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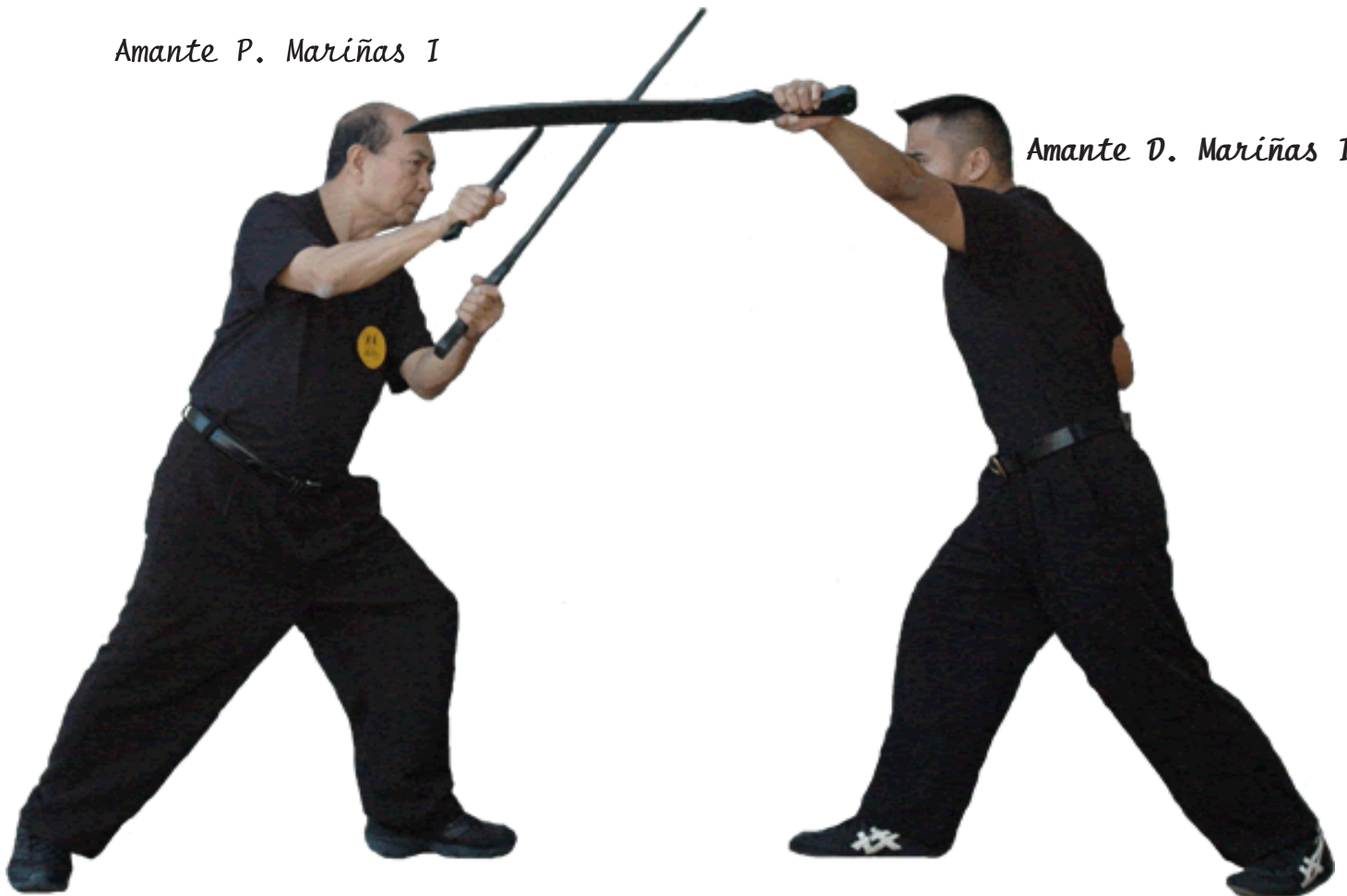
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Pananandata

One very useful concept that was used in the Development of Pananandata
“Law of Diminishing Returns”

Amante P. Mariñas I



Amante D. Mariñas II

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The FMA informative has found that Amante P. Mariñas I - has been a very busy practitioner over the years. This issue will tell you the very basic concepts of Pananandata and his accomplishments in writing and they are numerous and range in a wide span of arts within the Filipino martial arts. A very experienced practitioner indeed and the knowledge is invaluable

Pananandata

One very useful concept that Amante P. Mariñas I, used in the development of Pananandata is the “law of diminishing returns.” In this regard, three questions will be asked.

After working with the single stick for, say 20 years, how much better can one get? He can spend the next 10 years doing the same thing and probably increase his speed by only 1%. He might even get slower. Perhaps, it is better to devote more time to the use of another weapon such as the long pole.

After working with the single stick for, say 20 years, how many more techniques can one learn? He can spend the next 10 years doing the same techniques or variations of them but can he become 100% effective? Perhaps, it is better to devote more time to the use of another weapon such as the horsewhip.

Amante P. Mariñas I’s first exposure to the Filipino martial arts was on the pingga (long pole) and tungkod (walking cane) taught to him by his grand uncle Ingkong Leon Marcelo. He started teaching Amante D. Mariñas II at the age of 4. They are now grooming Amante F. Mariñas III to continue the family’s tradition.

Amante D. Mariñas II is heir to pananandata.

Amante P. Mariñas I is available for seminars on combat knife throwing and on the simultaneous use of the pair of bladed weapons. He can be reached at pananandata@verizon.net

Pananandata Arnis Eskrima - Facebook: [Click Here](#)

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The Development of Pananandata

The Pananandata I was introduced to was not organized – that was to my young mind. My granduncle like any “old school” teachers merely dumped techniques on their students. They just listened, said “Opo” (Yes sir), and followed.

It was not until after I started teaching chemical engineering that I recognized patterns. The result is that Pananandata became highly systematized.

One very useful concept that we used in the development of Pananandata is the “law of diminishing returns.” In this regard, three questions will be asked.

After working with the single stick for, say 20 years, how much better can one get? He can spend the next 10 years doing the same thing and probably increase his speed by only 1%. He might even get slower. Perhaps, it is better to devote more time to the use of another weapon such as the long pole.

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After reaching a 97% sticking average for a particular knife throw, how long would it take a thrower to get to 99%? If the thrower’s personal limit is 97.5% - never. To continue ones development, he needs to learn another throw.

Thus, Pananandata developed not only vertically by aiming at ones personal limit but also horizontally by spending more time on the use of other weapons and the use of projectiles.

Weapons Groups

The weapons that Pananandata teaches are divided into three categories.

- 1) Rigid weapons that include sticks and bladed weapons of varying lengths and designs
- 2) Flexible weapons such as the rope
- 3) Part flexible and part rigid weapons such as the tabak toyok (nunchaku), latiko (Philippine horsewhip), and yoyo



The authors practicing with 62-inch rattan sticks

One other way of grouping weapons in Pananandata is (1) those that remain in the hand until the fight is ended; and (2) projectiles such as a thrown knife and a dart shot from a blowgun.



Shooting a homemade slingshot – The slingshot was very much part of the senior author’s childhood.



Shooting a .40 caliber blowgun

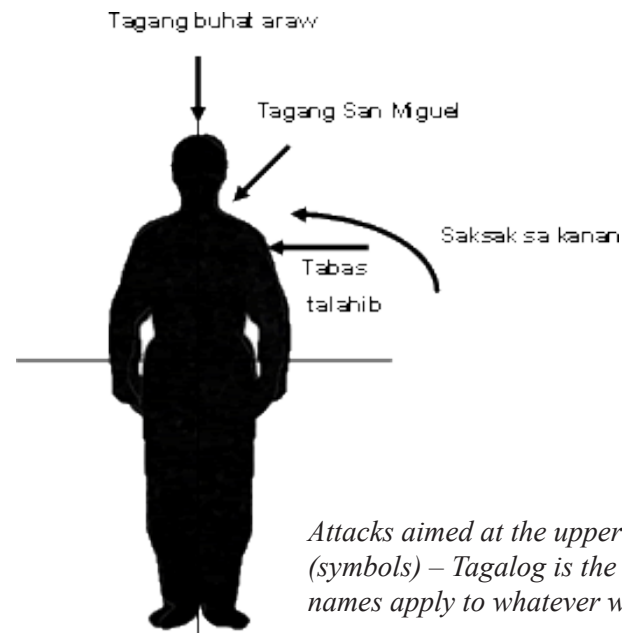


Practicing with a recurve bow - The goggles protect the eyes and the glove in the left hand helps prevent callous from forming on the knuckle of the index finger. He uses a left arm brace when he shoots during the warm months. The shooting glove (right hand) is needed for extended practice.

Pananandata Principles/Concepts

- 1) Divides the body into 5 sections (upper/lower left, upper/lower right, and center) that has to be defended or attacked
- 2) Uses Tagalog names for attacks and defenses
- 3) Uses the Marinas Notation, symbols that represent attacks and defenses with a weapon
- 4) Practices with both left and right hands
- 5) Uses the balisong as a training tool to develop a good left hand for a right hander
- 6) Integrates knife throwing in its knife fighting
- 7) Encourages the student to integrate his other martial arts skill to the methods of Pananandata
- 8) Makes available to a student a short term and a long term goal. For example: A police officer’s or a US air marshal’s training could focus on the use of the collapsible baton – a short term goal.

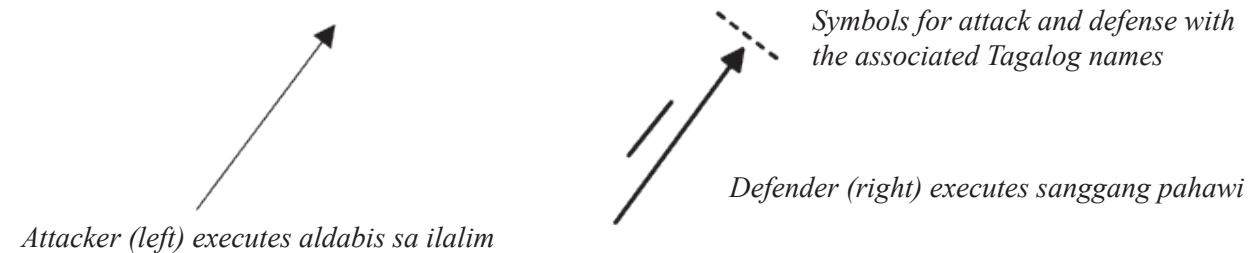
A student who wants to become an instructor will have both a short a long term goal.



Attacks aimed at the upper left with the Marinas Notation (symbols) – Tagalog is the senior author’s dialect. These names apply to whatever weapon is used.



Pananandata practices with both left and right hands in the use of the broadsword and the dagger



Pananandata integrates knife throwing in its knife fighting - The senior author throws the VM Bulalakaw (a knife that he designed and that was sold by United Cutlery) that carries his name. He was inducted into the International Knife Throwers Hall of Fame (IKTHOF) in 2007.

Techniques

Patterns of Attacks

Attacks are aimed at the upper/lower right, upper/lower left, or center.

The attacks are grouped in sequences called abakadas. These consist of sequences that have as few as four movements and as many as thirteen. (The abakadas are equivalent to what is called “numbering system” in other styles of Philippine stick fighting. Other systems use the name “anyo.”)

Three of the abakadas are the basics that introduce the student to self defense using the knife, single stick, two sticks, long pole, and stick and knife. Eighteen other abakadas are used with the weapons pair 32” blade and 12” dagger. Only six students of Pananandata have been given the opportunity to learn the use of this weapon pair.

Patterns of Defense

Defense techniques will seem complicated. It is not once defensive patterns are recognized.

- 1) All defensive actions start from however the defender is positioned – It is best to start from a seemingly “un-ready” position when practicing.
- 2) The advance or step back at an angle, or sidestep to avoid the first attack – The foot movements must be short. The foot movements will depend on the location of the attack. For example: If your back is to a fence or car, you can only advance or sidestep. If you are in the aisle of an airplane, you can only step back or advance; you cannot sidestep.
- 3) The nearly simultaneous use of both hands to protect the upper/lower right, upper/lower left, or the center – It will be a mistake to use one hand then the other hand several seconds later. You need to simultaneously use both hands to defend against the first attack.
If the defender is armed with a weapon, he must use the weapon first to deflect an attack. If the empty hand is used first, this is like fielding the second team in a championship game right in the beginning of the match. In a defensive situation, what is at stake is not the “championship trophy” but could be the defender’s life.
- 4) The first counter must be quickly followed by another to prevent a second attack.
- 5) Multiple counters must follow until the attacker is brought to the ground

Pananandata teaches takedowns and disarms.

Empty hand movements are identical to weapons movements.

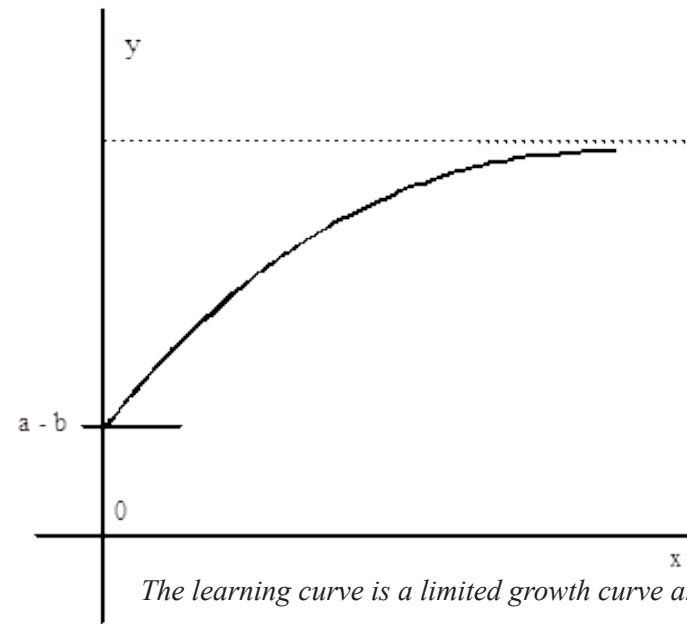
Conclusion

The progress of a student can be measured in a number of ways that could include

- 1) Speed
- 2) Number of techniques learned
- 3) Number of weapons learned
- 4) Sparring ability
- 5) Attitude such as respect for others

On this basis, ranks are given.

At other times, progress can be counted or measured such as in the throwing of a knife or the shooting of a blowgun.



Every learning process is associated with a learning curve. (For the curious reader, Figure 8 is a plot of the mathematical equation.)

The learning curve shows the upper limit of ones ability whether throwing a knife, shooting a blowgun, or shooting a bow. This upper limit, indicated by the horizontal dotted line, is the point where “the law of diminishing returns” kicks in.

The Authors' Works

We have written a number of books on Pananandata where the reader will find details of its techniques, principles, and concepts. These are listed in Table 1.

Table 1

Title of Book	Year	ISBN
1. Arnis de Mano (with Grandmaster Porferio S. Lanada)	1974	None
2. Arnis Lanada Book 1	1986	0-86568-060-4
3. Pananandata Knifefighting	1986	0-87364-399-2
4. Pananandata Dalawang Yantok (2-stick fighting)	1988	None
5. Pananandata Yantok at Daga (stick & dagger)	1988	0-87364-447-6
6. Pananandata Rope Fighting	1989	0-87364-494-8
7. Pananandata Guide to Knife Throwing	1999	None
8. Pananandata Guide to Sport Blowguns	2000	None
9. Pananandata: Its History and Techniques	2002	1-58160-287-1
10. Art of Throwing: Theory and Practice	January-2007	0-8048-3787-2
11. The Guide to Balisong Openings	July-2007	0-86568-265-8
12. The Art of Throwing (revised edition, in color)	June-2010	0-8048-3787-2
13. Blowgun Techniques	June-2010	0-8048-4013-2

We have written more than 100 magazine articles that appeared in Inside Kungfu, Inside Karate, Filipino Martial Arts, Kungfu Taichi, Martial Arts Illustrated (England), El Juramentado (Germany), World of Martial Arts, Martial Arts Legends, Cinturon Negro (Spain), Budoka (Spain), Masters, Masters and Styles, Ultimate Warriors, Wushu Kungfu, Budo Dojo, Secrets of the Masters, TaeKwonDo Times, Official Karate, Martial Arts Weapons, Kick Illustrated, Chi Power, Defense Combat, Super Karate, Defense Combat, Masters of Self Defense, and in Filipino newspapers/magazines.

We have 10 unpublished manuscripts.

Amante P. Mariñas I - Books may be found on Amazon: [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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Submit your event whether - Seminar, Workshop, Training Camp, tournament, or Gathering - [Click Here](#)



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Article Submission

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

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

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

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

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