

FMA

Informative

Propagating the Filipino Martial Arts and the Culture of the Philippines

Informative Issue No. 116

2013

YAW - YAN

Sayaw ng Kamatayan

or

"Dance of Death"

Developed by Napoleon A. Fernandez

Yaw-Yan was designed for Filipino fighters (height doesn't matter). It is specially invented for small Filipinos to fight against big and heavy opponents.



What is Yaw Yan?**Theory of Yaw-Yan****Yaw-Yan: Kicking and Bolo Punches***Yaw-Yan Kicks**Yaw-Yan Punches***The Originator and Founder**

he FMA Informative tried to get a hold of various Yaw Yan practitioners and Organizations to get information on the system. However unsuccessful. So it talking to the owner of the FMA Digest the FMA Informative was able to get the following information from the FMA Digest archives, written by Roman Wanasen a Yaw Yan practitioner.

Yaw Yan

Yaw-Yan, also called Sayaw ng Kamatayan or “Dance of Death” is a Filipino hybrid style of kickboxing developed by Napoleon A. Fernandez. Since its inception in the 1970s, it has dominated the kickboxing scene in the Philippines and has proven very effective against other stand-up fighting arts.

Yaw-Yan closely resembles Muay Thai, but differs in the hip-torquing motion as well as the downward-cutting nature of its kicks, and the emphasis on delivering attacks from long range (while Muay Thai focuses more on clinching).

Yaw-Yan practitioners participate in various Filipino mixed-martial arts tournaments such as the Universal Reality Combat Championship and Fearless Fighting.

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.

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

The ideas and opinions expressed in the FMA Informative online magazine are those of the authors or instructors being interviewed and are not necessarily the views of the publisher, editor or owner of the FMA Informative. The articles are the property of the author's that wrote them and cannot be used without the permission of the author.

The FMA Informative is for the promulgation and promotion of the Filipino martial arts and the Culture of the Philippines. NO issue can be printed and Sold for Monies, without the express permission of the Owner and Publisher of the FMA Informative.

To Learn More Visit...

Yaw-Yan Pasay - www.yawyanpasay.blogspot.com

Yaw Yan Kampilan - www.yaw-yankampilan.blogspot.com

Yaw Yan Fervilleon Short Documentary - sayawngkamatayan.com

What is Yaw Yan?

It sounds Chinese, the movements slightly resemble that of Thai-Boxing and Korea's Tae-kwon-do but the origin is strictly Filipino. Yaw-Yan is billed as the Philippine's most lethal martial art. The acknowledged originator of Yaw-Yan is a born Filipino and native of Quezon province. He was undefeated All-Asian and Far-East Kickboxing champion. The Yaw-Yan was designed for Filipino fighters (height doesn't matter) it is specially invented for small Filipinos to fight against big and heavy opponents. The originator creates this martial art in consonant with the Filipinos culture the organization, food, uniform and attitude. The word Yaw-Yan was derived from the two last syllables of "Sayaw ng Kamatayan" meaning "Dance of Death".

Yaw-Yan is considered as one of the world's latest forms of martial arts considering that the art originated in Manila in 1972. The advantage of Yaw Yan from other Martial Arts is that it is faster and more powerful. A Yaw-Yan fighter utilizes the strength of his opponent against him through his leading techniques. The Master calls it "non-resistant" martial arts meaning no blocking is involved. This is simply redirecting the opponents' energy to your advantage. Yaw-Yan specializes in techniques of disarming sticks, knives and guns executing the movements in a split second without the use of force using the arms and legs as the weapons.

Yaw-Yan is a serious graceful performing art that requires an incredible amount of concentration for lightning speed movements. It is expressive and requires great

focus. It is a systematic fighting art, realistic, energetic, complete and practical. In essence, it is sophisticated form of street fighting. It has its own original style and is not copied from any known martial art. It is ultimately a highly develop personal spirituality and physique.

Yaw-Yan is a perfected special skill with great impact, smooth and very pleasurable like dancing. It is an excellent physical fitness exercise and a fine art of self-defense, which requires the proper full use of skillful body movement.

Yaw-Yan stylist use mobility and swift maneuvering footwork and it counteract the balance of force when fighting. You will become a combatant fighter to force the opponent to make a voluntary sacrifice reaction to his own detriment. Then a Yaw Yan practitioner can easily detect his opponents' strengths and weaknesses by way of quick strike. Yaw-Yan techniques are applied to paralyze, eliminate, disarm and injure the enemy. Yaw-Yan is very flexible style without limitation.

All Yaw-Yan weapons are used for close range, medium range, long distance and in-fighting. The hand and foot striking techniques are equally unique and are deadly lethal weapons. It stresses quickness, accuracy and power by practical and realistic actions.

Yaw-Yan mortal combatant is like the wind, alive, quick, fast, free and formless. Throwing perfect lightning punches and kicks from all angles. The hands and legs techniques are derived from stick and baton movements. A

Yaw-Yan fighter can dominate and maintain control over his opponent with his quick reaction and relentless hand/foot fighting combinations to various part of the opponents anatomy. The effectiveness depends on split-second timing and reflexive action, which can be achieved only through repetitious practice.

The Yaw-Yan routine training program is on a regular basis, which greatly builds and improves your strength, stamina, rhythm, reflexes and confidence as a fighter. Feeling pain during practice make you understand what fighting is all about. Practice produces enduring punishment and then delivers that punishment in combat.

The Yaw-Yan Master believes that combat is always alive and constantly changing. This is the very reason why he innovate methods, modifies and improves upon the theories and progressive ideals daily. Yaw-Yan is a winning self-defense system.

Yaw-Yan ultimate goal is to preserve, promote and continuously improve and further develop the Filipino martial arts.

The most rewarding element of being a Yaw-Yan practitioner is that it helps you gain self-confidence by making a person tough, but cool and in control in dealing with pressured situations. Master Fernandez always reminds the Yaw-Yan members that "we can be a winner even without fighting" by avoiding violence.

Yaw-Yan believes and implements discipline, respect, sincerity and virtue to others. Indeed, the virtue of humility, which is a quality of godly character and is absolutely essential to fulfill-

ing God's incredible purpose and destiny for our lives. Thus a true Yaw-Yan fighter being a follower

of the great one is a powerful warrior more than any other martial arts combatant. Philippine Yaw-

Yan is destined to stand forever as a supreme presentation of our own identity in the world of martial arts.

Theory of Yaw-Yan



Contrary to most popular beliefs, Yaw-Yan is not purely a full-contact no-holds barred sport martial arts. It is a complete martial arts training with body-mind coordination and testing of the personal endurance and indomitable spirit. More than just physical training, it also involves the mental disciplines of focus, concentration, alertness, flexibility, stamina, speed and continuity.

Students train for real confrontation and actual fights -- in or out of the ring. Advanced Disciples have to go through a rigorous ritual of practice and discipline consisting of actual full-contact sparring, bag training, challenges of the mind in fighting and flexibility exercises. The Elbows (siko), knees (tuhod), and shins (lulod) are utilized in much the same way as in Muay Thai kick boxer.

Yaw-Yan practitioners have to learn 40 basic kicks, advanced disciples have to be able to execute and apply complexes advanced kicks requiring great dexterity, flexibility, and mastery. Most of

these advanced kicks are trick kicks, which always catch unsuspecting opponents by surprise. Yaw-Yan back-kick, reversed Yaw-Yan roundhouse stomp thrust and the famous scorpion kicks are some of these kicks popularized in national motion pictures by action stars such as Boy Fernandez, Bernard Bonnin, Franco Guerrero, George Estregan Jr and Rey Malonzo, which are all Yaw-Yan experts.

Yaw-Yan mountain-storm kick is hundred times more effective than karate's roundhouse kick and highly effective if not better than Thai-roundhouse kick. It's fluid effortless execution awes most spectators and the receiving end couldn't believe its' destructive power. The mountain storm kick seems similar to the Thai roundhouse kick except that the kicking leg is drawn up and swung-through in full force swiftly with a continuous downward cutting motion of the shin as you torque your hips in, instead of just a plain straight through burst. A carefully executed and planted mountain-storm kick has left most receiving opponents with agonizing pain and the opponents

Yaw-Yan: Kicking and Bolo Punches

Contrary to most popular belief, Yaw-Yan is not purely a full-contact no-holds barred sport martial arts. It is a complete martial training with body-mind coordination and test of enduring indomitable

spirit. More than just physical training, it also involves the mental disciplines of focus, concentration, alertness, flexibility, stamina, speed and continuity. Students train for real confronta-

tion and actual fights - in or out of the ring. Advanced Disciples have to go through a rigorous ritual of practice and discipline consisting of actual full-contact sparring, bag hitting, mind fighting and flexibil-

are most often carried away due to inability to walk. Yaw-Yan fighters have been known for breaking their opponent's strong femur bone if not the ribs or jaw, with one mountain storm kick, "an unpleasant gift to be treasured for life." Yaw-Yan practitioners are also experts with Philippine bladed weaponry such as the balisong and bolo. Bladed weapons are mere extensions of the hands. The forearm strikes, elbows, punches, dominating palms, and hand movements are empty-hand translations of the bladed weapons. There are 12 bolo punches, which were patterned from Arnis, the most popular Filipino art that uses the baston. The punches have continuous fluid striking motions quite similar to western boxing but incorporating the art of Arnis. Grappling, ground fighting, and knife fighting have always been a part of the Filipino martial arts and are always incorporated during Yaw-Yan practice sessions. Yaw-Yan is a transformation of ancient Filipino martial arts and Modern Competition Sports, with high emphasis on practicality and actual confrontation.

ity exercises.

Yaw-Yan advantage from other Martial Arts, it is faster and more powerful. A Yaw-Yan fighter utilizes the strength of his opponent against him through leading techniques. The Master called it “non-resistant” martial arts meaning no blocking is involved at all. This is simply redirecting your opponent energy to your favor. Yaw-Yan specialized to disarm knives, guns and stick in a split second without the use of force using the arms and legs as the weapon.

Yaw-Yan is a serious graceful performing art that requires an incredible amount of concentration for lightning speed movements. It is expressive and requires great focus; it is systematic fighting art, realistic, energetic, complete and practical. In essence, it is sophisti-

cated form of street fighting. Yaw-Yan is a perfected special skill with great impact, smooth and very pleasurable like dancing. It is an excellent physical fitness exercise and a fine art of self-defense, which requires the proper full use of skillful body movement. The Yaw-Yan stylist uses mobility and swift maneuvering footwork and it counteracts the balance of force when fighting. It has its own original style and not copied from any Martial Art. It is ultimately a highly develop personal spirituality and physique.

All Yaw-Yan weapons are used for close range, medium range, long distance and in-fighting. Throwing perfect lightning punches and kicks from all angles. The hands and legs techniques are derived from stick and baton

movement. A Yaw-Yan fighter can dominate and maintain control over his opponent with his quick reaction and relentless foot/hand fighting combinations to various part of the anatomy. Yaw-Yan ultimate goal is to preserve, promote and continuously improve and further develop our very own Filipino martial arts.

The Elbows (siko), knees (tuhod), and shin (lulod) are utilized in much the same way as in Muay Thai. Yaw-Yan practitioners have to learn 40 basic kicks, advanced disciples have to be able to execute and apply complexes advanced kicks requiring great dexterity, flexibility, and mastery. Most of these advanced kicks are trick kicks, which always caught unsuspecting opponents by surprise.

Yaw-Yan Kicks

The Yaw-Yan Back-kick, reversed Yaw-Yan roundhouse stomp thrust and the famous scorpion kicks were some of these kicks popularized in national motion picture by action stars Boy Fernandez, Bernard Bonnin, Franco Guerero, George Estregan Jr and Rey Malonzo, are all Yaw-Yan experts.

The Yaw-Yan mountain-storm kick is hundred times more effective than karate’s roundhouse kick and highly effective if not better than Thai-roundhouse kick. Its fluid effortless execution awes most spectators and the receiving end couldn’t believe its’ destruc-

tive power. Mountain Storm kick seemed similar to Thai roundhouse kick except that the kicking leg was drawn up and swung-through in full force swiftly with a continuous downward cutting motion of the shin as you torque your hips in, instead of just plain straight through burst. A carefully planted mountain-storm kick has left most receiving opponents with agonizing pain and were most often carried away due to inability to walk. Yaw-



Yan fighters have been known for breaking their opponent’s strong femur bone if not the ribs or jaw, with one mountain storm kick... an unpleasant gift to be treasured for life.

Yaw-Yan has 40 fundamental kicks, divided into 3 categories - front, side, and back. There are 3 types of Yaw-Yan kicks - Snap, Thrust, and Snap-Thrust. As of early to mid-1980’s advanced disciples were required to be able to execute 68 kicks, which include advanced complex kicks. Here are the 68 kicks of Yaw-Yan categorically taught as follows:

I. Front Kicks (the groups of leg muscles utilized here are that of Front muscles of the kicking leg).

1. Snap
2. Thrust
3. Snap thrust
4. Heel Snap
5. Downward Thrust
6. Outside Scooping
7. Inside Scooping
8. Forward Scooping
9. Outward Slash
10. Inside Slash
11. Upward Slash
12. Downward Chop
13. Forward Chop
14. Vertical Chop
15. Horizontal
16. Roundhouse Heel
17. Roundhouse Shin
18. Roundhouse Snap Thrust
19. Side Snap
20. Inside Leg Scooping
21. Outside Leg Scooping
22. Forward Roundhouse

II. Side Kicks (the groups of leg muscles utilized here are that of Side muscles of the kicking leg).

1. Side Thrust
2. Side Stomp
3. Hooking
4. Ridge
5. Ridge Snap
6. Side Ridge
7. Leg Scooping Outside
8. Ridge Instep
9. Ridge Ball
10. Outside Slash
11. Inside Slash
12. Roundhouse Shin
13. Roundhouse Heel
14. Roundhouse Snap Thrust
15. Reversed Roundhouse Instep
16. Reversed Roundhouse Ball
17. Reversed Roundhouse Heel
18. Reversed Roundhouse Slash

III. Back Kicks (the groups of leg muscles utilized here are that of Back muscles of the kicking leg).

1. Reversed Back Kick Snap
2. Reversed Back Kick Thrust
3. Reversed Back Kick Chop
4. Mountain Storm Shin
5. Mountain Storm Ball
6. Mountain Storm Heel
7. Mountain Storm Slash
8. Scorpion
9. Scorpion Chop
10. Circular
11. Straight Back Kick
12. Rear Upward Chop
13. Rear Snap
14. Rear Downward Slash
15. Back Chop

Demonstrations of these Yaw-Yan kicks were always crowd pleasers, not to mention that most of the Yaw-Yan kicks are not commonly seen in other martial arts style.

Some possible Kicking Combinations (Offensive Techniques):

1. Right mountain storm, continue turning and execute left Circular kick.
2. Right mountain storm, right scorpion kick.
3. Sliding lead left frontal thrust, right mountain storm
4. Automatic Roundhouse - left and right
5. Left Side Snap, Right Side Thrust, Left Straight Back Kick.
6. Right mountain storm, slide right stomping, left straight back kick.
7. Right Roundhouse - left Yaw-Yan back kick, right outside slicer.
8. Left Yaw-Yan frontal side snap, turn left Yaw-Yan back kick.
9. Left outside slicer snap, right forward scooping, left Yaw-Yan back kick.
10. Automatic Scorpion left and right.
11. Triple Kick (same leg) side slash snap, scooping or hooking roundhouse.
12. Right frontal thrust, left straight back kick, right circular kick.
13. Left hooking, right circular, left roundhouse.

Yaw-Yan Jump kicks although taught as part of training curriculum, was not included in the lists above as they have not been required for advanced disciple. Yaw-Yan Jump kicks are normally employed only in exhibition, although Yaw-Yan fighters have been seen successfully ex-

ecuting them on full contact fights. "It has to be seen to be admired," when executed by a trained disciple, behind its awesome acrobatic and cinematic move is its blindingly fast deadly precision. Grandmaster Nap advised that although Yaw-Yan jump kicks are very powerful, any jump kicks by

nature leaves a fighter susceptible to damaging counter as soon as he is off the ground. Speed, timing, precision, and constant application in training, are the essential part in enhancing confidence to properly employ these kicks.

Yaw-Yan Punches

The forearm strikes, elbows, punches, dominating palms, and hand movements are empty-hand translations of the

bladed weapons. There are 12 bolo punches, which were patterned from Arnis, the Philippines' very own, armed art. These punches

have continuous fluid striking motions quite similar to western boxing but incorporating the art of Arnis.

The 12 Yaw-Yan Bolo Punches Execution:

1. Downward - executed like hitting downward with a butt end of a bolo, like hammering with the closed fist.
2. Outside - executed like swinging a bolo from inside of the body to outside, point of contact can be anywhere from forearm ridge to base of closed fist (butt-end side). This variance of an outside elbow strike, the Outside Bolo Punch can be beautifully executed as a turning Outside bolo punch, a favorite technique of Yaw-Yan fighters, the added momentum and movement of the hips gives extra knockout power to its unexpected turning move.
3. Inside - executed like swinging a bolo from the outside with a slashing motion towards the inside part, point of contact can be anywhere from forearm ridge to base of closed fist (the butt-end side).
4. Bottom's up - executed by swinging/slashing upward from inside of the body, point of contact is the butt-end side.
5. Back fist Snap - executed by snapping and retracting your fist, point of contact is the backside of the closed fist.
6. Inside rolling knuckles - executed with the knuckles rolling inside with a push.
7. Uppercut - executed the same way as the western boxing uppercut.
8. Straight Punch - executed the same way as the western boxing straight punch.
9. Upward Punch - executed by bring the punching fist vertically upward.
10. Crossed Punch - executed the same way as the western boxing cross-punch.
11. Overhead - executed by tucking your head with your one arm and hitting overhead with another fist.
12. Downward Rolling knuckles - executed with the knuckles rolling down with the push.

Grappling, ground fighting, and knife fighting had always been a part of the Philippines' martial art and are always incorporated dur-

ing the Yaw-Yan practice period. Yaw-Yan is a transformation of ancient Filipino Martial Arts and a Modern Competition Sport with

high emphasis on practicality and actual confrontation.

The Originator and Founder



*Napoleon A. Fernandez
Originator and Founder*

The acknowledged originator of Yaw-Yan is a born Filipino and native of Quezon province. He was undefeated All-Asian and Far-East Kickboxing champion. The Yaw-Yan was designed for Filipino fighters (height doesn't matter) it is specially invented for small Filipinos to fight against big and heavy opponents. The originator created this martial arts in consonant with the Filipinos culture, the organization, food, uniform attitude and others. The word Yaw-Yan was derived from the two last syllables of "Sayaw ng Kamatayan" means "Dance of Death".

Napoleon A. Fernandez has devoted his life to the martial arts until he finally decided to be married to Yaw-Yan Martial arts. Master Fernandez still strong, and alert has unbelievable stamina, and

trains daily.

When Master Fernandez was young, he studied many different styles of martial arts; his name was very popular in the different styles that he had studied and practiced. During his time as a Champion in martial arts, as time passed he came to his senses and wanted to promote his own country by developing a martial art that was fitted for Filipinos. His dream came into reality when Yaw-Yan was born in 1972 after his devoted innovation and practices. Yaw-Yan was created by the dreams and visions of Master Nap Fernandez.

Master Nap A. Fernandez has the credentials of being the most efficient and finest Filipino Martial Art originator. Master Fernandez is an innovator whose personal quest involved studying a style in detail and searching beyond, researching for the best part in each style and developing it to



A young Master Fernandez

its most pronounced execution. Being a supreme teacher he expects of himself and his students, which he treats as his children, an extremely high level of training and understanding of his personally designed way of hand-to-hand fighting. The Master Fernandez created a style of a mortal combat system designed to train and enable a smaller man to defend himself against a larger and superior opponent.

At this point of time Master Fernandez continues to improve on the art at a phenomenal rate each day of his life as part of the Yaw-Yan system. He encourages his students to reach their full maximum potential as martial artist, with the ultimate goal of preserving the spirit of camaraderie, discipline and loyalty. His students call him a martial arts genius in his ability continuously creating new techniques. As of this date, Master Fernandez is introducing "ArDigma". This is a new style and technique in which it is very effective in the arena of martial arts, using the arms and legs (hardened like iron) as a club.

Master Nap A. Fernandez created and has nurtured the style of Philippine Yaw-Yan Martial Arts and has made it very popular all over the Philippines. His dream is that it will be known all over the world one day.

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

Advertising in the FMA Informative Website is FREE.

An Ad in the FMA Informative can create Business. Your Advertisement for Filipino martial arts forums, blogs etc, can be included in the FMA Informative. Advertisement is for the Filipino Martial Arts and the Philippines.



To submit Forums [Click Here](#). To submit advertisement for products and/or Services [Click Here](#)

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 submit material for either the FMA Informative Newspaper or an Issue [Click Here](#)

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