

FMA

Informative

Propagating the Filipino Martial Arts and the Culture of the Philippines

Informative Issue No. 5

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TRACMA

Trovador Ramos Consolidated Martial Arts

of Real Combat Judo - Karate



Learning and Training in TRACMA

Exercises
Stances
Striking Weapons
Blocking

Forms

Scientific 1A
Scientific 1B
Scientific 1C

Belt Requirements

Steven Dowd TRACMA Instructor

While serving in the US Navy Steven Dowd was stationed at the US Naval Communication Station, San Maguel, located in San Antonio, Zambales, Philippines. Shortly after commencing his duties as Armed Forces Police, Steven met TRACMA instructor Fred Zabala.

Master Zabala was a remarkable martial artist and Steven soon found himself taking instruction in the art of TRACMA.

The main school in San Antonio, Zambales was Grandmaster Trovador Ramos home which he no longer occupied since he was either in Hong Kong or Manila most of the time. Grandmaster Ramos in Hong Kong was a musician and in Manila was making movies.

TRACMA is a very rigorous style and one must be well disciplined and energetic to even attempt training in the style.

As with most style today if one is lucky to find a TRACMA instructor there have been changes of course in some of the forms, however take note that one must still be disciplined, energetic, and dedicated to learning the art.

In this Informative Issue Steven tells how it was when he trained in TRACMA in the early to mid 70's and just gives a taste of the art as he learned it. The pictures were supplied through a TRACMA Manual Vol #1 which was selectively distributed to instructors. The forms were demonstrated by instructors Jose Altares, Pedro Ocampo Jr., Dan Villafuerte, and Erano Villafuerte.

Steven thanks Master Fred Zabala an amazing person and remarkable martial artist and Grandmaster Trovador Ramos for the knowledge and the chance to learn and train in the style known as TRACMA (Trovador Ramos Consolidated Martial Arts).

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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Learning and Training in TRACMA as I was Taught

How far a student will progress in TRACMA depends on no one but themselves. Young or old, male or female, it does not matter. It is the students' perseverance that will determine how far they will go.

First, the instructors will evaluate the perspective student to find out if they have the basic qualifications.

They will have to satisfy themselves that the student has the right attitude, that the student agrees fully with and is willing to abide by, all the principles in the TRACMA Creed, that TRACMA will never be used for evil purposes, nor for vainglorious display, nor for public exhibition without consent from the proper TRACMA authorities, that the student will pledge loyalty, obedience and respect to all duly constituted TRACMA authority, and that the student is willing to work at developing their skills tirelessly and following the prescribed forms faithfully.

It is also important, of course, that the student is basically healthy. This does not mean that a perspective student should be in a superb state of health or physical development. As a matter of fact, the practice of TRACMA is supposed to help one attain this. However, it does mean that one should have no physical impairment that would make it inadvisable for them to engage in strenuous physical activity.

Assuming that the student has the right attitude and the basic state of health, the next thing that is required is that the student is given the proper guidance. One cannot do without a qualified instructor. A student cannot learn

TRACMA from a book. A book will just help a student reinforce their learning. A skilled instructor often has to use different teaching techniques with different students. No book, in any subject, can adequately replace a good instructor.

It is important, of course, that from the beginning a student abides by the necessary disciplines expected of them.

TRACMA is an exercise, a sport, a fighting style, a discipline, a way of life, and is not to be parodied, made fun of, or taken lightly in any way. The instructor is the representative of the Master, and must be accorded full reverence, obedience and respect. The students' fellow TRACMEN are fellow disciples of the Master and should likewise be given consideration and respect. A student should also respect themselves, of course, and conduct themselves with the appropriate sobriety and dignity.

The uniform and insignia are symbols of the TRACMA brotherhood and should never be debased by improper maintenance or behavior. The gym or training hall is the place of learning and proper attire and sober behavior is expected from the time you enter to the time the student leaves. All of this is imposed to help one attain the full realization that TRACMA should never be used for evil ends or in frivolous or vainglorious display.

One must faithfully follow the prescribed form. TRACMA has been developed after long years of research. There is a reason, nay, several reasons for every single move. Not all of them can be made clear to the student overnight. But one should follow

even if you do not understand. For if he or she does not they are either careless or immature, or they are presumptuously believe that they know more than their instructor. In either case, a student will not get very far.

Finally, a student should have the perseverance to stick to their training schedule. This will include gym sessions with their instructor and home physical conditioning exercises and diligent repetition of the prescribed forms by themselves. If the student does not apply themselves diligently to their training schedule, then they are not serious in their desire to learn TRACMA and the student obviously will not get very far.

However, if the student has all the qualifications that have been said, then a student will find that he / she will progress very quickly.

Exercises

When one talks of exercises, they generally refer to an activity that is intended to strengthen or develop. From this point of view, the entire training session and the very practice of TRACMA is an exercise that strengthens and develops all the muscles of the body. Furthermore, it strengthens the will and develops mental reflexes so necessary for effective sport or combat techniques.

In TRACMA exercises it is dealing with preliminary exercises, activities designed not so much to strengthen or develop the muscles but to stretch and loosen them up, and in particular, since that are to be done at the start of the training sessions, to warm up the muscles and to improve blood circulation which will further help to prepare

the muscles for exertion.

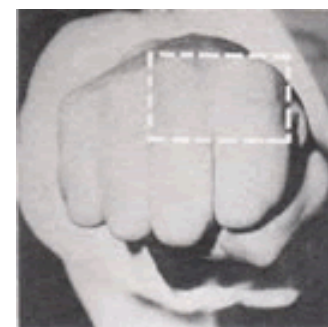
Stances

In every physical activity that requires mobility. Power and speed, correct footwork is of absolute importance. It is footwork that give you good balance which makes possible mobility, power and speed. It would be absurd to say that the posture should always be erect, and that the one should be front facing, half front facing or side facing. When fighting for your life, you cannot always be erect. What is important is that you have correct balance through correct footwork, and this is stance. It goes without saying that balance should be maintained when shifting from one stance to another.

Striking Weapons

The hands and the feet are the best striking weapons. They are the quickest and can reach the farthest. They pack tremendous speed and power concentrated in a small surface area. Furthermore, they are hardy and not as vulnerable as other parts of the body. A blow can be struck with the shoulder, or course, but the shoulder is comparatively slow and dissipates the force over a large area. Some schools of martial arts teach that even the head can be used as a striking instrument, but the head can be vulnerable and delicate since it houses the brain and other important and delicate sense organs. Besides, it can be put to better use than as a battering ram.

Fore Fist



Bottom Fist / Back Fist



Four Knuckle Fist



One Knuckle Fist



1. Fore Fist: The most frequently used striking point and one of the most effective. It consists of the first and second knuckles of the forefinger and the middle finger. The fist must be tightly clenched. The forefinger and middle finger should be pressed down firmly by the thumb. Do not bend the wrist. All the force should be concentrated on the square formed by the forefinger and the middle finger.

2. Bottom Fist: Used in attacking head and the other hard surfaces. When used with a sharp hammer like blow on the temple, jaw or collar bone, it is particularly devastating while presenting least possibility of injury to the user.

3. Back Fist: Used in close in-fighting to attack the face and ribs. Concentrate all force in the encircled portion as shown. Remember sharp snap action from the elbow.

4. Four Knuckle Fist: Used in attacking the face, especially between nose and the upper lip, temple, solar plexus. Press fingers together firmly with thumb.

5. One Knuckle Fist: Used in attacking the temple or point between the eyes, and other small vulnerable points.

One Knuckle Fist



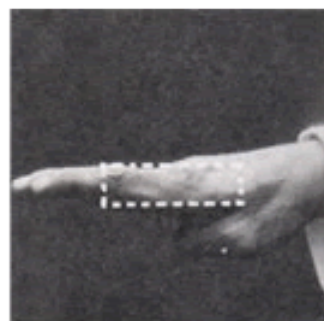
Knife Hand



Ox Jaw Hand



Ridge Hand



6. Middle Finger One Knuckle Fist: Same as the One Knuckle Fist. Particularly effective in attacking the sternum.

7. Knife Hand: An over-glamorized striking weapon but which requires a lot of conditioning exercises. Use center fleshy portion of palm edge away from the fingers. Wrong delivery could cause severe injury to the user. Use this to attack the softer vulnerable points such as the temple, neck, jaw, bridge of the nose, or even the ribs and groin.

8. Ox Jaw Hand: Often mistaken by those unschooled in martial arts for the knife hand. The ox jaw hand however uses the bony base of the palm edge rather than the fleshy center portion. Used in attacking the collar bone. Requires much conditioning, however and the novice would be wiser to utilize the bottom fist or the palm heel instead.

9. Ridge Hand: The opposite of the knife hand. Used in close in-fighting to attack the face. Sharp snapping action from the elbow is required.

Tiger Mouth Hand



Palm Heel



Spear Hand



One Finger Spear Hand



10. Tiger Mouth Hand: A variation of the ridge hand. Used in attacking the adam's apple.

11. Palm Heel: Used in attacking the face, nose, chin, jaw, solar plexus, and also in blocking. Bend wrist upward. One of the most effective, with least chance of injury even to the novice.

12. Spear Hand: Used in attacking the face, nose, chin, jaw, solar plexus, ribs, etc. Be sure to keep ends of the three striking fingers flush.

13. One Finger Spear Hand: Used in attacking the eyes.

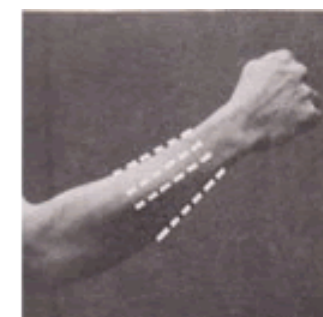
Two Finger Spear Hand



Elbow



Forearm



Knee



14. Two Finger Spear Hand: Used in attacking the eyes.

15. Elbow: Used in close in-fighting for attacking the chin, chest, solar plexus, ribs, etc.

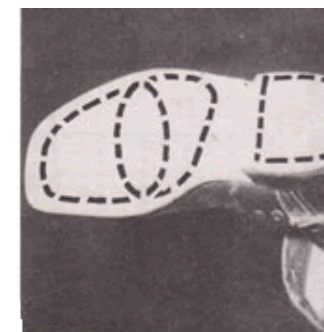
16. Forearm: Used mainly in blocking, but this can be done with such force that it is virtually an attack, otherwise known as a destructive block. The outer, inner and upper surfaces of the forearm may be used.

17. Knee: Used in close in-fighting to attack groin or solar plexus, or even the face.

Instep / Toe



Heel / Ball of the Foot and Sole



Foot Edge



18. Instep: Used in the front kick to attack the groin.

19. Toe: When the foot is armored in a sturdy shoe, this can be used in the front kick attack to the groin or in a roundhouse kick to attack solar plexus or ribs, face or temple.

20. Heel: Since TRACMA is primarily envisioned for self defense and no-nonsense fighting, the student learns to take advantage of natural or commonly possessed weapons, one of which is a sturdy shoe. This is one of the strongest, most effective and most destructive striking points. Used in the back kick, front kick, side kick and stomping kick to attack the temple, face, jaw, solar plexus, groin, knee, instep, etc.

21. Ball of the Foot and Sole: In TRACMA, which primarily envisions the student to be wearing his or her shoes, virtually no distinction is made between the ball of the foot and the sole.

22. Foot Edge: Particularly effective with a heavy soled shoe, in sidekicks and stomping, in attacking the jaw, armpit, solar plexus, knee, etc. In TRACMA, the use of the heel is preferred to the use of the foot edge since the use of the foot edge, when improperly delivered, presents the possibility of sprain or injury to the user.

Blocking

More important than how to deliver a blow is how to block one. You would be in no position to deliver a counter punch if you have already been struck with a devastating blow.

In TRACMA it can be said that blocks should not be studied singly or independently. All blocks should be executed in such a way that one is immediately ready for another block or for a counter attack. Thus they should be studied within a sequence of movements.

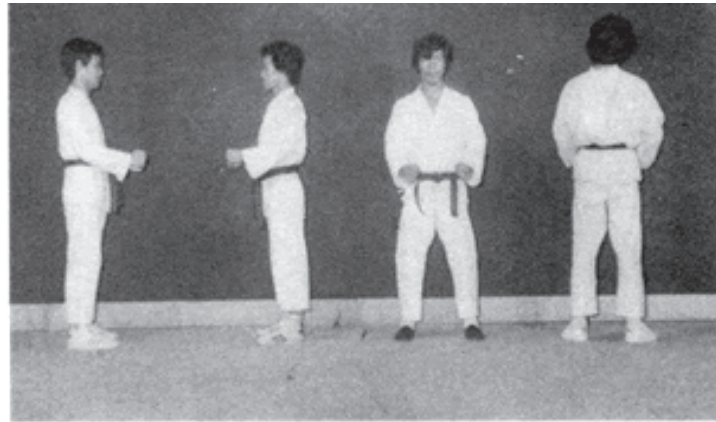
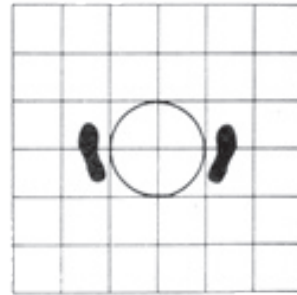
Scientific Form 1A

A short, simple and effective basic drill.

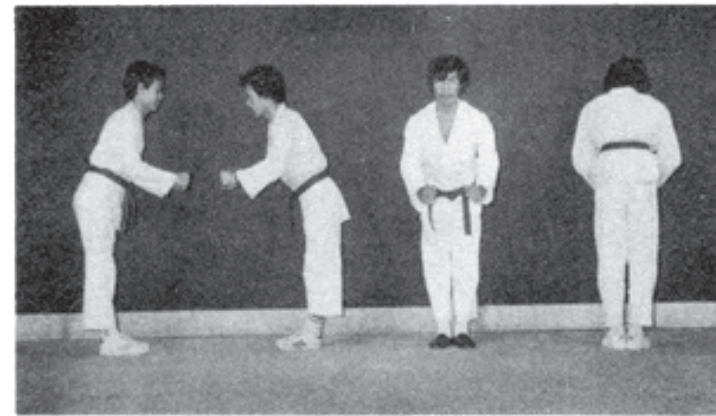
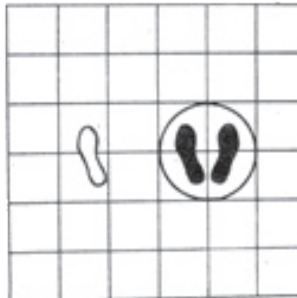
- It is the first introduction to the basic stances.
- It is the first practice on shifting from one stance to another.
- It is a good basic exercise on proper breathing and concentration to get the proper timing and strength on every move, whether offensive or defensive
- It is a basic exercise on the unique TRACMA style of execution of techniques.

Only the left side will be demonstrated, once the left side is completed continue on to do the right side using the opposite parts of the body.

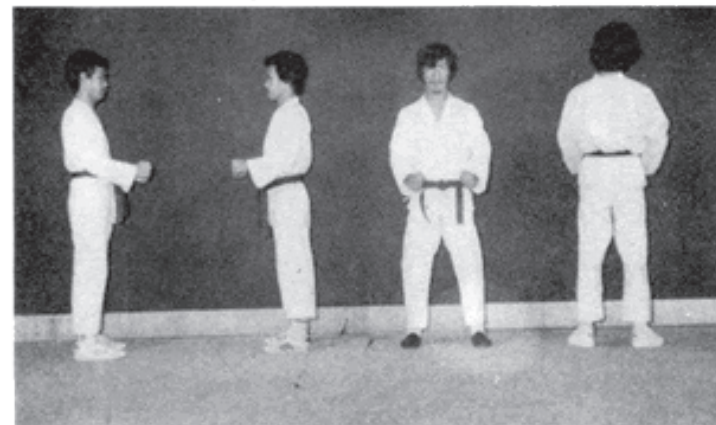
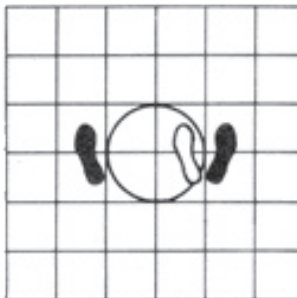
1. Ready Stance



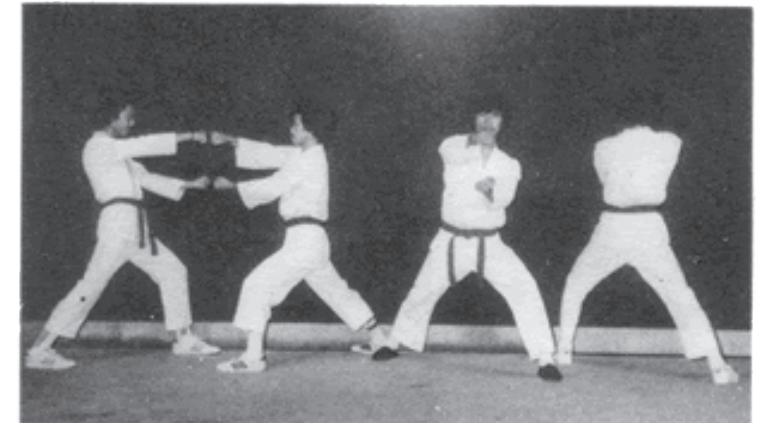
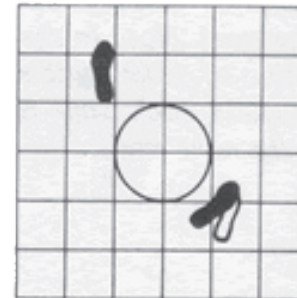
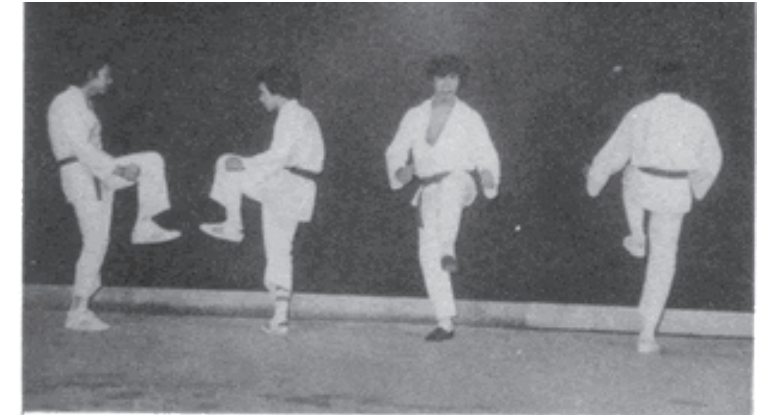
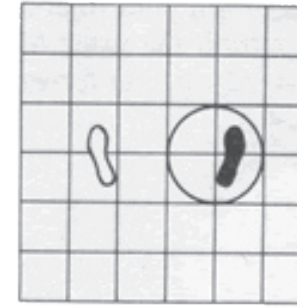
2. Bow



3. Ready Stance



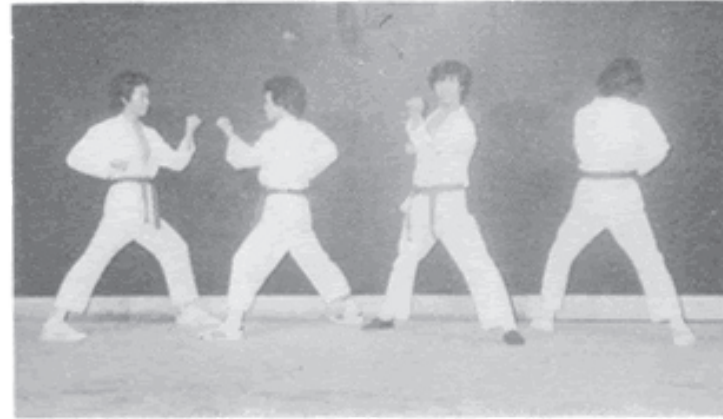
4. Move the left foot to the front to form a forward stance, simultaneously execute to the front with the right a hammer fist strike / left a reverse hammer fist strike (palms of both fists face each other, right fist chest height).



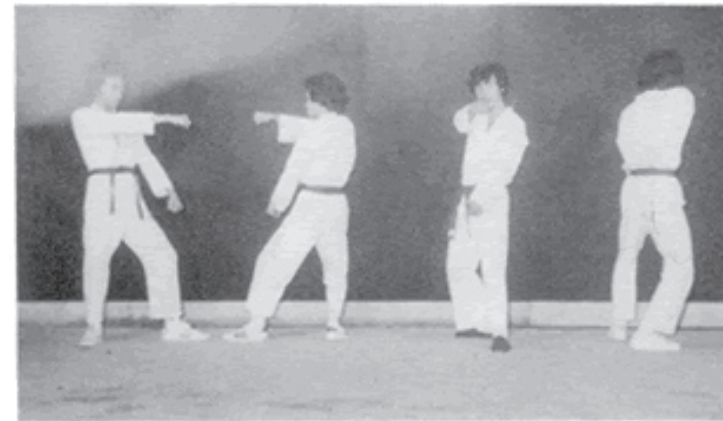
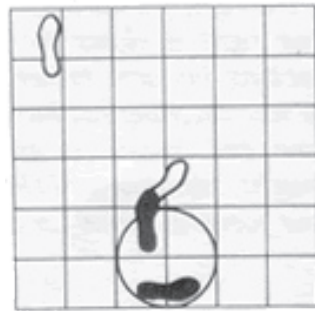
5. Continuing in the same stance, execute with the left arm a (hard) upward block, then execute a downward elbow strike, (left fist is at eye level).



6. Remain in the same stance, execute with the right arm a (hard) inward block.



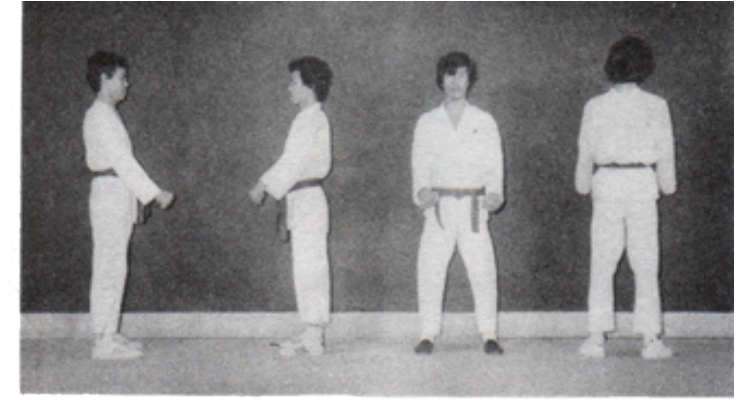
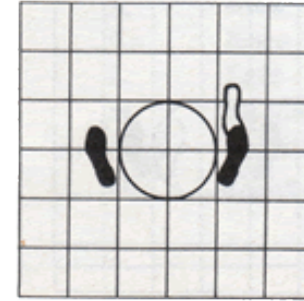
7. Shifting the body backwards, left foot remains in front form a back stance; simultaneously execute a middle reverse punch / left arm a (hard) downward block.



8. In the same stance, execute with the left arm a (hard) outward block.



9. Move the left foot back next to the right foot to form a ready stance.



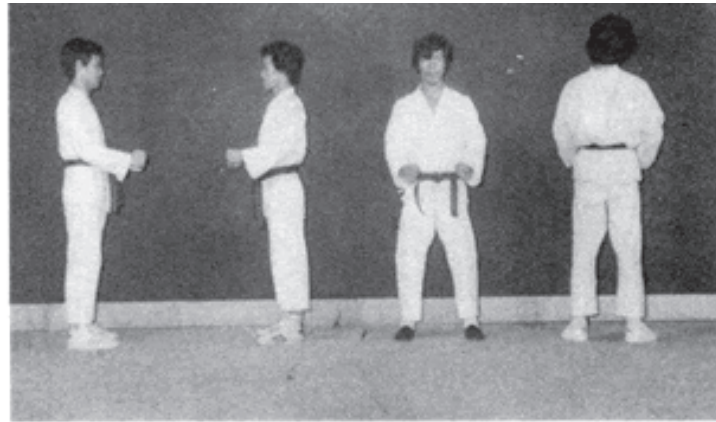
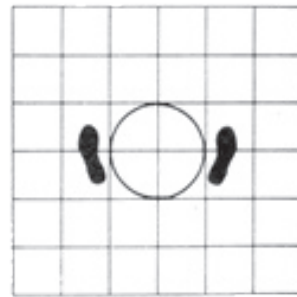
Scientific Form 1B

Although Scientific Form 1B is still just a basic drill, it is slightly longer than Scientific Form 1A, (and in fact is an, add on to Scientific Form 1A).

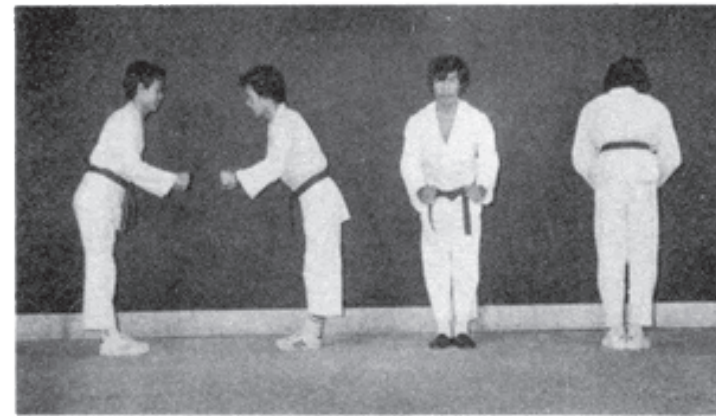
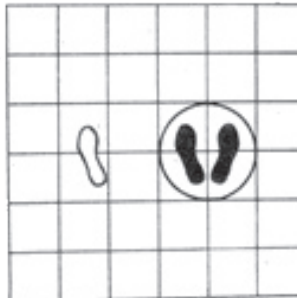
- You should not begin on Scientific Form 1B until you have so completely mastered Scientific Form 1B that you can perform the sequence smoothly and automatically and without the slightest hesitation. Otherwise, your attempt to perform Scientific Form 1B may confuse your knowledge of Scientific Form 1A.
- Scientific Form 1B continues to drill the student on the basic stance, shifting from one stance to another, proper breathing, timing, concentration of strength, combination of techniques, and proper execution in the unique TRACMA style.

Only the left side will be demonstrated, once the left side is completed continue on to do the right side using the opposite parts of the body.

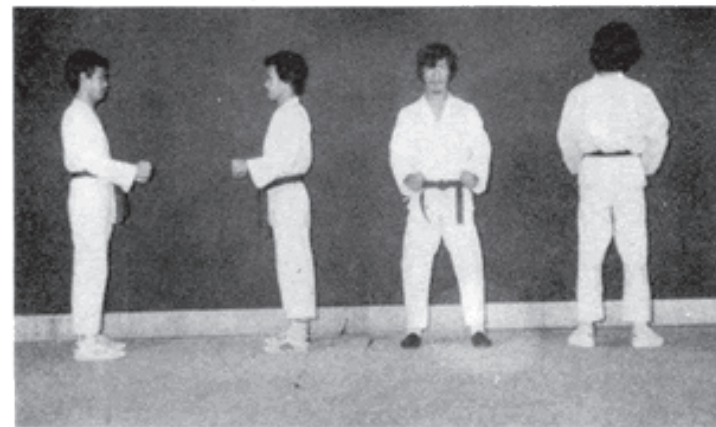
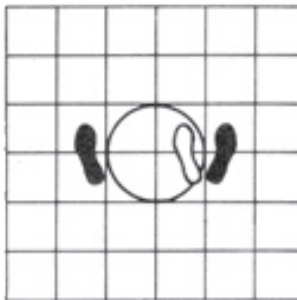
1. Ready Stance



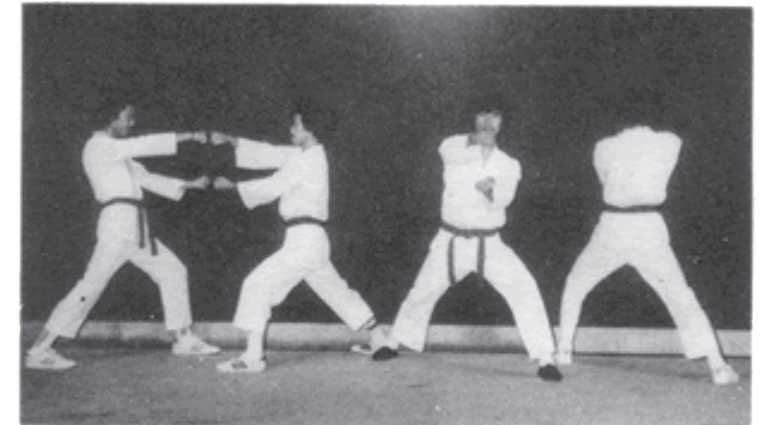
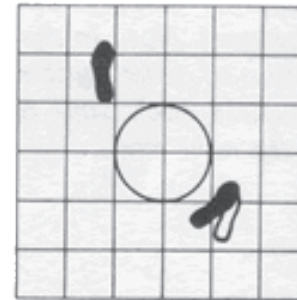
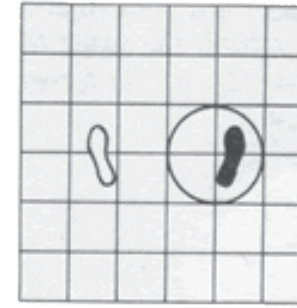
2. Bow



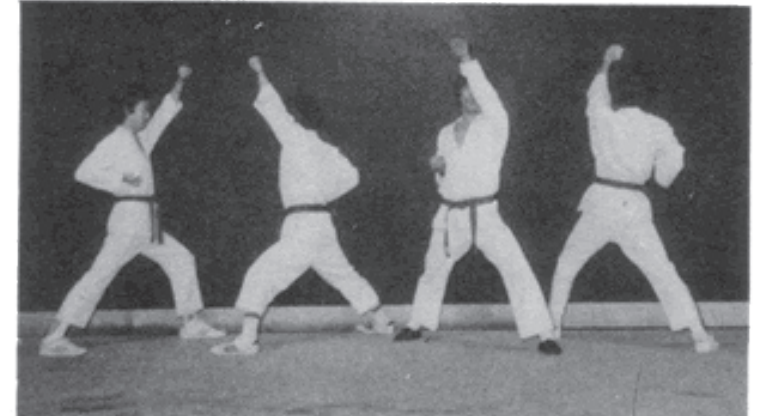
3. Ready Stance



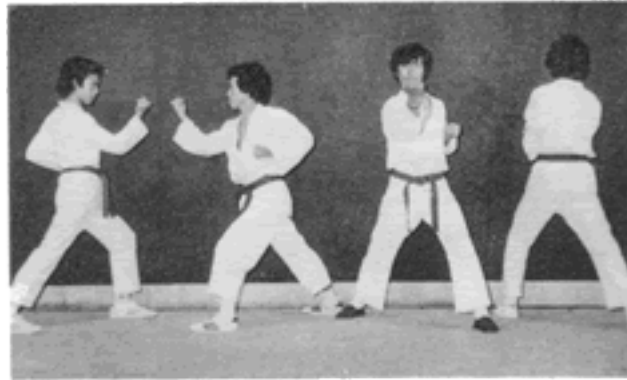
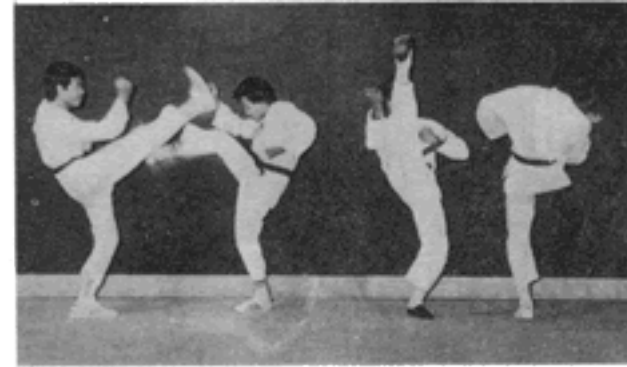
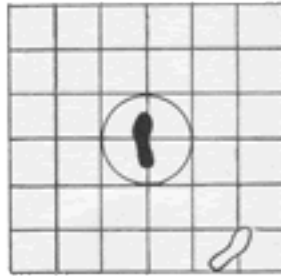
4. Move the left foot to the front to form a forward stance, simultaneously execute to the front with the right a hammer fist strike / left a reverse hammer fist strike (palms of both fists face each other, right fist chest height).



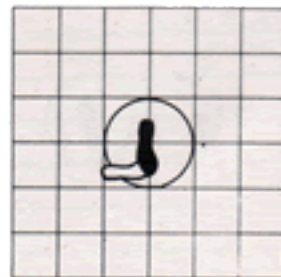
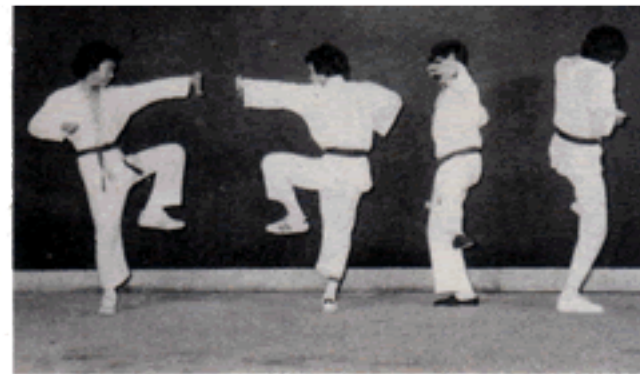
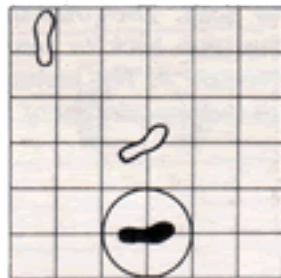
5. Continuing in the same stance, execute with the left arm a (hard) upward block, then execute a downward elbow strike, (left fist is at eye level).



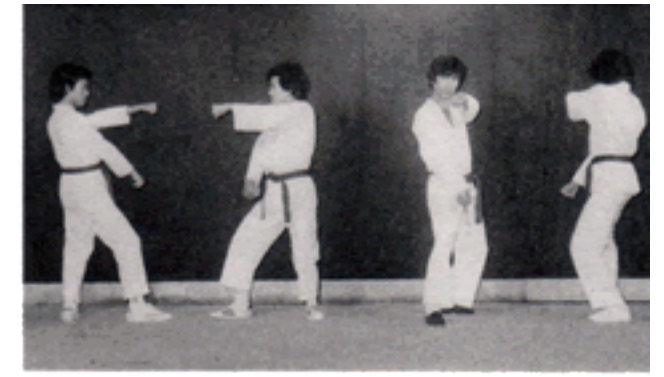
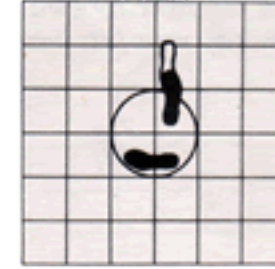
6. Lifting the right leg execute with the right foot a front kick, upon completion of the kick the right foot returns to the rear, to form a forward stance, execute with the left arm a (hard) outward block.



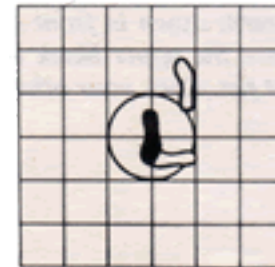
7. Shift the body weight to the right leg; execute with the left foot (to the front) a side kick.



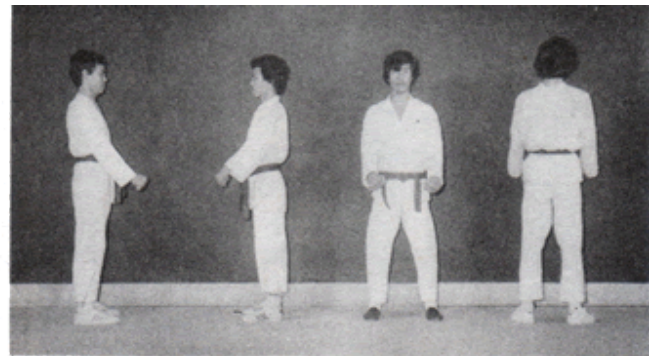
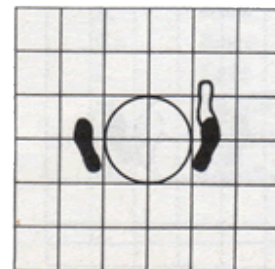
8. Upon completion of the side kick the left foot moves to the rear, right foot in front to form a back stance, simultaneously execute a middle reverse punch / right arm (hard) downward block.



9. In the same stance, execute with the right arm a (hard) outward block, and then execute with the right foot (to the front) a side kick.



10. Upon completion of the side kick the right foot moves next to the left foot to form a ready stance.



Scientific Form 1C

Although Scientific Form 1C is still just a basic drill, it is slightly longer than Scientific Form 1B, (and in fact is an, add on to Scientific Form 1A and 1B).

- You should not begin on Scientific Form 1C until you have so completely mastered Scientific Form 1B that you can perform the sequence smoothly and automatically and without the slightest hesitation. Otherwise, your attempt to perform Scientific Form 1C may confuse your knowledge of Scientific Form 1A and 1B.
- Scientific Form 1C continues to drill the student on the basic stance, shifting from one stance to another, proper breathing, timing, concentration of strength, combination of techniques, and proper execution in the unique TRACMA style.

Is an addition to the movements of Scientific Forms 1A and 1B.

- Utilizing the left foot, on moving the left foot to a forward stance, execute a short front kick (to opponents shin area). Then continue by placing the left foot in front forming a forward stance.
- Continue the form by executing the movements of Scientific Form 1B.

Once the left side is completed continue on to do the right side using the opposite parts of the body.

TRACMA

Trovador Ramos Consolidated Martial Arts

of Real Combat Judo Karate

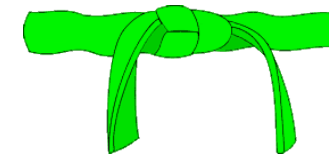
Belt Requirements:

Green Belt

Forms:

Scientific Forms 1 A, 1 B, 1 C trough 9

- No more than 10 mistakes allowed.
- Light endurance test.
- Sparring: each round 2 minutes in length (controlled contact).
 - * 3 White belts
 - * 3 Green Belts
 - * 3 Brown Belts



Final: With tabulation of forms presentation and sparing points scored at completion of test a degree of Green Belt is issued

- Excellent - 6th Degree Green Belt
 - Good - 5th Degree Green Belt
 - Fair - 4th Degree Green Belt
 - Average - Green Belt
 - Poor - Reschedule test at a later date (at least 2 months)
-

Brown Belt

Forms:

Daikyu - 1, 2, 3

Pin-an - 1, 2, 3, 4, 5

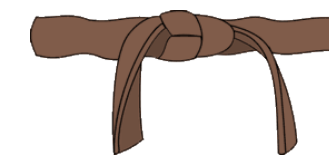
Tension Forms (light / medium / hard) Seisan and Seanchin

- Forms are to be done with style and flowing movements.
- Tension Forms are done with grace and tested by the test board periodically.
- No mistakes allowed in executing the forms
- Endurance is tested at medium strength and for at least 10 minutes in length.
- Sparring: each round 2 minutes in length (light contact with proper movement executed).
 - * 3 White belts
 - * 3 Green Belts
 - * 3 Brown Belts
 - * 3 Black Belts

- Breaking - (2) 1 inch pine boards and (2) hollow blocks.

Final: With tabulation of forms presentation and sparing points scored at completion of test a degree of Brown Belt is issued

- Excellent - 6th Degree Brown Belt
 - Good - 5th Degree Brown Belt
 - Fair - 4th Degree Brown Belt
 - Average - Brown Belt
 - Poor - Reschedule test at a later date (at least 2 months)
-



1st Degree Black Belt

Forms:

All Green Belt Forms - Scientific Forms 1 A, 1 B, 1 C through 9

All Brown Belt Forms - Daikyu - 1, 2, 3 / Pin-an - 1, 2, 3, 4, 5 / Tension Forms (light / medium / hard) Seisan and Seanchin

Black Belt Forms - TRACMA Super Forms 1 through 5 / Kusanko Sho

- Forms will not be done in order (mixed)
- Forms are to be done with style and flowing movements.
- Tension Forms are done with grace and tested by the test board periodically.
- No mistakes allowed in executing the forms
- Endurance is tested full strength and for 15 to 20 minutes in length.
- Sparring: each round 3 minutes in length.
 - Spar each Black Belt present separately
 - Spar 2 Black Belts
 - Spar all Black Belts at one time for a 5 minute round.
 - Full contact will be observed with notation to light contact to face and throat area and joints, no contact to groin or spinal area.
- Breaking - 1 inch pine board break with each of the basic kicks (front, roundhouse, back, and side).

Final: With tabulation of forms presentation and sparring points scored at completion of test a decision is based on thoughts from the examining board. Results are forwarded to the Grandmaster for final result and appointment.



Steven Dowd TRACMA Instructor

While in the US Navy Steven Dowd was Stationed at San Maguel Communication Station, Philippines, located in San Antonio Zambales as Armed Forces Police for the town and Military Security Police for the Naval Communication Station.

Here he commenced his training in TRACMA. It was through a friend he met and started his training with Master Fred Zabala in TRACMA (Trovador Ramos Consolidated Martial Arts). Steven trained privately most of the time, however also trained in TRACMA in the evenings at Grandmaster Trovador Ramos home in San Antonio, Zambales. Grandmaster Ramos did not live there, but it was his main resident before he went to Hong Kong and started in films and he still owned it. After he got back from Hong Kong and was

continuing in films he lived mainly in Quezon City.

When Steven was promoted to Black Belt in TRACMA, Fred Zabala, Steven and a couple other TRACMA practitioners went to Quezon city quite often and stayed at Grandmaster Ramos home and worked out. This is where Steven would hear from Grandmaster Ramos how he was asked to be in the Bruce Lee movie "Enter the Dragon" and turned it down because in the movie he would get beat. Grandmaster Ramos said that would never happen and would not even in films get beat by someone. Even in movies if he got beat it was from behind as a surprise attack.

Grandmaster Ramos also claimed to spar with Bruce Lee while in Hong Kong and beat him. To this day Steven has never

really been able to verify this fact. Even though in the Philippines the newspapers published the account of Grandmaster Ramos and Bruce Lee did get together and sparred.

It was also during these years in the Philippines Steven started competition. Steven remembers once that Master Fred Zabala, himself and a select few other Black Belts were called to Manila by Grandmaster Ramos to accept a challenge by a rival school. Upon arriving they

we were taken to a deserted building somewhere in Manila. This was a large warehouse. Upon arriving there were many, many people maybe 300 or more. Steven was told these were TRACMA people and we were waiting for the rival school. We were told to get dressed and waited. After a few hours and the other school did not show up the Black Belts ended up doing a demonstration and then went to the Grandmasters home.

This was all during 1973 through 1977. And also a little fact when Steven was transferred from the Naval Communications Station San Maguel, Philippines, He was promoted to 3rd degree Black Belt and appointed by Grandmaster Ramos as the US Director West of the Mississippi, and Guro Roy Hall, which was living on the east coast, was the US Director East of the Mississippi.

While in CBC Naval Station Pt Hueneme Steven wrote an article and a book on TRACMA and tried to get both published and was mostly laughed at, for no one had heard of Grandmaster Ramos and especially a 14th degree Red Belt as he claimed himself at that time.

Just a Note: At the Naval Communication Station when Steven was assigned as Armed Forces Police, he work four days on and then four days off. His four days on consisted of working from 5pm - midnight. When working Military Security Police he worked 4 days on, 3 days off, lot of time to train.



Talking with Grandmaster Trovador Ramos in his home in Quezon City, Philippines.



TRACMA 1st degree Black Belt test (*upon completion*)

L-R: Basilio Reyes (4th Degree Black Belt), Master Armando Ledrillono (5th Degree Black Belt), Master Fred Zabala (5th Degree Black Belt), Lynn Tidwell (1st Degree Black Belt), Guro Pepito Torres (4th Degree Black Belt), and Renee Josie (3rd Degree Black Belt)

All promotions and Appointments presented by Master Fred Zabala with Grandmaster Trovador Ramos signature; exception of 3rd Degree Black Belt presented by Grandmaster Trovador Ramos.

- October 15, 1973: 6th Degree Green Belt
- October 25, 1974: 6th Degree Brown Belt
- October 5, 1975: 1st Degree Black Belt

Letter of Appointment & Instruction as Instructor - US NavComSta Phil, San Miguel Base, Zambales, Philippines

- October 30, 1975: 2nd Degree Black Belt
- November 29, 1975: 3rd Degree Black Belt

Letter of Appointment & Instruction as United States Director - West of the Mississippi (2 years)

TRACMA Creed

I Believe that all things come from above, all knowledge, all talent, all skills, all health, so that we can be instrumental of the Divine Plan. Of this we should be glad and humble

I Believe that the mastery and practice of the martial arts should be used as a form of physical conditioning, to keep our bodies fit and healthy; as a sport and as a form of relaxation, to enhance our skills, to develop our reflexes, resourcefulness and creativity, to promote friendship and brotherhood, and to develop the true spirit of sportsmanship and fair play; and as a divine weapon, never to be used in frivolity or vainglorious display, not to oppress, but rather to defend, the weak, not to suppress, but rather to uphold justice.

I Believe that we should respect ourselves and our fellow men because of our dignity as human beings, and as creatures of God, but that the greatest respect is due to our Founder and Master, and to his representatives, our instructors. To him and our instructors, and the TRACMA Organization, we pledge all loyalty, allegiance and obedience.

TRACMA

Trovador Ramos Consolidated Martial Arts
San Antonio, Zambales, Philippines

School Rules and Regulations

1. Bow upon entering and leaving the school as a show of respect to the art of TRACMA.
2. No member will be allowed to practice without a uniform or acceptable garment.
3. STRICTLY NO SMOKING inside the school. Nobody will be allowed inside the school while under the influence of liquor or illegal substances.
4. Come stay for practice only on your designated schedule unless your presence is requested by the TRACMA staff.
5. Be punctual in reporting for practice, class meetings, and scheduled field trips.
6. No interruptions or complaints will be allowed during the progress of instruction.
7. No loitering, no joking, or any boisterous manners will be permitted inside the school and its premises.
8. Wear your uniform and execute TRACMA forms only inside the school. Wearing TRACMA uniforms and displaying TRACMA forms outside the school and in the streets is absolutely and strictly prohibited. Unless otherwise directed by their instructor.
9. Housekeeping is everybody's responsibility. Cleanliness inside the school and its premises must be maintained at all times. Take your shoes and slippers off before going on the practice floor.
10. Be loyal to the organization, obey commands of your seniors. Know and give due respect to your seniors, and be courteous to fellow members.

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.

Click Here and fill in the information. Additional information and .gif, .jpg, .bmp, or .tiff. Email to: Advertise@fmainformative.info



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**

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