

Filipino Martial Arts

Digest

Special Issue
2006



23rd
SEA GAMES

Publisher

Steven K. Dowd

Contributing Writers

Arnis Philippines Incorporated
Mr. Aniano "Jon" Lota, Jr.
The Philippine Star
Don Gil Carreon
Philippine Daily Inquirer
Meysil Yamat
Josef Ramos
Christian D. Soler

Contents

From the Publishers Desk

Introduction

Open Letter from ArPI

National Officers of ArPI

Background of ArPI

Establishing the ArPI

Contact ArPI

Arnis - 23rd Sea Games

December 03, 2005

Arnis Best Show Form in Anyo

Vietnam's Arnis Success Due to Pinoy Trainer

December 04, 2005

Vietnam Tie for Arnis SEA Games Championship

Fernandez Saves Day for Arnis Team

Arnis Expert Behind Vietnam's Strong Showing

Arnis Bronze Medalist Makes Timor Leste Proud

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

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

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

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

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

From the Publishers Desk

Kumusta

Arnis has been included in the 1991 South East Asian Games as a Demonstration Sport only. However this year at the 23rd South East Asian Games, Arnis was included as a Regular medal event.

FMA Digest with the cooperation of Arnis Philippines Incorporated (ArPI) has put together this Special Edition. FMA Digest wants to recognize and let its readers know that most likely without the ArPI it might have been years to come or never was it to happen that Arnis would be included in an Olympic event.

ArPI is an objective, non-partisan, non-biased umbrella organization for Sport Arnis. No particular style dominates the organization. Currently, ArPI has members from Balintawak, Cinco Teros, Doce Generales, Doce Pares, Espada y Daga, Kali Ilustrisimo, LAMECO, Arnis Lanada, Lightning Scientific Arnis International (LSAI), Lapunti Arnis de Abanico, and Modern Arnis, among others.

This bringing together of Arnis practitioners of various arts is long overdue. FMA Digest takes its hat off to the Arnis Philippines Incorporated, and applauds its accomplishments.

In this Special Edition will let you the readers know what the ArPI is about. Also since Arnis was included in the 23rd Sea Games the results are within, along with articles that will tell about some of the excitement of the event.

Unfortunately pictures have not been released from either the ArPI or the 23rd Sea Games, but check their website and they maybe forth coming in the near future.

Arnis Philippines Incorporated - www.arnisphilippines.com
2005 - 23rd Sea Games - www.2005seagames.com.ph

Maraming Salamat Po



Philippine Olympic Committee



Philippines Sports Commission

Introduction

The onset of the twentieth century brought about the demise of Arnis in the country. With the coming of the Americans, the Filipinos were awed with the new culture, that most indigenous cultures were relegated almost to oblivion. Our very own Arnis, the Filipino martial art, almost suffered the same fate. Once the martial art of the pre-Spanish natives and the ilustrados of the Spanish era, Arnis all but disappeared in the urban areas and were mostly preserved in the provinces. Credit should be given to our traditional guro/maestro or grandmasters, illustrious men who painstakingly preserved Arnis for us.

The rise to popularity of various non-Filipino martial arts also placed our local martial art in the limelight. Suddenly, interest in Arnis began to surge. Popular practice of the art however, also had its share of problems. For one, there was a dire need to consolidate the various forms, styles and strains of Arnis. Arnis is not just one technique nor just one school, it is as varied as the islands of the country, with its more than eighty (80) languages and about one hundred forty-two (142) dialects in an archipelago of seven thousand one hundred (7, 100) islands. Furthermore, there was also a need for a strong leadership to hold such schools or group together, to steer it towards a direction, so as to prevent Arnis from slipping into oblivion.

In 1975, the National Arnis Association of the Philippines (NARAPHIL) was formed by Gen. Fabian C. Ver. This organization acted as the first national organization for Arnis in the Philippines. Its existence however, faded after the radical change and total revamp in the Philippine government caused by the Philippine Revolution of 1986.

In the meantime, in many parts of the world, popular names and groups have been busy propagating the Filipino Martial Arts (FMA) and sports, pushing their teachings and techniques. Some people successfully made their way into martial arts schools, police academies, military schools, educational institutions, government agencies, and even in the entertainment world.

An Open Letter from the Arnis Philippines Incorporated

TO: All Interested Arnis/Eskrima/Kali/FMA/Stickfighting Enthusiasts

Sport Stickfighting for International Competition

Arnis Philippines Incorporated (ArPI) is responsible for the proliferation and development of the indigenous Filipino Martial Art of Arnis on both the national and international levels, most especially in the sport aspect. ArPI has been the official National Sport Association (NSA) in the Philippines since January 12, 1987 and is the 33rd member of the Philippine Olympic Committee (POC), duly recognized and financed by the Philippine Sports Commission (PSC). In analogy to Judo, ArPI is akin to the Kodokan Dojo in Japan, the Mecca of Judo. ArPI is the only NSA of the Philippines, the country of origin of Arnis.

ArPI is an objective, non-partisan, non-biased umbrella organization for Sport Arnis. No particular style dominates the organization. As of now, ArPI has members from Balintawak, Cinco Teros, Doce Generales, Doce Pares, Espada y Daga, Kali Ilustrisimo, LAMECO, Arnis Lanada, Lightning Scientific Arnis International (LSAI),

Lapunti Arnis de Abanico, Modern Arnis, among others. ArPI is the NSA responsible for the inclusion of Arnis in international events like the South East Asian Games (SEAGames), World Martial Arts Festival (ChungJu, South Korea), World Cultural Open (WCO) and others. We are also in the process of expansion under new management with the guidance and supervision of the Board of Directors and Government Officials. As the 33rd member of the Philippine Olympic Committee (the National Olympic Committee for the Philippines), ArPI has the authority to recommend (or contest) an association's right to be the National Sports Association (NSA) for a particular country.

Currently, ArPI is coordinating with other countries respective National Olympic Committees (NOCs) and has recently achieved the inclusion of Arnis in the SEAGames. The coordination will extend in the coming months to the governments of the different countries in the European, Pan-Pacific, Asian, and Latin American regions and others in an official capacity. The reason behind this is that, in the near future, the Philippines will be hosting the first true World Arnis Tournament sanctioned by the Olympic Committee, one which will accept competitors regardless of style or club affiliation. ArPI is thus active in reviving the International Arnis Federation (IAF), the official international arm formed in 1991, and it is currently scouting for new potential NSAs for each country.

The ArPI sport rules are concerned with the stick techniques of the art, both defensive and offensive. Thus, the full-contact event uses a point system similar to that in kendo and fencing, the SUDDEN DEATH system. The first to hit, scores a point. The first to win five (5) points wins the round. And the one who wins two out of three rounds wins the match.

Male participants wear headgear and groin guards, while females must wear body vests in addition to the helmets. Padded sticks are used since this rule was approved by the Olympic Committee for safety reasons. "Live", unpadded sticks are considered injurious and are not allowed by Olympic standards. ArPI adheres to the strict observance of the rules. We also adhere to the strict observance of International Weight Divisions approved by the Olympic Committee. Also, we have Anyo (Creative Form) events with different categories and divisions for solo and group performance, and seven (7) official Weight Divisions for both Men and Women's Full-Contact Categories. There are separate categories for children, for novices, and for seasoned fighters.

Member countries from the Association of South East Asian Nations (ASEAN) with their own stick-fighting styles have adopted the ArPI rules and regulations for Sport Arnis in the SEAGames. The practitioners of Silat (Malaysia, Indonesia, Brunei), Krabi Krabong (Thailand), Thine (Myanmar), and Viet Vu Dao (Vietnam) have all agreed to this single rule set since the rules favor no particular art. Thus, there is no need to create a new set of rules for the sport.

The use or imitation of the ArPI rules without official permission is forbidden. ArPI offers a universally accepted, non-discriminatory and safe arena for arnis practitioners to display their skills and to test themselves. Therefore, the creation of new, arbitrary, unreliable, and experimental rules, which could be detrimental to the image of Sport Arnis and safety of the competitors, is not advised. One merely needs to have one's club recognized and affiliated with ArPI in order to access, avail of and practice the official rules of the sport.

We will be coordinating with other groups to see their strengths and capabilities as clubs/associations in the coming months. We would like to assess their eligibility for recommendation as NSAs for their respective countries.

Mr. Richardson C. Gialogo, Lakan Anim
External Vice President
Arnis Philippines, Inc (ArPI)
National Sports Association
Technical Official, PhilSOC; member: POC & PSC



www.arnisphilippines.com

National Officers

President: Mr. Raymond S. Velayo

Vice President for Internal Affairs: Ms. Josefina Bauzon

Vice President for International Affairs: Mr. Richardson C. Gialogo

Secretary General: Mr. Aniano "Jon" Lota, Jr.

Treasurer: Mr. Dewey B. Sahagun

Auditor: Ms. Elisa L. Granada

Background of ArPI

On July 11, 1986, Mr. Raymond Soriano Velayo, a young civic-minded and noted sportsman, convened a group of men truly devoted to the art at the Sulu Restaurant at Quezon City, Metro Manila, Philippines. They formed the Philippine Arnis Federation, which was later renamed as Arnis Philippines (ARPI). Succeeding meetings saw the joining of more distinguished men who were bent on making Arnis a pillar in the world of martial arts.

Mr. Raymond S. Velayo became its first and current president. The Federation's founding came about barely five months after the historic Philippine "People Power" Revolution of 1986 that catapulted the government of President Corazon C. Aquino. Because of the vacuum and taking advantage of the much preferred democratic space and of course, the renewed enthusiasm of the Philippine society, these founders decided to bring together the various Arnis clubs and styles in the spirit of unity. This was preceded by the observation that Arnis, which was fast becoming a dying art in the country, should be revived and promoted. Thus, with the firm objectives of PROMOTING, PROPAGATING and PRESERVING the Filipino Martial Arts, the Philippine Arnis Federation was born.

On August 20, 1986, the organization was formally recognized as Arnis Philippines Incorporated.

The objectives were:

1. To be a major force in preserving our culture and the dying art of Arnis.
2. To consolidate and unite the different functions and groups of Arnis aficionados.
3. To develop the Sport aspect of Arnis for and in the hope of its inclusion in major sports events like the South East Asian Games (SEA Games), Asian Games, and ultimately, the Olympics.

In a short span of time, Arnis Philippines received immediate recognition from the official sports bodies in the Philippines. It is now the solely accredited Arnis arm and association in the Philippine Olympic Committee (effective 12 January 1987) and was accepted as the 33rd member of the said Olympic Committee. With the official membership, ARPI has the sole right to officially supervise all Arnis affairs in the country as the National Sports Association (NSA). Soon after, it was also included under the support roster of the Project Gintong Alay and is now supported financially by the Philippine Sports Commission (PSC).

Establishing the ArPI

The International Arnis Federation (IAF), world governing body for Arnis, was organized in the first ever International Arnis Congress (IAC) and was hosted and organized by Arnis Philippines, the duly accredited National Sports Association for Arnis and the 33rd member of the Philippine Olympic Committee. The IAC was held at the Silahis International Hotel at the height of the US-Iraq Gulf War in 1991.

Participants in the two-day IAC were Remy Presas (representing the United States of America), Hadji Besar Shahri and Hadji Mohammed Zafri (Brunei), Joseph Delme (Belgium), Te Chang Ma (Taiwan), Dzung Vu (Vietnam), Shishir Inocalla (Canada), Kurt Konrad (Austria), Fritz Thiele (Switzerland), Gerardo Reyes (Hong Kong), Tino Ceberano (Australia), Raymond S. Velayo (Philippines), Jeremias V. Dela Cruz (Qatar), and Manny Cawil (New Zealand), who became the founding members. There were thirteen (13) countries represented at that time.

The launching of the international governing body was formally opened by Governor Jose C. Sering, then president of the Philippine Olympic Committee, who together with then President Corazon C. Aquino, Honorable Francisco Elizalde of the International Olympic Committee, Senators Jose Lina and Orlando Mercado, Congressmen Freddie Webb and Renato Yap and other government and private entities, supported and sanctioned the event.

Going by its theme "Arnis to the Olympics, Arnis to the World", the activities of the congress presided by Raymond S. Velayo included the ratification of the IAF Constitution and By-Laws, election of its officers, discussion of the International Standard Rules (ISR) of Arnis competitions worldwide, presentation of its implementation and regulations through videos, holding the first ever Seminar-Workshop for Arnis players on World Arnis officiating, lecture on the proposed ISR and ratification, gala night (where cultural Arnis exhibitions were presented), and presentation of Awards

of Recognition to Gov. Jose C. Sering and Gov. Francisco Almeda (POC Secretary General). TV host/producer (now Senator) Loren Legarda was also present together with Sen. Orlando Mercado and Mr. Frederick So Pada.

Raymond S. Velayo, president of Arnis Philippines, was voted as the first president of the International Arnis Federation (IAF). Officers were also voted and appointed. They were inducted by Governor Francisco Almeda, Secretary-General of the Philippine Olympic Committee during the Gala Night of the International Arnis Congress.

Contacting the Arnis Philippines Incorporated

Postal Communication: Phil. Olympic Committee
Rizal Memorial Coliseum
P. Ocampo St., Malate, Manila, 1104
Telefax: (00632) 725 4859
Email: info@arnisphilippines.com



www.2005seagames.com.ph



23rd Asian Sea Games
December 3 - 4, 2005
Philippines



Arnis is now an official medal event in the 23rd South East Asian Games! The said games were held in December 2005 in Manila and other locations, all around the Philippines.

For Arnis they had six events, namely: men's full contact sparring (up to 71 kg), women's full contact sparring (up to 52 kg), men's anyo one stick individual (single stick forms), women's anyo one stick individual (single stick form), men's anyo two sticks team (double stick synchronized team forms), and women's anyo two sticks team (double stick synchronized team forms). Competing in these events will be the Philippines, Singapore, Thailand, and Vietnam. These events were held at the Emilio Aguinaldo College, Manila.

Representing the Philippines:

1. Peter Kelvin Tingzon Celis M Arnis Team Anyo
2. Glenn Malaban Llamador M Arnis Team Anyo
3. Nathan Ben Gravadoor Dominguez M Arnis Team Anyo
4. Regie Batolome Sanchez M Arnis Individual Anyo

5. Reneto E. Tunacao M Arnis Full Contact (71kg & below)
6. Rochelle Oria Quirol F Arnis Team Anyo
7. Aireen Tulod Parong F Arnis Team Anyo
8. Catherine Esteban Ballenas F Arnis Team Anyo
9. Mylen Bana Garson F Arnis Individual Anyo
10. Anna Joy R. Fernandez F Arnis Full Contact

Saturday, December 03, 2005

EVENT	CATEGORY	REMARKS
Anyo Two Sticks Team	W	Finals
Anyo One Stick Individual	M	Finals
Anyo One Stick Individual	W	Finals
Anyo Two Sticks Team	M	Finals

Results

Men's Individual Anyo

Gold	Silver	Bronze
Nguyen Quang Tung Vietnam	Regie Sandez Philippines	Phann Pesith Cambodia

Women's Individual Anyo

Gold	Silver	Bronze
Nguyen Thi My Vietnam	Mylon Garson Philippines	Francisca Varela Timor Leste

Men's Synchronize Anyo

Gold	Silver	Bronze
Peter Kelvin Celis Glenn Llamador Nathan Ben Dom Philippines	Tran Thanh Tung Nguyen Thanh Tung Tran Duc Nghia Vietnam	Phann Psieth Lay Rayon Yeuth Meth Cambodia

Women's Synchronize Anyo

Gold	Silver	Bronze
Rochelle Quirol Catherine Ballenas Aireen Parong Philippines	Nguyen Thi Ha Vu Thi Thao Nguyen Thi Loan Vietnam	

Arnīs Best Show Form in Anyo

By Don Gil Carreon
The Philippine Star
12/04/2005

The fancied arnis team snared two gold medals but found a surprisingly tough opposition in Team Vietnam, which scored upset, wins over top Filipino bets in the 23rd Southeast Asian Games at the Emilio Aguinaldo College Gym yesterday.

The trio of Peter Kelvin Celis, Glen Llamador and Nathan Ben Rodriguez scored 98.2 points to top the men's team anyo event followed by Vietnam (97.3) and Cambodia (80.7). The women's team of Rochelle Quirol, Aireen Parong and Catherine Ballenas also struck gold in the women's side with 98.1 points, while Vietnam, the only other participant in the event was second with 97.5.

Head coach Rufino Montalbo said he did not expect Vietnam to improve in such a short time and beat the Philippines at their own game. The Philippine squad defeated Vietnam last August in the first RP-Vietnam dual meet last August.

"This is the same squad we beat but it looks like they also had a very intensive training because they have improved a lot," said Montalbo.

Montalbo said he understands the predicament they are in but will still try their best to meet their goal.

The Filipino bets in the individual anyo, however, were not as fortunate as they suffered heartbreaking losses against their competitors.

Regie Sanchez and Mylen Garson settled for silvers with 95.6 and 93.3, respectively, against Vietnam's Nguyen Quang Tung (96.4) and Nguyen Thi My (97.1). Sanchez, a six-time kali arnis world champion, was almost inconsolable after the loss, even planning to file a protest against the judges' decision, saying that Tung, who is competing for the first time internationally, should have been penalized for presenting almost identical routines during the two sets of performance.

"Even if they review the tape, they will see that the first and second routines are almost identical. Under the rules, that has a corresponding penalty," Sanchez said.

Montalbo, however, prevented any escalation of the situation as he conceded that Tung's performance was better than Sanchez. Under tournament rules, only coaches can protest the decision of judges.

On the other hand, Garson had better score than her Vietnamese rival but had a violation, stepping out of the line.

Vietnam's Arnīs Success Due to Pinoy Trainer

By Don Gil Carreon
The Philippine Star
12/04/2005

Vietnam's success in arnis may, in part, be due to a Filipino.

The Vietnamese team has a Filipino, Roel Gatmundon, in its coaching staff as part of Arnīs Philippines effort to promote the native Filipino martial arts to its Southeast Asian neighbors.

Gatmundon, a native of Tagkawayan, Quezon, revealed that he was able to land the odd job after being picked by the arnis NSA to assist in the training of the Vietnamese squad upon the request of the Vietnam Olympic Committee for Filipino expertise.

The two-time kali arnis world champion said his job is a win-win situation for the Philippines but admits to being torn between seeing his countrymen being defeated by people he trained and the promotion of the native Filipino sport.

"Maybe we are losing to them but they are deriving their knowledge from a Filipino," Gatmundon said.

Gatmundon spent nine months in Vietnam training their arnis team in the rigors of the sport. He attributed the Vietnamese team's improvement on the discipline and commitment of the players.

Gatmundon also said that his participation in the training of the Vietnamese squad belies accusations that Filipinos are not being fair in the staging of the Games.

Sunday, December 04, 2005

EVENT	CATEGORY	REMARKS
Full Contact (up to 71 kg.)	M	Finals
Full Contact (up to 52 kg.)	W	Finals

Results

Women's Fill Contact (up to 52 kg)

Gold	Silver	Bronze
Ana Joy Fernandez Philippines	Le Thi Thanh Huyen Vietnam	Elisabeth Yanti Almeda Dois Reis Timor Leste

Men's Fill Contact (up to 71 kg)

Gold	Silver	Bronze
Nguyen Thanh Quyen Vietnam	Reneto Tunacao Philippines	Fortunato Soares Timor Leste

Vietnam Tie for Arnis SEA Games Championship

By Meysil Yamat
Philippine Daily Inquirer
12/04/2005

The Philippine arnis team failed to meet their medal projection but was able to tie Vietnam for the over-all championship in the 23rd Southeast Asian Games arnis tournament at the Emilio Aguinaldo Sports and Cultural Center on Sunday.

Tied with two gold's and two silvers apiece coming into Sunday's competition, Philippines and Vietnam remained tied at the end of the proceedings as the two countries shared the gold's at stake in the full contact event.

Philippines' Anna Joy Fernandez captured the gold in the women's division as she defeated Vietnam's Le Tgi Thah Huyen and Timor Leste's Elisabeth Yanti Almeda Dois Reis.

Reneto Tunacao, however, can only come up with silver, falling against Vietnam's Nguyen Thanh Quyen in the gold medal match.

Fernandez Saves Day for Arnis Team

By Josef Ramos
12/04/2005

When the country's bets in its own indigenous sport of arnis were taking a terrible beating, someone stepped up to save Philippine pride Sunday afternoon.

Anna Joy Fernandez refused to bow down against Vietnamese rival Le Thi Thanh Huyen to pull off a crucial 2-1 victory and take the gold in the women's singles full contact 52kg event at the Emilio Aguinaldo College gym.

Hard pressed in the first round, Fernandez reeled back with a confusing 1-2 setback over her opponent who was illegally attempting to hold her sticks and the judges probably looking the other way.

The 22-year old Air Force lass, however, rebounded from a sluggish start and strongly hit her Vietnamese rival not once, not twice but over and over again with two sticks to storm in front, 4-1, in the second round and tie the game at 1-1.

Showing enough pride and guts, Fernandez didn't allow Huyen to do the dirty tricks anymore as she was blocked perfectly most of the time. From thereon, the momentum shifted back to Fernandez. The Vietnamese tried to hold her right stick for a good advantage, but the Singaporean and the Cambodian judges finally noticed the dirty tactics and eventually deducted some points.

With that, Fernandez edged out; Huyen for the gold medal and avenged the loss of a teammate in the men's singles full contact event.

"I tried to read her movements but she's trying to hold my weapons, so it is very hard for me to move. But I don't want to disappoint the crowd particularly my relatives and of course my mother who are all watching at the sidelines," said Fernandez.

Before entering in the final round, Fernandez easily crushed Timor Leste's Elizabeth Yanti Almada Dois Reis, 5-0, in the semifinals. Le Thi Thanh Huyen settled for silver and Dois Reis got the bronze.

Arnis Expert Behind Vietnam's Strong Showing

Philippine Daily Inquirer
12/04/2005

It Was Filipino hospitality at its best, then again maybe not.

Arnis Philippines boosted Vietnam's stock in the arnis competition of the 23rd Southeast Asian Games by lending one of its members to help train the Vietnamese. Vietnam Olympic Committee asked for Filipino expertise.

Roel Gatmundon, a native of Quezon province, spent nine months in Vietnam, which battled the Philippines tooth and nail in arnis in the tournament that ended yesterday.

As a result, the Vietnamese matched the two-gold, two-silver effort by the Filipinos.

"Of course I feel bad that our countrymen are losing," Gatmundon said. Gatmundon, however, believes that, whatever the outcome, it's a win-win situation for the Philippines.

"We are able to impart arnis, a native Filipino martial arts, to other countries and that is a big plus for arnis overall," he said. Meysil Yamat.

Arnis Bronze Medallist Makes Timor Leste Proud

By Christian D. Soler

She arrived in the Philippines without ever holding a pair of arnis sticks, let alone knowing what the sport was. She went home with a bronze medal, and the dreams and aspirations of a young nation fulfilled.

In what is arguably one of the most inspiring stories of the 23rd Southeast Asian Games, a coach less, 21-year-old Elisabeth Yanti Almeida dos Santos was one of three athletes to win Timor Leste's first-ever medals in any international competition. What makes the feat more remarkable is the fact that prior to the SEAG she did not even know arnis existed.

"We didn't know what type of sport arnis is. We were just told in Timor Leste that there was arnis, and they invited us. We do not have any training there. When we arrived, we trained for only two days. I never held an arnis stick before. I didn't even recognize it," Dos Santos, a blue belt in Karatedo, told Standard Today through makeshift interpreter and fellow athlete Fernando de Costa.

A native of Ainaro, Dos Santos, whose prior experience in any sporting event was a runner-up finish in a national Karatedo meet, was elated at her history-making third-place finish in the women's singles full contact 52 kg event.

"I am proud of myself in taking part of the SEA Games. It's (just) a bronze but I am proud."

Carrying the hopes of the world's newest independent state, which was colonized by Portugal for more than four centuries and occupied by Indonesia just nine days after gaining independence from the Iberian nation, Dos Santos was clearly overcome by a sense of pride after her stirring bronze-medal finish.

"It is a pride for the country. (Timor Leste) is small, we don't get any medals, but bit-by-bit, we'll do better than this."

A student from the Universidade da Paz in the capital Dili, Dos Santos felt right at home in the Philippines.

"I know that the Filipinos are taking care of us. I like it here because first, we share the same religion, Catholicism. Second, I like to be here because the people are so polite to the athletes."

She hopes that her triumph, along with the bronze-medal finishes of Francisca Varela in the women's individual anyo, and Fortunato Soares in the men's singles full contact 71 kg event, will serve as an impetus for the sport's growth in their home country, which participated in only its second SEAG.

"(My wish is) opening an arnis club in Timor Leste. We hope it will be supported by the Philippines," she said.

Just like her, Varela and Soares have never played the sport. Varela was a Taekwondo Jin back home, while Soares was a boxer. The three of them trained with the Philippine team upon arriving from Dili.

With pride intact and a head held up high, Dos Santos leads the 33-strong East Timorese delegation back home with fond memories and stories to share, while teaching the entire region a thing or two about love for the game and love of country.



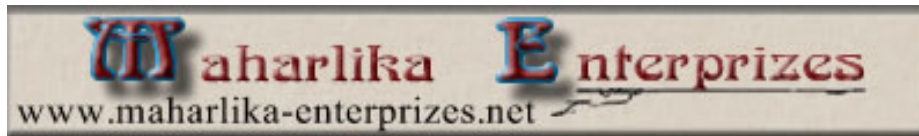
Filipino Martial Arts Magazine



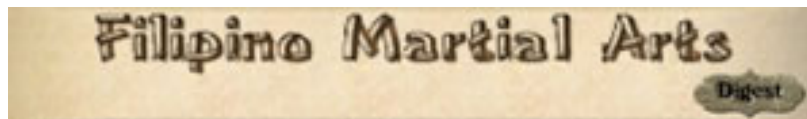
Rapid Journal



El-Juramentado



Maharlika-Enterprizes



Filipino Martial Arts Digest

**Register your FMA School
Post your Event**

Advertise with the FMA Digest

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

Website Advertisement - Free

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

Website Application

Hard Copy Application