

# FMA Informative

Propagating the Filipino Martial Arts and the Culture of the Philippines

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## *University of the Philippines* *Diliman* **Arnis Club**



**The Origins and Growth of UP LSAI**  
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While the FMA Informative staff member was in the Philippines he was fortunate to be able to talk to Felipe P Jocano Jr. about the program at the University of the Philippines, Diliman, “The Arnis Club” which was founded in 1989 as a small informal group of students meeting where ever they could find a space, actually it was a mixed group.

Actually the club was not recognized until 2000, and there were some name changes until finally the club settled on the name of UP Sangkil Kalasag. The club mostly caters to undergraduates of the University of the Philippines. At the present time it is an on and off due to students being busy and with other interests.

However the FMA Informative thought it would be interesting to have an issue on the club so readers could know some of the background and history.

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**Felipe P. Jocano Jr.**

After Master Ybanez departed for the USA; Nathan Dominguez found where Mang Ben was teaching and myself and Nathan where able to train with him. It was from Mang Ben that we received one last rank and the certificate from LSAI signed by Grandmaster Benjamin Luna Lema, to add with our certificate from Master Elmer Ybanez, which is very precious and historical, considering both of our teachers have passed away.

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## The Origins and Growth of UP LSAI

*This issue is going to start with one of the original and main practitioners of the program at the University of the Philippines, Felipe P. Jocano Jr. of LSAI/LESKAS. His remembrances of the program.*



This article about the start of LSAI in the University of the Philippines Diliman is mostly based on personal memories of these events. As a brief background, I've been involved in martial arts for thirty years now. My first art was Shotokan Karatedo at our University club. However, after three years, our club disbanded; and it wasn't until 1987 that I found an Arnis club, upon the referral of my classmate.

I soon learned that the style was known as Lightning Scientific Arnis or LSAI and that its grandmaster or the founder of the style was Benjamin Luna Lema. My first teacher, Guro Carlos C. Canilao, taught out of the garage of his home in Cubao, Quezon City. He was also a teacher of judo and so our classes in Arnis were held on alternate days with his judo class. After a year and a half, my personal schedule had changed and so I could no longer go to his class. It was then in 1989 that I first met Guro (later Maestro) Elmer Ybañez, one of most knowl-

edgeable yet humble martial arts masters I have ever met.

I was introduced to Guro Elmer through a mutual friend. He knew of my interest in Arnis and offered a chance to meet his

friend who he said was a very skilled Arnisador. That Saturday morning was a turning point in my martial arts journey. Guro Elmer was highly skilled yet humble martial arts master. His speed and power were unbelievable, yet his control was very, very precise. I was awed by his skill and struck by his humility and grace; to me he was the embodiment of the ideal martial arts Master.

Our class started off with a small group. There was only myself, Elmer's cousin Judd and his friend. Soon our group began to grow, as more and more heard about the group and sought out Guro Elmer for training. One of my former students heard about the class and joined, and soon his fraternity brothers joined as well. Later on, we had members from three fraternities working out and training together - and the fact that some of them are still buddies today says something about the relationships formed back then.

The group was never exclusively male - there had

always been female practitioners even from the beginning. Many of the women who joined our club became very strong practitioners in their own right. Empowerment of the women members has always been a hallmark of our club.

As our membership grew, we began participating in various activities inside and outside the University. Our club participated in various tournaments, mostly under the auspices of then NARAPHIL or the National Arnis Association of the Philippines. There were also the demonstrations of the art at various events in different colleges around the University as well appearing as guests on a noontime variety show.

Even then, we had no formal name for our association. We were considering different names such as UP Arnis Klab (UPAK, which in colloquial Tagalog meant to hit) and UP SEKA (Samahang Eskrima Kali Arnis). Such was our informality that we could not come to a final agreement on what to call ourselves; yet we continued meeting and training anyway.

One of our more memorable moments was when we demonstrated for the World Taekwondo Federation championship tournament held at the Folk Arts Theater in Metro Manila in 1995. That was an opportunity to demonstrate our indigenous martial arts in front of an international audience of taekwondo-in.

Being located in a University brought with it opportunities to share the art with undergraduate students. However, such a location

also brought with it challenges as well. While many members started their training while University students, graduation and the need to go to find work meant that training was either drastically reduced or curtailed altogether. Thus, except for a small group, membership size fluctuated from year to year.

1997 brought about some changes in composition and direction of the club. It was during this year that Guro Elmer Ybañez was granted his immigration visa to the USA. Within one year, he had to take up residence in America or else forfeit his chance. It was also the year that he married his fiancé Maribel Padua; and it was during this time that LESKAS (Lema Scientific Kali Arnis System) was founded.

LESKAS as it is known is essentially LSAI but taught in a more streamlined manner. Guro Elmer introduced a carefully designed written curriculum broken down into several levels. This took the student through a progression, starting with the stances, then footwork, the strikes, the blocks and so on. In addition, Guro Elmer introduced his innovations into the system, such as a set of combinations using double strikes or *doblada* for the single stick and another set for the double sticks. Guro Elmer also introduced a completely different ranking system for LESKAS: instead of using a belt system such as that found in systems such as karate, taekwondo, judo and aikido, he designated each stage of advancement as a level. There was a specific set of material to be tested for at each level, even though it

was possible to learn the material earlier than the exam phase. He felt that the use of belts was more useful for karate, judo etc., and that the Filipino martial arts had to have their own system. We had a lot of discussion about the ranking system and in the end the use of levels was adopted.

Before he left, Guro Elmer awarded instructor ranks to five of us in LESKAS - myself (Felipe P. Jocano Jr.), Nathan Dominguez, Manolo del Rosario, Joshua Medroso and Filomeno V. Buena. The group soon became known in the campus as it began to perform demonstrations at different events. After Guro Elmer left, some of the instructors were able to continue training with Mang Ben, the founder of LSAI. These were Nathan Dominguez and Manolo del Rosario, and myself who by then had already started a flourishing association in Davao city, known as Mandirigmang Kaliradman or MK for short. Eventually we were given rank in LSAI in addition to our existing ranks in LESKAS.

As time went on, the instructors pursued different approaches to further developing the system. Joshua Medroso and Filomeno V. Buena began to plant LESKAS clubs in De La Salle University, University of Asia and the Pacific and various other places as well. Within the University of the Philippines, a student-run group was eventually founded. This was organized by the undergraduate students, with instruction provided by Nathan Dominguez and Felipe P. Jocano Jr., (both ranked in LSAI and LESKAS),

together with Jon Escudero, Alex Ortinero and Joey Quiriones, who were ranked in LSAI. The group, UP Sangkil Karasak (Spear and Shield) still continues today, promoting and propagating Arnis among the undergraduates of the University. Another group, UP Angkan ng Mandirigma (Clan of the Warriors), was founded in UP Los Banos. This group was led by Sony Mejia, who had trained in LSA and LESKAS and was himself a skilled judo and karate practitioner. Another group, this time aimed at the alumni and professionals was set up by Felipe P. Jocano Jr. (myself). This was Telu Bituun Bagani, which means Three Stars Warrior. The name was chosen to honor my teachers in the martial arts and the styles that have influenced me personally. Because of our origins, we (Nathan Dominguez, Alex Ortinero and myself) and the next generation of LSA instructors to come from our ranks (Glen Llamador, Kelvin Celis) decided to band together to create an umbrella association to keep the different groups together - UP LSAI.

From our beginnings as a small group of enthusiasts to a large and diverse association encompassing different groups - the University of the Philippines Lightning Scientific Arnis association has indeed come a long way. Our association is like a fruit bearing tree - as it grows and flourishes, the fruits have fallen in different places and have taken root themselves. May our association be long lived and fruitful indeed. Mabuhay ang Arnis!

## University of the Philippines, Diliman Arnis Club

First founded in 1989 as a small informal group of students meeting where ever they could find a space, actually it was a mixed group. Felipe P Jocano Jr. started training in the Filipino martial arts in 1987 specifically Lightning Scientific Arnis under the instruction of Master Carlos Canilao, which Felipe would go to Master Canilao home after work in Cabao.

It was in 1989 that Felipe met Master Elmer Ybanez, (at that time Master Ybanez was the No#2 student in LSAI, the NO#1 of course being Grandmaster Benjamin (Mang Ben) Luna Lema). Master Elmer just wanted to start promulgating the art.

As stated before it was a small group Felipe was one of

the faculty members others were graduate students and yet others were undergraduate students, people would constantly come and go in the group. In 1991 and 1992 the group expanded due to word of mouth and the club continued with really no formal name until sometime in 1992 when it was called the UP Arnis Club. Actually not recognized until 2000, there were some name changes then finally the club settled on the name of UP Sangkil Kalasag (Sangkil: spear / Kalasag: shield). The club mostly caters to undergraduates of the University of the Philippines. At the present time it is an on and off due to students being busy and with other interests.

Felipe still has a small part

of the group being alumni professionals. He likes to keep a small group so he has a better oversight and control of the quality of training; of course he still supports the undergraduate club.

Before Master Ybanez migrated to the United States in 1997 he named 5 students which started training with him at the beginning as instructors to represent LASKES in the Philippines: Felipe P Jocano Jr., Nathan Dominguez, Manolo Del Rosario, Filomeno Buena, and Joshua Medroso.

All take different sections of teaching, one with the undergraduates, another with a small group of professionals etc, of course supporting LSAI, Leskas and the Singkil Kalasag Club.

### UP Sangkil Karasak



UP SANGKIL KARASAK  
Isai 2001 leskas



Tirsia Serrada Kadenilya y Espada y Daga

It was only in 2001 that the seniors decided to open the club to current UP students, and thus Sangkil Karasak was born. The UP LSAI club was legitimized with the University of the Philippines Office of Student Affairs Committee in June of 2002.

**Location:** UP Diliman Vanguard, DMST Complex, Classroom 1  
Master Nathan Dominguez and Master Felipe Jocano head the UP LSAI/LESKAS chapter.

**Instructor Roster:**  
Felipe P Jocano Jr.  
Nathan Dominguez  
Manolo Del Rosario  
Filomeno Buena  
Joshua Medroso

### Eligible Students:

- 1) Students (both undergrad and graduate) of the University of the Philippines
- 2) Alumni of the University of the Philippines
- 3) Students of other Universities
- 4) Working Professionals

**Note:** The UP club welcomes personal study visits and/or inter-club sharing sessions.

**Contact:** Felipe P Jocano Jr. - labsica64@yahoo.com



### An introduction to the most common Lightning exercises:

**Bigay-Tama (Give-and-Take)** - A training exercise that utilizes attacks and defenses with no set patterns. There is a designated giver and receiver for beginners, but at higher levels designations may switch at any time during the exercise. (The most common form of Bigay-Tama has the giver hold two sticks while the receiver holds one.)

**Solo Baston Bigay-Tama (Single Stick, Give-and-Take)** - Bigay Tama with both parties using a single stick.

**Espada y Daga Bigay-Tama (Sword and Dagger, Give-and-Take)** - An advanced exercise. The giver utilizes a single stick and knife while the receiver defends with one stick. During the exercise the giver may switch the knife-hand from the conventional right-hand grip to the left.

**Espada y Daga Serrada (Sword and Dagger, Closed)** - An advanced exercise, the giver utilizes a single stick and knife while the receiver defends with one stick. The hits are delivered in single and sometimes doubles, giving space in between strikes for the receiver to perform body hits, butt strikes, etc.



## Sangkil Karasak Men's Forms Team

The 2005-2006 Philippines National Team: Men's Synchronized Anyo Team

Master Nathan Dominguez, Instructor Kelvin Celis, and Instructor Glen Llamador placed 1st in the Philippine National Arnis Tournament (2005) in Men's Synchronized Forms, thereby claiming their position as the Official Synchronized Anyo Men's Team in the Philippines.



They represented the country in the 2005 South East Asian Games and won the gold in the Men's Synchronized Forms Division. Likewise, they were also part of the Philippine delegation in the World Martial Arts Festival held in Chung-ju, Korean on September 29, 2005



### LESKAS Facts

Name: Lema Scientific Kali-Arnis System (LESKAS)  
Founder: Maestro Elmer Ybanez [1953 - 2004]  
Established: 1996, University of the Philippines, Diliman  
Affiliations: LSAI

LESKAS is a Filipino martial art that focuses on practical self-defense, and was founded by Maestro Elmer Ybanez. LESKAS is the sister organization of Lightning Scientific Arnis International.

### The Brotherhood Continues

LESKAS is a brotherhood, which comes together and grows as a family. Pure in combat without the theatricals, the speed, the power, the correct posture and form which was preserved by Maestro Elmer Ybanez from Grandmaster Benjamin Lema is what has been known as lightening with realistic scientific flowing movements. Constantly analysis, criticizes, and questions other arts so to improve one's self in LESKAS.

The momentum and eagerness of LESKAS is on the move and growing, with the Ybanez

family and the senior students who are carrying on the standards and ideals of Maestro Elmer Ybanez.

Who was  
Maestro Elmer Ybanez?



Elmer Ybanez was born the 5th child out of seven siblings to Attorney John Minosa Ybanez and Adelaida Boholst Ybanez on August 13, 1953 in Cawayan, Masbate. He is the youngest out of the male children; he has 2 brothers and 4 sisters. The order of birth is as follows: Dorcas Ybanez Rocabo, Edwin Ybanez, Deborah Ybanez Quinto, Elihu Ybanez, Elmer Ybanez, Ropeco Ybanez, and Rebecca Ybanez.

Elmer was always interested in martial arts, partially through the influence of his older brother

Elihu. The two of them were closest in age, so the two of them were always together. They watched a lot of martial arts movies, especially Bruce Lee movies during the martial art craze of the 70's. Martial art clubs were at the height of their popularity then too- Elihu joined the Karate club. Elmer, ever the non-conformist, searched for something different.

Elmer found what he was looking for when he saw Grandmaster Benjamin 'Mang Ben' Luna Lema successfully defeated all of his opponents at the Grandmaster's Tournament. Mang Ben moved with an unusual grace and lightning quick swiftness while striking with deadly accurate blows. Elmer was very impressed and sought Mang Ben out. He became a devoted follower; wherever Mang Ben went, Elmer went. He became like a son to Mang Ben and at 20 years, is Mang Ben's longest running student.

Elmer started LESKAS in 1996 in honor of Grandmaster Lema who passed away in 2003. He started with just a handful of students- Nathan Dominguez, Felipe "Bot" Jocano, Manolo del Rosario, and Joshua Medroso, to name a few. These gentlemen are now teachers of the LESKAS system with groups in UP Diliman, UP Los Banos,

Davao. There are even International LESKAS groups in



Grandmaster Lema and Maestro Ybanez

Hong Kong, Singapore, England, Germany, and Seattle, WA. Elmer earned his Diploma in Physical Education at the University of the Philippines in Diliman, Quezon City. It was in UP Diliman that Elmer first established LESKAS and convinced the school board to add LESKAS as part of the PE curriculum.

Elmer had many achievements during his lifetime. In addition to his Physical Education degree, Elmer also had a Diploma in Business Administration with a Major in Accounting at the Philippine Christian University. He worked for companies such as Noritake and Mariwasa, as well as for the Bureau of Internal Revenue in the Philippines. He attended law school at the San Beda College while he was working. When he was two years away from a law degree, he decided that practicing law wasn't for him. Elmer felt that teaching was his true calling so it

was then that he took classes at UP Diliman to earn his PE degree.

Elmer immigrated to the United States on May 18, 1998 in order to propagate the LESKAS system. Before establishing LESKAS in Seattle, WA. Elmer spent his days working as an accountant and training. He met and trained with different instructors such as Madeline Coffin,

Myrlino Hufana, and Denise Devereaux. He spent some time with Jun and Paul Lema, Mang Ben's sons in Olympia. He did demos, seminars, and training sessions in California, Texas, and other states.

On December 16th, 2003, Elmer was rushed to Northwest Hospital around midnight. He was complaining of fatigue, constant shortness of breath, tingling sensations, and paralysis from below the waist. He was diagnosed with Acute Lymphoblastic Non-Hodkins Lymphoma, (A deadly form of Leukemia with only a 35% of survival rate). Elmer spent Christmas at the Oncology unit surrounded by family and friends. Elmer was the only patient in the hospital with his own Christmas decorations, tree, music, and presents. Despite the circumstances, he remained confident and cheerful. He underwent chemotherapy and radiation and was released on January 5th, 2004 cancer free.

### Some of Elmer's martial arts achievements are:

- 1990 National Champion of the Philippine Union of Martial Arts Arnis Tournament
- 1991 National Champion of the Philippine's National Kali-Eskrima Tournament
- First Runner Up of the Second World Eskrima Kali Federation Championship
- 1997 Delegate (along with Mang Ben) to the Martial Arts Federation for World Peace in Washington D.C.

Elmer started complaining of abdominal pain and nausea; he was rushed back to the emergency room at midnight on January 20th. He would be hospitalized until his death on March 31, 2004.

## LSAI and LESKAS - What's the difference?

*First of all, let it be stated that the relationship of LSAI to LESKAS is a paradox. It is both the same and it is not. Before we proceed, a little background is in order.*

The late Grandmaster Benjamin Luna-Lema, also known as Ben Judo or Mang Ben, founded Lightning Scientific Arnis International (LSAI) in 1937. It was established in Mambusao, Capiz, on the island of Panay in the Philippines. It is a system which stresses speed and power and relies on a combination of techniques and styles namely Tercia- a close range fighting style, Tercia meaning one-thirds (in referral to the fighting range), Cadenilya - which stresses the fluid linking of various attacks resulting in a continuous barrage of blows, serrada - which means to close off (a close range check/jamming approach) and espada y daga - the concurrent use of both a long and short weapon (sword and dagger). Mang Ben learned the art from his father and other masters of the art in the region. LSAI has many chapters, mainly in Metro Manila and Mang Ben has taught the likes of Roland Dantes (former Mister Philippines), Congressman Raffy Recto, and the former Vice-Governor of Capiz province Noede Villareal.

The Lema Scientific Kali Arnis System (LESKAS) on the other hand was formally established in 1996 in the University of the Philippines in Diliman, Quezon City. The late Maestro Elmer Ybanez established it.

Maestro Ybanez was a long time personal student of Mang Ben and is considered by many to be his foremost protege that is of course, apart from Mang Ben's own sons. Master Elmer has won numerous national titles in arnis sport competition. LESKAS was formally recognized and legitimized by Grandmaster Lema in 1998. Maestro Elmer's background is as varied as his mentors (Mang Ben also engaged in Judo and Karate). He studied Modern Arnis under Master Vic Sanchez, as well as Boxing. Maestro Elmer spent almost 20 years studying under Mang Ben. He relocated to the United States in 1998, where he stayed until his unfortunate passing due to cancer.

In that Maestro Elmer's bulk of knowledge in Filipino Martial Arts came from Mang Ben, it would be safe to say that LESKAS is basically LSAI. The techniques taught and drills used are the same. However, in closer inspection, the differences become obvious since LESKAS practitioners have a distinct quality of movement when compared to other LSAI practitioners.

The main difference is in the Program of Instruction (POI), teaching methodology and student progression. Mang Ben's teaching style was old school in that



although he did have POI, this POI however only covered the basics. This meant that the more advanced aspects of the art was no longer taught in a systematic manner and was dependent more on what Mang Ben wanted to teach. Thus, in the more advanced stages of practice, it was up to the student to make sense of the techniques and principles behind the techniques Mang Ben was showing. Maestro Elmer on the other hand, had a background in Physical Education. He grouped similar techniques, added drills and combinations to the teaching curriculum and articulated specific qualities and characteristics in the execution of techniques. His POI was designed for faster student development, retention, and easier understanding

of underlying principles involved. Maestro Elmer's background in other arts also made its mark in LESKAS. Due to this, one will find some drills and techniques from Maestro Elmer's modern arnis days being practiced by LESKAS practitioners (something which is absent in the other LSAI groups). These drills and techniques were added due to their usefulness as far as student skills development was concerned. It is important to note however that these additions were not taken as is, but were modified to suite basic LSAI striking and movement qualities and strategies.

Not all of the techniques Mang Ben taught were brought over to LESKAS. There were some techniques, which were peculiar to Mang Ben's personal characteristics and physique. Apart from being left-handed, Mang Ben was also an unusually tall individual (by Filipino standards), and had long arms and legs as well as huge hands. Due to this, Maestro Elmer no longer included things, which he felt were not applicable to your average typical Filipino (who tended to be shorter in stature and built differently).

As stated earlier, Maestro Elmer had a distinct and articulated standard as far as striking quality and movement were concerned. Due to this, his students tended to move similarly. This is not something one will readily find in the rest of the LSAI community where one would find practitioners who move in sharp snappy movements practicing among others who move in more rhythmic fluid, flowing motions. Maestro Elmer emphasized fast, snappy strikes, which were in broken rhythm as well as specific footwork and positioning. Mang Ben's movement on the

other hand had a more fluid, slashing quality to it. Both LSAI and LESKAS however share the same power-oriented striking combinations as well as the basic principles, strategies and techniques of Tercia, Cadenilya, Serrada, and espada y daga.

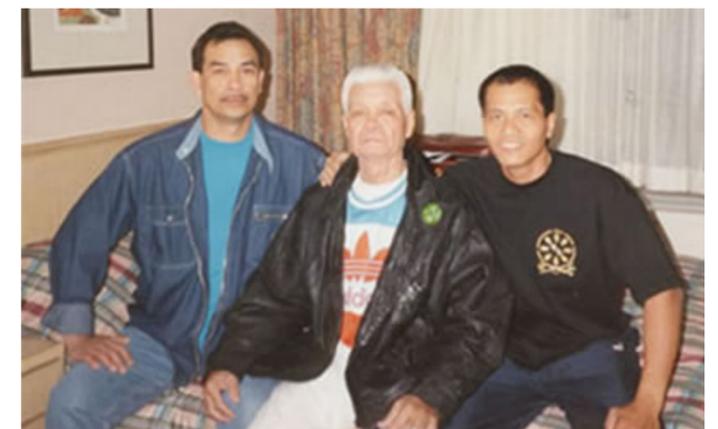
Another main difference between the two was in their rigidity. Maestro Elmer was a more open individual in that he readily adopted techniques; concepts and drills, which in his eyes had value granting these, did not contradict the basic principles and strategies of the LSAI system. Thus, as mentioned earlier, LESKAS practitioners practice certain drills, which one will not find in other LSAI schools. Mang Ben on the other hand might be what one would consider a purist as far as his style was concerned. He would often frown upon seeing his students practicing or adopting methodologies from other arts. This was understandable considering the fact the he (Mang Ben) came from the old-school and from a time and culture which was a lot more ethno-centric and closed whereas Master Elmer was a thoroughly modern individual.

Due to these similarities and differences, one can say that all LESKAS practitioners are LSAI, however not all LSAI people are LESKAS. Although there are many LSAI Masters and Instructors spanning the six or seven decades in which Mang Ben taught his

art, LESKAS has only five certified instructors. These are Felipe Jocano, Nathan Dominguez, Filomeno Buena, Joshua Medroso and Manolo del Rosario. There were no LESKAS instructors who were given Master Ranks in LESKAS although some of them were given Master's Ranks in LSAI.

Despite the differences, as stated earlier, LSAI and LESKAS are still one and the same art. They are both powerful, graceful and rely on basically the same set of techniques, strategies and principles. Mang Ben was regarded internationally as a legend in the Filipino Martial Arts and was a revered Grandmaster primarily in the Philippines. Maestro Elmer on the other hand was known as Mang Bens protege in the Philippines and gained his own reputation more in the United States where he was considered by practitioners there both as a Grandmaster and legend in his own right. Both individuals are however always mentioned and featured in tandem, back to back as mentor and student, and as outstanding Filipino Martial Arts practitioners and technicians individually in their own right.

Many people today confuse the two. Many consider LESKAS to be the new name for



*Ben (Jun) Lema jr., Grandmaster Luna Lema, and Maestro Ybanez*

LSAI. Indeed, given the intimate relationship of the two, this is understandable. They are both the same and not. They both share the same essence, and yet, are distinct personalities- sort of like the triune relationship of God the Father, God the Son, and God the Holy Spirit. In a way, the LESKAS and LSAI relationship embodies the Filipino concept of Kapwa. They are at once the same and at once different.

Today, Mang Ben's son, Benjamin, Junior who is the recognized heir to the LSAI system, heads the LSAI Organization. His older sister, Patty Jean Lema-Caballero, represents Ben, Jr. in the Philippines. The Ybanez family, primarily by Maestro Elmer's widow, Maribel Padua-Ybanez, on the other hand manages LESKAS organizationally. This is done in close coordination with three of the original five LESKAS instructors.



*LSAI Chair Patty Lema Caballero*

*Ethel Padua, niece of Grandmaster Elmer Ybanez and current secretary of LESKAS Seattle and Maribel Padua Ybanez, the late Grandmasters wife*



*Maestro Felipe Jocano (left) with LSAI Chair Patty Lema Caballero*

The Filipino martial arts world owe a great deal to these two gentlemen who unselfishly shared their art, their knowledge, and their lives for future generations. It is now up to us, the next generation LSAI and LESKAS practitioners, to embody the principles and ideals these two gentlemen once did. It is to these two gentlemen that we pay our homage and utmost gratitude. Mabuhay ang LSAI at LESKAS!



[www.l sai-mangben.org](http://www.l sai-mangben.org)



[www.leskas.com](http://www.leskas.com)



Learn more about LSAI and LESKA  
 Download the FMA Digest issue: [Click Here](#)

### ***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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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.