

# Filipino Martial Arts

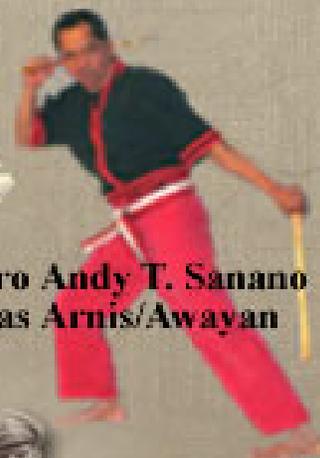
Filipino Martial Arts  
Law Enforcement & Military Trainers

Digest

Special Edition  
2006

Filipino Martial Arts Masters  
Who Are Also Law Enforcement & Military Trainers

Babao Arnis and the Expandable Baton



Dakilang Guro Andy T. Sanano  
Treechampas Arnis/Awayan



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**Contents**

**From the Publishers Desk**

**Babao Arnis and the Expandable Baton**

**Dakilang Guro Andy Sanano**

**FMA Masters**

**“Who Are Also Law Enforcement & Military Trainers”**

**Edge Weapon Tactics and Training**

**Dulac and Law Enforcement**

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.

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## **From the Publishers Desk**

### **Kumusta**

Filipino Martial Arts taught to law enforcement and military personnel has been on going for many, many years. In this issue are just a few of the Filipino practitioners that share their knowledge with law enforcement, military agencies, and special tactics teams.

In meeting Master Babao one instantly knows this is a man that is seasoned in the Filipino martial arts and it is no surprise that he is and has been sought out for his knowledge by law enforcement to teach them so they can be better prepared to protect and serve.

Dakilang Guro Andy T. Sanano, culture and martial arts training work hand in hand with law enforcement skills and values. In Rapid City and the state of South Dakota, Master Sanano has trained the Police Department SWAT teams and regular officers, Hospital Security staff, and the Bureau of Indian Affairs police from Eagle Butte, SD. On a national level he has trained federal probation officers, park rangers and federal community health staff.

From the Boston Police Academy, Guro Santos Hernandez, a training officer there brings to light some of the training that is provided to recruits and the reality of life to a person becoming a police officer.

DULAC, which was featured in the FMA Digest Vol2 no2, is skilled and has the knowledge within their organization to benefit any law enforcement agency's training.

Jay de Leon brings to light several Filipino martial arts practitioners that have trained law enforcement, and military personnel.

So it is hoped that this Special Edition will be of interest and that you will find that the Filipino martial arts is not only taught to the layman, but to law enforcement, military troops, special tactic teams, and security personnel.

**Maraming Salamat Po**

## **Babao Arnis and the Expandable Baton** **A Winning Combination for Law Enforcement**

By David A. Bertrand



The task force of law enforcement officers and detectives approached the front of the apartment with weapons drawn. Several members of the team split off and made their way through an alley to cover the rear of the unit. When everyone was in place, a detective stepped forward, pounded on the front door, and shouted, “Police officers with a search warrant demanding entry!”

The suspect inside the apartment knew that he was wanted for violating the conditions of his parole. Rather than complying with the demands of the law enforcement officers, however, he ran to the bathroom and started flushing his methamphetamine stash down the toilet.

Realizing that the suspect was not complying with their demands, two members of the team stepped forward and forced open the front door with a battering ram. Within seconds, the task force was moving through the apartment and clearing each room in a systematic manner.

“Let’s see your hands,” shouted several of the officers as the parolee stepped out of the bathroom and into the hallway. Instead of following their orders, however, he stepped towards the officers, clenched his fists, and cocked his right arm back. The officer closest to the suspect stepped back, re-holstered his sidearm, and reached for an expandable baton. As the suspect unleashed a powerful right cross, the officer blocked the punch with his baton and followed-up with a strike to the parolee’s midsection. The suspect’s legs buckled as he dropped to the ground in pain. He was handcuffed and taken into custody without further incident.

“Years ago, that scenario might have ended differently,” said Master Narrie Babao. “The officers and detectives had less training and fewer tools to get the job done. There was a time when the parolee in that scenario might have landed that punch. The situation could have gone downhill fast.” Babao speaks from experience. He has been involved in military and civilian law enforcement training for over two decades and currently holds an 8th Degree Black Belt in the Filipino Martial Art of Eskrima.

“The Task Force mentioned in the scenario is made up of law enforcement officers and detectives from several federal, state, and local agencies,” explained Babao. “They are referred to as the J.U.D.G.E. Unit. The acronym stands for Jurisdictions Unified for Drug and Gang Enforcement. Their primary job is to crack down on drug dealing and gang-related crimes committed by violent offenders who don’t comply with the conditions of their probation or parole. It is very dangerous work.”

“One of the detectives on the task force asked me if I would be interested in teaching the unit some advanced expandable baton techniques that fit their specialized needs,” said Babao. “The expandable baton is a unique law enforcement impact weapon. It has several hollow steel sections that can be collapsed into the larger-diameter handle section. This makes it easier for patrol officers, undercover detectives, and entry team

personnel to carry it on their belts or tactical gear. A quick flick of the wrist and the baton snaps out to its full length.”

“I had helped the Regional Law Enforcement Academy’s training staff develop an expandable baton program in 1994 when they were evaluating that type of baton as a possible replacement for the side handled baton,” explained Babao. “Shaun Donelson and Tom Snowden, two of the defensive tactics instructors involved in the evaluation process, had heard that I was a Filipino Martial Arts instructor. They approached me for training and advice. The Arnis that I had learned from my father heavily influenced the expandable baton curriculum that developed from this initial pilot program. Naturally, the techniques had to be modified slightly in order to conform to department policies concerning the use of force.”

Assisting in the development of a training program involving the use of a baton was nothing new for Babao. “Some of the techniques we evaluated were from my years as a Chief Master at Arms in the U.S. Navy,” added Babao. “I had been teaching riot control tactics and baton drills to the Navy’s law enforcement personnel since 1982. When I retired from the Navy in 1992, I started my second career as a Community Service Officer with the San Diego Police Department. After assisting with the initial expandable baton program, I became more involved with the department’s defensive tactics program and their annual in-service training.”

“In 1999 Romeo De Los Reyes was selected as a defensive tactics instructor at the regional academy,” continued Babao. “He was studying Arnis with me at the time. De Los Reyes was instrumental in introducing even more of my Filipino Martial Art concepts into the San Diego Police Department’s defensive tactics program.”



Members of the J.U.D.G.E. Unit review the expandable baton techniques that they learned from Master Narrie Babao.



J.U.D.G.E Unit (Jurisdictions Unified for Drug and Gang Enforcement. Their primary job is to crack down on drug dealing and gang-related crimes committed by violent offenders who don’t comply with the conditions of their probation or parole.



Several of Master Babao's students are defensive tactics instructors or members of specialized teams, like J.U.D.G.E. Unit and SWAT. Clockwise – Deputy Chris Cross, Sgt Romeo De Los Reyes, and Detective Liza Prodigalidad.

The J.U.D.G.E. Unit mentioned at the beginning of this article was one such team. "We really liked training in the use of the expandable baton with Master Babao," said one J.U.D.G.E. Unit member. "We needed techniques that would work in close quarters, like a bedroom or hallway."

Perhaps one of the primary reasons for Master Babao's success in the development of an expandable baton program is the effectiveness of his techniques. "I think that some of the officers and detectives were tired of trying to learn the complicated and ineffective defensive tactics skills that have been around the law enforcement community for so many years," says Babao. "The Filipino Martial Arts have always been based on the realities of combat. The early masters of Kali and Arnis developed the art for life or death fights with knives, sticks, and bare hands. They didn't have time to waste on ineffective, flashy moves. If a fighter practiced strikes or blocks that did not work in a real fight, their useless techniques usually died with them in combat." Master Babao's system of Arnis can be traced back to the fierce fighters from the Province of Batangas in the northern region of the Philippines. The art is based on 12 angles of attack and a combination of blocks, checks, and counters that follow the same 12 angles. "When I'm teaching law enforcement officers, I usually just show them the first six angles of attack," admits Babao. "They get a little overloaded if I cover too much material in a short period of time. Most of the attacks that officers experience in the street can be handled with these first six angles."

In addition to its reality-based effectiveness, Master Babao's system is also well received by law enforcement officers for another reason. The hand-to-hand skills that he teaches follow the same basic patterns as the baton skills. "Our empty hand techniques are based on the same muscle memories as our stick fighting," explains Babao. "The early masters knew the importance of keeping things simple. By practicing one skill, you are practicing the other skill as well."

This simplified approach to defensive tactics training was greatly appreciated by the members of the J.U.D.G.E. Unit, as well as, other officers and trainers. "I liked

"Master Babao and I tried to refine the initial expandable baton program that he had helped develop a few years earlier," said De Los Reyes. "More specifically, we emphasized combination strikes and off-line (triangular) footwork to allow the officers to move to a position of advantage, instead of fighting the suspect toe-to-toe. We also emphasized maintaining distance from the suspect to take advantage of the range of the weapon."

Within a few years, word of Babao's expertise with the expandable baton had spread throughout the local law enforcement community. S.W.A.T. Team members and officers assigned to teams that frequently made dynamic entries approached him for specialized training in the use of their batons.

Master Babao’s approach to the expandable baton and empty hand training due to its practicality, simplicity, and commonality among techniques,” said Deputy Chris Cross. Cross is in charge of the defensive tactics program at the San Diego Regional Law Enforcement Academy. He has trained in a variety of martial arts, and like many officers who have been exposed to Master Babao’s training, approached him for private lessons in the traditional Filipino Martial Arts.



Detective Liza Prodigalidad demonstrates one of the expandable baton techniques that she learned from her partner, Master Narrie Babao. When Master Babao throws a right hook punch to the left side of her head, Prodigalidad utilizes off-line (triangular) footwork to decrease the force of the blow, and blocks it with her baton. She then checks his forearm with her left hand. Prodigalidad immediately counters with a baton strike to Master Babao’s midsection.



Sergeant Romeo De Los Reyes demonstrates the same technique performed without the expandable baton. When Deputy Chris Cross throws a right hook punch to the left side of his head, De Los Reyes utilizes off-line (triangular) footwork to decrease the force of the blow, and blocks it empty handed. He then checks Cross forearm with his left hand. De Los Reyes immediately counters with a knife hand strike to Cross midsection.

“Like most Filipino masters, I only teach family members and close friends,” says Babao. “In the last few years, however, it seems like half of my students are from law enforcement. Detective Liza Prodigalidad, a senior member of the J.U.D.G.E. Unit, takes private lessons. Sergeant Romeo De Los Reyes, Deputy Chris Cross, and Officer Marc Fox are all defensive tactics instructors. They take evening classes. Sergeant De Los Reyes is also a S.W.A.T. Sergeant and a member of the department’s Use of Force Committee.”

The Babao Arnis School in San Diego is Master Babao’s main headquarters. In addition to Babao Arnis, the curriculum of the school includes Grandmaster Cacoy Canete’s Eskrido, Villabrille-Largusa Kali, Doce Pares Eskrima, and a variety of empty hand arts such as Kuntao (“Fist-Way”) and Panuntukan (Philippine boxing). “I teach each art as a separate entity at a specific level in the curriculum,” says Babao. “I don’t just blend everything together and call it my art. I show respect for each of the masters that I

have received instruction from and try to preserve their art in its original form for future generations.”

With his second career in full swing, Master Babao has no plans for slowing down anytime soon. “I want to continue teaching within the law enforcement community,” adds Babao. “They need the skills for real world confrontations. I recently became involved in a defensive tactics program that Marc Fox coordinates with the U.S. Navy’s Master-at-Arms School at the 32nd Street Naval Station. I also want to share my traditional Filipino Martial Arts with other martial artists. One of my students and I will be completing a series of instructor training manuals on Babao Arnis in the next few months. I also have several seminars scheduled for this year.”

Wherever the future may bring him, the law enforcement community in and around San Diego will always be grateful for the training and advice they have received from Master Narrie Babao. Officers, detectives, S.W.A.T. Team members, and entry team personnel assigned to specialized task forces like the J.U.D.G.E. Unit, now have a simple and effective expandable baton system.



In a day and age where the law enforcement instructors, as well as, many martial artists seem to have rediscovered “reality based training,” Master Narrie Babao is once again filling the need for practical and effective skills. “The early masters perfected their skills and made their arts reality based centuries ago” says Babao. “There is no need to reinvent the wheel. My biggest challenge is to modify the techniques slightly to make them less deadly so that they conform to department policies. The original Filipino Martial Artists didn’t have to worry about excessive force complaints or attorneys.”

**About The Author:** David Bertrand is a retired S.W.A.T. Officer and former U.S.M.C. Platoon Commander. He has over thirty years of martial arts experience and has earned black belts in a variety of traditional Japanese systems, as well as, the Filipino Martial Art of Eskrido.

To learn more about Master Narrie Babao and the Babao Arnis School, view their website at: [www.babao-arnis.com](http://www.babao-arnis.com)

## **Dakilang Guro Andy T. Sanano**

Trecehampas Arnis/Awayan



Grandmaster Martial Artist Andy Sanano grew up in the Philippines, living in a manner similar to most of the other children of his era, although there were some significant differences that will come to light as we learn about this talented Filipino artist.

He was born in the Bikol region, Albay province, city of Legazpi and grew up in Manila. His childhood experiences were unremarkable. He traveled to the banana plantations with his grandfather and learned to play with “sticks.” His adversaries were the banana plants and his coach-grandfather. Master Sanano thought he was playing, as did most of his peers who had similar experiences. His uncle also encouraged Master Sanano to play and wrestle with cousins unbeknown to him that he was being trained in the basics of the Filipino Martial Arts – kept secret to all but a few. Even the hikes between plantations, striking the tall grass with sticks to disturb the animals and snakes had a future importance. Little did he know the foundation for his modern day future was being set in the ancient jungles of the Philippines.

Life evolved without trauma or much incident until his mother died when he was age nine and then again at age 12 when his father died. He and his twin sister were taken in by the sister and brother of his mother and father. This familial quality is common to Filipino culture and plays out today in the lifestyle of his Dojo. All of his students past and present are family; always welcome, respected for their individuality and never forgotten because of physical absence and distance.

Prior to the death of his father, Master Sanano received a long bladed knife from him that was adorned with the symbol of a dragon. It was a “tool” to be used for the various tasks in his day requiring some type of cutting. The knife was not presented as a weapon intended to cause hurt or injury to people. The value of respect for others runs very deep in the culture and is the keystone of his martial arts philosophy. A student who is skillful and talented in technique but devoid of the respect of others will never become a true martial artist in the eyes of Grand Master Sanano.

A couple of years before his father’s death in 1961, Master Sanano joined the Karate Dojo of Perring Cruz, a professor of Philippine Combat Judo, Arnis DeMano, Shotokan Karate, Akido and Hilot-healing touch (a technique similar to acupressure). During his 8 to 9 years of training, he spent thousands of hours drilling in the school gym, on the beach and in the ocean water, with emphasis on techniques, strength, speed, concentration, flexibility, sparring and ethical values. Keen attention was given to detail and mental strength, as well as bending to the will of the instructor or bearing the rod of correction, which was the standard of the day. Most youth of today would be unable to comprehend, let alone produce the level of commitment common to Master Sanano and his peers in Professor Cruz’s Dojo.

Master Sanano received his black belt at age 18 and moved to San Francisco, CA to live with his adopted parents. Shortly thereafter he joined the United States Air Forces and was eventually stationed in Rapid City, SD.

It was during his career in the Air Force that Master Sanano opened his first Dojo and began teaching martial arts. The Dojo was located near Ellsworth Air Force Base, and some of the students were military police. They came to test his skills, see what he could teach and develop their own individual talents. None were disappointed at any level of interest. For those who believed their “ego” as well as skills were invincible, a lesson of humility was soon to follow. Some students absorbed the lesson, others did not, but all recognized that beneath the persona of friendliness, hospitality and acceptance, was a martial artist whose talent and ability was extremely well honed. When Master Sanano’s skills were tested he was slow to apply and never humiliate, but he quickly demonstrated expertly, when the cause arose. Those attributes all reflect the “Filipino” view of life.

Subsequent to his informal training of MPs and as his martial arts career developed, word spread regarding his mastery of the “Art.” Master Sanano achieved numerous high awards in tournaments and he hosted many tournaments that encompassed a six state region. Along with his accomplishments and recognition came invitations to teach seminars and law enforcement agencies. The latter was augmented by his 16-year participation in the Rapid City Reserve Police Officers’ program where he rose to the rank of lieutenant.

It is common knowledge that law enforcement officers are required to use the least amount of force necessary to apprehend and restrain a potential criminal. There are strict guidelines and regulations regarding the use of unnecessary force. Thus a more likely blending of Filipino culture, martial arts skills and law enforcement could not have been created.

Master Sanano’s fundamental values of respect, sensitivity to the individual, use of minimal techniques to accomplish the task, impart the least harm to the aggressor, and assist an individual in becoming a more productive human being and citizen meshed perfectly with his heritage. For Master Sanano, training members of law enforcement was not work; it was fun. This was the task he was born to and inspired by via his culture. Where else could he teach others to use their mind first, then their body with both always wrapped in a deep regard for human dignity?

Today it would be difficult to parcel out the Filipino influence from the standards of restraint used by law enforcement. But to the astute observer and informed person it is obvious: treating people with respect, giving them a second chance, realizing a moment of criminal action may not be the totality of a person, and restraining the criminal with appropriate force clearly address Master Sanano core values. Regardless of a person’s status in life, Master Sanano believes in treating all with respect and kindness.

Approaching anyone with the values of respect and kindness underlie two basic tenants of martial arts - awareness and deception. Master Sanano’s foremost rule of Martial Arts is to be aware of your surrounding. This is also the same rule for the job of law enforcement. Additionally, by approaching people with openness and acceptance rather than anger and aggression, they will not be aware of your skills or potential ability. An officer approaching a subject with respect will have greater success doing their job than if they approach with anger and aggression. In the “Art” this is known as deception

and affords a certain advantage. In a street conflict between two individuals Master Sanano recommends, “walk or run away - and fight as a last resort.” In police work it is best when both the officer and the criminal “walk away” with no to minimal harm occurring to either one.



Grandmaster A. Sanano and SWAT Team

Consequently, it easy to discern how Master Sanano’s culture and martial arts training work hand in hand with law enforcement skills and values. The success of this union is recognized by many agencies that have employed him for training seminars. In Rapid City and the state of South Dakota, Master Sanano has trained the Police Department SWAT teams and regular officers, Hospital Security staff, and the Bureau of Indian Affairs police from Eagle Butte, SD. On a national level he has trained federal probation officers, park rangers and federal community health staff. He has traveled to California, Washington state, Alaska, Oklahoma, Tennessee and New Mexico while providing his training. As a credit to his accomplishments Master Sanano was inducted in to the

Martial Arts Hall of Fame in 2004.

Lest one would think Grandmaster Sanano has become unapproachable after the many successes let me close by addressing his daily routine. On any given day he can be found working in the Dojo with students ranging in age from 5 to 57. If the student demonstrates the interest and desire, he is there to teach the values and skills of a true martial artist. For him the greatest accomplishment is “for a student to succeed at a given skill, technique, form and personal character value.” That is the reward he takes home each day. So true to Filipino culture, accomplishments are not about the accumulation of things and status but the development of the person, their character and inner worth.



Grandmaster Andy Sanano and son Salvador Sanano 6 years old





Find out more about Grandmaster Andy Sanano at the following web site address: [www.sananokarate.com](http://www.sananokarate.com) or contact him by **Email**

## **Filipino Martial Arts Masters Who Are Also Law Enforcement & Military Trainers**

By Jay de Leon

Primarily because of their familiarity with weapons, many Filipino martial arts (FMA) instructors are much sought after by law enforcement, military and security officers as trainers. Many Filipino martial arts sub-systems and techniques are geared towards combat on the battlefield; for example, the Pekiti-Tirsia system had bayonet systems, as part of World War II battlefield techniques.

Some subsystems or techniques lend themselves to law enforcement or security work, like baton techniques, control and restraint techniques using weapons and empty hands, etc. Many of these Filipino martial arts trainers are battle-tested, street-wise, and well versed in the total spectrum of weapons, including modern weapons like firearms, tactical folders, and non-lethal weapons.

Here then are the elite Filipino martial arts instructors in the U.S. who are also law enforcement, military or security trainers. You will note that some are in law-enforcement or the military themselves, while some are strictly civilian trainers. Their original Filipino martial arts styles are also denoted.



Tuhon Leo Gaje, Jr. (left)  
and Timothy Waid

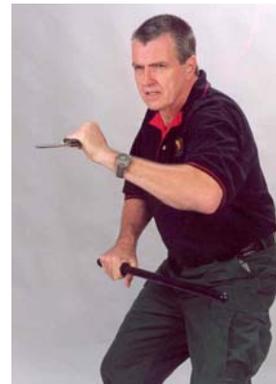
### **Timothy D. Waid – Pekiti Tirsia Kali**

Timothy D. Waid is a certified Master Instructor of the Pekiti Tirsia Kali system, and serves as Director of the Pekiti Tirsia Global Organization - North America. Guro Waid served with distinction in the U.S. Marine Corps, beginning his study of Filipino martial arts while stationed with the Marine Corps in the Philippines. As Director of Survival Edge Systems/Pekiti-Tirsia Tactical Training Institute, Tim Waid instructs military units and law enforcement agencies worldwide in officer survival

and tactical training programs. Tim Waid currently serves as a Consultant and Tactical Training Instructor to the Armed Forces of the Philippines, Philippine National Police, government agencies, and private business.

### **Hock Hochheim - Modern Arnis, Kombatan**

W. Hock Hochheim is the Founder of Scientific Fighting Congress (SFC), which uses a hybrid of military, police and martial arts tactics. He is a 23-year Texas Police and Military Police veteran. In addition to various traditional martial arts, he has instructor ranking in Modern Arnis under Professor Remy Presas and in Kombatan under Grandmaster Ernesto Presas. He has taught weapons and close quarter combat to over fifty military and police units, and has authored several books as well as over forty instructional videos for both law enforcement and civilian use.



### **William McGrath – Pekiti Tirsia International**

William “Bill” McGrath carries the rank of Tuhon (Chief Instructor), the first person outside the Tortal family (the founding family) to attain such rank in the Pekiti Tirsia Kali system. Today, he is president of Pekiti-Tirsia International and lives and works in New York as a New York State Court Officer. He is also the Chief Impact Weapons Instructor for the New York State Court System and author of the New York State Court Officers Defensive Tactics manual. He is certified by the FBI as a Police Defense Tactics Instructor, and by the State of New York as a Police Firearms Instructor.



### **Bram Frank - Modern Arnis**

Bram Frank is a first generation student of Professor Remy Presas (Modern Arnis) with instructor rankings in the traditional martial arts of wing chun and karate. He is respected as a blade master, and has won awards for improving edged weapon tactics, designing innovative tactical folding knives (such as the “Gunting”) and less-lethal control tools (such as the CRMIPT, or

the Close Range Medium Impact Tool), and producing first rate instructional videos on edged weapons. He has trained the U.S., Russian and Israeli security forces, law enforcement and civilians in the use of edged weapons and control tactics and tools.

### **Erwin Ballarta - Pekiti Tirsia Kali**

Erwin Ballarta is a master instructor of Pekiti-Tirsia Kali system. He was the first full-contact arnis champion at the Palarong Pilipino Pekiti Tirsia tournament in 1977 in New York, New York. With over 22 years of law enforcement experience in Texas, he is the defensive tactics coordinator and instructor for state and federal police, FBI, tactical teams, narcotics agents, recruits and many other enforcement agencies nationwide. He has been assigned to very high-level security and protective details, both public (e.g., President Bush Presidential Campaign Protective detail) and personal (e.g., bodyguard for Lance Armstrong during the Tour de France 2002-2004).



### **Phil Rapagna - JKD, Lameco Eskrima**

Phil Rapagna is an eighteen-year veteran police officer in southern California, with a wealth of real-world tactical and instructional experience. He has spent over twenty-five years in the martial arts, with emphasis on Filipino martial arts, having instructor ranking under Dan Inosanto and Edgar Sulite. Phil is a Post and FBI certified Firearms Instructor, a recognized authority on SWAT, a USMC Urban Warfare instructor, a USMC Primary Marksmanship Instructor, and a USMC Rappel and Fast Rope Master, a Master/Rescue scuba diver, and a nationally certified tactical medic. He is currently a consultant to the U.S. government and military on firearms, tactics and Close Quarter Combat. He has also worked on very high-level security and protective details, in both the public and private arena.



### **Felix Valencia - Lameco Eskrima**

Felix Valencia is a senior instructor for Lameco Eskrima, a full-contact stickfighter, a blademaster, and one of the premier law enforcement edged weapons training specialists in the country with an elite clientele. He has provided defensive tactics training to numerous law enforcement agencies like the Los Angeles Police Dept, the Toledo, Ohio Police Academy, Arizona Highway Patrol, the U.S. Marshals

(Honolulu, Hawaii) and many others, and firearm/weapons schools, like Front Sight, Halo, Close Quarters Battle (CQB) and Gunsite. In addition, he has served as master-at-arms and training instructor for knife companies including Cold Steel Knives and Trident Knives.

**Rommel Tortal - Pekiti-Tirsia Kali**

Rommel Tortal is the nephew of Grand Tuhon Leo T. Gaje Jr. and a senior instructor in his Pekiti-Tirsia Kali system. He is the chief instructor of the Pekiti-Tirsia Pitbulls of Manila, Philippines, and serves as Grand Tuhon Gaje's partner for demonstrations and training activities. Currently, he leads all ongoing instruction for the Pekiti-Tirsia programs in the military, such as the Philippine Marine Corps, and law enforcement agencies including the Philippine National Police.



Marines practice knife drills.



**Christopher Ricketts - Kali Ilustrisimo, Lameco Eskrima**

Christopher "Topher" Ricketts is a designated senior instructor of Kali Ilustrisimo, the founder and chief instructor of Bakbakan, International, and a grandmaster of Lameco Eskrima. A tournament competitor and street fighter, he has produced many champions, many of whom have become part of Philippine teams in Asian and international champions. Together with other Bakbakan senior students including his brother, actor Ronnie Ricketts, he has conducted numerous training camps for various branches of the Armed Forces of the Philippines, such as the Joint Special Operations Group (JSOG).

**Ron Balicki - JKD, Lameco Eskrima**

Ron Balicki is senior instructor of Lameco Eskrima, a full instructor in jeet kune do (JKD) and Inosanto Kali under Guro Dan Inosanto, and an instructor in Maphilindo Silat, Thai boxing, savate, and wing chun. He was a professional Shoot Wrestler who competed in the U.S. and Japan. His law enforcement training expertise is extensive; starting when he was a Cook County Deputy Sheriff stationed in Chicago, Illinois and helped train officers in riot control. He has trained U.S. military personnel, anti-terrorism enforcement units, the French President's Secret Service, and members of SWAT and the DEA.



Jay de Leon is a corporate financial officer, an amateur historian, and freelance martial arts writer. He is a Contributing Editor as well as a Certified Instructor in "America-in-Defense" for WorldBlackBelt. He currently lives, writes and operates Filipino Fighting Arts USA in Murrieta, CA.

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## Edge Weapon Tactics and Training FMA at the Academy

By Santos Hernandez



Santos Hernandez with his  
Guru Jason Silverman from the  
Doce Pares Filipino System

Lead Defensive Tactics Instructor assigned to the Boston Police Academy. He has 18 years combine experience in both corrections and law enforcement. Have survived four Edge weapon attacks and a real Firefight with firearm attack. Continues to train and teach Filipino martial arts and Ground Tactics/Jujitsu, along with Firearm weapons. Combines his practical Filipino martial arts approach into a solid teaching methodology.

To have the ability to transfer Filipino Edge weapon skills along with real life training skills to a total breakdown so a person can understand and be able to complete the task at full speed is a solid reward for the instructor.

How many times as Law Enforcement Officers or Corrections Officers have we heard or come across the latest Edge Weapon Defense

announcement. An inducement for us to take this wonderful course that will enhance our survival skills in the real world sense; it amazes me as a law enforcement officer in Boston, how many times I see this. Do not get me wrong I believe any type of training you receive is good. But to see any Officer trying to attempt any empty hand skills with a person who is armed with any edge weapon is crazy. The thought process of a successful edge Weapon Defense is how you handle your tactics and when you begin this phase of training.

Here in Boston we start with our Recruits, besides the every day training of Fitness, Firearms, Patrol, Evoc, and Defensive Tactics. The Recruits get introduces to edge weapon tactics. As a Lead Defense Tactics Instructor I tried to provide the best possible training for the recruits in edge weapon tactics. I have spent years on the how and when of edge weapon defense to offense, from blade sparring to blade grappling. Had the opportunity to meet and trained



with some great people but for the Police officer or even corrections officer who do not have the luxury to train on a consistent basis due to family issues or time management. What do you do for those officers? You begin at the Recruit level followed by in-service to your legal staff to command staff and educated them on the how and when and what force options are there. First you begin with your Recruit level by teaching awareness, which is edge weapon awareness. What any type of edge weapon can do to you, bring in

home made edge weapons so they can see, introduce them to the worst case attack they might experience. Teach them the history of edge weapon cultures so they can understand their use of force options that they can deploy. They need to understand awareness first not on how to become an edge weapon fighter.

One great method to use is to carve up a piece of juicy meat so they can see what an edge weapon can do to the body, it is a great grabber but it awakens their awareness peak. This will allow a recruit to be able to articulate in his or her mind the affects of an edge weapon attack. Next Train them were this fall on the Use of force end and how dynamic such an attack can occur. Talk to them about the 21foot drill then show how fast you can close their gap. I recommend at least 30 feet, minimum of 21 feet but at least 30. Why some one with experience will be ever changing directions as well as throwing distraction at the officer.



Next follow this with hands on training base on raw skills, gross motor skills where they will remember. A training method I like to do is a tunnel style where there is a crowd and here comes the attack. Against a wall, or staircase, on the ground. How to draw your weapons from the baton, to a firearm. And how to target the actions of this particular subject matter. Follow this with the use of simulation training using the 21-foot drill. By the time you are done they

will understand how important it is not to underestimate any edge weapon.

I tell my peers I am not here to change any of the past training, but to add to their treasure chest. Remember you want them to be safe, again begin with awareness and listen others on what they have encounter on edge weapons. Keep data or shall I say collect data. Begin your own research on a pure local level, not a state wide or national they want to hear what is going on where they work.

The dynamics of an officer being hurt and what it would do to a department from cost over run to lack of officers to morale.

This has been a success story in Boston, educating recruits and in-service personnel on this tiny segment of edge weapons. I can go on and on with training, but a very important facet is how you present your subject matter and if you practice what you teach. As a member of the Boston Police Academy and one who still goes out there to answer calls, it is a pleasure to have a staff work together from patrol with defensive tactics to fitness to medical and so forth. Again to conclude this article awareness is the foundation and it is edge weapon tactics you want to instill to your fellow officers so they have a better chance of survival.

In Conclusion, if you can focus on the gross performance under high stress teach the concepts and principles of edge weapon drills and segments. Combine this with proper use of force model and issues, with a clear understanding of your policy include a solid Lesson Plan, outlines then you will have a solid program.

It is with my past Filipino martial arts training from instructors such as, Don Satringo Garcia of Consiga Combate Eskrima, Professor Jim Jones, Punong Guro Steven Dowd of Arnis Balite, and insights from Maestro Bernardo Salinas of Sinkatan Arnis Estrella, Guro Jason Silverman, Guro John Jacobo, Guro Steve Perrin. That I was able to effectively add to the training of personnel the concept of edge weapons training along with empty hands techniques, which are invaluable to personnel in the law enforcement field. Adding to their arsenal for the protection of the public and self-preservation in the line of duty.



Santos Hernandez  
with Guro Arnulfo Cuesta



Instructor Hernandez during a Kickboxing class

Santos Hernandez is the Lead Defensive Tactics Instructor assigned to the Boston Police Academy. Has a Master in Criminal Justice from Boston University where he wrote his Thesis on Law enforcement Training at the recruit level. He can be reached at the Boston Police Academy  
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## **DULAC and Law Enforcement**

DULAC has trained counter terrorist teams, police, military, and hostage prevention management. 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.

In 2003, DULAC 's Mobile Training Team had conducted training on personal safety and protection course to Lady House Detectives of century park Sheraton hotel, Security Officers and Guards of Night Hawk Detective and Security Agency, Inc. and the Golden Hawk Security Services, Inc. who where detailed to secure the lives and properties of their clients.

July 14, 17 and 18, 2005, the Founder together with his two most qualified instructors conducted training on basic VIP protection procedures and unarmed combat training for PNP-SAF Commando course at the Special Action Force Training School, Fort Santo Domingo, City of Santa Rosa, Laguna.



Guro Danny Liwanag,  
a police officer for 15 years  
and 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.



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.



The aggressor is behind with gun at the back of the head.



Turning to the right and raising the arms, block the aggressors gun arm, moving it away from you.



Even though you are handcuffed, move your hands around the aggressor's head, grabbing the head, and moving downward, forcing the aggressor down.



Moving into the aggressor and forcing him backwards, twist the neck to the side.  
**Note:** all must be done in a continuous motion and quickly.



Kataas-Taasang Punong Guro Vasquez being threatened and held.



Using the holders for balance, execute a kick to the groin of the front man with the knife.



With the holders struggling to regain their hold.



Turning to the left and lowering the body.



Close up after turning into the aggressors.



After turning and locking up the aggressors.



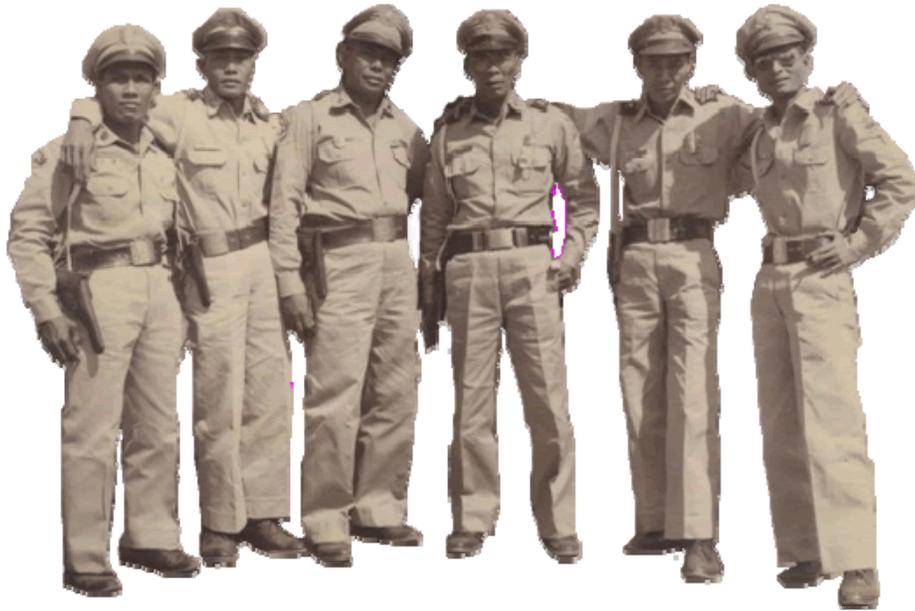
Push the aggressor's backwards.

**Note:** all must be done in a continuous motion and quickly.

**For information contact:**

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Danny Liwanag at CP +63 [921] 903-9511



San Antonio, Zambales Philippines  
Police Force  
1960's

**Pundador Manuel Molina Aguillon Sr.  
Arnis Balite**

Manuel Aguillon entered the field of law enforcement in San Antonio, Zambales. During this time he gained much respect and it came as a usual routine that if a problem arose people would request his assistance in solving the confrontation, this was even if other officers were present. This was a continuing routine whether he was on duty or off. Known for his tactical abilities, people were amazed that he could handle a situation with his dynamic persuasive personality. In the six years that he was in law enforcement he was never known to use his firearm.



**Filipino Martial Arts Magazine**



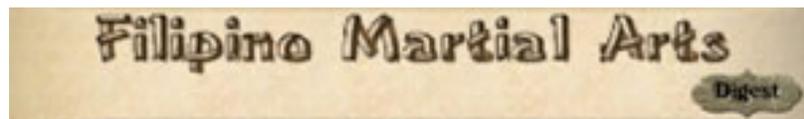
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