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Biaglan Ayura Ginco Teros Kafi



Maestro Raysaldo Biaglan

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The FMA Informative would really like to thank Mr. Lee Lollo in submitting this material on Maestro Raysaldo Biagtan. The FMA Informative was going to get together with Maestro Biagtan on its last visit to the Philippines, however Maestro Biagtan ended up being in Malaysia at the time, so it never happened.

So again thank you to Mr. Lee Lollo for making it possible for the FMA Informative to share something about Maestro Raysaldo Biagtan and his style Biagtan Ayura Cinco Teros Kali.

Maestro Raysaldo Biagtan

Maestro Raysaldo Biagtan was born in Agoon, La Union and raised in Malabago, Mangaldan, Pangasinan. He started his training in martial arts at the early age of 8, trained with his uncle Rudolfo Biagtan of Maharlika Kuntaw ng Pilipinas - Dagupan City chapter, and also Karate Do guided by his Uncle Florentino Biagtan and Sensei Alfredo Castro of Shotokan Karate, and Kru Rolando Catoy in Muaythai. He also trained with the legendary TRACMA Grandmaster Trovador Ramos, and Master Johnny Llames and Rocquel Pedralvez of TRACMA Sport Unit, Dagupan City chapter which he earned his 5th degree Blackbelt. He trained Pangasinan Cinco Teros with his Paternal Grandfather Oding Billosillo and his Uncle Bernardo Billosillo and from his maternal Grandfather Roberto Caballero Bianan, who was a former Guerilla Soldier during World War II and a Cinco Teros Gubatan/ Gubador.

At the age of 19, Maestro Biagtan started his Kickboxing Career, he earned his first Championship Trophy in Philippine Kickboxing Organization (PKBO) with superb accomplishment of twenty fights without losses (undefeated). At the age of twenty five he joined the Muaythai Kickboxing Association of the Philippines (MTKAP), recognized by the wellknown organization around the globe, the International Muaythai Federation based in Thailand and England, International Kickboxing Federation of Germany. Maestro Raysaldo Biagtan was undefeated Champion, holds the MTKAP Bantamweight and Featherweight title. He was also a World MuayThai Championship finalist that was held in Thailand, a Silver medalist in IKBF World Championship and No.8 rated in World ranking in 1996.

In 1997 Maestro Biagtan travel and work to Korea to study and expand his experience in Korean martial arts like Kyuk Too Ki, Hapkido. During his stay in the country he had compete in Kyuk Too Ki and Kwon Kyuk Do International and World Championship an impressive combination of MuayThai and Taekwondo. He works and trained hard to accomplish his achievements and tried several times until he achieved his goal.



Maestro Raysaldo Biagtan Discusses

History of Cinco Teros

- Cinco Teros means 5 strikes in the Pangasinan language.
- Cinco Teros was originally developed by hill tribesmen in Pangasinan Philippines as a tribal fighting method.

After the Japanese invasion in WW2 some of the Cinco Teros warriors joined the Philippines' military and were organized into special guerilla fighting units called Gubadors. These special units were deployed in jungle environments to silently kill Japanese soldiers using the Gubador weapon of choice, the bolo. The Japanese soldiers they faced were the descendants of the Samurai warriors who were some of the most disciplined and skilled fighters that the world has ever seen. Before departing to a war zone the WW2 era Japanese soldiers were trained for years in armed and unarmed combat. This training included Karate, Judo, Aikido, Kenjutsu (sword), and etc. They were skilled and disciplined enemies not just regular soldiers.

So defeating one of them in face to face combat was not an easy task, nor to be taken lightly. Soldiers that operate in jungles usually carry machetes and/or a large utility knife for daily use.

Probably all of the Japanese soldiers were carrying some sort of blade. A machete, bayonet or knife and they were skilled in its use as a tool or weapon.

Gubadors that tried to use impractical techniques very quickly learned what worked and what didn't. If they didn't learn quickly they died. They also learned which technique work best in certain conditions.

The fact that Cinco Teros was used as an effective fighting system in war time speaks for itself as to the practicality of it. This sets Cinco Teros apart for almost all other "fighting" systems in the world today.

Almost all other styles are based upon theory not upon real combat. Real combat situations cannot be fully reproduced regardless of how much protective equipment is worn.

History of Biagtan Ayura Cinco Tero Kali



- Biagtan Ayura Cinco Teros is the Kali system developed by Meistro Raysaldo Biagtan.

Meistro Reysaldo Biagtan learned the original Cinco Teros from his grandfather, who was 1 of the original Gubadors (cincos teros warriors) during WW2. As a gubadors he used Cinco Teros tactics and techniques to fight and kill many Japanese soldiers, which were armed with blades such as machetes or the Katana swords that Japanese officers carried. The fact that he survived the war is proof that Cinco Teros works in real life combat encounters.

After the death of his grandfather, Meistro Ray continued his Cinco Teros studies under his uncle's teaching, who was also a student of his grandfather. Master Ray's uncle has also died which leaves Ray as the only descendant of his grandfather to teach the system.

Biagtan Ayura Cinco Teros is Meistro Ray's interpretation of the original system. He uses and teaches the techniques from the original system that he feel best represent his interpretation.

As a former Muay Thai fighting champion he is a modern day warrior and very committing to including only practical and realistic techniques in his style of Cinco Teros.

Because we live in modern times, some very effective techniques have been added to the system. And some original techniques have been modified to better fit in this modern world.



Uncle Guro Bernardo Billosillo

Maestro Ray has experimented with different techniques that are commonly taught in Filipino martial arts (FMA) during sparring and has discovered that many techniques simply will NOT work in real situations against skilled fighters.

Those "fantasy" techniques were therefore discarded and not included in Ayura Cinco Teros Kali (ACTK) curriculum.

Biagtan Ayura Cinco Teros Kali

As explained in the history section of this manual, this system is a combat fighting system that was developed for tribal warfare and proven to an effective killing method. It was later used in jungle warfare against Japanese soldiers during World War 2. It uses only techniques that are simple to execute and deadly efficient.

As stated in the disclaimer, in its original form this is a system designed for combat use. But this system can be taught for women's rape prevention/ self-defense. During rape assaults a woman is legally permitted to do almost anything to defend herself. The techniques taught in the systems are based upon key principles to keep the system as realistic and combat effective as possible.

Although it is a system that respects its' lineage and tradition it is a system that is "open" to growth and improvements as long as the founding principles are still used. "absorb what is useful, discard what is not, add what is uniquely your own" - Bruce Lee

Selection of Techniques

The selection of techniques used in BACTK is based upon the following criteria:

- Only a few simple multi-purpose techniques are used and practiced in order to develop effective "muscle memory".
- They must support the principles of the system. The principles in the system are more important than the individual techniques used.
- They must be quick/easy to learn and use.
- They must be effective to use under extremely stressful conditions (adrenaline), and effective against a larger/stronger attacker.
- They must immediately disable and/or kill the enemy.
- They must be explosive to use and allow for moving, blocking, and/or striking at the same time.
- The techniques selected must be practical to use in multiple ways from different angles against various target areas.
- They must allow the Cinco Teros fighter to quickly flow from 1 technique into another without wasted movement.

If Used for Combat:

They must be effective during hours of darkness, in rough terrain, in rainy conditions, in potentially limited space, while wearing combat equipment and during fatigue or exhaustion.

They must be quiet to use.

BACTK System Principles

Core Principles

1. If possible use angles of attack to your advantage.
2. If the enemy is wielding a weapon moving to the outside might not be possible or practical.

So instead we try to move away from the "strike zone" into female triangle in whichever direction best dissipates the force of his strike.

If the attack is too fast for us to move inward diagonally then we move straight in or straight back.

3. We simultaneously use "direct attacks" or "pass" and counter-attack. "Direct attack is countering with a cut or strike to the enemy's attacking hand or arm instead of blocking. "Passing" is moving out the path of the strike and helping the strike continue along in its intended direction. This is Agos pwersa or "go with the flow".

This movement can be done with our weapon and empty hand both pushing in the same direction or

from opposing directions (scissor movement).

4. Train to counter attack combinations not just a single attack.

Always be prepared for the other person to be an experienced fighter that will use combinations during his defense or attack, Such as block/ jab/cross. Kick/ jab etc.

5. Do not train with your training partner leaving his arm extended for you to grab. It is not realistic.

- An experienced fighter will not leave his defending/ attacking limb (leg or arm) extending for you to cut, strike or “attach to” (grab or trap).
- If you cut his arm he will automatically pull it back regardless of whether he intends to or not.
- It is reflex not conscious thought. The muscle in the back is the retractor muscle for the arm so no matter how deeply you cut his arm its will still instinctively be retracted.

6. If he is wielding a weapon he will probably use combinations such as figure 8 rompida (diagonal slashing) etc. so be prepared for him to deliver rapid combinations with his weapon.

7. Remember that his weapon replaces only 1 of his offensive/defensive tools.

- He still has his other hand, elbows, forearms, knees, shins, feet, head, shoulders and hips to use against you.
- He can also strike with the weapon butt-end or punch with his weapon hand.

8. Also remember that your weapon replaces only 1 of your offensive/defensive tools. All the anatomical tools available to your enemy are available to you also.

9. During armed encounters you can use your other tools in addition to your weapon but do so cautiously and tactically.

Use them simultaneously with your weapon, while your weapon is blocking, striking or checking his weapon arm to keep from exposing your limbs to cuts, stabs and strikes.

10. Always be realistic in both your attacking and defending/counter-attacking practice. Don't practice “fantasy” techniques that are impractical and/or unrealistic.

11. Do not waste time practicing fancy techniques to look impressive. If the technique is not street effective then it is worthless, discard it.

12. Practice techniques against other fighters of various weight/size/strength and skill levels so you know what works for you against similar fighters.

13. Train the way that you want to fight because you WILL fight the way you train.

Fighting Distance Ranges

Ranges definitions with full extension of arm with a long, medium or short blade.

Weapon Long Range



You can reach the enemy's hand and forearm (up to his elbow) with your weapon. But you are too far away to strike his torso/head

Weapon Medium Range

You can reach the enemy's head and body with your weapon and reach his front hand with your hand.



Weapon Short Range



You can reach his torso and head with your hand and use the punyo (butt end) of your weapon.

Armed combat almost always begins at long range. Both fighters want to keep his vital organs out of reach of the opponents blade.



From long range strike the opponents lead hand

Then move in to medium range to strike vital areas then move back out to long range if the opponent is still fighting.



Whenever possible we want to strike his weapon arm from long range then move to medium range diagonally inward to the outside away from his weapon.

Then slash/stab vital areas such as the carotid arteries, trachea, heart, liver, abdominal aorta, brachial artery or kidneys (from his left side), heart, liver or abdominal aorta (from his right side).



Blunt Weapons

Although BACTK is a blade (bolo, machete or knife) based fighting system the techniques can be executed with blunt weapons (sticks, etc.) if necessary.

The Use of a blunt (stick, club, etc.) weapon will be in situations when no blade is available or the intent is to only hurt/injure your attacker instead of killing him!



Blunt weapons are better for civilian self-defense encounters. In situations when you are unarmed, and have time to look for a weapon, a stick, pipe or etc. is much easier to find than a blade is.

A blunt instrument is basically anything that does not cut the skin by use of an edge. Many improvised weapons fall into this category. Examples are pieces of wood, bats, frying pans, etc...

When using a stick, strike bony areas of the hand/arm such as the knuckles, wrist or outside elbow to disable it. Then follow that with strikes to hard areas of head and torso to break bone and pinch soft tissue (skin and nerves) between two hard objects, stick and bone. “wood seeks bone”

Targets for a blunt weapon are temple, cheek bone, ridge

of nose, eyes, teeth, side of neck, clavicle, throat, sternum, ribs, outside of elbows, wrist, knuckles, groin, knees and shins.

Clavicle strike



Cheek Bone strike



Outside Elbow strike

Wrist strike

Some of the strikes with a stick or other blunt weapon use a larger swinging area than blades do. This is to generate more speed and power since blunt weapons do not cut and the goal is break the enemy's bones.

Weapon Strikes and Defense

Strikes

Strikes are delivered with right hand from fighting stance position. Unless you are doing left hand training to become ambidextrous.

All strikes are delivered with a bolo or similar blade unless otherwise indicated in strike explanation.

All strikes could initially be used from long range to cut and disable the enemy's attacking limb.



Then be followed up from medium range to attack target areas on the enemy's torso, neck and head.

The strikes cut with the tip of the blade if at long range to maximize our reach and to avoid over-extending our arm which leaving our arm exposed to be cut.

All strikes can be modified to be delivered at different angles and strike different targets.

For simplicity Master Raysaldo Biagtan will explain each strike

then cover the blocks for that strike.

Master Raysaldo Biagtan will explain direct attacks (blade to arm).

Weapon to weapon blocks will be discussed later in this chapter.

Striking Pattern 1 and Counters

(Counters are direct kill shots)

Strike 1 (Sigbat)

1. From fighting stance, the strike (from your right shoulder area) is delivered diagonally downward cutting left side of enemy's neck (blade) or collar bone (stick).



The blade comes down to the left side of the opponents' body.

Long range counter for strike 1

Direct attack counter with strike 1 for strike 1



1. As the enemy's blade comes towards our neck we move diagonally to the right as we rotate our left side away from the strike. This is angle position +1 which I covered earlier in this manual. As we move we simultaneously execute the same strike 1 attack to the enemy's attacking arm. We try to cut his brachial artery (inside elbow). We allow our blade to continue in a downward direction.
2. As soon as the blade is clear of his arm we reverse its direction.
3. And cut upward towards the chin or neck as we move away from the weapon.
4. And deliver a killing thrust to the enemy's neck.



Medium range direct attack counter for strike 1



1. Counter using a left side umbrella cut to the enemy's attacking arm.
2. From the direct attack move laterally and draw your blade across the enemy's throat.
3. Continue moving to the outside and as you deliver slashes and stabs to the neck.



Knife attacks and defense can be the same as the bolo strike and defense for all patterns. Due to the shorter blade of a knife, the counter attack can be to the enemy's outside weapon arm sector.



The previous photos show an example counter to pattern 1, strike 1 with a knife.

Strike 2 (Aldabis)

1. From the left hip the blade travels diagonally upward along the same line as strike #1.
2. This strike targets the femoral artery in the hip or leg.
3. If strikes are being delivered in a series then the blade drops down to your right hip.



Strike 2 Counters

1. From long range use a strike 2 to cut his attacking arm.
2. Then counter with a slash to the side of neck to sever the carotid artery.
3. Finish with a thrust to neck.



Medium range counter is the same except that employ a live hand check to the attacking arm along with our cut.

Strike 3 (Saboy)

1. From the right hip the blade travels diagonally upward targeting the femoral artery.
2. The blade goes out and back in a rapid circular motion to rest on our left shoulder.



Strike 3 Counters



- 1 From long range use a strike 3 to cut his attacking arm.
- 2 Allow your blade to continue upward to clear the arm.
3. Then counter with a slash to the neck
4. Continue to move to his left side and retract your blade.
5. Finish with a thrust to side of neck

Medium range counter is the same except that employ a live hand check to the attacking arm along with our cut.

Strike 4 (Saplit)

1. From the left shoulder
2. The strike is delivered diagonally downward cutting the enemy's right side of neck.
3. The blade goes out and back in a rapid circular motion to rest on our right hip area.



Strike 4 Counters

1. From long range use a strike 4 to cut his attacking arm.
2. Then counter with a horizontal slash to the throat.
3. Continue to move to his right side and use a downward slash to side of neck to sever the carotid artery.



For Medium Range Counter

1. Use a right side umbrella block motion but cut the arm and employ a live hand check to the attacking arm along with the cut.
2. While moving to his right side continue the counter attack with a downward slash to side of neck.



Strike 5 (Duyok)

1. From the right hip the blade is thrust straight forward to penetrate the abdominal aorta.
2. Then it's withdrawn to return to the start position.



Strike 5 Counters



1. From long range move diagonal inward while turning sideways (empty out) and use an upward slash to cut his attacking arm.
2. Bring your blade up to clear his arm.
3. Move inward to his right side and use a slash to side of neck to sever the carotid artery.
4. Finish with a chop to back of neck to sever his spinal column.

Medium range counter is the same except that we employ a live hand check to the attacking along with our cut.

Disclaimer

- This is a style that uses some “dirty” fighting techniques that are only applicable in extreme self-defense or life threatening situations.
- This system was designed for military personnel for combat use.
- This is not a style to be used when civil laws are being enforced.
- Use the techniques in this system with extreme caution!

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