

Filipino Martial Arts

Digest

Special Edition
2008



Grandmaster Richard S. Bustillo

Founder and Chief Instructor

IMB (International Martial arts & Boxing) Academy



International Martial Arts and Boxing Academy



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The FMA Digest is published quarterly. Each issue features practitioners of martial arts and other internal arts of the Philippines. Other features include historical, theoretical and technical articles; reflections, Filipino martial arts, healing arts and other related subjects.

The ideas and opinions expressed in this digest are those of the authors or instructors being interviewed and are not necessarily the views of the publisher or editor.

We solicit comments and/or suggestions. Articles are also welcome.

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From the Publishers Desk

Kumusta

Some call him Sifu others Grandmaster, both well deserved titles. Richard Bustillo has a history that few have, but a whole lot of people would like to have. The research he has done throughout his life on the Filipino martial arts is a dream in reality.

Along with his Jeet Kune Do experience and also his all around knowledge of other arts outside of the Jeet Kune Do and the Filipino martial arts, you could say that he is a well rounded martial artist. That is just to say the least and not to put one on a pedestal which would make you think there is nothing else to accomplish in life, but to sit back on ones knowledge and past experiences.

However if you think that about Richard Bustillo, then you are totally wrong, for here is a man; that though he has had (some would say) experiences of a lifetime a humble, self-confident, sharing, energetic, dynamic individual who has just begun his travels on gaining knowledge and one that will continually progress and add to his knowledge and skills. And the best thing is that he will continually share all with whom ever is interested in bettering themselves.

In this Special Edition it is just a taste of what Richard Bustillo has accomplished. You can read what some of his friends and students have to say and that it just might be worth your while to visit and test the waters for yourself.

Maraming Salamat Po



IMB Logo

The Dragon - the internal spirit - the higher power in you and I.

The Eagle represents our mental attitude as proud and good as a leader can be.

The Tiger signifies Body fitness with strength and courage too.

Your life is what you make of it; it's really up to you. But if you feel you're in a battle and there's a struggle deep within, let all three balance together; because one alone just cannot win."

Grandmaster Richard S. Bustillo

Richard S. Bustillo is the Founder and Chief Instructor of the IMB (International Martial arts & Boxing) Academy in Torrance, California. An original student of the legendary Bruce Lee and a founding member of the Bruce Lee Educational Foundation (Jun Fan Jeet Kune Do Nucleus) Board of Directors, he has been honored with induction into The Black Belt Hall of Fame (Instructor of the Year), the Filipino Martial Arts Hall of Fame (Life Time Achievement Award), the World Martial Arts Hall Fame (Pioneer Award), and the United States Martial Arts Hall of Fame (Most Distinguished Grandmaster). He is also a former lecturer at California State University, and is certified as a law enforcement defensive tactics instructor by the FBI, the Los Angeles County Sheriff's Department, and the Los Angeles Police Department, where he functions as a consultant for the LAPD's Civilian Martial Arts Advisory Panel.



Beginning with his training in judo (at age ten) and boxing (age twelve) in his native Hawaii, Mr. Bustillo's martial arts experience has spanned nearly half a century. After competing in junior boxing organizations during these early years, he practiced the Kajukenbo system from age fourteen until his graduation from St. Louis High School, at which time he moved to California to pursue a college education. While a college student at age nineteen, Bustillo competed in Golden Gloves and amateur boxing tournaments for Shaw's Boxing Gym in LA. At age twenty-four, he began studying Jeet Kune Do under Bruce Lee at the Jun Fan Gung Fu Institute in L.A.'s Chinatown.



Grandmaster Bustillo trains on Bruce Lee's original iron kicking equipment

In 1967, along with training partner Dan Inosanto, Bustillo began to research and study the Filipino martial arts of kali/escrima/arnis. As a result, he and Inosanto have been credited worldwide for reviving and promoting the martial arts of the Philippines. In 1974, the two co-founded the Filipino Kali Academy in Torrance, California, in order both to share their experience of Bruce Lee's Jeet Kune Do with others and to preserve and advance the Filipino arts.

In addition to being recognized as one of the world's leading authorities on Bruce Lee's Jeet Kune Do, Bustillo's martial arts resume includes a broad array of instructor credentials. In 1978, he began studying Muay Thai kickboxing and was awarded the title of Kru (instructor) in 1985 from former Olympian and Muay Thai champion Nanfa "Chiridichoi" Satenglam. He is

also a certified USA Olympic Training Center coach and official for U.S. Amateur Boxing of Southern California, a Sensei (instructor) with the Catch-As-Catch-Can Wrestling Association of Japan, a Guro (instructor) in kali/escrima/arnis, and a 9th degree black belt (Grandmaster) under the fame Cacoy Doce Pares Organization of Cebu City, Philippines.

In 1986, after managing the personnel department of a major Los Angeles airline for three years (as the culmination of a twenty-year career), Bustillo elected for early retirement in order to dedicate himself full-time to the martial arts. His ultimate goal is to contribute not only to the martial arts, but to society in general, by helping to instill a sense of confidence and well being in the lives of everyone he teaches.

Other notable points in Mr. Bustillo's career include his tenure as a former columnist for Martial Arts Training and serving as President of the World Eskrima/Kali/Arnis Federation (WEKAF) from 1994-96. As an adjunct to his rigorous schedule of teaching at the IMB, coaching and officiating boxing and kickboxing, and conducting martial arts seminars across the country and abroad, Bustillo also serves his community in a number of auxiliary capacities. He is a Reserve Sergeant for the Emergency Service Detail Marine Reserve Co. 218 (Search & Rescue) of the L.A. County Sheriff's Department, as well as a member of the National Association of Search and Rescue, the California Reserve Peace Officers Association, the California Association of Public Safety Divers, the Council of Grandmasters of Cebu, Philippines, the California Association of Force Instructors and the American Society of Law Enforcement Trainers.

Martial Arts (Certified Instructor) Experience

- Doce Pares (Grandmaster) '94, Eskrima/Pangamot of Cebu, Philippines
- "Catch as Catch Can," Wrestling (Sensei) '90, muay thai, judo/sambo and wrestling art of Japan
- Muay Thai (Kru) '85, kickboxing of Thailand
- Boxing (Coach/Official) '80, United States Amateur Boxing, USA
- Kali (Guro) '76, martial arts of the Philippines
- Jun Fan Jeet Kune Do (Sifu) '74, Bruce Lee's philosophies/concepts, senior instructor
- Escrima/Arnis (Guro) '68, Filipino martial arts, instructor

Professional Credentials

- ASP Tactical Police Baton, Armament Systems & Procedures, Inc. Appleton, WI
- USA/Boxing, (Coach/Official), Olympic Training Center, Colorado Springs, CO
- PR24 and Handler-12 (Instructor), LASD Gripton International
- Law Enforcement Defensive Tactics instructor, Los Angeles County Sheriff's Academy
- Commission Peace Officer Standard Training, Department of Justice, California

Education

- LASD Criminal Investigation (40 hr.), Los Angeles Sheriff's Academy, Los Angeles, CA 1999
- LAPD Defensive Tactics Instructor, Los Angeles Police Academy, Los Angeles, CA 1998
- Instructors Teaching Development, Los Angeles Police Academy, Los Angeles, CA 1994
- FBI Defensive Tactics Instructor, Calif. Specialized Training Inst., San Luis Obispo, CA 1992
- Coaches College, USA Olympic Training Center, Colorado Springs, Colorado 1989
- USA/Boxing (Official/Coach), Olympic Training Center, Colorado Springs, Colorado 1967

- Los Angeles Country Sheriff's Academy. Los Angeles, California 1980
- Los Angeles Harbor College, Wilmington, California 1967
- El Camino College, Torrance, California 1964
- Saint Louis High School, Honolulu, Hawaii 1960

Achievements

- Cover issue of: Inside Kung Fu publication, USA '74, KI Artes Marciales publication, Mexico 1985,
- Martial Arts Training publication, USA 1989, Cinturon Negro publication, Spain '90, Budo publication, Germany 1991, Black Belt publication, USA '92, Samurai publication, Italy 1993, Martial arts Masters publication, USA '94, MA Training Pub., USA 1998. Main character in four instructional video tapes
- Boxing Coach LAPD/LAFD/LASD, World Police/Fire Games, Calgary, Canada 1997 and Sydney, Australia 1993.
- Head Coach, 1st USA. Eskrima Team, 1989 World Championship, Cebu City, PI.



HALL of FAME Inductee: Black Belt - Instructor of the Year 1989, Los Angeles, CA; **World Martial Arts** - Pioneer Award, Cleveland, Ohio 1995; **Filipino Martial Arts** - Life Time Achievement, El Paso, Texas 2000; **International Martial Arts** - Master Instructor Achievement, Orlando, Florida 2000; **United States Martial Arts** - Most Distinguish Martial Arts Legend, St. Louis, MO 2002, **Martial Arts History Museum** - Pioneer Award, Hollywood, CA 2002, **Doce Pares World Federation** - Most Noted

Doce Pares Grandmaster, Cebu PI 2008, **2008 Doce Pares Hall of Fame** - Most Noted Doce Pares Grandmaster.



Grandmaster Bustillo receives Most Distinguish Grand Master Hall of Fame award from President Phil Porter



Hall of Fame Inductees from left to right: Grandmaster Jun Cautiverio, Most Notable Doce Pares Grandmaster Richard Bustillo, Master Wally Estropia, Great Grandmaster Cacoy, Grandmaster Anthony Kleeman, Master Ron Tapeç

FMAdigest Talks with Grandmaster Bustillo on the Filipino Martial Arts

From 1967-87 Richard Bustillo and Dan Inosanto researched, promoted and revived the Filipino martial arts together. Many have credited them with being able to bring back the Filipino martial arts because of their position in the martial arts community. Grandmaster Bustillo, continues to research and promote the Filipino martial arts.

Richard Bustillo is recognized by the Council of Grandmasters of the Philippines as a 9th degree Black Belt (Grandmaster) in Doce Pares Eskrima. And was promoted to; 10th degree Grandmaster under the Cacoy Doce Pares World Federation in June 2007 by Great Grandmaster Ciriaco ‘Cacoy’ Cañete. However, he is best known for his training under Bruce Lee and Jun Fan Jeet Kune Do.



FMA Digest: *What was your first experience in the Filipino martial arts? And what experience once you commenced your training in the Filipino martial arts was it that really influenced you to continue?*

Grandmaster Bustillo: My Filipino martial arts training started with Dan Inosanto when we were studying with Bruce Lee. We were the only two Filipinos training at the Lee Jun Fan Gung Fu Institute in the Los Angeles China Town district in 1967. On one training day Dan asked me if I had seen or knew anything about the Filipino martial arts. I answered that I had seen Eskrima but I wasn't too impressed with Eskrima. With my attitude at that time, all I wanted to train and develop was my punching and kicking from Bruce Lee's concepts.

Later Dan invited me to accompany him to Stockton, California for a private lesson with Grandmaster Angel Cabales. Dan's mother the late Mary Inosanto had set up the private lesson. I wasn't interested in Eskrima but I accompanied Dan to be his training partner. We drove 8 hours from Los Angeles to Stockton, California for the weekend session. I now laugh at students who complain about driving 4 or 5 hours to a seminar. Dan and I drove 8 hours almost every other weekend or twice a month for Eskrima lessons in Northern California.

FMA Digest: *It is known that you have had experience with several Filipino martial arts practitioners. Could you tell us what it was like meeting these practitioners and if you trained with them what it was like? And what particular knowledge they passed onto you that you feel was beneficial?*

Grandmaster Bustillo: It was Dan Inosanto who encouraged me to give the Filipinos their rightful identification through the Filipino martial arts. The Japanese had the Karate, the Chinese had their Kung Fu, the Korean's had their Tae Kwon Do, the Thai's had their Muay Thai, French had their Savate, et cetera. The Filipino martial arts were hidden in secrecy since the Spanish rule of 400 years in the Philippines. The art was passed down and kept in secrecy from father to son. Our goal was to search out the masters of Eskrima or Arnis. I searched and recovered several Filipino martial arts masters in Hawaii as my training in the Filipino martial arts progressed. Dan did the same in the Northern California. Today we are both given credit for the revival and promotion of the Filipino martial arts worldwide. The following are Eskrima/Arnis masters who have given us their art to pass down to the younger Filipino generation.

Grandmaster Angle Cabales: 'Cabales Serrada' - Angel Cabales was my first Eskrima teacher. This was the first time that I understood the 12 angles of attack or the numbering system of Eskrima. Dizon was Angel Cabales instructor who I wanted to meet. I learned of his death from Floro Villabrille who also trained with Dizon.





Bralio Pedoy: ‘Derobio Escrima’ - I first met Bralio Pedoy through introduction from my father Mellanio, through my uncle Leon and to Tata Duran who mentioned Bralio Pedoy in Waipahu, Oahu, Hawaii. The Derobio system was very interesting. This system was handed down to Bralio's son Eddie Pedoy who promoted Tyrone Takahashi as Grandmaster of the present Pedoy Derobio Eskrima system.

Batikan Raymond Tobosa: ‘Tobosa Style’ - I met Raymond Tobosa through the late-Albert Emperon who was my neighbor in Kalihi Housing District in Kalihi, Oahu, Hawaii. Master Tobosa introduced me to Subingsubing. He also traveled with me to meet Floro Villabrille in Kapaa, Kauai, Hawaii. Grandmaster Floro was the first to bring out the name of Kali. He suggested that I contact his number one student Ben Largusa in San Francisco for further training.



Leo Giron: ‘Largo Mano’ - Leo was Angel Cabales counter part. Both lived in Stockton. We learned the long range of Largo mano from Grandmaster Giron.



Max Sarmento: ‘Kedena de Mano’ - Max was a well mannered and a “Big” Filipino who use to assist Angel Cabales. He had his own style of Eskrima but practice and taught mostly the Serrada Style of Eskrima.

Gilbert Tenio: ‘DeCuerdas Eskrima’ - Gilbert was also from Stockton. He knew how to defend himself using Eskrima but didn't have a system or a method of teaching. Many of the old masters didn't have a teaching structure. Most only knew how to fight using Eskrima but not good in teaching.

Manong Sam Tendencia: ‘Hilot’ - Eskrima basics



Grandmaster Floro Villabrille: ‘Kali’ - Floro lived on the garden island of Kauai, Hawaii. He first named his art Escrima who studied under the late Master Dizon.

Grandmaster Juan Lacoste: ‘La Coste style of Eskrima’ - Juan also lived in Stockton. His style resembles Telesporo Subingsubing of the Moro-Moro style.



Jack Santos: ‘Cinco Tero’ - Jack Santos was from the Manila Town of Los Angeles when Dan and I had our training with him. It wasn't called Manila Town at that time. Someone gave Dan contact information to Jack Santos. Jack was old school training as most of our instructors were. He wanted to know why we wanted to learn the

Filipino martial arts and for what reason. Our purpose was to give the Filipinos a place in the martial arts community. We wanted to pass on their knowledge to the next Filipino generation. More important was for them to know that we weren't going to steal their art. We will be giving credit to their name and their art to the next Filipino generation.

Telesporo Subingsubing: 'Moro-Moro Style' - Dan, Lucky Lucaylucay and I knew of Telesporo, from Waianai, Oahu, Hawaii, from Raymond Tobosa. Subingsubing showed us his form of Dumog or Filipino wrestling.

Dentoy Revilar: 'Serrada System' - Dentoy, along with Max Sarmento, was Angel Cabale's top students who assisted in teaching classes. Dentoy was a perfectionist in Serrada Eskrima.



Ben Largusa: 'Largusa System of Kali' - Ben developed the Villabrille/Largusa System of Kali to another level for training and teaching purposes. Known as the Stick Man of San Francisco in the 60's, Ben Largusa introduced the Blood Ceremony with Floro Villabrille presiding for the Kali Instructors graduation.

Pedro Apilado: 'Eskrima Referee' - Pedro lived in Compton, California. He was the last Eskrima referee who officiated; Floro Villabrille's last Eskrima fight at the Honolulu Civic Auditorium in 1947. Apilado gave Dan Inosanto and me our individual secret 13th number.

Cacoy Canete: - 'Doce Pares' 12th degree and only survivor of the original 1932 Doce Pares Club. Today Cacoy is considered the best of the best in Eskrima. While all was continuing to practice the linear strikes of Eskrima, Cacoy developed the curving strikes or Pornating strikes. Cacoy also developed the art of Eskrido, using his Judo and Aikido skills of throwing and sweeping with the Olisi (eskrima stick).



FMA Digest: *What Grandmasters or Masters have influenced you the most in your development in the Filipino Martial Arts?*

Grandmaster Bustillo: All my former Filipino martial arts instructors have had some influence on my Filipino martial arts training. However if I had to pick only one, Great Grandmaster Cacoy Canete has influenced me the most in my continued development.

FMA Digest: *It is very well known that you are close to Great Grandmaster Ciriaco 'Cacoy' Cañete of Doce Pares. Can you tell us how you met and the relationship between the two of you?*

Grandmaster Bustillo: I met Great Grandmaster Cacoy when he made his first tour of the USA in the late '70's. He toured the USA with former Eskrima Champions Dodong Cuesta and Bonifacio "Loloy" Uy, and his nephew Master Diony Canete. Our relationship has been close because of mutual interest in sparring and the combative

martial arts.



FMA Digest: *With your various knowledge and skills in the Filipino martial arts what is it that you teach at the IMB Academy? And if you have combined the different styles, how have you put them together in presenting them to your students?*

Grandmaster Bustillo: I take a very non-traditional approach towards training, and focuses exclusively on the individual and their needs. Because no single art is perfectly suited to every individual, I take the approach of exposing one to three primary combative ranges - Long, Medium and Short range.

Within these ranges are numerous fighting arts from which to choose, but I focus exclusively on the “tried and true” combative arts. Long range is comprised of weapons related arts, characterized by Cacooy Doce Pares Eskrima, Kali and Arnis. Middle range is comprised of Muay Thai and USA Boxing, and close range is comprised of judo, wrestling and jiu-jitsu. All three of these ranges are enhanced by the principles and concepts of Jun Fan Jeet Kune Do.

FMA Digest: *What would you tell a student that is important in developing himself or herself in the Filipino martial arts?*

Grandmaster Bustillo: In the Filipino martial arts each styles are different and yet similar in the angles of offensive attacks, defense and countering techniques. Some styles are better than others when it comes to self defense basics, while others are better in an offense position.

Reacting to an offensive aggressor with a natural stance of the tip of the eskrima stick pointed downward may be best for some. This natural stance is similar to having ones hands held low and non-threatening, but ready to react and response to a threat. Other eskrima styles are trained to be in a fighting stance or holding the eskrima sticks tip pointed upward. This is similar to holding your hands high as in a boxing stance. I try to teach each style different to give credit to each of my instructors or master of each style. I also teach my students to blend each style for combat readiness and energy changes.

What is your perception about size and gender in the Filipino martial arts?

Grandmaster Bustillo: In the Filipino martial arts size and gender is not a problem because of the weapon equalizer of the Filipino martial arts. All students are told to be morally liable in developing their Filipino martial arts. Only the matured students are able to continue training in the Filipino martial arts. Walking away from a fight is winning a

fight without fighting. However, if one needs to defend his/her self, it is better to be judged by twelve than to be carried by six.

FMA Digest: *In training someone that desires to become a competition fighter in the Filipino martial arts, what are some of your recommendations?*

Grandmaster Bustillo: All competitors in my school are trained first to be in good physical condition with stamina and endurance. Accuracy with speed rather than power is second. If a student is lacking in physical condition, I stop training this student to prevent wasting his time and my time. Until his condition improves I will not invest too much time training this student for competition. If my student loses in competition, it is because he was beaten by a better man. However, I will not let my student beat himself because of lack of condition.

FMA Digest: *What do you think of Anyos/Forms in the Filipino martial arts? Do you think they are beneficial? And if so in what way?*

Grandmaster Bustillo: Anyos, Forms or Pormas are excellent for coordination, conditioning and perfecting techniques. Forms are very beneficial especially for those who lack physical education. Forms give a student balance in performance, perfection in techniques, and coordination of left hand, right hand, footwork and body positions.

Grandmaster Bustillo the FMA Digest thanks you for this interview, and hopes you continue to do your research into the Filipino martial arts. For the contributions you have made thus far have been very valuable for the general public and the practitioners of the Filipino martial arts.

The Grandmaster Richard Bustillo I Know

By Supreme Grandmaster Ciriaco "Cacoy" Cañete

I was leader of the Doce Pares delegation that accepted the invitation extended by Guro Richard Bustillo, to conduct an Eskrima/Eskrido seminar in Torrance City, Los Angeles, California, USA in early June 1981. The other members of the group were: Atty. Amorito Cañete, Bonifacio Uy, Dodong Cuesta and David Odilao.

Upon arrival, we were immediately brought to a gym, which we learned later on, was owned and run by our host himself and Guro Dan Inosanto, another accomplished martial artist and an actor. It was our first meeting with Guro Richard, who greeted us with a friendly smile. Introductions were then made and after a while, every one of us warmed up to the engaging personality of our gracious host. Thus, the cordial conversation eventually became so interesting that we felt so welcomed and so comfortable.

Minutes later, Guro Richard and I agreed to do a friendly, controlled Eskrima sparring, for exploratory purposes, to exchange some ideas and techniques, as far as self defense is concerned.

The sparring was, undoubtedly, a fruitful one, since we both learned some new things from each other, and, certainly, knew a little more about each other, as we tried to figure out each one's capability, physical prowess and expertise. After the sparring, it seemed as though we've known each other for a long time. Indeed, that sparring marked the beginning of our friendship.

The Eskrima/Eskrido seminar was well-accepted and well-attended by a large number of martial arts practitioners who have manifested their eagerness and enthusiasm to learn the basics of the Doce Pares system of self defense. The seminar's huge success could partly be attributed to Guro Richard's efforts in disseminating the information about the holding of said seminar at the gym of their International Martial Arts and Boxing (IMB) Academy. Guro Inosanto arrived from a trip in East Coast in the middle of June, where he was filming. And what followed was a brief Eskrima skirmish with him.

It can be recalled that Guro Richard and Guro Dan were both protégés of the late Hollywood action star, Bruce Lee. Both have also been constant partners during their hectic schedule in Kali training under Grandmaster Floro Villabrille of Hawaii, Grandmaster Ben Largusa of San Francisco, California, Eskrima training under Grandmaster Angel Caballes and Grandmaster Leo Giron of Stockton, California, and also under the tutelage of many other Eskrima/Arnis Masters of the Filipino martial arts.

That memorable seminar in Torrance City became the turning point of my life as a martial artist because a barrage of great opportunities then started pouring in.

My newfound friendship with Guro Richard bloomed and flourished, particularly after I became a naturalized American citizen in late 1991. Thus, I was afforded the golden opportunity to hold seminars in Eskrima, Eskrido and Pangamot at the IMB Academy and their affiliates around the world.

In the span of time that I've known Guro Richard, I just can't help but, be amazed by his passion to learn, not only one, but several disciplines of self-defense, thus, giving him an edge in the mastery of each. In fact, his desire to perfect his craft has earned him numerous accolades, recognitions and awards, including that of being a multi awarded martial arts Hall of Famer. The most recent of which was the Doce Pares Grandmaster award, which was bestowed on him in Cebu City, Philippines last March 8, 2008.

Before the year of 2000, I promoted Guro Bustillo to the rank of Grandmaster of the Cacoy Doce Pares Eskrima World Federation for his exemplary efforts in promoting Eskrima in his IMB Academy, as well as, in his international seminars in different parts of the globe. His insatiable thirst for knowledge and perfection in the field of martial arts, has gained him the respect of other martial artist the world over.

With his background in mixed martial arts, such as Kali, Serrada, Doce Pares, Jeet Kune Do, Jujitsu, Wrestling, Boxing and Muay Thai, Grandmaster Bustillo found himself so engrossed in the development and propagation of martial arts as he crisscrossed in different continents of the world. His travels in North, South and Central Americas, in different parts of Europe, Asia,



Australia, Africa, the Philippines and several other countries, has catapulted him to the status of an international celebrity.

Grandmaster Bustillo's expertise and exposure in martial arts may have made him look tough and formidable, but he is actually a very funny man because of his incredible sense of humor. He has always been the livewire in Eskrima tournaments that were under the auspices of the Cacoy Doce Pares World Federation. Despite his awards and popularity, Grandmaster Bustillo remains humble and truly down-to-earth. In 1996 he was the first in the USA to host the Doce Pares competition, an International Filipino Martial Arts tournament, in Carson, California where 12 countries participated. A real professional in the truest sense of the word, he never hesitated to give his complete cooperation and all-out support to the Doce Pares world tournaments held in various countries namely, in Los Angeles, California in March 2001, and again in 2005 still in LA; in Cebu City, Philippines in Nov. 2006; and in Jakarta, Indonesia in Sept. 2007.



IBM Academy Doce Pares Federation Los Angeles, CA.



Even in Mixed Martial Arts Seminars, Grandmaster Bustillo has always exhibited the kind of leadership and professionalism expected from a person of his stature, when we held such seminars in Cebu City, Philippines in Feb. 2005, and in March 8, 2008, in the recently concluded First Installation of the Doce Pares Hall of Fame, where he, again, gave his unprecedented support. This time, he received another Hall of Fame award as the Most Notable Doce Pares Grandmaster of the Year.

In the mixed martial arts seminars, a line-up of competent and multi-awarded instructors shared their expertise in the different disciplines of self-defense.

They were:

- Grandmaster Richard Bustillo - 10th degree
- Grandmaster Anthony Kleeman - 9th degree
- Grandmaster Jun Cautiverio - 9th degree
- Grandmaster Vince Palumbo - 9th degree
- Grandmaster Cacoy Canete - 12th degree

(Except for yours truly, all the other above mentioned Grandmasters were promoted in Los Angeles, California last June 8, 2007.)

Over the years, Grandmaster Bustillo has proven to be a professional mixed martial artist, a loving and responsible family man, an asset to the martial arts industry, but most of all, a precious gem of a true friend.



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Tribute to Sifu Richard Bustillo

By Kevin Lumsden, David Lumsden and Damien Kestle

Collectively we have had the unique and honorable experience to have known Sifu Richard Bustillo since early in 1999. Sifu came to Baltimore, Maryland to host his first official IMB seminar in Baltimore, Maryland USA in 1999 and has been returning yearly to service the community here who eagerly await his special influence. We are fortunate to call Richard Bustillo Sifu and friend. Indeed, he is a man worthy of accolade and tribute. He has had a significant influence on a multitude of martial artists throughout the world and we are no exception. His knowledge and expanse of martial skill is world renowned and his dedication to the arts, particularly the Filipino Martial Arts and Jeet Kune Do is an explicit demonstration of sacrifice, dedication and loyalty. It is an honor to speak about and on the behalf of a true legend.

As senior instructors under Sifu we have had the opportunity to train directly with him in various venues and have been privy to his admirable and gentlemanly style of teaching, coaching and education within the areas of martial arts and, more importantly in the areas of life itself. Although he has numerous stories that reflect his broad background and his sphere of influence, like many of his students we have experienced many of his direct displays of skill, wisdom and expertise that should be shared with the community. For it is in review of his own experiences that many of us learn from him and continue to grow and develop in our own unique way.

One of the most interesting and perhaps telling examples of Sifu's personality, skill and wisdom is best exemplified by an event that occurred during a seminar in Palmyra, Pennsylvania USA. Within the context of this development we have been writing Sifu's original and true biography and have directly witnessed many of Sifu's dealings with students and the martial arts community. We have been fortunate to have been exposed to Sifu in ways that many do not ever get to see or experience firsthand. On this one occasion there was a rather rude and arrogant practitioner who often questioned Sifu's techniques and their adequacy and functionality. As many within ear's distance could hear, this so called expert was decrying his own brand of deadly martial arts and the effectiveness of his technique while also questioning Sifu as perhaps an old man. "He is good, but he is old and that Filipino and JKD stuff like trapping just doesn't work in a real fight," was a stinging comment that fortunately Sifu did not hear. When we questioned this "gentlemen" as to his own technique and queried him as to whether what he proposed would work in a real fight his retort was simply, "These techniques are deadly and can't be practiced on anyone as they would cause severe pain and death."

Well how did he know then that they actually worked. As Sifu continued to demonstrate the similarities of JKD and Filipino empty hand and trapping technique many were losing a universal patience with this gentlemen and his lack of understanding. In an interesting and ironic development, as if Sifu could see what was occurring without actually hearing it, he eventually called the so called expert as he did with many of the participants and began to show another type of technique. It was evident that this gentleman was clearly outmatched by the expertise and sensitivity of Sifu, and his uneasiness was also becoming clear as Sifu played with some basic sticky hand drilling. "SMACK" like a dragon's tail a Pak Sao came followed by a modified Lop Sau and Sifu lightly but with authority straight punched this gentlemen directly in the chest. It was a

crisp, lightening fast and instantaneous education for everyone, particularly this gentleman. A smile emerged over Sifu's face as well as the many present and he politely apologized to the gentleman. As we broke for lunch I approached this man and calmly stated, "Not to bad for an old man. Do you really want to try him again. Is it a question of seeing how good you are, or perhaps just how good he is, because Sifu just demonstrated a rather affective technique on you." He hesitated for a bit and than stated humbly, "Well, I guess he really is pretty good." With that the gentleman did not return for the afternoon session.

To this day we don't believe that Sifu knew of what had developed prior to that event but it was indeed fortuitous and quite ironic that it ended as it did. Professionals are called just that for a reason and Sifu Richard Bustillo is surely a true professional.

Fortunately for many he is also a gentleman and the true display of a coach, teacher and friend. Sifu, meaning teacher-father is an appropriate title for this man and well deserved. This is just one example of a unique individual who has blessed many with his influence. We are truly honored to be associated with such a renowned martial artist. More importantly we are honored to call him friend.



Right side: Dr. Lumsden and Kevin Lumsden and Damien Kestle with their Cacoy Doce Pares stick competition team.



IMB of Baltimore seminar with Grandmaster Richard Bustillo
Front line from Lt: 2nd Dave Lumsden and Kevin Lumsden
5th Damien Kestle, 7th Grandmaster Bustillo

Author Profiles: David and Kevin Lumsden are senior instructors in Richard Bustillo's IMB Academy. Damien Kestle is a full instructor under Sifu in the IMB Academy. Damien Kestle teaches and coaches at his school - Sanctum Martial Arts Academy in Baltimore, Maryland USA. This is the only IMB School in the Maryland area. All three instructors teach, coach and train the IMB curriculum and their own curriculum through Sanctum. This curriculum consists of Boxing, Kickboxing, Integrated Grappling and Submission Wrestling, Mixed Weaponry, Agonistics, Filipino Martial Arts, and Mixed Martial Arts. Private and group instruction and training is available through Sanctum or Archbishop Curley High School Martial Arts where the instructors run a program for high school students interested in reality based martial arts.



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Visit to India

By Dr. Deepak Rao MD, DSc

In 2007, my teacher, Richard Bustillo, “The Iron Dragon of Jeet Kune Do,” came to India to visit me. It seemed like eternity waiting for him to come to my home country. It was a tense moment for me. He would check my JKD growth and check the growth of my mind.

He got straight down to work and training with me, from 9 in the morning to 11 at night. We began by him observing me, my every move; my every skill, patiently he observed without comment what I have been doing in his absence. He then said good Dr. Rao, I'm happy with your growth in skills. He then got on to the floor. He started training me, systematically, subject by subject. Range by range, weapons, kicking, Boxing, trapping, knee-elbow, grappling, and groundwork, all of it. And of course he laid special emphasis on sharing well kept secrets of Bruce Lee's strength, power, coordination and efficiency. We trained all day long, extending at times until midnight.



Grandmaster Bustillo observing Deepak Rao technique

In training, all of his 60 plus years disappeared. He became a young teenager, excited and animated about training, endless energy and endurance, massive power and tremendous speed. I was witnessing the legacy of Bruce Lee, alive and burning like a

bright flame in the twenty first century. Bruce Lee's words came alive via my teacher and I felt Lee's energy and Chi via my Teachers wisdom.

My Teacher sprained his wrist and due to extended hours of training, my teachers' old injuries got inflamed. He was sore in his ankle, knee and hip. He may have been in pain, but he never slowed down. He forgot about his meals, his sleep and was obsessed with only one thing. Training me! Me and Seema! We drilled and drilled without speaking much, trying to extract maximum skills in minimum time.

Then the two days of Richard S. Bustillo Seminar started. Before the Seminar, my teacher rises early and goes for a 5 mile run. Only then, after his own training is met, he comes to the Seminar Hall. He started off at a higher level with my students, Advanced Trapping and Muay Thai techniques. The Seminar hours went by, but he did not stop. The Students were ecstatic and thoroughly enjoyed the training. One student asks him how to overcome his inferiority. Grandmaster Bustillo goes into great detail and explains to him and to everybody why we should put our chest out and approach the world with confidence –



Deepak and Seema Rao, training should see some important tourist places of interest. He said no, let's go back and train. So that is what we did, after 6 hours of seminar training, we go back and he teaches me. Again we punch, kick, trap, do sticks and ground work.

In the evening, there is a students meeting with my teacher over tea. They ask him about Bruce Lee, about the evolution of JKD and about his own training.

“Because, we are all special”! By the end of it, they were famished but on a high and in touch with their core. He tells my students "You have fine teachers in your JKD instructors, my students, Dr. Rao and Dr. Seema. They taught you good Jeet Kune Do. Keep training under them and I will soon recognize you as Apprentice Instructors of IMB". My students were pleased.

After the tiring seminar, I suggested to my teacher that we



He talks informally for over 2 hours and the students don't want to let go of him. Eventually we have to practically push everyone out, as its Dinner time!

This goes on for 5 days. At the end of which it's the last day, he arrives late as he has to spend time in the Gym doing weights! Then he starts training me again. When its time for lunch, he says "We can skip lunch, I want to show you Amara-Stick combinations". So No Lunch for Sifu and us, but more training. Wow, this is heaven, I thought. Finally, we go without lunch and have dinner at 7 in the evening. Then its time for his flight and we have an early check in at the Airport.

But No! My Teacher says. "We still have Chi Sao left to learn; you wanted me to help you perfect that. We can go to the airport a little late." I say "Teacher No, you will miss the flight" But he is adamant. What can I say? He's my Teacher; he's got to have his way. So Chi Sao it is for an hour. We rush to the Airport.

At the Airport He hugs my students first and avoids eye contact with me. Finally he looks at me and says "Good Bye, Deepak. See I told you, it will be over before we know it" He hugs me. I don't want to let go of the embrace. I am in tears. After the embrace, he hugs me again, and he is holding back his tears.

Without saying anything more, he steps into the Airport and walks straight away. I see him walking tall, very proud of me. What a fine man, I think. That instant, in the crowded airport lounge, I want to shout loudly at the whole world "Hey everybody, look there, at that great man. He's MY TEACHER - Did You Know?"

After he is gone, I sulk. My teacher is gone back to the other side of the World. Now it will be another year before I see the "Iron Dragon" again. I can't sleep at night. I am disturbed. Why do I have to live so far away from my teacher? I dream and dream about his interest in training me, beyond his food, beyond his sleep, beyond his entertainment or sight seeing in a foreign land, beyond the pain of his injuries. I am in tears. He reminds me of my late father.

I am going to relive every moment of his affection during my training. As I face the heavy bag, the next morning, He is going to be there, in my mind, shouting "Once more Deepak, Kick Once More. Harder this time, with more power. You must kick the heavy bag out of that window". And I kick with all that I got. The bag flies off the hook. See... "MY TEACHER IS STILL WITH ME". And the torch of Jeet Kune Do blazes on!

Dr. Deepak Rao MD, DSc (Military Sc), CLET (USA), FRSH(UK)

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jeetkunedoindia.tripod.com

(CIVIL CHAPTER UCCA)

www.commandocombat.com

(ARMY CHAPTER UCCA)

Dr. Deepak and Seema Rao are Recipients of Army Chief Citation (thrice) and State Government Commendation, India.

Dr. Deepak and Dr. Seema Rao have taken Richard Bustillo's JKD concepts to 15,000 personnel from Indian Armed forces over 15 years from 1994 - 2008 in area of CQB and received Army Chiefs Citation three times for this work

The influence of JKD has reached the second largest Army in the world and has helped better Counter Terror Ops training. (See: www.commandcombat.com).

We are also the sole representatives of Richard Bustillo JKD and applied Jeet Kune Do to Filipino martial arts in Asian continent.

He Just Doesn't Teach - He Shows

By Roy Eby

Grandmaster Richard Bustillo is definitely worthy of high praise!!!

I'm just a martial arts instructor with 36 years experience, retired from the US Military, with over 20 years of service. Through the military, I was fortunate to train and instruct in many places around the world, to include: Japan, Okinawa, Korea, Philippines, Guam, Cuba, and Somalia.

Some of the units that I have instructed are various special forces units from the Army, Navy, Air Force (yes they have them too!) and last but not least USMC.

My point is: I could not have instructed these special caliber people, if it were not for the guidance, teaching, physical and verbal lessons our Grandmaster Richard Bustillo has graciously given me over the years.

When I see other "masters" teaching... I just bite my tongue and don't say anything negative to them. After all, those individuals are demonstrating the teaching that they have learned and believe work for them. However... when I see Grandmaster Bustillo teach... he gets rid of all the flowery garbage and goes straight to the heart of the matter.

Also...he has the ability to not just portray himself as "the all mighty"... but rather a very approachable person. He is a person that doesn't just "display" the techniques... but instead displays the intricate parts of what is to be performed.

For example:

He doesn't just teach you how to perform a Kimura; he shows you how to perform it on someone with the strength of King Kong and then be polite enough to tell him, "thank you" as you control the situation.

Grandmaster Bustillo taught us....what do you say when someone gives you something? Of course the answer is "thank you", as you now use what they have physically given you.



Grandmaster Bustillo and Roy Eby - 1989

The Teacher of the Teachers

It is discouraging for the student... when they are paying for your knowledge and only come to see an individual that either can not teach something that is effective or someone that displays so many techniques, that it becomes a show, rather than a class.

- The instructor should have the ability to do a fast initial evaluation of the students and teach according to what would be most productive for the student. You should have an understanding of your students' strengths, weaknesses and/or limitations.
- The instructor should also have an "ice breaker". Get the students to feel comfortable with both the instructor and their peers.
- The instructor can also choose to give a simple preliminary example of what will be taking place during the course and/or verbally let them know. This will, help mentally prepare the student for what is going to be expected of them.

Now then... that was just one part of the instructors' skills. The Master Instructor is expected to produce instructors that can do all this plus:

- The instructor should also, use their mastery ability to assess the productivity of the students during the lesson. The goal here is to ensure that the student will leave with a feeling of accomplishment.

Student / Instructor / Master

To see a student perform is to see the instructors' talent as a teacher. The actions of the student reflect the leadership and quality of the instructor. A true master has the ability to ensure that the lessons that are handed down are not watered down.

Get to the root of the matter and save the flowers for others to see.

If a person wants to become successful in life, then they should seek the advice of those people that have accomplished just that. To know this man is to know true greatness that can teach more than what is just on the surface.

A story heard by Roy Eby, while attending the 1992 IMB Instructors Seminar:

In our Instructor Seminar, held at the IMB Academy (back in 1992) he told us about the time he taught some FBI agents. They had all heard and knew that he was a master in knife fighting. So... naturally when the situation presented itself, one of the agents asked Grandmaster Bustillo if he could demonstrate one of his techniques, if he was cop and someone pulled a knife on him, what would he do? Grandmaster listened closely to what the officer said and immediately went into action by asking for a volunteer to come at him, as though he had a knife. The students, all listening with the expectations of receiving knowledge that could possibly unlock the key to the universe! Grandmaster ... took his place and soon as the person lunged at him with a training knife; he moved to the side, performed a simple kick to created distance also moved off of the subjects, center line. Now, the moment of truth... Grandmaster reaches to his side and simulates pulling out a gun from his hip and firing off a couple of rounds at the subject. The students questioned him and said, but we wanted to see what YOU would do. Grandmaster then replied to them, I did; I used what was useful.

(After they had a chance to ponder that...he then of course continued to impress them with teaching Doce Pares to the class)

Grandmaster Richard Bustillo and the IMB Academy Truly Unique

By Tak Ishikawa

Tokyo, Japan

My involvement in martial arts started as a child. Since grade school, I have trained in a variety of arts from Karate, Kung Fu, Judo and Boxing. Although I had enjoyed each of these arts, I always felt that for some reason, they didn't suit me. As a result, I would usually leave after a year in search of another style or school. This all changed when I walked into the IMB Academy and met Sifu Richard Bustillo over 15 years ago.

I had heard great things about Sifu Bustillo and the IMB Academy through various persons. At that time, my understanding of JKD was limited to a cursory view obtained through Sigung Lee's movies and magazine articles. My interest in the school was based on the strong reputation of its head instructor, as well as the success of their fighters in various forms of competition. Furthermore, I was intrigued by the fact that IMB had taught a practical style of self-defense.

When I first walked into the IMB Academy, I was immediately impressed with the history of the school. As I was "sight-seeing", I was greeted by none other than the master himself! In my experience with previous schools, I had come to expect that the head instructors were often times figure heads, who rarely made appearances at the school. Furthermore; these masters rarely taught the beginners and their time was often spent with only a select, few senior students (more on this later). Therefore, I was shocked and nervous to be speaking directly to the Iron Man of JKD, Richard Bustillo.

Any fear or nervousness I had was soon put to rest by Sifu's warm, humble and kind demeanor. Sifu immediately made me feel welcome and started asking questions about me and my past training. He also shared with me his background, including his experience in Kajukenbo, boxing and ultimately, training under Bruce Lee. Sifu then patiently explained to me about IMB's philosophy of the three ranges in combat. Sifu stated that at IMB, students train in all these ranges. Close range combat is taught through Jiu-Jitsu, Judo and Wrestling. The mid-range is taught through Boxing, Kickboxing and Muay Thai. The final, long-range combat is taught through the Filipino martial arts of Eskrima and Kali.

Upon hearing Sifu's explanation, it all came together and I was convinced. This was the style, or no style, that I was looking for. In the past, I always felt limited by the traditional art that I was learning. This was years before cross-training and the introduction of Mixed Martial Arts in the US. Therefore, the limitations of many of the traditional styles had yet to be seen. Needless to say, I signed up for classes that day.

My first classes at IMB were the Phase 1 Beginners Class. This class covers all of the three ranges of combat described above. After a lot of sweat and a couple years, I was then promoted to the advanced class. And like a university, after I took the advanced

class, I took the core or disciplined-focused classes offered at IMB, including Kali/Eskrima, Boxing/Muay Thai and Brazilian Jiu-Jitsu.

In addition to this curriculum, sparring, for the advanced students, is heavily emphasized. Although the techniques are important, it's the application of the techniques that is invaluable. Thanks to Sifu and the IMB brothers, the techniques taught do work in a real life, self-defense situation. It's this old school, hard training combined with the openness to all practical techniques and styles that make IMB truly unique. What's even more amazing is that this has been the IMB method for over 30 years.

As I mentioned, prior to IMB, I had never been to a school, where the head instructor taught the beginners. This does not apply at IMB. Although Sifu is very busy with his seminar circuit, he schedules most of these seminars on the weekend, so that he can teach at IMB during the week. In the rare event, he is not there his classes are taught by very capable senior students that have been with Sifu for years. However, I would bet that anytime you walk into IMB, you would see Sifu. In short, Sifu is ALWAYS there for his students!

In addition to the quality instruction and hard training, the IMB is also known for its camaraderie. Although, the students come from various backgrounds, races, cultures and professions, there are no divisions and it truly embodies Ohana. I attribute this directly to Sifu Bustillo. Sifu is originally from Hawaii and the IMB truly reflects the Aloha Spirit. At IMB, not only do we sweat, bleed and train together, we hang out (numerous BBQ's and potlucks to count) and celebrate all the great events (birthdays, weddings, kids' graduations, etc.).

Needless to say, IMB has become my second family. I have been part of IMB for over 15 years now. Sifu and the IMB Ohana have been there to help me not only in my training, but also through the highs and lows. Furthermore, Sifu's wisdom and IMB's hard training gave me the confidence and flexibility to meet challenges, take risks and push myself as a warrior in life. Although my current job has taken me to Tokyo and I am no longer at IMB Torrance every day, the JKD/IMB spirit lives on in everything I do!

What is a Grandmaster?

By Tobias Ricker

This question came on my mind when I started with Arnis/Eskrima/Kali back in 2001. I was very interested in all the different styles, systems, Masters and Grandmasters. Thanks to the 21st century, I used the internet to do some research. A name that popped up all the time relating to Filipino martial arts was Richard Bustillo, a 10th Degree Grandmaster of Doce Pares. At the present time Grandmaster Bustillo has been promoted to 9th degree black belt.

I have seen some guys who are 5th and 6th degree black belts from various systems and asked myself, how good does somebody need to be to become a 10th Degree Grandmaster? On further research I find out that Grandmaster Bustillo would hold a seminar in Frankfurt Germany, close to my hometown. So I took the opportunity and went to a two day IMB-seminar.

As I, “besides 6 months training in Arnis,” had no martial arts background, the first three 2 ½ training sessions in JKD, Muay Thai and Grappling had been hard, but very interesting to me. The way Grandmaster put all the different arts and ranges together made a lot of sense. Everything he showed was simple, direct and effective. I was looking forward to the Eskrima class, to see how the IMB-concept would influence Eskrima. Grandmaster Bustillo started the class with Amarra, twirling of the sticks, which I haven’t done that way before. After that he showed 6 angles of attacks, blocks, disarms, transition from stick to empty hand techniques and knife defense. I have never seen anybody, and I still haven’t, who put things together like that. I really liked the transition of stick to empty hand. But I still didn’t know what a 9th degree black belt means.

I started to get an idea about it when I regularly visited Grandmasters seminars and he accepted me as one of his students. Grandmaster Bustillo has the ability to watch you train and give you some homework which will exactly develop the skills you’re weak in, strengthen your good skills and make you think not about a single technique, but about the concept behind the techniques. After some months of training on a homework assignment he gave me, I called Grandmaster Bustillo and said: “*Grandmaster, do you remember the drill you gave me as homework?*” Yes, he replied, “*You can do it this way and that way and transfer to empty hands*”, “*You finally got what I showed you. Now keep going and discover the art*”.

But to be very skilled and a good teacher is it still not enough to be a real Grandmaster? For me, a Grandmaster is also somebody who is humble as a person, has a good heart and doesn’t teach for training, only. And for sure Grandmaster Bustillo is all of that. He is always available for all students and for all questions that they have. Not his nearly endless ranks, titles and hall of fame entries are theme of a seminar, but the individual development of the students. When I met him, I couldn’t kick, I couldn’t punch and I couldn’t grapple. Using the IMB concept it takes care; that every student gets taught to the best of his/her personal needs and abilities. And what I like most about it, Grandmaster Bustillo has been somebody who is a strong believer in testing what you have learned in sparring.

I think it has been back in 2005 on the IMB Instructor Conference where all the IMB guys sat down at Baker Square (our favorite restaurant). One Italian lady sat right beside Grandmaster Bustillo and looked at his hooded jacket, where the IMB logo and flags from different countries where he has been on it. “*You like my hooded jacket?*” Grandmaster said to the lady. “*Yes, it’s a very nice jacket*” she said to him. “*OK, just let me see if the size fits you*” and he handed over the jacket to the lady. She tried it on and it was a little too big. As she gave it back, Grandmaster Bustillo said: “*No, it’s yours now; my gift to you*”. That’s shows a good heart. On another occasion Grandmaster and myself went to a seminar in Germany using my car. I was a smoker that time and lit up a cigarette while driving on the highway. I opened the window a bit, but a part of the blue smoke condensed on the front window. Grandmaster said, “*One day Bruce Lee and myself drove in my pick up and I smoked a cigarette like you are now*”. The blue smoke condensed on the front window like here. Bruce Lee said to me, “*See how the blue smoke condenses on your front window*”? Same thing happens to your lungs. “*Master your habits; don’t let your bad habits Master you*”. After that, I stopped smoking. And after Grandmaster told me the story I stopped smoking, too. This is about teaching for life and

not only martial arts. And for me with all those things coming together, this is what I call a true Grandmaster.

It is exactly like the IMB trilogy that Grandmaster Bustillo has authored: "The Dragon is the Internal spirit - the higher power in you and I. The Eagle represents our Mental attitude as proud and good as a leader can be. The Tiger signifies Body fitness with strength and courage too. Your life is what you make of it; it's really up to you. But if you feel you're in a battle and there's a struggle deep within, let all three balance together because one alone just cannot win."-- **Richard S. Bustillo**

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Grandmaster Bustillo with Tobias Ricker
in Cebu Philippines

Personality, Attitude, and Professional

By Claudia Claussen

I am a 32 years old female, married with a 2 year old son. I live and work in a small town called Schwerin, which is close to Hamburg just north of Germany. My husband is a Captain and I am a Lieutenant with the German Police Unit. My job is a fulltime law enforcement defensive tactics and shooting instructor for the German Police.

I first met Grandmaster Richard S. Bustillo 10 years ago when my husband and I did a training trip for several weeks at the IMB academy in Los Angeles with Grandmaster Bustillo. At that time I already had training in various martial arts for some years. Since



Grandmaster Bustillo and Claudia Claussen

my first meeting with Grandmaster Bustillo, and still today, he is someone very special to me. It's not only all the different martial arts, which he perfectly mastered, and not just his special training techniques, but it's his very warmth personality, attitude and how he handles all of his students professionally.

Over the past years Grandmaster Richard Bustillo not only taught me a lot of new training drills, techniques, conditioning, or forms, he also improved my already existing motor skills, mental and physical abilities. Within a short period of time I became, like my husband nine years before me, a real Grandmaster Bustillo fan. He is the one who made me aware of my strengths and my weaknesses. He fine tuned my martial arts performance, which allowed me to compete successfully in Women's Boxing and Muay Thai competition, Filipino Eskrima and Arnis Tournaments, and in Jujitsu Grappling.



Grandmaster Bustillo and Uwe Claussen

Grandmaster Bustillo is a police trainer who always shares with us his experiences in police survival training. A training that is not taught in police academies or schools. He lectures that the individual is more important than any system or method when it comes to survival. Grandmaster Bustillo is something like a father in martial arts to my husband and myself. My son Philip will also be training with his uncle Richard.

Grandmaster Bustillo opened all doors for us, but he never forced us to go a certain way.

- His Jeet Kune Do is the best representative of Bruce Lee's Jeet Kune Do
- His Cacoy Doce Pares Eskrima is exemplary in the Filipino Martial Arts
- His Boxing and Muay Thai is sensationally the best coach.
- My definition of a true Grandmaster of martial arts is: Grandmaster Richard S. Bustillo

His Lessons Have Enriched My Life

By Aimee C. Giron

Managing Editor of Inside Kung-Fu and Ultimate Grappling magazines.

I first met Sifu Richard when I was 15 years old during a one-day Filipino Martial Arts seminar at the Carson Civic Center. From a philosophical standpoint, I had studied martial arts from a young age. However, being a girl, my parents did not feel it appropriate for me to partake in it physically. So it was not until a decade later that I would walk into IMB Academy for the first time as an active student.

I was so intimidated walking into the school, not really knowing anyone save for my younger cousin who had already been studying there. Just minutes after entering, I recognized the same distinguished gentleman I had met in my teen years, Sifu Richard Bustillo with his steely appearance tempered by a quiet gentleness that could only be described as the Aloha spirit — a concept far from foreign in this Mainland-based school. Sifu offered his hand to shake mine and welcomed me to IMB with such warmth that any cold intimidation I initially had just melted away ... and so began my training. It was to be a time in my life when my capacity to learn and grow would progress exponentially, all thanks to the strict, effective and poignant teaching methods of Sifu Richard.

It would be difficult to sum up in a few words how much his lessons have enriched my life. It is one thing to step into IMB and get your few hours of training and see the rewards manifest physically. But what stands out the most for me are the lessons beyond the kicks and punches that we drilled repeatedly. Sifu often had an interesting story to tell about what we learned, be it JKD, Muay Thai, eskrima, and sometimes included anecdotes about Sifu Bruce Lee. And like any wise teacher would, Sifu found ways to weave martial arts techniques into the fabric of our own life experience beyond the ring. It was then that I began to see beyond the way of the intercepting fist as it applied to effective fighting strategy and understood how it could be applied to real life. Even when I was unsure of the effects that my initially weak punches might have had on a potential opponent, Sifu was there to assure me that given enough practice and training, in my arms, my legs and more importantly, in my mind, I would eventually break my way through that proverbial kicking pad. I remember Sifu telling me, "It's not about the focus pad...it is about developing your focus." Some teachers instruct from the limited reaches of their heads. Sifu Richard taught from the heart.

While his words made sense on the surface, I would not realize their profound impact until years later. Thanks, in part, to my time under Sifu's tutelage, I was offered the opportunity to become the managing editor of *Inside Kung-Fu* and *Ultimate Grappling* magazines. It has truly been an interesting ride, and by far one of the most rewarding experiences being able to merge my two loves together — creative writing and martial arts.

It is with great pleasure to pay tribute to Sifu Richard Bustillo, a legend throughout the world, an instructor I am proud to call my teacher and a man I am honored to call my friend. Mahalo, Sifu. From the bottom of my heart and those of many others you have moved throughout the years.



Sifu Richard Bustillo with Aimee C. Giron, 2008 Doce Pares Hall of Fame Inductee for Most Valuable FMA Journalist of the Year.

A True Friend and Great Leader

By Kitty Canete-Knight



In the exciting world of martial arts, one personality who has excelled in the different disciplines of the combative arts, one who has created his own niche in this highly competitive field. This highly recognizable name in the world of Martial Arts is Grandmaster Richard S. Bustillo of International Martial Arts of Boxing (IMB) Academy in Torrance, California USA.

I met Grandmaster Bustillo for the first time back in 1982 during the TV document shooting of the “The Way of the Warrior”. This BBC documentary is about different styles of Asian Martial Arts which includes my father Grandmaster Cacoy Canete’s Doce Pares system called Eskrima and Eskrido. I finished the film with Hollywood action star Dan Inosanto at his and Richie’s Filipino Kali Academy (martial arts school in Torrance, California). Both gentlemen were then partners as they were once protégés and training partners of the late Bruce Lee.

Richie as he is called by my family struck me not only as a great martial arts master but also as a very charismatic person with an aura of leadership. His friendship with my father, Grandmaster Cacoy Canete of the Cacoy Doce Pares World Federation and my family became such that he is regarded as an extended family. Richie is responsible for sharing his seminar tours with my father Cacoy. Together they have traveled and conducted seminar in Germany, England, Poland and the USA. His picture is the only picture in my family’s home, next to my father Cacoy and family. His many years of training with my father in Eskrima and Eskrido, and mastery of both systems bestowed him the rank of 10th Degree adding to his already established cache of ranks in Jeet Kune Do, Jujitsu, Wrestling, Muay Thai, Boxing, Kali, etc.

As a world renowned mixed martial artist, Richie has garnered so many prestigious honors, citations, recognitions and numerous Hall of Fame awards. His most recent induction is the “Cacoy Canete Doce Pares World Federation Hall of Fame” award as the “Most Notable Doce Pares Grandmaster”, given to him by Grandmaster Cacoy Canete himself on March 8th, 2008 in Cebu City, Philippines. As always in the lead he organized that big event’s trip to Cebu which was considerably attended by members of the Federation worldwide, thus culminating the first Doce Pares Hall of Fame event’s great success.

In the real sense of the word, Richie is a true leader not only in the martial arts world but also in the humanitarian cause. Last year my cousin Leoning’s home was accidentally burnt to the ground. She had nothing left but the clothes she wore. Learning of this tragic event, Richie made an individual monetary donation to my cousin Leoning who is the daughter of my uncle Momoy Canete. Time and again he has demonstrated his immeasurable generosity and compassion as he headed the Cacoy Canete Doce Pares Federation in the most recent monetary effort to help raise donations for the enormous medical bills of Grandmaster Cacoy Canete’s grandson, 24 yr. old Master Chuck Canete who got seriously ill from the sting of an unknown sea-creature while swimming in Mactan Island, Cebu. With Richie’s effort, my father Grandmaster Cacoy Canete and my whole family are forever grateful to him and to all members of the Federation for all their help, prayers, moral and financial support.

Grandmaster Richie Bustillo is without a doubt the drawing force of the Cacoy Canete Doce Pares World Federation and the martial arts community that puts him on the pedestal of highly respected leader in Martial Arts worldwide.

About: *Kitty Canete-Knight is a Master Instructor in Cacoy Doce Pares Eskrima / Eskrido and a Third Dan in Shotokan Karate.*

Grandmaster Bustillo Visits South Africa

By Alice Lander
BBC Network Africa, Durban

Bruce Lee's senior pupil, Grandmaster Richard Bustillo, has promised to return to South Africa after the popularity of self-defense classes. His recent sessions in the port city of Durban were packed with people anxious to learn crime-fighting moves. He taught them Jeet Kune Do which means "way of the intercepting fist".

"The style has special relevance for South Africa. It is more combative in countering the high levels of crime that we have here," an organizer said.

There were more than 2,000 murders in Durban in the last year and more than 17,000 counts of aggravated robbery, according to official figures. City of Durban manager Michael Sutcliffe says crime is becoming more violent and more organized. "These statistics show that we have much to do before we can call ourselves a safe city and nation," he said. *"The late Bruce Lee is famous worldwide for his combat skills. He starred in many movies, often seen besting an out-sized opponent"*.



This style of martial arts is seen as a good way of combating crime.

Individual combat

Mr. Bustillo, 65, said he looked forward to returning in 2008 to teach people "to gain self confidence and attain more self respect and peace with one's self". *"Africa is an eclectic place... it has bad karma because all we hear about is genocide and war. [But] it's my first time in Africa and I love it,"* he said.

The two-day 10-hour sessions were booked out with some 50 students who said they were keen to learn the self defense moves in what is a relatively little known martial art system in South Africa.

The intense \$80 syllabus included knee, elbow, punching and kicking techniques. The weaponry phrase included stick fighting, knife fighting and defense against knives.

Organizer Sifu Salim Badat says he chose Grandmaster Bustillo to teach these skills because he is one of the world authorities on Jeet Kune Do - the system of martial arts that Bruce Lee himself developed.

"In the old days an attacker would attack rigidly and you could defend rigidly, now we are facing boxers and street fighters who have better co-ordination," Mr Badat said. "Bruce Lee's style concentrates on the individual. He was 40 years ahead of his time."

Dream

Mr. Bustillo, an inductee to the World Martial Arts Hall of Fame, is from Hawaii and the trip took five years to plan. It also marked the first time that any of Bruce Lee's original students had visited Africa.

Karate and kung-fu moves are popular across the continent and unlike some sports in South Africa they attract a mixed crowd from all races and background, women and children as well as men.

"I am in my 50s. This is something I can use should the need arise. I do mainline karate but this is vastly different," student Jenny said about the self-defense moves. Even the experts at the sessions felt they had something to learn, including South Africa's lightweight Thai boxing champion, Henry Madini. *"It is a dream come true for me. I feel like I met Bruce Lee himself. I feel like Bruce lives in his pupil and some of his magic might rub off on me".*

Mr. Madini says he was inspired to emulate Bruce Lee's success: "I was born in 1975 and Bruce died in 1973. He was a Chinese guy but maybe he came back as an African? I could be a little Bruce."



Thai boxer Henry Madini
"I feel like Bruce lives in his pupil and some of his magic might rub off on me".

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International Martial Arts & Boxing Academy



The IMB Academy was co-founded and formed in 1984 based on the trust and respect that Mr. (Dan) Inosanto, Mr. (Chuck) Martinez, and Mr. Richard Bustillo had for each other and the martial arts. By fate, the original IMB acronym of Inosanto, Martinez and Bustillo also stands for “International Martial Arts and Boxing,” “Individual, Mind and Body,” and the ideal of “Individual spirit, Mental attitude, and Body fitness.” The IMB Academy is built upon Bruce Lee’s concept of being well-rounded in all martial arts ranges.

Richard Bustillo and Dan Inosanto have gone their separate ways after 20 years of partnership with no animosity. Developing their individual ways to share and teach martial arts. Their partnership produced great things, but their lives and careers have also changed positively since going their separate ways [two decades] ago.

However, for over thirty years, the International Martial Arts & Boxing Academy has played an important role in the personal growth and professional development of thousands of students locally, nationally, and internationally.

With over ten thousand square feet of floor space, the IMB Academy is one of the largest and most complete martial art schools in the South Bay area. The classes are conducted in the main training room on a high quality matted floor. The facility also offers a fully equipped weight room and an open workout room with a boxing ring, speed and heavy bags, allowing students to train independently from their scheduled class times.



Kali / Eskrima / Arnis

(Long range) Weaponry self-defense from the Filipino Martial Arts, featuring single and double stick coordination drills that provide a better awareness towards the various angles of offense, defense, and counters.

Boxing / Muay Thai Boxing

(Middle range) The development of an individual's personal weapons, emphasizing punch, kick, elbow, knee coordination and evasive body movements for an effective defense.

Wrestling / Jiu-Jitsu

(Close range) We are extremely fortunate to offer the expertise of the R.C.J. Machado Jiu-Jitsu to our program. Their highly effective art of ground grappling includes a wide variety of position and submission



training methods, which strengthen an individual's ability to defend themselves from the ground.
(Self discovery range) The philosophies, concepts and training methods of Bruce Lee's Jeet Kune Do, increasing an individual's awareness through the understanding of their own personal abilities and limitations.

The IMB Academy was selected as the first Best Eclectic School in the country by the Martial Arts Industry Association in 2006.



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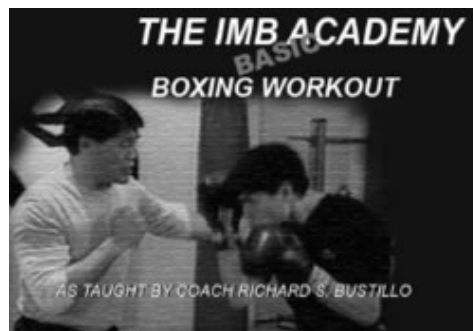
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A great reference on the fundamentals of martial arts as taught by Grandmaster Richard S. Bustillo



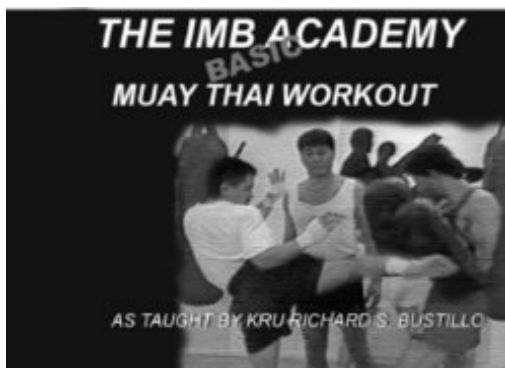
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Kali Sticks (One Pair) -- \$15
IMB Car Decal (Each) -- \$3

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The International Martial arts Boxing Academy

IMB Instructors Conference, June 8 - 13, 2008
22109 South Vermont Avenue, Torrance, CA 90502

IMB Instructors Conference 2008

For 5 days a superb team of world recognized martial art experts will be teaching you, an awesome array of martial art discipline. A wealth of information you can put to immediate use will be packed into this one-of-a-kind program. The Conference is open only to active IMB representatives and their approved referred students or applicants. Sessions are fast-paced, with an emphasis on practical and simple combative martial arts. Majority of the day sessions will be at the IMB Academy. Night sessions TBA.

Schedule: With unforeseen professional work schedule changes, the following leaders and their topics are subject to change.

June 8, Sunday

0900 - 1530 GGM Cacoy Canete: Eskrima, Eskrido, Pangamot

June 9, Monday

0900 - Dan Inosanto: Silat-Kali-JKD

1300 - RS Bustillo: Orientation and MMA

1800 - Steven Dowd: Balite Arnis and Kuntaw

June 10, Tuesday

0900 - 1530 Gokor Chivichyan and Gene LeBell: Sambo/Wrestling

1800 - Puk Sanjan: Muay Thai

June 11, Wednesday

0900 - LA County Correctional Facility

1300 - Brian Vilorio: Boxing

1800 - Ramiro Estalilla: Kabaroan Eskrima Blades

June 12, Thursday

0900 - 1530 Burton Richardson: MMA for street defense

1800 - Fernando Vasconcello: Brazilian JiuJitsu

June 13, Friday

0900 Shooting range: Long gun and Hand gun

1800 Banquet Awards

Reservations: You must pre-register. Enrollment will be limited to 40 instructors. On a first-come-first-serve basis, all vacancies will be released to standbys after May 24, 2008. We must have your application in our hands on or before the May 24th. A \$100.00 deposit will reserve your space. The balance must be paid in full on June 9th (no personal checks please).

Accommodations: You are responsible for making your own reservations in advanced. The California State University at Domingus Hills' apartments offers a deluxe rate of \$35/single or \$45/double. Please call (310) 243-2282 or fax (310) 516-4297 for reservations. Cali Inn (310) 328-2622 offers the IMB students \$60/per single or \$75/double. Please call in advance.

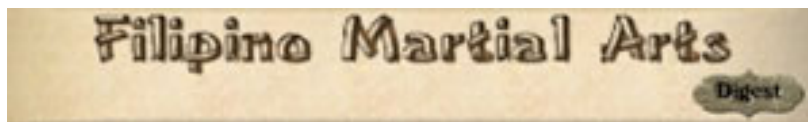
Refund: A happy blend of greed & simplicity drives us to this refund policy: We will allow a 100% refund if notification is given up to June 1st. No refunds will be issued after that date.



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