

FMA Informative

Newspaper

Propagating the Filipino Martial Arts and the Culture of the Philippines

Supreme Grandmaster Ciriaco "Cacoy" Dela Cuesta Cañete Cacoy Doce Pares (August 8, 1919 - February 5, 2016)

From Grandmaster Catherine-Kitty Cañete –Knight on the passing of her father:

In deep sorrow my family and I regret to announce the passing of our beloved father Supreme Grandmaster Ciriaco "Cacoy" Dela Cuesta Cañete. Supreme Grandmaster Cacoy was the last founding leaders of the oldest Eskrima Organization in the Philippines - Doce Pares.

Moreover he was the last of the great original teachers and developers of the unique Filipino cultural art of Eskrima that traces back to Lapu Lapu. Hence he was the last of the Mohicans.

He expired this evening, February 5, 2016 at exactly 8:08pm. Coincidentally he was born on August 8, 1919. He was 96 ½ years old.

Viewing schedule: 2/6-2/14/16 at the St. Peter's chapel in Cebu City, Philippines

Requiem mass: 2/15/16 at 1:00 pm at San Nicolas Catholic Church

Funeral parade: following mass heading towards the Queen City Memorial Garden

21 gun salute ceremony in honor of the late Captain Ciriaco "Cacoy" Canete.

Thank you for all of your caring thoughts and prayers. We will miss him so deeply.



Ciriaco "Cacoy" Cañete (born August, 1919) is a Filipino martial artist of the Doce Pares Eskrima Club. He is the last surviving member of the club, which was founded in January 1932. He is a 12th degree black belt. His version of the Doce Pares Eskrima system is known as Cacoy Doce Pares. In 1951 he developed a personal system of his named Eskrido.

He is today the best known of the Canete brothers (Filemon, Eulogio, Tirso, Ciriaco, Rufino and Silvestre), prime movers in the preservation and promotion of the indigenous Filipino martial art of stick fighting (Eskrima-Arnis).

Ciriaco Cañete, or 'Cacoy' as he is known by his Filipino nickname, was born in San Fernando, Cebu, in the Visayas region of the Philippines, Cañete was the youngest of twelve children. At the early age of seven

he was initiated into Eskrima, learning from his brother Filemon or "Momoy" who had in turn learned Eskrima from his father Gregorio and uncles Gavino, Pedro (from his fathers' family) and Juancho (from his mothers' family). In the 1920's his brothers were already involved in teaching stick fighting. Interest in Filipino martial arts led to the formation by Visayan martial arts practitioners of the Doce Pares Association in Cebu.

Amid high interest in Filipino martial arts, Visayan martial arts practitioners formed the Doce Pares association in Cebu. In 1939, Cañete's elder brother Eulogio "Yoling" Cañete became president of Doce Pares. The organization became the longest-lasting martial arts organization in the Philippines, and was instrumental in popularizing the Filipino martial arts.

Middle Ground Approach to Eskrima

By Mustafa Gatdula

Article

Tools for Training Filipino Kali Alone

By Leslie Buck

Article

Nobody Is Wrong if Everybody Is Right

By Addy Hernandez

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Eulogio Cañete was president of Doce Pares until his death in 1988. Supreme Grandmaster Cacoy Cañete has since succeeded him as president up to the present time.

Cacoy Cañete whose present rank is (Reserved) Captain served with the U.S. Armed Forces in the Far East (USAFFE) during World War II; during the Japanese occupation, Ciriaco Cañete served as 2nd Lieutenant Combat Intelligence Officer, Cebu area (guerilla forces). In 1945, he was transferred to the 38th Military Police Company, where he served as Chief Instructor in Defense Tactics and trained the 38th and 39th MP companies stationed in Dumanjug, Cebu; after training was completed, Ciriaco Cañete was Military Police Detachment Commander and was stationed in Balamban and Tuburan, Cebu until his discharge in 1947. He studied at the University of Southern Philippines and taught martial arts in various Cebu schools.

In 1947 the Doce Pares club reorganized. Ciriaco "Cacoy" Cañete was senior single Olisi (stick) instructor, at the Doce Pares club. He also taught pangamot (empty hand versus weapons). The single stick is a training weapon used to represent a short sword, machete (bolo, pinute) or knife. During this time Cacoy Cañete revolutionized the use of the stick, incorporating traditional linear strikes (corto orihinal) with hooking strikes, butts,

thrusts and developing a system of curving and circular strikes (corto kurbada); the strikes were used in conjunction with traps, locks, throws and disarms. Cañete began incorporating concepts of pangamot, ju jitsu and judo into his system as early as 1948; later incorporating aikido into his combat system. "Eskrido" or 'way of eskrima" was the name Cacoy Cañete gave to this revolutionary system of single stick combat.

By 1952, Cacoy Cañete was the chief instructor in single olisi, pangamut (empty hand techniques) and Eskrido; his brother Filemon remained the senior instructor in espada y daga or olisi y daga.

Cacoy Cañete was instrumental in popularizing Eskrima in the Philippines. During the 1970s, he met with other members of the Cebu Eskrima Society and



Six of the Canete Brothers in 1980
L-R (rear) Ciriaco, Rufino, Tirso,
L-R (front) Filemon, Eulogio, Silvestre

spearheaded the movement to create a unified regional and national tournaments

with sport rules, to popularize art of Eskrima. Up until this time, Eskrima matches had been fought with no rules and no protective gear; Eskrima skills were to protect oneself from multiple armed attackers.

In 1979 at the age of 60 he was champion of the 1st National Open Arnis Tournament in Cebu City and the 1st National Invitational Arnis Tournament in Manila. Both of which were sponsored by National Arnis Association of the Philippines (NARAPHIL).

In 1988, after the death of his elder brother Eulogio Cañete, Ciriaco "Cacoy" Cañete was elected President of the Doce Pares club. A position he continues to hold.

Because of his open mindedness and desire for knowledge, he has trained in many different styles of martial arts. Some of the styles he has learnt include

Ju Jitsu, Boxing, Kodokan Judo, free style wrestling, Shorin Karate and Aikido. With his acknowledged spectrum of skills through his lifetime of training, he has gained a deep insight and a broad understanding, with mastery of the concepts of self-defense and combat. The culmination of years of learning fused into the style that he teaches which is called 'Eskrido'. This style combines the refined essential elements of every martial art he has learned through his life.

Cacoy served with the USAFFE in the war years and stayed in the army service

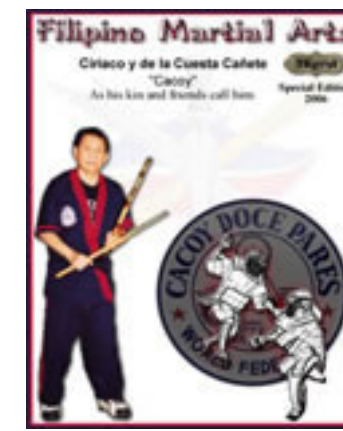
until 1947. He studied at the University of Southern Philippines and taught martial arts in various Cebu schools.

The remarkable Cacoy Cañete has been active in organizing tournaments, exhibitions and training programs in eskrima-arnis in the Philippines and foreign countries.

The legendary Ciriaco "Cacoy" Cañete of Cebu Philippines was a prominent, internationally known martial artist who travels the globe to share, teach and demonstrate his martial art skills to others. Supreme Grandmaster Cacoy Cañete promoted his art for self-defense, sport and personal being. Cacoy Cañete who was the last surviving member of the original Doce Pares organization is the only 12th Degree Black Belt and the highest ranking member of the famed Eskrima organization. However he has for a long time now been carrying the name Cacoy Doce Pares. He started Eskrima at age 7 under the oldest of eight, brother "Momoy". Grandmaster Cañete's list of achievements is extensive.



Remembering



FMA Digest Special Edition (2006)
 Ciriaco y de Cuesta Canete "Cacoy"
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FMA Digest Special Issue (2009)
 Supreme Grandmaster Ciriaco 'Cacoy' Cañete
 90th Birthday
Download: [Click Here](#)



Informative Issue No #92 (2013)
 Cacoy Doce Pares Eskrima Benefit Seminars
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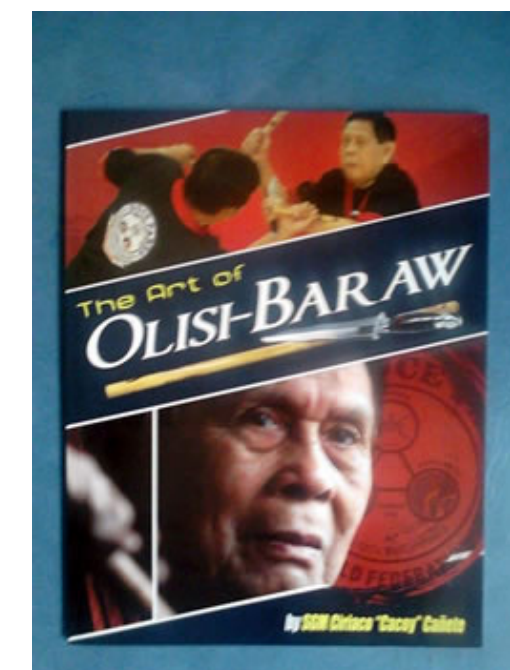


Informative Issue No #155 (2014)
 Supreme Grandmaster Cacoy Canete FMA Festival
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Informative Issue No #188 (2015):
 Cacoy Doce Pares
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"Olisi-Baraw" (Stick & Dagger)
 Supreme Grandmaster Cacoy Cañete



To all Eskrimadors and Stick-fighters,

At last! The Cacoy Doce Pares Headquarters in Cebu City, Philippines is very happy to announce the release of my father Supreme Grandmaster Cacoy Cañete's long-awaited 5th Book, "Olisi-Baraw" (Stick & Dagger), a combative form of the old Doce Pares classic form "Espada y Daga".

The 95 year-old Supreme Grandmaster Cacoy Cañete, President and Founder of Cacoy Doce Pares Eskrima-Eskrido-Pangamot is the last surviving founder of the oldest Eskrima organization "Doce Pares" founded by his late brothers in Cebu, Philippines in 1932.

Furthermore Supreme Grandmaster Cacoy Cañete was the first mixed-martial artist in his time since his training at age 6 under the tutelage of his older brother Supreme Grandmaster Momoy Canete who trained him in the classic form of Doce Pares Eskrima, Espada y Daga and San Miguel. He became an amateur boxer in his teens who then pursued further training in various Japanese Martial Arts such as: Jui-Jitsu, Kodokan Judo, Aikido, Wrestling, Shotokan Karate, Shorin Ryu Karate and lastly the Chinese Kung Fu.

As a result of his training in various martial arts since age 6 he invented "Eskrido", a combination of his updated version of Doce Pares Eskrima, Juijitsu, Kodokan Judo and Aikido.

Thank you for your continued support of Supreme Grandmaster Cacoy Cañete and his Cacoy Doce Pares Eskrima-Eskrido-Pangamot system.

Very respectfully yours,
Grandmaster Catherine-Kitty Cañete-Knight
 Vice-President for International Affairs
 Cacoy Doce Pares World Federation

If interested to purchase it is advisable to find friends who are interested in buying the "Olisi-Baraw" books the cost of the book with Shipping included, is cheaper. Here are the Prices Per Book (Shipping already included):

Note: Shipping from the Philippines is expensive. Price adjusted for shipping.

- 1 Book** = \$95.00 (this includes shipping)
- 2 Books** = \$60.00 per Book
- 5 Books** = \$43.00 per Book
- 8 to 25 Books** = \$35.00 per Book

To place an order to purchase a copy or copies of the book contact:
 Catherine-Kitty Canete-Knight through private message on Face Book - **[Click Here](#)**



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The Middle Ground Approach to Eskrima

By Mustafa Gatdula

By Mustafa Gatdula

If you were to go back in time, to the days when the great pre-Colonial Filipino warriors walked the earth, do you believe your combat skills would look like theirs? Would Lapu Lapu recognize the sinawali or your favorite sumbrada drills? Would you feel confident defending your family against the muskets and razor sharp swords and lances wielded by Spanish conquistadors who looked at you as no more human than a boar? Could you convince a Datu to allow you to teach his warriors to go into battle?

I guess my question is if you believe that your Filipino martial arts is as deadly as your websites say they are? Do you honestly feel like a lion walking among the lower animals, like a natural killer? Are you simply a businessman engaged in the lucrative product called “self-defense”? Or do you see this arts as simply a hobby or alternative to Pilates or Yoga?

When you train, do you train casually or like a fanatical madman?

When you spar/fight, do you often laugh and hold conversation, or do you treat every match or sparring session like a deathmatch?

Do you consider yourself a “modern” martial artist, or an “old school” Eskrimador/Arnisador?

The business of teaching the Filipino arts is very new. Prior to the 1970s there wasnt much tradition established in the way of running an actual martial arts school. You could probably count on your hands and feet how many Eskrima masters were actually making a living teaching their arts in commercial locations, save for a few who taught Eskrima alongside their Karate, Judo or Aikido clubs. While we do have many traditions and customs in our arts concerning conduct and interactions, we really don't have

much of a tradition that governed the best way to teach our arts and to teach entire student bodies. Even in many of today's Guros back home in the Philippines, many outside of the larger organizations learned our art almost exclusively one-on-one from our parents, uncles, grandparents and masters. We may have excelled because our teachers had sparring matches in their day, but hauled us off to tournaments—and did not have to deal with much politics or competition. In our learning, we did not have many classmates to train with, share ideas with, compete against. Some of us never had the privilege of befriending fellow Eskrimadors from other styles and schools, because our Lolo was the only Eskrimador in town (or he saw established Arnis clubs as competition).

I said all of that to make this point: The FMAs have largely been developed in the last 3 or 4 decades, and did so in a vacuum. We are still very young as an industry despite that our arts have been around as long as man has. This shift—from isolated art passed nearly father-to-son, to an art that has taken the global martial arts community by storm—has left us with some growing pains and many interdisciplinary conflicts and disagreements about what is best for young Arnisadors and Silat fighters of today:

- learn a style thoroughly and master it before moving on to other arts
- one must learn several types of disciplines (weapon base, empty hand, grappling base) arts to become “complete”
- cross train to experience other arts
- you must fight full contact or you aren't fighting at all
- you mustn't fight with rules or you aren't doing FMAs at all
- “Oh, we have that too, in our style”

- you need drill to build skill
- you don't need drills, just skills
- style need belts and forms
- the only belts you need are championship belts and the only form you need is perfect form (this one is mine lol)
- this art can be learned via distance learning or seminar series
- if you aren't training in person, you aren't really learning
- I've never heard of that master, he must be a nobody
- just because he's popular, doesn't mean he's the best
- what?? your master never been to the Philippines??
- the americans have the most progressive Filipino martial arts

I could go on. But I think you get it.

These types of discussions are very commonplace in the arts; such philosophical disagreements will always remain. However, unlike other arts, we have not been around long enough to see the outcome of years of various approaches come to fruition in order to truly make a judgment about them, based on actual results. Consider for example, the Mixed Martial Arts field. When they first hit the scene in the mid-90s, everyone concluded that “Stand up fighting is dead; it loses to Brazilian Jujitsu every time.” This was based on the outcome of a few fights the world watched, yet no one noticed that the organizer of the fights was the intended champion's brother. He didn't find the “best fighters on the planet” to fight his brother. He found refrigerator repairmen, he found aging amateur boxers, out-of-shape karate Black belts and declared them “Kenpo Masters”, in the world of actual champion fighters, he scheduled only one: a 50 year old Grandmaster and former full contact fighter, Grandmaster Ron van Clief. There was no invitation for the current

killers of the day, such as Dennis Alexio, Maurice Smith, and Andy Hug to participate. But simply based on what we saw, most martial artists immediately assumed that no martial artist could “stand up” to grappling. Then, in came kickboxer Maurice Smith. At that time, he was the first real kickboxer to enter the cage, and many grapplers of his time had never felt the kind of power a professional Muay Thai expert could generate. Where MMA guys once thought one could simply block a round kick and then duck underneath punches to take your opponent down—they discovered that a round kick could break your arm. We then changed our belief to “One needs Muay Thai and grappling, Karate is useless...” Years later (and I predicted it right here on this blog in 2009!) MMA fans got to meet Karate Black Belter Lyota Machida, who proved that you could win against MMA fighters with good old traditional Shotokan Karate. With a background of ten years of traditional point-style karate, Machida learned to close long ranges of distance much quicker than kickboxers and MMA fighters generally fought from. This, plus the fast tempo of point style fighting, gave Machida a great advantage due to speed, timing and tactics that many inside the cage had never seen. This allowed him to knock fighters out in both the K-1 as well as the octagon who were once thought too skilled to be taken out with backfists and round kicks. After what I call the “Age of Discovery” for MMA fans and fighters, you see that today there are fighters of all backgrounds, even Aikido and boxing, using their skills to some degree of advantage in the ring... and once upon a time, these arts were thought to be completely useless in the cage. Full circle, we endured two decades

of misconceptions to arrive at the idea that perhaps, it really IS the fighter and not the style.

Likewise, in the Filipino arts, we must hold our own experiments, arguments, discussions, and discoveries. And like many traditional arts, we must reject the “classical FMA mess” that our masters and even we have propagated and believed—in order to bring our thinking up to the modern times and into something practical and pragmatic. I wrote an entire series on this subject alone, entitled “Liberate Yourself from Classical FMAs”—a six part series you might want to check out. It is based on the notion that perhaps our teachers may be wrong about some things they taught us. Like any martial artists who might have told his students in 1996 that “Karate loses to BJJ on the street” or “99% of all fights go to the ground”—we must come to terms with the idea that yes, we were wrong, and we must update our thinking. In the Filipino martial arts we have such misconceptions that range from the extreme to the plain old lackadaisical:

- if it doesn't involve broken bones, it isn't Eskrima at all
- with drills, you don't need sparring because all sparring have rules
- you could learn Eskrima and defend yourself with no physical strength at all
- fitness is irrelevant with a knife in your hand
- we train for killing only
- one could actually learn Arnis in 4 weeks or 8 seminars and teach
- if you have never fought in an Arnis tournament, you'll never be able to use it for self defense

(The items on this list, by the way, are all things I've actually witnessed Filipino martial arts people telling students)

And here is the truth. Full contact fighting is necessary. One needs to experience the stick as a potentially bone-breaking weapon to completely understand Eskrima's



How to crush an eye socket

potential and what can happen if it is trained properly. However, in order to fight full contact, you will either have to train in a way that you must pad/protect yourself from real injury, alter the rules, or actually put yourself in harm's way to gain this understanding. There is no way you could fight this way and get the amount of sparring necessary to develop your reflexes to transfer your stick skills to knife fighting. Knife fighting, which most FMA people never engage in, requires the most amount of timing and reflexes before it becomes useful to you. The drills knife practitioners use hardly qualifies as “sparring” and honestly do nothing for one's fighting skill if we are talking about a real fight where one of you may die. Out of all the weapons, this aspect of the FMA needs the most sparring to develop, yet it is the one Eskrimadors practice the least. The closest substitute, or transferable skill, would be point fighting with the stick. Not quite as fast as knife fighting, Stick point fighting develops great eye-to-hand coordination, and teaches you the most about target awareness and protecting things we ignore in the full contact stick fighting, like the belly, the throat and the wrist. Not exactly targets one would pursue in stickfighting, but all you need is one good slash on any of those targets, and you don't just lost the fight... you die. I have fought in per-

haps 20 Arnis tournaments in my life, and never once have I ever been thrust or cut on my throat or belly, and honestly, the times I was hit on the wrist it might have been by accident lol. And please, let's not even get into the subject of FMA empty hand. But I will say this: Every Eskrimador claims to do empty hand. But when was the last time you attended an Arnis tournament and they actually FOUGHT with their hands at said tournament?

Competition fighting is vital because we all need to experience the psychological threat of winning and losing, the sting to our egos when we realize that there are fighters out there better than we are, and perhaps the nervousness of having several fighters we may actually fear—but we face them anyway three or four times a year. This cannot be developed in the classroom, and it sure won't come from a beloved classmate. There are many benefits to fighting strangers in a stressful, uncomfortable, unfamiliar setting. Why? Because that is life, and the FMAs are not a spectator sport—nor is it a pastime. You must be a participant.

And then there is the subject of training. Do you train until your hands blister and your forearms cramp? And then wait two days for them to heal and do it all over again? What is your maximum number of strikes you can throw before your shoulder gives out? Do you even KNOW what your maximum number of strikes is?

Training is another aspect we must explore in order for Eskrima to evolve. Most of us train in sessions where we sweat and tire, but never train until we drop. Do you understand what type of art Arnis actually is? I think not, for most people. Many of us treat the Arnis as if it were a majorette's baton. We twirl and twirl, and some of us even twirl to music (yuck). We have the neatest ways to strip a stick or make

it go flying. I've seen Eskrimadors fly through the air to take away a stick, do something like a cartwheel in a disarm, one guy looked like he was break dancing or doing some kind of Tony Jaa moves to disarm his opponent's stick. Yet at the core of Eskrima is the very real skill of taking a bolo and slicing once to amputate the opponent's forearm or halfway behead the opponent at the neck. We should be able to take a simple rattan stick and crush the opponent's skull with a downward hit, sever his carotid artery by smacking the side of his neck, hit him in the temple and force his eye out the socket. Unfortunately, many of your grandmasters were so enthralled in keeping up with Grandmaster Dan Inosanto's beautiful displays of sinawali and knife to hand translations, I doubt any of your grandmasters can actually behead a goat's carcass with a bolo or even pop a watermelon with a 1? rattan. These are skills the Eskrimador of the 1970s did; I watched them myself, and practiced on a 4x4 as a teen until I could do them myself. Have you even tried to break a watermelon with a stick?



Closer angle, eye socket

I have long said that at a minimum, an advanced Eskrimador should be capable of throwing 500 repetitions of his system's basic hits in one sitting. In my basic system, we have 6 strikes; in my complete system we have 24. I would like to suggest that when you get done with this article and the other articles I tagged, that you take ONE of your style's hits, and do them 500 times. If you cannot, then you have

your first goal in bringing your Eskrima to the 21st Century. The days of stick twirling and living with impractical views of Eskrima should be over. The Arnis by VHS phase should be over. Chakos are cute, but they are not what this art is all about. Filipino arts are not to be performed to rap or house music, they are not to be done with acrobatics, they are not about getting points and medals and trophies and certificates and the most youtube likes and shares. Before we discuss technique and demonstrations of possibilities with fighting, you must first ensure that you have developed your ability to use your stick/blade/sword/hand in a way that it destroys whatever it comes in contact with. Practicing a stick twirl is pointless if you can barely dent a watermelon with it. Get the lethal capability to use your weapons without the drills and techniques and combinations and forms—and then we can discuss all of that other stuff.

The Filipino art, at its core, is a simple art born of the stick, the machete, the dagger, and the empty hand. It was designed to stop a man from injuring your family in the most violent un-Christian, un-Islamic, brutal way possible. It was not developed to enable practitioners the false pride of being able to brag that you “kicked someone’s ass” or to go around starting fights. Arnis does not have much of a code like the I-Ching or Samurai code; Filipinos are simple, friendly, loving people. Yet we have a side that if you’ve made yourself an enemy, your family’s bloodline stops at you... and it does so in the worst of ways.

Now, of all you do in the arts—does your training live up to that philosophy?

Rather than inspire yourself from the writings of modern experts at selling DVDs and seminar certifications, let’s go back 500 years. Read what your country’s enemies said about the spirit of the people who created this art. Hope-

fully it will give you some insight into the kind of enemy your attackers should encounter in the unfortunate event that they choose to attack you. History fans may be familiar with it; this is the eyewitness account of Magellan’s death—



from the point of view of Antonio Pigafetta, written April 27th, 1521—in his own words: “When morning came, forty-nine of us leaped into the water up to our thighs, and walked through water for more than two cross-bow flights before we could reach the shore. The boats could not approach nearer because of certain rocks in the water. The other eleven men remained behind to guard the boats. When we reached land, those men had formed in three divisions to the number of more than one thousand five hundred persons. When they saw us, they charged down upon us with exceeding loud cries, two divisions on our flanks and the other on our front.

When the captain saw that, he formed us into two divisions, and thus did we begin to fight. The musketeers and crossbowmen shot from a distance for about a half-hour, but uselessly; for the shots only passed through the shields which were made of thin wood and the arms [of the bearers]. The captain cried to them, “Cease firing cease firing!” but his order was not at all heeded. When the natives saw that we were shooting our muskets to no purpose, crying out they determined to stand firm, but they redoubled their shouts. When our muskets were discharged, the natives would never stand still, but leaped hither and thither, covering themselves with their shields.

They shot so many arrows at us and hurled so many bamboo spears (some of them tipped with iron) at the captain-general, besides pointed stakes hardened with fire, stones, and mud, that we could scarcely defend ourselves. Seeing that, the captain-general sent some men to burn their houses in order to terrify them. When they

saw their houses burning, they were roused to greater fury. Two of our men were killed near the houses, while we burned twenty or thirty houses. So many of them charged down upon us that they shot the captain through the right leg with a poisoned arrow. On that account, he ordered us to retire slowly, but the men took to fight, except six or eight of us who remained with the captain.



The Death of Magellan, from a 19th century illustration

The natives shot only at our legs, for the latter were bare; and so many were the spears and stones that they hurled at us, that we could offer no resistance. The mortars in the boats could not aid us as they were too far away. So we continued to

retire for more than a good crossbow flight from the shore always fighting up to our knees in the water. The natives continued to pursue us, and picking up the same spear four or six times, hurled it at us again and again. Recognizing the captain, so many turned upon him that they knocked his helmet off his head twice, but he always stood firmly like a good knight, together with some others. Thus did we fight for more than one hour, refusing to retire farther. An Indian hurled a bamboo spear into the captain’s face, but the latter immediately killed him with his lance, which he left in the Indian’s body. Then, trying to lay hand on sword, he could draw it out but halfway, because he had been wounded in the arm with a bamboo spear. When the natives saw that, they all hurled themselves upon him. One of them wounded him on the left leg with a large cutlass, which resembles a scimitar, only being larger. That caused the captain to fall face downward, when immediately they rushed upon him with iron and bamboo spears and with their cutlasses, until they killed our mirror, our light, our comfort, and our true guide. When they wounded him, he turned back many times to see whether we were all in the boats. Thereupon, beholding him dead, we, wounded, retreated, as best we could, to the boats, which were already pulling off.”

At a minimum, your Filipino martial arts training should leave you terribly strong; possessing a good control over your anger so that even your screams can frighten your enemies; you should fear no man; pain and suffering should not paralyze you; your strikes, hits and thrusts should be destructive and swift; your feet should be quick, strongly balanced and evasive; your body must be hard and durable; your tolerance

for pain should be heightened to a mind-numbing level. You must learn from those who know about the body and how to destroy it to make your Eskrima more effective. (For example, to crush an eye socket, you must learn more than simply the angle used. There are very specific areas around the eye that will give you the injury intended. Go too high, you end up with not much more than a laceration or leaving the opponent with a knot. See the two illustrations above and hover your cursor over the images) It is these things—not fancy drills, forms, twirls and disarms—are what the Filipino martial arts can give the practitioner safety and dominance in combat. In order to achieve them however, the modern Eskrimador must design everything in his training to reach these goals. And sorry to disappoint, but weekend seminars and patty-cake-with-a-stick won’t get you there.

This is the philosophy I was raised in, and is the basis for everything you find on this blog. I implore you: Take a look at how you train. Many of the things your masters teach will point you in this direction, but many of them do not. You must find the middle ground to even things you may dislike, like hand conditioning and live stick sparring; but you must do them. Hopefully, in the next decade or so—we will end up with Eskrimadors and Arnisadors our ancestors would recognize.

Many Paths: The Middle Ground Approach to Eskrima

AKA “Create Your Own Path”.
AKA “Many Roads to the Same Destination”.
AKA “NO Way as Way”.

Something about experienced martial artists vs inexperienced martial artists, and so-called “cocky/arrogant” martial artists vs insecure/unsure martial artists... They will always point the fingers at each other and disagree, arguing endlessly. Why does the debate last forever? It’s simple.

Two cocky martial artists who disagree will end up fighting, leading to a conclusion—an end to the discussion. Two insecure martial artists will argue until one steps out on a limb and challenges the other, knowing that neither one of them truly want to fight, and that ends the discussion. Two experienced martial artists will argue and one of two things will happen: They will see the other view without a fight, due to their insight and maturity in the art—and end the argument. Or they will agree to compare notes... in other words, have a match. Two inexperienced martial artists may or may not fight, but even if they do have a match, neither may learn from the experience—at least until years later after much reflection—but temporarily, they will have ended the discussion the same way the two insecure or two cocky martial artists end their debate. But

get two martial artists who are very different from each other—one knows better while the other is living in a fantasy land, but neither will be able to connect on the same intellectual or skilled level—that debate will go on forever.

This is why I will not argue long with a man I’m sure I can beat, nor will I engage non-equals in terms of knowledge and experience. By the way, I should say that I do not consider “experience” the same as “time in the art”. “Experience” in my book is a martial artist who has had a lot of matches using his art—regardless of the format. As long as he has touched fists or crossed sticks with strangers, I consider that experience. These 10+ Black Belt-having seminar-hoppers are not “experienced”. Nor is the guy who has just been around a long time but thinks his style is too deadly to spar with. Nor is the guy who “doesn’t do the art for combat”. If I were you, before engaging in these long, philosophical arguments online with a guy who lives thousands of miles away, and has zero chance of encountering you anytime soon (like this lifetime)—save your energy.

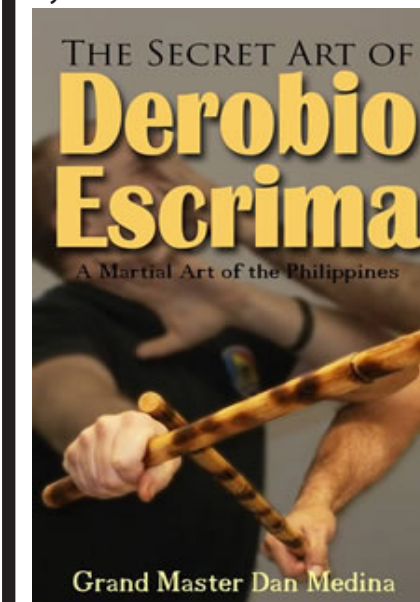
What is ironic about much of this arguing about the martial arts, is that you may both believe in the same goal, the same values, but he’s saying the best way to get to the top of the mountain is the north road, and you think it’s the south. If we could fast-forward fifteen or twenty years,

you may both end up with the same wisdom, the same skill, probably even swearing by the same values you once argued with. I have found this in discussing religion, politics, sociological issues... few of us want different things. We just think the methods to getting them can be classified as “right/wrong” instead of “liked/disliked” or “better/best”. In the art of combat, the only thing that matters is if a student can truly defend himself when it matters, but we have experts arguing with each other whether doing a kata will prevent him from learning to fight or not. It’s silly.

And it’s an argument that can be resolved in three minutes. What you choose as the method by which you arrive to that level of skill is a matter of experience. Many martial artists who why away from any form of combat will simply never discover if his art actually works—and I call these Masters “inexperienced”. They have yet to experience the art, instead, choosing to simply teach classes and hand out rank instead. On the other end of the spectrum, you have the guys who reject anything that doesn’t involved bruises and leather-covered fight gear. They discover what works every day, every time they step in the ring. They are confident. They have learned many lessons about what to do and what not to do. They will jump at the chance to prove their point if you offer them to step

The Secret Art of Derobio Eskrima

By Dan Medina



In The Secret Art of Derobio Eskrima Grandmaster Dan Medina will take you on a journey into the lives and history of two of Leyte’s Legendary Men. One was considered to be one of the Philippines most dangerous rebels, a leader of the Pulahan Movement who later became a patriot, General Faustino Ablen (aka Papa Ablen). The other was his disciple, Grandmaster Braulio Tomada Pedo, who is not only remembered for his kindness and physical and spiritual healing skills, but also for his great ability in Filipino martial arts. In this book, Dan Medina sheds light into the deadliness of this bone and joint crushing art.

The Secret Art of Derobio Eskrima is the first look into this amazing battle tested art. Not only does it take you through the basics of Derobio Eskrima, it also gives you a glimpse into the art’s inner workings of countering. This book is written with the student in mind and will take you beyond the basics. It’s designed to walk you through the principles and theories behind striking, blocking, counter attacks and locks. Of great interest is the counter to counter movement of Derobio Eskrima, which sets this art apart from other arts. It’s like the standup grappling of the Filipino martial arts with weapons. It teaches you how to move with the opponent’s force, taking and using their energy and flow against them. The stick locks which have made this system famous will make you want to jump out of your skin.

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on the mat.

Sort of.

See, the Filipino art is unlike most other arts in that our arts really ARE too deadly for the ring. In order to carry this art onto the mat, you must take away the very things that make this art a "Filipino" art. But that doesn't mean you shouldn't put those things away occasionally and see what guys on the other end of the philosophical debate are talking about. Fighting and self-defense is not always about killing and razor-sharp blades. Think back to the last actual physical confrontation you had (or your first). Who was it with? An enemy from across the ocean? Or your cousin after he's called you a name? Perhaps it was you an a neighborhood Don Juan, battling over the affection of a girl? Maybe a friend who had too much to drink? Or you had to break up a fight between your buddy and his brother in law? Are you a security whose job requires you to put out unruly patrons? Chances are pretty good, that the last time/ first time you actually had a fight, pulling out your balisong and thrusting it into your "opponent's" throat was inappropriate, am I correct?

And this last point is why I say "Find a middle ground". If you train for life or death Eskrima, it would be very unlikely that you could use those skills in your last few altercations. Even if you fought full-contact stickfighting, cracking your brother's skill with a kamagong is NOT the answer to him slapping you for telling an embarrassing story about him. As martial artists, we have to be versatile. We cannot afford to lean too much in one direction or another, nor should we ignore other types of skills—even if we choose to specialize in others. No style of fighting, no specialized skill in the arts is a cure-all for every situation. Nor are they applicable. So that confident fighter who plans to teach you a lesson in

the ring might not want to do so after seeing that instead of picking up a pair of boxing gloves—you pull out a switchblade. There are many roads to self-defense, and no single road is King to the other.

That said, as a martial arts teacher, you would want to have the ability to train your students in many different styles of training and fighting. Even if they request a style you are not an expert in, you should at least know HOW to do it, and perhaps after exhausting your range of knowledge—you hand them over to another master. This is something I loathe in the arts; when teachers claim to know everything and bar students from expanding their knowledge because said Guro wants to act as if there is nothing out there he does not know. When students come to me for training, I tell them what I am skilled at. Often, they are okay with it and we roll, even if they were interested in something else. My advice is to learn what I have to offer; get your basics from me, and then you will prosper wherever you go. It's honest advice, unless they are asking for something I simply cannot teach. I have students under me who have been training for 7, 8, even ten years—who have spent a few of those years studying with a small network of teachers I work with for things I am not qualified to teach. I have sent students to BJJ teachers, wrestling coaches, fencing teachers, point fighting experts, and more. Teachers must care more about their students' skills and goals than they should their own egos. When a student needs more from me than I deliver, does it hurt? Not anymore. It did ten years ago when I tried to learn everything under the sun. However, as I got older, I realized that I didn't feel right teaching grappling when there are true grappling experts right in my city, although I have trained for years in several styles of grappling. I cannot with a

good conscience open a boxing program in my school, although I have boxed for over a decade—when we have three national contenders training fighters within 20 miles of my gym. As the saying goes—if you cannot be the best at it, why do it at all?

But the limited knowledge I do have in these things can benefit my students, so I teach what I know, and if students want more—I refer them. And rather than break away from my Eskrima, Kung Fu and Kuntaw to teach a boxing class, I find ways to either incorporate the benefits of boxing into those arts—or I teach how to beat them. Each experience you get in the art helps to build your students. Point fighting develops good speed and timing. Full contact fighting develops good speed and timing while using power—as well as teaches the student to deal with power. Boxing teaches students to fight while utilizing only the fist. Olympic style fighting (TKD style) teaches them to fight while relying on their feet. Stickfighting teaches them to actually hit and stop hits, with the stick. Contact stickfighting teaches them to withstand, respect and wield power with those sticks. Fighting with grapplers teaches your fighters to remain on their feet if they so decide to. Imagine if I neglected all of those skills to just teach the one I know best. Even if a teacher knows one format of fighting best of all, he should not completely ignore the others, unless he simply knows nothing about the other styles. In which case—cross training/cross-fighting may be in order.

And there is a difference between specializing and being well-rounded. When it comes to the weapons, I do not believe in amidexterous training. The weapon is best utilized with the hand you are most effective with. If your strong hand is not skilled enough to beat an opponent, and that hand is injured by

the opponent, switching to the weaker hand will not save the fighter against the opponent. This is, after all, a weapons fight—and this is much more serious business than a mere fist fight. If you were fighting to the death, which is all a bladed fight should ever be (there is no middle ground in bladed fighting), you want to bring the full-lethal potential you can. Training the weak hand neglects your strong hand, even for a short time, and this ensures that you will never reach your full potential with that strong hand. This is one of those things I will not argue, nor bend, about. It simply is the truth.

As much benefit as what the student can gain from fighting—competition, simulated, and real—we must still resist the urge to ignore other forms of training as well. One of the most neglected forms of practice in the Filipino martial arts in basic skill development. Eskrimadors will work drills till blue in the face, and go directly from that to prearranged sequences, and then on to sparring. A good mix, but what about putting down the drill for a second and simply developing the individual strikes, one at a time?

Ask an Eskrimador to demonstrate his power, he will show you only two strikes. A downward power blow, and an outside to inside power blow. What he will not demonstrate is a backhand, a low shot, a thrust, an Abaniko/fan strike, a circular strike, or a slash. Why is that? Because these are strikes inexperienced Eskrima teachers expect to do damage simply because you throw them. Either that, or the Guro will say "don't use these in a fight because they don't generate enough power." (Yes, I've actually seen a video where a teacher says that.) This is proof that there is much that needs to be developed in Arnis, the fact that you do not have actual lethal, destructive ability with every

basic strike in your system. Why even go on to intermediate/advanced skills, when your basic backhand strike lacks the power to inflict damage on the opponent?

How about fighting strategy? Not many Guros are teaching much in the way of strategy as well. Look at everything you've learned or taught in the last 6 months in your Eskrima classes. If I gave you a stick and told you to kill a man, what did you teach or learn in the last 6 months that would kill him? Did you in fact, study

anything addressing how to kill at all? Considering that some schools don't teach killing with the stick, let's bring it down a notch. What in the last month did you learn or teach, that you could use to actually attack him with? I can tell you something, I have been watching Arnis/Eskrima/empty hand Filipino martial arts classes for the last four decades, and outside of my own schools, I have never seen a teacher teach his students how to initiate the attack for anything other than competi-

tion stick fighting. EVERYTHING I've seen involves the opponent attacking you first, and then standing there while you go through strike patterns and templates or whatever. Everything has been defense oriented, countering—nothing and defense is good, but for FMAs to be fully effective and relevant in the 21st century—students must learn to attack with these skills. Not just go through drills. Not just disarm.

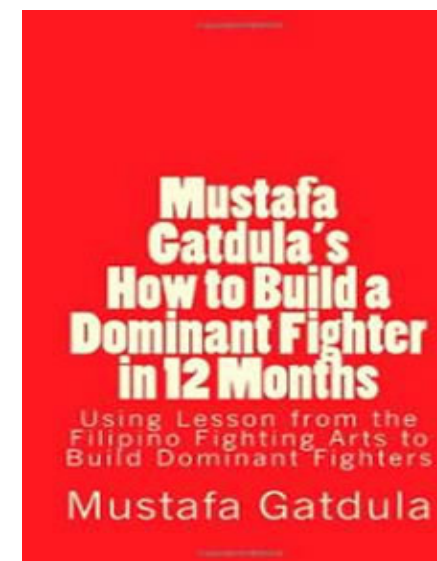
Not just block. But take that stick or knife, and finish off the opponent.

Like I said, find the middle ground. *Filipino martial arts should be part competitive, part philosophical, part physical fitness (we didn't touch on this much, but too many Filipino martial arts classes ignore serious fitness, as if fighters don't need to be fit), part strategic, part psychology, part training, part fun.*

"Secrets" of the Filipino Fighting Arts

Words from a Modern-Day Warrior
filipinofightingsecretslive.com

Mustafa "Maurice" Gatdula is Filipino Martial Arts instructor based in Northern California, with branches in the Washington, DC area. He teaches Jow Ga Kung Fu, Kuntaw, and Eskrima full-time in his school in Sacramento, with satellite classes around Northern California. His school is called the Typhoon Philippine School of Martial Arts. His specialty is fighting—stick and empty hand.



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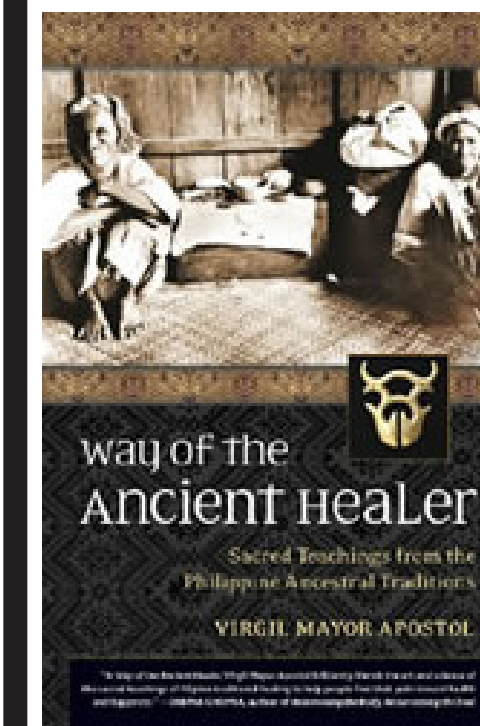
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Way of the Ancient Healer: Sacred Teachings from the Philippine Ancestral Traditions By Virgil Mayor Apostol



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.

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Tools for Training Filipino Kali Alone

By Leslie Buck



The more frequently you train, the sooner you will see your skills develop. Having the right tools and having an area setup for training will encourage you to do it more often. Whether you have a dedicated space or have to go to the park may change how you prepare, but there are a few essentials you will want to have. Below is a list of tools that will facilitate your training as well as some suggestions for setting up a training area.

Essential Tools

These are some of the primary tools you will want to have available for training.

Sticks

Though you can get a lot of training done with just one stick, having a variety can add other dimensions to your practice. Here are some options below.

Rattan Sticks - Rattan sticks are the primary training tools for training the Filipino martial arts. At the very least, you want to have a pair of rattan sticks. These can be used for striking or placed on the ground to serve as a template for your footwork.

Lightweight Sticks - For speed training, it is helpful to have a pair of light sticks. Though these will not hold up well for impact, they will help you get a feel for speed when practicing. Often thin rattan sticks will serve this purpose. Use these for testing your limits with quick combinations, jabbing attacks and witiqs.

Heavy sticks - Heavy sticks will

help you develop fluid strikes and build strength. You have to be careful not to put too much stress on your wrist, elbow and shoulder, but when used properly, a heavy stick is a very useful tool for developing your Kali skills. Heavy sticks can be made of plumbing pipe, hardwood, or even plastic rod.

Sticks of Different Lengths - Though there may be an ideal stick length for you determined by your body proportions, the actual weapon you are training for or your particular system, it is still useful to train with sticks of various lengths. You will find that using different lengths from time to time will help you become more versatile. One of the advantages the Filipino Martial Arts has is the commonality in mechanics across weapon types. If you train with sticks of various lengths, you can enhance your ability to apply your skills with many different weapons whether long or short.

Extra Durable Sticks - When training for impact you need sticks that will last. Rattan is good because it can absorb some of the reverberation caused by impact. However rattan will break down with impact training. Plastic rod or metal pipe is useful for hitting tires, but it can also put more stress on your joints, so work up to it gradually and be careful not to develop overuse injuries by doing too much. If you do use rattan for regular impact

training, use your older sticks or some that are more rugged.

Electrical Tape - Rattan sticks are perishable. The more frequently you hit them together or you hit tires, the more quickly they will deteriorate. Electrical tape will extend the life of your sticks. When they start to fray, add some electrical tape to the damaged area. Though duct tape sounds like a good idea, it can become a sticky mess. Other tapes may be stronger than electrical tape, but many of them become slippery when you grip them. Electrical tape will flex well with the stick. Also, it will not leave too much adhesive on the stick when it gets torn during use. When the tape tears from practice, just pull off the torn tape and apply more.

Training Blades

Training Knives - In addition to sticks, you will want to have some training knives for practice. Softer ones are better for sparring and hard contact drills with a partner. More rigid training knives are better for disarming drills. Longer knives may resemble traditional knives more, but shorter ones will likely be more similar to your everyday carry knife or knives.

Long Training Blades - To perfect your blade awareness skills, a long blade that has a simulated edge is very useful.

These can range from a simple, thin flat board or wedge-shaped stick to a realistic plastic or metal replica blade. As long as it helps you see where your blade edge is, then you can benefit from using it. However, the more like the real blade you intend to fight with, the better it will serve you. By having a training blade that has a similar grip, weight and balance to the real blade, you will find that the transition from one to the other is easier to make.

Whiteboard - I like to have a whiteboard available during my training to post the techniques or skills I want to develop. I can quickly jot down any thoughts on the board during training, then transfer them to my journal afterwards.

Training Area

If you have the luxury of setting up a training area,

there are a few more items that will enhance your training.

Striking Dummy - Much like a boxer can learn to generate power, practice combinations and develop conditioning on a heavy bag, so can you with a striking dummy. One of the most common and cheapest solutions for this is using tires. You can construct a column with multiple tires placed over a mounted post, hang a single tire from a tree or build an elaborate dummy to give you multiple targets high and low. A portable solution is a single tire with a bungee cord or tie-down straps.

Footwork Patterns - In a dedicated space, you may consider painting triangular patterns on the floor to act as a template for practicing your footwork. Otherwise, using your sticks or sidewalk chalk to make patterns on the ground will help you when you are perfecting your footwork skills.

Striking Patterns - Using painter's tape on a wall, dry erase markers on a whiteboard, or even chalk on a fence, draw triangles, exes, stars, etc. that help you make your striking combinations more precise. Simply follow them when perfecting the angles of your strikes or use them to help you imagine intersecting the strikes of your opponent.

Other Useful Items

Here are a few more things that you may find useful for your training.

Training Notebook - Keep your training notebook handy to record any techniques you want to review or note anything about your practice session.

Timer - Whether it be a kitchen timer or your mobile phone, a timer will help you stay fo-

cused on specific drills, push yourself during a conditioning session, or simply keep you from wasting time when your schedule is tight. If it has a par timer feature, you can use it for speed and timing drills.

Video Camera - Use a camcorder and tripod or smart phone with a stand to record your training. Analyze your progress and diagnose your mechanics by watching yourself during your training session.

Gloves - Unless you are a sushi chef or a hand model, I don't recommend your wear gloves all the time, but if you are doing a lot of impact training, you will develop blisters. A little is ok, but too much will interfere with your training. Some light baseball batting gloves or gloves with a gripping surface will help you when your hands start to break down.

First Aid Supplies - Whether you caught your balisong wrong, burst your blister while hitting a tire, or tried live blade for the first time, some basic first aid supplies are useful to have.

Otherwise, there are a few other items that are a

matter of personal preference to have with you, such as water, music, etc. It's up to you.

Conclusion

One of the benefits of learning the Filipino martial arts, is that very little gear is actually needed. However, having a variety of gear will help you focus on specific skills. Having a dedicated training space is not required, but it will help you get into the mood for training and make it convenient to pick up a stick and go.

The items described above are just the basic tools, there are certainly more you could add. Gather these items as you see a need for them, and good luck with your training.

If you need some economical rattan sticks for impact training in the Filipino Martial Arts, check out what we have at Kali Gear. Our rough rattan sticks are just as durable as a regular stick, but they are cheaper because they are not as smooth. Let us know if you want them to be light, medium, or heavy, and we will find the right fit for you.

Otherwise, there are a few other items that are a

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Nobody Is Wrong if Everybody Is Right

By: Addy Hernandez



Video: [Click Here](#)

In my observation, most people are two-dimensional thinkers; they get information and then they think they know it. The knowing itself becomes a truth to which one holds steadfastly. This is most glaringly obvious in people who need to be right. They encounter the world through

a closed-minded lens, but really, nobody's wrong if everybody's right. Being "right" in a "knowing" stance leads to conviction, often without careful consideration of the information source or an embracing of the perspective of reasonability. We read books, surf the internet,

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overhear a conversation, listen to the radio, attend a seminar and then earnestly hold on to what we have supposedly learned. As students of the martial arts we have an instructor or grand master who imparts training, and this is experienced as 'knowledge' by the student. Let me give you an example of an instance where I too fell under the 'knowing' spell. When I was first taught heaven 6 from the Filipino martial arts world, I felt, within a few months of training, I had achieved

command of this sinawali (weave or pattern). Then I attended a seminar from the legendary Dan Inosanto and realized once a student learns heaven 6, there is earth 6, and once that is learned, there is heaven and earth 6-count. Low and behold, at the seminar, Dan explained to me there are 64 variations of heaven 6 and heaven and earth. Through my own understanding of heaven 6, I discovered that with reverse grip there are 256 variations. When we add punyo, heaven 6 with

multiple levels, this generates thousands of variations of heaven 6. To add insult to injury, I attended a Professor Remy Presas seminar on Modern Arnis, and realized the heaven 6 I learned is actually a variation of the brush, grab, strike empty hand version of heaven 6. Once again, as my experiential understanding expanded on heaven 6, I realized then this can be done with a knife, standard grip or reverse grip, a stick and so on. When I first "knew" heaven 6, I had actually only scratched the surface of the discipline.

Not to discount the value of information and education, but history has taught us throughout the ages that the process of knowing is constantly in flux. So why do we hold on with white knuckle fervor to our truths, when any and all truths are transient and always evolving? Let us go back in time 100 years ago

to 1915. What exactly were known "truths" of this time? Women were not allowed to vote and Jim Crow laws enforced the widespread segregation and repression of Blacks. Radio, magazines, print ads and paper publications were the only available form of media and information dissemination. In 1915, there were only a handful of vaccines and DNA was undiscovered. There were 100 million people and 2 million cars in the US. About 5% of married women worked outside of the home in 1915, compared to about 60% today. We had not seen galaxies outside of our own, plastic hadn't been invented and the atomic nucleus hadn't been discovered. The nature of "truth" is reflected not only in our global history but our personal timelines as well. Think about what was true for you at 5 years old. Is it true for you now? The most we can say

about truth is that it is part of a constantly moving process. And for every century that has come before and every century that is to follow, truth will be constantly evolving. In 100 years, all 7 billion of us will be gone, replaced with new humans forming new societies and new ideas. In fact, I propose that the real value offered by our current "truths" is in their provision of a foundation upon which we stand to reach for and understand the next truth, and the next, ad infinitum. This is applicable in any endeavor, any and all walks of life, whether you are a doctor, an engineer, a lumberjack or a mechanic. We get information and hold on to our truths, and ultimately only through experiential understanding

do we gain depth. If 'knowing' is two dimensional (width and length on an XY axis), then experiential understanding takes us along the Z axis and represents the third dimension of thinking and processing information.

In martial arts, the only stable base is an adaptable one. In the mind, the only superior intellect is an evolving one. If one becomes consciously aware of experiential understanding, one is able to move through life with a clarity of intention. Once that process is ingrained in daily living, we embark on the fourth dimension, which is time. Clarity of intention coupled with experiential understanding begets wisdom, and in my perspective, the ultimate fighter is a wise fighter.

Warrior Athlete Philosopher

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About ...



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Filipinia Mestiza [1885]

(Druck und Verlag von Wilhelm Hoffmann, Dresden, 1885)



"Many of the mestiza women and girls are beautiful, with a soft olive complexion, red lips, pearly teeth, and liquid black eyes. Their hair, like that of the native women, is of a glossy black, reaching frequently to the ground. They are very proud of it, and also of their small feet, when endowed with them by nature. To enhance the seeming smallness of their feet, they often wear slippers much too small for them, and leaving one or more of the toes outside. They are lithe and graceful

in movement and are famed for their dancing. Those educated in the convent schools are trained in music and possess other accomplishments.

The fair mestizas wear the native dress, the camisa, or waist, and the panuelo, or neck-kerchief, being, with those of wealth, made of the beautiful and costly piña, or pineapple silk, which is handsomely embroidered.

This dress, with the gay-colored skirt and long train, is very pretty, and is so comfortable in its adaptation to the climate that many of the European ladies wear it as a home attire.

The characteristics of the Spanish mestizo soon disappear if not maintained by admixture of blood in the second or later generations."

Charles Morris,

Our Island Empire: A Hand-book of Cuba, Porto Rico, Hawaii, and the Philippine Islands. J.B. Lippincott Company, Philadelphia. 1906

[Posted by I.J.R. Andres]

Girls Basketball Team

Real Photo Postcard [RPPC] AZO, circa 1915



The American colonial government first introduced basketball in the Philippines in 1910, making it part of the physical education curriculum in schools. It was originally intended as an activity for girls, as baseball and track and field were deemed too rough and intense. The nation is one of the world's first nations to play basketball, and the sport debuted in the country only 19 years after it was invented in 1891.

Besides the United States, it's hard to find another country that has played the sport as seriously and for as long as the Philippines. It's also home to the second oldest basketball associations in the world, as well as Asia's first professional basketball league.

Manila Carnival [Philippine Exposition], Manila, 1938



L to R: Belen de Guzman [Miss Visayas], Guia Balmori [Miss Philippines], Rosario Ferro [Miss Luzon], Marina Lopez [Miss Mindanao]

It was during the US occupation that beautiful Filipina women were first officially honored with titles, beginning with the most prestigious title of "Carnival Queen" [of the Manila Carnival]. In 1907, the American colonial government decided to establish an "institutional Carnival" in Manila as an "alternative to insidious, uncontrolled fiestas."

The Manila Carnival was intended as an Oriental adaptation of the famed customs of the south of France, of Italy, Spain and Latin America. The first Manila Carnival occurred in February 1908 at the Luneta.

The Manila Carnival served as a commercial fair to promote business and as occasion for the national athletic championships. The athletic spectacle spurred town and tribal rivalries while fulfilling the Filipino love of festivals and pageantry.

The famous Manila Carnival featured cultural, industrial and commercial exhibits, the regional and Miss Philippines candidates along with local talents in staged shows and comparzas.

The festivities culminated in the crowning of the king and queen of the carnival on the last night. The Manila Carnival occurred in February each year at the Luneta [Wallace Field] until 1939.

-- Ian-James R. Andres --

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- Gerald R. Gems, The Athletic Crusade: Sport and American Cultural Imperialism University of Nebraska Press, 2006. p.59

The Philippines National Basketball team has consistently qualified and competed internationally since 1936, and for many years was considered one of the best basketball teams in the world.

Basketball is to Filipinos what football is to Brazilians. Basketball is the national pastime. Visit the Philippines and you will find that basketball is everywhere – played anytime, anywhere, with anybody and in any form.

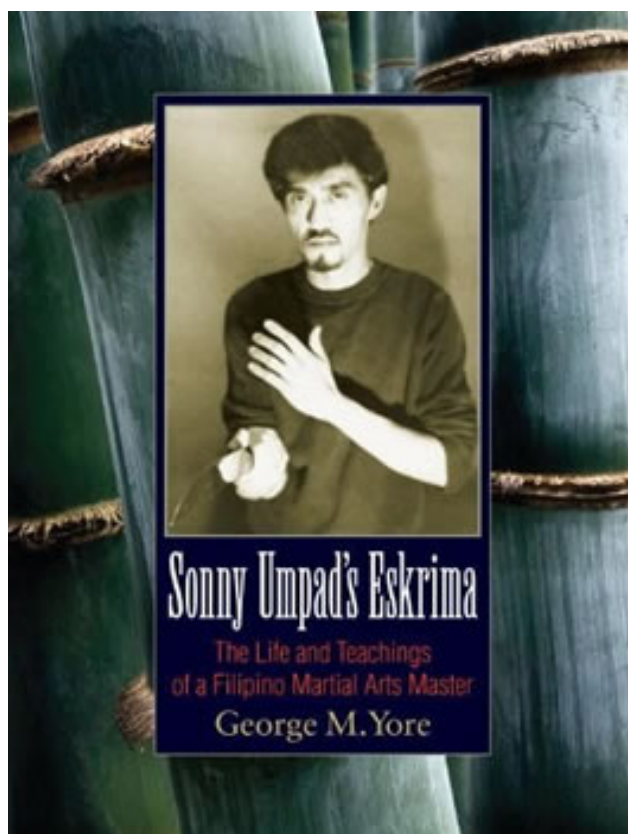
From the courts in schools and residential estates, to public courts and hoops found on every street corner, you'll hear the familiar thud of a dribbling ball or the clang when it hits the hoop.

One thing typically unites a nation. For some, it's culture. For others, religion. For others, sports. For the Philippines, it's basketball – a sport that transcends age, gender, social class and generations.

Source: Basketball's Deep Roots in the Philippines News.Nike.com [February 05, 2013] (I.J.R.A)

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.

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Shakira Andrea Sison is a two-time Palanca-winning essayist. She currently works in finance and spends her non-working hours writing stories in subway trains. She is a veterinarian by education and was managing a retail corporation in Manila before relocating to New York in 2002.

Shakira Andrea Sison is a two-time Palanca-winning essayist.

Martial Law Stories Young People need to Hear

By Shakira Sison for Rappler

Originally Published Bantayog ng Mga Bayani

Majority of comments on articles about Martial Law seem to be from staunch defenders of that era. There are and will always be citizens who see those years as an era of peace and prosperity in our country.

We don't need to debate that. Instead we simply need to tell, retell and listen to the stories of those who survived those years. As the younger generation we need to do our own research, take the blinders off our eyes and learn what exactly life was like during Martial Law before coming up with flowery images of those years as a beautiful moment in history.

Silence by force

You would never have seen an article such as this as I would have already been taken, tortured, and killed for my opinions. If Martial Law were still in effect, bloggers who wrote anything even remotely critical of the government or its cronies would be jailed like they do in other countries.

There would be none of your Facebook rants about the administration, Metro Manila traffic, or even the outfit a politician is wearing. In fact, there wouldn't be Facebook, Instagram, and Gmail in the Philippines the way these websites are banned in China.

If I wrote during Martial Law, I could be taken from my home the way 23-year-old Lily Hilao was for being a prolific writer for her school paper at the Pamantasan ng Lungsod ng Maynila.

In April 1973, Lily was taken by the military, and was raped and tortured in front of her 16-year-old sister. By the time Lily's family retrieved her dead body, it bore cigarette burns on her lips, injection marks on her arms, bruises and gun barrel marks. Her internal organs were removed and her vagina was sawed off to cover signs of torture and sexual abuse. Liliosa Hilao is considered to be the first female casualty and martyr of Martial Law.

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Zero criticism

Martial Law engineer Juan Ponce Enrile defined subversion during a 1977 BBC interview: "anybody who goes against the government or who tries to convince people to go against the government – that is subversion." Proclamation 1081 gave the military the authority to arrest, detain, and execute anyone who even dared to breathe sadly about the Marcos administration.

Archimedes Trajano was only 21 when he questioned Imee Marcos on why she was the National Chairman of the Kabataang Barangay during an open forum. He was forcibly taken from the venue by Imee's bodyguards, and was tortured and thrown out of a building window, all because the presidential daughter was irked by his question.

Maria Elena Ang was a 23-year-old UP Journalism student when she was arrested and detained. She was beaten, electrocuted, water cured, and sexually violated during her detention.

Dr Juan Escandor was a young doctor with UP-PGH who was tortured and killed by the Philippine Constabulary. When his body was recovered, a pathologist found that his skull had been broken open, emptied and stuffed with trash, plastic bags, rags and underwear. His brain was stuffed inside his abdominal cavity.

Boyet Mijares was only 16 years old in 1977 when he received a call that his disappeared father (whistleblower and writer Primitivo Mijares) was still alive. The caller invited the younger Mijares to see him. A few days later, Boyet's body was found dumped outside Manila, his eyeballs protruding, his chest perforated with multiple stab wounds, his head bashed in, and his hands, feet and genitals mangled.

Trinidad Herrera was a community leader in Tondo when she was arrested in 1977. In this video she recounts being electrocuted on her fingers, breasts, and vagina until her interrogators were pleased with her answers to their questions.

Neri Colmenares was an 18-year-old activist when he was arrested and tortured by members of the Philippine Constabulary. Aside from being strangled and made to play Russian Roulette, he witnessed fellow detainees being electrocuted through wires inserted into their penises, as well as being buried alive in a steel drum.

Hilda Narciso was a church worker when she was arrested, confined in a small cell, fed a soup of worms and rotten fish, and repeatedly gang-raped.

Necessary methods

60,000 were arrested during the first year of Martial Law alone, and many of their stories will never be told. Michael Chua wrote a paper detailing the torture methods used during the Marcos regime.

Aside from electrocution of body parts and genitals, it was routine to waterboard political prisoners, burn them using cigarettes and flat irons, strangle them using wires and steel bars, and rub pepper on their genitals. Women were stripped naked, made to sit on ice blocks or stand in cold rooms, and were sexually assaulted using objects such as eggplants smeared with chili peppers.

Forty-three years have passed. Time, as well as the circus that is Philippine governance make it easy to forget Martial Law as the darkest and most terrible moments in Philippine history. Many of its victims have died or have chosen to remain silent – silence being most understandable because these stories are truly difficult to remember, and much harder to tell.

Stories need to be told

Yet these horrific stories need to be told over and over until we realize that the pretty cover of the book of the Marcos years is actually full of monster stories. We need to bring the graphic accounts of torture and murder to light so that those who rest comfortably in their illusions that the Marcos years were pleasant will at least be stirred.

Instead we often hear from those who want to erase the evils of the past, those who tell us that these young people, many of them barely past their childhoods when they were tortured and killed, were violent rebels who sought to overthrow the government. Never mind that it was one of the most corrupt and cruel dictatorships the world has ever known, and that it was by the efforts of these young heroes that the reign of the Marcoses ended.

Majority of Martial Law victims were in their 20s and 30s at that time – the same age our younger citizens are now – those who have the luxury of shrugging off the Marcos years as a wonderful time. Unscathed by a more cruel past, the younger generation is only too eager to criticize the current state of our government and our people as being undisciplined and requiring an iron fist such as the one Marcos used to supposedly create peace in the past.

They forget that if we were still under Martial Law (or should it return), such sentiments of "subversion" could cost them their lives, and that the same freedom and voice they use to reminisce about a time they know nothing about would have been muted and extinguished if we did not have the democracy we enjoy today.

Hindsight is always 20-20, as they say. It's convenient to look at the past with rose-colored glasses instead of memories of needles in your nail beds, electric wires attached to your genitals, and a barrel of a gun thrust inside your mouth, the way thousands of Martial Law victims suffered and still suffer to this day.

Just because it didn't happen to you or your family doesn't mean it didn't happen to more than 70,000 victims during that time. Just because you were spared then doesn't mean you will be spared the next time this iron fist you wish for comes around.

Philippine History, June 24, 1859, (Marcela Agoncillo was born in Taal, Batangas)

The Kahimyang Project

kahimyang.info/kauswagan

On June 24, 1859, Marcela Agoncillo, the maker of the Filipino flag, was born in Taal, Batangas to Francisco Mariño and Eugenia Coronel.

Marcela was reputed to be the prettiest in Batangas so she was fondly called "Roselang Bubog" and like any daughter of a rich couple, a maid or an elderly relative always accompanied her. She was sent to study at the Sta. Catalina College run by the Dominican nuns in Intramuros, Manila. It was in this school that she was trained well. She learned Spanish, music, crafts, and social graces expected from a Filipina of social stature.

A noted singer and one who occasionally appeared in zarzuelas in Batangas, Marcela attracted many suitors but it was the rich young lawyer, Don Felipe Agoncillo, who won her heart. The two got married and had six daughters: Lorenza, Gregoria, Eugenia, Marcela, Adela (who died at the age of 3), and Maria. Their daughters were trained to be respectable women, always reminding them to live honestly and well and to work hard without depending on the family wealth.

One with a heart for her nation, she stood by her husband in defending their poor town mates against the corrupt Spanish authorities. Felipe was branded filibustero but this did not deter her loyalty to him. Instead, she calmly accepted her husband's decision to go into self-exile in Hong Kong. She and her children would later follow her husband to Hongkong.

The Agoncillo family resided on Morrison Hill Road in Wanchai District in Hong Kong. Their home had practically become an asylum for Filipinos in the British colony. In December 1897, they crossed path with General Aguinaldo and his party who arrived in the country as exiles under the conditions of the Pact of Biyak-na-Bato. Months after, Aguinaldo decided to return to the Philippines to resume the fight against Spain, it was then that a flag that would symbolize the Filipino aspirations was decided to be made and Doña Marcela was tasked to do the work. Doña Marcela acceded to the request and sew the flag with the help of her daughter, Lorenza, and Delfina Herbosa Natividad, Rizal's niece who was married to one of Aguinaldo's generals.

Five days after, the flag beautifully embroidered in gold, with the stripes of blue and red, and a white triangle with the sun and three stars was made. Years later on account of the flag, Doña Marcela would say:

"In the house at No. 535, Morrison Hill, where I lived with my family, exiled from our country on account of the national cause, I had the good fortune to make the first Philippine flag under the direction of an illustrious leader General Emilio Aguinaldo y Famy. It took me five days to make the national flag, and when completed, I myself delivered it to General Aguinaldo before boarding the transport McCulloch...



Marcela Agoncillo
(Photo credit: Wikipedia Commons)



The Agoncillo family in Hongkong
(Photo credit: Philippine-American War, 1899-1902)

General Aguinaldo is the best witness who can give the information whether or not that flag was the first to be displayed in Cavite at the beginning of the revolutionary government against the government of Spain in these islands".

General Aguinaldo would later say about the flag:

"The first Filipino national flag was made by the hands of the Agoncillos in Hong Kong. It was the flag I took with me in Cavite when I returned from my exile and was slowly unfurled at the balcony of the Aguinaldo residence at Kawit, Cavite on June 12, 1898".

In 1907, few years after the fall of the Philippine Republic and the American regime in the country was established, Doña Marcela and her children returned to the Philippines poor. Their family funds had run out because of the heavy expenses incurred by Don Felipe's diplomatic activities in Europe and in the United States. But with fortitude, her family recovered from poverty incurred during the revolution.

On September 29, 1941, her husband passed away and she was left to raise her children through another year of devastating war, this time with the Japanese. They suffered like other Filipinos caught in the war with scarce commodities and food supplies. Doña Marcela, however, had not changed. Like she used to do during the revolution against Spain, she taught her daughters to always share, saying: "If it is hard to give, it is harder to ask". When their house in Manila was burned down, she took her children back to Taal and lived in their ancestral house.

On May 30, 1946, a year after the Philippines was finally freed from the Japanese, Doña Marcela died at the age of 86. To fulfill her last wish, he body was brought back to Manila and interred alongside her husband at the cemetery of La Loma.

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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 Diony 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



FMA World Brotherhood
 September 1-4, 2016
 Mesa Hilton
 Phoenix, Arizona
www.buotbalintawak.com

This will be a global gathering and fellowship of legends, masters and grand masters from September 1 to 3, 2016 at the phoenix/ mesa Hilton in Mesa, Arizona. There will be a plethora of talent and celebrities who will demonstrate and teach. This will make it a monumental and colossal event, unmatched and unequalled in FMA history.

Invited Grandmasters and Presenters, have confirmed their attendance except those from the Philippines for reasons of health and others issues:

Invited Grandmasters and Presenters:

Bobby Taboada – Balintawak Cuentada
 Sam Buot- Buot Balintawak International
 Nick Elizar - Nickelstick Balintawak
 Nene Gaabucayan - Nng Balintawak
 Esing Atillo- Atillo Balintawak
 Ver Villasin - Villasin Balintawak Arnis Academy
 Bobby Tabimina- Tabimina Balintawak
 Ben Marapao - Kgbmaggs Balintawak
 Mark V Wiley – Integrated Eskrima & Tambuli Media
 Ron Balicki– Inosanto Group and Mar

Harkley Elmore - Sayoc Kali
 Rich Parsons – Teddy Buot Balintawak
 Datu Tim Hartman – Modern Arnis, Ted Buot Balintawak
 Doug Marcaida - Marcaida Kali
 Dan Medina – Derobio Eskrima
 David Gould – Lameco Eskrima
 Brandon Ricketts - Kali Illustrisimo
 Drigo Maranga – Maranga Combat Eskrima
 Danilo Canete, Sgm – Doce Pares International
 Christos Kousotasios - Nickelstick Greece
 David Hatch - Ted Buot Balintawak and Inosanto System

Mark your calendars. Enroll early and get an early discount.

Registration Fees:

\$150 if paid by April
 \$175 if paid by June
 \$200 if paid by August
 \$250 if paid at the door on registration.

Seminar Payment Method: Send Payment through Paypal - Eskrima@buotbalintawak.com

Questions Contact Sam Buot: (480) 840-5803 or **Email:** sam@buot.net



Hotel Registration through Hilton Phoenix/Mesa
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Group Code: FMA

Check-in: 31 August 2016

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The World FMA Gathering of Masters logo.

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Mention Group discount of the FMA Global Fellowship of Masters

Past Events

Kali Eskrima /JDK / Maphilindao Silat Seminar

Organized by the AFSDAMP group

January 16 - 17, 2016

Nantes, France

During the Filipino martial arts part of this event Flavio Ruiz van Hoof taught Lameco Eskrima system, long range hand attack counter, medium range offensive entries and defensive counter techniques.



Mental aspect was also trained with focus on the intention without thinking of the techniques, this was done by doing specific exercise as applying a counter hit on the hand or on the head whether the opening was sufficient to do so, practitioner had to applied the technique base on what they really see and not on what they suppose to be possible.

Lameco Eskrima Technical drills and Laban Laro drills were also trained as Kinfe defense and Panantukan / Filipino Boxing - **Flavio Ruiz van Hoof**

Photos Provided By: **Phillipps Justin Guy**



La Rochelle group



Eskrima Club group



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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.

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Day 1



Day 2

Jason Inay
Inayan System of Eskrima
Flexible Weapons



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 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 at FMA Supply: [Click Here](#)

LSAIsrael Seminar

January 22 - 23, 2016
Shidokan Dojo
Rishon Lezion, Israel

LSAIsrael starts its year off with a seminar at it Rishon LeZion branch! In its commitment to promote the Filipino Martial Arts we are doing more seminars in the country.

The day's topic was on stick trapping in close range as an option to immobilize and isolate the opponent's weapon and create an opportunity to counterattack. There's a balance between knowing by instinct and knowing by experience. We train so that instinct and experience together can help up us in making life changing decisions.

The second topic was on releasing a trapped or captured weapon hand and creating the opportunity to counter-attack. When your weapon hand is trapped or compromised you have less than a second to react to the situation. Creating the proper foundation for your reaction is important, otherwise you will just be setting yourself up for your opponent's advantage or failure.

We would also like to thank Sensei Sahar Talmor of Shidokan Dojo in Rishon LeZion where we hold our classes. For more inquiries contact us via email or website, keep in touch and check this blog regularly for our local and international seminars. Have a Happy 2016! - **Jon Escudero**



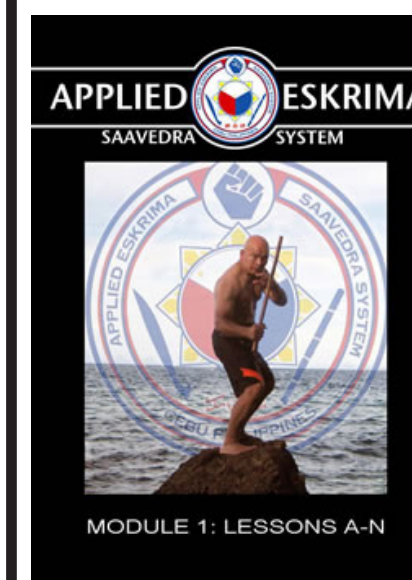
Lightning Combatives

A few thoughts on the training and practice of Filipino Martial Arts.
lightningcombatives.wordpress.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](#)

Derobio Escrima Seminar
 w/ Grandmaster Dan Medina
 January 22 - 23, 2016
 Applied Martial Arts Academy
 4540 Princess Anne Rd Breneman
 FSRMS Shopping Center, Suite 126
 Virginia Beach, Virginia

To begin this summation, I would like to state that it was truly an honor to be asked to perform a rank promotion on behalf of the Hawaii Ablin School of Derobio Escrima. This promotion would elevate Glen Spence to Chief Maestro and Gilead Spence to Maestro. It is my humble opinion in all sincerity that Great Grandmaster Pedoy would be proud to add Glen Spence and family to his lineage. The Spence Family were the greatest hosts anybody could have asked for, and all were welcomed into their school with open arms and open hearts. Chief Masters Gary, Leslie Largo and Sr. Master Carlton Kramer could not have chosen a better ambassador to represent the Ablin School of Derobio Escrima.



Master Style presenting a gift a left handed bolo



Master Style presenting a gift a left handed bolo

piece of the history I had written so avidly about in my hand. Master Style then gave me the single biggest compliment I've ever been given by thanking me for allowing him to feel Great Grandmaster Pedoy's hands through mine, and presented me with the gift of a left handed Bolo from his own collection. (Once more to Master Style, I cannot thank you enough for such a princely gift!)

Day Two continued with me being given the honor of participating in Rank Testing. I was very impressed with the quality and abilities of Master Glen's students. I myself surprised the students with fast, random strikes that were all skillfully deflected. All students passed my examination with flying colors! The main event and the reason I had come came next, and once more I reiterate the true honor and privilege it was to represent the Ablin School of Escrima and promote two such deserving students as now Chief Maestro Glen Spence and Maestro Gilead Spence. Congratulations to the both of them on this big milestone achievement!

Day two of the Seminar continued after a brief pause and a wonderful lunch at Faye Lin's Filipino Restaurant. Once back at the school, the newly appointed Chief Maestro Glen Spence presented myself with a Master's uniform that he personally had spent the entirety of the last evening and into the early morning hours working on just for me, again, what an honor! Our seminar continued with an introduction into double-weapons.



Maestro belts being presented



This formal promotion was not without a bit of fun, as well, and birthed the idea of the Majapai Derobio Escrima Seminar. The result was a great time shared by all, and we had an excellent showing in spite of the blizzard that was currently hitting the East Coast. From the first day we enjoyed ourselves so much that the seminar itself lasted far longer than originally planned, which of course is great for the participants involved.

I would like to take a moment here to thank all of the instructors who attended the seminar. It was an honor and a pleasure working with all of them and as always I also picked up a little something along the way- (You never stop learning, after all). And let's not forget the new-found friendships that were made!

My heartfelt thanks go out to Shidoshi David D. Taylor From the Dragon connection for hanging out late into the night with me, swapping stories, and to Sigung Larry Saccioa from the International Applied Wing Chun Federation. We had great connection and there was talk of me coming out for a week-long visit within the near future. Finally, a thank you to Filipino martial arts Master and Historian Mr. Nagarajen (Aka Master Style). It seemed almost as if we had known one another for years in spite of having just met. At the end of Day One of the seminar Master Style presented both myself and Master Glen with wooden training swords for all the hospitality shown to him and his students. He then proceeded to read my book overnight, and returned the next afternoon. Master Style shared with me that he particularly liked the part about Filipino Bolos being able to cut through the barrel of a rifle and had brought along one such bolo that had actually done so! It was so exciting to hold a



I introduced the students involved to a random double-weapon free-flow drill, which gave everybody a wonderful workout and helped to get the blood pumping after lunch. Myself and C.M. Glen Spence performed the drill for the students, this being the first time Glen had ever performed such a drill. His reactions were so sharp his students at first did not believe he had himself just learned the practice. After this demonstration a random student was selected from the crowd. Little did I know at the time, I had selected Master Geoff Cielo, from King Tiger Martial Arts. Master Cielo and I proceeded to go through the drill together and to his astonishment, the natural instincts involved in the exercise quickly took hold and he found himself flowing back and forth with the tide of the blows faster than he originally had thought possible for his first time doing such a practice. So excited was he that he couldn't help but jump up and down with all the giddiness of a kid in a candy store. The drill continued through empty hand drills, to help enhance and sharpen the reaction time of each student. We managed to cover a great deal of material from my book, such as multiple attackers, footwork and counter-locks.

Eventually, as all fun things must, the seminar was brought to a close. A wonderful time was had by all. Many new bonds and kinships were formed among the many masters, maestros, instructors and students alike that made the trip out to the First Applied Martial Arts School for the event. As I made the long trip home I couldn't help but look forward to the next event and all the amazing experiences that are SURE to come with it. - Dan Medina



Year 4, #1, Phoenix FMA Training "Monthly Share"

January 23, 2016
Encanto Park
1202 W Encanto Blvd, Phoenix, Arizona

OK well the first "Monthly Share" of the year. While it was blizzard weather back on the east coast, it was in the 60's and 70's and a clear sky here in Phoenix, Arizona. Great time to train out in the open fresh air.

Today's focus was about allowing the students have the teaching floor. Part of training involves teaching. Even if a student never aspires to be an instructor, being able to teach brings a measure of experience and understanding beyond just training. The exception was Mike Casto. He took the floor to help buy time for me to prepare the BBQ for cooking



Ryan Cambio shared striking with alternate parts of a stick; tip, butt and shaft. He then elaborated on those strikes by adding in pronation of the forearm to get past a block. Scott Nixon addressed Ryan's concept regarding getting past a block from the blockers perspective. He focused on finding control of the attacker's wrist to prevent them from going around the defense. Richell Sampaga introduced the idea of attacking instead of defending. Strike the attacker over blocking and counter striking. Francisco Nuñez taught using angles with footwork to evade a strike. Tea and Taj continued Francisco's lesson and added counter attacks. Mike Casto finished with empty hands, using what he called "slap up" (jaga jembatan in Indonesian which means "guard bridge") to disrupt balance. - **Michael Butz**



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".



Principles of the Kerabit

w/ Alexander Hernandez
January 23, 2016
FCS Kali Austria Headquarters Vienna
Goldschlagstrasse 93, Wien, Austria

On Saturday 23rd 2016 I, Alexander Hernandez, FCS Kali representative in Austria was honoured to give a deeper look into the dynamics of a kerabit in a five hour seminar.

In Filipino Combat Systems Kali a double edged kerabit is preferred. Tuhon Ray Dionaldo calls it the "most dangerous knife" in close quarters combat. It is not a dueling weapon nor is it used in a long range fight.

We started with the introduction of this weapon in its history, geometry and usage. The attendees were taught into the basic cutting patterns and flipping methods.

We moved on from this knowledge into applications and take downs.

Thank you very much for coming! Maraming salamat po to all our guests, my team and foremost Tuhon Ray Dionaldo. - Alexander Hernandez



We will organise more seminars in the future in Vienna. Please follow us on www.facebook.com/fcskaliaustria or visit our website www.fcsaustria.com.

The Challenge Fights of Grandmaster Ciriaco "Cacoy" Canete: The Greatest Living Eskrimador

By Tom Meadows



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.

To Order Visit Amazon.com: [Click Here](#)

Thank you for your support.
Grandmaster Kitty Canete-Knight

Counter Blade Tactics

w/ Guro Jerome Teague

January 23, 2016

Endeavor: Krav Maga and Crossfit

5040 Nike Dr, Ste D, Hilliard,

Columbus, Ohio

In the last 5 years, Columbus, Ohio has become quite the martial arts mecca. In Columbus, Ohio you can find olympic level Tae Kwon Do, world class Brazilian Jui Jitsu, Jeet Kune Do, national championship Wrestling and some of the finest American Balintawak training groups. There is no doubt that Columbus, Ohio loves its martial arts and its following are willing to pay premium for honest to goodness instruction. Endeavor Krav Maga is one of the cornerstones of this martial arts community. On January 23, 2016, before a sold out house of 30+ participants, Endeavor in association with Central Kickboxing & Arnis hosted Guro Jerome Teague for a half-day combative knife workshop. Participants traveled from as far as Richmond, Virginia to take part in the event, which also included a next day complementary Balintawak Chain Training workshop lead by Guro Elmann Cabotage. This made for a full weekend that was very worthwhile to those willing to travel thru hell, high water or a snowstorm that buried the entire east coast with up to 3 feet of snow that weekend.

Guro Teague presented a straight forward, effective approach to blade training to an audience that was a mixed bag of experienced combative practitioners, martial arts and combative instructors, weekend warriors, and novices. Blade to blade and empty hand to blade scenarios were used. The half day work shop also covered topics such as footwork, anatomical targeting, defensive cutting, fatal and non fatal terminations, meeting and following force applications, countering common defenses, reflex drills, and basic hand to blade defense.

Guro Teague began the workshop with familiar Balintawak angles of attack followed by block and counter drilling. Many in the room who were familiar with Balintawak got comfortable very quickly and helped everyone else do so as well. This allowed Guro Teague to build on to this core. Each concept and technique introduced was built on top of the previous. The techniques were simple to follow, but more important, a chain methodology was applied to build habit and reaction (Far too many FMA instructors rely on memorized choreography). One termination attempt flowed in failsafe to another in anticipation of technical failure. Training partners were allowed to build a continuous unbroken rhythm as techniques were incrementally added on to the platform. These are some of the essentials of today's most effective martial arts training systems.

The Endeavor Krav Maga hometown crowd is not an easy one to please. They learned long ago not to invite just anybody with a big name or master title to their house for a seminar. Don't get them wrong, they are a very fun, hospitable bunch with an abrasive sense of humor. But they are serious about learning functional applied self-defense. Guro Teague was sought out by Endeavor because of his combative approach and first-hand knowledge of being under duress and enemy fire. He is an Iraq war veteran. Having worked with this crowd myself, I was more than happy to give him my referral. Guro Teague did not disappoint. Patient, technical, abrasive at times, funny and entertaining when appropriate, Teague was received by this crowd very well. Duration of the workshop was 4 hours. Cost to attend \$75. I would say we all got much more than our money's worth.

Many thanks to Guro Jerome Teague, Mr. Robert McKeeman, Guro Benjamin Winn, Endeavor Krav Maga, Ulloms Martial Arts, Richmond Balintawak, Steel City Balintawak, Applied Eskrima SE and everyone who took part in making this great event happen. Train hard, train safe, and let's do this again! - **Guro Elmann Cabotage**



2016 Larong Pinoy Arnis Championship

January 24, 2016

Robinsons Town Mall Malabon

Governor Pascual Ave. (corner Crispin St.)

Tinajeros, Malabon City, Philippines

Organized by pro-active Arnis league the event had 8 teams that participated from Pampanga, Caloocan, San Rafael High School, Kamao, Ateneo, Antipolo. Baxafra Armor, Valenzuela, Ilano High School.

This tournament had two category anyo and combative.. The results upon completion of the tournament:

Best Coach Award - Valenzuela

3rd - Antipolo

2nd - Baxafra Armo

Overall Champions - Valenzuela



Thanks to everyone at Endeavor: Krav Maga and Crossfit who came out to train with me at the Counter Blade Tactics seminar. Also a big thanks to Robert McKeeman and Aaron 'Nichol' Jannetti for hosting. I would also like to thank the guys from Richmond Balintawak who made a 12 hour drive in the winter weather to be here. And most of all, a big thanks to my friend Guro Benjamin Winn who stepped in and served as my demonstration partner for the 5 hour training. - **Jerome Teague**



FCS Kali West Coast Workshop

January 30, 2016
 South Mission Beach
 N. Jetty Rd, San Diego, CA

The first FCS Kali West Coast workshop of the year with Manong Rich Verdejo was held January 30th, 2016 at South Mission Beach in San Diego, California. Members from both FCS Cali Crew and FCS San Diego attended including Manong Rich Verdejo and Manong Bernard Herrera. Today's focus was on Tomahawk and Panantukan.

Warm Up with Single Baston

While we were awaiting Manong Rich Verdajo's arrival we got started on our warm up by first working on our basic 12 strikes using single baston. We went into footwork while working in offenses. Then we combined the 12 basic strikes with footwork and defenses. The idea was to get them to move freely with no set pattern and utilize all of the basic 12 strikes and defenses with footwork so that they start to work on doing a carenza. The goal is to get them to feel natural with these basic movements, especially for the newer members.

4 Walls Drill

From there we went into our "4 Walls" drill, which is a defensive drill, but only sticking with strikes 16. In this drill the feeder would strike Left temple to right temple (angles 1 and 2 in most systems), then left elbow or rib cage to right elbow or rib cage for strikes 3 and 4, and finally strikes 5 and 6 would be from left knee to right knee. The receiver would apply basic defenses to the angles of attack starting from a largo range.

In the next progression we moved into medio range so that the receiver would have to add a check to the feeder's weapon hand with their live hand. This allows the receiver to either help

brace against the strike and allow the option to control and or disarm. We would progress by removing strikes 5 and 6 (for simplicity), having the receiver adding in a counter strike thus forcing the feeder to become the receiver, having to block stick to stick and checking the weapon hand. Our next progression would go into contradas by stepping back and doing 5 strikes (to avoid hitting their partner) after the receiver does the first initial counter strike.

Disarms

Then we moved on to snake and vine disarms off strike 14 from the 4 wall drill. This showed that at any time the live hand was used as a check, it could flow right into a disarm. In FCS Kali we emphasize that while performing disarms, it is very important to perform a strike somewhere within the technique. The disarm is secondary. Reason being is that disarms aren't always easy to pull off. You might not be successful, but strikes can soften an opponent should one continue to attempt the disarm. If you're still unsuccessful, well hey at least you're hitting him and continuing to fight instead of staying too focused on one thing.

Wrapping up our warm up and bringing it all together

Now the receiver has the option, depending on the range, to block, block and counter strike, block and counter strike followed by up to 5 strikes, or block and disarm, all from the 4 Walls drill.

By this time Manong Rich Verdejo and his family arrived so after a short greet we do our formal bow in and get started.

Tomahawk

The first thing we worked on for this workshop was Tomahawk. Manong Rich showed us the first 9 of 12 strikes for tomahawk. We all paired up so we could all practice doing the strikes while our partner scarecrowed.

From there we went into the first technique of the FCS Tomahawk Template with a finishing move on exit. We did this for each of the techniques that were demonstrated. We only had enough time to get to 7 of 12 from the Tomahawk Template. In order to smoothly go through the



series, the finishing moves were left out so that we could flow from 17 without stopping and resetting.

Throughout the series Manong Rich would explain how if not used properly, the tomahawk could get stuck in such a way that if not dislodged properly you could get tied up, have a hard time moving onto another move, and even end up losing your weapon. So understanding all of the mechanics of the tomahawk is very important and not all tomahawks are the same. All have varying shapes and characteristics that will play a part in how it is used and what it is good for.

Panantukan

Manong Rich had a different approach to the panantukan portion of the workshop. He talked about how we don't see a lot of stuff that was used back in the day for panantukan anymore. In a lot of the videos we see coming out recently is your basic gunting or destructions into standard boxing. Though that is a part of it, what ever happened to the different types of hand strikes, grabs, and pinches to certain parts of the body, dumog, sikaran, and takedowns? What about strikes to the hips, slaps to the ears and back of the neck?

He explained one of the first techniques that we used to see was the split entry with an eye gouge or a split entry with a single knuckle punch to either the armpit or rib areas. He demonstrated the single knuckle punch on me off the split entry to both my armpit and rib areas so the group could see how effective these types of strikes worked and the types of reactions that you get out of them. Let's just say that they suck. Hahaha. The single knuckle punch to the rib area felt very much like when I cracked a rib. That small piercing sharp pain quickly followed by the impact from the rest of the fist really penetrates well. I still feel it.

He also talked about how a lot of these moves were hidden in our dances during the Spanish occupation. Dances like Filipino candle (Pandango sa llaw) or water glass (binasuan) dances all had certain moves being displayed so that we could practice our arts out in the open without the Spanish knowing.

So to tie it all together he demonstrated how parts of the binasuan could translate into a defense from a 1 and 2 punch combination into a strike or slap that flows right into a puter kepala. Again he demonstrated a couple of strikes that flowed into the puter kepala on me so the group could see the natural reactions. One of the particular strikes came in after punch 2 onto the side of my neck and back of the jaw. The strike made me clinch and cover on that side which exposed the other side of my jaw in which he could follow up with other types of strikes. From the Pandango sa llaw, again off the 12 punch combo, could translate into parries to a dumog, into a dive throw or takedown.

Finally he finished off by showing how from a the traditional seated position, one could do a quick reverse finger slap to the groin, into a single leg take down that could be followed up with various techniques.

We concluded our workshop with our traditional bow out and enjoyed the rest of the day eating, talking stories, and fishing. The weather wasn't the greatest, but we did get some patches of sunlight here and there and the kids had a great time. Overall we had a great workshop. I'd like to thank all of the members and family for coming out and to Manong Rich Verdejo in sharing his knowledge with us. Looking forward to the next FCS Kali West Coast Workshop.

Felix R. Delacruz Jr.
 FCS Kali San Diego Group Lead

Weapons of Opportunity Seminar

January 30, 2016
 Love's Tae Kwon Do Academy
 Oxon Hill MD.

What a great session on Weapons of Opportunity! We would like to thank our KDP members who made this day extra special.

Special thanks to our skilled members who showed an excellent demonstration of de-escalation techniques at an incident (live weapons of opportunity incident) that happened in our vicinity!

What was interesting though is that during a water break, some of our members went downstairs to help de-escalate a situation. We witnessed a scenario where a man was carrying a baseball bat and was really upset about an issue with 2 other people in the area.

Luckily, 3 of our members demonstrated excellent skills on de-escalation and managed to calm the person with the bat. The people involved were all safe and out of trouble.

Real honor to train with all of you. Thank you for making us a part of your Kali journey. - *Kaluyugan de Pales*



Balintawak Eskrima

By Sam L. Buot Sr.



The art of Eskrima stick fighting is indigenous to the Philippines. It was in the 1950s that one of the most popular styles emerged: Balintawak Eskrima. According to author Sam Buot, to appreciate Anciong Bacon's Balintawak Eskrima, you have to understand set-ups, anticipation, the art of outwitting through ruses and lures; economy and simplification of motion, sans lavish and squandered movements; effective strikes fused and bonded with speed, power, elegance and grace. That is the essence of Anciong's Balintawak and these are the methods Buot explains and demonstrates in this book.

Written largely from the author's personal experience and hard-earned knowledge, Balintawak Eskrima presents the art from origin to modern times, as a fighting art, as cultural tradition and as a means of personal development. Illustrated with nearly 1,000 photographs—historical and instructional—this book outlines the art's defensive stage, training drills, offensive stage, strategies of application, disarms, empty hand techniques, knife fighting in proper perspective, and an overview of how the art has grown internationally and where it seems to be headed.

"This book is a treasure trove of knowledge and a book which will be considered one of the best, if not the best, book on Balintawak"

Available through Amazon - [Click Here](#)

Grandmaster Rene Latosa Seminar

January 30, 2016
Hamburg, Germany

Grandmaster Rene Latosa on January 30, 2016 at our main seminar in Hamburg-Germany described to students: how to use a weapon like a stick, taught to students how important is timing, distance, balance, and having and using the body pressure towards the opponent and later Grandmaster Rene Latosa gave informations about the transition of weapon to empty hands! - Rasaq

www.eskrimacenter.com



Good thing it is not too cold in Hamburg, Germany...small private group class... - Rene Latosa

Latosa Escrima Edge Weapons Training

By Rene Latosa



The main emphasis of training with an edged weapon is knowing and understanding all the dangers associated with this type of weapon. All the "What if's", and "Yeah but's", are all great for trial and error, and assuming predictability. The serious danger of edge weapons is real, and should be treated as such. This means where you should establish your training priority to be a survival tool, in the event this situation happens to you. Let's face it, you are the one having to survive, not your trainer, helps you train your goals, not your objective. The training priorities I use in Latosa-Escrima are as follows: reality, technique and drills. Reality: This is the understanding of exactly what could happen and the dangers when using or going against an edged weapon.

Techniques: These movements are trying to give you a generalization of possibilities, and probabilities of what may happen. Drills: Most drills are used to develop and enhance body movement skills used in the technique application. The emphasis of this Edged Weapon Training is the proper placement and prioritization of how to develop yourselves for such a situation. The technique does not give you the skills to deal with an edged weapon, only gives you scenario of how it could work. Do not mistake drills and techniques as the system, they are only tools to develop your skills. Reality is having a partner attack you, safely of course with attacks from very close to far away, different speeds and power, from the side and

from the unseen areas that are not in your peripheral vision. Obviously there are other, more advance concepts and training methods, but first understand the basic thought process and where the techniques and drills are placed in your priority list.

- Languages included in DVD: English, Español, Italiano, Français

Budo International: Click Here

Fighting Staff Warrior Weapons of the Filipino Martial Arts



This exceptional video production is a collaboration between Grandmaster Rene Latosa and the International Union For Escrima & Wing Tsun (IUEWT). The contents of this production has never been covered indepth like this before in any production worldwide and sets a new benchmark.

The four part production is about the Fighting Staff. It leads the viewer through the basics such as foundations, grips, balance, hits and types of weapons. Everything on the DVD's is meant to inspire the viewer's own innovations and creativity as how to practice the use of the Fighting Staff. As in any educational environment understanding what needs to be done is as important as how it is done - so listening and learning how to develop the use of the Fighting Staff will become valuable. The job of this video production is to guide, help discover potential and to provide the tools to become the best that there can be.

Trailer: Click Here Order at: www.wt-velbert.de

MAPA 8 Winter Gathering

January 30, 2016
Jerome's Gym
2100 N Greenville Ave., Richardson, Texas

Thoughts from MAPA 8: It's All The Same Thing

By: Jackie Bradbury

The eighth gathering of the +Metroplex Arnis Players Alliance was over the weekend.

The big idea that came to me in this seminar was the fact that it is, really, "all the same thing". If you watch a lot of video of Professor Remy Presas (or lucky you, got to study with him directly), he says this a lot. MAPA 8 showed us how it was all completely true!

Our first instructor, Bruce Jenkins of Moroland Martial Arts, covered the various single stick disarms off of the standard 12 Angles of Attack from Modern Arnis. We covered angles #1 through #6. What was interesting here - and how it's all connected - is that I knew most of the disarms he taught, but he showed a few that I hadn't done just that way before.

For example, he showed a disarm off of the #1 empty handed that we usually do when we have a stick in our hand. I hadn't considered doing that disarm that way, and now I know that I can. That got me thinking about the other empty hand versions of disarms I know, and wondering that if I played with them with a stick, how would those work? How would the standard stick-on-stick disarms work empty handed? What about double stick? Or a knife? Both in my own hand, and in my opponents?



Guru Bruce shows a disarm variant off of the #3 (middle forehand) strike

It's all the same thing.
Next, my teacher Mark Lynn of Hidden Sword Martial Arts continued the theme of disarming, this time working the double sticks. He taught the same side block, cross body strike and punyo on top disarm, then same disarm with stick on bottom, a wedge disarm, and two disarms off of an "x" block vs. an overhand strike. He emphasized that you have to HIT the guy to make most of these disarms work (and that is true for most disarms in general, as many of them are extremely easy to counter if you don't hit first).

Once we learned them double stick, he then showed them with some of the Okinawan/Japanese weapons - the sai and the tonfa specifically. He encouraged the group to try the same disarms using these weapons (the tonfa held

in various grips was pretty interesting). He encouraged us to play around with these same ideas and concepts with other weapons we might know or use.

It's all the same thing.

Next, Jason Gutierrez of Force Necessary (Hock Hockheim's organization) taught us some espada y daga drills. These come from Grandmaster Ernesto Presas' Kombatan. The nice thing about learning the espada y daga drills is that they build on one another - you start off the same way each time, but finish differently, inserting different strikes (many of them "classical" Arnis strikes, such as banda y banda and abanico).

One cool thing is that Guro Jason showed the empty hand interpretation of some of these drills. I hadn't done those before, and it was pretty cool how easily these drills work in an empty hand interpretation. This was one of the "big ideas" that stuck in my head (how I want to start playing with the espada y daga drills Jason taught, and others I've learned empty handed).



Empty hand version - my interpretation of the third strike in the drill, which is a low strike

See? Yet again - *it's all the same thing.*

Finally, David Beck of Beck Martial Arts showed a single stick drill from Arnis de Leon that involves starting off of single stick single sinawali that is a lot like the Modern Arnis tapi-tapi play. His session involved teaching each step in the drill - both as the attacker (or driver) and as the defender (or passenger). Actually it reminded me of this drill that I'd seen earlier in the day.

What Guro David showed was not this drill - but it was similar to what they do in Arnis De Leon. Later on in the day, I posted this video to Guro David on our MAPA discussion page on Facebook, and Datu Dieter Knüttel said that the beginning of this video is 100% freestyle of Grandmaster Ernesto!

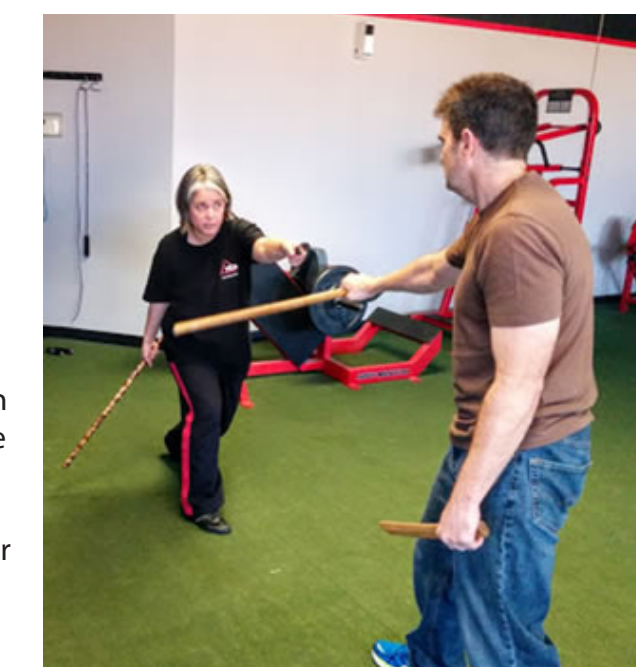
It is all the same thing.
There were some brand-new-to-Arnis attendees this time around, but both of them were well grounded in tae kwon do. I got to work with them on a few of the drills, and to help them, I tried to relate what they already know in tae kwon do. For example, to get them to remember to keep their sticks up, I reminded them that they don't spar with their hands low and away from their heads.

They already know some Arnis, they just didn't know that they do. Because *it's all the same thing!*
One of our students attended MAPA with us, and most of what we learned was WAY over what he's done thus far, and he kept up with us. I was so proud of him!

As always, if you or someone you know is in the Dallas-Fort Worth area and are interested in the Filipino martial arts, MAPA is for you! MAPA 9 will be scheduled soon - it will probably be in May. See you there!



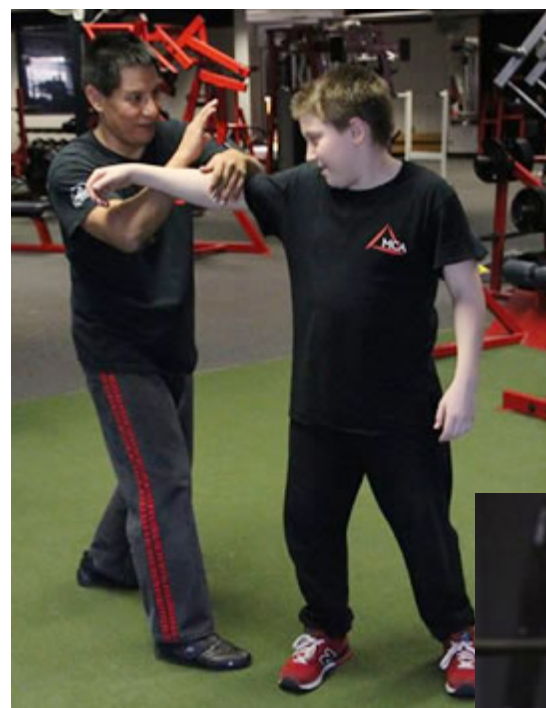
Preparing to disarm that right hand strike but hit him first!



My turn on the espada y daga drill



watching Guro David teach his section



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Website: www.kalahicustomblades.com **Facebook:** www.kalahicustomblades.com

Babao Arnis Seminar
 January 30, 2016
 Senshinkan
 2105 S Hardy Dr, Ste 6, Tempe, Arizona



Maser Jon Escudero
 January 30 - 31, 2016
 Stevenage Leisure Centre
 Lytton Way, United Kingdom

Lightning Scientific Arnis UK started the year with the second UK seminar of Master Jon Escudero in Stevenage, Hertfordshire. Hosted by Tom Peña of Lightning Kali Combatives in Stevenage, the seminar went for two days, 30-31st of January, at the Stevenage Leisure Centre from 10am - 5pm.

The first Day of the seminar started with a warm up and stretching, followed by sparring drills and fighting tactics. Range, footwork, strikes mechanics, body displacement, emergency blocks and strike accuracy were given emphasis through partner drills. And the first part of the day ended with the "Melee" before lunch break. After the break, basic strike methods and combinations were reviewed. Then, they were applied against three angles of attack: forehand, backhand and overhead attacks. After this, Master Jon progressed the lesson to Baston Serrada, where the students learned how to OVERCOME the attack; OVERWHELM or DISARM depending on the situation, then ENGAGE/DISENGAGE safely from the opponent. The pressure was increased after a while by adding everything to LSAI's BIGAY TAMA against an attacker wielding doble Baston, where the students were subjected to continuous barrage of attacks from 4 angles then apply their Baston Serrada. To put the icing on the cake, Master Jon introduced everybody to the SHARKNADO drill.



The second day started with again with warm up and stretch, followed by a review of the sparring drills from the first day, but more emphasis was given to fighting technique and escalation of the fighting tactics from the first day. A lot of emphasis were given to intercepting three main angles of attack, forehand, backhand and overhead. The MELEE sparring drill was done to finish the first section, keeping everybody on their toes and tongues hanging out. After the break, Master Jon introduced the LSAI SUMBRADA to address confrontations that could start in the medium-close range. The lesson was broken down into clusters for better emphasis of movements in accordance to the context by which they should be employed. The pressure was increased by Master Jon after a while by connecting the SUMBRADA to BASTON SERRADA, and give the participants the chance to work on both their disarming skills or overwhelming the attacker with well placed chained strikes. The last day ended up again with the SHARKNADO drill, then followed by recap and closing words from Master Jon Escudero.

Everybody went home with a feeling of accomplishment and confidence that they have gained a lot of skills and new knowledge. There was a good turn out, a lot sweaty and smiling practitioners. - Tom Pena



Meifu Shinkage Ryu, Shurikenjutsu and Filipino Self-Defense

January 31, 2016
Chicago Keikokai Meifu Shinkage Ryu
1016 W. Belmont Ave., Chicago, IL.

Sensei Sheehan - Meifu Shinkage Ryu, Shurikenjutsu

Guro Caz - Filipino Self-Defense

The collaborative workshop with Sensei Sheehan was a wonderful affair. Sensei taught the basic points of Shurikenjutsu during the first half of the workshop. Single stick and pocket stick were the order of the day for Guro Caz as he taught the basic concepts of each weapon. Participants enjoyed the workshop very much and some were most eager to train again. - **Igz Caz**

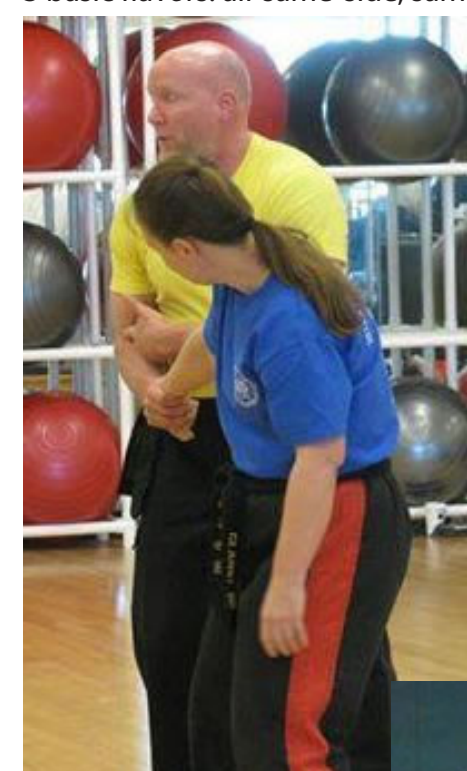


Guro Botting's Texas Visit

January 31 - February 6, 2016

Guro Dr. Tye W. Botting just got back from almost 2 weeks in Texas that included teaching Arnis and self-defense concepts at several venues all around Texas - it was like a Texas mini tour.

First, on Sunday 31 January as part of the early Chinese New Year celebration at Wang's Martial Arts in Houston, TX, Guro Botting taught a class on forms applications and joint work, followed by a separate Modern Arnis seminar for the kung fu folks. After some basic stick orientation covering how to hold the stick, striking areas, and how to swing it, they worked on building a nice single-stick progression one step at a time that worked closing to medio range, responding by destruction angling to largo range then closing to strike head, and then the initiator closes to corto to jam, and etc. They enjoyed that and got it pretty well so they finished with some double-stick work using redonda against targets, 3 basic flavors: all-same-side, same-same-across, and same-same-across-andback2same.





The next venue was Tuesday 2 February in College Station, TX, when Dr. Botting paid a visit to the Tae Kwon Do and Modern Arnis school of his old student and friend, Guro Dr. Michael Hume. Guro Botting shared some fine points on the tapi-tapi drills they were working. It quickly progressed to some work on unique power applications. He also shared details on how to get counter-counter striking to happen faster and be several moves ahead by choosing alternate targets well in advance (pre-priming). Later, he had them do several nearly-forgotten Left-vs-Right tapi-tapi sequences and variations that Professor Presas shared in Texas back in the mid-'90's.

Lastly, at Hanshi Raymond Montoya's annual ABBA Texas Elite Retreat in Austin, TX, Dr. Botting taught one session on Friday 5 February on short power basics, and another session on Saturday 6 February on Modern Arnis that went into more detail about counter-counter striking, starting with a hubud armar to shoulder strike, then again working with gripping and striking basics, to block check counter, to blocking/managing/return striking and going on further. It was a study in a favorite topic to many, "I hit you anyway!"

Guro Botting was honored to share with each of these folks, and it really made his annual visit to Texas even more enjoyable and memorable. Thanks to everyone that participated! Mabuhay ang Modern Arnis!

Visit Guro Dr. Tye W. Botting website: www.kungfu.cc/arnis/



Remy Presas Hall of Fame Foundation 2016
June 17 ~18, 2016
Villanova University - www1.villanova.edu
800 E. Lancaster Avenue
Villanova, PA 19085

The Foundation was the Professors' final dream. 6 months before his death, he got out of his bed, and traveled from B.C. to my home, here in suburban Philadelphia. If that doesn't tell you all you need to know, think again long and hard.

No fees, dues, or monies at any time are required for your membership in the Professors' Foundation. Inductions, and certificates are issued as per his last wishes to be conducted at his premier summer camp in Philadelphia, Pa. June of 2016. Cannot make it to Villanova? No problem, baby! You're still "in".

However, if you would like to receive a certificate, a small donation CAN be made. It is not required. Once you have formally been inducted, you are not charged for summer camp. You pay only room and meals. Any students you may bring receive a generous rate.

Lastly, we are a member driven group. If you wish to put forth an individual for possible membership, it can only be done with your presence at Villanova University. I am always available to answer any questions. Please refrain from saying "someone told me....."

Visit Face Book or the Website and contact Michael Bates for further information!
Face Book: [Click Here](#)
Website: www.rempresasimaf.com



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Kali In the Park
 February 6, 2016
 Blue Rock Springs
 5942 Sapphire Cave, San Antonio, Texas

Like most Filipino martial arts schools I followed a set curriculum for many years. In 2007 when I received my first instructor promotion to Lakan Guro in Pekiti Tirsia Kali I started FMA Defensive Combatives Group and taught weekly Pekiti Tirsia classes.

After 7 years, these classes later turned into our weekly workshop that is now known as "Kali in the Park." The purpose of Kali in the Park is to take a non traditional look at the Filipino martial arts and is tailored for those who may not be interested in learning a system per se, but rather focus on developing skills that can be easily learned minus the fluff that can sometimes come along with traditional martial arts. Kali in the Park is a weekly 2 hour workshop that focuses on developing a specific skill set that I refer to as a module.

In FMA Defensive Combatives our methodology like many Filipino martial arts systems consist of several weapons categories. We have single stick, knife, karambit, empty hands, and firearms. When we do these workshops we usually spend about two weeks on a specific module (weapons category). The way I introduce a module is in three parts; comprehension, functionality, and application. In the first week I develop our comprehensive skills (basics/gross motor movements) and introduce

functionality drills (flow drills). In the second week I continue to build upon the skills learned the week before and then go into application of all of the skills we have been building upon. Our most recent series of workshops has brought us to knife and empty hands.

We are a small group and because of our size my students get a bit more hands on with me and develop rather quickly. **Week 1:** Our knife module consisted of training the pakal knife grip (hammer grip). With pakal I covered the benefits and range limitations with this particular grip. I also explained how with this grip you can use different hooking and redirection principles that can lead to various locks and finishes. I also explained and showed how these same principles applied to our empty hands training. We spent a good deal of time learning our 3 primary thrust with the blade in this grip and the proper footwork to be able to apply these strikes. Once learned we moved into a drill where the feeder fed all 3 thrust and the receiver would move offline and apply the same 3 thrust as a counter.

We introduced quite a bit of focus pad work that dealt primarily of getting offline and delivering slaps, punches, forearm hacks and elbows that are capable of ending a fight quickly. We put

this to a drill where you would use the same footwork that we did with the knife and apply strikes to the focus mitts our partner was holding. To make sure you were in a safe position or out of range the pad holder would use the pads see if he could hit you. If you got popped it was a sign that the footwork wasn't being applied properly. This can lead to frustration but as I tell my guys, "I do not sell microwaves...I sell crockpots! Learn from your mistake, make the necessary adjustment, and enjoy the process."

Week 2: In week 2 I reviewed the above mentioned training methods and once I saw that the guys were moving well and retained the material from the previous week, we went on to various locks and takedowns that can be applied in knife on knife scenarios. We went to the next level with our empty hands as we applied our strikes to the knife wielding feeder and executed locks, blitzing strikes, and joint breaks utilizing our empty hands.



In the end the guys learned that in certain weapons categories, the same core movements and mechanics can be applied to another. It's always good for me to bring things full circle like and see the light come on for all of the guys.

Our Next workshop will be covering firearms. We will look at moving offline of a knife attack, drawing from concealment, and accessing and retaining your pistol. It will be a great time of some good old fashioned hard training. If you are ever in the San Antonio area, or if you are already here in the city you have my personal invitation to stop by and participate in what we are doing in southeast San Antonio. Until next time.....train hard and train to win!

Guro Doug Marsh
 FMA Defensive Combatives Group
 Visit on Face Book: [Click Here](#)



Lapunti Arnis de Abanico
 w/ Instructor Nicolas Osseland
 February 6, 2016
 Hosted By: Amalgam Martial Academy
 456 W 75th St, Downers Grove, Illinois

Lapunti Arnis de Abanico is a system rarely seen in the US, but carries acclaim abroad. Lapunti is headed by Supreme Grand Master Ondo Caburnay and his successor Grandmaster Raoul Giannuzzi. The February 2016 Chicagoland seminar was given at Amalgam Martial Academy in Downers Grove, IL by Instructor Nicolas Osseland. Originally from France, Instructor Osseland now resides in the Chicago suburbs, and is eager to spread the name and value of the Lapunti system throughout the US and beyond.

Instructor Osseland first met Grandmaster Giannuzzi in Luxembourg and began his pursuit of Filipino martial arts on the recommendation of his brother. Having had no prior martial arts training, Instructor Osseland found Lapunti's structured curriculum and practical understanding of techniques to be the best fit for him. Now years after he began, Instructor Osseland is a skilled martial artist, and a thorough teacher in his own right.

Lapunti is both historical and modern in application. Targeting angles reflect the vulnerable areas of invading Spanish soldiers' armor, yet still remain universally effective in today's world. Like many Filipino martial arts systems, Lapunti starts

with the single stick, and progresses to a rich array of other weapons, and empty hand techniques. It is a system that values consistency and familiarity of movement regardless of weapon, leaving the practitioner a unique freedom and efficiency in practice. - **Frank Delo**

Learn more about the Lapunti Arnis de Abanico system: [Click Here](#)

You may contact Amalgam below about studying Lapunti, or about hosting Instructor Osseland at your own location.

Amalgam Martial Academy - 456 W. 75th St., Downers Grove, IL 60516 - (331) 777-5236
amalgammartialacademy.com

Intensive 4-hour Lightning Combatives Seminar Level 1

w/ **Angelo Garcia**
 February 6, 2016
 Relentless MMA
 14700 Flint Lee Rd., Chantilly, Virginia 20151

On Saturday, February 6, the head of DC Lightning Scientific Arnis was invited by David Carter, head instructor of Relentless MMA in Chantilly, VA to conduct an intensive 4-hour seminar.

The seminar focused on the core fundamentals of the Lightning Combative seminar, specifically, the Bigay Tama material from level 1. Students were thrust immediately into the exercise and quickly developed the essential principles of the drill. Namely, identifying the threat, moving to a superior vantage point, placing a weapon between them and the threat, and then quickly following up with a counterattack.

The course was attended by students from both the DC Lightning Scientific Arnis school and Relentless MMA. - **Angelo Garcia**

Facebook: <https://www.facebook.com/DCLightningScientificArnis>

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Kali and Penchak Silat Seminar
Master of Self-Defense
February 6, 2016
Nantes, France

Saturday February 6, a big event took place in Nantes, France, directed by two of the best French experts in Self-defense and South East Asian martial arts a seminar on tactical and defense applications of their systems.

- Franck Ropers 7th Dan Penchak Silat, expert in self-defense and former private security
- Eric Laulagnet, Mandala (Master) in Pekiti Tirsia Kali, defensive tactics instructor and former Philippine Special Action Force instructor.



Next events organized by Pekiti Tirsia Kali France in 2016:
-March 16: Evening seminar with Doug Marcaida in Paris, France
-March 19-20: PTK/Self defense seminar with Eric Laulagnet in Lyon (bourgoin-Jallieu) France
-May 5 to 9: Pekiti Tirsia Kali France Convention With Tuhon Philip Gelinaz, Eric Laulagnet, Mickael Dolou, Franck Le Cocq in La Baule, France
For Informations: eric.laulagnet@hotmail.fr
Pekiti Tirsia Kali France



This seminar on tactical and defense applications of Kali and Silat brings together over than 70 participants from all styles and martial arts. The different exercises focused on learning tactics and body mechanics adapted to different types of armed or bare hands aggressions and to develop effective reflexes. In a second part a theoretical course was given on the legal framework of self-defense, psychology during an aggression, avoidance strategy, the concept of survival and first aid. Finally in a third phase, students must apply the different techniques and strategy learned, during situational and reflex exercises. - **Eric Ptk**



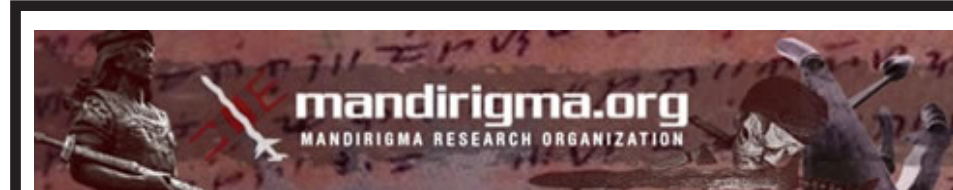
Annual FCS Kali Chattanooga Workshop
w/ Guro Ernie Lake
February 6 - 7, 2016
Hosted by FCS Chattanooga / Filo Bladeworks
120 North Ocoee St., Cleveland TN.

Guro Lake started with Non traditional applications of Sinawali - Double Stick, Single stick, then applied with a blade. Taking a 5 angle striking pattern and applying it using a long blade / Double Stick / Single Stick / Blade / Empty Hands. - **Ernie Lake**



Filipino Martial Arts Exchange Workshop
February 6 - 7, 2016
River Valley Tang Soo Do Academy
625 Merchant St, Ambridge, Pennsylvania

On February 6th and 7th a group of people attended a Filipino Martial Arts Exchange Workshop that was being hosted at the River Valley Tang Soo Do Academy in Ambridge, PA. A total of 26 people attended. The following instructors shared their knowledge and love for their art: Guro Joe Walls (Inayan Eskrima), Brian Agostino (Giron Arnis/Escrima®), Guro Chris Hoy (Buka Jalan Pentjak Silat), and Master Scott Homschek (the use of flexible weapons). All in all everyone had a great time training. Another Workshop is in the works for later this year. - **Brian Agostino**



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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



Kalis Ilustrisimo Workshop
 w/ Maestro Baste Carlos of Carlos Hermanos Kalis Ilustrisimo – East
 February 7, 2016
 Hosted By: Atlanta Kali Group
 4540 Roswell Rd NE., Atlanta, Georgia

February 7th 2016, Atlanta Kali Group hosted Maestro Baste Carlos of Carlos Hermanos Kalis Ilustrisimo East, for a one day “Intro to Kalis Ilustrisimo” workshop. Maestro Baste hails from Manila, and brings 30 years of experience in multiple Filipino martial arts disciplines, in which the last 20 have been in Kalis Ilustrisimo. He attained his instructor / Guro ranking from the late Maestro Tony Diego. The workshop focused on the basic principles of Kalis Ilustrisimo. Maestro Baste explained the reasoning behind some of the most fundamental concepts in the structure, body mechanics and alignment of the system, teaching the value in correct posturing in terms of situational awareness and how it relates to the blade.

Baste began his journey in Kalis Ilustrisimo with the legendary “Tatang” Ilustrisimo until his death and continued on with Tony Diego in the many years after. His continuity flows through the guidance of Arnold Narzo in Manila under KIRO, through Carlos Hermanos Kalis Ilustrisimo along with his brother Dr. Sixto Carlos. This timeline proves as valuable insight into the old ways of training and the new methodologies of today. This

was not lost on the intro class, as he explained how drills can be important, but also how techniques derived from situational attacks also play an extremely valuable part in teaching. In the old days, this was the primary vessel for learning the system. This deep insight was a very moving lesson, as it really stuck to the group.

The major take-a-way from the intro workshop, was to think of your “Intention.” Baste reminds us to “Constantly practice with intention” as a way to not overthink a situation and in order to keep things simple. He iterated to also be mindful of what your intentions are as it pertains to an attack or defending yourself from an aggressor.

As one participant Jason Croom stated, while comparing Kalis Ilustrisimo and Balintawak, “you better have intent or you’ll quickly feel what happens when you don’t! Maestro Baste’s words made me appreciate how similar the warrior mentality and concepts are in both arts but the method and weapon of choice to teach it are different.”

At the closing of the workshop, we focused on thrusting points and “techniques of opportunity” such as disarms from a thrusting line. In which it was stressed that these would be purely “accidental if not incidental.” In the end, the several hours were packed full of valuable lessons, deeper insight, and everyone was left more knowledgeable and thirsting for more. Carlos Hermanos Kalis Ilustrisimo East plans on having another seminar in the near future, please stay tuned for details. - Micheal Smith



For more information on future events with Carlos Hermanos Kalis Ilustrisimo visit on Face Book: [Click Here](#)
 Visit the Atlanta Kali Group on Face Book: [Click Here](#)

Dirty Boxing (Panantukan) Seminar

February 7, 2016
 Eskabo Daan Martial Arts
 1475 Polk St. Suite 11, 2nd floor
 San Francisco, California
 Grandmaster Rene Latosa - Latosa Escrim
 Grandmaster Robert Castro - Eskabo Daan
 Master Jay Pugao - Visayan Style Corto Kadena

Guro Jay and Guro Gregory of the Visayan Style Corto Kadena Larga Mano Eskrima, Grandmaster Robert Castro of Eskabo Daan and Grandmaster Rene Latosa of Latosa-Escrima leads a Dirty Boxing seminar based on the Filipino Martial Arts on February 7, 2016 at the



Eskabo Daan School in San Francisco

The seminar kicked off with Grandmaster Robert Castro of Eskabo Daan showing some techniques for 45 minutes. He focused on doing the guntings, throwing elbows and getting into locks. Immediately after was the Visayan Style Corto Kadena team showing how to get dirty while including stepping on feet and grabbing.

Grandmaster Latosa then took the floor building up the foundations of not only the physical but the mentality as well. He then proceeded to drill and drill participants to make sure they would leave with knowing how to get dirty. - **Eskabo Daan**



Guro Jay and Guro Gregory of the Corto Kadena Largo Mano Eskrima, Grandmaster Robert Castro of Eskabo Daan and Grandmaster Rene Latosa of Latosa-Escrima leads a Dirty Boxing seminar based on the Filipino martial arts and its contribution.

Visayan Style Corto Kadena Larga Mano Eskrima

Seminar on Kali and Wing Chun

w/ Guro Jon Rister
 February 13, 2016
 Rister Martial Arts
 1119 Luke St, Ste 113, Irving, Texas

Review By: **Abel Mann Martinez**
 Photos By: **Alfred Huang**

This is a review of the seminar we attended. Note – Most detractors of Wing Chun laugh at the infamous chain punch. In this 3.5+ hour long seminar, I only noted a single chain punch thrown.

Guro / Sifu Jon Rister stated that both systems, Kali and Wing Chun, are weapons based systems. While this is obvious in the case of the Filipino Martial Arts of Arnis / Eskrima / Kali (AEK), most people only know of Wing Chun as an empty hand system. While it has the famous Wooden Dummy, that is only a training partner, and the Butterfly Knives look just like the Empty Hands (as they should). The famous 6 ½ point staff, or Dragon Pole, came into Wing Chun fairly recently. As a fairly secretive art, there were certainly some hidden aspects that outsiders would not see.

For those that do not practice or at least have a familiarity with both Arts, here is a simple description. Wing Chun is typically a rigid / strict Southern Chinese Martial Art with the emphasis of precise angles, distances, placement of arms (bridges) and techniques in their practice, but the fighting application tends to be a bit more fluid. AEK has many more variations throughout the practitioners as well as through the Arts. Most individual Arts tend to have some basic, fairly rigorous rules depending on the style, but the application and performance are definitely fluid and adaptive to the situation.



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Both Arts have recently had a huge growth and resurgence due to movies, the spread of the Arts from great teachers, and practitioners wanting to grow outside of the bounds of their own indigenous Martial Arts. Cross Training is the way to go, IMO. Wing Chun, and other Southern Chinese Martial Arts, typically carried the Butterfly Swords and the Empty Hands would also have the same flavor as the Weapons Systems. Similarly, AEK has also had multiple options of Empty Hands, Blades (short and long), and Canes (single, or double).

Guro / Sifu Rister ended the previous class with the 6 1/2 point staff form from Wing Chun, and started the seminar with the same. The angles of attack with a "single ended" spear are not the same as a typical staff or spear in other systems. There is less side to side, one does not typically use the butt end, and the user keeps the spear point pointed toward the opponent and far away from the holder. As an introduction to the concepts of footwork, closing the distance, and weapons management, we used the Butterfly Swords to simultaneously Attack and Defend. The Filipino Arts have Bangkaw and Sibat (Spear and Staff), as well as the shorter Dos Manos varieties of Cane. One must redirect the incoming "just enough" and slide up the pole to the lead hand, and then the rear hand and of course the body of the Spear holder (inside of the long range weapon) without giving the Spear too much energy to spin back to the Sword holder.

The Dragon / Long Pole vs Double Swords was compared to the Double Canes from AEK.

*RISTERISM (saying or concept that will be remembered and repeated) – On Knife vs Knife, do not chase the Blade. 1, 2, 3, 4, 5, 12 – Stop the Attack with a Blade Stop Block (stick to it / control, not a slice through / arm is not controlled). Economy of motion, small motion, knife stops the angle and stays close to the person. Maintain centerline discipline – Left, Right, High, Low.



They teach double knife first, before single, in order to address and teach the footwork / angles / positioning not for just the primary weapon hand, but also the "offhand". Then we covered the ramifications of Palis Palis (he used a different term that started with Palis but I did not write that down). The time to Palis Palis is when the second hand is controlled with proper distance / angle / control. If not, then the offhand can punch if you are at the wrong range. We worked on Single Blade vs Single Blade next, using some Century soft Blades in order to hit. Right #5 Attack – Right "stop" hit on radial side of forearm, immediate follow up with Right #2 to "appropriate" targets.

*DUH I enjoy cross training with other Arts and other Stylists so that I can gain better understanding into my own Arts and what I "think" I know. Often, even after years of training, I learn a "DUH" – an insightful but simple serendipitous new nugget of information or phrase that is instantly clear and useful. The following is one of them (I won't share them all here because it is best done in training I think). Against a Right straight attack (low, medium, or high), we often do an inside parry (R parry, L trap) and a Right backfist to the temple / neck / ribs. DUH – after the Right hand does the third movement, turn / pronate the hand thumb down and insert the thumb into the neck

(edge of the tracheal ridge or on the side by the carotid / jugular or any of the numerous muscular strands that make up the neck muscles) / Tiger's Mouth to the neck / trapezius. This not only gives one a great "handle" / control for a rotary throw but also gives another separate pressure that slows and controls after the hit. Note – As a Mantis Kung Fu Stylist, I often use the opposite side of the neck for the same purpose, but I had not thought of this on the same side. That is why I call it a DUH!

*RISTERISM Adjust your footwork / distance to your arm / leg distance, in addition to your age, dexterity, timing, abilities, etc.

*RISTERISM Catch the Attack after the Attack and retraction. My personal philosophy is to wait for the person to stop or reset, which happens after every time they throw a combination. Take for instance, Jab – Cross. When the person is chambered but not punching, that is position 0, Jab is 1, Cross is 2, and back to reset is 3 (which is also 0). At 0 and 3 is the time IMO to close. If I can parry and touch and move at 1 or 2, I may be hit if I try to close at 1 or 2 (they may throw 1 again immediately). If they throw a feint (a short 1 or 2) and I move toward that, they can then throw the other when I am fumbling with the feint. Wing Chun is famous for soft blocks / parries / traps and hard Attacks, just like the Arts of AEK.

Without covering the specifics of the rest of the seminar, we flowed from various Wing Chun Drills and concepts to those of Empty Hand / Blade / Cane AEK and tying them back to the original demonstration of Spear vs Butterfly Swords. Excellent.

Drills – Empty Hand vs Empty Hand (hands up) from a distance or close (Classical WC starting position, back of wrist to back of wrist) in 3 directions – Right, Left, Center / Neutral, with counters, and counters to the counters.

*RISTERISM Teaching concepts – Accept what is, Change what is, Create the response (the angles and feeds you want). There are others based on timings and angles, but these 3 are the fundamentals.



- 1 – Cane (Largo with Abanico Corto, Corto with "crossed scissors")
- 2 – Empty Hand Snake
- 3 – Cane Snake
- 4 – And "Sometimes" Punyo
- 5 – Fail – Hit / Strike

Right vs Right Higot Lubad (Empty Hand) – 3 entries to break the drill in the 3 directions – R, L, C/N, with counters, and counters to counters.

Right vs Right Blade Hubad – Create a "pathway" to go from the Empty Hand to the Blade with a same side or cross draw to "Heaven" / normal grip Blade or "Earth" / reverse grip Blade Left or Right. Obstruction Removal with counters and follow-ups (3 angles R, L, C/N) and adding in striking styles and twirling to hit.

*RISTERISM Create a pathway to go from the drill (Corto and Medio range) from the Start (Largo range). Like a Tapi drill in Modern Arnis, which brought us back to the first drill with Blade vs Blade.

We concluded the seminar with discussing Disarms and doing them from different entries and timings. For instance, do #1 Disarm (Cane vs Cane). Now do it from a striking pattern of #1, #2, #1 (do #1 Disarm on the third motion). Now do it from #1, L punch, #1. Now do it from a Sumbrada drill. Etc. Lastly, perform each disarm in 5 different ways from 3 positions (Cane Up, Cane Down, Empty Hand).



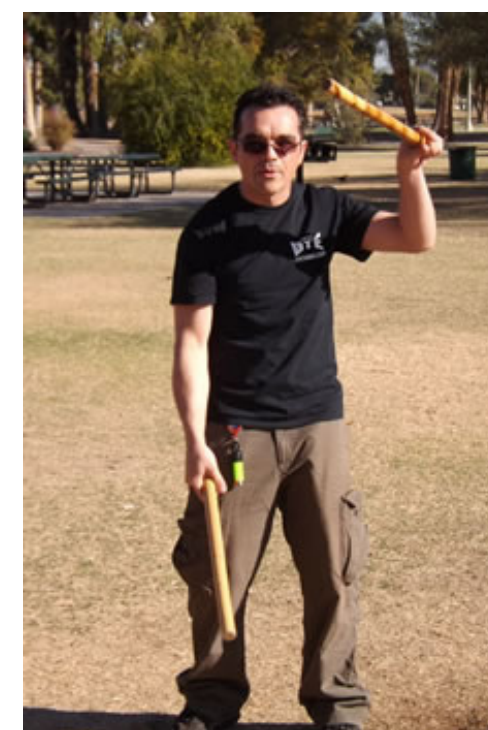
Year 4, #2, Phoenix FMA Training "Monthly Share"

February 20, 2016
Encanto Park
1202 W Encanto Blvd, Phoenix, Arizona



What a great day for sure, weather was great in Phoenix, Arizona. And to start with doughnut holes and coffee were brought and of course consumed for that added energy. And for sure it was needed.

Again the students of various styles gave their knowledge, and of course some were nervous at first, but relaxed and it was a great experience learning from a student, for you could tell they retained the knowledge which was given to them and now they were the ones giving.



To start off the monthly share Jeromey Allen a student of DTE started with empty hands using kinda like wax on – wax off movement with his hands and arms to demonstrate blocking, (mostly outward). However with this the emphasis was on using the torque of the body for power. Once participants got the idea and understood the concept Jeromey then used sticks to illustrate the movement and power that can be obtained with the movement.

Next up was Lamont Felton a student of Kada Anan shared Based off Serrada - Basic inside one block (shielding) off #1 or 2 angle. This movement teaches the student both an offensive and defensive movements. Many questions were asked about certain aspects and Lamont did a great job with answers, and some points were added by some of the experienced teachers that were there.

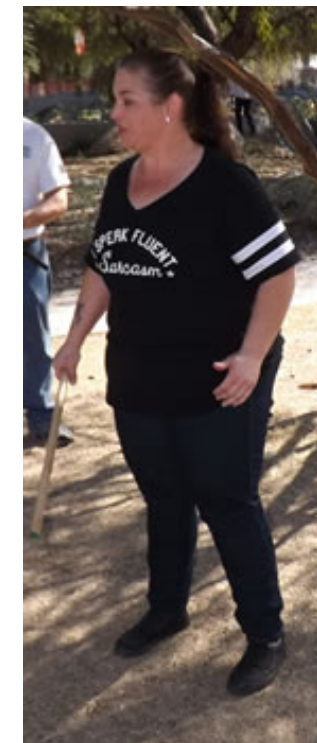
Following was Sammy Valencia of Swacom who was excellent in explaining equis, salok and clasico. Equis and salok which are a common form of X striking,



from right to left or left to right if coming from serrada. Along with retirada, with the forehead strike moving forward and backhand strike moving backwards. Can be used as either attack or defense against a variation of strikes. Clasico is a form of Spanish sword fighting in which the arm is extended and the tip of the blade is pointed down toward the opponent's wrist to cut it. You then finish the technique with a middle thrust or low strike.

And last was Tracy Ross a student of Kada Anan demonstrating a meet and a follow strike in the style of Largo Mano. Largo mano is a style where the opponents attempt to control the distance between each other and their weapons. When the opponent attacks with a basic 1 strike, the defender lunges back to the left, perpendicular to the strike, while meeting their opponent with a strike of their own. Using elastiko, transfer weight to the front leg delivering a follow up strike.

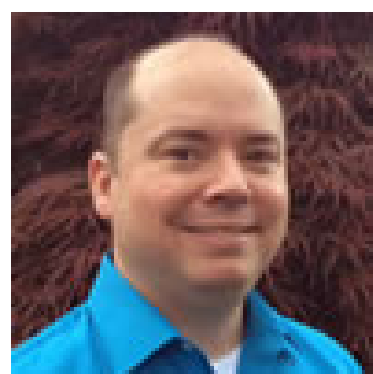
Afterwards was a barbecue which is usually a standard ending to the monthly share, this being no different it turned out very good, for as a pot luck many of the participants brought some good and very tasty food. And of course the company of fellow practitioners is great!



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".



Health and Safety



The Best Exercise to Alleviate Knee Pain

Dr. Mark Wiley



We don't usually do exercises to strengthen this muscle, so this is a must if you experience knee pain.

People complain of knee pain all the time. For many, it is a case of intermittent pain, a sharp pain or slight discomfort experienced now and then. Then there is the chronic pain, which can wear down the knee structure over time, require constant medication and eventually surgery. This you want to avoid; the "letting go" of the issue for so long that arthritis sets in and surgery is required.

Often times the cause of intermittent knee pain is due to a muscle imbalance in the quadriceps or thigh muscles. The quads are made up of four muscles, and often because of how we move on a regular basis and the daily activities, the muscles on the outer sides of the thighs are stronger and take on the load. That means, the smaller muscles on the more interior portions of the leg, like the vastus medialis, are weaker and therefore less able to hold the knee in line for proper tracking.

The Vastus medialis is not used as much in lateral movement, which is usually what triggers common intermittent knee pain. If you strengthen that muscle, the knee will track better and not allow the patella (kneecap) to rub against bone or compress soft tissues.

In today's video, physical trainer and bodywork therapist Alan Orr will show you a terminal extension exercise to correct this muscle imbalance by firing the vastus medialis muscle and thereby strengthening it. We don't usually do exercises to strengthen this muscle, so this one is a must if you experience knee pain.

What You Will Need

You will need a moderately long and strong rubber exercise band and a solid and stable structure on which to anchor it. Here we have the band around some heavy lifting equipment, but a sofa leg or closet door may suffice.

What To Do

Step one leg into the band so it is behind the thigh muscle and move back until the band is taut. The other leg steps back to elongate your stance. Think of the position as a long step, with rear leg straight and front leg bent.

From here, simply extend the knee so the front leg becomes straight. Do not bed or sway your hips during this motion.

What is happening is the backward extension of the knee requires use of the vastus medialis muscle and the band provides the resistance. Extending then flexing the knee (locking it back and then bending it again) will work the muscle in question and strengthen it.

How Much To Do

This is not an exercise that requires a lot of effort. You want to do 4 sets of 12-14 repetitions on each leg. You can do one set, switch legs, and then another set and so on. After about 4 sets you will feel that band of muscle becoming fatigued. This is good as it means the muscle is being put to work and is strengthening.

The Result

The result is that over time you will feel this muscle becoming more activated during other types of movements, like squats and lunges, wherein in the past it was not.

The more the inner quad muscles become strong and can take on more load, the more balanced all leg movements will be, from lifting to squatting to walking or playing tennis. With this balance comes better tracking of the patella and less inflammation, pain, stiffness. In time the knee pain will resolve, if a chronic condition is not already entrenched. In many cases, especially those who only experience intermittent knee pain, this exercise prevents chronic knee problems.

Alleviate Knee Pain with Terminal Extension Exercise

Video: [Click Here](#)

Leg Cramps: What Causes Them, What You Can Eat to Cure Them

By Seth M



much more serious kidney disease. They often result from vigorous exercise, trauma to a muscle, or even keeping the leg in an awkward or uncomfortable position for extended periods of time.

Other causes include medications like birth control, diuretics and steroids. Potassium and calcium deficiencies, as well as cold weather, may also be an underlying cause. Acute leg cramps are often confused with restless leg syndrome (RLS), which is a different far more serious condition that involves persistent throbbing and pulling sensations in the legs.

Stopping a Cramp

The good news is that there

are a number of different ways to alleviate nighttime leg cramps. When you feel a leg cramp start, the best way to soothe them is to move. Walk around, shake your leg, rub your muscle, anything to get that muscle working a little. Rotating your ankles in a circle and moving your foot up and down have also been proven to end cramps.

Anyone who suffers from frequent leg cramps should work to strengthen those muscles, which will help them to happen less often. Chronic symptoms can be treated using cold compression therapy, which effectively numbs pain and reduces soreness.

Preventing Leg Cramps

Preventing muscle cramps in your legs can be done by

making simple changes to one's lifestyle. Consuming enough water everyday is vital, as dehydration is often at the root of cramps. A healthy diet will also help, with plenty of fresh fruits and vegetables. Electrolyte imbalances can also be to blame, in which case vitamins and minerals such as potassium and magnesium will help muscle function.

Apple cider vinegar is high in potassium and can be mixed into an easy solution that will provide quick relief from leg cramps:

- 2 Tsp. Bragg's Apple Cider Vinegar
 - 1 Tsp. Pure Raw Honey
 - 8oz. Warm Water
- Mix it all together, stir thoroughly, and then drink

Expanded Consciousness
expandedconsciousness.com

Building Blocks of FMA

Introduction to Sparring for the New FMA Student

By Marc J. Lawrence

So those of you who have been reading my articles and following them have been learning about the basics. You have been practicing your basic fighting patterns. You have learned to move through your basic body positions and you are feeling pretty good about your skills. You know your ranges and targets and now you are thinking of sparring. This is where the rubber meets the road! You say I am ready! Before we jump into that lets look at what type of sparring we will be doing and what safety gear do we need to train.

Before we start sparring you must have safety gear. If you do not have money for padded sticks you can make them with 5/8 rattan sticks, pipe insulation or foam pool noodles, spray glue and covering made like sock to be the sleeve go over the padded foam cover stick. If you make it right you will tuck and glue the fabric handle and use grip tape (like for baseball bats and hockey sticks) to cover the handle and put a rubber cap on the end. I recommend using Lacroix helmets, fencing mask or Arnis helmets to protect your eyes and face. Hockey gloves or Lacroix gloves work well for protection your hands. Other things are elbow and knee pads for your joints as well.

Let's start off with two separate concepts- one of the principles is called Sumbrada, a controlled sparring done in pattern and the second principle being full sparring- this can be divided in agreed upon targeting areas like hands only, arms and legs only, hand arms and head, then all areas being equal. This is how we will learn to spar and have good control and good targeting skills. Anybody can swing a stick and be dangerous, do not believe ask a kid with no training to attack you and watch what happens. You can later add punching and kicking to the game for street training. Right now this is just Stick-dueling as it is done around the world. Yes, other cultures fight with sticks too!

So now you will learn about a measure of time and what I meant by a full beat half beat and quarter beat strike and what it means in time and motion! You will set up and area to spar and have someone to keep time. You will agree with your partner about the targeting rules: let's say just hands for now! Then you will begin sparring. The first thing you will notice is how hard it is to hit someone's hands when they are moving the around. You start to see the patterns of how they move and learn to beat them to punch as they say in boxing! You will also learn how easy it is you your hands to get hit! When you get to the hands, arms and legs, you will find that you have enough time to get a limb out of the way and may be strike back or just enough time to perform a disruptive block and a counter strike and move out before getting counter struck. This is why the old masters would say you only need three strikes to beat someone. In the method of fighting with no gear you would find that Largo-Mano methods are now your best friend! You will practice hitting and moving out to sides and to the back. Remember to breathe, as you will forget at first and be gassed out after a two minute round. You will learn when to move in and when not to! As you progress you will learn about where to watch and how to move based upon the fighting geography that I have talked about before.

Training is important especially sparring! When your skills are well developed you will spar with very little gear but for now wear you gear and stay safe! Train as if your life depends upon it as it may some day!

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

7 Lies Bad Self Defense Instructors Tell Their Students

By Andrew Holland



There are some really bad self-defense instructors out there. People that really think they are good at what they teach but it is pretty disgraceful that they can get away with teaching such rubbish.

In this article I will expose these instructors by showcasing the lies they tell, if you have heard any of these it is time to leave the class and find a new instructor.

1. Self-Defense Is Easy

I hear and see this all the time. Instructors who think that if you grab here and touch there and then the opponent will fall to the floor and they tell students that self-defense is easy.

Please get a grip.....

Picture this, you are walking home one night after work and you see a group of lads by the corner of the park. You have to walk through the park to get to your house and one young lad stands in front of you and says "£10 to get through mate"

You, of course, say no and try and push past at which he hits you hard in the face. Your nose is bleeding and you get into your stance and then boom!! You get double legged and taken to the floor in a text book MMA take down.

You never bothered learning the ground game because your self-defense instructor says "never go to the ground", this guy quickly sits on your chest and you get punched in the nose.

Dazed and in pain you remember the drill you did once in class, grab here and twist and he will fall off you . With all your might you try but he doesn't move and you get punched again. He spits in your face and gets up. Your ass has been handed to you.

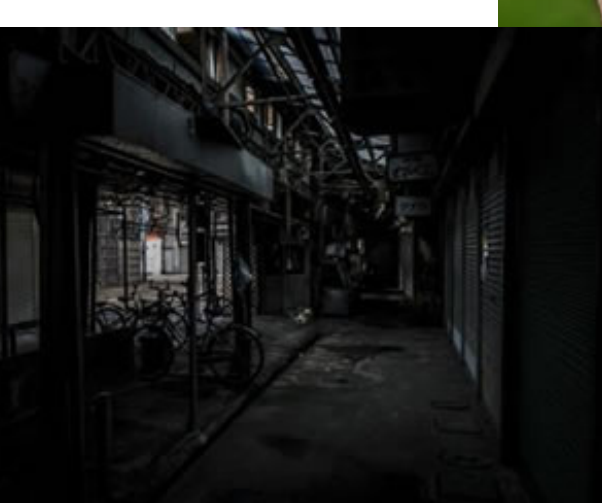
Fighting is really f##king hard!! Trust me there is no such

thing as an easy fight. Those that say there are easy fights simply haven't been up against enough people. If your training is easy it won't work. If your training always has you winning, it won't work.

I am not talking about awareness training, or those ladies only workshops that people run. I am talking about self-defense clubs and classes that are designed to teach you how to protect yourself. The bottom line is this.....

At 5 in the morning when your car alarm goes off and you get up to find 3 lads breaking into your car and you tell them to stop and they say "pi## off old man, what are you going to do?" Will your 5 years of self-defense training actually work?

2. Never Go To The Ground



I love this one. It's the get out saying of an instructor who can't grapple.

I hear it all the time "never go to the ground because their mates can join in".

So you are out and a guy has an issue with you. He hits you hard in the face and you punch him back, he lands 2 or 3 times and you really dazed. He hits hard and fast and is clearly a better puncher.

What are you going to do? Stand there and get beaten?

But what if some really strong guy stands there and outweighs you, and is bigger than you? What then? Are you going to trade punches with a person who

has 20 kilos weight advantage

over you?

I have been to the ground lots of times because it made sense. Very often I would have lost if I had traded punches with someone. Yes there will always be a risk when going to the ground that you can get kicked or punched by the mates, but that risk still exists on your feet too!

Going to the ground should be a tactical decision, if it makes sense for the circumstances do it, if not don't. There is and should never be this blanket rule of "never go to the ground unless you have no choice"

You need to consider all the options of a situation, if you start adding these barriers to your performance such as "don't do this, don't do that" you will be reducing your own ability even before the fight occurs.

Here's what to do.....

Train your groundwork in short bursts. Take down to a quick finish and get back up to a protective position but please do not fail to plan for the times that going to the ground makes sense!

3. You Do Not Need To Be Fit For Self Defense



This is my favor it lie. No one is saying that you need to have a six pack and defined biceps to be good at self-defense.

Trust me my gut seems to be growing by the day, however you still need to be as fit as you can be.

I have chronic exercise-induced asthma where my lungs reduce in performance by 20% in just 3 minutes, but I still need to be as fit as I can be.

If you have a bad back, leg or anything else you need to still be as fit as you can if you are taking self-defense training with any degree of seriousness.

In a self-defense situation, you might fight 1 or 8 people, go to the ground and feet and back again, have to run away fast. Jump over a fence to get away from an attacker or anything else.

Do you think doing any of those things is easy? Nope they aren't.

So if running away from an attacker is something you teach, well how many sprints do you make your students do each session?

In my opinion sprint training should form part of every training session for a self-defense club because running away is one of the most effective techniques there is. But you still have to train this!

4. Awareness Will help You Avoid Most Incidents

This annoys me Instructors that preach awareness but haven't got a clue how to teach it.

Awareness on its own is useless. Awareness combined with ACTION is key!

Half of the instructors out there either rely on the outdated coopers colour codes to make their life easier, or they just say, "you have got to be aware".

So how do you teach this? Well it isn't easy and that is why most instructors never bother. You see awareness is great and I have taught it to a lot of people, but you need to teach people about awarness and what to do once they become aware. This is where scenarios are essential!

You need to create detailed scenarios and add them to your class. Put them at the end as part of your cool down but make sure you do them. Perhaps it is the bar situation where you role play a guy having issues with a person, make sure that you show the students where they could have walked out of the pub to avoid an issue, or perhaps spoke to door staff and made them aware, then if they didn't do it right the first time make them go through the scenario again. It is about creating links in the minds of the student so they act on their awareness.

Just telling people that if they are aware then they will be ok is the worst of lies. You need to teach awareness and not just talk about it!

5. Sport Martial Arts Don't Work on The Street!

Yeah I hear this a lot. Boxing, Judo, BJJ and such like are sports and won't help you on the street.

Who makes this up?? Seriously!

A good self-defense practitioner should be able to walk into any sports martial arts club and hold their own. I am not saying they need to tap out the black belts or boss the Pro boxing champion around. They just need to be able to survive and look like they know a bit and can stick up for themselves.

This requires effort! You should be able to fight standing,

on the ground and vertical grapple. This is why being good at self-defense takes serious training!

I would never worry about a boxer being able to handle themselves but I would worry about some people I see teaching self-defense, let alone training it.

6. You Don't Need Much Knowledge of the Law

Another classic this one. Instructors telling students that they do not need to know the law is a key sign that they do not know their stuff.

After 17 years in the police I would still hire a solicitor because they have 'expert' knowledge!

Now I am not saying that self-defense instructors need to be solicitors but they do need to have a better level of knowledge than the average person.

I have been reading a lot from Mark Dawes lately. He is an expert in self-defense and puts on some amazing courses. Do yourself a favour and check out his blog!

My point is this, self-defense is a legal mine field so make sure you know what you are talking about. Go and seek out high levels of legal training to go

alongside your physical stuff.

An example of this is pre-emptive strikes

The idea is very simple. The law does not make you to wait to be attacked, you can hit them first.

However some instructors have taken this to believe that you can use this legal framework as an excuse to hit people. Wrong!!!

You need to be able to articulate and defend your use of a pre-emptive strike because you have actually assaulted someone. That might mean you have to defend your actions in court too!

This goes alongside the legal aspect. If your instructor is teaching pre-emptive strikes but failing to teach you the legal aspects that go along with this type of training then they are teaching you to hit people and not defend yourself.

Picture this; You are in a club and a guy is staring at you, he looks angry and he walks over to you with his fists clenched and says "Have you got a problem mate". You are worried he is going to hit you. Do you hit first? Push him back and say "get away", turn your back and walk away? Or perhaps you let him continue

Owned

By: John Honeyman



Last Friday we were drilling multiple armed attackers (knives) versus one receiver. This is one of the toughest scenarios to train, since the odds are heavily against you from the start.

It's sobering how fast things can go wrong in these situations, which is why so many violent attacks involve armed groups on a single, unarmed individual.

Some themes emerged during the training:

1) Don't Get Caught in the Middle

Stuck in between several opponents is the absolute worst place to be. Like quicksand, once you are stuck in it is incrementally harder to get back out. Time is NOT on your side and flailing won't make it any better.

2) Keep Moving

Standing still is not neutral, it's NEGATIVE - often dangerously so. Once we are aware of any threat, it is imperative to start moving and keep moving. The direction almost doesn't matter,

it can always be corrected later. What is critical is to get going and keep going until you are out of danger.

3) K.I.S.S.

Keep it short and simple. Too much complexity takes too much time. You won't ever have as much time as you want or need, so better to plan quick and move quicker. Complex techniques will fail under stress due to adrenaline, so it is far better to use simple, effective movements.

4) Have a Game Plan but Be Ready to Change it

Based on available info, make a plan. As info changes, make sure the plan changes. It is far better to have a fluid, adaptable mindset that to remain committed to a failing plan.

5) Concentrated, Short-Term Focus is better than Multi-Tasking It is far better to harness full focus on a single task for a short term than to try to do everything at once (and fail them all). Focus

talking?

There is no easy answer because each one brings a consequence but that is self-defense for you. Could you justify using a pre-emptive strike? If you are not sure either way I think you definitely could use with more training.

7. Knife Defense: Just Do This, Then ThisBlah Blah Blah



Here is my serious complaint. Instructors who talk about knife defense as if they had experience in it when the closest they have come to a knife situation is watching Game of Thrones

I get it. People stab other people. It happens a lot but please please stop showing knife defense tactics like you are a Navy Seal!

2 things happen when a knife is pulled on you:

First: You crap your pants

Second: You heart jumps out of your chest.

Anyone says any different, they are telling lies or have ego issues!

For some reason instructors are dead set on treating knife defense as if they are buttering toast, this is serious stuff!! If you teach Knife defense do yourself a favour and go and get one of those no lie blades or shock knives. That way you can see just how easily you would have been hurt!

Now you might not like this post, I expect lots of people to moan, but the bottom line is that there are so many self-defense instructors out there that have never seen an angry man, yet they teach/ preach self-defense like they have worked the doors for 20 years.

The Self Defense Expert
theselfdefenseexpert.com

on the most immediate goal, complete it the best you can within the time you have and then move on. It is actually more effective to hit each single objective 80% and keep going than hit 5 at 20% each and be overwhelmed. "aim big miss big, aim small miss small" is a mantra used by elite snipers which means to focus on a small detail (aim at the shirt button) rather than a big target (aim at the man). Precision is efficient and efficiency makes a big difference when time and the odds are against you.

6) Take What You Need From Those Around You

In a fight, your weapon will become my weapon as soon as I can make it so. I am always out to even the odds, and then skew them in my favor, and one of the best ways I can do this is to take whatever my opponents' have and use it to my benefit.

7) Leverage Your Environment

In a fight, everything is fair game, especially the environment. Walls, stairs, furniture, railings, anything in the environment can and should be used to help even the odds, and then skew them in your favor.

8) Be Decisive

Second place in a serous fight usually equals being severely injured or dead. Every hit must count, and there is almost no margin for error. To walk away, you must be committed to survival more than the others are committed to hurt or kill you.

9) The Mental Aspect Matters

In every situation, it is your confidence, willpower and commitment that have the biggest influence on the outcome. That means cultivating a mindset to do whatever is needed to survive an encounter and walk away. Willpower is a very important ingredient for success.

10) Believe in Yourself

Survivors have a "survivor mindset". Rather than arrogance, it is a quiet confidence in themselves and their abilities. Survivors know what they can do, and know that what they can do when they have to is usually far beyond what they can do when they choose to. Believe in yourself is also believing in your own ability to keep going no matter what. Perseverance is a common characteristic of the most successful people.

And the most important of all:

Take the Initiative

There is a big temptation to be passive and wait for things to come to you before dealing with them. In a fighting situation, this is usually the worst possible choice. Attackers, especially groups of attackers, will continue to worsen your situation if allowed enough time to execute their strategy, and waiting becomes like a noose tightening around your neck.

Guerrilla warfare is generally the best approach, using the environment, aggressiveness and surprise to paralyze the enemy until they can be defeated.

In small-scale this means that you must immediately explode into action - directly into an attacker, and continue to aggressively seek and destroy the others before they can recover and combine to bring you down. Fights need to happen on YOUR TERMS rather than theirs.

Tactically, we always seek the border of the space since we want to avoid being in the middle (see above) or exposing our backs, but the principles of environment, aggressiveness and surprise are still essential. Waiting almost always makes the situation worse.

I have stated many times that the dojo is our laboratory for life. What we can learn to do in class, we can learn to do outside class. So, what does it all mean?

This training drill is not just to practice knife defense versus multiple attackers.

If you consider the above lessons, they apply almost universally to success in work and family, as well. "Take The Initiative" is good advice for any endeavor of our lives.

All too often, we remain passive, waiting for someone to do it for us, or for things to happen to us. This rarely has the outcome we want. Instead, it is far better to actively engage our lives and those around us - take the initiative - and create the life we want to have. This is true for individuals as well as companies.

The guidelines above offer advice for a wide variety of situations. I hope you will consider them.

Moreover, I hope you will accept the responsibility to take the initiative in your own life, rather than waiting for it to happen to you. Make it Happen rather than letting it happen. Be the cause rather than the effect.

Come to class with energy and confidence, and be determined not just to complete the drills, but to OWN the training, OWN the workout, OWN the outcome. Seize the Opportunity.

BE AWESOME. Make a revolution in your life. The Revolution Will Be Owned --- BY YOU.

Martial Arts Digest

This Blog is created as a forum to discuss the martial arts as a way of exploring the self, and as a vehicle for achieving personal life success martialartsdigest.blogspot.jp

Martial Arts

By Jayson Vicente The Path

Sun.Star Baguio - January 21, 2016

Martial Arts is one of the most pure and authentic art that you can find.

Often times, martial arts is misinterpreted to be violent and chaotic in nature not realizing that what makes it violent and chaotic is the person who embodies the art in its underrated state.

Martial arts in its history and evolution is purely intended to enhance the physical health of an individual coping with the amount of stress the human body takes from his work and everyday activities.

Martial arts seek to ignite every switch of immune system of the human body to function for its benefit, making the body strong and resistant to physical stress and common viruses.

It also aims to attain a higher mental, emotional and physical state that transforms an individual to the most proper character of a healthy and peaceful person.

Although punches and kicks are most common attribute associated with martial arts, this attributes are actually gestures to release and ignite inner energy first taught as exercises, and this movements are put together from the movements of animals and insects that were aimed to be exercise routines for physical wellness.

Now a days, martial arts is being used for sports and competitions, and some seek it for "self-defense" but have no proper understanding of what self-defense really is, for many martial arts adds up to their "macho" which defeats the very essence of why martial arts came to life.

Martial arts is considered sacred and only a few are privileged to learn and it is in the form of discipleship

Lameco Eskrima (The Legacy of Edgar Sulite)

By David E. Gould

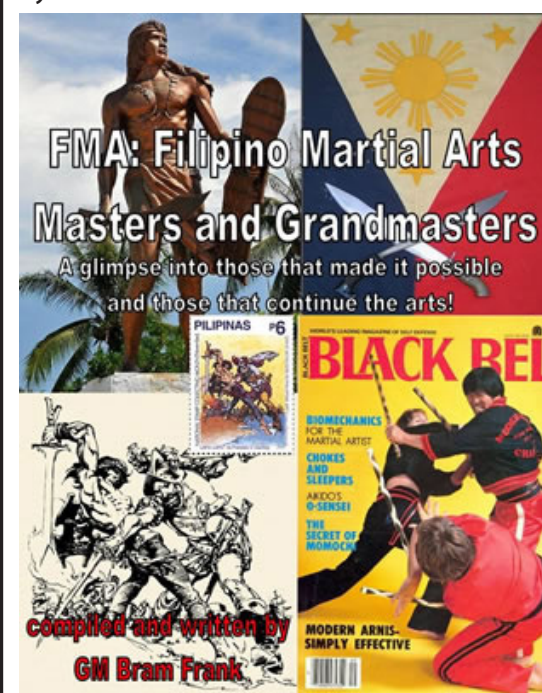


In the art of Eskrima, few names stand out like the late Edgar Salute's. He dedicated his life to mastering the art of Eskrima and put his reputation on the line, taking challenges for money and honor. He earned the confidence of a collection of legendary grandmasters of the day, and earned the mutual 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.

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FMA Grandmasters and Masters

By Bram Frank



This book is about the Masters and Grandmasters of the Filipino Martial Arts. Some are well known others are relatively obscure, some are famous, others are known only by their skill but they all have in common their love for the Filipino martial arts and their connection through training, friendship heritage or lineage with Grandmaster Bram Frank. Some are the heroes of the Philippines like the late Professor Remy Presas, part of American martial art history like Guro Dan Inosanto or like Grandmaster Bram Frank a faithful practitioner and instructor of the arts. Their stories are told in pictures and with a bio of who they are and what they've done! This is the first in a series of volumes of these wonderful people!

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Philippine Sword Hunting in Aklan

By Russell Lorenzo



I have always been fascinated by swords. Since I was a kid, I have played imaginary sword fights with sticks and have longed to own a real one. These tools of warfare are the most revered and respected of all ancient weaponry. A true man will be left in awe at the presence of a beautiful sword, feeling the power and the danger emanating from the weapon.

Very few nowadays knows about swords in the Philippines. The weapon may have outlived its purpose as we are in an era needing more sophistication. Presently, if not being used for cutting and chopping, swords become ornaments. Thus the makers of Philippine blades faced with a vanishing trade had taken up other means of livelihood, but a few others stayed behind. I have heard of stories of blacksmiths in the island of Panay and an unplanned trip to Aklan made me grab the opportunity to track down and find the makers of Visayan swords.



Arriving at Kalibo, I first took care of matters that made my trip possible (which were secondary to my true objective which was finding a sword). Cramping everything in 3 days including travel time is difficult, especially because the plane landed on the airport at 2:30pm and half the day was almost spent. But if there's a will, there's a way.

Asking the locals, there were few places I was directed to go but went to the one with the highest probability of success. In a hut near one of the beaches in New Washington, Aklan, there's a blacksmith who makes sharp blades. On my second day in the island, I was able to visit this guy.

He was kind enough to show me his tools and talk about how he makes the blades. In his hut/workshop, are all improvised. His furnace is made of galvanized steel roof, bamboo, sand and some rocks. A make shift air pump made of wood and some stuff inside that I didn't see, is beside the furnace for increasing the temperature. His anvil was a huge chunk of metal laid over a thick tree trunk held in place by metal hooks impaled on the tree trunk.

The blacksmith said he doesn't have anything available and what he makes are for the use of locals on their daily tasks. Looking at his work, true enough, they were meant to be used every day. Leaving the place empty-handed, but still in good spirits, I vowed I will go deeper in Aklan to find what I'm looking for.

Early in the morning of the day of my departure back to Manila, taking a bus pushing

The Badiangan blacksmith showed me a lot of his works. Unfortunately, all he had made are the short blades for daily use and no ornate carvings on the handles. Chances has been getting slimmer in getting the sword that I want on this trip and I have started convincing myself that at least I know where to go to next time. So I chatted the blacksmith a little bit more, said that I was looking for something more. I asked if he has anything longer even if the handles are not artistically carved, and he brought out these 27 inch blades. He said "yan pwede sa tao gamitin." (You can use those on people)

It hit the spot. The moment I was shown these unfinished swords, I was screaming inside and got really, really excited. Unfortunately, it wasn't for sale. It was made for someone else and even if he'd be selling me one, it would take a day or two to finish

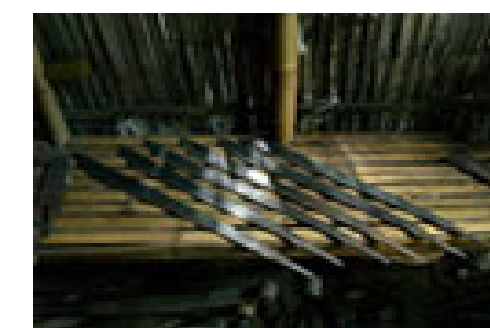


the job, and my flight back to Manila is within the day. With a sad heart but never letting go of hope, I bid them farewell and moved further southwest.

I reached the Poblacion of Libacao after going through

towards the border of Capiz, I stopped at the town of Badiangan to locate the famous blacksmiths there. Reaching their hut, there was a furnace too, but this time it looks more traditional than where I went the day before and it's in a separate spot away from the house. Their tools are pretty much alike and it seems the family has been involved in crafting steel for a very long time.

rough roads and some landslides from the mountains. A quiet but civilized town, Poblacion of Libacao is the center of the Municipality. Several barangays are reached through trekking or motor bikes and some are remotely deep in the mountains. It has been said that the many Libacao pandays live on those barangays. Being alone, with no one to accompany me, I asked



around hoping to get my way and perhaps reach the far flung blacksmiths.

Good fortune smiled on me when I reached an artist who dresses up the swords with ornate handles and a good scabbard. I wasn't expecting any of his creations to be available so I was to settle myself on his terrace for a chat. It was a long way I had gone for a chat but who knows what will come out of the conversation. To my surprise, he brought out a sword and without second thoughts, it got sold.

It was 26-27 inches of hardened steel to achieve razor sharp edges. The carved handle



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is made from mahogany, the hand guard from narra, the scabbard is from the light Philippine Cedar locally known as "lanipga" and the black trimmings are called "obaran" which comes from a tree. The rope that will hold the "talibong" in the waist is made from abaca. It is really beautiful. And it was worth the whole trip.

Later in the afternoon at the airport for the return flight to Manila, a guy commented after I retold my story, "Sir, that's the first of your collection. I'm sure it doesn't end with just one." I just smiled at him and said nothing. Maybe he's going to be right after all.



The Pinoy Warrior
www.thepinoywarrior.com

7 Warning Signs Your Self Defense Training Is Useless

By Andrew Holland



You go to a self-defense school or club and for years, you train as you are told. So when you see someone else on Facebook or YouTube showing self-defense techniques in a way that is not like you are taught they are automatically wrong! I see this time and time again. The bottom line is this.....

The vast majority of instructors that teach self-defense are teaching you techniques that will get your ass kicked!

And you might be reading this right now and thinking "Who is he, what does he know?" Well, I have had 17 years in law enforcement and even longer in boxing, Judo and other martial arts.

And yes I truly know what works and doesn't so I might have an opinion worth considering for a minute.

How to Find the Self Defense Scam Artists

But how do you actually know if your self-defense training is any good? I mean unless you have to use your skills in a real life situation how can you really know?

Well here is our guide to spotting the scammers from the real instructors.

1. You Only Learn Open Hand Slaps or Palm Heel Strikes

This is a real issue that I have! Many times I hear people

"I do not teach people to punch with a closed fist because the hands break too easily", or they say "a slap is far more efficient than a punch."

Ok, so let us address this bullshit straight away.

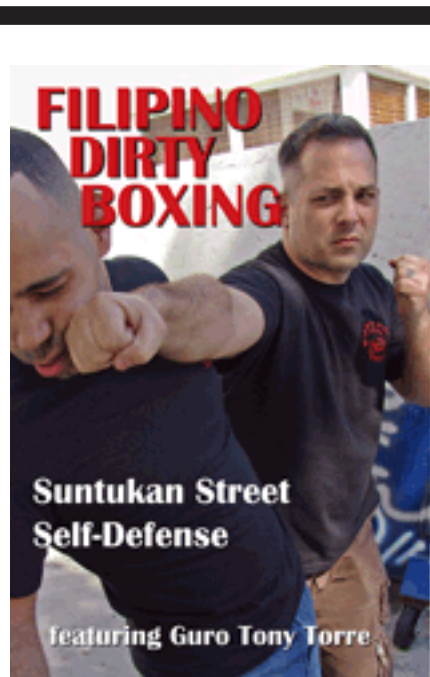
Slaps work, I have taught them, and they are great... to a point.

The human fist is in essence, a projectile weapon. It is very solid, and if you have the ability to send that weapon out with speed and power, you have at your disposal an instant method of self-protection.

A slap on the other hand is an impact tool. It has a large contact area and again can be used with great power, generally from a circular 'hooking arc'. My personal rule is this:

The Slap Should Only Be Used As a Pre-Emptive Strike

Why would I say such a thing?



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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

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Simple, because if you are taking punches to the face, your slaps will not win!

Don't believe me, take off your big ass padded suits and head gear and one of you be the puncher with MMA gloves and the other use your slaps and see who wins.

The only goal of the slap is the KO which is great when you aren't getting smashed by two boulder-sized fists. In essence, this is an 'Impact v Damage' debate. But ask yourself this, if slapping was so great why don't you see UFC stars using it?

You don't because it doesn't do the damage required.

Now remember I would never exclude slapping from training and a good slap works wonders and can even work in the midst of a self-defense situation. But you still need to be able to punch and if your instructor can't or simply says punching doesn't work then they haven't been in enough fights.

But..... "What about the hands breaking?"

Yes, the hands can break when you throw punches. However, that is better than having your nose, jaw and teeth broken!

You can play patty cake all you like in the gym but when the fist hits the fan in real life, you will need to be able to throw serious punches or hammer fists that are accurate and have power.

Palm Heel Strike Will Never Replace a Punch

had this once as well.

An ex-military guy who was about six ft 3 of chiseled muscle criticized a video I did on how to jab. I think he said you can't jab in the street, it just

won't work."

That in itself is stupid (A jab can be used as a bridging technique, a feint to get in close and should always be used before you throw others strikes anyway, but that is another subject for another day)

However I checked his stuff, he teaches palm heel strikes?

I do not know where people get these ideas from; perhaps it is just a desire to be different. To have something really different to teach that makes them stand out, who knows. So let me say this.....

I cannot think if a single striking situation where a palm heel will work better than a punch? Not to mention that there is a risk of breaking your wrist. What would you rather have? A broken knuckle or broken wrist?

Well, I can still grab with a broken knuckle but with a broken wrist, you are not going to be able to do anything with that hand because your wrist will be flopping all over the place.

The bottom line is this: You need to start building some hurting strikes.

Be it hammer strikes, elbows or punches, you need to be able to hit so hard that it rattles the attacker ancestors (I admit I stole this off the great Duke speech from Rocky Balboa). I hear it all the time.... It takes too long to learn to strike.

Yes, it does, and that is why self-defense training is really hard. This is not personal safety; self-defense is all about when the crap hits the fan. In essence, it is a game of rock, paper scissors and stone. Don't get caught out using paper against a rock!



Video: Click Here

2. You Walk Out of Class As Fresh As You Walked In

I have seen classes where the group walk out, and they look as if they have been to a cheese tasting convention and not a self-defense class.

The very act of self-defense requires effort, and you should make sure you leave class feeling tired.

Now I know some self-defense instructors are reading this and thinking "self-defense is about awareness, not fitness". I understand why you would think this, so here is my view:

My old boxing coach used to make us go running for a few miles each session. I asked him why and this is the answer he gave.

"Look, Andrew, I know you do your running at home, but some of these lads only train when they are here. So I send them running so I can be sure they are fit enough to fight."

As an instructor, it is your job to be as happy as possible that your students can do what you teach them. So if you tell them to land a few strikes then run you need to make sure they can run. If you tell them to scream their lungs out while being dragged to the floor and attacked, you need to make sure they can do this. If you want them to throw as many strikes as they can in one minute, you need to make sure they can.... You get my point.

Your training should be as a real as possible!

3. You Spend More Than 50% of the Class Talking



Sometimes your instructor loves themselves. They love talking about how good they are, how many fights they have had and how tough they are. Others like to discuss science, tactics, evolution and politics.

Here is a fact. No one learned to defend themselves by standing around listening!

The students need to be actually training. So here is my suggestion for class structure.

- Warm up:** 1 x 2 minutes footwork
- 1x 2 minutes body mechanics
- 1 x 2 minutes shadow fighting
- Stretch 5 minutes
- Technical Work 20 minutes
- Resisted Training: i.e., grappling, striking games, free practice with a resistant partner or anything that is 'live'.
- Finish with a super circuit. Such as 30 burpees. 30 press ups, 30 squats x 3
- Cool down an awareness talk at the same time.

This should take you about an hour and has zero breaks where the coach is jabbering on about startle flinch this and that. Science is great, but a lot of it is common sense, your students want results and not loads of excessive knowledge. If you want to be all geeky, share the articles on Facebook or by email later on.

4. Your Instructor Always Slates Sport and Traditional Martial Arts

This is another issue I hate! Just because a person does not want to learn self-defense in a traditional sense, it odes not mean they can't kick your ass. This should be respected.

Yesterday I shared a great post from Joe Rogan that explains it all:



I am well aware that these activities do not cover knife defense, the law, awareness, etc. However, people seem to forget

(or conveniently ignore) that the people doing these activities are mm actually people.

In know of lots of cops that do MMA, boxing and Judo, hold on does that mean that they do not know anything about self-defense?

Of course, not these guys and girls would embarrass the average self-defense instructor with their skill and knowledge levels.

5. Your Instructor Has Never Seen an Angry Man, Nor Did His Instructor, and So on and So on.....

To teach a person to ride a bike you need to have ridden a bike.

To teach a person to drive you need to be able to drive yourself.

To teach a person brain surgery, you need to have actually done some brain surgery.

To teach a person self-defense you..... need a certificate!

I know shock horror, hold the front page. Most people peddling self-defense lessons have never used their skills... ever!

Now here is the thing. I do not nor ever have believed you need to have had a fight or two to be a great self-defense instructor. But...

You better make sure your shit works when required or the person you learned it off has tested it all out for real.

Why It Is Essential To Ensure, You Have A Good Self Defense Instructor

Like it or not your self-defense instructor is training you to fight, and that fight will be for your life!

You love your family, your kids, your dog, your job, your holidays and so on.

The guy or group of people attacking you is trying to hurt you, they don't care about your 3-year-old daughter. They don't care about your little dog at home, or that your wife is expecting your third child.

But what is worse, your bad self-defense instructor doesn't care either.

They just want their pockets lined. They want to have your money, and they will teach you anything that their mind comes up with.

So what is the solution?

You will never be able to defend yourself if you cannot hit with force, grapple and be able to stop an attacker in their tracks. Your primary focus should be on these aspects! If it does not then leave!

6. Your Instructor Teaches Everything Around Eye Gouges I love this one.

What would you do if you got grabbed here:

"I would gouge his eyes." What if you got taken down? "I would eye gouge them." and so on and so on.

Next question.... "Have you ever gouged a person's eyes?"

So let us address this issue. It is a fact that if you stick your fingers in someone's eyes, it not only hurts a lot, but it can easily cause blindness or severe trauma. That is common sense.

So as a technique it falls really high up the use of force spectrum doesn't it. And yes it is not only a fight ending technique but also a life changing one too.

Yes, you could argue that a punch could be a life ending technique. However there is this little thing that no one talks about called 'intent'.

If you gouge someone's eyes, you are intending to cause damage to their eyes. That is as simple as it goes. Can you justify this? One guy throws a punch at you, so you blind him in both eyes??? It is a fascinating debate. (in rape or potential murder or kidnapping scenarios, yes clearly it is far easier to be justified)

So if you manage to pull off this eye gouge, you have the whole legal battle to follow. That is, of course, a big IF!!

Let's pull in a real incident Be honest.... Do you think you could have eye gouged this guy?

I am not saying that eye gouging doesn't work. But you simply cannot base your whole training around them.

So if your instructor does this "I would then gouge the eyes and the fight would be over" lesson plan and still after weeks of training you can't throw a straight right or a decent hammer fist perhaps it is time to move on.

This type of instructor can be easily found out. Just ask them if they have ever gouged a man's eyes and what happened? If they say no, well then perhaps it just didn't work for them, or perhaps they have never had a fight.

7. They Teach Personal Safety and Not Self Defense

Until recently I have always viewed self-defense and personal safety as one entity. That was until so many scam artists came out trying to make a fast buck! So now I think they need separating.

Personal safety is what I class as soft skills. The awareness, the breakaways, the talks about verbal skills, etc, etc.

Self-defense is the physical training. You need to be focusing on the physical skills that they will require to protect themselves, and no this is not fighting.

The Difference Between Fighting and Self Defense

If you still need to clear this up here are some examples:

1. Head butting a man walking towards you (or practicing that) is

fighting.
2. Biting ears or noses (that is stupid and is fighting)
3. Learning to kick a man on the ground (to finish him off), yes this is fighting.

Self Defense is about teaching physical tools and techniques you can use in defense. It might be punching, kicking, knife defense (not offence), grappling, body mechanics, takedowns, Hammer fists, limb destructions and more.

It is all about intent!

You are learning them with the intention of only using them for self-defense. And let me be clear, the term self-defense is actually a legal term for the lawful justification of using force, and there are an awful lot of situations

where you might need to use force!

It is a bit difficult to claim you teach self-defense when you talk all day on Facebook about smashing people up.

I do not have an issue with people teaching personal safety, but I have an issue when people who only know personal safety start to try and teach self-defense. What happens then is you get made up stuff that just doesn't work.

Conclusion

So there ya have it 7 signs that your self-defense training is useless.

Once again I fully expect those people out there to jump up, throw their hands in the air and say I am a fraud, or I do not know

what I am talking about, or I have no real experience blah blah blah.

But the truth often hurts. I think that is why so many people get offended, because deep down they know they can't punch their way out of a paper bag and have spent five k on self-defense lessons.

The sad fact is that there are really, really nasty people out there who do not give a crap about your self-defense training. They hit hard, attack you in large groups and would slice and dice you like a kebab and afterwards they are thinking about how they will get the blood out of their jeans and not your safety.

Most people get this and go to self-defense lessons because of this fact. But instructors that have zero clue sell you goods that will not work, and when you think about it, self-defense isn't complicated.

Just ask yourself these questions:

1. Can you strike with a decent amount of force?
 2. Can you grapple a little?
 3. Do you have some common sense knowledge to avoid trouble?
 4. Are you training each week to get a bit better at the above areas
- If the answer is yes to all the above, you are on the right track. If not, it is time to reassess.

The Self-Defense Expert
 theselfdefenseexpert.com

Martial Arts: Myths and Etiquette

Note: *This is the first guest post on this blog! Ladies and Gentlemen, meet Aric A. Gibson, one of my friends in Indiana and a practitioner of Cooper Ryu Vee Jitsu.*

There are countless myths and legends associated with the martial arts. Claims of symbolism in conduct and even legal aspects of martial arts practice that are continued through no other reasoning than the idea that "this is what I was taught so it MUST be true." So I'd like to start by stating that the points made in this writing are my own opinion and nothing more. There may be "expert" research to back up my opinions and there may be research to refute them. It is not my intention to disrespect the beliefs or practices of anyone. My only intent is to inspire some thoughtfulness in certain subject areas. Today I will focus on myths and etiquette concerning the martial arts uniform. If I continue to write, I'll focus on other martial arts myths and points of etiquette.

The Black Belt

There is a certain amount of mysticism in the black belt. The general public assigns the symbolism of a black belt to mean "expert." I think most martial artists would agree, however, that this just is not the case. Some students beginning martial arts practice look at the attainment of the rank of shodan as the end of a journey. Quite contrary, earning the rank of shodan, or 1st degree black belt, is the beginning of the journey. By earning this rank, it has been recognized that you are competent enough in the basics of your art to begin "real" learning. The analogy of mudansha rank being like undergraduate studies in college and yudansha rank as graduate studies was offered by a sensei many years ago and has stuck with me.

To quote author and budo man Dave Lowry, "In other words, the black belt is a sign that you have walked through

the door and little else. You are not an expert. Not a teacher. You are not even someone who can adequately represent the art. The belt means you have stuck it out long enough to warrant some serious consideration as a student, period."

Keeping that idea in mind lends to the virtue of humility that has come to be associated with traditional martial arts. I'd also like to offer my opinion about the cleanliness of the belt. Some believe that washing the belt is a bad thing. Washing the belt may wash away all the built up "ki" from years of practice. However, as human beings, we sweat. The sweat soaks through the gi and into the belt. Along with bacteria and many years, this can cause deterioration and an overall unpleasant odor. In the realm of respect to your peers and teachers, keep your belt clean, neat, and in good repair.

How about not letting your belt touch the floor? The belt is not something to worship. There aren't hundreds of years to back this up since the dan-I system was instituted first in martial arts by Jigoro Kano around 1866. And in Judo, as well as other grappling arts, doesn't the belt touch the floor or mats on a regular basis during practice while wearing it?

The Uniform

What can be said about the martial arts gi is not so much myth as it is etiquette and respect. I come from a military background where great detail was placed on the appearance of uniform as I carried caskets in Arlington National Cemetery as a member of the United States Army Honor Guard. In the same realm as mentioned above for the belt, WASH YOUR GI!! I cannot count how many times I've been hesitant to practice with a partner because

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.

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of the odors emanating from their clearly unwashed white gi. Sweat stains, dirt, and tears in fabric all jump out on a white gi and I feel one should be respectful enough of himself and others by keeping it in good repair and clean. Some may see blood stains (often from mat burn or bloody knuckles from board breaking) as a badge of honor. Nope. In today's world, blood represents the need for caution. Try to get the stains out the best you can and not cause undue concern in others. Again... respect.

And if you're thinking, "Ha-ha. I wear a black gi..." Well, dirt may not be as easily detectable, but sweat and odor are. When the sweat dries, salt stains show up as

white lines and the bacteria and odor don't somehow shy away from the color black. There is also the practice of turning to the rear of the dojo to "fix" a uniform that has become bunched up or untucked from the belt. This practice has at least some merit as many traditional dojos had shrines in the front. Fixing the uniform while facing the shrine was considered disrespectful. But unless you're in the very back row and turn either to the side or to the rear to straighten yourself out, aren't you then showing the same disrespect to your fellow students?

Like I said. This is my own opinion and it is shared by some while not shared by others. But food for thought.



Fabrico BJJ dominates 1st Visayas Ju-Jitsu

By Edri K. Aznar

Sun.Star Cebu - January 31, 2016

isiting club Fabrico BJJ came out as huge victors in Ju-Jitsu Federation of the Philippines, Inc.'s (JJFP) 1st Visayas Ju-Jitsu Open yesterday at the Cebu City Sports Center (CCSC) badminton gym.

Fabrico BJJ took the most gold medals in the tournament with five and also bagged two silvers and a bronze.

Marc Lim snagged two gold medals for Fabrico BJJ, one in the Male Blue Belt Absolute category and the other in the Male Blue Belt Under-62 kg weight class. Daniel Uychoco also snagged two gold medals for Fabrico, while Chad Gutierrez also grabbed a gold in the Male White Belt category. Uychoco won his medals in the Absolute division and the Under-77 kg weight class, while Gutierrez won his in the Under-62 kg category.

Local clubs 90/Eight BJJ and Overlimit BJJ also came out strong. 90/Eight BJJ won three gold medals, three silvers and a bronze, while Overlimit BJJ also grabbed three gold medals two silvers and four bronzes.

90/Eight BJJ's April Comeros won two gold medals in the Female Blue Belt division, one in the Absolute category and the

other in the Under-50 kg weight class. MMA fighter Arnel Ylanan was the other gold medalist for 90/Eight BJJ after winning the Under-62 kg weight class.

Jaco Immanuel Lucero, Dominic Miala and Eva Marie Gamboa grabbed a gold medal each for Overlimit BJJ all in the White Belt category. Lucero won his gold in the Under-69 kg weight class, Miala in the Under-85 kg weight class and Gamboa in the Female Under-55 kg weight category.

Maria Aisa Ratcliff was the lone gold medalist for Deftac Cebu, winning here title in the Under-50 kg weight division of the Female White Belt category.

Deftac Bacolod finished with a gold and a silver, while Leverage/Tokai Philippines of Bacolod City didn't take home a gold medal but won a silver and a bronze.

JJFP had already staged two successful tournaments before this, the 2015 Philippine Open in SM Mall of Asia and the 1st Mindanao Ju-Jitsu Open in Davao City. JJFP's next tournament is the 1st Luzon Ju-Jitsu Open of Feb. 7 in SM Sucat Parañaque.

Bamboo Spirit Martial Arts
 bamboospiritmartialarts.com

Three Things You Should Be Saying to Your Martial Arts Students

By: Devon Boorman - devonboorman.com

When you're standing in front of your students you have an opportunity to not only convey martial arts technique but also to positively shape thinking. The psychology with which we approach learning and practice is incredibly influential over our success at that practice and our energy to keep at it long term. Here are some things you should be saying to your training group on a regular basis, whether you're a teacher or simply a leader among your peers.

"There's no such thing as talent."

Talent is a seductive and destructive idea to one's practice of martial arts. It feeds the part of us that believes we should be good at things right away, or just give up. It leads to unfair comparison between yourself and other students in the class, and it can kill motivation overall.

Countless studies have shown that talent, i.e. one's genetic ability and qualities, has little influence over success in complex skills (such as swordplay) and that putting in hours of practice is the most significant influencing factor.

As a leader, it's essential that you keep directing the minds of your group toward growth

through practice and away from the belief that talent has anything to do with success. In this way, you can help your students combat their own negative self-talk and keep putting in the needed energy to truly get results.

Further reading:

Outliers by Malcolm Gladwell.

Amazon.com: Click Here

"If you're not failing, you're not really practicing. So make sure you're failing."

Time spent practicing is not the only factor of training that dictates long-term success in martial arts. The quality of practice is essential. If you're not failing in your solo drills, partner drills, and sparring, you're not challenging yourself enough. Teach your students to increase the difficulty of their training. Constantly encourage your students to fail and push toward the edges of their ability. It is essential as leaders that we wipe out the stigma of failure.

Further reading:

Bounce by Matthew Syed.

Amazon.com: Click Here

"Praise yourself for facing challenges, not for getting results."

Failure avoidance, and thus challenge avoidance, begins

Perspectives of Modular Instructor Guide

By Bram Frank



This book is an Instructors guide to the Modular Tactical System: Modular Blade Concepts-Martial Blade Craft as developed by Bram Frank. The system is based on Filipino Martial Arts and uses simple gross motor skills and simple modules of motion to achieve tactical use. This book is an instructors guide that shows HOW to teach as well as WHAT to teach. For MBC instructors its a must and for anyone wanting to learn the concepts of MTS:MBC it will open the

door to the methodology. The book features tactical tools designed and patented by Bram Frank expressly for the Modular system. The responsible use of edged tools(knives) is shown and the fact that less than lethal response is more effective than lethal to stop any opponent and control a situation. Liability and Legality of the use of the tools and training are discussed in detail.

Paperback, 406 Pages

Further information and to Order visit Lulu.com: 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

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with our beliefs about both the world (for example a belief that talent is what matters and not practice) and our self-image. Dr. Carol Dweck, in the studies that lead up to her book Mindset, showed that you could negatively impact the IQ of a child simply by praising them for being smart. Children who had been praised for being smart, when encountering failure, retreated to easier practice and avoided new challenges.

They did not want to shatter the established image of being "smart". Children who were praised for

hard work and their willingness to face challenges were more eager to seek greater challenges and more likely to excel beyond their smartness-praised peers.

Be savvy about how you praise your martial arts students and encourage your students to apply the wisdom of this research in their own self-praise. It is greater to face a big challenge and grow than it is to face a small challenge and succeed.

Further reading:

Mindset by Carol Dweck

Amazon.com: Click Here



The 5 Most Common Mistakes In FMA Hubud

By: Joseph Simonet



Video: Click Here

Hello, I'm Sifu Joseph Simonet, martial arts expert and founder of KI Fighting Concepts. I have about 45 years of training in martial arts. What I am going to do for you today, with Mr. Kyle, is show you hubud—what's right about hubud and what's wrong about hubud. Let's get started with a few reps here. Mr. Kyle chops me right here, this is what everybody does wrong in my view. When he chops me,

mind. It's the temple, it's the jaw, it's the neck, he just throws something up there without a target in mind, and that is really important. (2) With his arm in this position, I can just jack him, even if he is being as strong as he can. Have a target in mind, and don't hold your elbow above parallel to the ground, otherwise you can be jacked and driven back. That is part of the hubud perspective. Hubud/Lubud means

to tie and to untie. When he does it wrong, I can just jack him, trap his foot and bring him down, whatever I want to do. This is really important.

In the next piece, Mr. Kyle is putting his hand right at my elbow, which is a trapping sequence. He can move around. So he traps me, boom, trap, hit. If he held his hand closer to my wrist, I could come around and do different things from there. If he were up high toward my bicep, I could slap him in the nuts or put a thumb in his eye. (3) His hand must be right below my elbow to prevent those two eventualities.

So far, we have learned a few things. If their chopping arm is too high, you can jack them, note the foot trap. Further, I can sense his fingers are not wrapped around my arm, like pak saus. (4) If he doesn't have his fingers wrapped and they are extended, I can just rip them from his body. When he does it incorrectly, I can also just pull him down to the ground. These are key components.

You don't always have to be within trapping range. If he does it wrong and he pushes me away a bit, I can snap kick him and hit him or lock him up, or whatever I want. He's resilient here, he's flexible. He puts his hands on my forearm, and he can close his eyes. I am going to hit him and he is going to stop me with his eyes closed. I can try to punch him with my right or left arm, I try to kick him, and he stopped it. When I can feel this, it doesn't matter. This is a sensitivity drill. When he touches me, chop, clear, with his left hand, he can feel anything I am trying to do and stop it. That is really important as well.

I just demonstrated how to do hubud correctly in my view, and now I will show how to do hubud incorrectly in my view. (5) This is what most people do, there is no adherence. I have been doing hubud since 1983 and I would like you to really listen to my perspectives and my points, and I think hubud will be a lot more effective on your end. Thank you for watching!

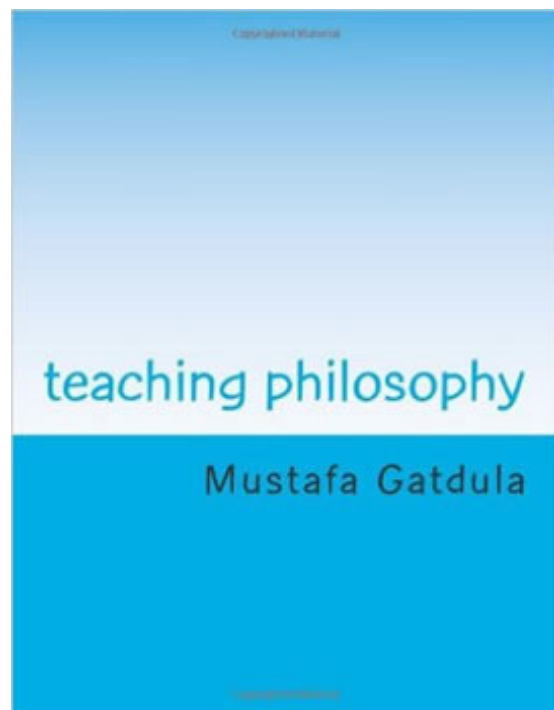
Warrior Athlete Philosopher

World-Class Martial Arts with Joseph Simonet and Addy Hernandez
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The Level V Guro

By Mustafa Gatdula

Teaching Philosophy imagelf you haven't gotten a copy of my book, *teaching philosophy*, you should get it on Amazon.



Extremely vital to the survival of the FMAs, but ignored and often taken for granted, the art of teaching the martial arts can mean the difference between an art that grows and prospers versus one that simply exists. A martial artist who studies fighting technique, but skips to marketing the art without studying how to best teach the arts is doing his students and thus—the memory of his teachers before him a great injustice. We always hear how martial arts teachers need teaching skill more than fighting

skill, but when was the last time you actually received instruction on actually teaching the art? Every university and college has more than merely business, the sciences, and arts... they all have a department where students study how to teach. My question is this: What about us? Why is it that in the martial arts we only have fighting resources and marketing resources?

The answer is simply this: We just don't know much about the next level of passing on the arts. We assume that once you receive the art, you are now qualified to teach as well as lead an organization. Yet, look around you and your martial arts circle. You know as well as I do, this is not true. Schools flounder for decades, teachers die broke, locations

open and close, students spend years with a Master and walk away with mediocre skills, organizations split up and lineages dissolve. If our masters were such great leaders, why do their organizations produce poor students, and eventually go bankrupt unless the master walks away from the art to become fitness centers, babysitters/daycares or Black Belt mills?

I submit to you, martial arts brothers and sisters, that we must face facts that we in the martial arts have not given enough attention to the arts of teaching

and running a business. Often, we see one of our own prospering and then we assume he has "sold out". Too often, that master has. Why is it that we haven't been able to find a way to grow our schools and make a decent living without diluting the arts? It's too easy to simply blame the student, saying "There aren't enough serious students out there" or "Today's student don't want the real art"... We must learn from other industries and disciplines that have found a way to prosper in modern society, and find ways to apply those lessons to the fighting arts. Not the children's business. Not Tae Bo and similar, but the fighting arts.

Again, after learning how to perform the fighting arts—we have to study how to (1) teach the fighting arts for excellence, and (2) how to run a traditional martial arts business and survive in today's modern economy. I do have two books on the business side of the martial arts that you can find on the "Offerings" page, as well as a section of articles on martial arts business (pertaining specifically to the Filipino arts) found here.

For almost as long as I have been training in the arts, I have studied teachers—my teachers as well as others I've encountered—and their techniques to produce a better trained fighter. While you may have convinced yourself that fighting is not the goal in the study of arts, you and I both know that a student body of poor fighters

will result in a poor reputation for the teacher and school. We cannot avoid this; the actual skill of the student in combat is the universal measuring tool used to determine a school and it's teacher's worth. A teacher then, should be primarily concerned with the skill of his students. We all have heard of schools where the master is the baddest dude in the organization, but his students were nothing to look at it. In my opinion, this is an example of a poor instructor. Reasons for good teacher/mediocre student vary:

- Teacher simply does not know how to duplicate his skill in others
- Teacher is more concerned with his own skill than his students
- Teachers lacks the knowledge to correct students' performance
- Teacher is only good at guiding students who already have a foundation
- Teacher's ego prevents him from allowing proficient students to rise to the top of the pack, due to jealousy and/or rivalry

The first thing a teacher must be concerned with is developing a curriculum and teaching method that produces the best skill in every student. That means he must be able to teach the students with no coordination, the students who are afraid of training hard, the insecure, the naturally gifted, the lazy, the weak, the skinny, the fat,

the overly aggressive, the timid. He must know how to deal with all types of classroom personalities, and make sure he understands how to retain good students, and keep the classes full. The days of blaming empty classrooms on "students who couldn't cut it" are over. If you cannot maintain a student's attention, although he had enough interest to join—that sounds like a front-of-the-classroom problem, not a cultural or age related one. Imagine if you child's high school had a 60% drop out rate, and the teachers took pride in this! Claiming no one could pass their exams and classes were so hard—what would you say? Don't be that school. Let's not scapegoat our failures on unqualified students.

Secondly, teachers must be saavy enough to run a business, unless you have a partner with this knowledge. You must know how to keep the lights on, willing to pay bills and manage money when you do have it. You must know how to market your classes, how to sell your classes, and how to recognize (and rescue) a student who is considering dropping out. This information is not found on your correspondence course DVDs, nor will most of your Masters offer this during class time. Therefore, you must build a library of books to learn business management, marketing, sales, and financial management... and then read those books often. Your students are counting on you to keep the school going, and perhaps you should rethink if you are prepared for a storefront location—or perhaps you should move into a

low-cost option, like a community center or sublet somewhere. Not an easy decision, but it needs to be considered. Be honest with yourself.

Finally, martial arts teachers must be effective leaders. On a scale of 1 to 5, with 1 being a simple, basic teacher—and 5 being a great Grandmaster-to-be, you must aim for becoming a Level 5 leader. This is something we in the arts are not always honest about. We love to strap on titles without thinking of what those titles mean. If you simply want to teach your martial arts classes and preserve the art, then stick to that. But if you are trying to certify new teachers, open several locations, guide several generations of students forward or start your own system—you must do better than simply having a lot of students and calling yourself "Grandmaster". Trust me, many of your grandmasters only have followers because they certified a bunch of instructors at random simply to have students left behind to teach—yet know deep in their heart those students are not the best they could have produced. Many grandmasters leave behind bickering lineages, and organizations that eventually crumble because hierarchies, instructions, and rules were not clear. Martial arts leadership, then, is more than simply teaching the fighting arts and having students with rank certificates. Sadly, most of our grandmasters left it at that. Some have constitutions, some had sparring sessions where the big dogs were decided in hand-to-hand. I cannot tell you how to run your organizations, but I can tell

you this: Organizations are only successful when these things are in place:

- Those he leaves behind must be inspired to continue and further his work
- They can run the organization without the presence of the Grandmaster. If the organization dies with the teacher, he wasn't effective
- Splinter organizations are fine, as long as the schools are still running. The splinters need not even be aimiable; but they must be respectful and aimiable, and must work together laterally to further the work of the teacher. They may even work separately, but come together for a few functions. The martial arts community as a whole must see them as branches of one family
- The number of students must grow when Grandmaster is gone
- The quality of skill must increase with each coming generation. If the Grandmaster's original students were the best, and all other were mediocre, this means GM was the best teacher of them all. How can the art improve if the best couldn't improve the overall skill in the next generation?
- Profit. Perhaps the master died a man of meager means, but he started this alone. Now that he is gone there may be 5, 10, 20 of you. Twenty men can't work together to make this business more profitable for everyone?

Or did the master leave behind selfish, egotistic children who can't work together long enough to put more money in his own pockets? Money, after all, can't be everything—but it is still important...

When you first begin teaching, you must of course begin with possessing the best skill you can in order to represent the school well. However, once the school is running and steaming forward, the focus of the teacher should be on building the reputations and skills of the student. Self-focused, prideful, narcissistic teachers will not be able to produce absolutely the best students possible; he is too concerned with his own reputation and vanity. And finally, as students become proficient, the Master must mentor and guide students towards mastery themselves. He should want his students just as good as himself—if not better. He should be grooming his successors and preparing his organization for the next generation. The only excuse is if the teacher dies unexpectedly. If the master wants to be remembered as something more than simply a footnote in the system's lineage, he must leave something behind greater than himself... An organization that will exist for several lifetimes. And you will need more than just certificates and a resume to make this happen.

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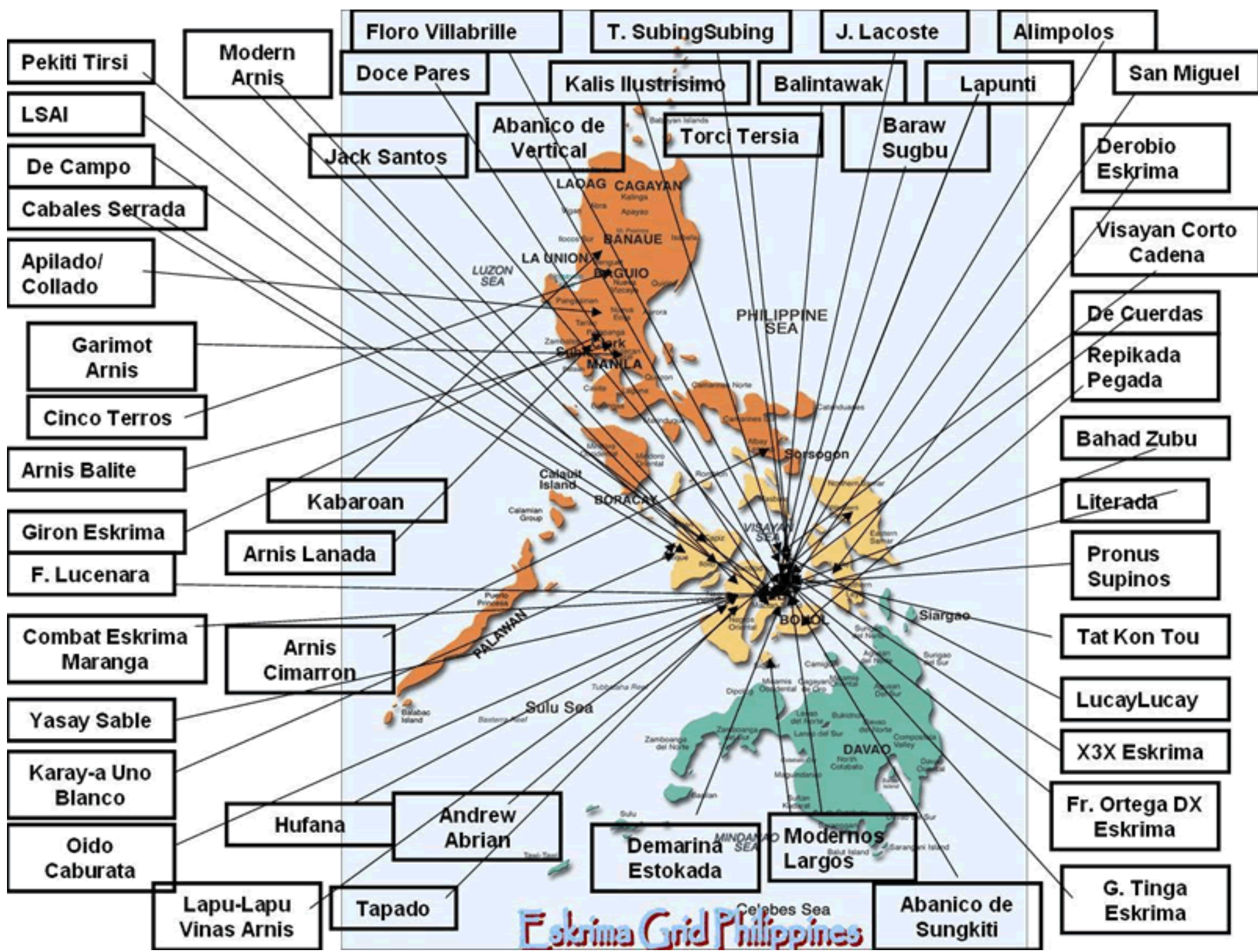


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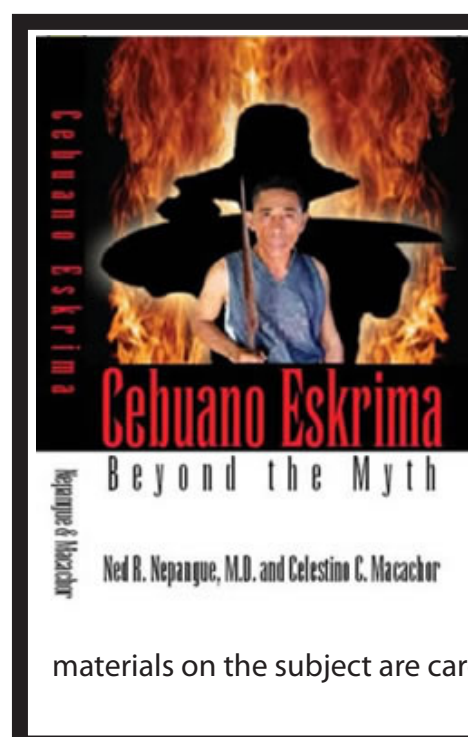
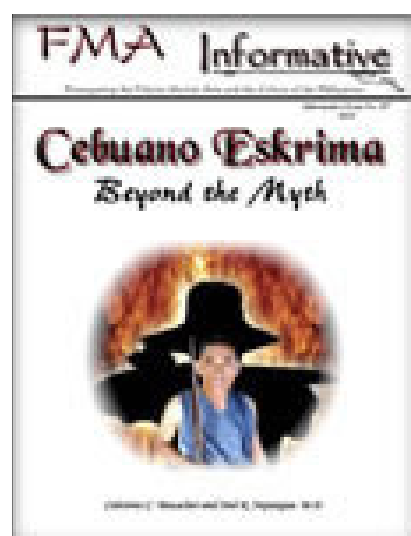
Chart created by Celestino Macachor

Final update, roughly 95% of most prominent Eskrima / Arnis systems. Redundancy excludes cognates of other systems with exception of some that have become distinct vis a vis the mother over the years, like Combat Eskrima Maramga originally Tres Personas Super Kuwentada a cognate of Balintawak and Baha'd Zubu a blend of Ilustrisimo, Balintawak& Tat Kon Tou



Note: The FMA Informative did not make this chart. Mr. Celestino Macachor was the one to create it. Something you want to say then private message him.

Also Note: Mr. Mr. Celestino Macachor is the author of the book "Cebuano Eskrima." Informative Issue No #187 - Cebuano Eskrima "Beyond the Myth" **To Download: Click Here**



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.

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Presidential Museum & Library: [Click Here](#)

70 Anniversary of the Battle of Manila

The battle for the liberation of Manila—waged from February 3 to March 3, 1945

The battle for the liberation of Manila—waged from February 3 to March 3, 1945, between Philippine and American forces, and the Imperial Japanese forces—is widely considered to be one of the greatest tragedies of the Second World War. One hundred thousand men, women, and children perished. Architectural heritage was reduced to rubble—the City of Manila was the second most devastated Allied capital of World War II.

"The destruction of Manila was one of the greatest tragedies of World War II. Of Allied capitals in those war years, only Warsaw suffered more. Seventy percent of the utilities, 75 percent of the factories, 80 percent of the southern residential district, and 100 percent of the business district was razed."

— William Manchester, author and historian, in American Caesar

"We remember them, nor shall we ever forget."

— National Artist for Literature Nick Joaquin, on the lives taken during the Battle of Manila, in the inscription of the Memorare Manila 1945 Monument in Intramuros



Liberation: Battle of Manila - Video: [Click Here](#)

A short documentary on the Battle of Manila, waged from February 3 to March 3, 1945, to liberate the Philippines after three years of Imperial Japanese occupation.

This documentary was produced by the Presidential Communications Development and Strategic Planning Office and the Presidential Museum and Library, in partnership with Memorare Manila 1945 Foundation, National Museum of the Philippines, Filipinas Heritage Library, Lopez Museum and Library, and the Ortigas Foundation Library.

Last year, the Presidential Communications Development and Strategic Planning Office (PCDSPO) has published a special page to commemorate the 70th anniversary of the Battle of Manila in 1945. This page contains a documentary video, featured photographs and articles, among others. **To View: Click Here**

Learn the Drill, Drill the Drill, Forget the Drill

By Eric Primm



Video: [Click Here](#)

My friends down at Springfield FMA posted the above video on their Facebook group. The title is a little hyperbolic. In the video, the instructor adds the qualifier "as they are currently practiced." This is an important part of the thought that the instructor is trying to convey. The flow drill is not the final destination in the learning process. It is helpful but it is not the end state. Two points worth noting in the video – Intent and Targeting. During the drill, it is helpful to consider what is the purpose, the intent, of the motions. Are you trying to hit your training partners hand? Stab them? Punch them? If you don't know, ask your teacher. That is what the instructor is there for. Second, what are you targeting in the drill? In Counterpoint Tactical Systems, we insist that our training partners target accurately.

For example, when throwing a jab at the head, it is important that the punch be aimed directly at the face. Sometimes, a new student will aim the punch over the shoulder or a bit low. It's a polite but wrong thing to do. If my training partner is accurately



Accurate Targeting of a Punch to the Face

targeting, my response will be accurate as well. As this video correctly states, we should be mindful of intent and targeting while learning and drilling the drill.

To begin to unpack the statements the instructors is making, we should ask what does he mean by the phrase 'do not work'? Work for what? This question is important because it refers back to the intent of the drill. What is the purpose of the drill? For example, the purpose of the Pangamot drill in CTS is to teach empty hand vs. stick principles and set a foundation for more advanced skills. This is a valid purpose but note that the statement focuses on skills for new students. Does that mean the drill doesn't work for more advanced students? No, it just means that the purpose of the drill changes for advanced skill sets. The beginner is working on footwork, timing, angle recognition, basic counter striking, and basic disarms. For the advanced student, the drill acts like a laboratory structure. Other skills can be – and should be – brought into the drill to expand it. For example, adding in stand-up grappling material or material from the Assault Set. As a learning tool, the drills work. As a system for incorporating muscle memory, the drills work. As actual fight scenarios, the drills don't

work. As a method to integrate all of your skills into a complete system, the drills don't work. We've defined one intent for the drill, but we've also defined other intents where the drills fail. So, the question becomes if the drills don't work, what is next? The answer is a simple one. Forget the drill and play. In the Filipino Martial Arts, there exists the concept of play. As it has been taught to me, playing is where the student puts together all his/her learned skills. It is where the practitioners drop the rules of the drill and have fun. It is harder to describe the concept of play because it is so vast a concept. Sparring is part of play, attribute training is part of play, combining drills is part of play, and creativity is part of play. For example, what if we're involved in stick vs. stick sparring and one student disarms the other, do you stop and say good job? Maybe, or maybe the play becomes empty hand vs. stick play, where one of the new goals is to disarm and make it empty hand vs. empty hand. Or maybe we're working with a student who is having trouble incorporating his jab. We play with the focus on working the jab in with other skill sets. Play is an area where students can make mistakes as long as we learn from

those mistakes. It can teach us that when we do make a mistake, the fight is not over. In a self-defense situation, a mistake doesn't mean reset and start over. You have to keep fighting, and play is the time to learn that tenacity.

It's easy to see that without the drills, play would be a sloppy way to teach the new student. I'm sure it could be done by better instructors than me. It just doesn't seem as efficient for the new student to begin learning this way. Play is invaluable for the advanced student though. So, I think it's important to view the drills as

a single part of the continuum of learning. It is not the goal of learning, it is simply another tool like sparring.

During the first seminar I attended with Master Zach Whitson in Springfield, MO, he said the phrase "learn the drill, drill the drill, and forget the drill." I don't remember the exact quote, but it has always stuck with me. (In a comment on the above video, Mike Miller of Springfield FMA also pointed out that phrase.) It is a short, sweet descriptor of effective training methodology. The nature of the phrase dictates

that progression is part of the drill. It's easy to get stuck in the drill the drill phase. I know this first hand. I am a perfectionist, and I have to be cognizant of when learning/drilling the drilling turns into perfecting the drill. We must move past the perfecting the drill portion into forgetting the drill. We have to incorporate the skills and attributes the drill helped us refine into play where we apply all we have learned.

Again, it comes down

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to intent. What is the purpose of the drill? What am I trying to learn? Why am I trying to learn it? As the instructor in the video says, we did not enter the martial arts to become "drill masters." Our purpose isn't to be perfect at drilling. Our purpose is to have self-defense skills that are applicable in the real world. So, go ahead and learn that drill. Work that drill, but, also, remember to forget the drill and play.

2 Minute Drill

By: John Honeyman



Video: Click Here

Have a look at this clip. This is Tuhon Nonoy Garrucho demonstrating expressions of some flows from his Visayan style. Tuhon is a legendary senior member of the PTK, and close associate of Tuhon Rommel Tortal. I liked this clip since it illustrates some very interesting extensions to flows we should recognize from Kali Majaphit. Watch it again. What did you see?

For me, several very interesting ideas emerged. Apart from his fast, accurate guntings (which are ones we also use), pay attention to his entries. His underarm flow had two pathways. Following his overhand 4th elbow (00:45) his left arm is inside and he obtains a neck control. This is

an overarm neck control which he follows by breaking balance on the low line against the lead knee (00:47). This is very interesting because breaking the foundation on the low line is a great way to continue an upper body control --- these flows are common in silat and less common in FMA, but very important concepts to explore. My senior students are comfortable with sipa kicks on the low line, but leg controls are also extremely effective as shown here.

At 1:01, Tuhon Nonoy shows a similar neck control movement from underneath, which all KM students should be familiar. This is generally used as a "neck lever takedown", but in this example he uses it as a standing

control to set up the knees and ultimately an underarm wing on the far side arm. I really like this flow and it is a great way to show that the same entry (underarm neck control) need not always end the same way (neck lever takedown). Each movement needs to be fully explored to be understood, and our flow can leverage common denominator entries into extremely creative outcomes.

Next, watch the entry at 1:17. To any Yoshinkan practitioner this is the setup for Ude Garame (arm wrap). My students in particular know that this is one of my all time favorite movements from aikido since it is fast, powerful and easily applied from the common outside high line entry we learn as a KM beginner. However, Tuhon Nonoy keeps this as a standing lock and rolls into a brilliant choke series including knee control. This is an amazing expression and something that has had me considering other applications since I first watched it.

Finally, at 1:26 he shows an expression of kote gaeshi, a classic aikido wrist control. In aikido this is generally a projection/throw,

but he combines it with a far side wrapping underhook that is phenomenal. I love this flow because it combines two elements we use often separately: wrist control and underhook. In his flow, this ends with an elbow control/head control combination. For me, the far side underhook would position me for a sweep of the back leg, but that's just me.

I have watched this clip 20 or 30 times since I first saw it, and I find something new each time. His other videos are in my queue to study in the weeks to come. I encourage you to do the same.

The clip was not quite two minutes long, but absolutely overflowing with great ideas if you can understand what you are looking at. Inspiration is everywhere. As I have written before, aikido is a great foundation body of knowledge for any martial artist. Many of the flows here incorporate aikido concepts, which make them extremely effective at manipulating the opponent's body and taking away his balance.

Great thanks to Tuhon Nonoy Garrucho for posting such inspirational stuff.

Martial Arts Digest

This Blog is created as a forum to discuss the martial arts as a way of exploring the self, and as a vehicle for achieving personal life success
martialartsdigest.blogspot.jp

FMA Patriarch 'Cacoy' Cañete Passes Away

By Perry Gil Mallari

Manila Times - February 7, 2016

Revered Filipino martial arts (FMA) patriarch Ciriaco "Cacoy" Cañete passed away at 96 on Friday because of lingering illness. Born on August 8, 1919, Cañete was the last surviving founding member of the famed Doce Pares Eskrima Club, which was established in 1932.

Besides his expertise in FMA, Cañete was also skilled in other martial arts among them ju-jitsu, boxing, judo, free style wrestling, Shorin-ryu karate, and aikido. During his prime, Cañete was considered the foremost Doce Pares fighter having fought over 100 no-rules eskrima duels. Using his skill in eskrima, Cañete fought with the United States Army Forces in the Far East against Japanese invaders during World War 2.

Doce Pares is the oldest FMA organization in the Philippines and is largely instrumental in promoting Philippine fighting arts all over the world. Cañete was elected club president after his elder brother and the club's founder Eulogio died in 1988. He held the position until the time of his passing.

Cañete's wake at the Saint Peter Chapel in Cebu City is open to the public until February 13. A requiem mass followed by a funeral parade toward the Queen City Memorial Garden where his remain will be lied to rest is scheduled on February 14, 1 p.m.



Supreme Grandmaster Ciriaco "Cacoy" Cañete
Contributed Photo

Martial Arts Supreme Grandmaster Cacoy Cañete Dies at 96

By: Glendale G. Rosal, Jhunnex Napallacan

Cebu Daily News - February 7, 2016

he Filipino martial arts community is mourning the death its Supreme Grandmaster Ciriaco "Cacoy" Cañete who died 8:08 p.m. on Friday at age of 96.

Cacoy, a world famous martial artist, and the last founding leaders of the oldest Eskrima organization in the country, Doce Pares, died at Chiong Hua Hospital, two weeks after he was admitted prostate cancer, which was first diagnosed in 2008, according to grandson Chuck Anthony Cañete.

Chuck said his grandfather underwent surgery and was cured. But the cancer recurred, he added.

Cacoy was survived by six of his seven children, several grandchildren and great grandchildren.

His wife Herminia died in 1999 and one of his seven children died also in 2001.

Grandmaster Catherine Kitty Cañete Knight, Executive Vice President of Cacoy Doce Pares World Federation, said in her Facebook page, that Cacoy was also last of the great original teachers and developers of the unique Filipino martial arts, eskrima, which traced back to the time of Lapu-Lapu, the Mactan chieftain who slain Portuguese explorer Ferdinand Magellan.

"He was the last of the Mohicans," she wrote.

Cacoy's wake will being held at St. Peter's Memorial Chapel at the New Imus Road in Cebu City from Feb. 6 to 14. Chuck said requiem Mass is set at 1 p.m. on Feb. 15 at San Nicolas Parish before the funeral procession to Queen City Memorial Garden at Don Andres Soriano Avenue, Cebu City.

Cacoy, who held the rank of captain after serving with the United States Army Forces in the Far East during World War II, would be given a 21-gun salute, said Knight in her post.

Chuck Cañete also posted a tribute to his grandfather in his Facebook wall.

"Papa, thank you for everything. I love you! The 'kumbati (fight)' is over. Rest in peace, Papa Cacoy. Missing you already," wrote Chuck.

"It won't be the same without you, papa. But I know you are happy now. We will make you proud. That's a promise!" said Chuck's earlier post.

Eskrima for the Street

By Bong Abenir



Practical Techniques for Dangerous Situations

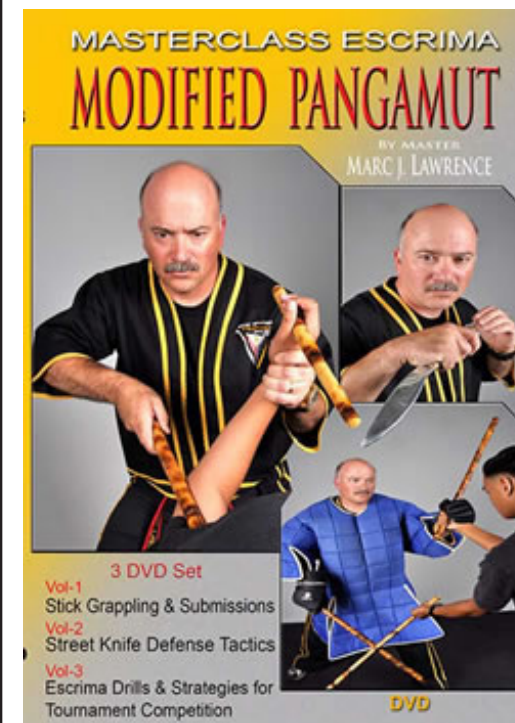
Eskrima for the Street is a compilation of techniques strictly based on the practical application of the Filipino martial arts within the concept of a street fight. Although there have been many books about self-protection and also the art of Eskrima, but only a few featuring the practicality of Eskrima 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.

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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.

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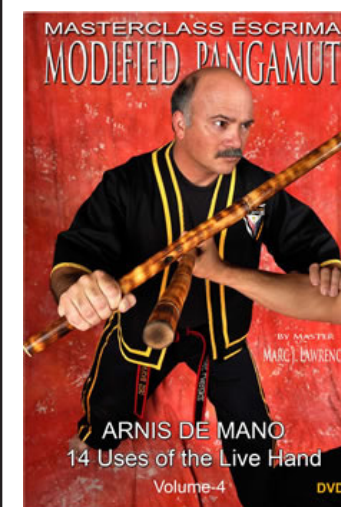
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The Potential of Agility

Warrior Athlete Philosopher

World-Class Martial Arts with Joseph Simonet and Addy Hernandez
warriorathlethephilosopher.com



Video: Click Here

The human potential for agility has many and varied expressions, which cluster generally into the physical, intellectual and emotional dimensions. I define agility as one's potential to make adjustments with grace, presence and speed, according to fluctuating circumstance and changing environmental demand. As we navigate through our various life roles, one's agility allows a continuous re-calibration to new variables that must be negotiated.

When I train a student to understand the concept of

frame, taking space, transitions and fulcrums of movement in X-Dtac™, I am asking them to be intellectually agile. When that student is practicing the execution of movement, speed and force, I am asking them to be physically agile. When I am encouraging a student to tap into some deeper strata of power and aggression in order to have a lethal attitude, I am asking that student to be emotionally agile.

As a teacher, I don't simply explain the system I built, I also challenge students to have the physical agility to carry out that

system. What surprises many of my clients is that I must also have them emotionally immerse in the training as well. This emotional immersion creates a psychological state of aggression, power and awareness, which the body then actualizes. Though a student of mine may indeed possess physical abilities that are off the charts, what may hold them back is their lack of emotional immersion. However, sometimes those who are physically very gifted with agility are not particularly intellectually engaged. By explaining more detail in the system, I pull them forward cognitively, emotionally and physically. Just as when I teach heaven 6, it is slow at first but then the student performs the art faster and faster without being aware of it. When I am coaching executive leaders, they are often surprised that I require them to tap into physical agility. Contrastingly, when I am training a fighter, they are often confused that I require them to tap into intellectual agility. If a student is unable or unwilling to pursue all three levels of agility, I find my effectiveness as an instructor is diminished in kind.

Part of the protocol at Ki Fighting Concepts™ is motor skills, muscle memory and tool development based on probabilities. Two other important aspects are tapping into instinct and trusting intuition. These

latter elements allow one to be more emotionally prepared for survival. Based on intuition, a student is able to trust the intellectual ability that allows self-protection. I pay attention to the peripheral subtleties in those I serve, because it is these elements that differentiate us at the highest level. A leader is poignantly aware of peripheral subtleties in himself and in others, and this propels one into the upper strata of achievement and leadership. Similarly, the best fighters are those who are emotionally immersed in their art as well as intellectually agile in their endeavors. These three pillars of humanity must be actualized in synchrony if training is to be truly meaningful. I focus on these three pillars because I see them all as essential elements of success in any endeavor. Everyone is differentially endowed in their areas of agility—some are more physical, some are more emotional and some are more intellectual, but without strength in all areas, a person is critically lacking.

If one is to behave with intentionality, one must first be physically present, then intellectually engaged and finally the deepest level involves emotional immersion. Only when we immerse are we able to tap into our full potential and creativity.

World Mourns Legend

By Rommel C. Manlosa

Sun.Star Cebu - February 11, 2016

Martial artists all over the world mourned the death of Filipino martial arts legend Ciriaco "Cacoy" Cañete, who succumbed to prostate cancer last Friday evening.

Supreme Grandmaster (SGM) Cacoy, the last surviving founder of the Doce Pares Eskrima, was 96 at the time of his death.

"The death of Tiyo Cacoy is a tremendous loss not only to the Cañete family and Doce Pares but to the Filipino martial art as well. No Eskrimador so popular and greater than him that his name is synonymous with Eskrima, that it has been always aptly said, "Cacoy is Eskrima and Eskrima is Cacoy". Personally to me, his demise is one tragic loss of a man who did not only teach me the rudiments of the art, but made me understand to love it above all others, not only because it's Filipino but because it's the most comprehensive, complete and well-rounded martial art form. And because I know, deep in my heart - Doce Pares, the Cañetes and Eskrima will never be the same again," Cacoy's nephew and Doce Pares International founder and lawyer Dionisio Cañete told Sun.Star Cebu.

Dionisio is the youngest son of Doce Pares co-founder Eulogio "Yoling" Cañete, who was elected the first president of club until his death in 1988.

"For one, there will never be another Cacoy Cañete - the most painful reality that we the Cañetes will now have to endure our whole life through. Yes, he's gone, but his memory, his infectious smile and laughter, jokes and "Eskrido" will linger on and cherish through time that may last, perhaps longer than forever," added the younger Cañete, who also has the rank of Supreme Grandmaster.

Doce Pares was founded in 1932 by Lorenzo Saavedra, his nephews Teodor and Federico Saavedra and brothers Filemon, Eulogio and Ciriaco Cañete, who served as president of the Doce Pares Eskrima since the death of Eulogio in 1988.

"I am not an Eskrimador, but makakita man ko pirme sa ilang training ug mga demos sa C. Padilla (Cacoy Doce Pares head quarters). Cacoy is the type of person who refused to go. In fact, last January 9th during the 84th anniversary sa Doce Pares, gusto pa siyang mo-attend sa

oath-taking sa mga officers even if he is already bed-ridden. He is considered a mentor, an older brother, an author and a comedian. That's why it's hard to forget him, especially the foreign student," sports scribe and Cacoy Doce Pares Press Relations Officer Gabby Malagar added.

His students from abroad also mourned on his death.

"The passing of Supreme Grandmaster Cacoy Canete is an immeasurable loss to the Filipino martial arts family, regardless of style or system. I've long said that he was at the top of my list of Masters that I wanted to meet, having had the honor of training with a few of his direct students and hearing their stories of his incredible skills as not only a multi-style martial artist, but also as a healer. May God rest and keep his soul, may He comfort those whom Supreme Grandmaster loved, and may Manong Cacoy's spirit continue to inspire all of us who walk the path," said the Los Angeles, California, USA-based sports doctor and martial arts practitioner Mark Cheng.

"The United States Martial Arts Hall of Fame mourns the passing of a friend and mentor, Supreme Grandmaster Ciriaco "Cacoy" Canete. Supreme Grandmaster Canete's moving Eskrima demonstration at the

Grandmaster's Council in 2009 was legendary - and is still talked about by many of those in attendance. We honored Supreme Grandmaster Canete with a special induction that same year, and he has remained a loyal friend and supporter of the Hall of Fame since. Professor (Marty) Cale and I were honored to receive a special commendation in 2015 from the Cacoy Doce Pares World Federation for our contribution to perpetuating the Filipino martial arts from one of Supreme Grandmaster Canete's representatives. Farewell, my friend, my brother, and my teacher. You have left a lasting legacy that will help perpetuate the Filipino Martial Arts for decades to come. Rest in peace, Supreme Grandmaster Cacoy," USMAHOF President John Terry said in his facebook post.

The last official act Cacoy has made was the promotion of his followers one Grandmasters grade higher last January 2.

This includes the promotion of 10th Grade Grandmasters Anthony Kleeman, Vince Palumbo, Ron Lew and Florencio "Jun" Cautiverio to 11th Grade Grandmasters, and Grandmaster Craig Bajaraktarevic-Hayward, John Mac and Chuck Cañete to 10th Grade Grandmasters.

Students Pay Tribute to Cacoy

By Rommel C. Manlosa

Sun.Star Cebu - February 14, 2016

The former students of Supreme Grandmaster Cacoy Cañete, who are now teaching arnis to local and foreign students, are thankful to the martial arts legend for playing a huge part in propagating Filipino martial arts to the world.

Last night, on the final night of the wake for the US Martial Arts Hall of Famer, his former and current students, relatives, friends and followers paid their tribute to the man whose name became synonymous with eskrima/arnis.

"I trained under Supreme Grandmaster Cacoy in 1961, when I was still 13 years old. I started to learn judo from him then Eskrima and Combat Judo the following year. I was with him for 25 years. Supreme Grandmaster Cacoy was a very nice person, he was humble and very adept with the art. Sa iyang paagi sa pagtudlo, makakat-on gyud ka kay maayo gyud siya nga motudlo," Grandmaster Felix "Tensioning" Gutang told Sun.Star Cebu.

It was under the tutelage of Cañete that Grandmaster Tensioning mastered his specialty - the curto-

curvada.

One of Cañete's nephews - Grandmaster Andres "Kano" Cañete, learned his craft from his father Momoy (Filemon), also the teacher of Cacoy, but he shares Cacoy's views.

"Si Tiyo Cacoy, nakat-on gyud to sa akong tatay. Grabe to ka estrikto akong tatay mo tudlo. Gikan sa boxing, combat judo, eskrima ug uban pang klase sa pangamat. Pero sa dihang si Tiyo Cacoy na ang nagtudlo, lahi ang iyang paagi kay dili man siya estrikto sama ni tatay. Iyang i-agi og binarkada ba, kumedyar aron lang gyud madani niya ang iyang mga estudyante nga makat-on. Tungod ni Tiyo Cacoy, nisikat ang arnis sa tibuok kalibutan," the younger Cañete who succeeded his father in running the San Miguel Eskrima.

Grandmaster Albert Sales, who last saw Cacoy on his 96th birthday last Aug. 8, learned Kudokan Judo and karate along with Eskrima from Cacoy.

Although he learned the specialties, the espeada y daga and the sirat-todo lock styles, from the older Momoy Cañete, he also

Cacoy's Legend Lives on in All Cebuanos

By Mike T. Limpag

Sun.Star Cebu - February 16, 2016

For quite some time a decade ago, arnis was thrust into the front pages of the local dailies but it wasn't for something good. It was about a feud between two great Masters that had even the local chief of police concerned.

I had a hand in that, when an innocuous question thrown at a press conference of one party, elicited a wild response from the other; leading to "death-match" challenges that had the mayor and chief of police scratching their heads for a solution.

It never went that far, thankfully. But I've always wondered why it escalated that much. Perhaps it's in the nature of martial arts practitioners, the

questioning of one's knowledge is ability is deemed an insult that can be remedied only by a conversation through fists or sticks. Hey, if some academics come to blows (low blows at that) over some argument, what more the people who teach fighting for a living?

Over the years, the feud has settled, and peace, it seems, has reigned over the local arnis community. It's a good thing, because this "local" Arnis community defines the direction of the sport, worldwide.

The great Cacoy Cañete--one of two Supreme Grandmasters (SGM) of the sport--has passed on and his nephew Supreme

learned the tapi-tapi style and the curto-curvada techniques from Cacoy.

"Maayo gyud niya pagka promote ang Arnis sa tibuok kalibutan. Kumedyante kaayo. Unya maayo gyud kaayo tog batasan. Gani last namong kita adtong birthday niya adtong Agosto, iya man gyud kong gitawag ug nakig estorya gyud siya nako," stressed Sales.

Grandmaster Federico Mendoza Jr. who is also adept with the San Miguel Espada y Daga style who was once an instructor

of Cacoy Doce Pares confirmed Sales' description on Cacoy.

Today, Supreme Grandmaster Cacoy will be laid to rest at the Cebu Queen City Gardens in North Reclamation Area following a requiem mass at 1 p.m. at the San Nicolas Parish Church.

Being a World War 2 veteran, he will be given a 21 gun salute, an honor afforded to people who made huge contributions to his country.

Grandmaster Diony didn't mince any words in praising his uncle.

"Cacoy is Eskrima and Eskrima is Cacoy...deep in my heart, Doce Pares, the Cañetes and Eskrima will never be the same again," Diony said.

Cacoy may have died, but as long as there is a single Cebuano stickfighter, his legacy lives on.

The sport, which is now in popular culture, benefited a lot from the mind of the master who has forgotten more than what most masters are yet to learn. Perhaps, the past feud, too, benefited the sport but it's great that it's over.

Cacoy shouldn't be remembered solely for that; it was but a footnote in a legendary life

that spanned decades.

Arnis is Cebu's own, and the Philippines' too, martial art. His legacy will live on, on every Master who teaches a foreign student, on every student who thrives to master the art, from teachers who learned from other teachers who learned from the legend.

Supreme Grandmaster Cacoy died last Feb. 5, but his legend, which started long before he got too frail to teach, lives on forever.

In every Arnisador.

So, carry Cacoy's legend well. Teach as he would have taught the sport, love it as he had love it, all his life. Spread it, as was his dream, to everyone willing to learn.



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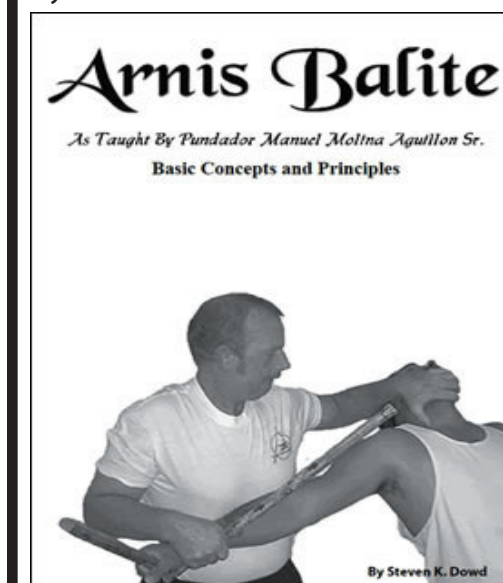
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Arnis Balite "As Taught By Pundador Manuel Molina Aguillon Sr."

Basic Concepts and Principles

By Steven K. Dowd



This book will give the reader the basic fundamentals, concepts and principles of the art of Arnis Balite as taught by Pundador Manuel M. Aguillon. Though there is no replacement for in person physical training by a qualified teacher.

There are no ranks other than student and instructor. No belts accept the one that holds up your pants. Arnis Balite has never been taught in schools, but is a backyard /garage training environment. It cuts the cost of facility rent, utilities etc.

Named by his surviving family members as the most senior student of the Arnis Balite system; Punong Guro Steven K. Dowd has been appointed by the family to carry on their father's art and philosophies until a family representative can learn the art and take the art back into the family.

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Arnis Participation in PNG Okayed

By Mark Victor Pasagoy
Sun.Star Baguio - February 17, 2016

Baguio City has finally given the go signal for local arnis players to participate in the Philippine Sports Commission-Philippine Olympic Committee National Finals scheduled March 7-11 in Lingayen, Pangasinan.

City sports development officer Gaudencio Gonzales told Sun.Star Baguio the City Sports Office (CSO) decided to allow the team to compete in this year's National Games finals.

Gonzales said Arnis plays vital role in Baguio's over-all medal count and it will be big loss for the city if it fails to send participants.

"Eventually nag-decide ang CSO na ituloy na lang na mag-padala ng entries. Sayang rin kasi yan apart from malaking tulong rin sila sa medal count natin we cannot just let internal problems amongst the local clubs affect our performance in the said competition," Gonzales said.

According to the city official, only those who carried the name of the city during the PNG Luzon Qualifiers will be allowed to join the contest.

"Yung mga nag-qualify who

signified to carry the name ng Baguio ang dadalhin natin. All those who made it in the Luzon Leg but were not officially listed as Baguio athletes will have to make their own ways of going there," Gonzales added.

Gonzales said only 17 Arnis athletes and coaches will be included in the official list for Baguio in the upcoming weeklong tournament.

During the PNG Luzon Leg in July 2015, Baguio's Arnis team uplifted the city anew by snatching 10 gold, 18 silver, and 8 bronze medals.

Baguio Arnisadors were also among the top medal producers in the 2914 edition with 11-6-4 gold, silver medal haul behind wushu's 16-15-7 to help the city for an over-all medal tally of 59-61-53.

Late last year, disagreements in arnis soared amongst local clubs after some of the coaches were banned by the PSC from competing in various national events.

The pending cases are currently filled to PSC, and still await further decision.



'Way of the Balisong' is a passion project that started from a visit to the heritage town of Taal, in the Batangas region of the Philippines by filmmaker Paul Factora in 2012.

After hearing about the plight of the people in Barangay Balisong and speaking with prominent blade merchant Diosdado Ona about the disappearing industry within the Town it was named after, a decision was made to return and document their story.

After 2 subsequent trips to the Philippines, the story expanded. Originally intended as a short 10 minute piece, it became apparent that the tale of the Balisong knife was not relegated to just the Philippines and in order to tell the full story the project must also grow.

It wasn't just about a knife, it became about the people who pioneered a craft that spread throughout the world and how that craft is now dwindling away.

Along with a couple of friends & cameras over half of the principle photography was shot in the Philippines, completely self funded.

Completing the film in it's envisioned entirety, will require another trip to the Philippines and several interviews shot throughout the U.S.

'Way Of The Balisong' will need YOUR help to be completed.
To complete the film will require your support. Please check out our Newly Opened Store to check out our Fundraiser T-Shirts and Patches.
Visit www.wayofthebalisong.com

Even Martial Arts Have Bullies

By Andrea Harkins



I hate. Well, let me be politically correct. I dislike their behaviors.

Who are these "bullies?" Well, let me clarify. They come in a few categories and I'm definitely not one of them. I try to be a thoughtful,

courteous martial artist. Like any industry, there are good and bad, so don't be surprised that the pristine world of beautiful martial arts also has its share of bullies.

Being a good martial artist has little to do with being bossy, superficial, or arrogant. It's important to be resilient, strong, and quick; smart, determined, and committed; and careful, thoughtful, and dedicated. A bully shouldn't flourish in this environment, but at times he does.

Here's what I think about the martial arts "bullies" out there!



I'm part of many social networks where I blast my blogs, hoping people will read and find something interesting, helpful, or inspirational. I share a lot about my life in these writings because it is from personal experience and through the use of a martial arts mindset that I have gained a lot of my wisdom. I know that what I've been through and what I have to say can help someone who is traveling a similar path, or is experiencing a similar obstacle. Martial arts have some great benefits. You've heard me talk about them many times. For kids and adults, the focus, discipline, and self-defense concepts are an excellent output from a good martial arts program. You will definitely learn a thing or two that may help to save your life someday; or, that may give you the confidence to be overlooked as a victim. I love all of that about learning a martial art. I love the good students who come to class eager to learn. I love the chance to practice and to meet others in the industry with similar goals and aspirations.

It's the martial arts bullies

1. The first bully is the one who thinks his martial art is the ONLY one that's worth anything.

He says things like "my style has been around for centuries," or "I would never take THAT style!"

I "hate" to break the news to him, but the value of a martial art is based on the martial artist who learns it. Sometimes it is not necessary that you learn one taught by a direct descendant of so-and-so, or that it is a pure, non-blended style, or has a specific lineage. These bully martial artists like to make everyone else feel inferior about their styles, but the truth is, what works for you is not any less valuable than what he knows because it is important to you.

I learned Tang Soo Do, but it is a blended style. I also learned Ju Jitsu and aikido with it. I'm happy I did. I can throw someone over my hip if I need to, or I can wiggle my hand out of a small, tight wrist grab. It works for me. It's perfect for me. It's the best style...for me.

Someone recently condemned me for not knowing a pure Tang Soo Do martial art (my style is blended with a few variations) and asked me "don't you want to learn it the right way? Don't you want to teach your

students right and not wrong?"

Here's what I'd like to ask him: Did you save an unborn child using your martial art positive mindset? Did you live in an unfinished house for five years, almost homeless, but use your martial art tenacity to pull through? Did you almost adopt two of your karate students when their grandfather/caregiver died suddenly and left them abandoned? Did you provide a free outreach to underprivileged kids for seven years by teaching them a martial art, no strings attached?

When you do all of those things, like I have, then you can ask me if I learned the right way.

2. The next bully is the one who thinks if you don't fight until blood sheds from you or your opponent, then you are not really practicing a martial art.

What? Seriously? How many of these tough martial artists have been attacked out of the blue? How many were involved in altercations in the past?

If you want to be a professional fighter, that's one thing. If you want to spar, grapple, or fist fight, you can find a style for you. There are so many options that there is no need to get beat up in class just to learn a martial

art. Besides that, it's not the big gruff, tough guys who need to worry as much about getting beat up or abducted or raped as much as the women and children.

I didn't choose a martial art solely to learn defense. In fact, I didn't know what I wanted in the beginning. It was close to home, had good instructors, and was reasonably priced. Twenty-six years ago, there were no "comforts" in my dojo. No air conditioning, no fancy uniforms, no fancy equipment. You worked with a variety of partners, asked no questions, and never anticipated when you would test. You sparred, but not to the point of literally hurting each other or to a knock-out.

Now, I'm sure I'll get some hate mail over this topic and that's okay. If this is the style of martial art that works for you, then fine. All I ask is that the bully not exclaim to all of us that without bloodshed in class, we are not really learning a martial art. Martial arts and self-defense are different.

Blood shed in a martial art

class? Not so much and no one is going to bully me into that.

3. The next bully is the one who walks around making sure everyone knows he/she is a martial artist.



Look, if martial arts teaches anything, it should include how to be humble. It goes hand in hand with peacemaking and understanding and not throwing the first punch...ever.

A true martial artist is one who balances the mental and the physical. If the physical is the all-consuming overtone, then he is not practicing to his potential. There is nothing wrong with calling yourself a Master, or if you brag a little about your expertise when trying to get folks to sign up

Arnis Seminars Begins Feb 21

By Perry Gil Mallari
Manila Times - February 19, 2016

The School of Arnis Professionals (SAP) will hold a series of seminars from February 21 to March 27 as it aims to promote the national sport and martial art of the Philippines.

Founded in 2003 by Professor Armando Soteco, the SAP is under the umbrella of Professional Teachers of Sports, Physical Education Recreation and Dance (PT-SPERD) formerly known as Integrated College of Physical Education and Sports in Intramuros, Manila.

Soteco wants to prepare professional arnis instructors and Physical Education teachers by providing scientific knowledge and skills in teaching, coaching and managing arnis competitions.

"Arnis, which is the national sport and martial art of the Philippines has been outshined in our own country by foreign martial arts like judo, taekwondo and karate. That it is why the school is relentlessly promoting the Professional Sports Specialization



Professor Armando Soteco
Contributed Photo

Program," Soteco told The Manila Times.

The mission of the program is to promote the cultural heritage of arnis in an easy and sequential manner and for it to be acceptable to all levels of society.

for your classes. Even my blogging title, The Martial Arts Woman, implies a certain level of expertise or knowledge. When used properly and with limited ego, revealing your knowledge and skills in a professional, respectable way is completely okay.

Blasting my ear about how great you are will only increase my disrespect.

Bullies-Be-Gone

I'm sure you have your own list of bullies out there. I can't say that I actually hate the bully martial artist because he has a lot to offer. If he can tone down his bragging into something more useful, like enthusiasm, he'll fit right in with the good crowd. None of us is perfect and we all have something to work on to make ourselves better people overall. It's best to recognize how not to be and that includes not bashing others. Respect is respect no matter how you slice it.

The Martial Arts Woman
www.themartialartswoman.com

Fortunately, I don't run into the martial arts "bully" all that often. I know he exists and I hope that he will read this and realize that the best martial artists are the ones who lift others up. The best martial artists are the ones who are committed, passionate, and focused about their training and about others. Crossing the line from martial artist to bully can happen, even to the best of you.

Ironically, as martial artists we should be able to spot bullying in any environment and help put an end to it. That includes looking inside yourself.

Instead, you and I can help to encourage other martial artists, and all people, to live with simplicity of heart and humbleness of character. When we apply that kind of wisdom, we can eliminate any bully complex and replace it with a true martial art mindset that is encouraging and makes sense.

Soteco said that arnis could be presented through the following perspectives: fundamental skills, cultural, sports and martial arts.

"Even without using sticks, arnis can be played. The sticks are only extension of the arms. Arnis can be a form of exercise or a form of artistic expression," said Soteco.

"Movements of arms, knee and the body must be trained because they are fundamental in learning the skills of arnis," he added.

Besides arnis, the seminar-workshop will also teach sports science, physical fitness and physiology of exercise, traumatology, sports psychology, nutrition and health education as well as sports and recreational management.

SAP's goal is in line with the objectives of Republic Act 9850 or the Arnis Law that declares arnis as the Philippines' national martial art

and sport.

Soteco is among those who have taught arnis in Philippine schools for the longest time. Now retired, he was an arnis professor at San Beda College from 1967 to 2002 and at Centro Escolar University from 1971 to 2001. Soteco trained from 1971 to 1975 with the late Grandmaster Remy Presas, the father of Modern Arnis. In April 20, 1989, he was recognized as a master of arnis by Grandmaster Ernesto Presas, founder and president of International Pilipino Martial Art Federation (IPMAF) at the University of Santo Tomas, Manila, during the organization's first World Arnis Congress. He is also the recipient of several awards in arnis that include the Lapu-Lapu Award, the highest award in Modern Arnis (2006) and the Kampilan Award (2008).

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Cacoy's Legacy

By Rommel C. Manlosa
Sun.Star Cebu - February 19, 2016

Ophaned by the departure of their founder and mentor, the newly-promoted 11th Grade Grandmasters vowed to continue the legacy left by the late Supreme Grandmaster Ciriaco "Cacoy" Cañete.

Newly-promoted 11th grade Grand Masters Anthony Kleeman and Ron Lew both vowed to spread Eskrima Kali Arnis Cacoy Doce Pares style to the rest of the world to spread the Cebuano legend's legacy.

Cacoy Cañete died at 96 last February 5.

Kleeman and Lew, who both own a martial arts school in California, promised to continue to spread the Filipino martial arts, especially the Eskrido system, which has been developed and modified by the Filipino martial arts legends through his lifetime.

They will be in charge of conducting seminars in the US and other parts of the world, while Cacoy's young and trusted lieutenants at the C. Padilla World Head Quarters, Grandmasters John Mac and Chuck Cañete, will head the central training and development of the arts here in Cebu.

"Supreme Grandmaster Cacoy allied himself in combat and sports styles of Eskrima and in his lifetime, he developed the combat system. And I have never seen

anybody like him who is so good and so dedicated," said Kleeman, who was among the first batch of foreigners who started learning the Cacoy Doce Pares system in 1984.

The interest of the foreigners to learn the Philippine martial arts began when the British Broadcasting Corp. (BBC) aired a documentary on eskrima kali arnis with the Doce Pares club and Cacoy Cañete as the resource person.

"Anthony and I will be in charge of propagating Eskrima, especially Eskrido, which was invented and perfected by Supreme Grandmaster Cacoy, to the world. We will be conducting seminars every now and then in the different states in the US and in Europe and Latin America. While Grandmaster (John) Mac and Grandmaster Chuck will be in charge at the world headquarters on C. Padilla. They will continue to develop some techniques to improve the system to another level," added Grandmaster Lew.

One of Supreme Grandmaster Cacoy's daughters, Catherine "Kitty" Cañete-Knight, who was elected Executive Vice-President in last December's election, is expected to take over the Presidency of the organization and will focus on marketing and management.



Taking Over. Cacoy Doce Pares Grandmasters (from left) Chuck Cañete, John Mac, Anthony Kleeman and Ron Lew will take over in teaching eskrima to the rest of the world.

(Contributed Foto)

Currently, Cacoy Doce Pares system has reached the USA, United Kingdom, Norway, Australia, Canada, Mexico, Malaysia, Indonesia, Poland, Japan, China, New Zealand, Panama, Costa Rica, Reunion Island, France, Ivory Coast, Bulgaria, Romania, Italy, Holland and Spain.

"As what Supreme Grandmaster Cacoy always elaborated, the only constant in Eskrima is change. He told me personally that Eskrido is

his contribution to the world of martial arts. We are bound to keep teaching Eskrido to the world now that he is gone," Kleeman said.

The two Masters vowed to continue the work that was done by the late Supreme Grandmaster Cacoy and to protect the dignity and honor and live up to the name of their master in the world of martial arts.

Traditional Martial Arts Ineffective?

By Jason Inay

There is a lot of information out on the Internet as well as in print regarding the supremacy of one art or method of training over another. So much in fact it is hard to know what is right, what is misinformation and what is disinformation. Though the question of which style is better is an old debate in the Martial Arts community, there is some credence to the statement that Traditional Martial Arts' approach is ineffective. So what is the best art to train in? Karate, Kung Fu, Eskrima, or some other style? And, if one style or way is better, why is it better? These are actually better questions and help us get to the real essence of this inquiry.

With Traditional Martial Art, as opposed to Mixed Martial Art and Street Fighting styles, there is a great deal of emphasis put upon the dogmatic approach to training and teaching. The "New School" approach values more 'tools in the tool box' and less waiting to learn more...

But what about effectiveness? Is it that traditionalists can't actually fight? As if the old masters, samurai, and warrior traditions of old, where many of these styles and systems

are rooted in, never thought of how it was to "really fight" or "combative application". Could it be Alexander the Great and Sobutai Khan knew nothing about the training of military prowess and the exercise of such prowess? The story of this is simple and uncomplicated:

Litigious society has made it nearly impossible to teach the 'old school' way

So much so that instructors and teachers have shunned "full contact" and the like

Instructors further down the lineage have never been shown applications

Society has relegated martial arts to a fancy kind of day care with it's own fashion sense

People are afraid of getting hurt, the instructors too

So practitioners mistake their drills for combat

Society uses too much carrot and not enough cane (can you say entitlement?)

Empirical Knowledge is trampled by Dogma

Self Defense is a Farce

Most schools teach a method of waiting to be struck to practice their art

Waiting to be hit is asking to be a victim

Society breeds victims

It is not as though Sun Tzu or Musashi never knew what a real fight was, or that Jack Dempsey or Gabriella Silang were never actually in a fight. It's not like the Ping Fa and Go Rin No Sho are a farcical fairy tale, or that the Demon's Sermons on Martial Arts are ineffective.

I would postulate the "New School" lack-of-patience combined with the "Old School" test-your-patience-ways, plus the mewling childlike societal worker bee just don't mix anymore. There is something to be said for training that includes risk and danger, two ingredients the modern sensei-cum-businessman can't legally afford. So, the advent of back yard, garage, closed door training is bourne.. but are they better? Often the case, but not because they are underground, but because they adhere more closely to very old traditional methods.

Better? Better at what? Better is such a loaded word full of vague meaning, and like a double edged dagger, cuts both ways. Better looking martial arts has a value, for aesthetic movement is an indicator of a more physically and structurally sound bio-

mechanic... Sometimes. Better hitting? Go to YouTube and search "street fight" or "bar fight" and you can see people get knocked out by a weak pawing hay-maker. Better by the standard of harder, or the standard results? Results are the king in that debate. Besides, a single-knuckle punch delivered to the occipital region takes little force for your opponent to have an astronomical experience.

Effective? More Effective how? If the intention is for you to put your opponent down then ugly technique is fine.. there are lots of arts that are ugly. Effective and efficient, meaning you're not even breathing hard and your opponent isn't even breathing is a different story entirely. Martial Arts, at least superlative martial art is designed to make the fight unfair. Real martial art purposely stacks the deck in your favor, a.k.a. cheating. In martial arts you don't want to work hard to win, you just want to win. With this criteria, effective and efficient become birds of another feather.

The tradition of a system or style should include efficacious and chaff reducing elements to remain true to it's warrior roots. Moreover the art will be

well served if the instructors and practitioners support and propagate a moral standard too. This is the warrior way, and for the money, the best way to train in martial arts. So whether your "New School" or "Old School" keep it real, keep it true, or just keep out.

All arts are viable within their own environment. I repeat ALL ARTS. The question really is what environment are you, the practitioner and would be fighter, preparing for? Is it self-defense, competition, movie choreography, meditation, which is your cup-o-tea? For the money, my preferred poison is one that addresses first from the practical and traverses the landscape on toward the illuminating experience, but that's my prerogative.

A good hierarchy of focus might be:

Exoterica

Self Defense (although not simply waiting to be attacked before I "defend")

Skill Development

Fighting Prep

Fighting

Aesthetics

Esoterica

Philosophy

Morality

Theory

Polishing and Misc.

Doctrine

Erudition

Insights

Wisdom

Substance

Please note that a steady diet of martial philosophy and morality is imperative, breeding bullies and thugs is a perilous endeavor.

So if all arts are viable, then what might be the deciding factor? In a word... Methodology.



Love Letter to Filipinos

By David H. Harwell, PhD

A sentimental open letter from an American teacher to the Filipino people

me a long time to learn some things. But I've been trying, and your culture has been patient in trying to teach me.

In the countries where I've lived and worked, all over the Middle East and Asia, it is Filipinos who do all the work and make everything happen. When I am working in a new company abroad, I seek out the Filipino staff when I need

help getting something done, and done right. Your international reputation as employees is that you work hard, don't complain, and are very capable. If all the Filipinos were to go home from the Middle East, the world would stop. Oil is the lifeblood of the world, but without Filipinos, the oil will not come from the ground, it will not be loaded onto the ships, and the ships will not sail. The offices that make the deals and collect the payments will not even open in the morning. The schools will not have teachers, and, of course, the hospitals will have no staff.

What I have seen, that many of you have not seen, is how your family members, the ones who are overseas Filipino workers, do not tell you much about how hard their lives actually are. OFWs are very often mistreated in other countries, at work and in their personal lives. You probably have not heard much about how they do all the work but are severely underpaid, because they know that the money they are earning must be sent home to you, who depend on them. The OFWs are very strong people, perhaps the strongest I have ever seen. They have their pictures taken in front

I am American and hard-headed. I am a teacher, but it takes

Training methods differ in many styles, and they are often dictated by the environs the teacher is addressing. Combative arts ultimately must endeavor to simulate combative situations. Scenario training, mental rehearsals, stress/adrenalin inoculation, tactical and strategic mindset training, and a myriad of other important aspects should be addressed. And, in each possible environment the above aspects must be fine tuned for that environment.

In the end, traditional martial arts are ideally suited for all purposes. Though it does not really matter if you are doing Kung Fu, Karate, or Eskrima, it does matter how you train and

About the Author: Suro Jason Inay is the head of the Inayan System of Eskrima, inherited from the system of martial art his father, Mangisursuro Mike Inay, founded. Currently residing in the Bay Area of California and teaching internationally. www.inayan-eskrima.com , www.jason-inay.com

of nice shops and locations to post on Facebook so that you won't worry about them. But every Pinoy I have ever met abroad misses his/her family very, very much.

I often pity those of you who go to America. You see pictures of their houses and cars, but not what it took to get those things. We have nice things, too many things, in America, but we take on an incredible debt to get them, and the debt is lifelong. America's economy is based on debt. Very rarely is a house, car, nice piece of clothing, electronic appliance, and often even food, paid for. We get them with credit, and this debt will take all of our lifetime to pay. That burden is true for anyone in America—the OFWs, those who are married to Americans, and the Americans themselves.

Most of us allow the American Dream to become the American Trap. Some of you who go there make it back home, but you give up most of your lives before you do. Some of you who go there learn the very bad American habits of wanting too many things in your hands, and the result is that you live only to work, instead of working only to live. The things we own actually own us. That is the great mistake we Americans make in our lives. We live only to work, and we work only to buy more things that we don't need. We lose our lives in the process.

I have sometimes tried to explain it like this: In America, our hands are full, but our hearts are empty.

David H. Harwell, PhD, is a former professor and assistant dean in the United States who now travels and works abroad designing language training programs. He is a published author and a son of a retired news editor.

why you train the way you train. One must consider that the old warriors from ages gone by dealt with more difficult situations than a bar room brawl, and spent more time than 2 months of basic hand to hand in boot camp to be proficient in their profession. Their endeavors were not on a time limit, didn't have weight classes and rarely conformed to any real rule set, in other words truly "No Holds Barred". History illustrates a vast panorama of skills and tactics that served man in the times of antiquity, and can serve us well in the times of technology, something a more scholarly approach to the science of defense will reveal.

You have many problems here, I understand that. Americans worry about having new cars, Filipinos worry about having enough food to eat. That's an enormous difference. But do not envy us, because we should learn something from you. What I see is that even when your hands are empty, your hearts remain full.

I have many privileges in the countries where I work, because I am an expat. I do not deserve these things, but I have them. However, in every country I visit, I see that you are there also, taking care of your families, friends, bosses, and coworkers first, and yourselves last. And you have always taken care of me, in this country and in every other place where I have been.

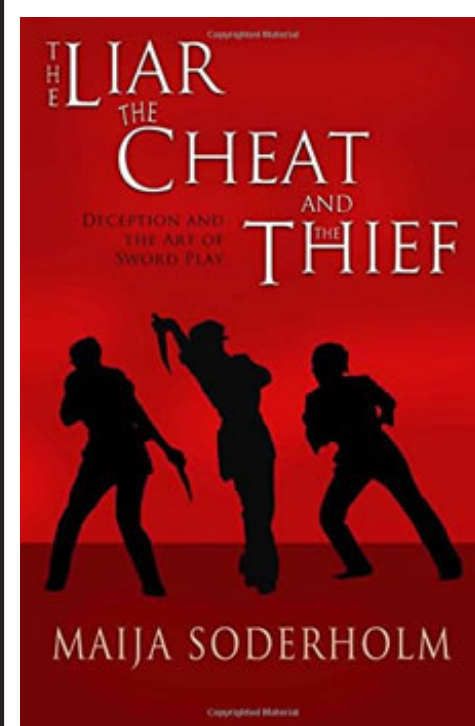
These are places where I have been very alone, very tired, very hungry, and very worried, but there have always been Filipinos in my offices, in the shops, in the restaurants, in the hospitals, everywhere, who smile at and take good care of me. I always try to let you know that I have lived and traveled in the Philippines and how much I like your country. I know that behind those smiles of yours, here and abroad, are many worries and problems.

Please know that at least one of us expats has seen what you do for others and understands that you have a story behind your smiles. Know that at least one of us admires you, respects you, and thanks you for your sacrifices. *Salamat po. Ingat lagi. Mahal ko kayong lahat.*



Largo Olisi System Long Stick Fighting Method
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The Nickelstick Balintawak Eskrima Bull Chapter Training and Application book
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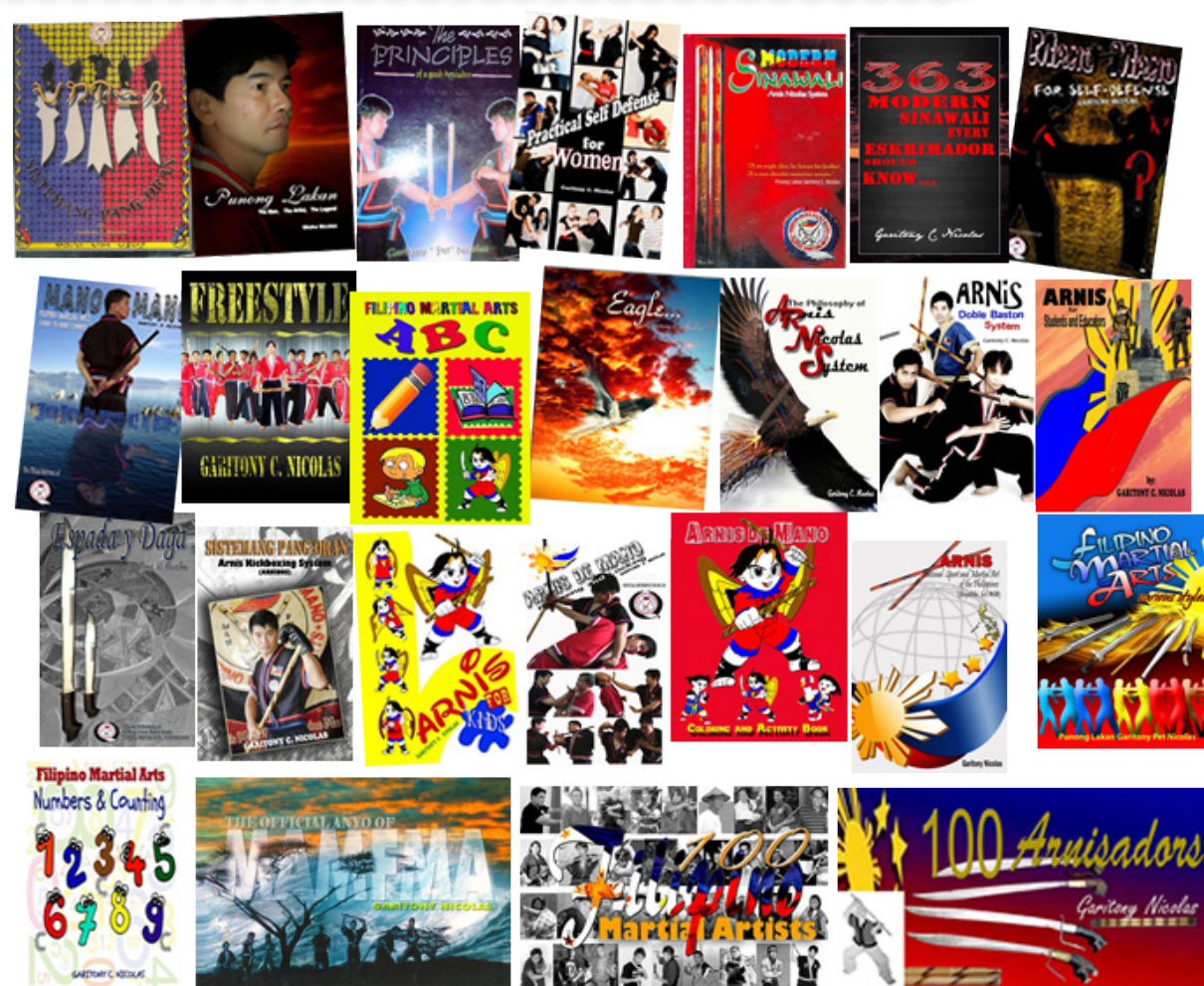


Visayan Eskrimadors Friendship Gathering 2015

A documentation of the Visayan Friendship Gathering held in Cebu the 5th and 6th 2015 at the Mandaue City Cultural and Sports Complex.
 It features the pre-event behind the scenes preparation and the day of the event itself. The various Eskrima teachers and the root lineages that they represent...
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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 vise-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.

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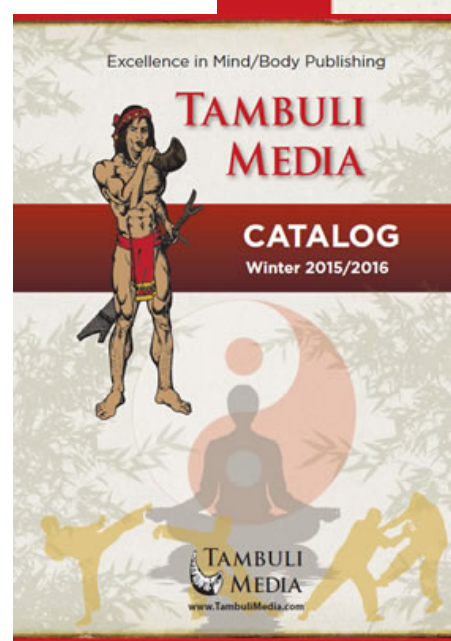
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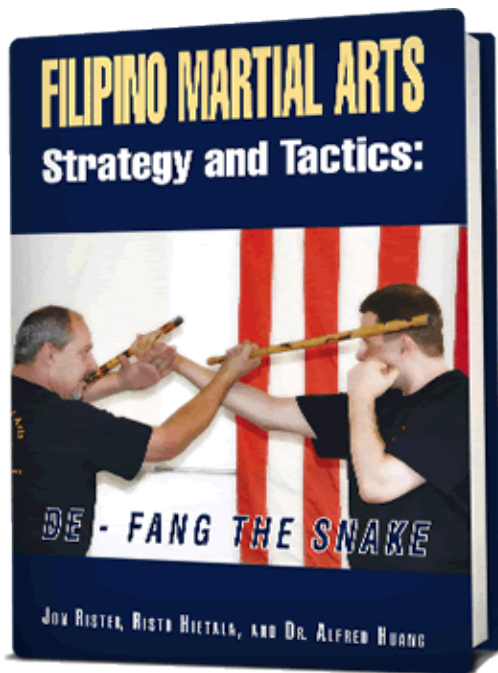
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Filipino Martial Arts: Strategy and Tactics

By Authors and martial arts experts Jon Rister and Risto Hietala, with Dr. Alfred Huang



Eskrima, Arnis, Kali, these Filipino Martial Arts are brutally efficient combat techniques that seamlessly integrate both armed and unarmed fighting. They encompass a wide variety of martial implements, from sticks and knives to improvised weapons, and include empty-handed attack strikes and devastating joint locks. Authors and martial arts experts Jon Rister and Risto Hietala, with Dr. Alfred Huang, review a multitude of these martial methodologies in Filipino Martial Arts Strategy and Tactics.

This work is aimed at both students seeking to gain a deeper understanding on the fundamentals of Filipino Martial Arts, and teachers looking for an alternate perspective on how to teach their tactics and techniques to their learners. The style utilized in this book is the Inosanto Blend, formulated by Magulang Na Guro Dan Inosanto, which itself draws from the Lacoste system, Villabrille, Ilustrisimo, and Balintawak Eskrima. It comprehensively covers the essentials of Filipino Martial Arts, the training methods, double stick and single stick techniques and their strikes, disarms and locks, as well as defenses against knife-wielding attackers. The text also comes with detailed illustrations to elucidate the forms and motions of Filipino Martial Arts, giving readers a better understanding of the combat techniques being discussed.

The work of Rister, Hietala and Dr. Huang is a comprehensive and invaluable discourse on stick and knife fighting. It will prove highly useful for students and instructors alike in reviewing and analyzing their techniques in between practice sessions, and will greatly help enrich their knowledge on Filipino Martial Arts Strategy and Tactics.

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A seminar held on July 9th and 10th, 2015, at Rister International Martial Arts, 119 Luke St. #113 Irving, Texas



Note: Recorded at an actual seminar Guro Rister on the first DVD goes through explaining the importance of having a curriculum, which one will see, hear and understand the purpose.

A few important factors to remember is that this first DVD is like learning to crawl, then walk and finally to run, the step process that Guro Rister takes one through is very educational in gaining knowledge and fully understanding what is to be done step by step. Common sense and adaptability is easily understood in the way Guro Rister has put forth this instructional DVD

Both DVD's are exceptional in understanding the basics of Double Dagger. Broken down in an easily understood curriculum these DVD's make it simple to obtain the knowledge that is being put forth, these two DVDs are a must for a practitioners' library. Of course realize that actual participation in seminars is the best in learning, however if unable to attend this is most definitely the second best method.

There is a two disc DVD set on this seminar which can be purchases on pay pal sales@ristermartialarts.com \$65.00 Shipping included up to \$8 or email sifugurojon@aol.com

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](#)

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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.

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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.