

FMA Informative

Propagating the Filipino Martial Arts and the Culture of the Philippines

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Isidro Modern Arnis

A Mission in the Philippines



A Visit with Punong Lakan Nicolas of MAMFMA
Thursday Night Training at Maestro Lakan Amosco Class
Visit to Central Books for New Publication
MMDA Sinawali Marathon Competition
A Visit With Mama Rosemary Presas
Filipino Martial Arts Self-Defense Seminar at Marikina Sports Complex



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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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The FMA Informative wants to thank Master Jose Isidro for sharing his experience in the Philippines. what makes it news worthy you may ask?

The primary reason for Master Jose Isidro's Philippines trip initially was to help a fellow Filipino martial artist in Marikina, Philippines a good friend. Maestro Lakan Melchor Amosco and his family has suffered from the previous flood they encountered in Marikina in 2013.

Master Isidro volunteered to give a free charity seminar for Maestro Lakan Amosco to raise money for his and his family's needs. All the monies collected will go Maestro Lakan Amosco and his family.

Master Isidro also asked his friend Master Rei Samson if he also wanted to do the seminar with him and he also would not collect any money from the seminar.

All agreed and this is where history was made between all three of the Filipino martial arts Masters. After that, Master Isidro realized other Filipino martial artist also started to follow our pattern at Marikina hosted by Maestro Lakan Amosco.

This made Master Isidro feel very proud that one good deed has been passed along to another as a ripple affect like "The Flow" of the water. That a fellow Filipino martial artist in need and that others offer their help with no political or monetary nonsense. It is from a good heart from one good person to another.

From Master Jose Isidro

I will tell you a story of true friendship and it has nothing to do of giving or receiving materialist things that happened in our Philippine trip. When my daughters needed to get a dress for her prom and a purse for her sister and mom. Punong Lakan Nicolas, Meo, and his senior student Lakan Rey Senson guided us their own time to Baclaren Market. A place they chose for us and we can get lots of good things for better price than the mall. They did twice and ask nothing in return. They took us everywhere.

When we were leaving from the Sinawali Competition Tournament, Punong Lakan Nicolas changed the venue right away and had picture taken right after my speech and gift demo to him. It was a lot of people to coordinate. When we left the Sinawali Competition from the 2nd Floor (Humble Gym location), I saw from my rear view. Master Rey Samson left the Sinawali Competition and followed us to the driver until we were in. He did not have to do this.

When we were looking for a weaving purse for my Mom. Punong Lakan Nicolas asked Maestro Lakan Amosco on good location in Quiapo Market with good price. Maestro Lakan Amosco with Master Rei with his son. Went with us and never left us. Always with us and bargain price with us.

When we went to ride the MRT, Sifu Vic Tiro came with us all the way in the train until he got off and stood and wave to us. Even I did not see him, he stood and respect me until Master Rei said he is there standing outside. We waved goodbye.

When we were at Sinawali event in the morning, Grandmaster Espera, Maestro Ron Base, and the other Maestro greeted me and respected me.

When we were at the Marikina Seminar, Maestro Jaime (the jackhammer) greeted me and respected me.

When we were not even arriving at the Philippines. Senior Grandmaster Restie Obispo already wanted to see me and ask Punong Lakan Nicolas if he can bring me to their gym. All of them respected me.

When we ate dinner afterward, Master Rommel Villanueva and Dayang Jemn Baxafra, and meeting Maestro Lakan Amosco met me and ate dinner with my daughters.

When last day of Philippines, Maestro Ronald Baxafra, Dayang Jemn Baxafra, Punong Lakan Nicolas, and Romeo Solatorio invited us to lunch.

When last day toward airport ride to Aquino Airport. Master Rei with son, and Maestro Lakan Amosco rode with us and stayed with us until we were in the airport. They helped me with luggage and the cart. When we were in the plane, I overheard my daughters said, "There goes my friend." This made me very happy and shows that they enjoyed their visit and the new friends they've met.

This all shows friendship. I never asked from anything from them and just friendship. They were all always accommodating to me and my daughters. That I will never forget of a good friend and not just a Filipino martial arts counterpart. I hope you all enjoy this short story.

A Visit to the Humble Gym and Punong Lakan Nicolas of MAMFMA



Punong Lakan Nicolas showed Master Isidro the awards and medals for the upcoming Sinawali event

It all started early afternoon on Wednesday the 24th of April, Punong Lakan Nicolas and Romeo Solatorio met Master Isidro at the hotel and they went straight to the humble gym from Master Isidro's request. Pictures were taken for this special occasion.

Afterward on that day, they went to Baclaren Market and to visit Senior Grandmaster Restie Obispo, who requested Punong Lakan Nicolas to have Master Isidro see him. They went to visit Senior Grandmaster Restie Obispo gym, while Maestro Lakan Amosco was on his way to see Master Isidro.



Punong Lakan Nicolas and Master Isidro with the book "100 Filipino Martial Artists"

Senior Grandmaster Restie Obispo was a nice guy to talk to. He

asked Master Isidro if he had his Korean Dobok to teach and do a demo for him and his students there. Master Isidro had not and took a rain check for the next time they got together.

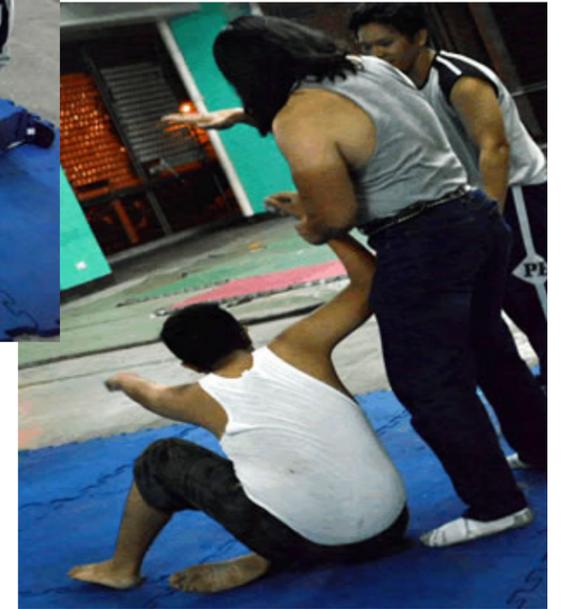
Afterwards, Master Isidro went to dinner with Maestro Lakan Amosco, Punong Lakan Nicolas, Romeo Soletario, and my daughters. Master Rommel Villanueva and his son and Dayang Jem Baxafra came to the restaurant to meet Master Isidro. All had a great timing joking, talking, and eating until it was around 8:30 pm.

**Special Thursday Night Training at Maestro Lakan Amosco Class
Taught by Master Jose Isidro - Hapkido, Arkido, to Modern Arnis**

It was nice and great time working with Maestro Lakan students. They were all very enthusiastic to learn new techniques. Master Isidro taught a lot of practical self defense, Modern Arnis techniques, and they went over a few of Modern Arnis techniques that weren't taught in the Philippines; such as block/check/counter and Empty Hand Sinawali Boxing. Everyone enjoyed it so much that Master Isidro mentioned to Maestro Lakan Amosco that he would give them this special training session every year when he visits the Philippines.



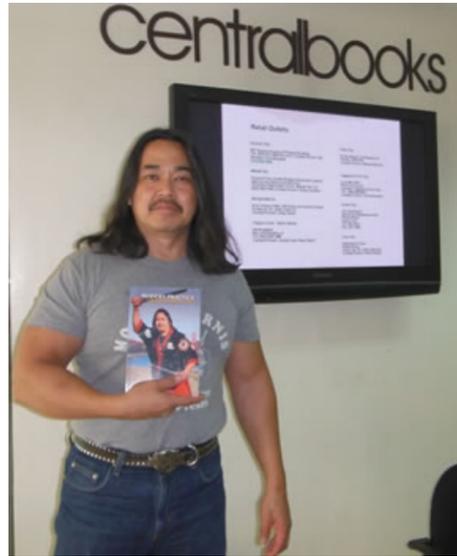
Master Isidro demonstrating and teaching takedowns and locks



Maestro Lakan Amosco students with Master Rei Samson and son attending



Modern Practice of the Filipino Martial Arts Book By Author Master Jose Isidro

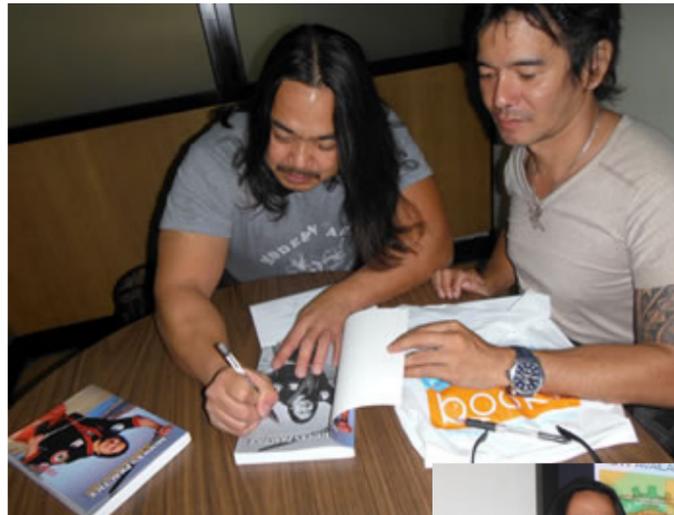


It was a special day for Master Isidro because he was going to sign the contract with Centralbook with the publishing of his book of "Modern Practice of the Filipino Martial Arts". Master Isidro also invited Maestro Lakan Amosco and Master Rei Samson to meet him there.

They took a lot of pictures, toured the bookstore, met the boss of Central-book and worked with the publisher of Master Isidro book.

Master Isidro did an official signing of the books to kick off with Punong Lakan Nicolas which included only a limited book poster of the book to be signed and given away to special people. When it ended, Master Rei Samson also suggested that every year that Master Isidro visits the Philippines to write a book. Master Isidro thought that it was a good idea and agreed to do it. Punong Lakan Nicolas also suggested for Master Isidro to do a self defense book, which Master Isidro decided he will do that next and from there, he will do a series of Filipino martial arts technical books.

Signing book for Punong Lakan Nicolas to make it official



Master Jose Isidro author of his 1st book publishing of a Filipino martial arts Book called "Modern Practice of the Filipino Martial Arts." 292 pages of technical techniques with many pictures. Pictured with (L-R) Reinald Samson, Maestro Lakan Amosco, Jemm of Central Book, Master Rei Samson, and Punong Lakan Nicolas.



MMDA Sinawali Marathon Competition



The MMDA Sinawali Marathon Competition was well organized and had a big turnout. Master Isidro was able also to meet his facebook friend Martha de Asis, her mom, and her Guro. Master Isidro gave her a souvenir book poster and gave some good inspirational words.

It started with the Philippine National Anthem and one of Punong Lakan Lakan students did a great job as the MC. He introduced people and defined what they do.

The first speaker was Engineer Diaz then Master Isidro was next. Master Isidro gave a speech from his heart with no script of a very nice inspirational speech to everyone and especially to the Philippine people.

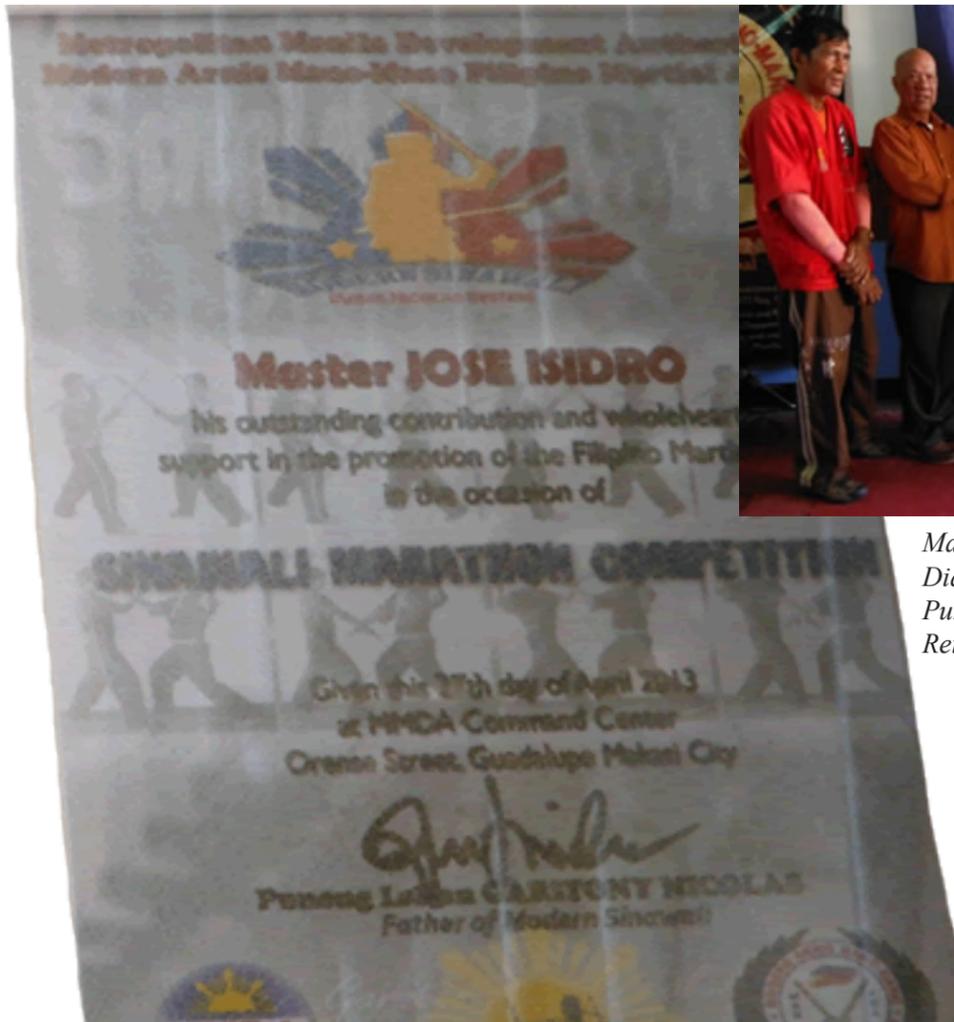
Afterward, Master Isidro did a gift demonstration to Punong Lakan Nicolas, who is the father of Modern Sinawali. A gift of empty hand sinawali boxing. Everyone enjoyed it and afterward Master Isidro had to leave due to another commitment with his family. Punong Lakan Nicolas did a quick accommodation of taking group pictures.



Eng. Diaz opening speech



Master Isidro Guest Speaker giving an inspirational speech



Master Isidro shaking hand with Eng. Diaz with Grandmaster Henry Espero, Punong Lakan Nicolas, and Master Rei Samson looking on.

A Visit With Mama Rosemary Presas



Master Isidro did a quick visit to Mama Rose Presas to pay respect and to give her his poster book with his autograph. He also dropped off some gift for her. His school t-shirt and a picture of his school promotion with Dr. Remy Presas in the picture for her to cherish. While Master Isidro was leaving and it was never done to him. Mama Rose asked him to kneel down. she then touched his forehead and made the cross she his forehead. Afterward, Master Isidro felt a energy came over him.

Mama Rose has always been so kind to Master Isidro and always has given advice to him about things in Modern Arnis of what and who to look for. Master Isidro has always really appreciated this and will never forget her words. She has done so much with Modern Arnis and Filipino martial arts. Dr. Remy Presas also talk to Master Isidro personally on this subject. Master Isidro is very happy that he is one of the Elite to visit Mama Rose at her home at their family's request.



Master Jose Isidro and Dr. Remy Presas

FILIPINO MARTIAL ARTS
 — STREET SELF-DEFENSE —
FUND RISING FRIENDSHIP SEMINAR 2013
 MARIKINA CITY, PHILIPPINES



**MAESTRO LAKAN
 MELCHOR W. AMOSCO**
 MODERN ARNIS MANO-MANO/
 FILIPINO MARTIAL ARTS/AIKIDO
 YUISHINKAI/BUDIWAN KALI
 FILIPINO FIGHTING SYSTEM

MASTER JOSE ISIDRO
 ISIDRO MODERN ARNIS/FILIPINO
 MARTIAL ARTS/HAPKIDO, TAEKWONDO
 KOREAN MARTIAL ARTS

MASTER REI SAMSON
 SALAKNIB FILIPINO
 FIGHTING SYSTEM

TOPICS : FMA Modern Arnis Self Defense Techniques that will encompass Isidro Modern Arnis techniques using Arkido and Visadario of Modern Arnis. Stick to Stick, Stick to empty hand, empty hand to empty hand. We will go over striking, blocking, disarming, redirecting of the solo/double baston, knife techniques, tying techniques, tungkod, gun techniques, multi attack, single attack, and many more.

WHEN : APRIL 28, 2013 **SEMINAR FEE:** P300
TIME : 9:00 AM–12 NN
WHERE : 3rd FLOOR BUILDING, MARIKINA SPORTS PARK CENTER, MARIKINA CITY
CONTACT : MAESTRO LAKAN MELCHOR W. AMOSCO CELL.No.: 09473608969

"LET US UNITE AND PROMOTE ARNIS FMA TO SUPPORT R.A. 9850"

**Filipino Martial Arts Self-Defense Seminar at Marikina Sports Complex Hosted:
 By Maestro Lakan Amosco**



Now for the primary reason for Master Isidro Philippines trip initially was to help a fellow Filipino martial artist in Marikina, Philippines. This was his good friend Maestro Lakan Melchor Amosco and his family who has had a difficult time since the previous flood they encountered in Marikina in 2013. Master Isidro volunteered to give a free charity seminar for him to raise money for his needs. All the money collected went to Maestro Lakan Amosco and his family.

It was a great turnout with various different Filipino martial arts styles and also different University and College students a faculty joining in such as UST and MPC. Master Isidro met a lots of new friends and some old ones.

The seminar was very fun and really not enough time when you are having that much fun teaching with no politics.

Everyone enjoyed learning new techniques from Master Isidro, Maestro Lakan Amosco, and Master Rei Samson on what they offered. But best of all, "This was a charity."

Master Isidro and Master Rei Samson did not receive anything but friendship and all went to Maestro Lakan Amosco and his family's needs. This is what you call non-political and true bonding of the Filipino martial arts.

1st Instructor
 Master Jose Isidro taught street defense on guns, assault rifle, knife disarm, Empty hand Sinawali Boxing, Block/check/counter, Visadario, and Arkido. He also went to the basic and showed how important the Modern Arnis Vleg switching and body shifting is necessity when it comes in moving away your center line. He noted the basic of Filipino Martial Arts is very impor-



*Master Jose Isidro teaching gun disarm
 Empty hand Modern Arnis techniques with Master Rei Samson*



tant. He did a Solo Baston Single Sinawali with one of the Lakan and noted to that person not to look at the sticks. Because when you fight or defend yourself, you do not look at the hand but look at the eyes. Master Jose Isidro also showed alot of latest Modern Arnis techniques that are not taught in the Philippines and only in the USA. He also emphasize alot on being loyal to your teacher and also that the youth of the Philippines are the future of Filipino Martial Arts. That let no one say that they are better than them.

Master Isidro observing Sifu Vic Tiro gun disarm. Sifu Vic is the Filipino Bruce Lee in the Philippines. He is a director, producer, actor, and martial artist. Master Isidro and Sifu Vic became very close friends and included is Maestro Jaime Quizana who was also at the Seminar.

2nd Instructor

Master Rei Samson when he was up to teach, taught empty hand redonda and some knife disarm that he has been teaching at his criminology school in Baguio.



Maestro Lakan Amosco teaching - police technique - his Lakan student assisting

3rd/last Instructor

Maestro Lakan Amosco was the last Filipino Martial Arts to teach and he taught some dumog and some police techniques using empty hand.



Presenting certificates to participants



Participants enjoying a surprise Lechon meal. They were very shocked in seeing the lechon. Master Isidro



bought was very happy to see all the smiles and the it was a way of thank you to all for participating on behalf of Master Rei Samson and Maestro Lakan Amosco.

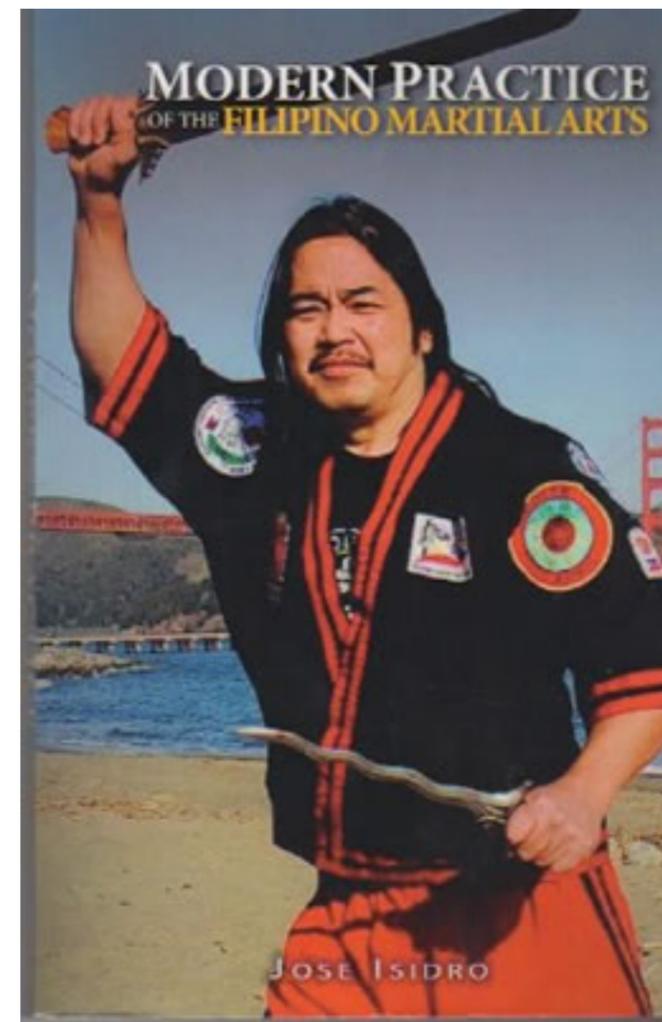
Note: An award was to be presented to Master Isidro by Grandmaster Samuel 'Bambit' Du-lay and the IMAFP after the Marikina Seminar. Unfortunately due to a urgent matter Master Isidro had to leave for another appointment immediately after the Seminar. The award was to be formally presented to Master Isidro and everyone was waiting for the rest of IMAFP to be present and for their signatures.



Modern Practice of the Filipino Martial Arts

By Master Jose Isidro

The Book contains technical pictures on the Filipino martial arts of striking, blocking, Sinawali, Redonda, locking, trapping, Empty hand, knife disarm, Bangkaw, Tying, Espada Y Daga, Drills such as Give-n-Take and Block/Check/Counter, Transition of Stick to Stick, Empty Hand to Stick, and Empty hand to Empty hand. Local People living in the Philippines. 292 pages with many photos.



The book is published and distributed by Central Books Supply - **Website:** central.com.ph

In the Philippines contact Jem of Centralbook, Contact: 372-3550

Or for International or USA orders, please contact Master Jose Isidro at: joseisidro@msn.com for pricing.

School Submission

The schools listed teach Filipino martial arts, either as the main curriculum or an added curriculum.

If you have a school that teaches Filipino martial arts, or you are an instructor that teaches, but does not have a school, list the school or style so individuals who wish to experience, learn and gain knowledge have the opportunity.

Be Professional; keep your contact information current. - [Click Here](#)



Event Submission

Submit your event whether - Seminar, Workshop, Training Camp, tournament, or Gathering - [Click Here](#)



Advertisement Submission

Advertising in the FMA Informative Website is FREE.

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



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

Article Submission

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

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

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

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

Emailed manuscripts should be typed in Ariel or Times Roman, on programs such as Notepad, Wordpad, Microsoft Word, Word Perfect and can be sent as an attachment. Photo(s) can be sent as a .jpg, .gif, .bmp, or .tiff - to submit material for either the FMA Informative Newspaper or an Issue [Click Here](#)

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