

FMA

Informative

Propagating the Filipino Martial Arts and the Culture of the Philippines

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Filipino Martial Arts History in Buffalo, New York

SILENT NO LONGER

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Keri Marotta



Jerome Barber, Ed. D.



Tim Kashino



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This issue on Filipino martial arts history in Buffalo, New York tells the development of the Filipino martial arts and basically as you will note that Modern Arnis was a main art. Of course there probably were other arts which were practiced in Buffalo, however as you will read Professor Remy Presas and Modern Arnis was dominate in the area.

First David Battaglia of the Amerasian Defensive Arts tells of his knowledge and personal experience as the Filipino martial arts entered Buffalo, and who supported and brought the art to Buffalo in the article "Silent No Longer."

Followed by Jerome Barber who speaks of his experience; which falls in line with David Battaglia, but went a step further by starting a program at Erie Community College. You will read how this came about and the success that he has had with this credited course of instruction at the college.

Next Keri Marotta who is a Assistant Instructor of the Independent Escrima-Kenpo-Arnis Associates who talks about the Erie Community College Kenpo-Arnis Legacy. She will break down the program explaining the program somewhat in-depth.

Finally you will read about what Tim Kashino has to further tell of his experiences in his article "A Practical Focus". He provides a look at the appropriate and responsible use of physical force for self defense and emphasizes Dr. Barber's approach to martial arts and self defense training and to encourage everyone who trains in any martial art, instructors and students alike, to research the laws that govern the acceptable (reasonable) use of force for self defense in their particular community.

Have you ever thought or researched how the Filipino martial arts came to your town or city? Or for that fact any martial art that is now established where you are living. Of course there are most likely variations on how a martial art came to an area, but once putting it all together can be very interesting.

This Issue is to inform some who may not know how the Filipino martial arts / Modern Arnis came to Buffalo New York.

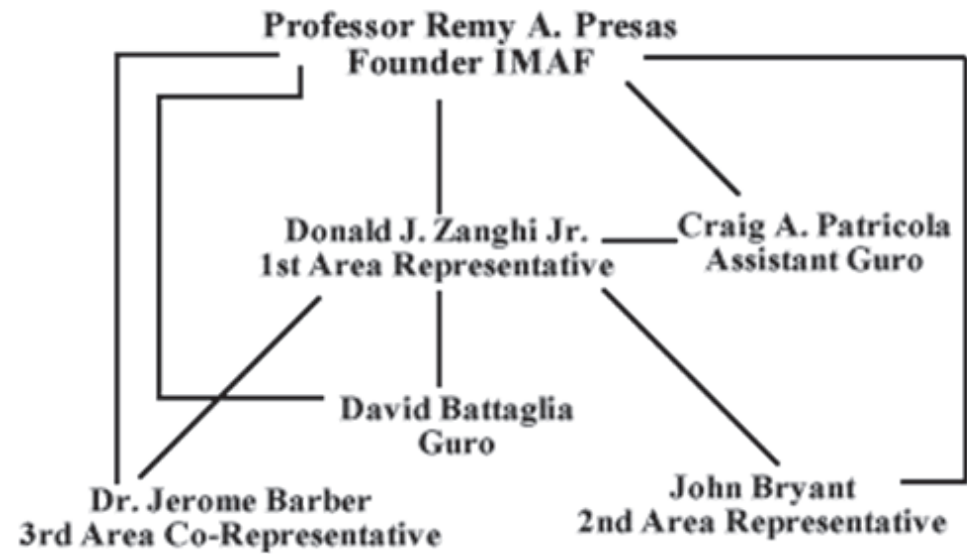
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Filipino Martial Arts History in Buffalo, New York - Silent No Longer



Beginnings of Filipino Martial Arts in Buffalo 1982 - 1987

The above lineage tree depicts the Guros personally trained by Professor Presas and Donald J Zanghi Jr.

Based on my direct involvement, Guro Donald J Zanghi Jr. was the first teacher to spread the Filipino martial arts in Buffalo, the rest of us followed his lead.



Dr. Barber, Don Zanghi, Professor Presas, Un-named, Un-named, David Battaglia - 1990
Professor Presas directly certified all individuals, as advanced instructors in Modern Arnis.
(named and un-named, above)

By David Battaglia

The following is a lost piece of Filipino Martial Arts (FMA) history in Buffalo, NY. In 1982 Donald J Zanghi Jr. (Don) officially brought Modern Arnis to Western New York (WNY). Craig Patricola helped Don financially. Aside from Don, Craig was the first basic level instructor certified by Professor Remy Armador Presas (Professor). Professor had established the International Modern Arnis Federation (IMAF). To the best of my knowledge this was the official start of the Filipino martial arts in Western New York.

A little known fact is, where and when was one of the first public seminars taught by Professor. It was taught in early 1983 at American Self Defense Studios. The location was at the corner of Sheridan and Bailey Ave. The owner of the franchise was Robert "Bob" Garus. Bob gave permission to Don to host Professor at his studio. Bob Garus personally attended the seminar with key members from his other three locations.

I joined Don's school in 1983. He asked me to be his day instructor. I was required to learn Modern Arnis. In 1984 I became certified as a basic level instructor. On May 20 1985 I earned my first-degree black belt in Don's Kenpo/Arnis system, witnessed by Kris "Rocky" Paswik (Rocky). Don would bring Rocky in to supplement Professor's seminars. At the time, he was one of Professor's top students and an instructor.

I became Don's first Kenpo/Arnis black belt, followed by Dr. Jerome Barber Ed. D. Currently; we are both ranked as fifth-degree black belts in Kenpo/

Arnis. The fifth-degree ranks are Don's acknowledgment of our continued personal training and the teaching of Kenpo/Arnis.

During this time, back yard and public park workouts were common. The clicking of rattan sticks could be heard, before the Modern Arnis players could be seen.

Don's curriculum was approved and signed by Professor. Don's curriculum was Kenpo karate, Modern Arnis, and defensive firearms knowledge and tactics. Don had attended workshops in New Hampshire, at The Lethal Force Institute. The workshops were taught by its founder, Massad Ayoob. Don called his curriculum, Kenpo/Arnis.

By January 1986 I was managing Don's city school. In December of 1986 an unfortunate turn of events happened. Don closed both of his schools. Before Don closed his schools he produced five black belts. Only two black belts stayed true to his curriculum, Dr. Jerome Barber and myself.

January of 1987 I began to teach the Kenpo/Arnis system at The Delaware YMCA. I was already certified to teach Kenpo/self-defense through Tracy International Systems of Self-Defense, an advanced level instructor in Modern Arnis, but not a certified firearms instructor. Around April of 1987 I took The NRA instructor training course, given by the late Captain Vincent Mariotti (Vince). I had to sit through his class as a student first. Then I had to teach in the classroom and at the live range. Finally, I had to qualify at eighty percent hit ratio, fifty-foot distance, using both revolver and semi-automatic handguns, in

different calibers. I passed my written exam and Vince recommended me as a basic pistol and rifle instructor. The NRA accepted his recommendation and certified me appropriately. Vince was an NRA counselor or trainer of instructors. His standards were high, he ran a fantastic basic handgun course, and he was an excellent teacher. I was so inspired by his course I asked his permission if I could model my courses after his. Vince gladly gave his permission and support.

I felt truly qualified to teach and represent Kenpo / Arnis in 1987. I called my program Oriental Fighting Arts. Later, I called it Amerasian Fighting Arts, and today Amerasian Defensive Arts. Some people refer to my program as Aikido/Arnis. (www.aikidoarnis.com.)

Dr. Barber hosted Professor's summer camps for seven years in a row. In 1991 I became certified as an advanced instructor through the IMAF. By that time, Modern Arnis had all but died out in the city and its northern suburbs. There were a couple of instructors teaching on a small scale. However, they did not stick with their attempts at spreading the Filipino martial arts for very long. By 1991 I founded Amerasian Defensive Arts. I realized I was the only one consistently teaching Filipino martial arts in the city and the northern suburbs. As I strove to continue developing my school and myself, I embarked upon an endless journey.

My goal was to become a more complete Arnisador. For one year I trained in a professional Muay Thai gym under the guidance of Kru Anthony Mills. I re-visited my judo training for two

years under the guidance of Michael Kregg, Sensei and Nathan Fitzgerald, Sensei. For three years I studied Tai Chi concurrently with Aikido (six-and-a-half years), under Fred A. Utech. I enjoyed Aikido so much I became a first degree black belt and a certified instructor. I was so inspired by the philosophy of Aikido; I wrote and published a book about it. The book is called, *Aikido: Lessons for Life*. Soon I plan on writing a book or filming a DVD on the Filipino martial arts (FMA).

While on my journey I met many fine people and fellow martial artists. My fellow martial artists had a great deal of curiosity about Modern Arnis. I was asked to do seminars for their schools. Through much of the 1990's I conducted seminars at various TKD and Karate schools. I became the defensive tactics instructor for the Erie County Probation Dept. for four years. Also, I was an assistant professor at Erie Community College (ECC) for a number of years. This is the only, for credit, college martial arts program, created by Dr. Jerome Barber Ed. D.

It wasn't until recently that I realized the Filipino martial arts had come full circle in Buffalo. Now a full time school I have students from the city and surrounding suburbs. In 2004 two of my students had a workout in the city and filmed it. Old memories came flooding back to me when they brought the copy of their training session in for me to see.

Back in the days of Don City park and back yard workouts were common. I realized the same thing that happened in the 1980's started happening again in the 1990's to present. The sounds of

the Filipino martial arts had returned to the city. The sticks are silent no longer.

No matter what their style I would like to thank all of the guros and students who are doing their best to spread quality Filipino martial arts in Buffalo. I thank the late Professor Presas and Don Zanghi for providing an opportunity for me to become involved in the Filipino martial arts. I thank Dr. Barber for co-hosting Professor's local summer camps (not an easy task). Paul Vunak has positively influenced me via his seminars and instructional tapes, Paul Frederick-a long time friend, student and training partner and Guro Jun Deleon of Toronto, Canada via some private training sessions and open seminars. They have all helped me achieve a higher level in the Filipino martial arts.

When I originally wrote this article and chose the title, I had a dual meaning in mind for the title. The part I didn't write about was my consistent dedication, and contributions to the Filipino martial arts. I've been relentless in training and teaching self-defense and Filipino martial arts since January of 1987. As Don used to say, "It's all the same."

As I've aged, I feel it's important to me to have my colleagues, and other interested persons, realize my achievements in and contributions to the Filipino martial arts.

One act was fighting in an international, full contact, stick fighting competition, as the sole IMAF competitor. I was injured in the first round, and required seven stitches in my chin. I was not allowed to continue after the first round. I'm proud, not prideful,

because I stepped up to the plate.

I consider myself to be a humble person. As a result, I feel I've not received the recognition I deserve for furthering myself and Filipino martial arts in my area. I chose not to go on the road, but instead to spread Filipino martial arts to my fellow Western New Yorker's. Approximately three-thousand students have studied and trained in either an aspect of, or the entirety of my Amerasian Defensive Arts program. This has taken much personal sacrifice and discipline over all these years.



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The Development of the FMA in Buffalo, NY: 1980's to the Present

By *Jerome Barber, Ed. D.*

Any discussion regarding the Filipino martial arts in the Buffalo, NY area has to begin with Sifu Donald J, Zanghi. He was the first martial arts instructor in the Western New York (State) region to introduce the Filipino martial arts to his own students as well as other instructors and their students. Some 32 or so years later a number of other names are more closely associated with Modern Arnis and the Filipino martial arts in the Buffalo area than Don Zanghi's. However, if the full and honest truth is to known one has to begin any discussion regarding the Filipino martial arts and Modern Arnis with Don Zanghi. There are also a number of other people in the Buffalo area who were influential in the development of the FMA / Modern Arnis who have fallen from view and I will be mentioning several of them in the body of this essay. Sifu Don Zanghi is the most important person of all those who were first associated with the development of the Filipino martial arts in Buffalo, NY.

At this point I want to openly state that I was both a student and friend of Don Zanghi. I earned my first black belt ranking under his tutelage and I used his program curriculum from the "Fighting Back Institute" as the basis for my instructional programs at Erie Community College as well as several commercial schools in the Buffalo suburbs from 1985 to the present. My introduction to Sifu Zanghi was through my good friend and 'cousin' Arkiel Kauyder. Arkiel and Don first met through a mutual friend who was a co-worker of Don's at a state youth detention

facility in Buffalo. All three men shared a profound interest in firearms in general and defensive or combat pistol shooting in particular. In 1981 Don began teaching a crash course on empty hand defensive tactics and defensive shooting to members of the 'Dorie Miller Rifle and Pistol Club', in Buffalo. Arkiel was the club founder and president. He suggested that I attend the club training sessions since I had a small free-lance photography business and typically carried some very valuable equipment on my assignments in addition to often traveling alone. The training sessions were so interesting and informative that I decided to join Don's 'Tracy Kenpo' training program in 1982. There were 2 locations for the "Fighting Back Institute". One was in Buffalo and other in a nearby suburb, Depew, NY. I began training at the latter school because of another commitment that prevented me from training in Buffalo where I was living at the time.

In 1982 when I joined the F.B.I. program, Don was transitioning into a blended Kenpo-Arnis format and talked about building an 'art within our art'. I had already learned some techniques from the Tracy Kenpo System through the "Dorie Miller Club" program and Don had just returned from a two week summer training camp in Washington State with Professor Remy A. Presas, the Founder and Grandmaster of Modern Arnis. Don came back to Buffalo a changed man. He would soon develop a nearly perfect blending of empty hand and

weapons based self-defense training, with the full knowledge, encouragement and permission of both Grandmaster Tracy and Professor Presas. By 1985 when I received my black belt from Don Zanghi, the F.B.I. program was officially listed as "Kenpo-Arnis" and my belt rank was listed as "Shodan-Lakan Isa". After earning my 1st degree black belt, from Don in the 'twin' arts of Kenpo and Arnis, I continued training in both arts. I would eventually earn 3rd degree Black Belts in Tracy Kenpo under Sensei Ernie McPeek and in Modern Arnis under Professor Remy Presas. Still later in my career I would earn 6th degree black belts from Shihan McPeek (Kenpo Goshin-jitsu) and Punong Guro Tom Bolden (American Modern Arnis and Pancipanci Eskrima). In 2010, I was recognized as a Grandmaster and Datu in the FMA by Grandmaster Vincente Sanchez, the President of the Kali-Arnis Black Belt Council of the Philippines in 2010. The previous year (2009) I was recognized by Grandmaster Lou Lledo, the Founder of Arara Arkanis Philippines and the Mataw Guro Association of the United States as a Mataw Guro or Master Teacher of the Filipino martial arts. I was 1 of 12 people selected to be members of the Charter Class of the Mataw-Guro Association.

I attended the 3rd Modern Arnis Seminar held in Buffalo with Professor Presas in 1983 and it was hosted by Don at the Depew school. A number of instructors and their students attended this seminar and while I was totally unfamiliar with these people at that

time, I would eventually learn who they were and work with several of them at a number of Modern Arnis seminars or camps taught by Professor Presas over the next 17 years. At this juncture it is important to note that the very first Modern Arnis Seminar that I am aware of was hosted by Don, at least a year earlier, but was held at the Allentown Community Center, in downtown Buffalo. The site host was Sensei Ernie Delts, who taught Jong Park TKD, but he had also trained in Pekiti Tersia Kali under Tuhon Leo Gaje. Sensei Delts' training in PTK and exposure to the Filipino martial arts happened several years earlier than Don's, but he chose not to formally teach the art at his Jong Park dojang. Dan Carr, a black belt student of Sensei Delts, would later cross-train in Modern Arnis under both Professor Presas and Don, earning a Lakan Tatlo (3rd degree black belt) rank in Modern Arnis from Professor. He has taught both TKD and Modern Arnis in his own program at the Kin-Tora Judo Dojo in Buffalo. I practiced under Sensei-Guro Carr for about 5 months as I prepared to attend my first Modern Arnis Summer Camp in 1986. It was during that time that I met Sensei Delts and learned some of the background history of the FMA / Modern Arnis in Buffalo.

There are 2 other people who have to be mentioned in any serious discussion of the development of the Filipino martial arts in Buffalo, Guro David Battaglia and Guro John Bryant. Guro Battaglia was the first person to earn an Arnis black belt in Modern Arnis from Don Zanghi. He also managed of the Buffalo branch of "Fighting Back Institute" for a

number of years, producing several black belt students of his own. Guro David has preserved and expanded on the firearms portion of the Fighting Back curriculum for self-defense and added an Aikido component to the curriculum. During my under-belt days at the Depew school, Guro David helped me during the early phase of single stick training in Modern Arnis. I regard Guro David as my senior in both Modern Arnis and the Fighting Back Institute curriculum.

Guro John Bryant stopped training at the Fighting Back Institute just before I joined in 1982. He had earned his first level brown belt under Don, when he broke away to open his own school, the "Filipino Karate Academy" in Amherst, NY which is a suburb north of Buffalo. To this day, there is an on-going dispute regarding the circumstances surrounding John's departure from F.B.I. Guro John has always steadfastly maintained that Professor Presas had encouraged him to leave Don's school and according to John, he was promised that Professor would establish the IMAF Headquarters at the Amherst school. It would be an extreme understatement to say that Sifu Don and Guro John were never able to bridge the gap that resulted from John's abrupt departure and subsequent opening of his own school, even though the two schools drew students from totally different areas of the Buffalo community. There was at least a 10 mile separation between the "Filipino Karate Academy" and the Buffalo branch of the F.B.I.

Guro John produced three (3) black belt students, Ms. Tamar Wilson, Mr. David Smith

and Dr. Jordan Yee. All three have left the Buffalo area and I do not know if any of them are currently teaching Modern Arnis. Perhaps Guro John's best known student, Mr. Tim Hartman, quit his training at the F.K.A. before earning his brown belt in 1986. He later opened his own Modern Arnis School in West Seneca, NY before earning his Lakan ranking from Professor Presas in 1987 at the 1st Erie Community College 'Modern Arnis Summer Camp' that he co-hosted with me. For some reason, Mr. Hartman, does not like to mention the fact that he trained for several years under Guro John Bryant at the F.K.A. This essay would not be an accurate history regarding the development of the FMA/Modern Arnis in Buffalo if the association between Guro John Bryant and Mr. Tim Hartman were omitted or ignored.

In January 1986 I wrote the first draft of the "Kenpo-Arnis Self Defense Program" that I would eventually teach through the Physical Education Department at Erie Community College at both the City (Buffalo) and South (Orchard Park) Campuses from 1987 through 2011. The significance of the ECC program is that it was the first and to the best of knowledge, is still the only Modern Arnis program outside of the Philippines that was being taught for college credit.

The ECC program came into being because of a confluence of factors. It was simply a case of being at the right place, at the right time with the right package. During the early days of my under-belt training with Don, I learned that Professor Presas had taught Modern Arnis at several colleges in the Philippines before immigrating to

the USA. I decided that I would write a curriculum for and teach Modern Arnis at Erie Community College, South Campus, where I was already a tenured sociology professor. I simply needed to complete my own under-belt training with Don, get my black belt certificate and then write the curriculum. When I mentioned my plan to Don and Professor, they both encouraged me to proceed with the project; however, neither man offered me any curriculum guidance. I later found out why there were no offers of help. Professor did not have a written Modern Arnis curriculum and he had never established a permanent national headquarters school in the USA. Consequently, I was on my own.

The quick and simple solution became readily apparent. I would take my notes from Don's Kenpo-Arnis instructional program, add my notes from Professor's seminars which I had attended and use his first video tape series (circa 1985) as my curriculum resource materials. When I completed my under-belt studies with Don in December 1985, I began compiling my collected Tracy Kenpo-Modern Arnis data.

In the meantime, the Middle States College Accreditation Group had just completed their 1984-85 academic year review of the ECC South Campus course offerings. In their exit review with the college administration, they very strongly suggested that the South Campus Curriculum Committee needed to add some new academic course offerings within several departments.

Mr. Paul Barone, the South Campus PE Department Chair, had given me permission in 1985 to use

a campus dance studio for informal workouts with several martial arts students on Tuesday and Thursday afternoons. These students were interested in sharing ideas and exploring different options within the martial arts. Ultimately we were cross training in Kenpo, Arnis, Isshin Ryu, Judo and Shotokan at a time when most martial arts school instructors taught a single traditional system. The students, Herb Eckert, Duane Brown, Carl Wilson, Jim Wright and Paul Martin would later form the Self Defense Club in 1986, under the auspices of the South Campus Student Government which would in turn fund the first ECC Modern Arnis training seminar featuring Professor Remy Presas.

When the Middle States report was finalized, Mr. Barone approached me about offering a martial arts course in the Fall Semester of 1987. He didn't have to ask twice! We already had the SD Club in operation and I wanted to teach Modern Arnis at the college, so it was a no-brainer for everyone involved.

I wrote up the first curriculum draft in January 1986 and after several rewrites, I formally presented my proposal to the ECC South Campus Physical Education Department Chairman in April 1986. The Physical Education Department Curriculum Committee approved the first two courses in April of 1987 for trial runs in the Fall Semester, 1987 and Spring Semester, 1988. If both courses ran successfully then the remaining two courses would be allowed to run in the Fall Semester 1988 and Spring Semester 1989. After the Spring Semester, 1989 all four courses were reviewed a second

time and the committee approved all of them for permanent inclusion in the department offerings.

I opened the first Kenpo-Arnis Self Defense Course for academic instruction in September, 1987. It is a fully integrated self-defense oriented curriculum now consists of four courses:

Basic Self Defense I:
Kenpo-Arnis PE 200

Self Defense II:
Modern Arnis-Pancipanci Eskrima PE 201

Self Defense III:
Modern Arnis-Paradigm Escrima PE 220

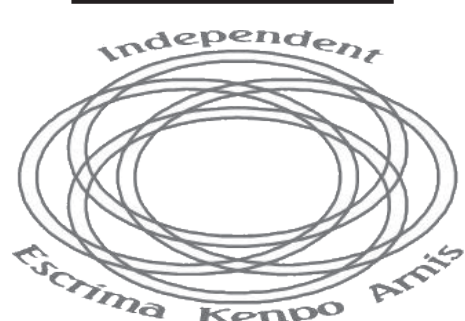
Self Defense IV:
Tracy Kenpo-Modern Arnis PE 221

These four (4) courses have been running in sequence for the past 48 consecutive semesters or 24 years in a row. In 1990, the self-defense courses were also offered at the City Campus and ran from that point until 2000, when I had to stop teaching there because of scheduling considerations in the Sociology Department where I was a tenured Professor. The City Campus Kenpo-Arnis Self Defense Program was reopened in 2004 under the direction of Guro Paul Martin. It has been running ever since that time.

Currently, Modern Arnis is being taught in the Buffalo area by the following people, David Battaglia, Paul Martin, Dan Carr, Mary Altair and Tim Hartman. All of these people came through the lineage of Sifu Don Zanghi, either directly or indirectly. David Battaglia and myself are direct students under Don. Dan Carr, trained directly under Sensei Ernie Delts and occasionally under Don. John

Bryant was Don's student before opening his own school and taught Tim Hartman, who in turned open his own school. Ms. Mary Altair and Paul Martin are my students and part of the direct connection to the Zanghi lineage, which the 3 of us acknowledge along with Mr. Battaglia.

The fact that Modern Arnis is the major Filipino martial arts being taught in the Buffalo Metro Area is something of a fluke because there was at one time a possibility that Pekiti Tersia Kali could have been the first Filipino martial arts taught here. The decision by Sensei Ernie Delts not to teach PKT was quite fateful and his decision opened the door for Sifu Don Zanghi to introduce Modern Arnis to the Buffalo Community without a competing Filipino martial arts system in the area. 60 miles to the east in Rochester and 140 miles east in Syracuse NY, the Inosanto JKD-Kali System is being taught almost to the exclusion of all other Filipino martial arts systems. Perhaps someone will contact Guro Kevin Seaman and he can detail how and why the Inosanto System dominates the scene in those two cities as well as his home city of Cortland, NY.



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The Erie Community College Kenpo-Arnis Legacy Continues

By *Keri Marotta*

The best way to start this is by letting me introduce us. My name is Keri Marotta, and I have been training under Dr. Jerome Barber since January of 2010, along with Mary Altair and Mike Zelli at his Self-Defense program at Erie Community College South Campus. When we started training we had no idea we would be where we are today. All three of us started off with empty hand defenses, as every new student should. Empty hand soon progressed into stick defenses. We worked through the summer and winter breaks between semesters so we could keep our training moving forward.

The semesters that stood out to us the most was the Spring and Fall of 2011. It was during these semesters that Dr. Barber began preparing Professor Altair to assume his role as the principal instructor of the ECC Self Defense Program at the South Campus in Orchard Park, NY. He had decided that he would be retiring soon but had not yet set a date. There were several potential replacements in the wings, including Guro Paul Martin, Guro Kenneth Boehm, Mr. Tony Illardo and Dayang Debra Moore. As he would explain to us later, a number of complications arose with made it difficult for each of the aforementioned people to make a full commitment to taking over the instructional duties for the program. Therefore, after several discussions with Professor Altair, Dr. Barber, began preparing her to assume the principal instructor position during the Spring Semester of 2011. While prepar-

ing Professor Altair for the task of principal instructor, Dr. Barber was preparing Mike and me to assist her. The three of us were nervous at first, but Dr. Barber confidently assured Professor Altair, Mike, and me that we would do just fine if we made the course our own. Dr. Barber stressed to Professor Altair, very strongly that she could not and should not teach the course like him. The only way to be most comfortable teaching the course is to make it her own, teach as she sees fit. He was quite emphatic that she had to find her own voice and teaching method. That task was somewhat easier for Professor Altair to accomplish because she is an experienced college professor and anthropologist. Teaching is not a new venture for her merely the subject matter would be different.

On Tuesday, January 17, 2012, Professor Altair assumed the lead role as instructor of PE 201, Kenpo-Arnis Self-defense at the ECC South Campus. This was the very first time since 1987, that anyone other than was the lead instructor of a self-defense course at this campus. Outwardly, Professor Altair was in control and demonstrated a very confident demeanor. She was going to put her own stamp on the course. She did confide in Mike and me that she was a bit nervous that first day of class. After just a few short weeks of assisting her Mike and I are watching her evolve into a very confident and self-assured self-defense instructor. Professor Altair is finding ways of making the course truly her own. She has established a very

comfortable learning environment, where students do not feel embarrassed or ashamed to ask questions, or bring new ideas to the table. This learning environment is far from being an "it works because I say so" type of setting; Professor Altair, allows her students to see why and how the techniques work. The course is not designed to teach students how to fight, but rather to make themselves a harder target to attack, but, if a student does get attacked they have a line of defenses to keep themselves alive so that they can escape.

Professor Altair took on teaching the course with Dr. Barber's blessing for the spring 2012 semester. She has faced some obstacles as any new professor would, but she is working through them. Professor Altair has moved comfortably into this newest instructor position. When I talked to her about writing this essay she wanted me to talk about how this was a group effort to teach the course. Between the three of us, there is enough variation of one technique to fit everybody's physical stature, or needs. This allows students to see different possibilities within the defenses.

Professor Altair's teaching approach is very easy for most students to grasp. While teaching the, techniques she does it multiple times from multiple angles, and with different people, so students can see or feel the differences in attack and defense. She feels that if it is just the three of us demonstrating techniques then maybe students would not feel like it would work for them. She works with the students equally. The course is both informative and fun not only for her, but the students, as well as Mike and me.

During the years leading up to this semester, Dr. Barber has made it possible for Mary to establish a number of connections with other great martial artists. In having these connections it allows something different to be brought to the table, keeping things fresh and new. These connections have also turned into great friends. There is no real end point to learning self-defense. In a sense even the instructors are students again as well. It is good to have connections that show us something a little different from what we already know or do because it helps us to avoid looking like an army of robots who are programmed to always do the same thing, the same way.

Professor Altair, Mike and I are having a great time getting to know new people and instructing students. The course at ECC designed to teach people the most efficient way of keeping themselves and, others safe. Dr. Barber has provided this for students for 25 years, in a four semester progression, and he did not want to see it end due to his retirement. He put the course in Professor Altair's hands and she has grown into the role of being a great instructor, as Dr. Barber knew she would. Teaching a course such as this, allows each person to learn things about themselves that they probably would not have otherwise known. As with anything you do, you come up against successes and struggles. Celebrate the successes, and work through the struggles—all while having fun. Self-defense does not have to be taught in a serious, stern, inflexible manner, devoid of laughter and light hearted exchanges between people. It is a serious matter, but laughter and a

relaxed, open environment allow people to learn more at a faster rate. Although a confrontational situation can be a very serious matter, if a student has fun learning the techniques and concepts that have been taught, they are in a better position to utilize and apply the information that they have learned.

All three of us, Professor Altair, Michael and me wish that we could have experienced a training seminar with the late Grandmaster and Modern Arnis Founder, Professor Remy Presas. The stories that Dr. Barber, Kenny, Paul and Tony have shared with us are fun and give us a sense of connection to the past. Dr. Barber's comments and stories about his Kenpo-Arnis instructor Sifu Don Zanghi, reminds us that there is a lineage and "family" that we are part of even though we will never have the opportunity to meet these men for ourselves. Yet through the instruction, encouragement, coaching and mentoring that the three of us have received from our system seniors, we are prepared to continue the development of the Kenpo-Arnis lineage that Dr. Barber made available to us through Erie Community College, South Campus, Orchard Park, NY.

A Practical Focus

By *Tim Kashino*

In 1984, I was attending the late Gary Castanza's Universal Martial Arts Academy which focused primarily on Isshin Ryu Karate, but included rudiments of Kenpo Karate, Hung Gar, Choy Li Fut, Judo and Modern Arnis. In late 1985, Professor Remy Presas had come to town and Mr. Castanza hosted a seminar at our school. I was hooked on Arnis, seeing Professor Presas in action. The only thing I wanted to do from that point on was Arnis, but it was only an "add-on" in our school curriculum, and was not taught in its entirety. We learned the 12 angles of attack, some basic defense and disarming techniques as well as some empty hand translation of the same, but that was about it. Eventually I made the acquaintance of Dr. Jerome Barber early in 1988 while attending Erie Community College in Buffalo, NY. I had heard that Dr. Barber had a small group of students training in Kenpo and Arnis on campus. I was pleased to find someone teaching Arnis more in-depth and asked to join the group. The training I received was uncommonly good and would take me in a direction that I hadn't gone with any other instructor.

Through Dr. Barber, I met other Modern Arnis personalities in the Buffalo area including Don Zanghi (Dr. Barber's instructor and also Mr. Castanza's Modern Arnis instructor), Dan Carr and John Bryant; who were classmates of Dr. Barber, as well as Tammy Wilson, Jordan Yee and Tim Hartman; who were students of John Bryant. I even trained briefly with Dan Carr and Tim Hartman to

supplement what I was learning from Dr. Barber. Over time, it became clear to me that the instruction I was receiving from Dr. Barber was not only exceptional, but held certain qualities that other instructors just didn't have and one in particular that few bothered to impart at all.

The instruction that my fellow students and I received was quite different from the traditional martial arts (TMA) training I had received previously. Teaching was his profession, while teaching martial arts was his avocation. I never saw any desire from Dr. Barber to profit from teaching martial arts and my fellow students and never had to pay for the training that we received. The lack of commercialism was refreshing, as was his approach to teaching. He had no desire to mold anyone in his likeness. He wanted us to think for ourselves and encouraged us to apply critical thinking to our training. This was far from the cultish group-think I had experienced at other martial arts schools. It was clear what motivated Dr. Barber to teach martial arts was a desire to develop his students into not only well-rounded martial artists and highly capable teachers, but conscientious, independent-thinking human beings as well. The arrangement was simple, he showed up to teach and we showed up to train and learn. During that time I would train with Dr. Barber for three hours a day, Monday through Friday and put in an additional three to four hours on my own or with friends as well as several hours on Saturday and Sunday.

Often, Dr. Barber would hand me a book or video to supplement the lessons he had imparted, which I summarily devoured, took notes and returned to him.

Additionally, we weren't required to wear uniforms or call Dr. Barber sensei or guro, as he simply preferred to be called by his given name. This however, wasn't the only thing that set that training apart from the traditional training I had experienced earlier on. Dr. Barber's approach to teaching was markedly different as well. Instead of following the typical TMA learning paradigm of "learn a form - earn a belt," Dr. Barber taught conceptually. He identified the core concepts of the training and illustrated the interrelationship between those key concepts. The instructional program was focused on development of functional skills rather than perfection of high kicks and kata. The instruction was structured in a way that introduced more advanced material as quickly as students could absorb the previous material.

The most significant aspect of training with Dr. Barber was that he provided information on Article 35 of the New York State Penal Code, which defines what the appropriate and responsible use of physical force for self defense. He felt that it was his responsibility as an instructor to not only teach us practical self defense skills but to impart an understanding that in our litigious society, we are responsible for our actions and held accountable under the law. He also introduced us to the concept of vicarious liability and taught us to be responsible in how and what we

teach. At the time, I was shocked by the idea that I could be held responsible for something my student did to someone else. In today's litigious society there are living examples of instructors who taught their students "street lethal" martial arts and were found legally responsible in a civil court for damages done to a "victim" by one of their students in a physical confrontation.

In 1991, I left Buffalo and joined the military. As I progressed through my career as a military police professional, these same concepts of meeting force with appropriate force would be reinforced in the form of The Law of War, mandated rules of engagement, the use of force continuum (often called the ladder of force) and guidelines governing professional responsibility. I continue Dr. Barber's legacy by teaching "responsible action" in self defense. From time to time I am approached by a prospective student who wants learn "knife fighting" or has previously trained in some sort of "hard core, street lethal" martial art. I fight the urge to laugh when they tell me the latter. They are often disappointed by my propensity to teach "less-than-lethal" self defense with a hit and run philosophy because I reserve edged tool training for people that have earned my trust. Most people come to understand the purpose of my conservative training methods but once in a while I get one of these "warriors" who gives me a blank stare and slight head tilt like a confused puppy when I explain the idea of the application of appropriate force for self defense. Some even get insulted when I tell them that their previous instructor did them a great disservice by teaching

them to commit unrestrained violence. One of these clowns actually tried to tell me that his hands were registered as deadly weapons in Riverside, CA. I almost spit my coffee out all over him. When I was done laughing I invited him to go down to the local police station to "register his hands" so I could watch him get laughed out of the building. He respectfully declined my invitation.

Many who study (and teach) martial arts seem to buy into the typical action movie scenario where the good guy martial artist takes on the bad guys (victims) on their turf and skillfully and brutally beats them into submission while destroying surrounding property in the process. This scenario conveniently leaves out police involvement after the fact and possible criminal charges filed against the good guy because he went looking for trouble and brutally assaulted the "victims." There is also a convenient absence of civil suits filed against the good guy on behalf of property owners whose property was destroyed in the melee, the injured "victims" who, because of the severity their injuries, can no longer earn a living and the family of a "victim" that has filed civil suit against the good guy for the wrongful death of a beloved family member.

Yes, things like this really do happen. I know someone who was assaulted in a parking lot outside of a pub. My acquaintance successfully defended his self. The police arrived and witnesses corroborated that the good guy acted appropriately under the circumstances. After the assailant did a short stint in the county jail,

the good guy was served with a civil law suit for damages to his assailant's car, clothing and teeth, as well as lost time and wages on the job; all allegedly incurred during the assault that this person initiated. Unfortunately, the good guy ended up paying for the damages to the assailant's car. The judge presiding over the case seemed to feel that it wasn't necessary for the good guy to slam his assailant face first into his own car.

The underlying point of this article is to highlight Dr. Barber's approach to martial arts and self defense training and to encourage everyone who trains in any martial art, instructors and students alike, to research the laws that govern the acceptable (reasonable) use of force for self defense in their particular community. Laws vary from state to state, and in some cases county to county or municipality to municipality. This is fairly easy to do thanks to the advent of the internet. Most states have their penal (criminal) and civil codes on-line usually on a government website, plus some major universities with law schools often have their state's civil and penal codes in electronic format as well. In addition to researching applicable laws governing the use of physical force, it is important to include what is considered a weapon or dangerous/prohibited instrument under the law and how the law defines a "concealed weapon".

Of particular importance here is that there is no nationally accepted standard for use of force for self-defense. Additionally many states and municipalities differ greatly one another in how the laws are applied. What may be considered justifiable action for self defense in Huston, Texas or

Spokane, Washington may not be considered justifiable action in Los Angeles, New York City or Washington D.C. In the absence of or unavailability of that information, one can apply what is known as the “reasonable person standard.” In most cases, when faced with aggression and diffusion or aversion either has not worked or are not possible, a person is justified to exercise one’s inherent right to self defense. The caveat to the use of physical force for self defense is that one must have a reasonable expectation (fear) of serious bodily harm. One may meet force with equal force. However, this must be done with restraint. By restraint, I don’t mean gently or softly. Restraint in this case refers to applying only the type and amount of force necessary to stop the attack on one’s person gain control the situation. One must recognize when the aggressor is no longer threat, stop one’s own action and disengage - i.e., get away, far away, from the site of the confrontation.

In addition to exercising restraint, it is necessary to also demonstrate a desire not to engage in physical confrontation by both word and action. As a situation

develops, provided that you see it coming, it is necessary to clearly communicate to the assailant and to bystanders (also known as witnesses) that you don’t want any trouble and it is your intention to leave the area. In communicating your intentions it is important to do so in a loud voice. Your use of language during an encounter can be a key component in the judicial process. If you are giving clear verbal commands to the assailant “Leave me alone”, “I don’t want to fight you”, etc, this can be one more thing in your favor should the issue come before a jury. If you use profanity in communicating your intentions do so only to emphasize and seriousness of the situation. Do not use profane language in an insulting manner, as this will almost certainly escalate the situation. For example, “Back the f--k up” would be an appropriate application profanity; “Hold on mother-f---r, I don’t want any trouble” is not.

Your actions after the confrontation are important as well. Being the first to call 911 would be of great benefit. If the scene is safe, stay there and wait for the police to arrive. If you are held and questioned by the police,

stay calm and cooperate with them. Answer their questions honestly and professionally. Recount the incident as accurately as possible and clearly state your actions in relation to those of your assailant to reinforce the reasonableness of your actions. If the scene is not safe, leave the area and call 911 as soon as possible. Tell the operator where you are, what happened and where it happened. When the police arrive, cooperate with them as previously stated. In both cases, ensure that any injuries you incur (or may have caused to your assailant) are documented.

Twenty-four years ago I had been taken in a different and more enlightened direction while training with Dr. Barber, and I find that far too few people involved in martial arts training ever have that sort of influence. Many people start training in martial arts to develop self defense skills and for a feeling of being physically secure, but neglect the responsibility that comes along with being a “trained” individual. It is imperative to be familiar with the laws that enhance and/or limit one’s inherent right to self defense so they don’t end up on the wrong side of the law for doing the right thing.

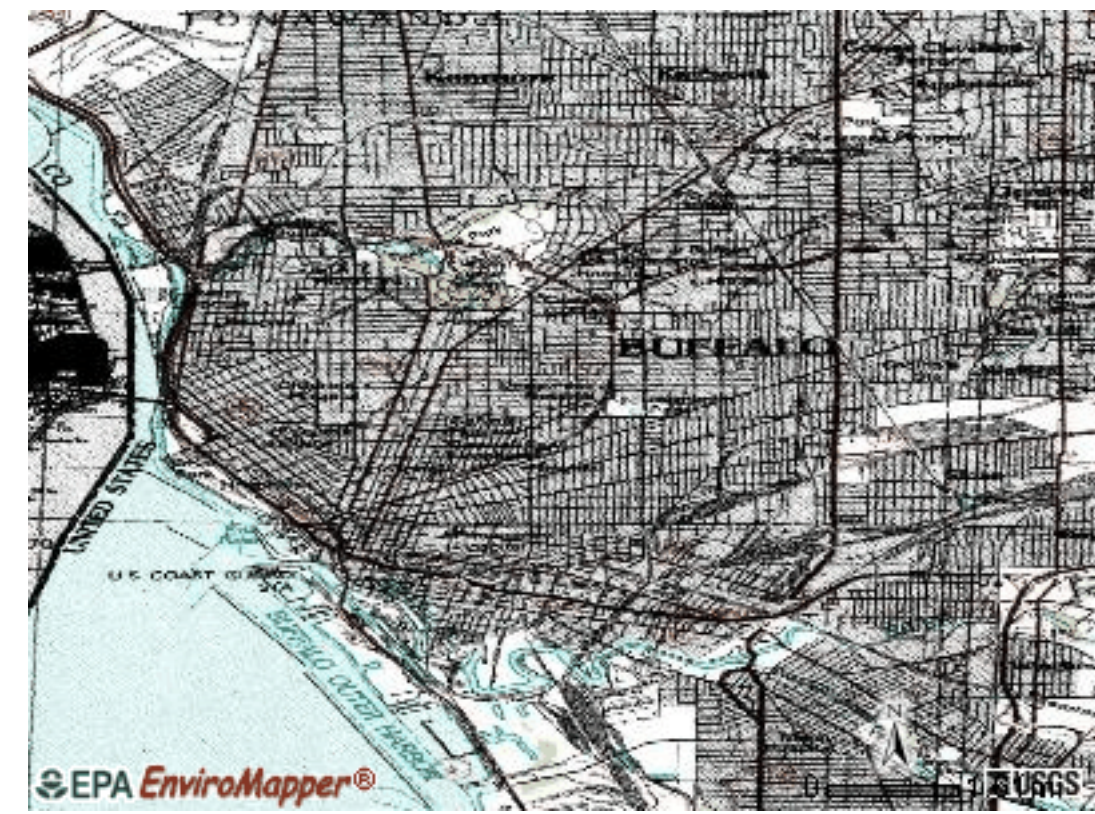
Buffalo, New York



Buffalo is the second most populous city in the state of New York, after New York City. Located in Western New York on the eastern shores of Lake Erie and at the head of the Niagara River across from Fort Erie, Ontario, Buffalo is the seat of Erie County and the principal city of the Buffalo-Niagara Falls metropolitan area, the largest in Upstate New York. Buffalo itself has a population of 261,310 (2010 Census) and the Buffalo-Niagara-Cattaraugus Combined Statistical Area is home to 1,215,826 residents.

Originating around 1789 as a small trading community near the eponymous Buffalo Creek, Buffalo grew quickly after the opening of the Erie Canal in 1825, with the city as its western terminus. By 1900, Buffalo was the 8th largest city in the United States,[6] and went on to become a major railroad hub, and the largest grain-milling center in the country. The latter part of the 20th Century saw a reversal of fortunes: Great Lakes shipping was rerouted by the opening of the St. Lawrence Seaway, and steel mills and other heavy industry relocated to places such as China. With the start of Amtrak in the 1970s, Buffalo Central Terminal was also abandoned, and trains were rerouted to nearby Depew, New York (Buffalo-Depew) and Exchange Street Station. By 1990 the city had fallen back below its 1900 population levels.

Today, the region’s largest economic sectors are health care and education, and these continue to grow despite the lagging national and worldwide economies. This growth has been maintained, in part, by major expansions of the Buffalo Niagara Medical Campus and the University at Buffalo, The State University of New York. The retail sector of Buffalo’s economy has remained strong throughout the economic recession due to additional revenue from Canadian shoppers who wish to take advantage of lower prices and taxes on the American side of the border. A recent study found Buffalo’s August 2011 unemployment rate to be 7.3% In 2010, Forbes rated Buffalo the 10th best place to raise a family in America.



School Submission

The schools listed teach Filipino martial arts, either as the main curriculum or an added curriculum.

If you have a school that teaches Filipino martial arts, or you are an instructor that teaches, but does not have a school, list the school or style so individuals who wish to experience, learn and gain knowledge have the opportunity.

Be Professional; keep your contact information current. - **Click Here**



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Article Submission

Finished manuscripts should be accompanied by color or black and white photographs. Though we take care of materials, we can not be responsible for manuscripts/photographs and accept no liability for same. Every photograph or graphic must be accompanied by a caption Carefully key photos to caption information with a letter or number.

We reserve the right to use any photo(s) as cover material or additional compensation. We also reserve the right to edit material and to crop photographs.

We reserve the right to use articles or parts of articles that are given and approved from time to time as needed to promote the Filipino martial arts and the Culture of the Philippines.

Physical manuscripts should be typed in black, double spaced, and set to 1-1/2 margins (right and left).

Emailed manuscripts should be typed in Ariel or Times Roman, on programs such as Notepad, Wordpad, Microsoft Word, Word Perfect and can be sent as an attachment. Photo(s) can be sent as a .jpg, .gif, .bmp, or .tiff to **Article@fmainformative.info**

We welcome your article, ideas and suggestions, and look forward to working with you in the future.