

FMA

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ALLIANCE COMBAT ESKRIMA

Taiwan



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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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In the land of Tai Chi and Kung Fu the Alliance Combat Eskrima is slowly, but strongly making an impression and forming a strong base in Taiwan. This is one of the first groups to promulgate and promote the Filipino martial arts in Taiwan and with their basic principles and concepts.

Also the addition of Master Jaime Quizana, Founder of "Palasan Eagle Kali's Ilustrisimo" system as one of the partners of the Alliance Combat Eskrima. The Alliance Combat Eskrima has found that his continued input and support has helped shaped their syllabus.

In the light of the Alliance Combat Eskrima collective experience, there is deliberately no Grandmaster or one system they follow religiously. The Alliance Combat Eskrima believes that there are many outstanding instructors and they should all be free to train with who they want to without worrying about the politics and petty jealousy that often occurs in Filipino martial arts and other forms of martial arts training.

The FMA Informative has found in meeting Simon McMahon that he is a friendly, outgoing, and an enthusiastic practitioner. Constantly striving for knowledge and willing and most able to teach and put forth his knowledge so others. If passing through Taiwan it is recommended to drop in and visit the Alliance Combat Eskrima.

About Coach Simon McMahon

Simon McMahon first exposure to the Filipino martial arts came in 2001-2002 when he left his native U.K. to train in the martial arts full-time in Los Angeles. Simon then moved to Taiwan for work and met his wife, a Filipina. He moved back to the Philippines with her and they got married in 2007. Simon trained Eskrima there for just under 5 years and began teaching her almost straight away.

Once Simon qualified as an instructor, he began teaching a couple of students out of his back yard. Simon and his wife then subsequently moved back to Taiwan in 2011. Simon has been teaching the Filipino martial arts in Taiwan for around 3 years now. It looks like he will remain in Taiwan for the foreseeable future. Simon regularly goes back to the Philippines to see family and for further training.

Simon has conducted seminars in Taiwan and also invited Filipino Masters to Taiwan. It feels good to promote the Filipino martial arts in Taiwan as political relations between the two countries are often strained. One of his aims in Alliance Combat is to promote "Friendship across countries and cultures through the martial arts". It is Simons dream to one day lead a party of Taiwanese students to the Philippines for further training and cross-culture friendship.



Alliance Combat Eskrima

Alliance Combat Eskrima is a relatively new organization with member instructors in Taiwan, China, Russia, the UK and Ireland. All of the instructors have trained in the Philippines and received instructor credentials there.

In the light of their collective experience, there is deliberately no Grand-Master or one system they follow religiously. This does not mean they take bits and pieces from everything, more that they appreciate nobody has all the answers when it comes to combat. There are many

outstanding instructors out there. We should all be free to train with who we want to without worrying about the politics and petty jealousy that often occurs in Filipino martial arts / Martial Arts training.

Having said that, the Alliance Combat Eskrima is honoured to have Master Jaime Quizana, Founder of “Palasan Eagle Kali’s Ilustrisimo” system as one of their partners. Simon says that his continued input and support has helped shape their syllabus and he is extremely grateful for this.



Coach Simon McMahon and Master Jaime Quizana

Principles and Concepts

The following are some of the principles and concepts of A.C.E.

An Attack Leaves Openings

It is always preferable to meet an attack or threat of one with an attack of your own. To pull this off successfully you need to be a beat ahead of your opponent (sometimes called “Prakcion”) and use your alive hand and footwork to good effect. A lot of our training deals with recognizing these “windows”. The aim is to hit the opponent first in the gap between the initiation and completion of their attack.

Simple and Direct

Flash is for the movies. Their aim is to provide students 2/3 workable responses that best fit the students physical and mental characteristics. Fighting seldom looks pretty. If it does it’s probably choreographed, slowed-down to walking pace or “performed” with compliant enablers. The aim should always be to finish the fight as soon as possible.

Hit Them, Hit Them, and Hit Them again...

This one sounds obvious as it is important to keep going until the opponent is completely incapacitated and not rely on one shot alone. However, a “Linked, continuous Response” is always preferable and many martial arts share this important characteristic.

Train for Every Opponent

A problem they find (apart from overly “flowery” techniques) is that quite often they train against prescribed angles of attack delivered in a certain manner. How about somebody picking up a bat or 2” by 4” plank of wood, or using what one would call the “Psycho” stab? Can their response deal with something that is “unskilled” by delivered by somebody intent on causing someone serious harm?

Contextualized Responses

From Simon’s own experience, being jumped late at night by multiple opponents in a tunnel is a different situation entirely to having a 1 on 1 confrontation in front of many witnesses (or even CCTV). The Filipino martial arts by it’s very nature is brutal, and students are sometimes taught techniques in disregard to the law and customs of the land.

Luckily, the Filipino martial arts is very adaptable so students can be given several responses that can be context driven. These include control and restraint techniques as well as the usual “finishers” we all know and love.

Body and Weapon Unity

It is one of their training aims to power all shots through the hips and spine than just the hand and wrist alone. The weapon must always be co-ordinated body movement and footwork. This allows footwork to be “camouflaged”, hiding advances, retreats and change of angles. This synchronisation also provides a more stable base to deliver and respond to strikes from.

An Application of “Trankada”



1. Attacker delivers #1 strike. Defender slight step to the right and strikes inner-arm. Live Hand makes contact with attacker’s stick hand.
2. Defender parries stick hand, steps to the outside and strike triceps simultaneously.
3. Defender strikes stick hand and live hand moves to control the elbow.
4. Reverse Pluma technique .
5. Strike to temple whilst securing attackers elbow against body.
6. Stick transferred to left hand via head-lock.
7. Choke applied, right arm hyper-extended and footwork to control opponents balance.

Functional and Non-Functional Drills

Part of the beauty of A.C.E is that every instructor is free to ask “Why are we doing this?” and not blindly follow somebody with a fancy name and costume. At all times we should be asking “How will this help me in a fight?” and if it doesn’t question why we are doing it. We believe that self-discovery is a far better method than being spoon-feed techniques.

Sometimes things like incorrect footwork, lack of spinal rotation and being too tense will hinder the ability to execute an effective response. In these situations, they can show solo-exercises to help the student improve these areas and term them “Non-functional”. Students can all practice their basics in the mirror but they only become “functional” once they come out in a fight / sparring. If students are spending a significant portion of their training time on something that has a slim-to-none chance of being useful, we have to really question what we are doing.

Respect for All

All Martial Arts are great and all Martial Artists are to be respected. Alliance Combat Eskrima want their students and themselves to always keep an open mind and respect all people, regardless of their creed, colour or if they’re rich or poor. This is the martial arts spirit Alliance Combat Eskrima wishes to uphold.

Syllabus Outline & Commentary

Double-Stick 15 Stick Abecedario
12 Strikes Single Stick Abecedario
Abecedario Partner Drills
Redonda and Reverse Redonda Drills
Short-staff Form and Applications
Padded Sparring Stick / Knife
No Armour Stick Sparring

Each A.C.E instructor has a syllabus to work from as a guideline but is free to choose the order and focus of instruction. The Alliance Combat Eskrima believes in teaching the student and not the syllabus. This sounds odd, but consider a class of students in their 50s. They will not be that interested in padded stick sparring for competition (though it is covered). How to use an umbrella / hiking stick for self-defense might be of greater interest so the concepts of the system are adaptable (as with most Filipino martial arts) and can be put to use with whatever is to hand.

Abecedarios

The double and single stick abecedario are taught simultaneously from the first session. It has been written that double-stick was taught first in the Philippines to save time training both the left and right side. Alliance Combat Eskrima has found that double-stick also is an excellent training tool for correctly rotating the spine, hip and shoulders. This enables students to use the whole body to strike and not just the arm. It can also be used to teach the student to hit powerfully with a more compact motion which helps greatly in sparring.

The single stick abecedario is a familiar 12 strike pattern, which we split into 5 strikes at the outset. The remaining 7 strikes are taught at an intermediate stage.

Partner Drills

What Simon have termed “Abecedario Partner Drills” are the drills found in many Filipino martial arts systems. The student is attacked from all the abecedario angles and learns grouped responses. These can be classified into three main areas:

1. A mirror of the attack (i.e a 1 v 1, 2 v 2, etc, etc)
2. A clockwise redonda / elliptical motion
3. An anti-clockwise / reverse-redonda motion.

Redonda Drills

The “Redonda” describes a clockwise, elliptical motion and is similar to figure 8 / Sinawali drills in other systems. However, there is no stick-on-stick contact. The drill is useful for developing tactile reflexes and redirecting strikes from numerous angles with the live hand. Disarms and locks can also be worked into the drill as well as intuitive attacks and counter-attacks.

An application “De Cadena”



1. Attacker delivers #1 strike. Defender slight step to right and makes contact with blade on attacker's inner-forearm.
2. Defender uses his step to cut the attacker to the hilt of his blade.
3. Defender rotates 90 degrees and strikes attacker's neck whilst securing elbow.
4. Cut neck and hyper-extend weapon arm.
5. Defender rotates 45 degrees and extends footwork to control opponent.
6. #5 from different angle.

Short-Staff

In addition to the usual assortment of sticks, swords and knives we also use a 42" short-staff. It really is the "Wooden Dummy" of the system as using the staff helps student's further practice footwork, body motion and hand changes.

Sparring

Sparring is introduced as soon as possible and in increments.

- Padded Hand Sparring
- Padded Hand and Leg Sparring
- Padded Hand, Leg and Torso (no head shots).
- Padded Sparring with head protection.
- Live Stick Sparring as above.
- Knife Sparring

For the live stick, Alliance Combat Eskrima does not use armour but the sticks are thinner and students are encouraged to temper their shots and use the opportunity to apply the basics under pressure.

For the knife sparring Alliance Combat Eskrima uses foam knives. The main aim is to provide an understanding of how hard it is to face an uncooperative opponent with a knife. It is also a lot of fun, too.

Knife v Knife



1. Opponents square off.
2. Attacker initiates a stab to the torso. Defender steps offline whilst performing "Ginunting"; a simultaneous parry and cut.
3. Defender stabs between ribs and uses forearm to contact attackers knife hand.
4. Defender uses dragging footwork and encircles head with left arm.
5. Defender secures attacker's right elbow and moves to control hip and knee.
6. Attacker twisted to break balance and stabbed under the armpit.

Empty Hand v Knife



1. Attacker's stab is guided offline and defender also steps offline.
2. Defender uses attackers momentum to encircle and hyper-extend arm. His right hand also secures the knife hand.
3. The defender simultaneously extends footwork behind the attacker's left knee, raises knife hand and strikes under chin with elbow.
4. A closer look. The attackers elbow is braced across the back of the defender.
5. Attacker is disarmed and receives a slash and stab to the abdomen.

Ranking Structure

Alliance Combat Eskrima does not use a belt / grading structure. The students are broadly defined as novice, intermediate and apprentice instructors.

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.