

# Hilot

## Filipino Ancient Therapy

**Hilot** (/hee-lot/) is an ancient Filipino art of alternative healing therapy, which is commonly used today to relax stressed muscles. Masahista or Hilot practitioner as well as Albularyo's is the much sought alternative healing arts from the Philippines and is very much embraced by the Filipino culture, especially in very deep rural areas.

### Gat Puno Abon "Garimot" Baet *Hilot Guro*



**Hilot - Filipino Ancient Therapy**  
**Four Major Type of Hilot**  
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www.garimot.com

### Garimot Hilot

Gat Puno Abon “Garimot” Baet is the latest member to embrace his family art of Hilot. He has also categorically organized and promoted the system outside his family by means of public demonstration and treatments. He began serious training in Hilot at age of 9 under his strict tutelage of his Grandmother Elisea “Eli” Baet, then he also studied under his Grandfather Jose “Uti” Baet, his Father Grandmaster Felipe “Garimot” Baet. He eventually trained under the grat Hilot of Lumban, Laguna Grandmaster Juan Ladian and Grandmaster Andoy Cacaos. He even sought other Hilot in the Mauban, Rizal, Batanggas province to absorb more knowledge. Today Gat Puno Abon is a known Filipino Hilot through out the Filipino Community in Florida. He has even demonstrated his skill in numerous Seminars in Chicago, NY, California, Texas, Tennessee, Wisconsin and Venezuela. He also established the “Hilot Research Center USA” based in Florida for the the study of Hilot and related medicines and History.

Gat Puno Abon “Garimot” Baet known for the Garimot System of Arnis de Mano, provided his knowledge to this Informative Issue of Hilot. Gat Puno Baet is a very knowledgeable individual, always with a smile, and good word he is highly respected throughout the martial arts community. Gat Puno Baet has demonstrated, given lectures and seminars on Hilot, he has treated many individuals through his travels, just to mention a couple there is Grandmaster Bobby Taboada of Balintawak and the late Great Grandmaster Ernesto A. Presas of Kombatan.

Gat Puno Baet to say the least is just a very impressive practitioner of the Filipino martial arts, his theory and application of Hilot is of the highest standards. And to top it off he is a Master Chef.

It is planned when talking to Gat Puno Baet that he will (in the future) provide enough information for a FMA Informative issue on the history, philosophy, technical aspects of his art called Garimot and also share in another issue a bit about himself as a Master Chef and hopefully some recipes and preparations of some of his master pieces he has created in the kitchen.

It should be noted that if you ever get the opportunity to attend one of Gat Puno Baet seminars ‘Do Not Hesitate’.



Each issue features practitioners of martial arts and other internal arts, other features include historical, theoretical and technical articles; reflections, Filipino martial arts, healing arts, the culture of the Philippines and other related subjects.

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Great Grandmaster Ernesto A. Presas



Grandmaster Bobby Taboada

# Hilot

## Filipino Ancient Therapy

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Hilot, the Filipino therapeutics healing arts, are the oldest and the most secret arts in the Philippines. Most Hilot in the Philippines is either learned from relatives through hands on practice or inherited from their forefathers passing the arts from one generation to the next. Anywhere you visit in the Philippines, the majority of Filipinos is exposed to the curative value of Hilot. The art survives through family interaction, relatives and by associated friends. Hilot apprenticeship is taken seriously by the young "Hilot" to absorb as much of the knowledge as possible from his/

her "Hilot Guru". Due to the fact that there is no written history of these arts, it makes it harder to find an accurate links between the knowledge and theory of the Hilot and that of other healing arts of Asia, such as arts from China, India, Japan and others.

### Other Native Names for Hilot?



Hilot is a word from the Tagalog dialect meaning massage rubbing or touch with therapeutic care. There are many words used to refer to the healer (or Hilot). From the Tagalog region there is "Hilot," "Manghihilot," "Hagod," "Manghahagod," "Haplos," "Albularyo," and "Mangagamot." Also there is "Aplos" in Bontoc region, "Unar" in the Kalinga Apayao region, "Aptus" in the Ibatan region, "Ilot" or "Ilut" in the Ibanag, Isneg, Ilocano, Itawis, Zambal and Pampango region. Then there is "Ablon" in the Northern Ilocano region, "Kemkem" in Pangasinan region, "Elot" in the Ilonggo region, "Agud"

or "Agod" in the Mindanao and Maranao region, and "Hagod" in Bukidnon region.

### Hilot Research Center USA

Gat Puno Abon "Garimot" Baet Founded Hilot Research Center USA in July 1993 for the intensive analysis, further investigative study, and documenting of the healing theories and practices of Hilot therapy. He gave free Hilot therapy to the group of Filipino/American in South Florida not only in the US also in Venezuela and Germany.

One main goal has been to study and compare the similar value of other Asian healing therapy, and hoping one day we can offer Hilot therapy as alternative that can work side by side with other Asian therapies. Gat Puno Abon "Garimot" Baet's idea is to recruit "Modern generation Hilot" to extend this art outside of the Philippines. Guro Abon or Gat Puno Abon has done much to re-organize and standardize the ancient Hilot therapy to be taught in the setting of western civilization. He successfully categorized the four types of Hilot therapies that have existed in the Philippines. Each type of Hilot Therapy has its own theories and techniques with benefits to stimulate body energy utilizing massage, herbs, various liquid essential water, oil, vinegar, fruit, wine, alcohol and more. Today we proudly present the ancient Hilot therapy.

### Four Major Type of Hilot:

**Hilot Albularyo** - "Dangkalan" Acupressure Therapy a musculo-



Gat Puno Abon is working on receivers back, as he demonstrating "Dangkalan" techniques of the Hilot Albularyo, the receiver complaining a back and shoulder ache.

ligamentous and musculoskeletal manipulation and massage (using coconut oil, and herbal, floral scented coconut oil)

**Hilot Buga** - "Hagod" Herbal Therapy, massage diagnostic utilizing herbal mixture w/ oil, vinegar and other essential ingredients. (Ginger, garlic, honey, fruit, alcohol, lime, beetle nut etc.

**Hilot Bintusa** - Heat and Cupping therapy a deep tissue therapy utilizing heat/fire, and heat cupping techniques using (Bamboo, coconut shell, glass or porcelain cup and fire).

**Hilot Babad** - Aqua Therapy - Babad means soak in water or essential herbal/water mixture to relieve stress or tired body, it a relaxing therapy using mass body of water, or warm water with vinegar, oil, alcohol and herbs.

### What Are the Benefit of Hilot Therapy

Hilot Therapy increases the lubrication between muscle fibers and allows the muscle to move optimally. Muscle fibers are designed to work independently of each other. When muscles dry out, or

dehydrate, the fibers stick together and the muscle becomes stiff or ridged. As fluid is reintroduced, the muscle softens and regains its flexibility. As circulation increases between the muscle fibers, nutrients reach the cells and toxins are carried off more efficiently.

Aging is largely a process of dehydration. The less water in the body, the more quickly we age. As we dehydrate, we begin to shrink and as our muscles become smaller, our skin begins to wrinkle. Drinking lots of water and having regular massage is a great way to get rid of wrinkles. At post mortem, muscle dehydration is found at every area of disease. This would lead one to believe that good circulation could possibly keep one healthy. Degenerative diseases like cancer and muscular sclerosis are anaerobic and cannot live in an oxygenated environment. Because blood carries oxygen to the cells circulation is necessary for optimal health. The Bible teaches that life is in the blood. If this is true we need the best circulation we can get. Hilot Therapy increases circulation, hence, increases oxygen to the cells.

From a psychological point of view, massage creates a sense of being cared for, of being nurtured. Hilot helps us become more aware of our bodies and the feelings we value. Human touch connects one person to another and the feelings healing shared and energizing emotionally. Safe touch is an important part of life; Therapeutic massage is a relaxing way to heal and enjoys life.

Looking at Hilot from a physics point of view, we see that electromagnetic energy called "buhay" is transferred

from the giver to the receiver and back. Gadgets or machines cannot duplicate this energy transfer. The oriental cultures call this energy Chi' or life energy. The world-renowned nuclear physicist, Professor Serge Sitka, of Vidguk from Ukraine, has developed equipment that is able to record this energy in the millimeter range of radio waves. This human energy transfer is an important part of the healing process. Many believe that this is simply love being transferred from one person to another. Massage gives one a feeling of comfort and relaxation like a mini vacation from the pressures of life or simply stressful lifestyle.

A clinical study at the University Of Miami School Of Medicines shows that massage increases mental alertness and accuracy in mathematical calculations. A group was given mathematical problems both before and after a series of massages and accuracy increased some 20%. Massage also increases



Gat Puno Abon applying the shoulder/arm manipulation to release calcified tension to the shoulder, to release the "buhay sala" or energy block.

beta waves in this study, which shows that one is more relaxed after a series of massages. This relaxed state lasts longer as the cumulative benefits of more massage at regular intervals are experienced. Weekly massage will make you look and feel years younger.

### **Hilot Therapy, Theory, and Practice**

**Haplos** (*Light Rub*) - a gentle rub massage, gently place the palm to the skin, lightly press and rub downstream stroke or upstream stroke. This is great first step on the Hilot Massages; it help promotes stimulates the body. Help awakening the sleepy nerve and circulatory system. This helps the body to keep it in warm temperature, for Hilot Massages greater result.

**Hagod** (*Massage*) - is a gentle and passionate touch of the giver to receiver. This is the most important part of Hilot, here were you will be receiving healing energy from the Healer. Hilot Guro is applying various essential massages stroke for giving soothing and relaxing massage. Whether you are receiving a healing treatment or just having a relaxing massage, Hilot Guro will certainly make sure that your body is essentially treated to enhance it, reduces the heart rate and blood pressure, increases blood circulation and lymph flow, reduces muscle tension, improves flexibility, and relieves pain.

**Patong** (*Top Hand Position*) - is a pleasing relaxing massages, which Hilot Guru place his palm on top of the body press lightly. Here the heat temperature from Hilot Guru Palm, transmitted, to the skin, open pores and energy were

absorbed and circulated to the body of the receiver. These were effective treatments and helps enhances positive results if the receiver closes his/her eyes during treatments. Treatment promotes increase of blood circulation, It's good for relaxations it maintained the body in warm temperatures.

**Sahod** (*Palm Scooping Position*) - is a massage stroke used by Hilot Guro, if the receiver is lying, it's a palm scooping motion from the bottom to the side of the body. This is also effective stroke to apply in the lower tummy area, to pull and stretched the deep tummy elastic muscle without hurting or bruising.

**Tuon** (*Palm Press*) - is a palm press massage techniques use majority to the back of the body, and some occasions to the major pressure points. A Hilot Guro pressed into the energy point located near the left or right of the upper back to release built up tension and back pain, is a very common technique during the massage. But a full Hilot also involves the backs of the legs and the deeper muscles within the buttocks.

**Turo** (*Point Finger Press*) - is a finger press massages techniques use mostly to the deep tissue, tendon, ligament treatments, joints and circulatory system. A Hilot Guro pressed into the acupressure points, and dig in to work to the deep tissue, and triggering the electromagnetic tissue that helps increase the circulatory system to carry the energy to the particular target spots. These massage techniques openly painful for the first press and slowly relieving pain as the process and healing progress.

**Diin** (*Thumb Press*) - is a thumb

press massages techniques use by Hilot Guro, to press major and minor acupressure points. This is the massage technique used in "Salamin" or "Dagdagay" (Reflexology) or foot massages. Reflexology is a science, which deals with the principle that there are reflex areas in the feet, and hands, which correspond to all of the glands, organs and parts of the body. Stimulating these reflexes properly can help many health problems in a natural way, a type of preventative maintenance.

**Dakot** (*Grab Press*) - is a massage techniques used by Hilot Guro, to grab and squeeze lightly or medium the muscles. This technique is good for arm, shoulder, leg and thigh muscles. This massage technique helps reduces muscle



*Gat Puno Abon, applying the "Dakot" or palm grabbing techniques that release "hangin" or the wind energy.*

tension, improves flexibility, and relieves pain.

**Pisil** (*Finger Press*) - is a massage techniques used by Hilot Guro, to press the small muscle parts in the body, like hands, foots, face, nose, eyelids, and ears. This massage technique helps reduces muscle tension, improves flexibility, and relieves pain.

**Kurot** (*Pinching Press*) - is a massage techniques used by Hilot Guro to pinch skin and outer tissue

to awaken the sleeping senseless feeling body. This technique also is effective techniques to use to hairline, pulled muscle and minor pinch nerve.

**Liyabe** (*Knuckle Press*) - is a massage techniques used by Hilot Guro to break it down the muscle spasm, by making a fist stick out the pointer and index knuckles. Hilot Guru will press knuckle to muscle and do the clockwise twisting strokes like holding a key and opening the locks, this stroke will help the muscle to rotating stretched that help to break the knots or ease the muscle pain.

**Kamau** (*Fist Press*) - is a massage techniques used by Hilot Guro to back muscles, alternative for the palm press. Fist press techniques use majority to the back of the body, and some occasions to the larger joints. A Hilot Guro pressed into the energy point located near the left or right of the upper back to release built up tension and back pain, is a very common technique during the massage. But a full Hilot also involves the backs of the legs and the deeper muscles within the buttocks.

**Braso** (*Arm Press*) - is a massage techniques used by Hilot Guro to the muscle, especially if the muscle is bruised, it's a wise to use the arm for rubbing motion to help the bruised to disappear and help blood circulation to put it back to a norm. This technique also is advisable to use for a swollen part of the muscles, to push away the stagnant energy to other part of the body.

**Siko** (*Elbow Press*) - is a massage techniques used by the Hilot Guru to work on the deep tissue massage treatments. This form of techniques is advisable to the athletes, or the person using too much of the

muscle for hard works. Effective techniques to use for the muscles spasm and back ache, due from sciatic irritations. Often used to the male since male muscular activities is some rougher than the female. It does not mean, isn't effective to used to a female, it's just the female muscle is tender than man probably due from their natural and flexible muscular attributes.

**Apak** (*Foot Press*) - is a massage techniques use by the Hilot Guru to the back massage treatments. This is often used by a female Hilot, often times female Hilot struggle to break the muscle spasm and work deep tissue massage, located to the back of the muscles, they would prepared to used their foot for greater strengths and affectivity. This work alternatively with Tuhod techniques.

**Tuhod** (*Knee Press*) - is a massage techniques use by the Hilot Guru to the back massage treatments. This is often used by a female Hilot, often times female Hilot struggle to break the muscle spasm and work deep tissue massage, located to the back of the muscles, they would prepared to used their foot for greater strengths and affectivity. This work alternatively with Apak techniques.

**Tampal** (*Palm Tap*) - is a percussion palm massage techniques used by the Hilot Guru, to the muscle and joints. It's given passionate relaxing results, it reduces pain and relaxing an ache muscles caused of fatigues or stressed condition.

**Pitik** (*Finger Tap*) - is a percussion finger massage techniques used by the Hilot Guru, to ease headache due from cold and sinus allergy. Its helps relax and open

the congested nose, clear up the air passages caused of colds or allergy.

**Suklay** (*Finger Comb*) - is a finger comb techniques used to massage the head, by combing using all the tips of the fingers, on up and down passion. This helps the hair breaths and pores release some tension often causes headache. It's also helps the oxygen to flow freely and relaxes brained muscles caused of the soothing massages.

**Bayo** (*Hammer Tap*) - is a hammer fish percussion massage techniques used by the Hilot Guru to the muscles, to ease the ache muscle spasm, due from lack of rest or over works. This is also great technique for shocking the muscle to bring it for the instant warm temperature conditions.

**Tulak** (*Pushing*) - is a pushing technique to help the body parts to stretched in therapeutic ways. These techniques often used to help the other massage techniques to work faster or effectively. This technique is essential part of techniques in bone setting procedures.

**Hila** (*Pulling*) - is a pulling technique to help the body parts to stretch in therapeutic ways. These techniques often used to help the other massage techniques to work faster or effectively. Its effective techniques for the arms, legs and neck area, its help stretched and free the foreign pinch nerve on the arms and leg area. This technique is essential part of techniques in bone setting procedures.

**Pili** (*Twisting*) - is a massage techniques used by Hilot Guro, to feel the dislocation and proper bone set of the arms, hand fingers, neck, legs and ankles. High skilled Hilot Guru uses this technique, this might not suitable to use by begin-

ner Hilot without the Hilot Guru supervision. This technique is essential part of techniques in bone setting procedures.

**Tiklop (Folding)** - is a massage techniques used by the Hilot Guru by folding, and manipulating fingers, hands, elbow, knee, ankles and toes. This technique is essential part of techniques in bone setting procedures.

**Inat (Stretch)** - is a massage techniques used by the Hilot Guro, to stretched the body, arm and legs. This technique is essential part of techniques in musculoskeletal & bone setting procedures. Inat also can be practiced as stretching exercise, to promote flexibility and enhances the body mobility.

**Agos (Down Stream Stroke)** - is

a massage strokes in downward passion, from head to the foot, following the flow of the circulatory system. Some Hilot Guro called this "Agos ng Buhay" Natural flow of life sunrise to sunset in sense.

**Salunga (Up-Stream Stroke)** - is a massage strokes in upward passion, from feet to the head, counter flow of the circulatory system. Other Hilot Guro called this "Salungat sa Agos" reversal flow of life from sunset to sunrise.

**Rolyo (Rolling Stroke)** - is a massage techniques used by the Hilot Guro by rolling muscles all over the body starting from the arms, body, legs, and ankles, and foot, then reverse to foots, ankles, legs, body head and arms.

**Tag-tag (Vibrating Stroke)** - does the Hilot Guro use a massage-vibrating stroke by pressing his palm on top of the muscle and start pushing into vibrating passion up and down. The vibrating strokes technique is good for arm, shoulder, and leg and thigh muscles. This massage technique helps reduces muscle tension, improves flexibility, and relieves pain.

**Bilo-bilo (Circling Stroke)** - is a circling massage stroke used by Hilot Guro, by using his thumb and hand in circling passion. This technique is an effecting stroke to break down the muscle spasm, and the annoying knot from old bruise or injuries. This massage technique helps reduces muscle tension, improves flexibility, and relieves pain.

## Hilot and Martial Arts?

Hilot and Martial Arts has one thing in common, both arts studies the human physical anatomy, both arts required long years of physical studies, required passion, patient, determination to reach the mastery.

In Garimot Harimaw Buno system (Filipino Wrestling) back in the old days, practitioner required to learn the "Hilot" before he/she is accepted to the Harimaw

Buno training, like the wrestler the Hilot are master of muscle and bones manipulations. In fact major position in Hilot is exactly the same position utilized in Harimaw Buno.

The Buno practitioner, one must understand how to stop his assailant, by controlling or subduing his opponent by means of lock control position or knocking them out by choke or breaking a limbs.

While in Hilot, practitioner must understand how to heal all of the bruised muscle, dislocated joints, pints nerve and injured body.

In the Garimot family both arts is well embraced and practiced for more than 100 years, up to this day in modern days. Gat Puno Abon teaches the two arts equally to his student and follower.



Applying Buno techniques of chokes and head cranks.



Demonstrating head crank.

## The Founder and Guro



Gat Puno Abon "Garimot" Baet - Studied the art of Ancient Hilot direct from his Grandmother Eliana "Eli" Baet on 1978, and Father Maestro Felipe "Garimot" Baet, plus 10 more expert Hilot from the Laguna, Quezon, and Albay, in the Philippines. He started to practice Hilot as early 1980 in the Philippines then when he migrated to the US on 1989 he brought the art and his practice with him. He practiced Hilot and serves the Filipino/American community in South Florida, Ft.



Gat Puno Abon "Garimot" Baet Hilot and Arnis mentor his father Felipe "Garimot" Baet and his grandfather Grandmaster Jose "Uti" Baet.

Lauderdale-Miami area.

The demand for Hilot in South Florida caused him to focus on organizing and standardizing the "Hilot Therapy," and by 1993, he founded: Hilot Research Center USA, dedicated to the research of Hilot and similar therapies. He gave numerous seminars and demonstrations showing the Hilot therapy in the method he standardized based on the Ancient Hilot Therapy that he learned from various experts Hilot from the Philippines. He was asked to do demonstrations in seminars in Chicago, Missouri, New York (including Syracuse), California, Wisconsin, Texas, South Carolina and Georgia in the US. He has also demonstrates Hilot in Venezuela and Germany.

Over the past 13 years, Gat Puno Abon has also researched various similar theories similar to Hilot and then analyzed the differ-

ences and the similarities of these other Asian alternative therapies. He has collaborated with practitioners of Japanese therapeutic massage, Chinese acupressure and acupuncture and other therapies. In analyzing these similar theories, he compared them with their counterpart in Hilot, and he documented the similarities and differences. After much continued demand, today he is now ready to share his brand of Hilot therapy to those interested in learning and becoming Certified Hilot Practitioners under the direction of Gat Puno Abon "Garimot" Baet himself.

Today Gat Puno Abon "Garimot" Baet is the foremost authority on "Filipino Hilot Therapy," and he is also planning to publish his long awaited "Hilot Therapy" book.



www.garimot.com

For inquiries, classes, seminar, and Hilot program, you can contact:

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### ***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](#)



### ***Event Submission***

Submit your event whether - Seminar, Workshop, Training Camp, tournament, or Gathering - [Click Here](#)



### ***Advertisement Submission***

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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](mailto:Article@fmainformative.info)

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