapid Journal**



**El-Juramentado**



**Maharlika-Enterprizes**



**Filipino Martial Arts Digest**

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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 issue

**Website Application**

**Hard Copy Application**