

# FMA Informative

Newspaper

*Propagating the Filipino Martial Arts and the Culture of the Philippines*

## FMA Informative 3rd Year Anniversary

This is the 3rd Anniversary of the FMA Informative. The owner would like to thank the staff, all the writers, practitioners etc., for their support, and of course the FMA Informative wants to thank the subscribers which is just a little over 6,000 at the time of this issue and the Face Book crowd which is moving towards 3,000 members for all their support..

The FMA Informative reaches out to all writers and practitioners and historical avenues available to bring information on organizations, styles, groups, practitioners, events, etc., also every aspect of the Filipino martial arts and culture that it can think of.

The FMA Informative has communicated with – either in person or through

phone calls or emails some of the best in the Filipino martial arts (also some outside of the Filipino martial arts that have much to offer) people and is honored to promote and propagate them and their art and their activities.

Of course there are those that are lazy, unprofessional, their word is worth nothing, and some that just talk crap and are assholes that no matter what one tries to do in bringing forth and promoting them it just is not going to happen - to those the FMA Informative has found it is better just to let them alone and to not bother publishing anything on them, for it is found they are happy in their own little world.

*Mar Angeles* - Owner

The FMA Informative is constantly working to support the Filipino martial arts and the Philippine culture in any way that it can.

Have you seen all the FMA Informative newspapers?

Visit the FMA Informative website and download them. ([www.fmainformative.info](http://www.fmainformative.info))

### Articles that were published in 2012 FMA Informative Newspaper



#### Issue Vol1 No.1 - 2012

The Subconscious and Super-Conscious Mind and the Flow in the Philippine Martial Arts - Brian Collins and Guro Ken DeJesus'

Some Personal Thoughts About Modern Arnis Instruction - Dr. Jerome Barber

Old Practice Techniques - Grandmaster Mon Kiathson

#### Issue Vol1 No.2 - 2012

Are You A Teacher or Instructor? - Louelle Lledo

Teaching is an Opportunity for Leadership - Jerome Barber, Ed.D.

Parents and Instructors: It Takes Teamwork - Steven K. Dowd

A Developmental Sequence for Martial Arts Instruction - Jerome Barber, Ed.D

Martial Arts Schools - Quality vs. Quantity - Steven K. Dowd

Thoughts on Bashing Different FMA Systems - RJ Rivera

**2012 FMA Informative Newspaper Articles**

**2013 FMA Informative Newspaper Articles**

Article

**2014 FMA Informative Newspaper Articles**

Article

**2011 FMA Informative Issues**

Article

**2012 FMA Informative Issues**

Article

**2013 FMA Informative Issues**

Article

**2014 FMA Informative Issues**

Article

About ...  
 Future Events  
 Past Events  
 Health & Safety  
 Discovering FMA  
 Tid-Bits



[www.fmapulse.com](http://www.fmapulse.com)

Visit the FMA Informative Group  
 on Facebook  
 Click Here



**Issue Vol1 No.3 - 2012**

APO - Balintawak Eskrima Self Defense - FMA Informative  
 The Proper Design and Use of the Batangas Knife - Steven Drape  
 Emptying Yourself Can Make You a Better Fighter - Paolo David  
 Simplicity the Lock ~ Intent the Key - Mike Blackgrave

**Issue Vol1 No.4 - 2012**

Unconditional Loyalty and Blind Obedience Are Poor Standards - Jerome Barber, Ed. D.  
 An Expository Essay Regarding Good Footwork and Body Shifting - Jerome Barber, Ed. D.  
 Did Filipino Martial Arts Revolutionize Boxing? - Lilia I. Howe  
 A Method of Fighting Excellence - By John Kovacs, M.A.

**Issue Vol1 No.5 - 2012**

What makes up the basics of Filipino martial arts known as Eskrima, Arnis or Kali? - Marc Lawrence  
 Arnis: A Question of Origins - Bot Jocano  
 Managing Change - Lawrence Motta  
 Giving the Right Credits - Edgar G. Sulite  
 Advanced Techniques - Why the Basics Are So Important - Angelo Garcia

**Issue Vol1 No.6 - 2012**

Interview with Guro Dino Flores of Kapisanang Mandirigma - Christof Froehlich  
 Lapu-Lapu Viñas Arnis - James U. Sy Jr.  
 The History of Tapado - Joe Tan  
 The Art of Rapido Realismo - Isagani C. Abon

**Issue Vol1 No.7 - 2012**

The Keyword for a Success-Oriented Development Not Only in the Martial Arts - Intent - Marcus Schüssler  
 Interview with Weapons and Pankration Master Spencer Gee - Tim Johnson  
 Care & Feeding of Weapons - Badger Jones  
 Luneta Park - Alex France

**Issue Vol1 No.8 - 2012**

The Hidden Wealth of the Philippines - Bella Maria Baron-Saguin  
 The Mosaic that Guides and Inspires the FMA Practitioner - Edessa Ramos  
 Sparring - Why it is Necessary for Good Training - Angelo Garcia  
 JEALOUSY: Martial Arts and Self-Examination - Andy Sanano

**Issue Vol1 No.9 - 2012**

A Philosophy of Fighting, A Philosophy of the World - the TnT Core Group  
 Mobility and Basic Footwork in the IEAA - Jerome Barber, Ed. D.  
 Factors Affecting Speed in Stick Fighting - Perry Gil S. Mallari  
 Lightning Scientific Arnis - An Introduction - Angelo Garcia  
 Misunderstanding Arnis - Joel Huncar

**Issue Vol1 No.10 - 2012**

Filipino American History Month  
 Filipino Martial Arts in the United States - Marc Lawrence  
 The United States as the Second Home of the Filipino Martial Arts - Perry Gil S. Mallari  
 The FPAC Festival in San Pedro, CA. - Marc Lawrence

**Issue Vol1 No.11 - 2012**

A Woman in the FMA - Edessa Ramos  
 A Need to Know the Art - Deborah Ann Doe  
 The Modern Maria Clara - Emmanuel ES Querubin

**Issue Vol1 No.12 - 2012**

FMA Informative First Year Anniversary  
 Christmas in the Philippines  
 About Tradition in Martial Arts - Marcus Schüssler  
 Teaching as the Pinnacle of Learning - Perry Gil S. Mallari  
 Why are Dynamics so Important in the Development of Physical Self-Defense? - Marcus Schüssler  
 Practice versus Preservation - Rich Acosta

**Articles that were published in 2013 FMA Informative Newspaper****Issue Vol2 No.1 - 2013**

The FMA Informative: Just A Vehicle for Knowledge  
 Starting from Scratch - Mustafa Gatdula  
 The Fear of Fighting - Perry Gil S. Mallari  
 Understanding the Center Line - Tom Gillis

**Issue Vol2 No.2 - 2013**

100 Filipino Martial Artists Book Launch  
 Not "the" Best... - Mustafa Gatdula  
 Predator or Prey - Martin Hammersmith  
 Why I Left Stick Fighting - Darrin Cook  
 FMA / MMA Trivia - Narrie Babao

**Issue Vol2 No.3 - 2013**

The Mean and Nasty Old Master - Mustafa Gatdula  
 Chaos: It Can't Be Taught or Duplicated Because It's The "Snowflake of Reality" - Bram Frank  
 Speaking Strictly for Myself Regarding Modern Arnis, These Days - Jerome Barber  
 Dances with Sticks - AJ Ruiz

**Issue Vol2 No.4 - 2013**

Forms, Kata, Sayaw, Hyungs a Waste of Time and Energy? - Brian Smith  
 Tigers by the Tale - Bobbe Edmonds  
 Beware of the Orphan - Mustafa Gatdula

**Issue Vol2 No.5 - 2013**

Cebuano Eskrima  
 Eskrima as Your Passion. How Strong is a Passion?  
 Your Spouse Versus Your Eskrima  
 In Defense of Carabao Wrestling and Other Stupid Actuations  
 Then what? . . .

Focused Training - Identifying and Pursuing a Training Goal - Angelo Garcia  
 The Importance of Balance in the Practice of Arnis, Escrima and Kali - Perry Gil S. Mallari  
 The Importance of Flow - Bobbe Edmonds

**Issue Vol2 No.6 - 2013**

Master Teacher: An Expository Essay in Leadership - Jerome Barber, Ed. D.  
 So What Makes a Martial Art Work? Taking a Long Hard Look into the Nature of Martial Arts - Marcus Poon  
 Filipino Martial Arts and Physical Fitness - Rene L. Castro  
 Improving Your Master's Eskrima - Mustafa Gatdula

**Issue Vol2 No.7 - 2013**

The Strongest FMA Style - Maurice Gatdula  
 If I Taught Seminars and Made Instructional Videos... - Maurice Gatdula  
 The Myth of Filipino Kali Attribute Development - Extraído de Bayani Warrior

**Issue Vol2 No.8 - 2013**

Fighting Geometry - Marc Lawrence  
 New and Improved "Empty Your Cup" - Mustafa Gatdula  
 Six Life Lessons I Learned From the Filipino Martial Arts - Joy Lim

**MARPPIO Instructional Video's and Live Seminar Video's**

Grandmaster Remy A. Presas  
 Single video's and sets  
**To Buy** - Click Here



**Issue Vol2 No.9 - 2013**

Footwork Angles - Jeff Finder

Building Your Own FMA Back Yard/Garage Studio - Marc Lawrence, Darrin Cook, Jeff Finder, and Steven K. Dowd

**Issue Vol2 No.10 - 2013**

Takes More Than Just Being Filipino - Mustafa Gatdula

How to Choose a Martial Art - Eric Primm

Does Eskrima Need to Be "Well-Rounded"? - Mustafa Gatdula

Interview Maestro D'Armi Danilo Rossi Lajolo di Cossano - FMA Informative

**Issue Vol2 No.11 - 2013**

Speed - Diagnostic and Curative! - Dragan Milojevic

The FMA Flow - Perry Gil S. Mallari

Essential Hand and Body Evasions While Sparring or Fighting - David E. Gould

**Issue Vol2 No.12 - 2013**

FMA Informative 2 Year Anniversary

2012 FMA Informative Newspaper Articles

2013 FMA Informative Newspaper Articles

2011 FMA Informative Issues

2012 FMA Informative Issues

2013 FMA Informative Issues

**Articles that were published in 2014 FMA Informative Newspaper****Issue Vol3 No.1 - 2014**

Developing Proficiency - Angelo Garcia

Get a Grip - Mark Jacobs

The Traphand - AJ Ruiz

The Snapping Backhand Horizontal Strike - Perry Gil S. Mallari

Three Ways to Avoid the Boxer's Fracture - Tony Torre

The Importance of Balance in the Practice of Arnis, Escrima and Kali - Perry Gil S. Mallari

**Issue Vol3 No.2 - 2014**

Push Your Teacher! Make Sure They Are Worth Your Time - Paul Ingram

Can a White Guy Teach the Filipino Martial Arts? - Mustafa Gatdula

Window of Opportunity... - David E. Gould

Training at a Gym or Dojo - Angelo Garcia

**Issue Vol3 No.3 - 2014**

Fighting with Weapons: The Soul and Unifying Factors of All The FMA - Perry Gil S. Mallari

Lameco Eskrima's "Batangas" Progression (abre-sera); The Art of Weapon Deployment - David E. Gould

Getting to the Point (of Bladed Combat) - Mark Jacobs

The Mentality of a Weapons Man - Perry Gil S. Mallari



mandirigma.org

**Issue Vol3 No.4 - 2014**

There is No Combat Without Movement - Angelo Garcia

The Art of Unbalancing - John Honeyman

Bamboo Spirit Martial Arts Centre - Brian Johns

Angles of Attack in Modern Arnis

Basic Block, Check, Counter Drill

Ambidexterity in Modern Arnis

Repetition is the Mother of Skill!

**Issue Vol3 No.5 - 2014**

Rizal the Budoka? - Ned Racaza Nepangue

The Real Secrets to Success in Modern Arnis - Jerome Barber, Ed. D.

How to tell if your Fencing is a Martial Art or a Combat Sport - Author Unkown

**Issue Vol3 No.6 - 2014**

What On Earth Is a "Supreme" Grandmaster Anyway? - Mustafa Gatdula

Science and Research in Martial Arts - Fiction and Practice - Marcus Schüssler

Digging for the Origin of Eskrima - Excerpts from "Cebuano Eskrima: Beyond the Myth" - Ned R. Nepangue, M.D. and Celestino C. Macachor

**Issue Vol3 No.7 - 2014**

Apache Knife Fighting Verses Filipino Knife Fighting Comparison - Marc Lawrence

Arnis Baston Grips or Holds - Zena Sultana Babao

Refinement: The Highest Form of Combative Development - David E. Gould

Hubud - Martial Arts Digest

**Issue Vol3 No.8 - 2014**

Fight Like a Lady - Kick Ass with Class - Maria Francesca Montemar

Hip Maximization in Unarmed Defense - Julie Loeffler

Armed or Unarmed: Simple Drills Pay Off - Julie Loeffler

**Issue Vol3 No.9 - 2014**

5 Awesome Philippine Heroes Who Are Not Filipinos - FilipiKnow

6 Badass Filipina Warriors You Never Heard Of - FilipiKnow

14 Amazing Filipina Heroines You Don't Know But Should - Marc V.

**Issue Vol3 No.10 - 2014**

Focus on Training - Edgar G. Sulite

Sparring with Friends - Mustafa Gatdula

Espada y Daga - Darrin Cook

**Issue Vol3 No.11 - 2014**

A Forgotten Principle? - Jerome Barber, Ed. D.

Thoughts on Cross Training - Mike Casto

Lameco Eskrima: Teach, Develop, Validate and Refine - David E. Gould

**Issue Vol3 No.12 - 2014**

FMA Informative 3rd Year Anniversary

2012 FMA Informative Newspaper Articles

2013 FMA Informative Newspaper Articles

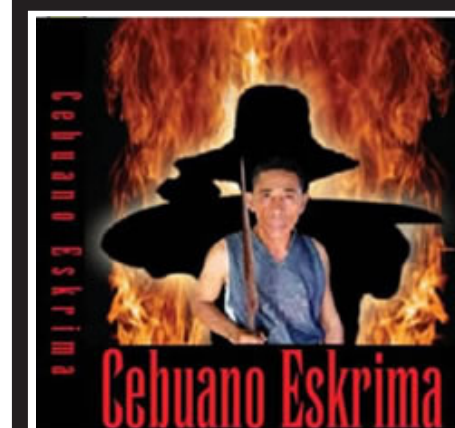
2014 FMA Informative Newspaper Articles

2011 FMA Informative Issues

2012 FMA Informative Issues

2013 FMA Informative Issues

2014 FMA Informative Issues

**Cebuano Eskrima****Beyond the Myth**

By Ned R. Nepangue, M.D. and Celestino C. Macachor

Cebuano Eskrima: Beyond the Myth boldly unravels with compelling and provocative hypothesis on the Hispanic origins of the Filipino Martial Arts known as eskrima, arnis and estokada

The authors present prima facie evidence on the fraud of the supposedly precursor art called kali.

A more plausible theory on the origins of eskrima are presented in startling detail from its early beginnings as a defense against Moro pirates and slave traders and its later fusion with Spanish fencing through the Jesuit warrior priests during the pivotal years 1635-1644, the height of Spanish rapier fencing in Europe during the Renaissance.

It also presents a comprehensive chronology on the development of eskrima in Cebu, a meticulous commentary of Cebuano pioneers and innovators of eskrima and elucidates the pre-eminence of Visayans in the art of eskrima / arnis / estokada.

As both authors are practitioners of this martial art, technicalities in eskrima never before detailed in other materials on the subject are carefully discussed in the book.

**To Order Visit - Amazon.com**



And the issues of the FMA Informative?  
Visit the FMA Informative website and download them. (www.fmainformative.info)

**FMA Informative Issues of 2011**

*FMA Informative Issues 2011*



- |  |   |   |
|--|---|---|
| <b>Informative Issue #1</b><br>FMA Unity and Legends             | <b>Informative Issue No #4</b><br>Kuntaw Basics   | <b>Informative Issue No #7</b><br>Villabrille - Largusa |
| <b>Informative Issue No #2</b><br>Learn in 6 Teach in 12         | <b>Informative Issue No #5</b><br>TRACMA Basics   |   |
| <b>Informative Issue No #3</b><br>Balintawak Basics (abecedario) | <b>Informative Issue No #6</b><br>Serrada Eskrima |   |

**FMA Informative Issues of 2012**

*FMA Informative Issues 2012*



- Informative Issue No #8**  
Garimot Hilot
- Informative Issue No #9**  
**Kalis Ilustrisimo**
- Informative Issue No #10**  
Locking and Shifting Art's
- Informative Issue No #11**  
Boxing's Knockout Punching
- Informative Issue No #12**  
Sinawali
- Informative Issue No #13**  
Historical Overview of the FMA
- Informative Issue No #14**  
Healing Arts
- Informative Issue No #15**  
APO Balintawak
- Informative Issue No #16**  
Modified Pangamut System
- Informative Issue No #17**  
FMA History Buffalo New York
- Informative Issue No #18**  
FMA Education Dream Becomes Reality
- Informative Issue No #19**  
Majapai Derobio Eskrima
- Informative Issue No #20**  
Sama-Sama 2012
- Informative Issue No #21**  
Mercito "No Mercy" Gesta
- Informative Issue No #22**  
Original Filipino Tapado

- Informative Issue No #23**  
Healing Power of Chi Fung
- Informative Issue No #24**  
Golden Gate Int'l Stickfighting Nationals
- Informative Issue No #25**  
1st Filipino Martial Arts Hall of Fame
- Informative Issue No #26**  
Pangasinan-Arnis
- Informative Issue No #27**  
San Diego Grand Internationals
- Informative Issue No #28**  
Filipino Cook'in
- Informative Issue No #29**  
Sayaw-An of Kuntaw
- Informative Issue No #30**  
Tattooed Warriors
- Informative Issue No #31**  
The Sangut
- Informative Issue No #32**  
Encounter with a Grandmaster
- Informative Issue No #33**  
Massage Therapy
- Informative Issue No #34**  
Festival of Integrated Martial Arts
- Informative Issue No #35**  
Senkotiros Tour
- Informative Issue No #36**  
6th FMA Festival
- Informative Issue No #37**  
MMDA - Traffic Enforcer Training

- Informative Issue No #38**  
Elvis is in the Philippines
- Informative Issue No #39**  
MMDA - Traffic Enforcer Training Completion & Graduation
- Informative Issue No #40**  
In-Tent Kun Tao Dumpag Training Camp 2012
- Informative Issue No #41**  
Iron Mountain Camp 2012
- Informative Issue No #42**  
3rd Baxafra Armor Invitational
- Informative Issue No #43**  
Latosa Eskrima Basic Concepts
- Informative Issue No #44**  
Best of the West 2012
- Informative Issue No #45**  
Int'l Bladee Weapons Week 2012
- Informative Issue No #46**  
Arnis Balite (Foundation of Fundamentals and Basics)
- Informative Issue No #47**  
Is Your Martial Art Reality Based
- Informative Issue No #48**  
Foothill Training Services
- Informative Issue No #49**  
LSAI Open Invitational Tournament
- Informative Issue No #50**  
Filipino Dirty Boxing

**Modified Pangamut (DVD Set Vol-1, 2 & 3)**  
By Master Marc J. Lawrence

The traditional arts are known as Kali, Eskrima or Arnis, stick, knife and hand to hand fighting was developed over a period of many centuries in the Philippines as her people fought for their independence from foreign invaders. Each skirmish with a new culture added to the Filipino Martial Arts as warriors developed techniques to combat foreign styles. Subsequently, more than 100 different Filipino Martial Arts styles developed, which can be grouped into three complete self-defense systems which utilize sticks, swords, empty hands and other weapons. Our core system is a Mountain Visayan fighting system bought to the USA by our system's Founder (Pundador) GM Felix Roiles. His Grandfather called it Pakamut also called Pangamut. This referred to having skilled hands in Cebuano, a Visayan dialect. He shared this with Marc Lawrence, his families fighting system. Marc Lawrence had his own FMA fighting system that he had learned in his travels. In his travels and fighting other systems he developed the Modified Pangamut System. This is what he teaches and fights with, Marc Lawrence is our Punong Guro (Head Instructor) and he is a National Champion in the Filipino Martial Arts.

**Volume 1:** Stances & Footwork, Finger Locks, Sitting Position, Floor Defense, Disarms and Submissions...  
**Volume 2:** Controlling the Axis, Multiple Strike Strategy, Defenses & Disarming ...  
**Volume 3:** Block and Counter, Drills and Disarms, Multiple Return Strikes Competition Drills, Learning to Defend by Zones, Tournament Disarms, Distractions & Disarms, Vining of the Stick, Fighting Mixed Weapon Tournaments, Concepts and Rules of Fighting, Choosing Fighting Greer, Competition Strategy, Point Fighting Strategies, Continuous Competition Strategies, What Wins A Fight, What shots Judges Look For...

**Volume 4:** Arnis De Mano '14 Uses of the Live Hand' - 14 Uses of the Live Hand from the Arnis De Mano System when fighting with a single stick: Re-Enforce, Augment, Checks, Passes, Jams, Pushes, Pulls, Grabs, Hooks, Spreads, Punching, Blocking, Pinning...  
**Volume 5:** Cadena De Mano 'The Chain of Hands' - Cadena De Mano basic principals of parry, check, counter strike on the inside and outside lines, including "V" footwork, body positioning, entry and advanced concepts of defeat.

Order from Punong Guro Marc Lawrence and receive a package deal plus his book **"The Basics of Filipino Martial Arts"**  
**To Order Masters magazine:** [Click Here](#)



**FMA Informative Issues of 2013**

*FMA Informative Issues 2013*




- Informative Issue No #51**  
Filipino-American Healing Methods
- Informative Issue No #52**  
The Bolo
- Informative Issue No #53**  
Arkido
- Informative Issue No #54**  
100 FMA Book Launch
- Informative Issue No #55**  
Babao Arnis - Guro' Exam
- Informative Issue No #56**  
Future of FMA Kimberly Jaro Nietes
- Informative Issue No #57**  
Art of Breaking (Kyukpa)
- Informative Issue No #58**  
Putting Movement to the Fundamentals and Basics
- Informative Issue No #59**  
Arnis Pang-Oran Tournament

- Informative Issue No #60**  
A Tribute to Grandmaster Roland Dantes
- Informative Issue No #61**  
FMA Informative Visits the Philippines
- Informative Issue No #62**  
Isidro Cane Do
- Informative Issue No #63**  
Bali Camp 2013
- Informative Issue No #64**  
Street Smart Philippines
- Informative Issue No #65**  
Muay Thai and Balintawak My Personal Blend
- Informative Issue No #66**  
Galaw Tanggulan
- Informative Issue No #67**  
Kalis Ilustrisimo
- Informative Issue No #68**  
Memorial Seminar

- Lameco SOG - Kali Ilustrisimo
- Informative Issue No #69**  
Sama-Sama 2013
- Informative Issue No #70**  
Building the Next Generation
- Informative Issue No #71**  
Words from a Modern-Day Warrior
- Informative Issue No #72**  
Mangangayam (Filipino Hunter)
- Informative Issue No #73**  
Magdaroag Martial Arts Arnis
- Informative Issue No #74**  
BTM/KSK FMA (Heritage Network Global FMA Seminar Tour)
- Informative Issue No #75**  
San Diego Grand Internationals
- Informative Issue No #76**  
Mission in the Philippines
- Informative Issue No #77**  
Baxafra Armor  
International Arnis Federation Inc.
- Informative Issue No #78**  
WHFSC 2013
- Informative Issue No #79**  
Latigo
- Informative Issue No #80**  
Kata Tapado
- Informative Issue No #81**  
Filipino Dirty Boxing-II
- Informative Issue No #82**  
Henderson's Diamondback Eskrima Vistis Philippines
- Informative Issue No #83**  
Leo Fong Day
- Informative Issue No #84**  
Fat-Cream Martial Arts

- Informative Issue No #85**  
Do You Have the Knowledge
- Informative Issue No #86**  
World Sikaran Brotherhood of the Philippines
- Informative Issue No #87**  
Arnis Pasindo 7th Invitational Arnis Tournament
- Informative Issue No #88**  
Kuntaw Legacy
- Informative Issue No #89**  
Lightning Strikes Big Ben
- Informative Issue No #90**  
Filipino Indigenous Fighting Arts Retreat
- Informative Issue No #91**  
The Filipino Way
- Informative Issue No #92**  
Cacoy Doce Pares Eskrima Benefit Seminars
- Informative Issue No #93**  
Basic Arnis de Mano in 12 Weeks
- Informative Issue No #94**  
Grandmaster Jumawan Arnis Step
- Informative Issue No #95**  
Tapi-Tapi in the Philippines
- Informative Issue No #96**  
W.E.K.A.F. Western Australia
- Informative Issue No #97**  
Banter of Savate Danse De Rue
- Informative Issue No #98**  
FMA Pulse
- Informative Issue No #99**  
FMA Digest
- Informative Issue No #100**  
FMA Informative 100th Issue

**Way of the Ancient Healer: Sacred Teachings from the Philippine Ancestral Traditions** *By Virgil Mayor Apostol*



After Hollywood screenwriter and script analyst, the late John Sherlock, took the author's earlier manuscript copy back to his home in Ireland and pored over it, he wrote to the author commenting that he read the pages with "great interest" but thought the book should take the form of a personal odyssey. Taking Sherlock's advise, the author interweaved his captivating healing and spiritual experiences, years of historical research and collection of photographs, along with information on the roots of healing from their cultural, shamanic, and spiritual origins. What manifested was his unique magnum opus, Way of the Ancient Healer, a book that intermeshes esoteric and metaphysical beliefs with scientific explanations of healing practices, based on an indigenous science and culture. Way of the Ancient Healer provides an overview of the rich tradition of Filipino healing practices, discussing their world influences and role in daily life. Enhanced with over 300 photographs and illustrations, the book gives readers a rare look at modern-day Filipino healing rituals, including personal examples from author Virgil Apostol's own experiences with shamanic healing and dream interpretation. The book begins with an explanation of Apostol's Filipino lineage and legacy as a healer. After a brief history of the Philippine archipelago he describes the roots of traditional Filipino healing and spirituality, and discusses the Indian, Islamic, Chinese, Japanese, Spanish, and American influences that have impacted the Filipino culture. He presents a thorough description of Filipino shamanic and spiritual practices that have developed from the concept that everything in nature contains a spirit (animism) and that living in the presence of spirits demands certain protocols and rituals for interacting with them. The book's final chapter thoughtfully explores the spiritual tools used in Filipino healing - talismans, amulets, stones, textiles, and other natural symbols of power.

Published by North Atlantic Books: [www.NorthAtlanticBooks.com](http://www.NorthAtlanticBooks.com)  
 Distributed by Random House Distribution Services, to order: [www.RandomHouse.com](http://www.RandomHouse.com) or call (800) 733-3000



**FMA Informative Issues of 2014**



- FMA Informative - Issue 101**  
Isidro Modern Arnis Mexico Tour
- FMA Informative - Issue 102**  
Marina's Fella
- FMA Informative - Issue 103**  
Iron Mountain Camp 2013
- FMA Informative - Issue 104**  
Phoenix FMA Training & BBQ-2013
- FMA Informative - Issue 105**  
Solo Traing
- FMA Informative - Issue 106**  
Lapu-Lapu Vinas Arnis
- FMA Informative - Issue 107**  
APO-Balintawak
- FMA Informative - Issue 108**  
Cuentada Drill of the Modern Arnis System
- FMA Informative - Issue 109**  
Art of Eskrima in Comics and Comic Book-Based Films
- FMA Informative - Issue 110**  
Arnis Pasindo 8th Invitational Arnis Tournament

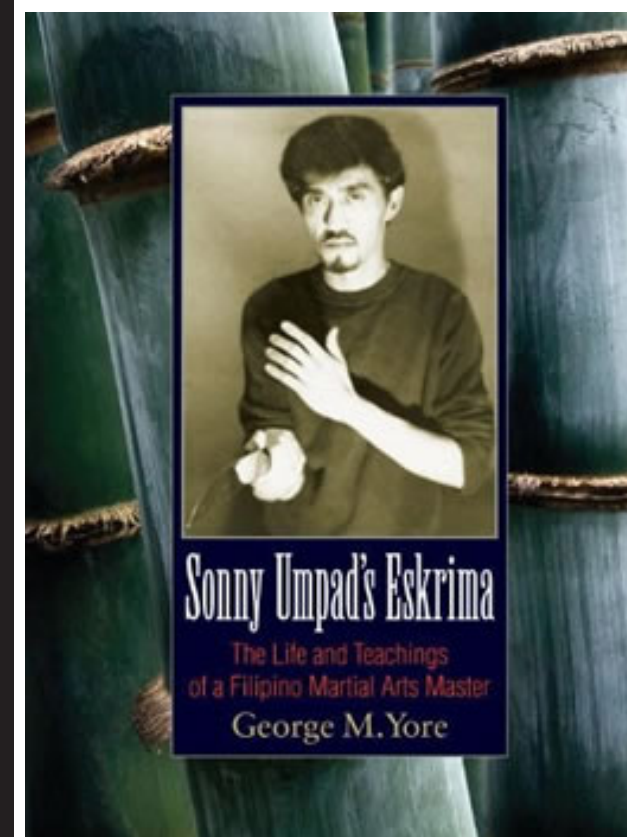
- FMA Informative - Issue 111**  
5th Baxafra International Tournament
- FMA Informative - Issue 112**  
Pinakatay Arnis Sigidas
- FMA Informative - Issue 113**  
Fernando Cueto Amorsolo
- FMA Informative - Issue 114**  
Arizona's Dynamic Duo
- FMA Informative - Issue 115**  
Kuntaw Legacy Continues
- FMA Informative - Issue 116**  
Yaw Yan
- FMA Informative - Issue 117**  
Topado -Modified Topado
- FMA Informative - Issue 118**  
FMAid
- FMA Informative - Issue 119**  
Lajolo Knife Fencing System
- FMA Informative - Issue 120**  
Visiting the Philippines

- FMA Informative - Issue 121**  
UP Arnis Club
- FMA Informative - Issue 122**  
Kasilagan System
- FMA Informative - Issue 123**  
Women of Mangangayam
- FMA Informative - Issue 124**  
AMKA
- FMA Informative - Issue 125**  
Power of the Brave Fighter
- FMA Informative - Issue 126**  
Rapido Realismo
- FMA Informative - Issue 127**  
Arnis Pasindo - 9th Invitational Arnis Tournament
- FMA Informative - Issue 128**  
Sayoc Fighting Int'l - Philippines  
Sayoc Fighting group in the Philippines
- FMA Informative - Issue 129**  
Bali Camp 2014
- FMA Informative - Issue 130**  
Perry Gil S. Mallari
- FMA Informative - Issue 131**  
FMA Center
- FMA Informative - Issue 132**  
LSAI Combat Judo Variation Style
- FMA Informative - Issue 133**  
Arnis Professional
- FMA Informative - Issue 134**  
Ayochocho Martial Arts Center
- FMA Informative - Issue 135**  
Stillma Mongoose
- FMA Informative - Issue 136**  
Filipino Dirty Boxing-III

- FMA Informative - Issue 137**  
AMKA-PMKA
- FMA Informative - Issue 138**  
Fanged Blade
- FMA Informative - Issue 139**  
Arnold Sports Festival - Kali Tournament
- FMA Informative - Issue 140**  
Blade Boxing
- FMA Informative - Issue 141**  
Senbo
- FMA Informative - Issue 142**  
DTE
- FMA Informative - Issue 143**  
5th Annual Vallejo FMA Goodwill Tournament
- FMA Informative - Issue 144**  
2nd Filipino Martial Arts Hall of Fame
- FMA Informative - Issue 145**  
Mabuhay Festival 2014
- FMA Informative - Issue 146**  
AGPS
- FMA Informative - Issue 147**  
Alliance Combat Eskrima
- FMA Informative - Issue 148**  
Interview with Grandmaster Richard S. Bustillo
- FMA Informative - Issue 149**  
3rd East Coast Gathering
- FMA Informative - Issue 150**  
In-Tent Kuntao Training Camp 2014
- FMA Informative - Issue 151**  
Human Rights Martial Arts and Law Enforcement Tactics
- FMA Informative - Issue 152**  
3rd Year Anniversary



**Sonny Umpad's Eskrima: The Life and Teachings of a Filipino Martial Arts Master**  
By George M. Yore



Born with the soul of a warrior, the intellect of a scholar, and a zealot's devotion to his art, Maestro Santiago "Sonny" Umpad forged an enduring contribution to the rich and colorful history of Filipino martial culture. In 1976, after immigrating to the United States, Sonny founded the school of Visayan Style Corto Kadena & Larga Mano Eskrima—rooted in his training in the Philippines and tested by a hard and dangerous life on the streets, Sonny's system was above all else practical. As Sonny's reputation as a talented fighter became well-known, he began to cross-train with masters of other martial arts, including Jesse Glover (Bruce Lee's first student) and Wally Jay (founder of Small Circle Jujitsu). One of the most innovative and visionary exponents of the Filipino arts, Sonny pioneered the concept of "mixed martial arts" long before the term was in use.

Sonny Umpad's Visayan Eskrima provides an insightful portrayal of Sonny Umpad's life, philosophy, and teaching methods, as well as the structural underpinnings of his system. Instructor George Yore has assembled the writings of six of Sonny's students (including Wade Williams, 2012 nominee for the U.S. Martial Arts Hall of Fame) to create a biographic homage to this remarkable martial artist; basic techniques and applications are also demonstrated, accompanied by 130 step-by-step photos. Practitioners of Filipino martial arts—as well as mixed martial artists and security specialists—will find valuable instruction in techniques and applications, while the thousands of people touched by Sonny's teachings will gain a new understanding of this notoriously reclusive master's life—and how his experiences informed the development of his system.

Paperback: \$12.89  
Kindle Edition: \$10.48  
**To Order Through Amazon - Click Here**



## About ...

The "About ...", section Organizations, Federations, Associations, Schools, and practitioners can send in their logo or picture on themselves with a brief narrative about the Organization, Federation, Associations, School, or practitioner.

Also in the About section are subjects that have to do with Philippine Culture and History.

To note: Philippines, My Philippines became a part of the FMA Informative with the owners' permission to use what they have acquired, and it has been very informative about the culture and history of the Philippines. Before it was in the TidBits section, however now it is part of the About Section.

Here is what has been in the About section in the 3 years of its creation:

### Vol1 No1 2012

UFMAC  
Mataw-Guro Association  
Garimot System  
Latosa Escrima  
Kali Majapahit  
Punong Guro Galo D. Lalic  
Guro Arsenio Suguitan Padilla

### Vol1 No2 2012

MARPPPIO  
International Rutano Estokada Federation  
Bandalan Martial Art Systems  
KEAT FMA  
Grandmaster Max Pallen  
Master Norman Z. Suanico

### Vol1 No3 2012

DAV  
IKAEF  
IMB Academy  
Pambuan Arnis Tulisan Caballero  
Grandmaster Ibara Espartero Lopez  
Grandmaster Dan Rutano

### Vol1 No4 2012

IPEAC  
Mangdirigma Italy  
Traditional-n-Tactical Combat  
Bais Tre Manos  
Grandmaster Vicente R. Sanchez  
Grandmaster Menandro Garcia de Leon

### Vol1 No5 2012

Sistema Birada Martial Arts Center  
KBS System of Filipino Martial Arts  
Siete Pares Escrima  
Kuntaw Legacy  
Mataas na Guros Remy P. Presas, Jr., Ph.D.  
Senior Instructor Jose Valencia Tan

### Vol1 No6 2012

Cacoy Doce Pares  
World Eskrima Balintawak Arnis Federation  
Pekiti-Tirsia Kali Global Organization (PTKGO, LLC)  
Center for Practical Self Defense  
The Malay Fighting Arts Academy  
Tenio Decuerdas Eskrima / Grandmaster Arthur Gonzalez  
Maestro Jaime C. Paclibar

### Vol2 No1 2013

Rapid Arnis International  
Counterpoint Tactical System  
South Bay Filipino Martial Arts Club  
Guro Michael Butz - Kada Anan Martial Arts Arizona  
JEDOKAN - Jeff "JEDS" Suministrado

### Vol1 No7 2012

Inayan Training Organization  
Visayan Legacy Association  
Warriors Eskrima  
Hufana Traditional Arnis International  
Guro Carlito Bonjoc  
Grandmaster Federico F. Fernandez

### Vol1 No8 2012

Doblete Rapilon International  
CASASAI - Indonesia  
Eskrima Labaniego  
Siling Labuyo Arnis  
SWACOM

### Vol1 No9 2012

K3 - Lighting  
Henderson's Diamondback Eskrima  
Rocky Mountain Academy of Martial Arts  
Laban Baston Eskrima Club  
Kuntaw Legacy Martial Arts Academy  
Typhoon Philippine School of Martial Arts  
Kalintaw

### Vol1 No10 2012

TnT Combat  
Cambridge Academy of Martial Arts  
Abner Kali System  
Sanano Martial Arts  
Grandmaster Ver Villasin  
Who is TheKuntawMan?

### Vol1 No11 2012

Katipunan  
Mirarada Escrima  
Journales System Sandatahan Arnis-Sikaran  
Kenshin Kai - Robert & Kathleen Reish  
Lee Lollo

### Vol1 No12 2012

Bahala Na Multi-Style  
Miami Arnis Group  
Silent Warrior Arts  
ESKABO Daan  
Grandmaster Bob Silver C. Tabimina  
Escrima Dax - Grandmaster Dacayana Sr.

### Vol2 No2 2013

St. Louis Counterpoint Martial Arts  
Modern Arnis - The MFA Method  
Abenir Kali Filipino/Indonesian Martial Arts  
Dugukan Martial Arts System  
Mt. Diablo Hwa Rang Kwan

### Vol2 No3 2013

Visayan Eskrima Guild  
Arnis Bahariya  
Hybrie Yaw Yan  
Kombatan Australia

### Vol2 No4 2013

Integrated Eskrima International  
Ola`a Nalo Eskrima  
Defensor Method  
Grandmaster Nonato "Nene" Gaabucayan

### Vol2 No5 2013

Rosada "Two Hand" Balintawak Arnis Escrima  
Lakan Ronnie Royce D. Base  
Guro Mark Wiley  
Grandmaster Nonato "Nene" Gaabucayan

### Vol2 No6 2013

Kali Method  
Koon-Tao  
Pasan Filipino Combatives  
Master Danilo A. Huertas  
Maru SF Dojo

### Vol2 No7 2013

Dublin Martial Arts Academy  
Lapunti Arnis De Abanico International  
Kapatiran Arnis System  
Lightning Combatives  
Vol2 No8 2013  
Houston Stick Fighting Association  
Grandmaster John Harvey of Kapatiran Arnis System  
Alamid Martial Arts  
Nickelstick Eskrima Club

### Vol3 No1 2014

Grandmaster Billy Baaclo "Abaniko De Sungkiti"  
Derobio Preservation Society  
Warrior's Way Martial Arts Academy  
Master Virgil Cavada

### Vol3 No2 2014

Panantukan  
Great Grandmaster George Michael Inay  
Windy City - Pekiti-Tirsia Kali  
Stick Fighter Training Center, Tucson, Arizona

### Vol3 No3 2014

Llanera Escrima - Grandmaster Ding Llanera  
NUDDA M.A.X.Training  
WAZA Survival School - Rod Bradley

### Vol3 No4 2014

Filipino Fighting Arts, LLC  
K.S.K. Martial Arts

### Vol3 No5 2014

Arnis Koredas Obra Mano International  
Yaw-Yan Fervilleon  
Gloria de Jesus - My Philippines

### Vol3 No6 2014

Great Grandmaster Ernesto Presas - AJ Ruiz  
Sayoc Kali Tuhons  
14 Rides you might encounter in The Philippines!- My Philippines

### Vol2 No9 2013

Bedford Filipino Martial Arts  
Telu Bituun Bagani  
Dumaguete Arnis Association Inc.  
Punite PMAAC

### Vol2 No10 2013

Pekiti Tirsia Kali Manila  
Grandmaster Chris Bautista - Multi-Disciplinary Martial Arts  
Cedric A. Cocon

Grandmaster Jose D. Caballero  
Senbo Combative Institute  
FWARS - Filipino Warrior Arts Research Society

### Vol2 No11 2013

Visayan Legacy Association  
Full Circle Martial Arts  
FMA School  
Punong Guro Edgar G. Sulite  
Guro Jeric Pantaleon

### Vol2 No12 2013

Filipino Christmas Traditions  
Filipino Christmas Decors  
Philippine Christmas Dances  
Puto Bumbong - A Traditional Filipino Christmas Treat



### Vol3 No7 2014

Eskrima Combatives FMA, San Diego, CA. Chapter  
RFA Martial Academy  
Beatles in the Philippines - My Philippines

### Vol3 No8 2014

Master Richard Hudson  
JKD-Kali: Functional Martial Arts  
Displaying the Philippine Flag was Lifted  
When Philippine Flag is Upside Down, Means War?

### Vol3 No9 2014

The FMA Bladed Art where I come from - Bong Abenir  
Olongapo: Ulo ng Apo  
Fuerza de San Pedro

### Vol3 No10 2014

Fort Drum - Richard Black  
Bulacan Province - My Philippines

### Vol3 No11 2014

Simeona Punsalan-Tapang - My Philippines  
Rosa Sevilla de Alvero's home, Manila, Philippines - My Philippines







## Philippines, My Philippines

Visit Philippines, My Philippines on FaceBook: [Click Here](#)

### The Origin of Simbang Gabi



Simbang Gabi traces its roots in Mexico when, in 1587, the Pope granted the petition of Fray Diego de Soria, prior of the convent of San Agustin Acolman, to hold Christmas mass outdoors because the Church could not accommodate the huge number of people attending the evening mass.

In the Philippines Simbang Gabi originated in the early days of Spanish rule as a practical compromise for farmers who started their day before sunrise to avoid the heat in the fields.

Priests began to say Mass in the early mornings instead of the evening novenas more common in the rest of the Hispanic world.

When the Christmas season would begin it was customary to hold novenas in the evenings. The priests saw that the people despite fatigue wanted to attend.

As a compromise, the clergy began to hold Mass in the early dawn when the land would still be dark before the natives went out to toil in the fields again.

This cherished Christmas custom eventually became a distinct feature of Philippine culture and is a symbol of sharing.

### Simbang Gabi Now and Then

The changing of times does not break the preservation of celebrating Simbang Gabi although it is celebrated in new ways. Still, the tradition of Simbang Gabi continues. Part of it

are the colorful lights and lanterns that fill every streets. Beautiful parols are hung in every window. Songs of the season are played everywhere to warm the hearts.

Families, friends and even individuals find its way going to the nearest church to attend the nine-day novena. Shortly after the misa de gallo, families gather in their homes to celebrate Noche Buena and feasted on various delicacies like queso de bola, bibingka, puto bungbong, or a drink of salabat or hot chocolate.

### Significance

Simbang Gabi has become one of the most popular traditions in the country. But it is not just a tradition that is celebrated because we need to do so. It is a significant moment not only because it strengthens relationships among family members but also because it is the time where our faith is intensified. This is the time where we mostly feel the presence of the Lord because it is the spiritual preparation for Christmas, the birth of Jesus Christ.

It does not matter if one has the stamina to complete the novena or not, what really matters is what is inside the heart. The blessing does not depend on the number of mass attended, but what is important is the disposition of the person who receives the Lord's blessing.

**Crispin Ponce**

### The Origin of Bibingka



Despite the similarity in name, the Philippine bibingka is not the same as the Goan dessert called bebinca or bibik, which is a type of layered pudding and made with regular flour.

According to the anthropologist E. Arsenio Manuel, bibingka, like biko (another Philippine dessert made from glutinous rice), originated from the Chinese. The name comes from the Hokkien root word "bi" (?,'uncooked grain')

Bibingka is made with rice flour and coconut milk or water.

Other ingredients can vary greatly, but the most common secondary ingredients are eggs and milk. The traditional preparation is very time-consuming.

A specially made terra cotta container is lined with a single large section of a banana leaf. It is placed over preheated coals and the rice flour and water mixture is poured into it, taking care not to spill it into the container itself. Another piece of banana leaf is added to the top and covered with more preheated coals.

### Bibingka in Filipino Culture

Bibingka is a type of rice cake from the Philippines traditionally eaten during the Christmas season.

It is usually eaten along with puto bumbong right after the Simbang Gabi ('Midnight mass,' the Filipino version of Misa de Gallo). They are sold outside of churches during Christmas season.

As of October 9, 2007, the town of Dingras, Ilocos Norte in the Philippines is expecting a Guinness World Records certification after baking a kilometer-long cassava bibingka made from 1,000 kilos of cassava and eaten by 1,000 residents.

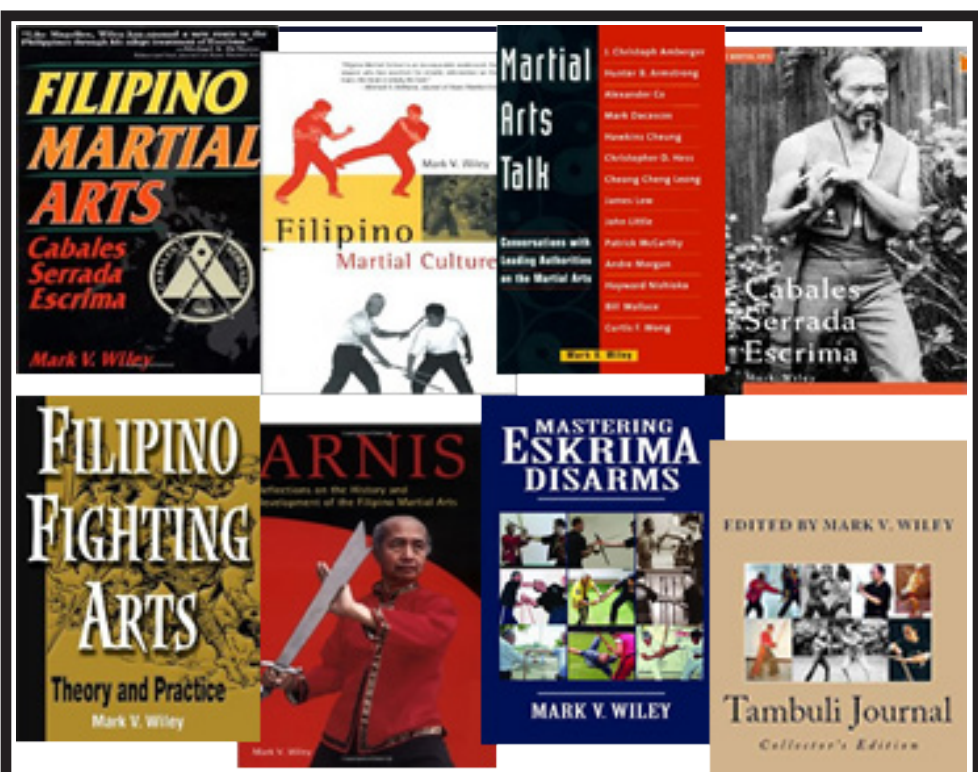
### Variations

Most varieties of bibingka differ only from the type of toppings they use. Bibingka is also used as a general term for desserts cooked in the same manner (especially those containing rice). It originally referred primarily to bibingka galapong, the most common type of bibingka. Bibingka cooked with regular flour instead of rice flour is also simply called bibingka. Bibingka can also be made with uncommon ingredients, including chocolate.

The common types of bibingka are listed below:

- Bibingka Galapong is the traditional form of bibingka made from rice flour. It was originally made simply with rice flour and water.
- Bibingka Galagit is made from glutinous rice flour. It is moist and is usually served sliced into square blocks.
- Cassava Bibingka is made from cassava flour. This type of bibingka resembles pudding the most.
- Bibingka Mandaue (Mandaue-style Bibingka) are bibingka from Mandaue City, Philippines. It is traditionally made with tubã (an alcoholic beverage made from Palm sap) which gives it a slightly acidic aftertaste. Nowadays, the tubã component is often substituted with yeast.

**Crispin Ponce**



### Books by Mark V. Wiley

Do you have these publications? Do you even know about them? Well here is a chance, you can get them. Visit: [Amazon.com](#) - [Click Here](#)

### Maja Blanca



allowed to cool. Once firm, latik (browned coconut cream curds) are then sprinkled as toppings. It is also often refrigerated and served cold to improve the texture.

Maja blanca can easily be adapted to include various other ingredients. Examples include squash maja blanca which uses calabazas and a version of maja maiz that uses butter, resulting in a distinctive yellow color.

Another variation of maja blanca is the maja de ube (or maja ube). It uses ube (purple yam) as one of the primary ingredients giving it a characteristic deep violet color.

### New National Artist Alice Reyes The Mother of Philippine Contemporary Dance

By Sheila Mañalac Staff Writer - Manila Times



*there were only part-time dancers because they needed day jobs. Dancers would be teaching, writing, or working in the bank and could only rehearse after 5 p.m.,"* she recalled to The Sunday Times Magazine in a one-on-one interview at the Ballet Philippines Dance and Music School in SM Aura Tower, Taguig City. *"Of course, you can't be professionally adept as dancers and meet standards with that kind of set-up."*

Through BP, Reyes started providing salaries for dancers. *"It was BP that started it all so that dancers can just be dancers and*

While her father was touted "Mr. Philippine Folk Dancer" during his time, newly-named National Artist for Dance Alice Reyes has successfully continued his legacy to develop and promote dance arts nationwide, and even pioneered contemporary dance in the Philippines.

As founder of Ballet Philippines (BP), the country's premiere company in ballet and contemporary dance, the multi-talented dancer, choreographer, and artistic director Alicia Garcia Reyes is among the recently proclaimed National Artist by President Benigno Simeon Aquino 3rd on June 20.

Besides being the driving force that propelled contemporary dance performance and appreciation among Filipinos, the striking 72-year-old is also responsible for initiating the professionalization of dance arts in the country, with her persistence in raising funds for her company, so that BP performers can become full-time dancers with decent earnings.

*"Before BP was established,*



The dance studio has always been Reyes' second home. Photo taken at the BP Music and Dance Studio in SM Aura, Taguig

*grow in their craft. As a result, they could be in the studios rehearsing, working 10 hours a day, every day. Sometimes they'd even rehearse on Saturdays and Sundays because there aren't many studios around."* She rightly prides herself in showing dancers that they can become professionals. *"If there's something I did for dancers here in the Philippines, it would be that they can live as dancers. That even if they are never really paid well, they can sustain a decent lifestyle."*

### Road to National Artist

It was as early as 2013 that Reyes heard through a very dear

Maja Blanca is a Filipino dessert made primarily from coconut milk. Also known as coconut pudding, it is usually served during fiestas and during the holidays, especially Christmas. Maja blanca has the consistency of thick gelatine and a delicate flavour, and is creamy white in colour.

As the name suggests, the dessert is of Spanish origin, adapted from the traditional holiday dessert manjar blanco, and is thus related to other similar desserts such as blancmange. The name means "white delicacy".

Maja blanca is also known as maja blanca con maíz, maja maíz, or maja blanca maíz when corn kernels are used in the preparation (maíz is Spanish for corn).

Maja blanca is relatively easy to prepare. A coconut milk (not coconut cream) and cornstarch mixture is heated to boiling over a low flame while stirring. Agar (gulaman in Filipino) can be substituted for cornstarch.

Corn kernels, milk, and sugar are also often added, though these are not traditionally part of the recipe. Once the mixture thickens, it is then poured into serving dishes previously greased with coconut oil and

allowed to cool. Once firm, latik (browned coconut cream curds) are then sprinkled as toppings. It is also often refrigerated and served cold to

improve the texture.

Maja blanca can easily be adapted to include various other ingredients. Examples include squash maja blanca which uses calabazas and a version of maja maiz that uses butter, resulting in a distinctive yellow color.

Another variation of maja blanca is the maja de ube (or maja ube). It uses ube (purple yam) as one of the primary ingredients giving it a characteristic deep violet color.

**Simoun**

friend - a "little bird" as she called him- that she was to be given the highest artistic award in the country.

*"It was an amazing stew of emotions, and I couldn't quite believe it,"* was her initial reaction.

With grace and humility, she added, "Frankly, I never really thought about being a National Artist. It was always about doing what you are supposed to do, then the emotional compensation. And then all these other things would come naturally."

Since the inception of BP in 1969, Reyes has danced and roamed around the Cultural Center of the Philippines (CCP) for 20 years, collaborating with the biggest names in the industry to produce a diverse repertoire of highly acclaimed works from classics such as Cinderella and Romeo and Juliet, to modern Filipiniana pieces like Amada, Itim-Asu, Bayanihan Remembered, and Mga Babae.

For some reason, you go on and continue to work along with National Artists and all these other icons, and through the years you don't realize that

you're at that stage already," she contemplated.

Truly an inspiring and influential artist who opened Filipinos to the modern dance genre, Alice Reyes swayed to the beat of her life, seizing opportunities and taking bold chances - making her the "demanding" yet caring mother of Philippine contemporary dance.

### Artistic Household

As the eldest daughter of Filipino folk dancer Ricardo Reyes and Philippine Women's University (PWU) voice teacher Adoracion Garcia, the young Alice Reyes would wake up to the sound of the piano or to the singing of her mother's students, which included formidable names such as former First Lady Imelda Marcos.



Newly-named National Artist for Dance Alice Reyes says that she hasn't worn a tutu in decades



The artist as Sita in 'Rama Hari' Photo Courtesy of Ballet Philippines

With such artistic parents, Reyes and her five siblings were heavily exposed to music, dance, and even visual arts. At the early age of four, she began dancing with her father and touring the Philippines for father-and-daughter performances.

While she went to school in then-Maryknoll College in Katipunan Avenue, Quezon City, she would quickly head to PWU after class for painting lessons.

By the time she graduated



high school in the same institution, she was already training with Helena Benitez's Bayanihan Dance Troupe.

She studied at the PWU for a couple of years so she could join intensive trainings and meet the demands of the dance group, which was at the time about to embark on their very first international tour in Brussels.

*"That was my life. I went to school in Maryknoll and went straight to PWU for painting lessons. My mother was a wise woman, because all that exposure came to be used professionally. She made sure that all of us were not just focused on one art form, but we always sang, we went to museums, we painted, and read, read, and read."* the multi-faceted artist narrated.

A diversion from what she would eventually become, Reyes took History and Foreign Affairs still at Maryknoll, and went as far as finishing her post-graduate degree at the Ateneo de Manila University.

*"When you are young, sometimes you have a misguided notion of what you want to do. I took up Foreign Affairs because I thought then I wanted to be a diplomat. But eventually I gave in to the inevitable [of becoming a dancer],"* Reyes quipped.

But while she studied languages, foreign policy, international studies, anthropology and the like, she also worked as choreographer for three different weekly television shows handled by Lyn Madrigal and Nelda Navarro. She even taught History for two years after college, before embarking on a lifetime career as a professional dancer.

**Further Studies**

As Reyes tested other career options, fate eventually stepped in to lead her back to dance through a prestigious scholarship. She was presented with the rare opportunity to go through extensive dance training under Hanya Holm in the United States, which she eagerly accepted. It was then she earned her Master of Arts in Dance with the Sarah Lawrence College scholar-ship program.

While in the US, she was also awarded two other grants from the John D. Rockefeller 3rd Fund and the Music Promotion Foundation of the Philippines, which further helped her steel her dancing career. She was schooled and trained by prominent dancers and choreographers such as Bessie Schoenberg, Alwin Nikolais, Murray Louis, Merce Cunningham, Henry Danton, Robert Joffrey.



The founder of Ballet Philippines (BP) shares the stage with Eddie Elejar in 'Itim-Asu'

*"It was when I was awarded the first scholarship that I decided to pursue dancing. It was like an open door and I went through it because that's what you do. So I went to various theaters, studios and met and trained with wonderful dance teachers,"* Reyes narrated.

*"My formal training in the US gave depth to my artistry. I was exposed to what had gone on in the past, learning the classics as well as working with men and women who spent their lives dancing and creating what was to be called modern dance,"* she shared.



Known as the 'Mother of Contemporary Dance,' Reyes dances challenging yet influential roles, such as this epic portrayal of 'Sisa'

The wise and whimsical dancer took her three-year experience abroad as a gift that gave her historical weight, artistic depth, and the chance to work with the pioneers of different dance forms.

**Seizing the moment**

Once confined to classical and folk dances, Reyes returned to the Philippines armed with the knowledge and experience of a new dance style now known as contemporary dance.

Eager to share it with other Filipino dancers, she re-acquainted herself with local performing artists who were also friends and colleagues from her earlier years in the Bayanihan.

*"I never really dreamed of hitting it big. My goal was just to learn as much as I could, with the vague notion of returning to the Philippines and sharing what I know. But living abroad and becoming famous was never my intention,"* the premiere performing artist said.

Coincidentally, her homecoming took place around the time the CCP was inaugurated on September 8, 1969. The first production to grace its stage was Golden Salakot: Isang Dularawan, a musical by National Artist for Film, Lamberto Avellana. The massive CCP Main Theater had all 1,821 seats full on opening night, which was attended by the who's who of Philippine society, including then California Governor Ronald Reagan and his wife Nancy. Somewhere in the balcony was the wide-eyed 27-year-old Reyes who marveled at the newly built theater. What she saw gave her the inspiration for her next endeavor.

*"When I came back and saw what Mrs. Marcos had built, I was really impressed, but I thought it did not have anything in it. There was no company, no orchestra - it was an empty stage with a staff trying to put up a program of performances on stage. When I saw the theater on opening night, it was then I realized I should really offer and present something specific to the CCP."*

Without hesitation, Reyes asked permission from former CCP artistic director Lucrecia Kasilag

to stage what conceptualized as the Alice Reyes First Modern Dance Concert. With the help of former Manila Mayor Lito Atienza who was also a former Bayanihan colleague, she raised a P12,500 budget and worked with dancers from various schools to stage her Master's thesis, Amada, her modern dance interpretation of Nick Joaquin's "Summer Solstice." *"Everything was new. People didn't know what it was but they raved about it and became the show was very successful so we had to repeat performances. Then Lito had us touring all over the country with the same production, and by summer we came back to the still-empty halls of CCP,"* the dance master recalled.

Offering a dance workshop then came to mind, and she discussed the idea with her colleagues Eddie Alajar and Tony Fabella.

*"You could teach classical ballet while I teach modern dance and composition,"* she told them. Thus was born the first CCP Summer Dance Workshop that began with 400 students, and later on evolved into the CCP Dance Company, before becoming what is now known as Ballet Philippines. Starting out with a short season of three performances, the company gained experience, drew in bigger audiences, and learned from their mistakes, while slowly adding on more and more productions in the years that followed.

*"It was about seizing the moment. I did what I thought what could possibly be done at the time. The CCP management was looking for presentations to fill the empty stage. I also believed in starting small, and I only promised what I can deliver,"* she declared.

Of her works, she is personally proud of Amada and Itim-Asu for its portrayal of a woman's strength in a historical setting. She shared that her works are inspired by artistic pieces - may it be a painting, song, or story - that has deeply moved her.

*"My art is not to be described, it's to be seen. If I am able to describe it then that means that my art is a failure. I like doing different things from the classics to Filipino works,"* she shared.

**Future Events**

To touch a bit on the events that happen throughout the world concerning the Filipino martial arts. There are those that ask the FMA Informative to advertise their event or place it on the FMA Informative group page in Face Book.

For the information of all practitioners and groups that advertise their events on the FMA Informative Face Book page.

The FMA Informative does not take it off Face Book to put on the FMA Informative website or newspaper. If the event is not sent to the FMA Informative (fmainformative@gmail.com) or visit the website and fill out the form provided or it can be sent through our representative (Arnis Balite) through Face Book message. It will not be in the newspaper or on the FMA Informative website.

**Information needed if sent:**

- Name of Event
- Date
- Location of event
- Contact information
- And if possible flyer if there is one

The FMA Informative contacts the organizers of the event before the event happens and asks for a group picture or other picture and a sentence or two about what went on at the event and even suggests ways (to some) for an issue to be published on the event.

MARTIAL ARTS
WELLNESS
SPIRITUALITY
FITNESS

# BALI CAMP

"BEYOND MARTIAL ARTS"

March 2 - 8, 2015

**Prices** (per person)

- > Double Occupancy Bedroom US\$ 1,588
- > Single Occupancy Bedroom US\$ 2,118
- > Companion Price\* (no training) US\$ 1,180

\*Includes 6N7D accommodation in deluxe sharing room; All Meals (Breakfast, Lunch, Dinner); Free WIFI access, Free morning sessions (Yoga, Fitness, Meditation); Free evening conferences

**Per Day Price**

- > US\$ 318 per pax in sharing room
- > US\$ 399 per pax in single room

**Features**

- World Class Instructors
- 40+ hours of Training
- 10 hours of Conference
- Healthy Lifestyle
- Amazing Scenery
- Lifelong Brotherhood

**Discounts**

- Pay before 15 November and GET 5% OFF
- Pay online and GET ADDITIONAL 2.5% OFF

**Your Instructors**

GURO FRED  
EVRARD

GURO LILA  
EVRARD

SIFU JAMES  
NENER

GURO CLAES  
JOHANSSON

KALI  
BEYOND MARTIAL ARTS

KALI DE MANO  
THE KALI SOCIETY

**REGISTER:**  
Logon to [www.kali-majapahit.com/balicamp](http://www.kali-majapahit.com/balicamp)  
Or email us at: [lila.evrard@kali-majapahit.com](mailto:lila.evrard@kali-majapahit.com)

myBARONG

**Ready and Custom Made**

Visit: [www.mybarong2.com](http://www.mybarong2.com)

**MyBarong Customizer**

Design it. See it. We'll make it.

Barong is actually short for Barong Tagalog, which describes the formal men's wear of the Philippines. It is properly referred to as the 'Baro ng Tagalog' (dress of the Tagalog). Contracting the first two words produces 'Barong,' which literally means 'dress of.' So, if we want to be correct, we wouldn't say just 'Barong.' But, the slang way of referring to one of the beautiful formal shirts is simply Barong. Yes, the Barong Tagalog is a dress, a garment, a coat in itself. It is not merely a 'shirt.' If it were, then it would need a coat or a jacket over it to qualify as formal wear and would have to be worn tucked inside the trousers.

**Location:** Transera Grand Kancana Resort Village. Gunung Jayawijaya 494, Kerobokan, Sminyak, Bali  
**Contact:** Guro Lila Evrard  
**Email:** lila.evrard@kali-majapahit.com





**For Information Contact:** Jayson Vicente (+63) (917) 589-4576  
**Email:** jaysonscorpio@yahoo.com.ph  
Garitony Nicolas (+63) (921) 499-91499 or (+63) [922] 870-1975 Landline: (+632) 225-2185  
Reynaldo Samson (+63) (925) 333-5580  
**Contact:** philippinemartialartshalloffame@yahoo.com.ph  
**Website:** www.facebook.com/PhMAHoF



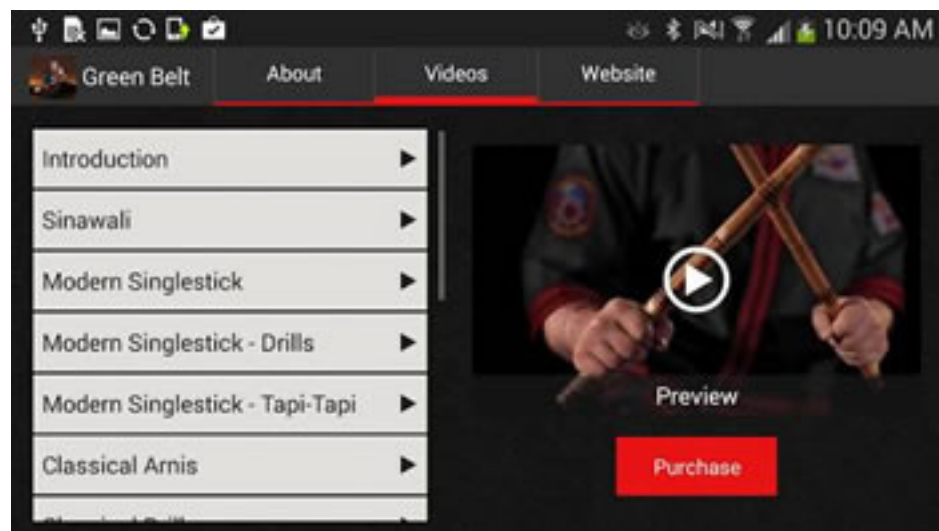
**The Bladed Hand**  
**Director:** Jay Ignacio  
**Producers:** Jay Ignacio, Kent Vives, Sonny Sison  
This is a documentary about the global impact and current state of Eskrima/Kali/Arnis, otherwise known as Filipino Martial Arts. Filmed around Cebu, Baguio, Bacolod, Batangas, Hong Kong, Honolulu, Los Angeles, Manila, Moscow, Oakland and San Diego. The Bladed Hand will show how this native art from the Philippines has had a significant impact on military systems and even on Hollywood. Featuring FMA luminaries Supreme Grandmaster Diono Cañete, Supreme Grandmaster Cacoy Cañete, Guro Dan Inosanto, Guro Diana Inosanto, Guro Ron Balicki, Grandmaster Nick Elizar, Grandmaster Ising Atillo, Master Christopher Ricketts, Grandmaster Remy Presas, Jr. and many more.

**DVD Available at Amazon.com: Click Here**  
**and also at:** www.thebladedhand.com

**ABANICO Modern Arnis Apps**

We have worked hard, but now they are there and available: The first ABANICO Apps for smartphones and tablets, available for apple products through the Apple Appstore and through the Google store for Android. The first apps covers the new Modern Arnis grading program. The apps are free of charge and you can buy the videos in-app and watch them on your device. The videos in the apps are cheaper than the DVDs. You can download the videos to your device or you can stream them, whatever you prefer. This way you have the videos there on your smartphone or tablet during your training. The videos in the app do have menus, so that you can jump directly to the topics you want to train.

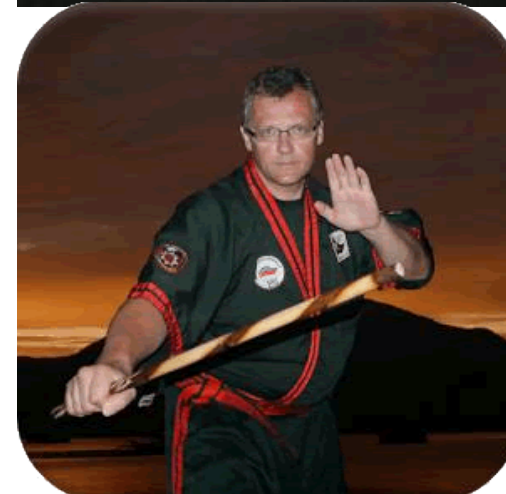
**Here re the links to the appstores:**  
Apple for iPhone and iPads: [Click Here](#)  
Google for Android smartphones and tablets: [Click Here](#)



For the future I plan to issue more apps of my ABANICO videos. The apps will always be free and you can buy then the videos you

are interested in. Also, they will be theme orientated. Like a JKD app or an Inayan app or a selfdefense app. I would be glad if you download the apps and give me a good rating in the stores. But I am also happy, if you would give me a direct feedback, whether you like them or if you think we can improve the app.Modern Arnis App?

**Dieter Knüttel**  
Email: dk@abanico.de



**Past Events**

For the events that have been completed the FMA Informative knows that sometimes the event is exhausting or the excitement has pumped that adrenaline so the FMA Informative sends a reminder after the event. Why does the FMA Informative do this, cause we at the FMA Informative think that it is good news that practitioners are sharing their art and would like others to know about the practitioner or event practitioners, and what they may have missed, and by chance that practitioner is doing an event in their area they can be sure to attend if at all possible.

Please after the event send a group picture or a couple pictures with information of the event for the FMA Informative newspaper past events section. You can send either through Arnis Balite page by message or to [fmainformative@gmail.com](mailto:fmainformative@gmail.com).

Some organizers are great and even some practitioners ensure that something gets sent to the FMA Informative for publication. However others just give "Lip Service" or they just ignore the FMA Informative request, they figure as long as they get to advertise the event screw the FMA Informative. They got what they needed "advertisement" or their event was so screwed up they are embarrassed to send something. Just let the FMA Informative (in a private message know and the staff will understand). It is sad, since some were thought of as friends of the FMA Informative, and have shown otherwise.

The staff has decided for these unprofessional individuals or groups that cannot even keep their word, or just ignore the FMA Informative after the event their events will no longer be advertised through the FMA Informative until they can send something on an event they are having once it is completed. So all in all if they cannot keep their word what else are they talking to others that is Bullshit?

Writers and Practitioners that the FMA Informative would like to thank for their support in submitting past events. These people submit past events automatically or easily on request.

Zena Sultana Babao	Krystal Elmore	Hamsa Jay Jumawan	Eric Primm
Tye W. Botting	Fred Evrard	Dieter Knüttel	Edessa Ramos
Michael Butz	Dino Florence	Ron Kosakowski	Marcus Schüssler
Dean Carter	Bram Frank	Rene Latosa	Jay Sowell
Mike Casto	FCS Kali Cali Crew	Marc Lawrence	Jerome Teague
Walter Crisostomo	Jason Inay	Bill Lowery	Tony Torre
Wesley Crisostomo	Jose Isidro	Mel Orpilla	
Chris Derbaum	Joel Juanitas	Tom Edison Pena	

**Kali Method Colorado Seminar**

Dumog Seminar  
October 18, 2014  
Synergy Martial Arts and Fitness  
3049-A West 74th, Westminster, Colorado

Group photo from this past weekend's Colorado Seminar. Tough people out there. Thanks to all the Filipino martial arts groups and Instructors that attended. There are a bunch of people missing in this photo. Mind. Heart. Respect. - **Kali Method**



**WFMAA Expo & Laban Laro Championships**

October 24-26, 2014  
The Riviera Casino & Hotel Resort  
Las Vegas, Nevada

Awesome weekend of Arnis/ Eskrima/Kali with Grandmastedr Ramiro Estalilla, Grandmaster Felix Roiles, Grandmaster Alfred Bandalan and others!

After an amazing weekend and my first WFMAA Expo, I'm bruised, battered and beaten but it's all worth it and I feel great! I had the greatest honor in meeting some of the greatest grand masters in Filipino martial arts and learned a lot. I did well in my 1st competition, made it into the 2nd round...can't be upset with that!

**Jessica Daoust**





**6th Baxafra Armor Kali Arnis Invitational Invitational Tournament**

October 25, 2014  
Makati Elementary School  
6230 Manalac St., Poblacion, Makati City, Philippines

**Another Success For The Baxafra Armor Invitational Tournament**

By: John Kent A. Casao

On the 25th of October 2014, the 6th Baxafra Armor Kali Arnis Invitational Tournament was held at Makati Elementary School where competing teams prove their might for the championship titles for the upcoming event "Best Among the Best: One Man Standing" on January 2015. The teams that joined the mini tournament are the following: Rizal Technological University, KAMAO Ateneo Chapter, KAMAO Claret High School Chapter,

Las Pinas East High School, Las Pinas Main High School, PARAK Team, Team Ladlad, Taguig City University, (insert other teams here). The said event lasted for only one day, the on-the-spot bracketing was one of the highlights of the said event.

"This is just a mini-tournament and we didn't expect this number of competitors coming around for today I am very grateful for your presence and support." Master Ronaldo Baxafra,

the founder of Baxafra Armor said at the opening of the tournament. Each teams cheered greatly with pride and honor for their representatives in every weight category until the championship.

The event was done with the help of the following officials including Jessielyn Baxafra, Gilbert Dominic Balahadja, Rogelio Santos, Joemicco Salomon, Sharena Domingo, Heddy Santos, Sai Carlos, DJ Baxafra, John Paul Sagadal, John Kent Casao, Rya



Danise Banawa, Dallye Nell Cleofe, Louise Shaira Foronda, Stephanie Anne Gimongala and Richel Sarah Erika Mabazza.

**Results:****Anyo Girls Single Weapon**

Shela Mae Maghinang (RTU) Gold  
Jedah Mae Soriano (Pasay) Silver

**Double Weapon**

Izzer Lugasan (TCU) Gold

**Single Weapon Juniors Boys**

John Reyz Base (Tcu) Gold  
Laurence Lasanas (Pasay) Silver

**Seniors Women Open Category**

Julpha Villa (RTU) Gold  
Juhayrah Harim (RTU) Silver  
Desiree Quirog (RTU) Bronze

**Seniors Men Open Weapon Category**

Anthony Galoy (RTU) Gold  
Alfrederic Flores (TCU) Silver#  
Israel Ulayao (Fil Sundatum) Bronze

**Junior's Men Division****Pin Weight:**

Ivan Eclevia (Rondonian) Gold  
Lorenz Casanas (Pasay) Silver  
Mark Dominic Ancheta (Rondonian) Bronze  
Jericho Solis (Rondonian) Bronze

**Bantam:**

Dennis Cabual (Las Pinas Main) Gold  
Geriel Antenor (Rondonian) Silver  
Jaime Saspas (Bronze) Claret High School Bronze  
Joehmari Gomez (Pasay) Bronze

**Feather:**

John Rey Base (TCU) Gold  
Carlo Jose (Las Pinas East) Silver  
Michael Famoso (Fil Sundatum) Bronz  
Victor Perez (Pasay)

**Extra Light:**

Patrick Rebadeo (Gold)

**Half Light:**

Christian Ross Sabbun (Las Pinas Main) Gold  
Michael Enguerra (Las Pinas East) Silver  
Chester Tangonan (Pasay) Bronze

**Light:**

Joaquin Diaz (Kamao Ateneo) Gold

**Middle Weight:**

Diego Pangilinan (Kamao Ateneo) Gold

**Heavy:**

Allen Makasilang (Claret High School) Gold

**Junior's Women Division****Pin Weight:**

Sharlyn Hila (Las Pinas Main) Gold  
Angela Ligutan (Las Pinas Main) Silver  
Danica Tabuete (Las Pinas East) Bronze  
Leonaly Parillo (RTU) Bronze

**Bantam:**

Shiela Mae Maghinang (Rtu) Gold  
Danielle Samson (Las Pinas Main) Silver  
Ruffa Mae Vargas (Las Pinas East) Bronze  
Mildred Pernito (Las Pinas Main) Bronze

**Feather:**

Ross Ashley Monville (Las Pinas Main) Gold  
Marivic Concordia (RTU) Silver  
Jedah Mae Soriano (Pasay) Bronze  
Rocel Pernito (Las Pinas Main)

**Extra Light:**

Rain Potoza (Pasay) Gold  
Mary Grace Romatan (RTU) Silver

**Half Light:**

Abigail Logarto (Pasay) Gold  
Rica Jimenea (Rondonian) Silver  
Marifel Martinez (Las Pinas Main) Bronze  
Izzer Lugasan (TCU)

**Senior's Men Division****Extra Light:**

Reymer Peralta (RTU) Gold-  
Al Frederic Flores (TCU) Silver-  
Eugene Gongora (RTU) Bronze  
Enriquez Ulayao (Fil Sundatum) Bronze

**Half Light:**

Jovan Boiles (Parak) Gold-  
Anthony Galoy (RTU) Silver-  
James Aguilar (Fil Sundatum) Bronze  
Jerwin Galinato (Fil Sundatum) Bronze

**Light:**

Mark Galvez (RTU) Gold:  
Joey Salvadico(Parac) Silver:  
Felix Velasco (Parac) Bronze:

**Half Middle:**

Angelo Sunga (RTU) Gold:  
Jordan Bradley Cruz (Kamao Ateneo) Silver:  
Jerome Chico (Parac) Bronze:

**Middleweight:**

Wilson Banguis (RTU) Gold  
Joaquin Hernandez (Fil Sundatum) Silver  
Ronald Dela Cruz (Parac) Bronze

**Half Heavy:**

Jj Malanay (RTU) Gold:  
Fernando Dagasuhan (RTU) Silver:

**Heavy:**

Mj Perez (RTU) Gold  
Paulo Guardalasa (RTU) Silver

**Senior's Women Division****Extra Light:**

Cynthia Pundogar (RTU) Gold  
Rose Denate (Fil Sundatum) Silver  
Reygilyn Ordanes (Fil Sundatum) Bronze  
Faeldin Leona (TCU) Bronze

**Half Light:**

Julpha Villa (RTU) Gold  
Veronica Concepcion (TCU) Silver

**Light:**

Kim Elvabuena (RTU) Gold  
Kristenene Palezpez (Kamao Ateneo) Silver

**Half Middle:**

Desiree Quirog (RTU) Gold  
Karolyn Rae Yogyog (Kamao Ateneo) Silver

**Middle:**

Angelique Cruz (RTU) Gold  
Ella Lacs (Parac) Silver  
Pamella Faith Musni (Kamao Ateneo)

**Half Heavy:**

Azel Miral (TCU) Gold  
Juhayra Harim (RTU) Silver

**Heavy:**

Kenneth Lourdes Orpilla (Parac) Gold  
Franchesca Roquero (RTU) Silver

**We would like to thank our sponsor, official, participating team and supporters:**

Sir Efen Tila  
Sir Bong Jornales  
Maam Hedy Arce Santos  
Sir Rogelio Santos  
Sir Vhir Tubera,  
Sir Jhoey Santos Rodil  
Sir Nathan Espino  
Sir Ronald Farol  
Makati Elementary School  
Sir Gatsby Gatbonton  
Sir Gilbert Dominique Balajadia  
Miss Sharena Espina Domingo  
Sir Joemicco Salomon  
Sir Sai Carlos Gajudo

**PNU - Baxafra Armor**

Rya Danise Banawa  
Stephanie Gimongala  
Dallye Nell Cleofe  
Shairah Louise Foronda  
Karl Olimpo  
John Kent Casao  
Erika Mabazza  
Deejay Baxafra  
John Paul Sagadal



After the awarding Fil-Suntadum Arnis Team pose with Master Maestro Ronaldo Serrano Baxafra with Head Coach Joey Santos Rodil



Fil-Suntadum Arnis Team Occidental Mindoro



Maestro Ronaldo S. Baxafra with Fil-Suntadum Arnis Team from Occidental Mindoro

**Dulo-Dulo (Palm Stick) & Pen Self-Defense Seminar**

**Presented By:** Punite FMA Gats and TKMT

October 25, 2014

TKMT

1992 Yonge St.

Tononto, Ontario, Canada

A nice warm

sunshine shining on all

of us, Grandmaster Oliver

Garduce taught Dulo-

Dulo/Pen seminar. He

taught us how to protect

ourselves using Dulo-

Dulo/pen by showing us

few techniques that we

will hopefully remember

and practice to protect

us in time of needs. We

would like to learn more

Grandmaster Oliver. Thank you for your time, knowledge, skills and support. We will be looking forward to another one. - **FMA Canada**





**USA October 2014 - Round 2**

Lightning Scientific Arnis  
Master Jon Escudero  
October 25-26  
10714 5th Ave NE  
Seattle, Washington

Thanks to all who supported the Filipino martial arts seminar this weekend with Guro Jon Escudero of Lightning Scientific Arnis.  
**MKG Seattle**



**Kali Majapahit - Workshop USA**

Self-defense and Blade seminar  
w/ Punong Guro Fred Evrard  
October 26, 2014  
MAA - 120 Front St., Bever Dam, WI

The 3-hour seminar went great, with a very "self-defense" oriented program including Kali Majapahit Knife defense concepts: Empty hands vs knife attacks, Knife against knife, Karambit.

The day ended with Guro Fred Evrard's usual "Health talk". Topic of the day: Nutrition - why modern wheat is harmful to our health?



**2014 Iron Mountain Camp**

October 30 - November 2, 2014  
Sugar Hollow Retreat  
Butler, Tennessee

October 30 through November 2nd in Sugar Hollow, TN, Counterpoint Tactical System members gathered for the annual Iron Mountain Instructor's camp led by Founder Zach Whitson. Master Whitson instructed 40+ members of the camp in Qigong, Cacooy Doce Pares double stick and grappling, Kenpo techniques, his stand-up grappling neck crank series, and double sak-sak knife versus double sak-sak knife. Jaime Dillon, Jessica Levine, and Rauhith Ashar of Ryer Martial Arts Academy, Brian Vinik of Haastyle Martial Arts, and Thomas Slack all joined the ranks of black belts upon passing their first degree black belt test. The CTS family continues to grow, and Master Zach Whitson continues to provide quality instruction of his effective self defense system. - **Eric Primm**



Counterpoint Tactical System's 2014 Iron Mountain camp is done for the year. Master Zach Whitson delivered another high quality event full of information and fun.

[stlcounterpoint.wordpress.com](http://stlcounterpoint.wordpress.com)



This group picture captures the beauty of the weather we experienced at this year's Iron Mountain Camp. Our first snow storm at camp and many memories to have!

**Warrior Arts of the Philippines - Introductory Eskrima Workshop**

Instructors: Guro Doran Sordo and Guro Dino Flores  
October 30 - November 5, 2014  
Boracay Island, Aklan, Philippines

On October 30th through November 5th, introductory workshops were held in Boracay, Aklan, Philippines. The workshops were conducted by Guro Doran Sordo and Guro Dino Flores. Topics covered were Lameco Eskrima, Kali Ilustrisimo and Bakbakan Sagasa Kickboxing. Guro Doran even shared a little Ngo Cho Kun or Five Ancestor Fist with a select few. On one of the days there was a surprise instructor Arnel Tandang who shared some of his knowledge.

All workshops were conducted on the beaches of Boracay. Participants ranged from total beginners to people with some experience. Many participants were from other countries including Brazil, Russia, Australia and the UK. One of the most interesting sessions was training at night under the moonlight. Overall it was a fun event training on the powder white sand with clear blue waters and sunny skies. It is safe to say, that it is hard to find better surroundings to train in than the beaches of Boracay.




**Website:** [www.kalahicustomblades.com](http://www.kalahicustomblades.com)  
**Facebook:** [www.kalahicustomblades.com](http://www.kalahicustomblades.com)

Kalahi Custom Blades is a Philippine company manufacturing good quality Philippine traditional bolos and customized blades. We also offer tough quality Filipino Martial Arts Training Weapons and Supplies from Arnis Sticks, Sparring Gear to training weapons. All our blades are hand made, fire forged and carefully crafted by Filipino expert blade smiths. Our forging skills are tested by time. Forging process handed down from generations and continuously improve to give you high quality and dependable blades for your use. All our blades carefully passed the tempering required for 100% efficiency and durability. Blade is tough and balanced so user can be confident of its usefulness.




This is a 4 foot long staff constructed of dense rattan with skin. Hand-burned in the traditional manner and finished with a clear coat for added durability. Used by Arnis Tapado and Doce Pares for long stick fighting but suitable for many martial arts styles. Extremely lightweight and flexible, yet very durable. Perfect for practice or demonstration. Ideal for women and youth. 7/8in - 1in thick. Weight approx. 12 - 18 oz. Burn pattern may vary slightly from picture. # WF0148A

[Click Here](#)





Guro Doran and Guro Dino are planning more events in Boracay in the near future. For more information go to: backyardeskrima.com or mandirigma.org

Bakbakan Combat Arts International Senior Instructor - Doran Sordo. Guro Doran Sordo has had the privilege to begin training in his teens under the legendary Punong Guro Edgar Sulite, Master Yuli Romo, Master Tony Diego, Master Christopher Ricketts and Grandmaster Antonio Ilustrisimo himself.

Guro Dino is a long time practitioner who has had the privilege to train with under legendary Masters – Punong Guro Edgar Sulite, Master Yuli Romo, Master Tony Diego and Master Christopher Ricketts



**MACE: Martial Arts Cultural Exchange Gathering**

November 1, 2014  
17978 Ideal Pkwy, Manteca, CA.



Another incredible MACE event. Thanks to all the instructors who shared their art today, thanks to the participants who traveled as far as Florida to attend and other helpers who helped make this event a success and thanks to Sensei Larry, Sifu James, Russ Knight, and Belinda for all their effort today. Thanks to all our vendors and caterer the Carol Carol Florante Dingle and family for the awesome food. It was an honor to promote my first black belts Travis Pond and Robert May in front of my Combative Ohana. Another one for the history books! - **Mike Cardenas**

**Gajardoni Lajolo Kombat Line**

I'm Danilo Rossi Lajolo di Cossano Master of Italian tradition of knife and holder of Gajardoni S.r.l., we design and manufacture equipment for martial arts such as Kali / Krav Maga / Knife / Stickfighting, and all the disciplines that use weapons training, we are pleased to introduce Our new product all made in Italy, the new AIR MASK.



MTP Tactical anti cut dress for security and military. Distributor of cutting material anti MTP Tactical factory **Contact:** danilorossildc@gmail.com



For any further information please do not hesitate to contact us.  
Danilo Rossi Lajolo di Cossano  
Technical supervisor  
**Email:** Danilo.rossi@lajolosports.com  
**Website:** www.lajolosports.com

**Kali Empty-Hands w/ Paul Ingram**

November 1, 2014  
RFA Martial Academy  
1212 W Capitol Dr, Addison, Illinois



attendees in positions to handle multiple opponents. After the counter-offense work of the parries, destructions and follow ups we moved into some great flow work. Everyone in the class had the opportunity to work what they've just learned in flow (controlled sparring) and let me tell you, the results were amazing!

Then I closed out the Kali Empty-Hands seminar with some offensive tactics, how to create opportunities so you don't have to wait for your opponent to throw the punch first. It was a great time and everyone had super amounts of fun while learning, developing skills



What a fantastic event! On November 1st I conducted a 4 hour seminar that specialized on the Empty-Hands of Filipino Martial Arts also known as Kali, Eskrima and Arnis. The Filipino martial arts are vast and range from all sorts of weapon categories but, the most impressive element of Arnis is how one weapon can easily translate to all the other weapons and how the weapons of Kali then translate directly to the empty-hand techniques. We hear about this often when researching about Filipino martial arts and Eskrima but, this weekend I showed our attendees exactly how this works!

The seminar kicked off with some footwork warm ups as footwork is the base to all martial arts. The ability move multidirectional. I then took the class through the basic knife strikes and showed how those strikes translate exactly to the Kali Empty-Hands covering every type of striking technique including open hand, closed fist and elbows.

We then moved right into the basics of the defense (or for more appropriate terms, Destructions) against single attacks and attack by combinations. I added in some locks, breaks and takedown follow ups to finish up the tactics and techniques all keeping the



and applying them in the matter of a few hours! This is the trick behind Filipino Martial Arts, Quick and accessible skills!

It was great to see everyone training hard but even more so having fun and supporting each other with smiles, help and friendship!

I want to thank all those who attended this event and for those who couldn't make it out no worries because starting January 2015 I'll be opening our "New Filipino Boxing Classes" to our weekly training schedule!

Be sure to visit the RFA Martial Academy website:

[www.rfamartialacademy.com](http://www.rfamartialacademy.com)

Call or Email me and we can get you in for your free lesson!

Life, Health & Success,  
Paul Ingram  
RFA Martial Academy  
Owner & Chief Instructor



**Welcome to the Kali Center and Join Us!**

I've been hard at work over the last few weeks planning, designing and building the newest and greatest Filipino Martial Arts experience and now I want to present to you the "Kali Center"

The Kali Center is quickly becoming the new greatest source online for Filipino Martial Arts training and lessons online bringing you FMA anywhere you are around the great globe. Kali Center is not about any particular style, system or organization. It's simply about the love for Kali, Eskrima, Arnis.

You can view our first handful of videos on our new YouTube Channel **Click Here**



Also, please subscribe to our channel so you don't miss any new videos that we are uploading weekly and share our videos with your friends on social medias to help us spread the word about Kali Center and promote Filipino martial arts.

Like our new Kali Center Facebook page and post up your kali training pictures on our page to share! <https://www.facebook.com/thekalicenter>

And lastly, please take a minute or two to check out our website at <http://www.kalicenter.com/>. Soon we will be adding our elite membership area which will include full in depth and detailed instruction videos with each month being a new series of videos! This is great for those who don't have a solid Filipino martial arts school in there area or have a small training group and want more Filipino martial arts incorporated into there training.

**Paul Ingram**



**Warrior's Way Workshop Series**

**Guro Harley Elmore**  
November 1 - 2, 2014  
4020 Rhea Rd Ste 7C  
Wichita Falls, Texas



November 1st and 2nd, Guro Harley Elmore taught several clinics in Edmond, Oklahoma at Pride Martial Arts. The weekend started off with two clinics for the academy's youth program and finished up Saturday with an adult LaCoste Inosanto Kali. Sunday started off with a beginner's intro to Sayoc Kali and finished with a transition into advanced Sayoc Kali. - **Krystal Elmore**

We had an amazing day of training today in the Guro Harley N Krystal Elmore workshops! In the JKD section with our Warriors and Champions, we worked straight blasts and of course elbows headbutts and knees (oh my!) In the adults, FMA was on the menu.... focusing mainly on destructions. It was so much FUN!

**Jessica Cargill**

[www.warriorswaytx.com](http://www.warriorswaytx.com)



**Annual Whirligig Festival**

November 1st and 3rd, 2014  
Kuntaw Legacy Filipino Martial Arts - Demonstration  
Downtown Wilson, N.C.  
(about 5 city blocks surrounding Kuntaw Palace)

Kuntaw Palace did a demonstration at the annual Whirligig Festival in Historic Downtown Wilson, NC (about 5 city blocks surrounding Kuntaw Palace).



Whirligig basically means "whimsical" windmill. A term coined by Vollis Simpson a native of Wilson back around 1960. He made over thirty of these on his farm, some of which were as big as a water tower. His works are now on display at the Smithsonian Museum in DC. The city purchased all of his "whirligigs" a few years ago and have nearly completed restoration and installation at a new Whirligig Park about one block from Kuntaw Palace.

[www.kuntawmartialarts.com](http://www.kuntawmartialarts.com)

**P5 Academy**

w/ **Sensei Phillip Palmejar**  
November 7, 2014  
MCRD Gym  
San Diego, CA

Sensei Phillip Palmejar owner and only instructor of P5 Academy. Taught a 3 hour course. Sensei Palmejar taught knife strikes, knife defense from empty hand, knife against knife defense and some flowing knife drills from standard and reverse grip. I also taught two mount escapes and an arm lock and choke from the mount from BJJ.

At P5 Academy, we not only strive to evolve the practitioners of our academy but also to evolve our nation as a whole. I had a great time yesterday teaching the Martial Arts Instructors at Marine Corp Recruit Depot (MCRD). We spent two full hours training Filipino based knife techniques and an additional hour training No-Gi grappling. Tough crew this time through. Special thanks to Staff Sgt. Cajina for hosting me as the guest instructor. - at MCRD Gym.



**Pangulong Guro Jon Ward**

Inayan Martial Arts  
November 7, 2014  
West Coast Karate  
7225 E Broadway Blvd # STE150, Tucson, Arizona



In Tucson Pangulong Guro Ward taught Inayan Sinawali, Dequerdas and Kadena de Mano. School owner is Master Jason Cole. There was over 60 participants between the kids and adult sessions.

**Arnis Fest 2014**

November 7 - 9, 2014  
w/ Masters Ken Smith and Chuck Gauss  
Modern Arnis Academy  
15252 W 143rd St, Homer Glen, Illinois

The annual Arnis Fest for 2014 was held at Master Ken Smith's Modern Arnis Academy in Homer Glen, IL, from November 7-9. Attendees came from across the United States, including Texas, Connecticut, Virginia, Michigan, and many more.

A surprise guest from the extended Modern Arnis family even dropped in from the Philippines, Guro Rodolfo Tabano Poblacion Jr., representing Modern Arnis Tapi-Tapi under Grandmaster Samuel Bambit Dulay. Showing that Arnis can be a great activity for a lifetime, attendees ranged from 9 to 74 yrs old. Everyone had a great time, and many felt this was one of the best Arnis Fest camps ever. The event was a three-day affair offering great instruction in Remy A. Presas, Sr.'s Modern Arnis, with instruction by Masters of Tapi-Tapi Ken Smith and Chuck Gauss.

They were joined by Grandmaster Will Higginbotham, who shared his take on Modern Arnis and applying Small Circle Jujutsu and Kyusho Jutsu principles to the material. Together, they covered topics ranging from cane disarms with advanced details and followups, single sinawali progression drills with combat applications, the 12 basic strikes as applied to counters and setups, many versions of right versus right tapi-tapi with setups and applications, finger locking versus grabs and punches, empty-hand versus cane, wrist lock flows and their use for adapting to unexpected movement, and much more.

From Texas, guest instructor Master Earl Tullis also covered important details for disarms, striking basics and mechanics, sinawali details and applications, and more. Guro Andrew Tong shared Modern Arnis principles, and Guro Tye Botting covered ground pins. This is definitely an event you want to make next time it comes around - it happens each fall and is held in the same place. - **Tye W. Botting**  
For more information, please go to [www.modernarnis.net](http://www.modernarnis.net) or contact Master of Tapi-Tapi Ken Smith directly.



Grandmaster Will Higginbotham, Master of Tapi-Tapi Ken Smith, and Master of Tapi-Tapi Chuck Gauss.





Great fun at ArnisFest 14 - just like old times and great coverage of a wide variety of material!

**Freestyle Seminar**

November 8, 2014  
MAMFAM Gym  
Unit 204 CK Sy Diamond Building  
156 Libertad St., Pasay City, Philippines



The freestyle seminar headed by Punong Lakan Garitony Nicolas. He taught the Sticks and Empty Hand applications..

**Attendees were:** Carlo Duterte, Joshua Cumal, Mizha de Guzman, Reynaldo Senson, Junar Vidal, Romeo Solatorio, Ken Magno, Ever Quine, Sunshine Facto, Ian Domagsang and Joren Herrera

**Senkotiros Arnis/Filipino Martial Arts**

w/ Grandmaster Max M. Pallen  
November 8, 2014  
Pallen Martial Arts  
1655 East 14th St.  
San Leandro, CA.



**Dieter Knüttel and Pat O'Malley Tag-Team FMA Workshop**

November 8 - 9, 2014  
Urban Warriors Academy  
Arch 12, Miles St.  
London, United Kingdom

Two of the top-ranked FMA instructors in the world - Dieter Knüttel of Modern Arnis, and Pat O'Malley of Rapid Arnis - did a 2-day seminar at the Urban Warriors Academy in London.

The seminar covered several aspects of Filipino martial arts, with both instructors bouncing off each other teaching a plethora of techniques and variations.

**Day 1:** Focused on stick work, and include a dedicated sparring session where participants were coached by the instructors themselves.

**Day 2:** Focused on close range weapons and applications.



**Seminar with Master Virgil Cavada**

November 8 - 9, 2014  
IronBody Fitness  
2508 Plantside Dr, Louisville, Kentucky

Master Virgil Orlanes Cavada visited the Southeast United States for his annual seminar and testing with his Instructors and their students. First stop was in Nashville, TN. with Guro Jerome Teague and his local students. While there, Master Cavada did a few hours of private training reviewing some of the advanced drills and techniques of his curriculum. Testing was conducted on Thursday and Friday. Congratulations to all those who passed. Jason Croom (Module 1), Barry Downer (Module 1), Jordan Sluder (Module 1), Kevin Taylor (Module 1), Eric Burler (Module 2), Andrea Iacopini (Module 2 and 3), Scott Soifer (Module 2).

Master Cavada then travelled with Guro Teague and his students to Louisville, Kentucky for a weekend of public seminar training. The training was hosted by David Randolph, owner operator of Iron Body Fitness. The seminar was well attended by many local and out of town students with a few coming in from Atlanta, Alabama, Texas, and even Toronto, Canada. Master Cavada began with a progression based in the AE Module 1 basics and quickly moved into advanced applications for countering opponent's holds, disarms, and empty hand against blade with lots of self-defense concepts and techniques. - **Jerome Teague**

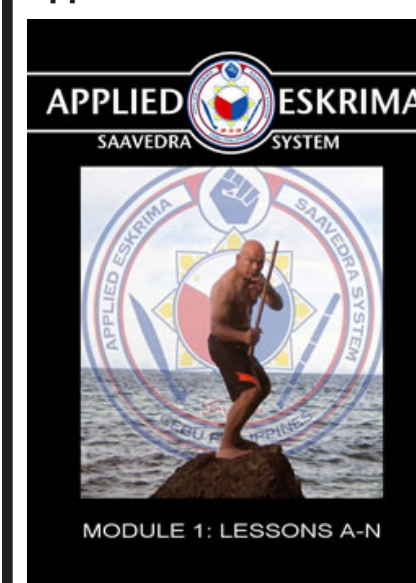


**For more information or to contact Master Virgil Cavada, please visit [www.AppliedEskrima.com](http://www.AppliedEskrima.com)**  
**For information on Applied Eskrima training in the Southeast USA, please contact Guro Jerome Teague at [AppliedEskrimaSE@yahoo.com](mailto:AppliedEskrimaSE@yahoo.com) or by visiting [www.GuroJeromeTeague.com](http://www.GuroJeromeTeague.com)**



**Applied Eskrima Balintawak (Saavedra System)**

Module 1: Lessons A - N  
Module 1: Lessons O - Z  
By Master Virgil Orlanes Cavada



The Applied Eskrima System is part of the larger family of arts that developed in the Balintawak club in Cebu City during the 1950's. The Founder of the Balintawak club Venancio Bacon sought to create better fighters than anywhere else in Cebu and focused his training and teaching on perfection of the single weapon fighting methods, (stick, sword and knife) in close quarters.

The Applied Eskrima – Saavedra System is a highly sophisticated, close combat art which implements impact weapons.

Master Virgil Orlanes Cavada, explains and demonstrates in these DVD's starting with the most basic and working up. In learning from these DVD's one will overall most definitely improve reflexes, coordination of hand/eye abilities.

Both Modules available in NTSC and PAL formats.

DVD's can be purchased through the Official Applied Eskrima Global website store: **Click Here**



### 9th AZ FMA Friendship Gathering

November 9, 2014  
Margaret T. Hance Park  
1134 N Central Ave, Phoenix, Arizona

The event was held at the Margaret T. Hance Park, 1134 N Central Ave, Phoenix, Arizona, the same location as the Phoenix FMA Training "Monthly Share."

This was an event you did not want to miss if in Phoenix, Arizona, the day was sunny the weather was great, not too hot not too cold. Starting off a bit late, seemed not to really matter since everyone was chatting and making new friends and catching up on gossip with old ones.

Finally getting started the only problem was the sprinklers would continue to go off interrupting the seminar, every were the seminar moved it seemed the sprinklers followed. But none the less the event went on and the teachers easily held the attention of the practitioners as they demonstrated and taught, sharing their knowledge which was eagerly accepted and applied to the knowledge of all.

This event had excellent teachers from far and near. From the immediate area there was Guro Joel Leon of Applied Eskrima, Chief Instructor Martin Torres of Direct Torres Extreme Martial Arts, and Grandmaster Sam Buot of Balintawak. From northern California San Jose area was Pangulong Guro Jon Ward of Inayan Martial Arts and from Stockton was Grandmaster Ron Saturno of Saturno Modern Serrada.

The event started off with Pangulong Guro Jon Ward of Inayan Martial Arts. Pangulong Guro Ward taught Inayan Kadena De Mano... specifically the open windmill drill against the wide right and left hand punch. Then Pangulong Guro Ward taught the application of the drill. Lastly he taught the IMAA Kadena application #3 against the jab



cross.

Next up was Guro Joel Leon of Applied Eskrima who being new to the area, Michael Butz invited him to display his brand of Eskrima (Applied Eskrima) before the group. Guro Leon has attended several gatherings before but never had a chance to showcase his particular system.

Guro Leon and his student Damien Hale demonstrated Applied Eskrima "friendly spar" to show sort of an end product of the art. After



that Guro Leon touched a bit on footwork and stances. Guro Leon was also able to show a couple of drills that incorporates the basic principles in Applied Eskrima training (blocking and immediately striking, and striking with immediate blocking).

Taking a break it was "Lunch Time." Time to get some energy back with some



Grandmaster Ron Saturno, Chief Instructor Martin Torres, Grandmaster Sam Buot, Guro Joel Leon, Pangulong Guro Jon Ward, and the Host Guro Michael Butz



fine food. For sure no one could complain for everything was great from the barbeque to each item of pot luck people brought to share. After a fine BBQ and pot



luck meal Chief Instructor Martin Torres of Direct Torres Extreme Martial Arts (DTE) was up and ready to go. Chief Instructor Torres first explained Direct Torres Eskrima is a style of Filipino martial art founded by himself, and that he had trained with many teachers of the Filipino martial arts but was influenced the most by Grandmaster Rene Latosa. Of all the concepts that Coach Torres took from Latosa Eskrima, forward energy was one the most important. In other words regardless of the angle/trajectory of a strike, all the energy used should be directed toward and into the opponent. For example if most people



were to throw a horizontal strike from right to left a heavy hammer the weight and energy of such an action would send most people reeling off to the left. Coach Torres stated: in DTE we try to direct all that wasted energy and send it forward toward our opponent. Easier said than done for most but a goal all students of DTE strive for.

Another part of DTE's foundation is power. Coach Martin emphasizes producing knockout power using as little movement as possible and regardless of which way we step, including backwards. This is heavily related to Coach Martin's concept of forward energy. When it comes to punching power I have personally seen a boxer trained by Coach Martin win a belt by knocking out his opponent in the first 15 seconds of the first round while stepping backwards! Stated Jeff Latorre. Head Eskrima Coach under Chief Instructor Martin Torres of DTE Fighting Systems.

The other basic of DTE is angles. This includes using footwork to make the smallest step(s) possible to get to a place where we can produce maximum damage using forward energy and power while trying to minimize the opponent's ability to do the same. As a student advances the goal is to accomplish this without your opponent noticing or to just start off with a good angle.

Coach Martin stated "if you notice, I didn't mention technique much." Coach Martin believes there's only so many ways to hit someone. Coach Martin stated "We teach specific techniques, but in DTE we believe that if you have forward energy and power combined with footwork and positioning, that means more than technique without those basics". And even then, the things DTE is most interested in is building character and making leaders. Otherwise DTE is just producing thugs that can fight. Jeff Latorre knows stating, "I've trained longer and closer to him than most. And that's the vision he shared with me from the beginning."

Jeff Latorre. Head Eskrima Coach under Chief Instructor Martin Torres of DTE Fighting Systems provided the information

on the previous demonstrations of DTE Master Instructor Martin Torres and Punong Guro Jon Ward. Grandmaster Buot showed the danger of lazy counters and defenses - failing to recognize spacing and distance and over-rotation. He praised the importance of Filipino Panuntukan, as taught by Punong Guro Ward, now popularized in Hollywood movies starting with Bruce Lee and Dan Inosanto in Enter the Dragon and Game of Death and currently used by trained Filipino Kali fighters in the Bourne series. He demonstrated his theory on the importance of the left hand by showing the inability of an opponent to counter with sufficient speed with effective left hand assistance. He emphasized the importance of the left hand as stated in his motto "It's All in the Left Hand."

Grandmaster Buot also showed and displayed stick speed illustrating the magnification of the speed of the stick in direct proportion to its length, relating it to the speed of the floodlights used at carnivals flashed across the skies. He further displayed the total inability of an opponent to counter a fast stick with his flashing counter-strikes both with strikes from the right and the left.

Further, he talked about the importance of the grip and



the dangers of a lazy grip and the dangers of a dis-arm; he talked about telegraphing strikes and described the history of stepping from the limited space in early training facilities. Grandmaster Buot further demonstrated the effectiveness of Balintawak Eskrima in its use even on much larger and taller opponents. In his 50-minute guest time, interrupted by the sprinkler system, he thanked the sponsors and gave praise to Michael Butz as promoter and sponsor of the Greater Phoenix FMA educational program and other guest lecturers.

And ending the event in fine fashion Grandmaster Ron



Saturno of Saturno Modern Serrada decided to share footwork. Many times in the Filipino martial arts men will stand and deliver. Like Rooster's in a cockfight the man up and let the rattan fly and let guts and skill decide the victor. Grandmaster Saturno stated, "But this does have you blocking blows that sometimes never really come close enough to your body that the blow should have been blocked at all and this does put your arms out to possibly be hit needlessly. With proper footwork you can zone your body, by taking a position that makes you relatively safe from most incoming blows. A few simple steps with the feet can help you stay a few

moves ahead of your opponent. This is what I try to do."

Grandmaster Saturno was told, that the younger Grandmaster Angel Cabales was a very combative player. He was very aggressive in his younger days. As the years caught up with him, he became a very smooth player that fought you with footwork and superlative timing. You see that I didn't say speed. He was hell of fast, but he hardly moved much. He didn't need to, because of his control of the combat arena.

Grandmaster Saturno tried to show the remaining group of assembled men and women some of the things that he



learned at the hand of the late great Serrada Master. Fighting is all about movement, distancing and structure. We can borrow these three things from man opponent, or share them. Just like a match, a fuel source and oxygen creates fire: Distance, Structure and Oxygen does the same, but if any one part of the three is missing no "Kaboom". By controlling the distance without footwork we can eliminate one very 'needed' part

that an opponent needs to defeat us. If I'm not there I can't be hit. Grandmaster Saturno also showed how important footwork can be in a knife fight. Few fights start with both men displaying their knives to each other. Knife fight usually start out with one man attempting to see what the other had for breakfast without warning. Those precious few seconds that it takes a man to go from zero to a hundred when he

is startled can be too long for his own good. Ingrained footwork that allows you to immediately fade out of a knives range and into safety 'to me' is very important. It gets you back and away from the knife and gives you time to run or get your own knife out and get busy. In a word Grandmaster Saturno taught 'footwork'. Filipino martial arts has some of the very best footwork in all of martial arts.

Grandmaster Saturno stated: he was lucky to have learned from a footwork Master. Coming to the end of the event all admitted that the knowledge gained was priceless. Seeing old friends making new ones, gaining knowledge from some of the best teachers around. What more could a practitioner ask for?



Instructors of the Event with other instructors which came to support the event



**Knife Against Knife Seminar**

Laraw Kali Pamuok  
November 9, 2014  
Luneta Park, Manila Philippines

A month starter seminar was conducted by Lakan Ronnie Royce Base, head of the Laraw Kali Pamuok FMA Organization last November 9, 2014 at Rizal Park, Manila, Philippines. This 3-hour seminar was about "Knife Fighting" using Filipino methods and concepts that tackles on counter striking, disarming and freestyle drilling. Lakan Ron started the discussion with the facts about knife and the misconceptions with regards to a knife fight. During the actual knife training, he covered the largo (long) and corto (close) ranges of attack and what specific defensive tactics should be done on each ranges with the help of proper foot works. Disarms and knife drills followed next.

At the end of the workshop, participants were given a chance to test what they have learned through a friendly sparring. Everyone was totally over-whelmed with the experience because they have come to the realization of what will really happen in an actual knife fight. Because of this, their interest on finding out more of how they can develop and prepare themselves whenever they got into such situation was opened. Their eagerness to learn more of the many aspects of the Filipino martial arts has become obvious as they requested for another training sessions in the future. - **Ronnie Royce Base**



**Way of the Stick and Blade: Tournament of Filipino Martial Arts 2014**

November 9, 2014  
Hilton Los Angeles Airport  
5711 West Century Boulevard, Los Angeles, CA.  
Pictures Contributed by: Filipino Martial Heritage

Way of the Stick and Blade is Southern California's premier Filipino Martial Arts tournament boasting one of the largest contingents of competitors from all across the globe. This tournament is geared to promote and propagate the Filipino martial arts through competition. It is the hope that this event will help give experience to any first time competitors as well as provide those long time practitioners an open venue to test and hone their skills. The event included Forms/ Sayaws, Padded Stick Sparring, Double Padded Stick Sparring, Padded Blade Sparring, and Mixed Weapons Padded Blade Sparring. Sponsored by Bunal Brand FMA Equipment and FMA Supply.



Sunday November 9th, 2014 bore witness to the 5th year of Pacific Media Expo's (PMX) Way of the Stick and Blade: Tournament of Filipino Martial Arts. The only tournament in Southern California to offer competition in both stick and blade events. Sponsored by US based padded weapon manufacturer Bunal Brand, this year focused on mainly padded weapons. Competitors from all across the state of California competed in events such as Sayaws/ Forms, Single Padded Stick, Double Padded Stick, Padded Blade, and Mixed Weapons Padded Blade. Much thanks to the following schools who came out to support...Filipino Martial Heritage, 12Pares Ardigma Sacramento, Pallen's Martial Arts, Manaois System, Inosanto Academy, OC Kickboxing, FMA School, P5 Academy, and 12Pares Esgrima Orihinal. A heartfelt thanks to our sponsors and demonstrators, FMA Supply, Bunal Brand, Grandmaster Victor Tiu of Doce Pares Multi-style, and Master Emilio Labarcon of KaTa Tapado. - **Steve del Castillo**



What a great time that we had yesterday trekking up to L.A. for the annual Way of The Stick and Blade tournament at the Pacific Media Expo. Not only did we show up, we represented as well. Levi Bass, in his first Filipino martial arts performance was able to secure second place in Padded Blade and the coveted Gold Medal (Actually a sword) in his Mixed Weapons division. Mark Lathom was moved up to the advanced division and was still able to secure the second place spot in the Mixed Weapons division. The reason Mark did not receive the division victory is because he faced me in the finals. I was able to secure second place in Padded Blade and Gold in Mixed Weapons in the advanced division besting two of my most talented foes in the process. We love representing Filipino Martial Heritage. - **P5**

**World Nickelstick Eskrima Workshop**

November 9, 2014  
Broadwater Manor School  
Broadwater Road, BN14 8HU Worthing, West Sussex

The training was held on the gallows in Worthing West Sussex. Great weather this time of year, the training today consists of defence/offence 12angles disarms and akga (feeding and moving)

**Martin Sillitoe**





**Kuntao Workshop**

November 9, 2014  
Practical Self Defense Training Center  
847 Hamilton Ave , Waterbury, CT.

The November 9th Kuntao seminar was a continuation of the Kuntao In-Tents Camp, back in July 2014. This works out well for long distant students who want to learn this Filipino martial art in a group setting to add to the private lessons and classes they do all year long. Lately, there is a big interest in this ancient system due to the tremendous self-defense potential within the style, and without a doubt, I am more than happy to teach those who are serious about learning it.

At this seminar I started by teaching the off balancing with the various take downs that go along with each scenario. This type of fighting is based on pain and leverage compliance combined. In other words, striking a certain part of the body with a kick, a knee, elbow, head-butt or some sort of hand strike a few times to get a reaction, then off balance a person in the direction of that reaction. I also showed many follow up moves in case the original techniques were to fail and moves do fail in a realistic situation but not if follow-ups are well understood. It was pretty impressive to see people learning how to deal with someone a lot bigger and be able to move them around like a toy. Believe it or not, being properly taught, and with enough practice, with time anyone can perform these moves that easy.

I had to start from the beginning aspects of that part of Kuntao by showing the various levers on the body and the attacking angles. There are some easy to move areas on everyone that surprises all who discover it through learning my Kuntao style. I base it all on triangles to show the movements in a progression from there. Moving at certain angles, while hitting or bumping certain angles also, where the points are on the body are looked at as part of a triangle. To see it here in writing may be hard to understand, it does have to be showed in person. To get the reflexes to pull it off, the various drilling methods have to be practiced and practiced a long time before you go live. Of course, going live with random play really heightens those skills all the previous drilling methods gives a student in muscle memory.



At the second half of the day I went into hand monitoring, which was really a continuation off what we did at the training camp in July of 2014. The hand monitoring drilling methods start off giving a student muscle memory to get the reflexes to pull it off. The whole system is like that; taking small areas and drilling it till a student can put the whole system together. Hence the meaning of the before mentioned progression that is done in this Kuntao style. We start off doing the hand movements in the air adding the various deflection methods against hand or foot attacks. Then we go into one-for-one drilling methods. The first one is done stationary then we add in the footwork. There are about 98 moves that are memorized as one step attacks off each deflection depending on where the defenders body position ends up. Then those are adapted to the random drilling methods. It's quite a process and a lot easier to learn than it sounds when explaining it here.

From there, I showed some of the striking to takedowns learned at the beginning of the day and how they are found within the hand monitoring random drilling methods.



Attacking or defending is easy to do when a person complies in a martial art school. The way to practice as a Kuntao student advances is through random play, then trying it out more randomly doing it in a live resistance setting...kind of like sparring. Unquestionably, we all know that much of Kuntao sparring tactics have to be simulated when doing sparring drills or live to prevent serious injury or death but we manage to do it and we do it well. Sometimes a little pain teaches a student how to do the moves correctly so they do not feel the same pain all over again.

Our Kuntao seminars will be held at the Practical Self Defense Training Center in Waterbury, Connecticut 3 times a year with one being a camp. This is for long distant students who want to learn it as well as local people interested in this Kuntao style. It's a very interesting system and many are now starting to see that.

If you are interested in seminars at your school or just interested in learning this Kuntao system, call (203) 802 8533. You can also keep in touch with the events section of my we site by going to [www.PSDTC.com](http://www.PSDTC.com). I am always looking for open minded serious people to learn Kuntao to keep this style around for generations to come.



**Suro Jason Inay Seminar**  
November 12, 2014  
Wisconsin

Seminar covered Siniwali, Dequerdas, Kadena De Mano, and Serrada. Each style was presented from its tactical perspective and shown how they relate to each other. Great class with Suro Jason Inay - **Bryce Thomas**



**Suro Jason Inay Seminar**  
November 13, 2014  
Oshkosh, Wisconsin

**Kids and Adults!**  
Had a great time teaching self defense to kids with text books, and a big picture look at martial arts and the Inayan System of Eskrima. - **Jason Inay**





**Latosa Escrima**  
 W/ Grandmaster Rene Latosa  
 November 14 - 16, 2014  
 Latosa Escrima Brasil  
 Brasilia, Brasil

The theme for the seminars in Brazil and all over the world, is to be open (every style, system has things to offer), and allow discovery. The "secrets", after all these years of searching, I have yet to find one, maybe it is because they are secret.

The real secret is the balance of physical and the mental aspect of the Filipino martial arts. Knowing how to use the concepts of Latosa-Escrima to enhance what you do. As you get older, the only thing that develops further is your mind, so use it... - Rene Latosa



**Suro Jason Inay Seminar**  
 November 14, 2014  
 Inayan Self Defense Center  
 Baraboo Wisconsin

Great class on Siniwali tactics, basics, and hands translations.



**Knife Fencing Tournament**  
 November 15, 2014  
 Zevio, Italy  
 (Zevio is a comune (municipality) in the Province of Verona in the Italian region Veneto.)

A wonderful day, short Fencing tournament earthquake, during the fencing Championship, one of 60 FIS participants showed great competitiveness and great sportsmanship, a thank you to all the participants and the organizers, who with extreme professionalism they handled this very first event.

Thanks guys of Calix Academy, a 2 and 3 and a second place team to brief the next meeting, don't miss it. - **Danilo Rossilajolo Di Cossano**  
 School Team Nova Scrimia, FISAM, Calix Academy L.K.F.S, Lame scaliggere, Baky Fencing, Kaos Team, Accademia Cavalleresca, Scherma Corta Team.



Hesperiae Dominum Team



**Inayan Self Defense Center**  
 November 15, 2014  
 Sorce Martial Arts  
 926 Milwaukee Ave.  
 South Milwaukee, Wisconsin

Seminar covered Siniwali, Dequerdas, Kadena De Mano, and Serrada. Each style was presented from its tactical perspective and shown how they relate to each other.



**CDF Academy & Creative Warrior Academy**

**Presents: Master Narrison Babao**  
 November 15, 2014  
 The Willows Park, Las Vegas  
 2775 Desert Marigold Ln., Las Vegas, NV.

Group photo immediately after the Babao-Arnis Seminar in Las Vegas (the 3rd in the series) hosted by Sifu Justin Cataldi of the Creative Warrior Academy of Las Vegas, Saturday, Nov. 15, 2014. Master Nar Babao and Maestro Kris Babao of Babao-Arnis in San Diego, together with Grandmaster Ted Sotelo of Las Vegas presented the seminar.



**Amara Arkanis Sistemang Praksiyon**

**Presents: Filipino Martial Arts Principles, Practices, an Applications**  
 By Maestro Lou Lledo  
 November 15, 2014  
 Atlantic Theatre Company  
 76 Ninth Ave., 5th Flr, New York, NY

We had a great workshop today hosted by Datu Rich Acosta Datu Richie Acosta in Manhattan New York City. With Mataw Guro Louelle Lledo Mantas Guro Ronald J.Parente, Sigung Art Eng, mantas Kath Lu Lledo - **Marlon Hudak**



**Chinese Indonesian Combat Arts - Kuntao**  
 w/ Sifu Chris Derbaum  
 November 15, 2014  
 Bushido Mixed Martial Arts Academy  
 3405 High St., Portsmouth, VA

On Saturday November 15, Sifu Chris Derbaum of Chinese Indonesian Combat Arts conducted a Kuntao Seminar for Host Mike Duke at Bushido Mixed Martial Arts Academy in Portsmouth Virginia. Sifu Derbaum was assisted by 2 off his Branch Instructors Sifu Carlos Serrano, Sifu Justin Miller and Special Guest Instructor Christopher Snyder also was in attendance to help teach the art of Kuntao. Devastating brutal strikes of Chinese Hands and lower limb destruction of Indonesian Feet was the outline for the participants of the Kuntao Seminar. - **Chris Derbaum**





**23rd Phoenix FMA Training "Monthly Share"**

November 15, 2014  
Margaret T. Hance Park  
1134 N Central Ave, Phoenix, Arizona

Another fine day in Phoenix, Arizona with a morning that the weather was just right. Upon arriving at the park it was filled with activity, with booths set up by the law enforcement community, to demonstrate and strengthen community ties. Circle K was on the scene giving free coffee, (a very welcome morning wake me up).

It was decided that at this share it would be empty hands, since just the Sunday before there was the fantastic 9th AZ FMA Friendship Gathering, which if in the area and you missed it then you missed a whole lot of knowledge from some of the most knowledgeable teachers of the Filipino martial arts.



Anyway to start off Richell Sampaga gave the idea and demonstrated some ideas of defense and counter from a punch, then a combination of punches. So the group shared their ideas and knowledge on the different defensive techniques and counters, discussing angles, balance, timing and coordination.

Michael Butz brought some great ideas and demonstrated and explained some applications that added to every ones knowledge and skills and adaptability for counters.

After approximately an hour the group took a short coffee break.



Continuing after a little coffee and chat break, Robert who is a practitioner in Karate and Muai Thai Kickboxing brought up some applications from his knowledge in Muay Thai using defense techniques moving in close to the opponent followed up countering with the elbow.

Overall the day was prosperous, the practitioners added to their arsenal of knowledge of empty hands.



If someone would like to share and participate in an enjoyable session of training and a pot luck afterwards - check the Facebook group or Google + community "Phoenix FMA Training".



**Pulahan-Derobio Eskrima Seminar**

Grandmaster Christopher "The Mentor" Siangco  
November 16, 2014  
P5 Academy

1301 5th Ave., San Diego, CA.  
Grandmaster (8th Level Pulahan) Christopher "The Mentor" Siangco and his son Master (7th Level Pulahan) Christian "The Compass" Siangco entrusted P5 Academy and our humble students with a fantastic lesson on Pulahan Derobio Eskrima. From the historical background and theory to the modern applications and training methods, we received all that we could have asked for in only two hours of time. Blessings and respect to Grandmaster and Master Siangco for sharing their time, lineage and martial practice. - P5



**Suntumog Kali 2nd Knife Fighting 101 Workshop (One-day Event)**

November 16, 2014  
2nd Level, Metrolane Complex,  
20th Avenue corner P.Tuazon Boulevard  
Quezon City, Philippines

**Conducted by:**  
Alexander "Guro alex" Librando  
Founder and Supreme Chief Instructor  
Suntumog Kali - Filipino Martial Arts  
**Assisted by:** Jason Torres (Assistant Trainer)

**Attendees:**  
J. Aguilar (Philippines)  
C. Lee (Philippines)  
B. Manahan (Philippines)  
A. Morales (Mexico)  
R. Nochette (Philippines)  
J.P. Sokol (United Kingdom)



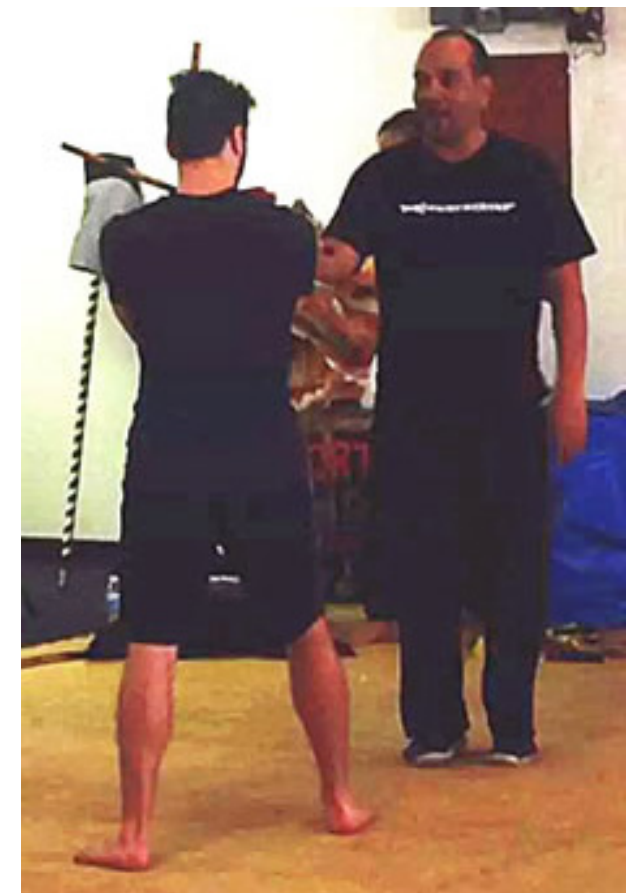
"Kamao hanap Katawan. Baston hanap Buto. Talim hanap Laman."  
(Fists seeks Body. Cane seeks Bone. Blade seeks Flesh.)

**Filipino Martial Arts Workshop with Sonny Sison**

**Presented by:** JAM (Joining All Movement Center)  
November 19, 2014  
18242 Sherman Way  
Reseda, CA.

The FMA workshop that Sonny Sison taught was a success with a good turnout. Several Inosanto Academy and Balintawak practitioners came through as he focused on footwork, maintaining distance for largo play and tapping for close range vs blade. - joiningallmovement.com

Sonny Sison is one of the producers of The Bladed Hand. Visit the website: thebladedhand.com





**Full Contact Seminar**  
**Hosted By:** Angel's Disciples  
 November 22, 2014  
 Knuckle Up Training Center  
 4380 Sonoma Blvd., Vallejo, CA.



The event covered full contact tournament as well as Real concepts & techniques for distance, footwork, reversing etc... real workshop sparring. Thanks to all for the support - **Tasi H. Alo**  
 This event was a great learning experience everyone got too fight and had a blast big thanks to Gm Rene Latosa and Master Cedric Concon for sharing concepts. Great day indeed !Had a fantastic

time , Thank you Gm Rene Latosa master Cedric Concon ,prof. Hundon , Grandmaster Alex France, Master John Peterson, Professor David Ducay, Guro Gordon and 21 others all for your support! - **Darren Tibon**

It was a pleasure working with the group! You have a great group of FMA practitioners! Keep up the good work! Thanks for the invite! - **Cedric Concon**

It was a great event & well worth the time, great camaraderie, as well! Ken, we all would like to know the answer to your question, of when's the next event! I enjoyed all the different conversations with many of you, looking forward to more to come, over time! Best regards to you all! Great tournament experience, as well! - **John Peterson**

Great event, great instruction, great energy! Great meeting my stateside friends again, Grandmaster Darren Tibon, Gordon Brown, Chez, and David Ducay! - **Alex France Sr.**

Today was one of those eye opening, light bulb days! I learned a alot and began to understand DUELING. I wanna say Thank you Grandmaster, Chez, Gordon for the opportunity to attend and learn. - **Walter Davis Jr.**

I have been eagerly awaiting today's Full contact Escrima Clinic with Grandmaster Darren Tibon. It is always a privilege to witness you present the Art of Serrada Escrima. I am always impressed with your ability to teach Master level techniques as easily as the "Basics" even to beginners. It was an Honor to have Grandmaster Rene Latosa give us words of wisdom and fighting Concepts. He and his assistant instructor did an excellent job. Thank you Professor David Ducay for visiting with us and your interest in USFMAF tournament rules. It is always a pleasure. As always we finished off our day with Chinese Seafood and Buffet....In the words of the Great Poet Ice Cube, "I gotta say it was a Good Day." Salamat **Guro GB - Angel's Disciples Solano/ Napa Chapter**



**The Laban Baston Eskrima Club**  
**Last Monthly Seminar of 2014**  
 November 22, 2014  
 Chester le Street Community Centre  
 Chester le St., County Durham, England

22nd of November 2014 saw The Laban Baston Eskrima Club, (Doce Pares Durham), UK, providing students with the latest in a series of monthly workshops covering all aspects of the FMA: Knife and Karambit.

During the first hour we covered a series of double knife drills. The Defender holds the two knives in Reverse and standard grips (i.e. one knife is held in Earth grip the other in Heaven grip). The drills are all in response to a thrust attack (#5 in the Doce Pares system).

The first drill involved a double inside block. The lead hand cuts over the arm, then pulls back to wrench the elbow. The Defender then steps around to the outside of the attacking arm and performs a double upward cut to the Triceps muscle. A follow up technique has the knives swing the attackers arm back to clear a space for the knives to be drawn across the attackers' body.

The second drill utilized the same double inside block, this time the lead hand strikes across to block the secondary attack. The tip of the lead blade then penetrates either the chest or neck (whichever is the most available), and the lead hand is then turned over so the blade can be slashed across the body, or throat, of the attacker.



The second hour looked at karambit work. All areas of the karambit was used; the ring for striking and pinching, the blade for slicing and controlling. We also used a Travel Wrench as patented and taught by Kelly Worden.

The attacks were all straight punches. The punching hand is met with the ring (effectively a knuckleduster!) and once the attacking hand is withdrawn the blade comes into action to slice across the chest or throat of the attacker. The ring can also be used to strike into the biceps muscle (a Gunting strike) followed up with the tip of the blade pulled up into the armpit.

When the punching fist is moving too fast, the blade can be used to fillet the inside muscle from the forearm of the attacker. Trapping the attacking arm towards the attackers' body allows the karambit tip to penetrate the ribcage.

The final technique has the Defender parrying the punching arm, the ring was used to strike into the solar plexus or center of the chest then the tip was used to rip downwards.

The Laban Baston Eskrima Club teaches the Doce Pares Multistyle Eskrima System under the authority of Grandmaster Percival Pableo and Supreme Grandmaster Dionisio Canete. The club is also the Country Affiliate for Doce Pares Europe under the authority of Master Danilo Huertas. Regular classes are held on Saturdays, 10am-12noon, Chester le Street Community Centre, Chester le Street, County Durham, England, DH3 3TS).

**For more information contact:** Bill Lowery, 07834465817 and labanb@excite.com

**Pekiti-Tirsia International Advanced Hand Versus Knife Seminar**  
 w/ **Mataas Na Guro Jack Latorre**  
 November 22, 2014  
 Millman's Martial Arts Academy  
 32 Main St., Scottsville, NY (near Rochester)

Mataas Na Guro Jack Latorre of Pekiti-Tirsia International taught the Advanced Hand Versus Knife block of the PTI Curriculum (which deals with the opponent's knife being held in pakal/icepick grip). - **Jack Latorre**





**Filipino Combat Systems Open Seminar (Kali, Escrima, Arnis)**

November 22, 2014  
 Rest. Nuestra Cocina  
 Lechuga, Puerto Rico

Integrate Martial Arts Institute (IMAI) had his 1st Filipino Combat Systems Workshop with Lakan Carlos "Pipo" Lopez in Hatillo, Puerto Rico. The seminar consist of Stick Grappling, Karambit and FCS Panantukan. IMAI would like to thank Lakan Pipo for all the knowledge he shared with the school.

**David Emilio Rodriguez Hernandez**



**MA-Based ISD CQC Tactical Knife and Risk Management Workshop**

w/ Grandmaster Manuel Taningco  
 November 22, 2014  
 TAMA Martial Arts Building  
 1753 Woodman Dr. Dayton, Ohio

Dayton, OH. November 22nd was an eventful day for attendees who attended a workshop on the Filipino martial arts taught by Manuel Robles Taningco, a veteran martial arts instructor who, along with his staff, have been professionally teaching since his 1976 establishment of TAMA Martial Arts Center in the Dayton Metropolitan area.

The close quarters knife combative movements presented were taught by Taningco to the Special Action Force unit of the Philippine Marines and NBI (National Bureau of Investigation), and while contracted with the U.S. government to teach the Air Force Security Forces, OSI (Office of Special Investigation), Raven Security Force, and U.S. Marines. The key-points of the workshop were as follows:

- Curriculum of ISD CQC Tactical Knife and Risk management
- Simplicity with footwork and evasion drills against an attacker with and without a knife
- Sensitivity drills to enhance tactical self defense
- The famed "6 attacks" both with combative knife drills and with empty hand to take out opponent in less than 10 seconds
- Knife-to-knife combative drills for greater mobility and expense.
- Controlled tactical maneuvers against an attacker with a knife.

To balance out the combative teachings, this workshop was followed by a traditional Filipino healing arts workshop that was presented by Virgil Mayor Apostol of Applied Sciences of Indigenous Healing. For more information, contact Grandmaster Taningco at: TAMA Family Martial Arts, (937) 254-7035, or go to [www.tamamartialarts.com](http://www.tamamartialarts.com)



**Master Kirk McCure of Giron Arnis Escrima**

November 22 - 23, 2014  
 Warrior's Way  
 4020 Rhea Rd Ste 7C Wichita Falls, Texas



Bahala Na's Master Kirk taught a seminar at Warrior's Way Martial Arts. An awesome blade seminar packed full of Filipino history! - **Krystal Elmore** [Warriorswaytx.com](http://Warriorswaytx.com)

**World Nickelstick Eskrima Class Workshop**

November 23, 2014  
 Peak Fitness  
 R/o 5 - 7 Reede Rd.  
 Dagenham, United Kingdom

The workshop went very today doing semi-hittings with disarm and disarm finish with semi-hittings,

Some travel very far, driving up two hours to attend to me that commitment more power to Nickelstickbalintawak Respects - **Martin Sillitoe**



**Knife Defense Seminar**

**Hosts:** Master Kevin Summers 6th Dan and Master Michael Collins 6th Dan  
 November 23, 2014  
 Malvern Tae Kwon Do Academy, MSJ Sports and Fitness Centre, Malvern, England



Seminar focused on techniques from the Bakbakan Kali Tulisan System and encompassed evasion, initial contact and control, flow, locks, throws and disarm techniques against bladed weapons. - **Peter Lewis - [www.isfma.org.uk](http://www.isfma.org.uk)**

An outstanding Knife Defence seminar for the IMA Malvern Tae Kwon Do Academy today! Thoroughly enjoyed by all participants and members of Bakbakan UK. Special thanks to Master Kevin Summers and Master Michael Collins from the IMA MTKDA for the very kind invitation and to Bakbakan UK members, Dave hand, Kevin Jones, Craig Merrell, Mark Merrell, Audrey Tyler and Jade Tyler for representing Bakbakan Kali flawlessly! Pugay! - **Bakbakan Kali Ilustrisimo UK** - Facebook: [Click Here](#)



# Health and Safety

The FMA Informative has a few columns in its newspaper. First is the Health and Safety column which since the beginning of the FMA Informative, Zena Sultana Babao has been a part of and it has been a great pleasure to have her as part of the FMA Informative. Zena has given great information on health, personal safety, and tips on living a better life.

And also this year the FMA Informative added Dr. Mark Wiley to the Health and Safety section. He has provided information on recovery and prevention of chronic pain, illness and disease. He holds doctorates in both oriental and alternative medicine, has done research in eight countries and has developed a model of health and wellness grounded in a self-directed, self-cure approach.

Also in the Health and Safety section are articles about health tips not mentioned by our staff, Self-Awareness events etc.

Next a section added this year 2014 was Discovering FMA by Joy Lim, this came about while the FMA Informative representative was in the Philippines and discussed the project with Mrs. Joy Lim.



**Easy Trick To Relieve Carpal Tunnel, Hand And Wrist Pain**  
Dr. Mark Wiley

Carpal tunnel syndrome is a debilitating condition that can hamper your life. It hurts: The incessant pain, numbness and tingling are annoying and often overwhelming.

Moreover, carpal tunnel changes the way people work and do tasks with their hands. Gripping and holding become difficult and painful; typing or doing fine finger work (like electricians or sewing) can become nearly impossible. While surgery tends to provide the best relief, it often has unwanted side effects. In this article, I'd like to share another method of treatment, a do-it-yourself acupressure method that just may offer significant help.

**The Narrow Carpal Tunnel**

The carpal tunnel is a narrow, rigid canal or passageway on the under (palm) side of the wrist. The area consists of bones, connective tissue, tendons and the median nerve. The carpal tunnel joins the forearm with the palm of the hand.

**Carpal Tunnel Syndrome**

Carpal tunnel syndrome (CTS) occurs when the median nerve running through the carpal canal becomes irritated or compressed because of a narrowing of the area canal area. Since this nerve is what sends the sensation signals to the palmar side of the hand, thumb and fingers (minus the pinky), compression leads to inflammation, pain, tingling and numbness. Other discomforts can include burning, itching, pain that radiates up the arm and weakness. Even when no visual swelling is apparent, sufferers feel like their hands are swollen, generally as a result of the numbness in the fingers.

**CTS Causes**

There are a number of things that can cause or put you at risk for developing CTS. These include:

- Genetic predisposition: Small bones or a small carpal canal increases the risk.
- Hormonal changes: For women, hormones increase the chances of the syndrome; pregnancy and menopause can be particularly problematic.



- Diseases: Conditions like arthritis, lupus, diabetes and obesity can lead to narrowing of the canal.
- Repetitive motions: Excessively doing activities like typing, using hand tools, gardening, golfing, sewing and massaging can repeatedly strain the area, causing localized inflammation and trauma.

**Common CTS Treatment Options**

There are a number of treatment options in wide use for the treatment of CTS. These include the use of wrist splints to brace the wrist in a neutral position to allow reduction in irritation of the area. You can also take a break from the activity that may be causing the CTS. But that is unrealistic if you depend on using your hands for a living.

Anti-inflammatory medications are also used to reduce pain and inflammation, as well as corticosteroids. However, these are not recommended for long-term use because of potentially serious side effects. Physical therapy and surgery round out the list of usual treatment options, but they offer only varying degrees of success.


**Self-Acupressure Treatment**

In my clinical practice I developed a self-acupressure method that has proven successful in various degrees with my own clients and those of my colleagues. The theory is based on traditional Chinese medicine (TCM) and acupuncture. This philosophy takes into account not only the physical canal space but also the role of blood, lymph and muscle in the prevention and treatment of CTS.

In a nutshell, here is the technique you can use:

- Extend your forearm, wrist and palm muscles to stimulate blood flow and reduce muscle contraction pain and tightness.
- Press specific acu-points to remove energetic stagnations and promote free flow of qi or energy.
- Restore range of motion.
- Reduce inflammation, pain and stagnation in the carpal tunnel, hand, wrist and forearm.

**Eskrima for the Street**  
By Bong Abenir



Practical Techniques for Dangerous Situations

Eskrima for the Street is a compilation of techniques strictly based on the practical application of the Filipino martial arts within the concept of a street fight. Although there have been many books about self-protection and also the art of Eskrima, but only a few featuring the practicality of Eskrima for unpredictable street fighting scenarios. This book will deal with different scenarios that may happen outside the safety walls of your training hall and definitely beyond the realm of Eskrima as a sport. It will provide the readers with the different strategies, techniques and street-smart moves that may help them get out of a bad situation and may even save you and others from seriously getting hurt or from death at the hands of an attacker.

In this book, Maestro Bong Abenir addresses how to translate Eskrima weapons fighting to empty-hand skills against dangerous knife threats, against difficult situations which include third-party protection, threats against a bolo attack, against improvised weapons such as broken bottles, steel pipes, an ice pick, etc. It will also show Eskrima techniques used in special situations such as knife against knife encounters, bolo against bolo situation, blunt weapons against edged weapons and vice-versa, even scarf against edged weapons, and situations against multiple attackers and other possible street scenarios. Although no book can replace an actual training program, it will be a great tool for any individual who wants to learn a technique or two that might help him or her against special situations where one's life is at stake. It will also serve as an added resource of training material, for advanced practitioners as well as instructors in any martial arts.

**Available through Amazon - Click Here**



**Set Your Spirit Free**  
By Zena Sultana Babao

Dr. Wayne W. Dyer, a top motivational speaker and best-selling author, has created a 12-step program for setting your spirit free by simplifying your life. The program will only work if you work on it. So if you are interested, begin using Dr. Dyer's 12-step program today.

**Here they are:**

**Unclutter your life.** You'll feel a real rush of inspiration when you clear out stuff that's no longer useful in your life. If you haven't worn it in the past year or two, recycle it for others to use. Get rid of old files that take up space and are seldom, if ever, needed. Donate unused toys, tools, books, bicycles, and dishes to a charitable organization.

**Get rid of anything that keeps you mired in acquisitions.** In the words of Socrates, "He is nearest to God who needs the fewest things." So the less you need to insure, protect, dust, reorganize, and move, the closer you'll be to hearing inspiration's call.

**Clear your calendar of unwanted and unnecessary activities and obligations.** God will work with you and send you the guidance—and the people—you need, but if you're grossly overscheduled, you're going to miss these life-altering gifts. So practice saying no to excessive demands and don't feel guilty about injecting a dose of leisure time into your daily routine.

**Be sure to keep your free time free.** Be on the lookout for invitations to functions that may keep you on top of society's pyramid, but which inhibit your access to joyful inspiration. If cocktail parties, social get-togethers, fund-raising events, or even drinking-and-gossiping gatherings with friends aren't really how you want to spend your free time, then don't. Begin declining invitations that don't activate feelings of inspiration.

**Take time for meditation and yoga.** Give yourself at least 20 minutes a day to sit quietly and make conscious contact with God. I also encourage you to find a yoga center near you and begin a regular practice. The rewards are so powerful. You'll feel healthier, less stressed, and inspired by what you'll be able to do with and for your body in a very short time.

**Return to the simplicity of nature.** There's nothing more awe-inspiring than nature itself. The fantasy to return to a less tumultuous life almost always involves living in the splendor of the mountains, the forests, or the tundra; on an island; near the ocean; or beside a lake.

These are universal urges, since nature is created by the same Source as we are, and we're made up of the same chemicals as all of nature.

**Be your own natural self – that is, your nature self.** So give yourself permission to get away to trek or camp in the woods; swim in a river, lake, or ocean; sit by an open fire; ride on horseback through trails; or ski down a mountain slope. No matter where you live, you're only a few hours or even moments away from a park, campground, or trail that will allow you to enjoy a feeling of being connected to the entire Universe.

**Distance yourself from your critics.** Choose to align yourself with people who are like-minded in their search for simplified inspiration. Give those who find fault or who are confrontational a silent blessing and remove yourself from their energy as quickly as possible. Your life is simplified enormously when you don't have to defend yourself to anyone, and when you receive support rather than criticism.

**Take some time for your health.** Consider that the number one health problem in America seems to be obesity. How can you feel inspired and live in simplicity if you're gorging on excessive amounts of food and eliminating the exercise that the body craves? Recall that your body is a sacred temple where you reside for this lifetime, so make some time every single day for exercising it. Even if you can only manage a walk around the block, just do it.

**Play, play, play!** You'll simplify your life and feel inspired if you learn to play rather than work your way through life. Be around kids because they will inspire you with their laughter and frivolity.

**Slow down.** One of Gandhi's most illuminating observations reminds us that "there is more to life than increasing its speed." This is great advice for simplifying your life! In fact, slow everything way down for a few moments right here and now. Slowly read these words. Slow down your breathing so that you're aware of each inhalation and exhalation. By slowing down, you'll simplify and rejoin the perfect pace at which creation works. Imagine trying to hurry nature up by tugging at an emerging tomato plant—you're as natural as that plant, so let yourself be at peace with the perfection of nature's plan.

**Do everything you can to avoid debt.** Remember that you're attempting to simplify your life here, so you don't need to purchase more of what will complicate and clutter your life. If you can't afford it, let it go until you can. By going into debt, you'll just add layers of anxiety to your life. That anxiety will then take you away from your peace. When you have to work extra hard to pay off debts, the present moments of your life are less enjoyable. You're far better off to have less and enjoy the days of your life than to take on debt and invite stress and anxiety where peace and tranquility could have reigned.

**Practical Self-Defense Awareness and Survival Tactics**  
September 16 - November 4 2014  
Jerson Monderondo of Arnis Lightning Scientific Combat Judo Variation System  
Assisted by: Guro Roy Burca  
Office of UNICEF - Function room  
Manila, Philippines

A total of 6 sessions were offered, using basic defensive techniques with proper applications that conform to the person involved. The person does not fit the techniques the technique fits the person. This was a program for women however even the children can apply the applications that were taught.

Certificate of completion for having attend the workshop/ seminar were given to the graduates of the course.





**Zenway Digital Concepts & Design Center** with Independent Creative Concept Photography is a small and independent private digital concepts & design center consultancy and contractor with current specialty Product Development ranging in and Trademark Specialist with Creative Unique Photography in Bicol Region. March 2007 the Zenway Digital Concepts & Design Center was established, with a small design group and a trained designers on their specialized fields of expertise. Our clients are within the Bicol area regional, national and international, but we are expanding thru e-commerce for our expertise in the field of designs. Using state of the art equipment and tools for our designers as a result we have made a great impact on our designs. We are located in the heart of Bicol - Legazpi City, with a view of the beautiful and Majestic Mayon Volcano, and the church of St. Raphael Archangel as it was used to create this company.

**Visit:** zenwaydigital.weebly.com



## Self Defense for Ladies

**Lecturers:** Dayang Ever Quine and Dayang Mizha de Guzman  
October 25, 2014  
MAMFM Gym  
Unit 204 CK Sy Diamond Building, 156 Libertad St.  
Pasay City, Manila, Philippines

Dayang Mizha and Dayang Ever taught the basic self-defense. The most easiest way when the guy attack or grab the ladies is apply the groin strike by kicking or knee strike. the weakest part of the the body of every man.

They taught the basic releasing and locking techniques in empty hand and applying the Mano-Mano or empty hand combat.



Ms Bianca von Muhlfeld during the Seminar Self-Defense for Ladies at MAMFMA gym



Speakers Dayang Mizha de Guzman and Dayang Ever Quine

## 14 Self-Defense Tips Every Woman Should Know

RooGirl - roogirl.com

Women need to make self-protection a greater priority. According to statistics every two minutes a woman in America is raped, and one out of four women will be the victim of a violent crime. Having the delusion that it can't happen to you or that it's something that only happens to other people is the kind of attitude predators depend on. The more informed you are, the better prepared you will be in the event you are targeted by a predator. By empowering yourself with knowledge, your fear will not escalate, it will diminish. Follow these tips to keep yourself from becoming a statistic:

### 1. Mentally Prepare Yourself

Preparing for a violent attack is no different than preparing for any other emergency and denial can cost you your life. In the book *You Are Not So Smart*, author David McRaney tells the story of a couple who survived a large plane crash. The husband had mentally prepared for the emergency and was therefore able to quickly take action during the few moments between the plane hitting the ground and the explosion that followed, while his wife and the rest of the passengers were frozen by fear. He grabbed his wife's hand and ran for safety, as everyone else sat in their seats unable to process the reality of the plane crash. By simply opening himself up to the possibility of danger, the man empowered himself to take action when the "unthinkable" happened.

Do you know what you would do if you awoke to a man in your bed trying to rape you? Have you ever allowed yourself to consider the possibility or do you hide from such thoughts? Force yourself to think about what you would do if someone were attempting to rape, kidnap or rob you. By mentally preparing yourself, you will be less likely to become frozen by fear and unable to defend yourself if the

"unthinkable" were to happen.

### 2. Have a Plan

A black belt in martial arts isn't required for you to defend yourself against an attacker. Take a self-defense seminar, or at the very least watch some videos online. Practice the techniques you learn and use mental imagery to plan a strategy for different scenarios. By contemplating threatening situations in this way, you are training your body and mind to act from a place of power instead of weakness and paranoia.

### 2. Follow Your Intuition

The best weapon you have is your sixth-sense. Although every animal is born with survival instincts, humans also have the ability to add judgment and everyday experience to our base intuition. This should make us superior to animals, but our judgment can sometimes get in the way. If we can't explain our "gut feeling" in a logical way, we tend to brush it off as paranoia. By trusting your intuition, you will be able to learn the difference between real fear and worry. If you have a sense of foreboding, don't second guess yourself. It is better to be safe than to ignore your instincts and become the victim of a violent crime.

### 3. Be Aware of Your Surroundings

Don't talk on your phone or listen to your iPod when you're alone in a public place. Pay attention to what's going on around you. If you think someone is following you, cross the street or step into a store. If that isn't possible, look the person straight in the face and ask what time it is. By being unafraid, you show that you will stand up for yourself and fight back if attacked. You can also now identify this person in a line up and this makes you a less desirable target. Predators are very cunning and want to avoid as many risks as possible.

### 4. Don't Look Like a Victim

Predators go through a victim selection process. They are most likely to go for a woman with a ponytail, braid or long hair that can easily be grabbed. They also look for clothing that will be easy to remove quickly, like short skirts or anything with straps that can be cut. A woman who is distracted is also an easy target. You can make yourself a harder target by controlling your accessibility, setting and circumstance. Stay in areas with more people, walking with confidence and purpose.



Don't be distracted by looking through your purse or have your hands full of bags. Sometimes just looking like someone who is not to be messed with can deter a would-be attacker.

### 5. Be Car Smart

Predators target parking lots and cars to plan their attacks. Have your keys in your hand before you leave the building. For extra protection hold a few of them in between your fingers to use as a weapon if needed. Wait until you are close to your car to unlock it. If you unlock it from across the lot, someone can easily hop in and hide without you noticing. Once you're in the car, lock the doors and start driving. Sitting in your car too long gives

predators the opportunity to make their move. Also, if a van is parked on the driver's side of your car, get in on the passenger's side. The safest option would be to never walk to your car alone. If no one is leaving when you are, ask someone to walk you to your car.

### 6. Predict Dangerous and Controlling Behavior

Realize that 99.9% of people have no intent of harming you; the rare few who do want to harm you will give clear signals. Most attackers don't begin with brutal force. They begin by coaxing a woman into a secluded area and forcing her to relinquish her control. In his book *The Gift of Fear*, Gavin de Becker calls these signals Pre-Incident Indicators (P.I.N.S.). According to the book, not only will your instincts help you avoid dangerous situations, but you can also determine someone's intent by knowing what to look for. These are the P.I.N.S. to look for, and examples of each. In the scenario, a woman is faced with a strange man in her apartment building.

### P.I.N.S.:

**Forced Teaming** - When someone tries to pretend he has something in common or is in the same predicament as you when it isn't true. ("Let me help you with those bags of groceries. We don't want that ice cream to melt.")

**Charm** - Being polite and nice to manipulate someone. ("I can't let you carry all these bags by yourself. Let me help you get them inside.")

**Too Many Details** - If someone is lying they add excessive details to make them seem more credible. ("I'm going to your floor anyway. I'm meeting a friend, but I'm running late - my watch stopped working. So, we need to hurry. Come on. We have a hungry cat waiting for this cat food.")

**Typcasting** - An insult to get you to talk to someone you otherwise wouldn't. ("There is such a thing as being too proud. Now stop being silly and hand me another bag.")

**Loan Sharking** - Giving unsolicited help and expecting favors in return. ("I've carried your groceries up four flights of stairs; just let me put them on the counter.")

**Unsolicited Promise** - A promise to do (or not to do) something when no such promise was asked for; this usually means the promise will be broken. ("You can leave the door open, I'll leave as soon as I put the bags down, I promise.")

**Discounting the word "no"** - Refusing to accept rejection. During the entire grocery bag incident the woman repeatedly told the strange man that she didn't want his help, but he ignored every "no". She gave him control of the situation and was raped for three hours. The full story can be found in book, **The Gift of Fear**. The book also emphasizes that "no" is a complete sentence and requires no further explanation.

### 8. Know Your Strengths & His Weakness

Your elbow is the strongest point on your body. If you get close enough, use it. If you end up on the ground, use your legs to kick free from your attacker. Go for his four weakest points: eyes, throat, groin and knees. If you are grabbed around the waist from behind, pinch your attacker under the arm, in between the elbow and armpit or in the upper inner thigh... **HARD**. You can literally pull the muscle away from the bone in these areas. If you are forced to comply before you can fight, grab his balls, then **PULL, TWIST, YANK**. He will be unable to rape you after being castrated.

### 9. You Have the Right to Fight

Don't be afraid to fight if you feel threatened in any way. A decent man won't approach a woman in a place that she would feel vulnerable, especially after she yells for him to stop. Statistics show that women who don't resist are more likely to be assaulted and sustain more serious injuries than women who fight back. When under attack, adopt the Cobra

Kai code "Strike first! Strike hard! Strike fast! No mercy!" Don't wait for things to escalate. Your goal is not to stay and fight; it is to break away from your attacker so you can run for help.

### 11. Don't Be Relocated

Do whatever you have to do to prevent getting taken to a second location. Predators need to get you away from people and to a location where they are less likely to get caught. Even if someone has a gun pointed at you, there is still a chance to get away. He isn't going to shoot you with several witnesses around. His plan is to have a quiet, uninterrupted assault, not to go to jail. If he points a gun at you from a distance, run in a zigzag pattern. In the unlikely event that he does shoot, the chances of him hitting you are slim, and the chances of him hitting a vital organ are even less likely. Although you run the risk of injury, if you are taken to a second location, you are guaranteed injury or even death.

### 12. Stay Alert on Vacation

People on vacation are prime targets for predators, especially women travelling alone. Use valet parking if it's available. The extra cost is well-worth your safety. Keep your hotel room locked with the deadbolt and chain when you are inside, and never let anyone in your room that you don't know. If someone says they work for the hotel, call the front desk to confirm. Never leave an extra room key lying around for someone to grab when the maid isn't looking. Also, never let anyone know that you are travelling alone. When you check in, ask for two keys and mention that your husband or boyfriend will be joining you soon. You never know who may be listening to your conversation.


**13. Be Safe at Home**  
We all want to feel safe when we are at home. By being vigilant about preventing a violent crime from happening, your home will continue to be your safe haven. Take a few precautions, such as, keeping doors locked,

even during the day. The one door most people forget is the door leading to the garage. If you forget to lock or close your garage, someone has open access to your home. Another deterrent is noise. Predators will avoid homes with alarm systems or dogs. If you don't have a home alarm, keep your car remote beside your bed. If you hear someone breaking in, push the panic button to set off your car alarm.

### 14. Prevent Date Rape

Most women are assaulted by someone they know and 40 percent of the time the crime will happen in the victims own home. Predators rely on women's weakness to allow good manners to override their survival instincts. Most women are likely to watch out for drugs being slipped into their drinks, and know to not be alone with someone they just met. However, the lines can get fuzzy when things become intimate. Do not be afraid to say "no" or stop at any point during an intimate encounter. You don't need a reason. "No" is a complete sentence, and the man should stop immediately upon hearing it. If he doesn't stop, he has crossed the line into sexual assault. If he has no ill-intent toward you, and the assault is more about him having no impulse control, you may be able to stop the assault by saying, "Don't rape me". Hearing the word "rape" may verbally shake him into reality. If, however, he continues, you must treat him as if he were a stranger on the street and fight with everything you have - because at that point, there is no possibility of it being a "misunderstanding".

Facing the possibility of being the target of a violent crime is frightening, but there's no need for women to live a paranoid-filled life. Although you can't control every situation, you can make smarter decisions, like avoiding unnecessary risks. Learn to trust your intuition and how to defend yourself. Make the phrase "I hit like girl" strike fear into every would-be rapist out there.



**Inayan System of Eskrima Flexible Weapons**  
By Jason Inay

In the Inayan System of Eskrima Flexible Weapons proficiency is a requirement to advance in the system. This DVD is a presentation of skills and drills to enhance one's familiarity and skill in the use of a flexible weapon. Though this DVD specifically presents the use of the bandanna the principles can be adapted to nearly any flexible weapon. Suro Jason Inay, the head of the Inayan System of Eskrima (I.S.E.), also illustrates how training the use of flexible weapons is a metaphor for approaching martial arts with a flexible and adaptable mind

Enjoy learning the use of the bandanna with drills and techniques adapted from the Inayan Kadena De Mano styles of Eskrima. Inayan Kadena De Mano is one of the core styles within the I.S.E. that emphasizes empty hand and knife skills. The I.S.E. DVD covers basic defenses to strikes, locks, and entanglements.

**Visit:** [www.Inayan-Eskrima.com](http://www.Inayan-Eskrima.com) to find out more about the I.S.E. a complete system of Filipino martial arts founded by Mangisursuro Mike Inay.

This DVD may be purchased via **PayPal:** [mestrella@sbcglobal.net](mailto:mestrella@sbcglobal.net) \$37 including ground USPS shipping in the USA



**Reality-Based Self-Defense**

November 22, 2014  
Benedictine Gym

**Amara Arkanis and Krav Maga Philippines Collaborate** - On Self-Defense Seminar  
By Felipe Penales, Jr.



Head Instructor Dindo de Jesus

The Imus, Cavite, Philippines chapter of the New Jersey, USA-based Filipino martial arts organization Amara Arkanis International recently held a self-defense seminar called "Reality-Based Self-Defense" in cooperation with the Philippines chapter of the International Krav Maga Federation (IKMF). This joint activity was facilitated by Amara Arkanis Philippines Mataw Guro Felipe Penales,

Jr. and IKMF-Matay Guro Felipe Penales, Dindo de Jesus.

Penales led the first part of the program, which was a lecture and video presentation on the proper self-defense mindset. According to him, the proper mindset is the foundation for any self-defense situation. "Self-defense begins in the mind, with attitude and perception. Without this, you will not be able to attain calmness and awareness, which you need in order to apply the techniques," he said.

In his lecture presentation, Penales cited three aspects of the self-defense mindset: Calmness of Mind; Awareness of the Environment and the Threat; and What To Do, all of which he sums up with the acronym C.A.W. for easy recall. "Achieving calmness of mind under threatening conditions is the hardest to aspect. However, training with self-defense techniques under pressure can help you get used to the adrenalin rush. This is why practicing the techniques regularly, as drills performed repeatedly under pressure, is important."



The seminar was held at the Benedictine Institute of Learning in Imus, Cavite and was open to both students and walk-in participants of all ages. Penales explained that the choice of venue and participants was deliberate. "The crime rate in the Philippines has gone down, overall, according to the Philippine National Police. However, when the Christmas season comes, the crime rate has a tendency to go up. Young people, especially, are vulnerable if they are unaware of how to think and behave with a self-defense mindset. This is why we chose a school setting for our seminar."

The lecture was followed by the self-defense techniques lessons and demonstrations. This was given by Head Instructor Dindo de Jesus of IKMF-Philippines. De Jesus taught self-defense techniques to be used against specific threat situations. Disturbingly, abductions, kidnappings, robberies, and violent crimes have been occurring in many areas in the country of late, and so de Jesus focused on escape techniques for when a person is faced with such situations.

De Jesus taught techniques to be used against abductors who may go for an arm grab, for example. He also shared techniques against chokes and knife attacks. "Your school bag or backpack can be a shield," he told students, and then demonstrated how it can be used to block and parry attackers.

Overall, student participants gave positive feedback about the seminar. Lakshmi

Isabelle Gulle, 13, an Eight Grade student who was at the seminar, said that she learned some very important insights. "For me the most important thing was to be aware that threats exist and that I can do something to protect myself," she said.

Penales said that he hopes for further collaborations between Amara Arkanis and IKMF in the future.

"The good thing about Amara Arkanis and the IKMF in the Philippines is that we support each other. There's no egotistic attitude about which art is better, or which system is superior. We know that we can learn a lot from each other and, ultimately, it's best to be supportive and create a win-win environment and relationship where all parties involved will benefit.



**Ablon (Traditional Filipino Manual Therapy)**

w/ Virgil Mayor Apostol

November 22, 2014

TAMA Martial Arts Building - 1753 Woodman Dr. Dayton, Ohio

Dayton, OH. On November 22nd, workshop attendees received instruction on the application of Ablon Chirothesia, as taught by Virgil Mayor Apostol. The emphasis of this workshop was on selected Ablon seated therapeutic movements on the upper body, which included specific manipulative movements for neck ailments, and for increasing shoulder range-of-motion. Body mechanics, from the perspective of both the giver and receiver, was emphasized as it relates to universal movements found in the martial artists, athletic sports, and dance. This healing arts workshop was in sequence to another one on close quarters knife combative

movements, hosted by Grandmaster Manuel Taningco of TAMA Martial Arts Center in Dayton, Ohio.

Apostol is a holistic health consultant who comes from a maternal and paternal line of traditional healers, and who is the author of Way of the Ancient Healer: Sacred Teachings from the Philippine Ancestral Traditions and other written works. He is the founder of Applied Sciences of Indigenous Healing, sees private clients for various ailments, conducts regular workshops, and teaches



Cabaroan Arnis and wooden club exercises for conditioning and rehabilitation.

For additional information, visit Applied Sciences of Indigenous Healing Facebook, [www.rumsua.org](http://www.rumsua.org), or contact: Virgil Mayor Apostol at [info@ASIHealing.com](mailto:info@ASIHealing.com)



**Talim Trainers**

Made from one solid piece of wood, these trainers can be used for everything from demonstrations and solo practice to contact training. Each trainer has the shape of an indigenous blade without any unnecessary details. Talim Trainers are approximately 3/4" thick. Made from one solid piece of wood, these trainers are suitable for contact training but are also great for demonstrations, solo practice and no-touch training. Each trainer is crafted in the shape of an indigenous blade without any unnecessary details, sharp edges, inlays or glued and pinned pieces.

Talim Trainers is the result of years of trial and error.

Last but not least, they are affordable. Good quality and longevity doesn't have to put a strain on the wallet.

Website: [www.talimtrainers.com](http://www.talimtrainers.com)



# Discovering the Filipino Matial Arts

Discovering the Filipino Martial Arts; came about after the FMA Informative representative visited the Philippines this year. The representative had talked to Ms. Lim prior to his visit, but upon meeting Ms. Joy Lim and finding that she had been training in the Filipino martial arts for just a short time, the representative thought this would be a good column for the newspaper on the things a student discovers on their journey through the Filipino martial arts. They discussed about her having a column in the FMA Informative newspaper, and as you have noticed the column was born and some very interesting observations have been told by Ms. Lim during her journey learning and training in the Filipino martial arts.



### There is Always Something There to Remind Me

By Joy Lim

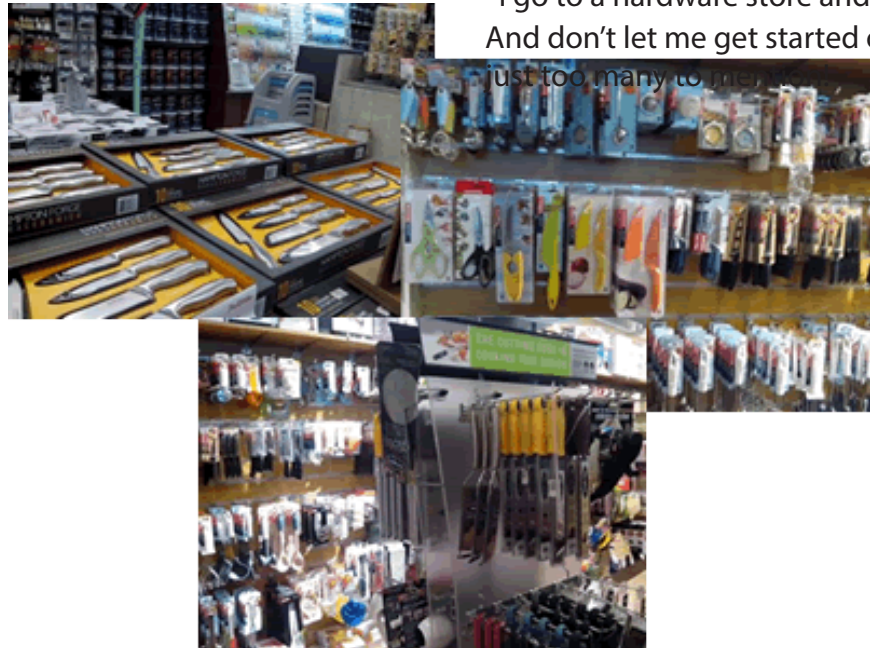
"This is not good," I told myself. "I probably should go back to Filipino martial arts training soon."  
You see, I was in a church service tonight, and was only vaguely hearing what the pastor was saying because I was so distracted. First, it was the pen in his shirt pocket. I thought of the long list of lethal moves I could do with it. Then his microphone, another long list. And then the mic stand....  
I've burned out and it's been almost two months now that I've pulled back from FMA training and all other activities. (Check out FMA Informative newspaper Vol3 No11 "Discovering the Filipino Martial Arts")  
During this break, I realized that I can't completely shut off the Filipino martial arts. Remember that catchy 1960's song "There is always something there to remind me" by Burt Bacharach and Hal David? It's true of the Filipino martial arts.



I go to a book store and spot a knife book. It's kitchen book alright but that hold can very well be ours.



I go to a hardware store and find walking sticks and knives. And don't let me get started on the mall's kitchen section: weapons are just too many to...



I sit at a doctor's waiting room and get mesmerized by the pens and scissors on the secretary's table. I eat lunch and remember the farmers' bolos cutting palay. I see a flag and think of Lapu-lapu, Andres Bonifacio, and Diego Silang.  
There's really no escaping. The Filipino martial arts is and will always be a part of my life and unless I want to think of lethal moves in church again, I better start getting small doses of the Filipino martial arts soon.  
We'll see what happens.

Visit: The Blog - The Deadly Dance, By Joy Lim - thedeadlydance.wordpress.com

# Tid-Bits (Fact, Fiction, Fantasy or Gossip?)

Filipino Martial Arts Reported in a New York Newspaper, 1900  
Martial Arts New York: martialartsnewyork.org  
October 14, 2014

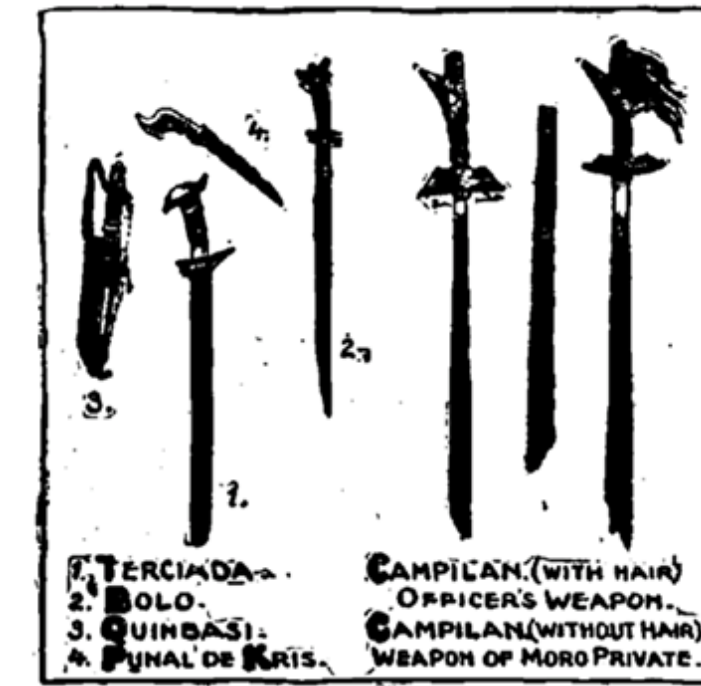


On October 28, 1900, a lengthy article appeared in the Rochester Democrat and Chronicle, describing the many weapons used by the native inhabitants of the Philippines, as well as details pertaining to the method of their use, and rituals in the duel. The article, complete with illustrations, is probably one of the first in America to detail the martial culture of the Philippines, and is almost certainly the first such article to appear in New York State. Although Filipino martial arts such as Kali and Arnis had likely not yet made their appearances in New York, this article offers a fascinating glimpse at how such fighting arts were viewed by visiting Americans at the turn of the century.

After an initial examination of the social importance of the Bolo and its method of manufacture, the article proceeds to describe other indigenous weapons and their manner of use. The first is the Sundang, or northern (Luzon)

version of the Bolo:

"The weapon is curiously shaped and cunningly balanced so as to throw the weight toward the striking end. Even a light blow is terribly effective. The average Filipino is as dextrous in handling the sundang as a fencing master is with the rapier."



Next, the Campilan is described:

"It is carried over the shoulder and is never unsheathed for the first stroke. When necessity for its use arises it is brought down on the head with the scabbard on it. The blade cuts through the thread, thus unsheathing itself... There is a regular drill the Moros go through with this weapon, cutting and chopping with extraordinary swiftness while continually leaping hither and thither to avoid the return of the enemy. An individual encounter between two natives armed with the campilan presents a curious and startling spectacle. One sees the sudden stroke, hears the clap and rattle of the wooden scabbard as it lands and watches it fall to the ground in halves... It seems hideously incongruous that the recipient of the stroke should go down with his skull split at the same moment. But the sheathed steel does its work swiftly and such duels are over with the first swing that reaches the mark."

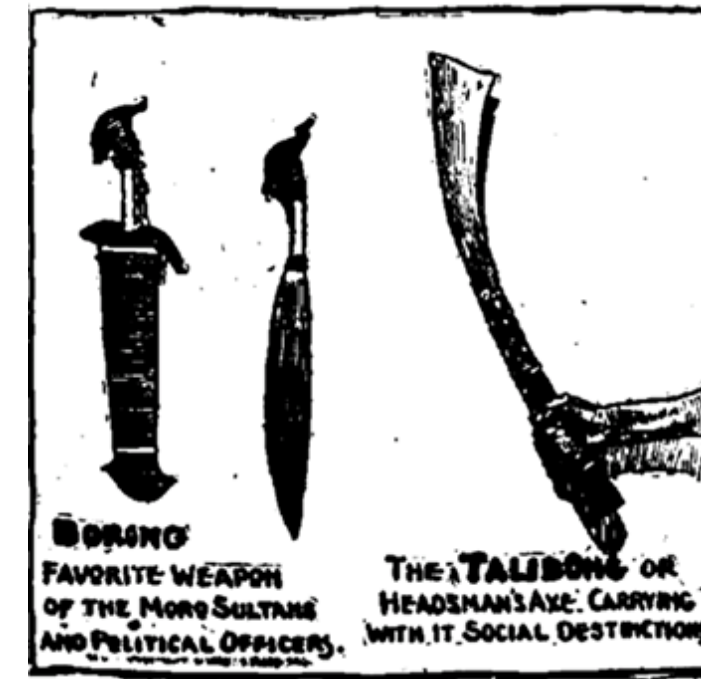


Next, the article describes the method of using the Kris, the staff officer's favorite weapon:

"The approved kris stroke is for the body with a peculiar weaving motion of the wrist, supposed to send the blade home and spread the wound... it is brandished above the head of the charging leader, a beacon of victory."

Also described is the smaller punal de kris, a "diminutive but deadly weapon," as well as the quinabasi, or knife of the private soldier:

"He carries it very much as the American private does his bayonet... Generally speaking it is a utensil rather than a weapon, though by no means to be despised at close quarters."



The author describes other weapons as well such as the terciada, borong, and talibong. If you'd like to read more, the entire article can be loaded and read by [Clicking Here](#).



**Filipino Dirty Boxing**  
Suntukan Street Self-Defense with Tony Torre

In Filipino Dirty Boxing, Guro Tony Torre blends the traditional with the modern to form a comprehensive fighting system designed to enhance any fighter's training regimen. Steeped in the Filipino martial arts of arnis and suntukan, Torre draws on his extensive knowledge to give you a whole new sense of street fighting and self-defense under extreme circumstances. After acquiring a solid foundation in positioning, natural combinations, targeting, disruptions and striking, you'll move on to mechanics, joint integrity and minimization of energy leaks. The extensive partner training exercises included in the video provide you with the skills and confidence that can only be developed with hard work in the gym. Whether your fighting is on the mat or in the streets, Torre's training methods provide the explosive offensive and defensive tactics needed to overwhelm your opponent and come out victorious. For information purposes only.  
170 minutes \$29.95

To Purchase: [Click Here](#)

**Knife Tactical Response**  
DVD by Bram Frank

Bram Frank, recognized as the father of the methods of combat with knife Israelis, is the founder of System CSSD / SC, an art tactical combat based on the Modern Arnis Remy Presas, which was the direct student. In this DVD, Bram, practical and direct in his teachings, we unveiled the concepts of the tactical response knife. Explore the training system, the Contras using our most instinctive basic motor skills "raw" ways to cut and stop the opponent from the point of view bio-mechanics, the proper use of weapons of edge and based movements "Sombrada" and "Sinawali" of martial arts philippines.  
List Price: \$49.95  
This is a Special Order Item \$26.95 Special Order Now: [Click Here](#)



**The First Martial Artists**

By Jayson Vicente - The Path  
Sun.Star Baguio - October 23, 2014

Tracing how things began and where things came from connects everything to its past, present and future. How it progresses and when it fails all falls back to the history of how it become and where it's heading to.

In martial arts, the continuous seeking of its true and concrete history is in process and may never be over like the history of men, whether we came from clay or we came from apes or even sprouted from a mammoth bamboo is a mystery that continuously progresses with discovery after discoveries being unearthed. It is safe and credible to say that martial arts history is same as mans' history, mysterious, uncertain and developing as evidences vary almost every time there are new findings. What is certain is martial arts is embedded

in mans' history and existence.

Early civilizations does not even constitute the paramount beginnings of martial arts, one developing idea that came from a long time researcher of martial arts concretized the idea of animals as the first martial artists but also gave an argument that whoever are the first occupants of this world are the first martial artists. But the argument had its formidable foe, stating "while claims that first occupants of this world are the first martial artists, it is more agreeable the first animals that existed are the first martial Artists."

His reason justifying the animals as such is more agreeable author since even in the prior histories of martial arts published, the insects and animals inspired the creation of the first

movements used in martial arts.

It is also from them the first instinct of self-defense and survival was first seen, overcoming adversaries when their lives and their loved ones are being threatened which is the very essence and principle of martial arts. It is for survival for existence and protection of those we love.

Undeniable and unarguable that insects and animals are the first hand examples of what is martial arts now, more known today as a fighting art with techniques and skills highlighted, techniques like grappling, choking, multiple strikes etc. are first seen in insects and animals either for hunting their food or in addressing danger.

And as history divulge and written the first exercises of martial arts are copied in the

movements and antics of insects and animals more so these animals are even recognized in the ancient Chinese martial arts of kung-fu or previously known as gung-fu, from a strengthening exercise drills to develop fighting art combined with the development of physical wellness and fighting skills.

In conclusion, the first indirect teachers, guru, sensei, sifu etc. of martial arts are the animals and insects who were the instrument of the Creator to teach us humans to live and survive in this world that is balanced paradise and chaos, so ask this question to yourself, why do we brand ourselves as superiors to them and have a little respect of their existence? Maybe it's about time we learn more from them about life, nature and our Creator.

**Filipino versus Spanish Knife Fighters and a Duel in New York City, 1931**

Martial Arts New York: martialartsnewyork.org  
October 30, 2014



On July 18, 1931, the following account of a "knife battle" between Filipinos and Spanish Americans appeared in a column of the Brooklyn Daily Eagle:

The immigration of Filipino people to America had seen a large spike during the early twentieth century, when the Philippines was ceded to the United States by Spain as part of the Treaty of Paris. The above article demonstrates that Filipinos brought their knife culture with

them to New York City, although it is uncertain how much formal instruction in Kali, Arnis, or Eskrima may have existed in America at that time.

Spain was also known for having a vibrant edged-weapons culture, which included knives such as the navaja, cuchillo, and punal. According to nineteenth century accounts, schools offering instruction in the use of these weapons were numerous in Spain. In 1853, Theophile Gautier reported that "The science of

the navaja has its professors like fencing, and navaja teachers are as numerous in Andalusia as fencing masters in Paris." Likewise, in The Spanish Navaja and its Use in Spain (1881), Charles D'Avillier describes how he "had the curiosity to take lessons from a professor [of fencing with the navaja], who disclosed the secrets of his science, aided by an ordinary cane in case of the bare blade." And again, in the Travels of Samuel Parsons Scott (1886), the author noted that "Defence with the navaja has been reduced to a science, which has its regular school of instruction. The teachers give lessons with wooden knives, and the most noted among

navaja use, citing the fact that "cutting affrays were becoming increasingly common throughout the peninsula." (New York Times, Jan. 19, 1908) This same article goes on to note that "every rowdy in town and country carried his knife, and, it would seem from police statistics, was ready to use it...the navaja constitutes a particularly dangerous weapon and the wounds inflicted with it are often fatal."

It is perhaps not in the least surprising, then, that immigrant Spaniards (and their descendants) would continue the use of these knives in the Americas, as well as in New York City. This fact is again vividly illustrated by the following



Above: A duel with Spanish navajas. Source: www.cervantesvirtual.com

them have their private strokes, which are kept secret for cases of emergency."

This tradition continued in Spain well into the twentieth century, as documented in various articles and news reports. By 1908, knife fighting in Spain had become so widespread that the Spanish government passed severe measures against

account of a knife duel between Spaniards that occurred in Brooklyn in 1910, and was reported in the Dec. 14 issue of the Daily Eagle:

Today, there are several schools in New York City which teach Filipino knife technique. As to Spanish knife instruction, only one school exists—the Raven Arts Institute in

Brooklyn, run by Maestro James Loriega, who was instructed in these methods in Spain by one of the last surviving masters of the art.

So, nearly one hundred years later, both Spanish and Filipino knife culture is still well alive in New York City.

**Experiencing Krav Maga**

By Josef T. Ramos  
Manila Times - November 1, 2014



Proper warm up was emphasized during the seminar to avoid injury

**Self-Defense is a systematic art.**

Anyone who wants to survive a real street fight should consider studying the Israeli combat system of krav maga (literally contact combat). Now used by the Israel Defense Forces, krav maga was developed by Imi Lichtenfeld (also known as Imi Sde-Oramid) in Hungary and Czechoslovakia during the 1930s while fighting the Nazi militia to protect the Jewish community in Bratislava.

Krav maga was brought to the Philippines by Kenneth Asuncion, the country director of Krav Maga Global (KMG) and managing director of Krav Maga Philippines (KMP). KMG is under the leadership of Eyal Yanilov who began practicing krav maga in 1974, at the age of 15, under the personal tutelage of the system's founder Lichtenfeld.

"Given our environment here in the Philippines particularly at this present time, there's a need to be equipped with self-defense skills. In 2002, I wanted to have a skill to save myself and my family, so I trained in San Francisco and then brought krav maga here the following years," Asuncion said.

Recently, I was fortunate to be allowed by Asuncion to attend a KMP street combat simulation seminar dubbed KMX Conquer Your Limits. The intense one-day training, led by KMP instructor Fred Nogales was held inside an old warehouse for realism.

Nogales, 32, a Graduate Level 5 instructor first emphasized the importance of warm up to avoid injury. After doing various exercises like pushups, he let us experience how to fight with



Seminar participants practice krav maga disarming technique

improvised weapons and found objects.

"You have to feel how to hit with a heavy object because there's a risk in attacking too," said Nogales, who also taught the participants how to use a stone to defend against circular attacks. "In reality, forget warm up because the mental aspect is the most important in self-defense."

Asuncion also allowed me

to try some drills, which I thought was easy but not. "You have to do all drills, basic variations of self-defense techniques over and over



Female participants practice striking techniques on a tire  
Contributed photos

self-defense and evade attackers. It is a survival system or avoiding danger in real life," he said.

"Awareness on how to

escalate the situation is important. You can't hit your opponent at the back of his head, poke his eye and hit his groin in most martial arts, but in krav maga you can do all of that."

Besides Nogales, KMP instructors Edmund Tambunting and Jericho Viejo also shared their ideas to me on various self-defense issues.

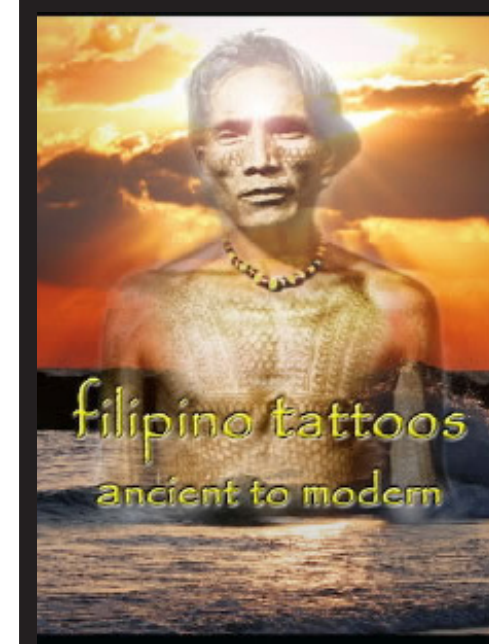
"You can't apply what you see in television or in cinema in real life danger. It's all cinematic," explained Tambunting. "You have to practice self-defense in order to familiarize yourself to different techniques. krav maga is very effective and useful in real life."

The last routine of the day was a stress drill that requires a participant to carry a person through a crowd out of the kill zone. The next scenario puts us inside rooms where we have to evade or disarm attackers. The instructors also taught running and how to roll properly when you accidentally fall. They stressed that we should know how to deal with our surroundings in any condition even when we are very tired.

again to learn it because you can't learn those stuff perfectly in just one day," he said.

Nogales, who has been teaching krav maga since 2009, also taught us how to defend against a punch and how to avoid getting hit. What I liked most was the technique on how to disarm an attacker armed with a knife or a gun.

"The point of krav maga is



**Filipino Tattoos: Ancient to Modern**

By: Lane Wilcken

Tattooing is a very old and spiritually respected art form that has existed in many different cultures around the world. After many centuries of not being practiced in Europe, tattooing was re-introduced to the Western world through the inhabitants of the Pacific Ocean. Beginning in the 16th century, European explorers came across many people who practiced tattooing as an integral part of their cultures. This is the first serious study of Filipino tattoos, and it considers early accounts from explorers and Spanish-speaking writers. The text presents Filipino cultural practices connected with ancestral and spiritual aspects of tattoo markings, and how they relate to the process and tools used to make the marks. In the Philippine Islands, tattoos were applied to men and women for many different reasons. It became a form of clothing. Certain designs recognized manhood and personal accomplishments as well as attractiveness, fertility, and continuity of the family or village. Facial tattoos occurred on the bravest warriors with names that denoted particular honor. Through the fascinating text and over 200 images, including color photographs and design drawings, the deep meanings and importance of these markings becomes apparent.

**Available at:** Schifferbooks.com and Amazon.com.



Above: Filipino Moro warriors with their barongs. From the Brooklyn Daily Eagle, Jan. 24, 1933



**Incompetence in Organizing and Running Tournaments**

By Bobby Vinluan - Sports Psychology  
Sun.Star Baguio - November 6, 2014

Tournaments are the best part of an athlete's or sports enthusiasts experience; it does not only provide them the pleasure of travel, lifestyle, or their fame and glory.

Part of a tournament's purpose and objectives is to provide the stakeholders a venue where development can be reached in the highest level.

Rationally, the provisions of a tournament should benefit both organizer and stakeholders, to be able to achieve what we call a "well-organized tournament", however, even the so called well-organized tournaments have their own loopholes that even international tournaments are not exempted from the critiques that sometimes blemish its integrity.

Correspondingly, local tournaments have more to be criticized about, mainly the organizers to officiating officials, which happens because of ham-fisted organizers and officials, who have vested interests favour individuals or teams, incompetence's in grounding the rules of the tournament, as well as incompetency in decision making.

Apart from these, tournament organizers usually neglect to consider the quality of how a tournament should be conducted instead, quantity either of the number of tournaments

conducted or the number of participants in a particular tournament is given priority for reasons of income generation for the organizers.

However, the fact that tournaments have their respective goals and objectives, and implementing it to achieve such aim gives it the quality it needs, whereby, the implementing guidelines is carried out properly to meet every stakeholder's expectations of the tournament, provides the tournament the quality it needs.

Organization and the conduct of sports tournaments are comparatively flexible. However, it should be noted aside from the strict implementation of the sport's official rules, tournament ground rules, the commitment of the organizer in running a fair and well-organized sports tournament relies very much on the implementation and the reaction of the stakeholders.

The competence of organizers to organize and handle sports tournaments from preparation to implementation holds the secret of every tournament's success. Because, quality and quantity wise tournaments are measured by how the expectations of the stakeholders is achieved.

**2014 Regional Batang Pinoy**

By Jayson Vicente - The Path  
Sun.Star Baguio - November 6, 2014

Visayas and Mindanao have just concluded their Batang Pinoy regional selection last September 10-14 in Pagadian City, Zamboanga del Sur, for Mindanao and October 21-25 in Kalibo, Aklan for the Visayas leg.

Now its Luzon's turn as it aims to screen the best of the best for the upcoming National Batang Pinoy in Bacolod City this coming December 2014. The Baguio delegation will be heading to Naga City, Bicol for the selection on November 9-15.

Batang Pinoy is one of the legitimate events under the Philippine Olympic Committee (POC), Philippine Sports Commission (PSC), Department of the Interior and Local Government, Department of Education and other supporting agencies from the government and the private sector.

This is the reason why it is important that athletes in their respective sports are updated with the rules and regulations from their respective National Sports Associations (NSA).

"Our athletes have had their respective exposures in tournaments sanctioned by their respective NSA's, it served as their tune-up in route to Regional Batang Pinoy, kaya we are hopeful that our athletes would perform as good if not better in Naga City, Bicol," City Sports Coordinator Gaudencio Gonzales said.

The Baguio delegation will

be leaving for Bicol on Friday night with more delegates following on Saturday morning.

Hopes are high the delegation of Baguio will repeat its overall finish last year in Zambales and will compose most of the athletes that will hold the torch of Luzon in the Nationals in Bacolod City.

"Our athletes have trained and sacrificed for this event and we hope it will be enough for a strong finish," most of the coaches expressed.

Since Batang Pinoy athletes are 13-15 years old and are high school students, the principals, parents, and teachers are instrumental in the athlete's feat.

Coach Alfred Tolentino of SPS Arnis Team, one of last year's Regional Batang Pinoy overall champion in the National Sports of Arnis said, "Importante po na ang mga atleta natin ay bihasa hindi lamang po sa paglalaro ng sports nila, dapat ay maganda din po ang academic performance nila, yun po ang ipinagmamalaki namin sa Baguio City National High School karamihan po ng aming atleta ay nasa honor list at nagtatapos ng high school na kung hindi po number 1 eh kasama po sa top 10, ganun din naman po ang mga atleta ng mga kasama namin sa ibang school, lahat po ay may ibubuga sa academics hindi lamang sa sports, syempre po hindi yun magiging possible kung hindi dahil sa supporta ng mga magulang, kapwa guro at ng aming butihing Punong Guro si ma'am Donaal, sila po ang aming mga katuwang sa pag guide sa aming mga atleta sa sports at sa kanilang pagaaral."

As the saying goes, "It's not good to count the chickens while the eggs are unhatched." It's too early to predict anything much more an expected medal count, but we are hopeful it will be a handful. Hindi rin po pwedeng mag handpick ng specific sports na magpeperform sa nasabing event kasi lahat po ng kasama sa delegation ay potential for a medal kaya let's just hope and pray that all will be good for our team," Gonzales said during an interview. Good luck to Team Baguio and God bless!

**Senior Master Juanito "Jun" Villeno**

August 21, 1953 - November 7, 2014  
Laguna Alamid Arnis

Juanito Villeno born August 21, 1953. Founded Laguna Alamid Arnis in 1993.

His grandfather taught hi Arnis Tulisan at the age of 10 years old. He also studied under Grandmaster Forfrrio Llanada for 5 years, since 1973. A Yaw Yan practitioner and fighter in 1975 In 1986, he studied with the Lighning Scientific Arnis Inc. under the late Grandmaster Benjamin Luna. Senior Master Villeno was also a certified judge of Juego Todo Hybrid

Senior Master Villeno passed away due to a heart attack. Information obtained from - Ron Meru



**Mangangayam's 4th Founding Anniversary**

November 7 - 8, 2014  
San Jose, Tarlac, Philippines  
By Shannon Collins

Some four years ago, Grandmaster Jerry Evangelisan had a vision as to how he would like a Filipino martial arts group to be. He envisioned a group that were hunters and that were a tight knit family. Hunters of not only food, but of all things one needs to live, survive, and thrive in this world today. He envisioned a group that would take physical fitness seriously while living a well-balanced spiritual life centered in God. Mangangayam is a tight knit group and we are really more like a family than a martial arts group which is a huge part of Grandmaster Jerry's vision. When one of the group needs help, we are all there for them. The vision also extends to prorogating and spreading the Filipino martial arts throughout not only the



Philippines, but the rest of the world as well. He hopes to help the people of the Philippines see the



**Stickman Escrima Products**

**Hi-Impact Sticks and Blades**

www.stickman-escrima.com

value of their own art. It has been four years since his vision became a reality, and this last November seventh and eighth of this year, Mangangayam held its fourth founding anniversary in the mountains of San Jose, Tarlac. We celebrated with a local indigenous tribe that has taken us in as one of their own and that we have taken in as our own. This tribe is known as the Abelling. The Abelling used to have their own form of martial arts, but sadly, it has been long since forgotten. The Mangangayam have been teaching them the Filipino martial arts and they have been sharing their wonderful mountains with us. So holding the anniversary with our special friends was truly a blessing and quite a bit of fun as well.

Many of the elder members of Mangangayam were unable

to make the long trip to the mountains in San Jose but were with us in spirit. Most of the attendees were grade school children that have a deep, burning desire to learn the Filipino martial arts. In attendance from the tribe was Chief Johnny Basilio and his wife Pleda Basilio, seven other adults, and more than twenty children. In attendance from Mangangayam were Grandmaster Jerry Evangelisan, Senior Guro Jamel Mustapha, Guro Ian Mustapha, Guro Shannon Collins, and Assistant Guro Jenna Baja.

There were two promotions handed out this anniversary. The first went out to Jamel Mustapha and he was promoted from Guro to Senior Guro. The second promotion went to yours truly, Shannon Collins and I was promoted from Assistant Guro to Guro. Everyone that attended



Shannon Collins (Left) promoted to Guro Jamel Mustapha (Right) promoted to Senior Guro

**Lameco Eskrima (The Legacy of Edgar Sulite)**

By David E. Gould



In the art of Eskrima, few names stand out like the late Edgar Salute's. He dedicated his life to mastering the art of Eskrima and put his reputation on the line, taking challenges for money and honor. He earned the confidence of a collection of legendary grandmasters of the day, and earned the mutual respect of his era's newest masters. When Sulite came to the United States he took the country—and then the world—by storm. In this unique book, Guro David E. Gould recounts the life, the art and the legacy of Punong Guro Edgar G. Sulite and his Lameco Eskrima system. Broken down into 10 distinct chapters, Lameco Eskrima: The Legacy of Edgar Sulite, presents the evolution of a fighter and his art, from his early days in Tacloban City and Ozamis City, through his middle period in Manila, and finally his later years in the United States.

Available through Amazon - [Click Here](#)

**Senkotiros Arnis Videos**

(Collectors Editions)

Basic	\$29.95
Advanced	\$29.95
Intro to Free Style	\$29.95
Lost Years	\$14.95

Shipping and Handling \$10.00

To obtain full details on Ordering - [Click Here](#)





received a certificate of attendance and all the children of the Abelling tribe received a pair of rattan sticks and a T-shirt in addition to their certificates.

I could not imagine a better anniversary. The camaraderie was incredible as was the view. I can tell you the children were the stars of this gathering. They have taken to the Filipino martial arts like ducks to water and that is so heartwarming to see. How could the anniversary have been better? The only way that it could have been better is if you were all there to celebrate it with us. Pugay!



Grandmaster Jerry and Chief Johnny Basilio posing with the Mangangayam group in front of a temporary shelter



Grandmaster Jerry Evangelisan and Chief Johnny Basilio building the frame to their temporary shelter



Grandmaster Jerry Evangelisan instructing the Abelling children



Grandmaster Jerry Evangelisan and the Abelling children taking a much deserved water break



Grandmaster Jerry Evangelisan taking in the view and reflecting on the successful anniversary

### Arnis Philippines November 9, 2014



Armas Y Mano Martial Arts is conducting iArnis Fundamental Course for one hundred eleven police trainees during their Field Training Program - On The Job Training Class 01-2014 "Batch Matalas" which is from August 4, 2014 - January 5, 2015 at the Regional Special Training Unit 9 (RTSU 9) Camp Romeo Abendan, Mercedes, Zamboanga City, Police Regional Office 9 (PRO 9), which was conducted by Mr. Tomas A. Montojo, Jr.

[www.arnisphilippines.com](http://www.arnisphilippines.com)

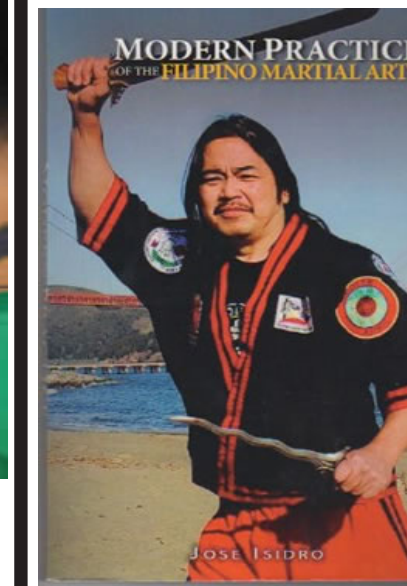
### Isidro Modern Arnis

Master Jose Isidro  
November 11, 2014  
Marikina Science High School  
Mayor Juan Chanyungco St., Sta. Elena  
Marikina City, Metro Manila,  
Philippines

The morning of 11 November, Master Isidro taught several forms and techniques at the local high school. The high school students were very excited and never saw the moves I showed them. Master Isidro showed his fast twirling, striking, footwork, and the "Flow." Also, Master Isidro explained the history of Modern Arnis how it helped the Filipino martial arts in and outside the Philippines from dying and about the Founder Professor Remy Presas and the family name of the Presas. The students enjoyed a lot and never heard it before. They later all asked for pictures of Master Isidro with them and also his autograph. Master Isidro was treated as a movie star. Master Isidro loved showing the Filipino kids Arnis, especially the style of Modern Arnis. Jinky was there and smiled a lot because she took the picture.



### 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](http://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](mailto:joseisidro@msn.com) for pricing.

### The Desangut Fixed Blade Magnum By TnT Blades Now available!



PRE-PAY price of €100 good only for orders paid by July 31, 2013. If you missed the pre-order, from August 2013, regular price applies (€120). Pay via paypal: [orders@tntarnis.ch](mailto:orders@tntarnis.ch), then email us your delivery address. Includes yak-leather sheath from Nepal. Ships from Italy at extra cost, depending on your location.

Endlich ist es da! Das PRE-PAY Preis von €100 ist gültig, nur für Messer die bis zum 31. Juli bezahlt sind. Via Paypal bezahlen: [orders@tntarnis.ch](mailto:orders@tntarnis.ch). Dann schick uns Eure Lieferadresse. Inkl. Yak-Leder Holster aus Nepal. Lieferkosten extra.

#### Production Information:

This first run is a semi-custom / numbered production. Only 100 pieces and getting pre-sold fast. Reserve your favorite number now before someone else gets it.

TnT Combat Arnis has started with the production at this time and expects delivery at around late June/early July. The time to fix your pre-order is now. There will only be 100 numbered pieces produced and they are going fast.

Desangut updates, please see complete report: [Click Here](#)

[To Place your Order Click Here](#)



Lameco Eskrima with Guro Dave Gould - 6 DVD's and 1 Book

Order all or separately through Budo International: [Click Here](#)



**Keeping the Filipino Folk Dance Alive in Stockton**

By Malou Liwanag-Bledsoe  
Asian Journal - November 13, 2014

*Brian Batugo's CrowdRise campaign aims to sustain The Little Manila Dance Collective*

As a people, we Filipinos are always proud of our heritage. This is why there are many cultural events and groups who continue to thrive and teach the younger generation of Filipino-Americans the culture and arts. However, not all have been fortunate enough to sustain projects and programs, as funding support dwindled through the years.

In the City of Stockton, the Fil-Am community is experiencing a disparity in its cultural, social, and educational services, compared to other kababayans in the Bay Area and Southern California. Because of this, Brian Anthony Batugo decided to put up a funding campaign to help establish Stockton's Little Manila Dance Collective for his 26th birthday.

Filipino Folk Dance has been part of Stockton's history since the 1950s beginning with the legacy of the late Carmen G. Tomek's Sampaguita Dance Troupe performing in Little Manila and continuing with many Filipino youth-led dance organizations that flourished in the city. However, many of these dance organizations no longer exist because dance leaders retired, dancers found other passions, and members grew up and moved away.

*"There are still pockets of dancers and cultural dance enthusiasts who practice from home. Unfortunately, they rely solely on the guidance of folk dance videos on YouTube,"* shared Brian. *"A Filipino folk dance program would not only provide better, more meaningful instruction for these aspiring dancers, but it would reignite a Filipino-American cultural presence that Stockton has not seen*

*since the 1990s."*

(For those who are unacquainted, Little Manila is an area in Stockton where many Fil-Am agricultural workers made their homes in the 1930s. These pioneers were called Manongs, the Ilocano word for first-born male and/or respected elder brothers. These men built their own community south of Main Street-businesses and organizations-creating what became Stockton's Little Manila.)

Brian was born in Stockton to Baltazar and Ligaya Batugo who are both from Ilocos Norte. Although currently an elementary school teacher, he actually has a degree in Dance, Theater and Ethnic Studies from UC Berkeley. He also co-teaches a Fil-Am history program for high school students through the Little Manila After School Program (LMASP) to empower and educate Filipino youth across the San Joaquin County.

But Brian's passion for dancing is alive. His time in Berkeley has developed his skills and talent as a choreographer in Pilipino Cultural (PCN) productions and connected him to a network of Philippine dance artists in the Bay Area.

*"I have worked musically with RJ Payomo of Kawayan Folk Arts. I performed in one of Jay Loyola's first major dance projects, Tagabanua (2012). And I am currently part of Parangal Dance Company's Artistic Team led by Eric Solano,"* he said and added, *"These mentors have fueled my relentless efforts to once again make Filipino Folk dance a relevant cultural art form in Stockton."*

He saw himself returning to Stockton, applying what he

learned to facilitate cultural dance workshops with local student and community groups.

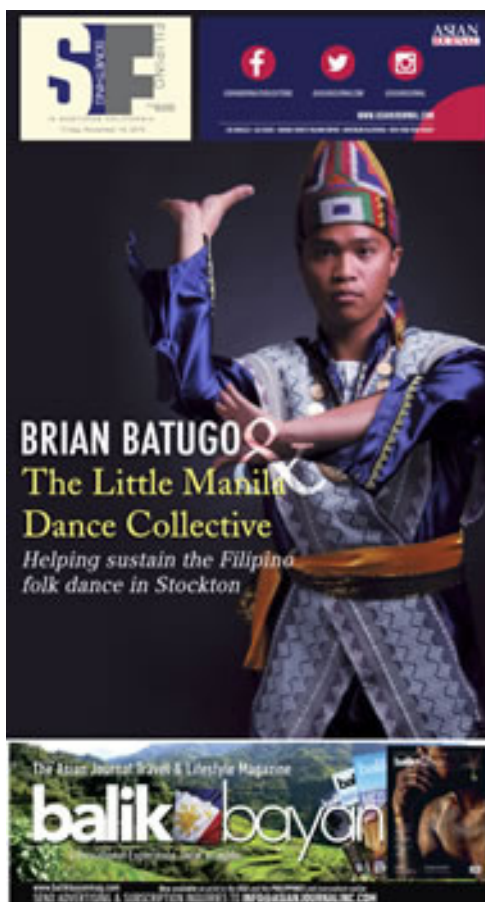
*"I have taught Filipino folk dance workshops for the University of the Pacific's Kilusan Pilipino, The Filipino American Heritage Association, The Little Manila After School Program, and the Binibini Dance Troupe for the past three years. Surrounding myself around individuals who are just as passionate about Philippine folk and indigenous art has made it possible to work towards a more sustainable cultural dance program in Stockton. I hope to model this program after the successful dance schools and companies I have had the privilege to work with in the Bay Area,"* Brian said.

**The CrowdRise campaign and what \$6,000 can do**

Currently, Stockton lacks a space where the Filipino community can come and learn folk dances, or even seek resources to cultural dance materials such as costumes and music.

*"My community needs a space to establish a sense of cultural visibility through dance,"* said Brian and added, *"Supporting the efforts of the Little Manila Dance Collective will establish a central point where the community's youth and elders can connect to the art practices and cultural knowledge that exists beyond our city. I urge the Filipino-American community to support a dance space where people can properly train and learn about folk and indigenous dance forms so that we may be able to represent our Pinoy and Pinay identity through respectful and authentic cultural art in Stockton."*

So, for his 26th birthday, Brian is calling out to the



community to do something about the dwindling presence of Filipino cultural dance in Stockton. For the CrowdRise campaign, his goal is to raise \$6,000 and he explains how that money will be spent.

*"One-third of the money raised will go towards purchasing dance mirrors for the Little Manila Center so that we may begin to train dancers with the precision and detail of that will respect folk and indigenous dance as a discipline and art form."*

Another third will go towards a preliminary costume budget to support the work of local and indigenous costumes designers in the Philippines.

*"The last, and most important third, will go towards a Master Artist fund. All experts and native practitioners of folk and indigenous Philippine dance live outside of Stockton. We hope to raise enough money to invite these Master artists to our community to teach community members proper dance technique and respect for folk and indigenous art forms,"* he said.

**Caloocan Trip**  
Master Jose Isidro  
November 13, 2014

Master Jose Isidro taught Modern Arnis Self Defense Techniques to the poor at Caloocan. They were very happy and asked a lot of questions. Even the Barangay Police was also there to learn. Master Isidro also brought toys. Maraming Salamat Jinky for bringing me there to meet your family and friends. Thank you for offering your hospitality and feeding me real home cooked Filipino food. Also, meeting the neighbors. They all enjoyed Filipino martial arts. Pugay. - **Master Jose Isidro**



**Master Jose Isidro**  
November 14, 2014  
St. Eleana High School  
Marikina, Manial, Philippines

Master Jose Isidro taught the Arnis students Modern Arnis Empty Hand and Modern Arnis to the students. The curriculum he saw was Modern Arnis Style. It had the 12 strikes, the striking of Banda Y Banda, Figure 8, and Rompida.

Master Isidro taught them additional techniques such as the 12 basic blocks, the V leg switching, empty hand self-defense of Modern Arnis. This was not in the High School Curriculum he read.

Master Isidro also told them the history of Modern Arnis and that they are all Modern Arnis students based on the curriculum. They were very interested and happy. When Master Isidro did the



techniques, they all said "Galing!" The footwork and the flow they love very much.

Miss Jinky said: "Out of all the teaching of various different places. She observed that Master Isidro teaches real good and she

likes it." She continued to say, "she love the way Master Isidro moves". She herself did not know that Arnis was a Filipino martial arts.

Master Isidro is glad that he has the duty to propagate Filipino martial arts of Modern Arnis. The

Modern Arnis of the Presas Family. Master Isidro also told the students to be proud because they are all Modern Arnis students. Pugay.

Donations can be made online at [www.tinyurl.com/savefolkdance](http://www.tinyurl.com/savefolkdance). You can also donate to the Little Manila Foundation directly via Paypal at [littlemanila.org](http://littlemanila.org).

**The Little Manila Dance Collective**

At present The Little Manila Dance Collective has 30 members and would like to open its doors to the community in the San Joaquin County. *"We have become a multigenerational alliance of different community organizations, dance troupes, and individual artists who share a passion for Filipino cultural dance,"* Brian said. *"We are college students. We are high school students. We are recent college graduates. We are aunts, mothers, and grandmothers."*

The group is also seeking anyone motivated to practice or train in Filipino folk and indigenous dance in a structured, professional environment.

Adult and young adult classes (ages 17 and up) are on Mondays from 7-9pm. Our youth dance program will kick off on January 7, 2015. Youth classes (ages 5-16) will be on Wednesdays 5:30-7:30pm.

The Little Manila Dance Collective is located at Little Manila Center, 521 E. Main St., Stockton, CA 95205.

To sign up online visit [littlemanila.org](http://littlemanila.org), click on "Contact Us," include your name, your email, subject heading: Dance Collective, and a brief introductory message. Or come to the Little Manila Center at 521 E. Main St. in Stockton on Mondays at 7pm.



**Conceptual Modern Arnis**  
By Bram Frank

A seldom seen view of Arnis/Modern Arnis the Filipino fighting art of Professor Remy Pesas as seen by 1st Generation student... Bram Frank. Modern Arnis is seen through the perspective of the family art of the Bolo and knife, (edged tools) rather than a stick. Some history of Modern Arnis in the USA is told.

**File Download:** \$40.00  
**Paperback:** \$69.00

**Further information and to Order:** [Click Here](#)



**Philippine Martial Arts Supplies**  
[www.pmasupplies.com](http://www.pmasupplies.com)

**www.pmasupplies.com**



## Baguio Storms Arnis Opener in BP-Luzon

By Mark Victor Pasagoy

Sun.Star Baguio - November 14, 2014

Baguio City stays firm in its hunt for another overall victory as the Arnis squad storms the opening competitions of the 2014 Batang Pinoy Luzon Games in Naga City.

Arnisadors from the Summer Capital keep their vow of improving last year's performance after closing the anyo competitions with nine gold, four silver, and two bronze medals Thursday afternoon.

Eric Cagawa and Ezrai Yalong opened the bid for Baguio as they capped two gold medals each in their respective events.

Cagawa cornered his gold medals in the secondary boy's double weapon and spada y daga contest while including a bronze finish in the solo baston event.

Yalong tripped other competitors behind in the girl's double weapon, and single weapon demonstration, including

a silver medal in the solo baston contest.

Meanwhile, Sheen Pakilan secured two silver medals in the secondary boy's solo baston and spada y daga contest.

In the team events, Cagawa, Pakilan together with Evan Foman-eg bagged three gold medals in from the solo weapon, double weapon, and spada y daga secondary boys.

In the distaff, Janessa Giterrez, Franie Lupae, and Danica Caw-is topped the secondary girls' solo baston, while the group of Athena Mantias, Gigie Anton, and Rikka Ramirez dominated the spada y daga team encounter.

The sparring tournament is seen to end later this Saturday.

Last year, Baguio dwinled with just nine gold and two silver medals at the end of the Luzon qualifiers in Iba, Zambales.

Earlier, the archery team marked the competition in a high note generating five gold, seven silver, and six bronze at the end of day two.

Cleanard Hidalgo, Jhoon Ree Hongitan, Cedric Mendoza, and Andy Villamor bagged gold medals in the secondary boys' event together with Danielle Jasmin Espiritu who already claimed one gold and one silver in the girls' elementary division.

Meanwhile, the Summer Capital's Muay Thai entries already generated six gold, two silver and two bronze medals.

This year, Team Baguio presumes a decent outing as it vies to defend its three-year reign in the national sports competition backed by the Philippine Olympic Committee and the Philippine Sports Commission scheduled November 11-15.

## Filipino Knife Fighting in Modern Warfare

By Perry Gil S. Mallari - Fight Times Editor

Manila Times - November 15, 2014



The first Filipino Battalion practicing bolo against bolo techniques. (From Dan Inosanto's book The Filipino Martial Arts)

weapon hand. The reason for this is simple—a Filipino knife fighter would cut or stab any limb of the opponent that sticks out. Carrying the blade in the lead hand allows a knife fighter to launch a counter slash or a counter stab quicker as compared to carrying it in the rear hand.

Out of its ancient setting, would the blade-to-blade mode of fighting be still useful in the modern world? The answer is yes,—in the battlefield. In war when it is a given that both parties were armed, the Filipino blade-to-blade techniques performed exemplary well as described in the following anecdote of the late largo

mano Gran Maestro Leo Giron, a bemedalled soldier during World War 2: "One time I got clipped with a bayonet. I blocked the samurai sword coming down toward my shoulder, and a rifle bayonet went by my side from another Japanese soldier. I cut the hip of the bayonet thrusters and then the triceps of the one with the sword. After that I just keep charging and fighting the next ones. It is up to the guys behind me to finish the job because there are too many more coming." (From the book Filipino Martial Culture by Mark Wiley).

Filipino blade-to-blade techniques are unquestionably effective that is why they are

widely used by many military organizations around the world today but the thing is not every combat scenario resembles a battlefield. The blade-to-blade mode to me is but a tool suited for accomplishing specific tasks. Though it is a very effective tool, problems arise when we begin to generalize its applications or in the words of Abraham Maslow: "I suppose it is tempting, if the only tool you have is a hammer, to treat everything as if it were a nail."

In my personal practice, I try to separate the "art" and "practical" aspects of blade training for there is a world of difference between the two. This may be born of the fact that my introduction to knife training was not through a formal lesson in the Filipino martial arts but from a friend who was a butcher by profession and who has used a knife on another human being on one occasion. Being objective to opposing opinions and views is essential to improvement. Presented below are two insights on the limitations of the blade-to-blade mode. These insights are from men "who have been there."

In his excellent book Put 'Em Down, Take 'Em Out!: Knife Fighting Techniques From Folsom Prison, Don Pentecost wrote, "Contrary to what you see in the movies, this [knife against knife] is not a common situation. Your opponent generally will be either more heavily armed or less heavily armed than you. More importantly, one person will initiate the attack before the other. This situation is similar to close-range shooting. In the real world, it would be highly unlikely that you would draw your weapon at the same moment as your opponent. Even if both individuals were carrying handguns, one person is going to

Baguio, as of press time, has already spawned 25 gold, 15 silver, and 11 bronze.

City sports coordinator Gaudencio Gonzales said he is positive the delegation will carry the requirements to bring home the fourth straight year of reign in the Luzon games.

"Although the delegation is short in number we are still the best group to beat in the whole sports contest," Gonzales said, "We'll just have to believe in the showing of our young athletes," he added.

Gonzales mentioned other combative sports including Taekwondo, wrestling and Wushu will be an additional gold mine for the city.

Last year, Baguio tallied a total of 47-49-37 gold-silver-bronze count at the end of the national sports contest.

initiate the attack and have the critical jump on the other."

Renowned defensive tactics expert and ex-street fighter Marc "Animal" MacYoung has this to say on the rarity of real knife-to-knife encounters: "In all the times I have been assaulted with knives, only once was I able to pull my own weapon. And I didn't carry a folder, I carried a sheath knife that I had repeatedly practiced speed drawing. I could, in a crisis, draw and deploy a knife in just over one second. This is not idle boasting, I demonstrate it in many of my videos. And yet, despite this incredible rate of speed, when attacked I didn't have time to draw my knife except for the one time that I leaped wildly backwards to gain space. That's because by the time I realized there was a knife involved, I was already being attacked."

These are brilliant insights and if properly used would allow you to make the necessary adjustments in your training to make your system adaptable to different combat scenarios. But bear in mind that these insights came from specific perspectives—the first one examines knife fighting from a prison fight perspective while the second one from an urban street fight perspective, so don't generalize their applications. The point I'm trying to make is that you must be open to change. Bruce Lee said: "Man, the living creature, the creating individual, is always more important than any established style or system." Do not hesitate to change any aspect of your knife fighting system if you think it will compromise your survival in actual combat. Your personal safety must supersede your allegiance to any fighting style or system.

## Today in History: November 21, 1849 - Decree moves to standardize Filipino family names

By: Philippine News Agency

November 21, 2011

InterAksyon.com - The online news portal of TV5



Manila, Philippines - On November 21, 1849, Spanish Governor General Narciso Claveria issued a decree to adopt standardized records of Filipino names and surnames.

Through the so-called "Claveria Decree," he issued a list of family names in alphabetical order, which were based on a catalog of

Spanish surnames.

He expanded it by including the names of places, plants, animals, minerals, art products, and character traits, both in the native languages and in Spanish.

Accordingly, Claveria distributed the list of family names to the heads of the provinces, then

the head of each province sent a portion of the list to each parish priest.

Depending on what he thought was the number of families in each barangay, the priest allocated a part of the list to the "cabeza" (barangay head). The cabeza was then asked to assist the oldest person of each family to choose a surname, upon which registration the individual involved as well as his direct descendants would from then on use as family name.

Before 1849, Filipinos in general lacked surnames which distinguished them by families. They arbitrarily adopted names of saints, resulting in the existence of thousands of individuals of the same surname. This resulted in confusion in the administration of justice, government, finance, and public order.

Also, as family names were

not transmitted from parents to children, degrees of consanguinity were difficult to assess for the purpose of marriage.

Meanwhile, under the Claveria decree, those who changed or did not use the name recorded in the new register were threatened with imprisonment. Documents which did not carry the registered family name were not considered valid.

Hence, since 1850, most Filipinos started using new surnames based on the Claveria list.

The Claveria decree exempted only four native surnames from change: Lacandola, Mojica, Tupas, and Raja Matanda. Also, those who had consistently used a family name for four generations were given the option to retain it. All others had to have a new surname.

## Basic Escape Against a Grab

By Maestro Bong Abenir - Contributor

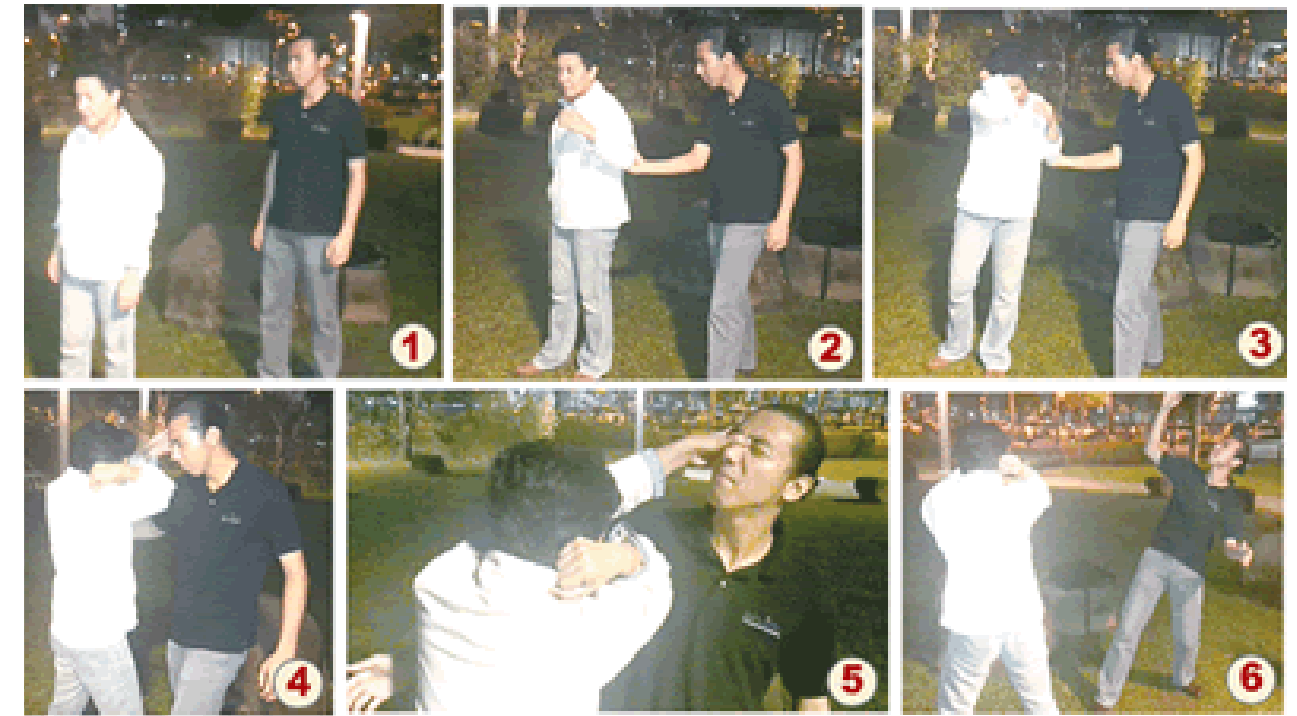
Manila Times - November 22, 2014

I have conducted many self-defense courses for women in the past and as I progress into my teaching methodologies, I became more convinced that the best way to teach women how to defend themselves is to teach skills that are simple enough that even a child would be able to execute them. The concept is to impart only a few key moves that can be applied against different kinds of attack. I teach only the simplest, most direct techniques aimed at the most effective targets in order to increase the defender's chances of survival. If women seek instruction on how to defend themselves against attacks, then it is required for them to train just as hard as everyone else. In fact I don't really make any distinctions in my class. For me there is no such thing as self-defense for women or self-defense for men. Only self-defense.

**Photo 1** shows a woman standing unaware of an assailant behind her. **Photo 2** shows the assailant suddenly grabbing the woman's left arm to seize control. **Photo 3** shows the defender grabbing her head with her free hand exposing her elbow to protect her head should the assailant tries to strike her. **Photo 4** shows the woman turning inwards and thumbing the assailant's eye to secure release from his hold. **Photo 5** shows close up of the technique being applied. **Photo 6** shows the woman taking the opportunity to escape and run away.

**Disclaimer:** Fight Times disclaims any liability for untoward results including (but not limited) any injuries or damages arising out of any person's attempt to rely upon any information presented in this page. The reader should consult a physician before starting any exercise program.

**Contributed photos**



### Mandirigma.org now offering Sponsor Membership

Dedicated to promoting the Warrior Arts and Culture of the Philippines, Mandirigma.org has been online with this mission since 1998.

Recently there have been numerous request for membership or ways that can help contribute to the site. To answer these requests, Mandirigma.org now has a donate button and additionally offers the opportunity to be a "Sponsor Member". Every dollar helps with the monthly expenses required to maintain the website and hopefully even expand capabilities.

For more information on how to be a "Sponsor Member" or donate to the cause, please go to the following link: **Click Here**

Please contact us for any further questions.

Thank you for your interest and support!

Maraming Salamat Po!



### Blade Design in Relation to Technique

By Perry Gil S. Mallari - Fight Times Editor  
Manila Time - November 22, 2014



A Bagobo man with a single-edged sword.  
Photo from Philippine Photographs Digital Archive, Special Collections Library, University Of Michigan

whether a particular knife or sword is single-edged (isang talim) or double-edged (magkabilaang talim). Single-edged swords are usually curved while those belonging to the double-edged variety are almost always straight.

Double-edged swords pose greater danger to the user hence their use requires a higher level of skill. To realize the inherent risk in the use of this weapon, just hold out a double-edged sword in front of you. Notice that while one edge is facing your opponent, the other edge is facing you as well.

This point is of particular importance to an Escrimador who is exclusively practicing with sticks and is transitioning to bladed weapons training.

Some Escrimadors have the habit of bouncing their sticks on the opposite arm (or other bodily parts) either to reposition for another strike or to arrest the momentum of the weapon after a forceful swing. This practice may still work safely with a single-edged sword but if the practitioner carried this habit while using a double-bladed sword, he will definitely cut himself. The safer way of regaining control at the end of a fast cutting motion is to use the palm of the non-weapon hand to catch the wrist of the hand holding the sword. The catching hand not only prevents the other

edge from cutting the wielder but it can also aid the weapon-hand in generating more force in cutting or hacking.

The design of the sword will also affect the manner of cutting. A straight double-edged sword requires a linear drag while a single-edged curved sword elicits a shortened arc to cut.

One of the chapters in Dan Inosanto's classic book *The Filipino Martial Arts* offers useful information on curved blades and their relation to movement and technique, it reads:

**“Concave edge - 1.** Can reach around opponent's block. 2. Cutting mainly occurs in (a) the side of the curve nearest your hand, (b) hacking in the center, (c) hooking or stabbing toward the end of the weapon.

**Convex edge - 1.** Hits must be placed (a) near center of the blade or (b) slightly forward for cutting. Hence, treat it like a shorter bladed weapon. 2. Thrusts are out.”

#### With or without guard

The guard will also affect how a sword is used. A simple guard is located between the grip and the blade. It can be a small piece of flat metal sandwiched between the grip and the blade or in case of a saber, a cup covering the user's hand.

The basic function of the guard is to prevent the user's hand from sliding toward the blade during forceful thrusting. This is of particular importance in actual combat when the presence of sweat, blood or the elements like water, makes the grip slippery. Defensively, the guard protects the user's hand from the opponent's

cuts and slashes hence the name.

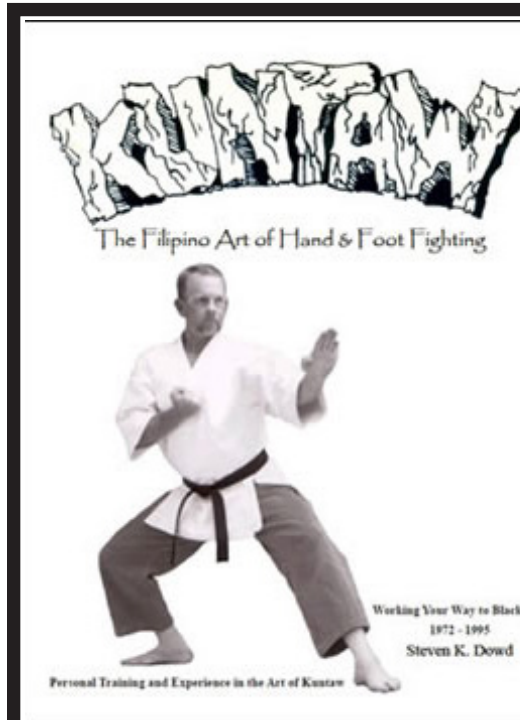
A sword with a cup guard like the saber (some versions of the Bicolano minasbad have this feature) will nullify to a great extent the “defanging the snake” strategy of *escrima* which considers the weapon-hand of the enemy as a primary target.

On the other hand, an *escrimador* using a sword without a guard must exert extra care to protect his hand from his own blade or that of his opponent's.

Blade curves and their effects to thrusting motions  
Straight double-edged swords are most conducive to thrusting motions. This can be explained by a simple analysis of structure – a straight sword has its point in line with the handle resulting to a better center of balance and power when piercing through a target.

A minor curve or bend in the design of a blade will have minimal effect on its thrusting capabilities. But blades with extreme curves like the *karit* (sickle) and *kerambit* will force the user to rule out thrusts and instead resort to ripping and hooking motions.

An elucidation on the advantage of a straight sword over a curved sword or vice versa is beyond the scope of this article. Every *Escrimador* has his reasons for favoring certain swords or knives. So long as he knows how design affects the basic functions of his weapon, he could use it to his maximum advantage.



### Kuntaw - Personal Training and Experiences in the Art of Kuntaw

By Steven Dowd

The author is not affiliated with Maharlika Kuntaw, Kuntaw ng Pilipinas, International Kuntaw Federation, or NATO all under the guidance of Grandmaster Carlito A. Lanada Sr. since 1996.

The author is also not affiliate with the American Maharlika Kuntaw Association or Kuntaw Legacy.

What this book offers is the authors training and experiences, and the requirements of Kuntaw from his time in training with Grandmaster Lanada from 1972 until 1995 and what has been told to him since commencing Kuntaw in 1972.

The author does not wish to dispute any facts on Kuntaw, for there are so many at the time of this writing it is like it changes with the weather. And this is just his experiences and thoughts.

If you wish to purchase the book, cost is \$15 USD this includes shipping & handling in the USA. Outside the USA cost is \$20 USD which also includes Shipping & Handling.

Payment is by Cashiers Check or Money Order only.

To Order: [Click Here](#)

#### The following have gotten the book and have this to say:

- Highly Recommended just to get it and know more about another piece of the Filipino Martial Arts of Kuntaw. It is a part of Filipino Culture. Education is the key to all and not being ignorant. Pugay. - **Master Jose Isidro**

- Great book. Keep up the great work!! - **Sifu Chris Derbaum**

- For those who don't know, Filipino Kuntaw is one of FMA's original empty hand fighting art. You can buy the book from FMA Informative to read and learn all about the system. Salamat Po.....MGA EDU. - **Mataw-Guro Louelle Lledo**

- Kuntaw The Filipino Art of Hand and Foot Fighting is a excellent treatment of a very fascinating martial art. In addition to covering the breadth of the art it also chronicles the authors journey in the art. For those who practice this art this book will serve as a great manual. For those interested in studying it you will get a great map to guide you on the road to mastery. - **Guro Tony Torre**

- I have read this book and found it to be very complete as I have other books on Kuntaw. This book is an excellent training aid and great sedimentation of Steven Dowd's journey in Kuntaw. I highly recommend this book for practitioners of Kuntaw - Punong Guro Marc Lawrence

- Master Steve Dowd's "KUNTAW: Filipino Hand and Foot Fighting" is a well written text that provides the reader a clear window into the art. He goes into great detail on the art, history, and some of the controversy within the art. KUNTAW is a straight forward fighting art based in fast and powerful striking. Master Steven provides wonderful illustrations that convey all the basic forms and techniques. As such, this is a must have for anyone interested in the Filipino empty hand fighting arts. - **Guro Jerome Teague**

- KUNTAW is a great book. Many lose sight of a founders view point and like all people that view point changes in relationship to our experiences and times in our lives. Steven has captured that without any finger pointing or negativity; He describes his instructor and founder of Kuntaw's story as the man hmself said it, a person, not a demi god.. a person with normal people skills. As a former officer of the law Steven knows that the issue with first hand accounts and first person eye witness accounts: the mist of personality..and the 4 perspectives of the truth..So the story about Kuntaw is great to read. The katas, the alphabet of original Kuntaw Steven learned are spelled out step by step. many times I heard that the katas or Anyos of Modern Arnis looked to much like Karate, and my response was if you do them that way. Learning how to write a letter isn't the same as writing cursive. The same goes for Anyos -katas as they become applications. Great Job Steven on putting Kuntaw on paper!. - **Grandmaster Bram Frank**

- A brief review of Kuntaw: The Filipino Art of Hand & Foot Fighting; An excellent addition to a series of books by Steven K. Dowd about the Filipino martial art of Kuntaw, in which the author describes his personal experiences of training in the art under the Grandmaster Carlito Lanada. There is a brief history of the art, followed by a description of how posture and balance help to develop power within the art. The majority of the book covers a variety of empty hand forms from the system. All in all, an enjoyable read about a little known system of the Filipino martial arts. - **Master Bill Steven Lowery**

### Sponsors Needed - Helping: JuJeath "Bad Girl" Nagaowa



As you may know, our very own JuJeath "BAD GIRL" Nagaowa, our 1st Pinay International MMA Fighter will be fighting on December 5, 2014 in the ONE Fighting Championship: Warrior's Way at the SM MOA Arena.

She is currently training at The Goat Locker Boxing Gym as a Fighter/Scholar. We have a Fighter Training Program here for both Amateur and Professional fighters who are less fortunate and cannot afford the fees and expenses to pursue a fighting career.

I would like to ask a little support from JuJeath Nagaowa's friends, supporters and fans.. as well as

my my FB friends who have businesses and would like to have exposure on television, at the Pinoy Extreme Channel which shows our weekly tv show called Underground Battle - Philippines and support this worthy cause, the gym's Advocacy in Beasting Up Poverty!

No amount is too small or too big to help our Pinay Fighters. After all, she was the 2012 WBC Atomweight Female Boxing Champion.

\She hails from Benguet province (Benguet (Tagalog pronunciation: [be?'get]; Ibaloi: Probinsya ne Benguet; Ilocano: Probinsya ti Benguet; Filipino: Lalawigan ng Benguet), is a landlocked province of the Philippines in the Cordillera Administrative Region in the island of Luzon. Its capital is La Trinidad. The province is known as the "Salad Bowl of the Philippines" because of its huge production of highland vegetables. Located in the interior of Benguet is the city of Baguio, which is independent of the province.)

2012 WBC Atomweight female boxing champion. Has a 6 fight contract with OneFC. Won her MMA Debut fight May 2014. Trains at The Goat Locker Boxing Gym.

For more details, you can contact:

Jefe Ferdie Abadilla Munsayac on FaceBook: [Click Here](#)

Thank you & God bless!!! - **Jefe Ferdie Abadilla Munsayac**

This is the Filipino Martial Arts Database service, provided to the FMA community in support of its growth and advancement.

[www.fmadatabase.com](http://www.fmadatabase.com)

### SIKARAN "The Fighting Art of the Filipino Farmer"

By Emmanuel del Espiritu Santo Querubin



neuers systematically organized and an exciting sport.

This is a must for all practitioners whether practitioners of Sikaran. or not

The author was appointed by Grandmaster Melton Geronimo as Director for Research and Standards. This is the only fully authorized book about Sikaran authorized by Grandmaster Melton Geronimo.

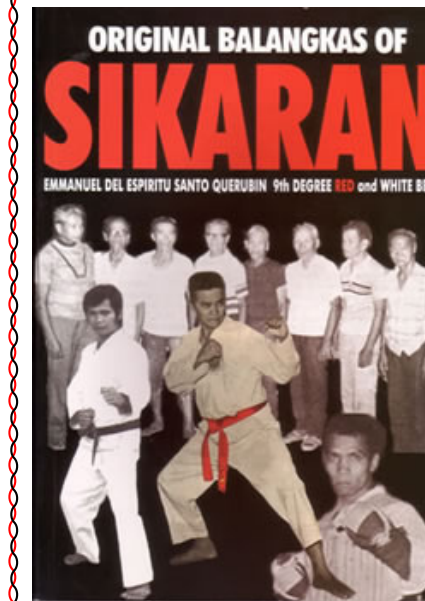
This book neither intends nor claims to reveal any mysticism or secret of Sikaran. This is solely because there are neither secrets nor mysteries involved in Sikaran. Sikaran is composed of purely offensive and defensive ma-

as an effective fighting art

To Order: [Click Here](#)

### Original Balangkas of Sikaran

By Emmanuel Del Espiritu Querubin  
9th Degree Red and White Belt



Grandmaster Melton Geronimo.

This book, Original Balangkas of Sikaran is designed to provide accurate and authoritative information with regard to the subject matter covered.

To Order: [Click Here](#)

The  
Filipino Martial Arts  
Database





# TRADITIONAL FILIPINO WEAPONS

BEAUTIFUL HANDMADE SWORDS AND KNIVES FROM THE PHILIPPINES

847 Hamilton Ave.  
Waterbury, CT 06706  
(203) 596-9073  
**Sandata4UsAll@aol.com**  
**TraditionalFilipinoWeapons.com**

### TFW Has Many Bladed Weapons. Now From Many Different Cultures Outside the Philippines

When we started off with the company called, Traditional Filipino Weapons, as seen on the web site - www.TraditionalFilipinoWeapons.com, we had weapons that from the Philippines only. Hence the name of the company, actually. However, due to popular demand from fans and customers of TFW for various bladed weapons from around the world, we eventually started looking into making all types of swords and knives from many different cultures outside the Philippines. Especially the ones TFW fans mentioned to me through email or via phone as being a popular sword or knife. The newer "outside the Philippines" cultural blades are getting popular more recently I have noticed once the word got out. They are all historically accurate and just as high quality as our Filipino blades are all known to be. We are not going to stop making new Filipino blades of course. We are still digging up different designs from the Philippines that are thought to be extinct and some that are not too well known unless you are a historian and/or a weapon researcher.

Because the name of the company is "Traditional Filipino Weapons," we are slowly oozing the name to the public as something simple and easy to remember to represent all our newest weapons from around the world. We want to have the name of the business as "TFW." This all will take place as time goes on of course, which really, everyone calls it TFW already anyway. TFW is not an extreme name change. Now when people are looking for a Katana, a Kukri, a Bastard sword or a Roman Gladius, the name will not throw people off so much feeling like the web site has Filipino bladed weapons only. We are growing every year with more products making the TFW web site the one stop for all bladed weapons collectors.

Before I get into all the newer swords from various cultures outside the Philippines, I want to first show off our newest knives from the Philippines. Being a long time Kuntao player and teacher myself, I had to have a good Punyal. I finally got one made to every detail in historical accuracy. The Punyal is indigenous to the Southern Philippines near the Tausug and Maranaw territory. The Punyal is commonly known as one of the "Weapon of the Moro Lands." You can see it on the Weapons of the Moro Land shield. Its exact origins are unknown to us today. There are several different designs of the Punyal; some straight-edged, and some straight with a double edge, or double edged with waves like a Kris blade. The Punyal is worn like a side arm by tucking it in the owner's sash. Although wearing one does not suggest asking for a fight, a man may wear it due to its multipurpose use. Today, as in days past, men who have a Punyal tend to show it off and compare it with their friend's weapons in an appreciation of its art and beauty. The sheaths are always well decorated and the handles beautifully carved.

The Punyal, like the Gunong, is commonly known as a "Kris knife." It is originally a knife crafted by the Maranaw tribal blade makers traditionally for fighting, although as mentioned, the Punyal can serve other utility functions as a tool, the straight edged Punyal used more in that role. The Punyal is among the favored weapons of the highly skilled Kuntao warriors of the southern areas of Mindanao, and although significantly shorter than a Kris sword, it can serve as well for combat purposes.



The Punyal is basically used in close quarters knife combat as part of the infighting method of the Kuntao style. Usually a sword will be drawn first, but if there is no sword available, for whatever reason, the Punyal is always with the owner and ready to use in any self-defense situation.

The fine wavy-edged knife we call, "Punyal Model #2" is reminiscent of the Kris swords, with the speed and penetrating power of its larger brother!

This fine straight-edged we call, Punyal Model #1 is similar to the American bowie knife, with the heft and shearing power of its hand forged eleven inch blade capable of cutting much like a sword. These are real gems added to the TFW collection. Once you hold one, you will definitely agree. This straight-edged Punyal has the handle



situated so that it is above the edge of the blade, forming a natural guard so that the edge of the blade hangs below the handle helping to protect the fingers from an opponent's blade. This feature also protects the fingers from being too close to the edge during thrusting. This Punyal, like Punyal #2 is basically used in close quarters knife combat. Usually a sword will be drawn first, but if there is no sword available, for whatever reason, the Punyal is always with the owner and ready to use in any self-defense situation.

Now, we can talk about the many numerous swords from cultures outside the Philippines that have been added to the already very large TFW collection. To start this off, I will add a list below to show what has been added in the past two years to as of when this story was written. I say that because we have many others being made which will be added to the collection list by the end of 2014 and throughout 2015.

**Here is what we have added:**

**For Chinese swords**

- The Jian
- Butterfly Swords
- The Dan Dao

**We have the Kukri from Nepal**

**We have a very high quality Japanese Katana**

Coming in November and December of 2014 – a tactical Ginunting and a Bowie knife. Both of these will end up being TFW gems and highly collectable. (We will discuss both of these in detail in later issues of FMA Informative)

All the above

**For European Swords we have the:**

- |                    |                    |
|--------------------|--------------------|
| Celtic Dress Sword | The Archers Sword  |
| The Roman Gladius  | The Bastard Sword  |
| Braveheart Sword   | The Crusader Sword |
| The Claymore       |                    |



mentioned bladed weapons are made perfectly engineered to do what they were made to do. These are not just wall hangers. They are all very combat ready, made of the same high quality steels we at TFW have been using right along. We use the steel blends of 5160 and D2 with a sodium nitrate heat treatment. None of the TFW swords or knives are fantasy blades, like all the bladed weapons on the TFW web site, all are well researched and made to historically accurate perfection. They are all works of art and made with the same pride ancient warriors had back in the times when these swords were commonly used.

Personally, I feel preserving history is very important. We need to know our roots because if we do not there will be too many inaccurate myth-like stories passed around out there with everyone believing "their" story is the correct one. Much of the brief but informative history of each weapon can be seen on the TFW web site. In fact, TraditionalFilipinoWeapons.com has been used for quite a while as a place for students and teachers alike to research historical weapons.

Martial arts along with the weapons have a big place in our history. It's not just Asia and India with a steep history of martial arts and bladed weapons. Europeans have Catch Wrestling also known as, Catch as Catch Can, which has a huge history in much of Europe. Catch Wrestling, while being a ruff sport in modern times has its roots in the ancient structured fighting systems in Rome and Greece which were all blade oriented fighting systems. The clench range makes fighting with bladed weapons for the trained individual easier to go in for the kill. The clench range makes it harder for the enemy to defend a bladed weapon once they are caught in that clench. That's the reason why all bladed weapons system has some sort of "grappling" within the style of fighting. Neglecting that range is suicide when it comes to weapons or empty hand fighting.

All those afore mentioned cultures back then used bladed weapons for self-defense and combat in general. Some of their weapons doubled as convenient tools. As time went on, the bladed weapons had adapted to the existing changes in technology at that particular time period. Various types of armor are one of the reasons bladed weapon technology changes as time goes by. Bladed weapons are built into our DNA at this stage in our lives due to the fact we needed sharp objects for every aspect of survival. Cutting up food, building shelter, self-defense, etc., is something we had to have since the beginning of mankind. That's the reason for our fascination of bladed weapons, even more so when they are works of art as well making them "deadly beautiful." That's the reason why I feel at least the weapons and warlike area of our history is being preserved through TFW is so important. History will also be preserved through the martial art styles that I teach and the ones I continue to learn, right to the study of the weapons that are involved with those fighting methods, and eventually will all be on TraditionalFilipinoWeapons.com within years to come.

Christmas and all the other gift giving holidays are coming right up. For those looking to start collecting or want to add to their collection, start throwing your hints out there now and send them to the TFW web site. They can message me from there through email or calling me if they have questions. Nothing can be better than to receive a bladed weapon for bladed weapon collectors. That look people have on their face once they open it up and hold it is priceless.

**Ron Kosakowski**

**Traditional Filipino Weapons**

847 Hamilton Ave.  
Waterbury, CT 06706  
(203) 802-8533 or (203) 596-9073

TraditionalFilipinoWeapons.com – Sandata4UsAll@aol.com  
Martial Art School website - www.PSDTC.com



**To Order:** Click Here  
**You can save money when you buy more than one DVD. Check out their Bundle Discounts:** Click Here

**Shipping Information**  
New orders will take approximately 1 to 2 business days to process before they are shipped. Shipping time within the United States

averages 3 to 4 business days. Shipping time for international orders averages 7 to 10 business days. Products are shipped using USPS Priority mail for domestic orders and Express Global for international orders.

Domestic shipping costs \$8 per order  
International shipping costs \$40 per order  
For additional information please contact us

**The Challenge Fights of Grandmaster Ciriaco "Cacoy" Canete: The Greatest Living Eskrimador**

By TomMeadows



Grandmaster Tom Meadows, author and longtime student of Supreme Grandmaster Cacoy Canete proudly announces the release of the book he wrote entitled "The Challenge Fights of Grandmaster Ciriaco "Cacoy" Canete".

History is written by the victors". This timeless quote is clearly an appropriate one for the biography of a man never beaten in over 100 challenge fights. This book documents the fights exactly as Grandmaster Cacoy Canete related them to the author. The risk of death or serious injury was ever present in these type of matches, which became known as the legendary "Death matches of the Philippines". It was common practice for the opponents to exchange waivers that asked their family and friends not to take revenge on the victor's family, eskrima club or friends. Both players assumed full responsibility for the outcome of their challenge. To be the victor of more than 100 challenge fights one must have a technical base that can deal with any empty hand style and all known weapons systems. Many of the fighters that Cacoy Canete fought relied heavily upon the anting-anting mystical arts, oracion prayers and religious mantra chants to guarantee their success in fighting. These methods had no part in how Grandmaster Canete won his fights against these men. In his own words: "I do not use anting-anting, I rely on my technique". Always challenged, never beaten, this is the fighting history of Grandmaster Cacoy Canete, the greatest living fighter in the history of Doce Pares.

**Paperback \$14.40**

Also in the book are stories of near-death experience of my father Supreme Grandmaster Cacoy Canete as a guerrilla fighter during World War II. Unfortunately since Amazon only accepts High-Resolution pictures many of my father's relevant historical black and white pictures are not in the book such as in military uniform, champion in the 1st National Eskrima Tournament in Cebu on 3/24/79 and also in the 1st Invitational Eskrima Tournament in Manila on 8/19/79 just to name a few. Hope we can convert them to High-Res for the next edition of the book.

Thank you for your support.  
Grandmaster Kitty Canete-Knight

**To Order Visit Amazon.com: Click Here**



**Crmipt (Close Range/Control Response Medium Impact Tool)**



Knife Maker: Braum Frank

Photo By: Eric Eggle, PointSeven Studios

**Crmipt:** Close range /Control Response Medium Impact Tool: a non lethal mini expandable tool that can expand and retract all within use of force allowing for trapping, control, takedown, impact and restraint of individuals. Can easily be used against other tools or weapons of opportunity with measured force. CRMIPT is equipped with Flex cuff cutter /seat belt cutter /clothing cutter to be used for safety and emergency rescue situations. CRMIPT Ramp and Cutter both act as glass / windshield breakers for emergency situations. CRMIPT is a personal defensive impact /Rescue tool:

- **Crmipt** is now SOP with Hialeah PD under the approval of Chief Mark Overton, and the new cadre of CRMIPT officers and Instructors: Sgt. Nick Rios, Lt. Rick Fernandez, Sgt. Luis Quinones, Ofc. Raul Somarriba. There are 30 officers certified to carry and use the Crmipt.
- **Crmipt:** officers have a choice of either expandable baton or a Crmipt. They must carry one or the other, most are choosing Crmipt's. Chief Overton wants this carried over to SWAT, ICE, RDF, and other tactical teams under his supervision
- **Crmipt** is in use with USBP via Artesia NM/ El Paso: Deputy Chief Mc Closkey, Deputy Chief Steve Hamilton
- **Crmipt** is in use with PSD CENTCOM, SOCOM, DON
- **Crmipt** is in process in South Miami: Sgt, Mike Weissberg & Metro Dade PD
- **Crmipt & LLC knives** are SOP for S2 & CIS academy and Security; Director Tim ORourke. Bram Frank & Sonia M. Waring are both on staff and Bram is the Chief Edged Weapons Instructor for S2 /CIS and Sonia is adjunct Instructor. CRMIPT is official course with DEW.
- **Crmipt** is in use with EU UN Security Commander Kirk McCleod

LE-MIL Spec Holster: Nylon cordura holster which fits both sizes, Standard and Magnum. Designed to fit on gun belt, duty belt, or on Molle gear. All 3 snap positions are MIL Spec snaps for easy on-off use. Retainment flap has MIL Spec plastic catch. Rigid backing with tie-down gosssets to attach to leg gear, or directly to leg. Loop catch on top to attach to vest or Molle gear.

\$18.00 for Domestic shipping, handling, insurance, and processing. Item/s will be shipped US Priority Mail, Insured, and Delivery Confirmed.... Unfortunately, at this time, we cannot ship Internationally. If purchasing more than one Crmipt/Holster, there will be an additional \$5.00 per Crmipt/Holster for shipping.

**Purchases can be made at:** [www.cssdsc.com](http://www.cssdsc.com)

**Visit the Crmipt page on Facebook:** [www.facebook.com/groups/169595989752272/permalink/580948291950371/#!/Crmipt](http://www.facebook.com/groups/169595989752272/permalink/580948291950371/#!/Crmipt)

**Note:** We're looking for some independent Sales People to sell our Crmipt. Please email me at [ryan.waring@cssdsc.com](mailto:ryan.waring@cssdsc.com) if you're interested..

**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.