

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

## Time for an FMA Revolution

*Time for an FMA Revolution part 1 - was published in the FMA Informative Newspaper Vol5 No8. Well Mr. Mustafa Gatdula has now written "Time for an FMA Revolution" a part 2. So the FMA Informative will recap on part 1 once again and share part 2 with you here.*

By: Mustafa Gatdula

Let's stir things up a bit.

Yup, when it comes to stirring the pot, there aren't too many people other than good ole theKuntawMan for something like that. That Filipino martial arts Empty Hands article was written in 2009, and it is still the most read article on this blog. It has probably gotten this blog more views, more subscriptions, sold me more books, signed up more students to my school, and brought me more challenges (which led to even more students lol) than anything else on this blog. I have said it a few times in several articles—I ain't your friendly neighborhood seminar-junkie, I damn sure ain't your friendly neighborhood Guro/Grandmaster, and you could get hurt playing over here.

But this is what the martial arts is all about. We are all about hurting people, stopping people from hurting us, and discovering more and more about the art of hurting. One of the worst things an FMA guy can do is get complacent and think there are no other new things to discover in the martial arts. For example, lots of Filipino martial arts guys thought they knew it all or have seen it all when it came to the Filipino arts. Know why? Because if you took all the videos on the market, all the magazine articles, all the seminars—all that shit looks the same. Sure, every now and then, a "new" skill will become popular, but thanks to the almighty dollar—these Grandmasters will sell those skills faster than a hungry whore on the strip—and before you know it, EVERYBODY knows it. So, yeah. If you've spent two or three years in the mainstream Filipino martial arts community—you will have seen it all, and there is nothing new to discover.

But I ain't mainstream. And that's what brings people to this blog, the fact that nothing on this blog—unless it's stolen—will be repeated or taught in seminars or youtube clips. Folks come here to learn or read something new. Hence the name—Filipino Fighting Secrets... It's only a se-

cret if you don't know it. And we will talk about stuff your friendly McGuros won't.

So here's the thing. The Filipino martial arts of Arnis, Eskrima, and Kali need to change up its weapons. Honestly. Have you been hit with a rattan stick lately? Sure, they hurt. But as a self-defense tool, you need something that will ruin somebody's life, and these sticks just won't. Get hard core, take off the safety gear, and get a little heavier rattan, and then we're talking. But this isn't every day FMA, and it should be. I say, it's time to investigate self-defense needs of the average Joe on the street, and come up with something that is relevant to his concerns. The FMA use to be an everyman's art, every day. Today, it is too niche, too trendy, and folks who are really serious about self-protections are looking at what passes for FMA out here and saying "No thank you".

Why is that? Well, maybe it has something to do with the fact that the most effective, most practical thing we have to offer is something that a very TINY minority of FMA guys will do: Full contact, bare stick fighting. Average guys won't do it. Hell, average FMA guys won't even do it. What we will do is funky drills, cute disarms, padded pillow fights, and empty handed patty cake (that no FMA guy will ever do with in the ring with a real boxer—but have the nerve to call it "Dirty"/Filipino Boxing. Please don't blame that on my people). If you ever disagreed with me about my views of mainstream FMA's effectiveness, take my challenge! Go to any non-FMA guy and fight him. With the number of MMA, kickboxing, and boxing gyms around, you should have no problem finding opponents. Don't challenge me on the net please, because you're only fooling yourself—chances of us meeting are almost zero. Prove it to yourself. I've already done my homework.

Back to the subject at hand, I would like to suggest a new trend in the FMA community. Let's drop the plain rattan stick as a "weapon". I'm sure there must have been an uproar when FMA guys in the days of old switched

### Using Performance Profiling to Assess and Improve your Filipino Martial Arts Skills

By Leslie Buck

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from bolos to sticks. I can imagine the arguments and the complaints the old timers would have had: “What?? What the heck is wrong with these new age Eskrimadors! Don’t DARE call that stick shit “Eskrima” please! Bastos!!” LOL.

Folks don’t like change.

I believe that the Filipino arts have evolved to what they are today, because we are a practical people. We aren’t into show; we are fighters. But we have become not much more than showmen these days. We are showmen and “athletes”. My son is enamored with Eskrima “Kata” these days. When I finally saw what is presented as FMA “Kata”, I damn near spit out my drink. What. The. Hell. But times have changed, I guess. There is a good section of the community who gets it; I am an old dog, and I’m barely 50. Guess we can tolerate it, the way we tolerate patty-cake-with-a-stick. But let’s add a new weapons to the Eskrima list of specialties...

**1.** The good ole night stick. I’m serious. Billy clubs, tire knockers, you name it. A REAL stick. One that is too dangerous to use it sparring. Sure, keep the rattan for sparring and competitions—even heavier rattan. But what we train with, what we train for—should be two or three times heavier. When a mugger jumps on you while you carry this weapon—a hardwood, 1-1.5’ stick on the striking end, with a one inch handle on the other—you leave him crippled. A REAL weapon. Something that authorities may one day outlaw or regulate. That is REAL self-defense. Sorry, but there are many people—too many people—who would challenge (and survive) an encounter with that Eskrima you’re playing with right now. But train for 90 days with the old school billy club cops use to carry, if a guy did challenge you, after the first hit landed he’d be more compliant. And we really do have to train with it. I’ve trained with

one for years, and I’ve always laughed at Arnis guys who come over and try to do their system’s stuff with it. It’s barely got any weight to it, but most guys can’t do anything practical with it but demo stuff in slow motion. But get to full speed, full power with one of these—you are wielding some serious fire power in your hands. This should replace the standard 3/4? rattan, for sure.

**2.** The walking cane. Something you can take into an airport. Again, hardwood, with enough weight that if you used on an attacker, he would feel and look like he were hit by a car. Trust me, with a real walking cane—even your Grandma’s walking cane—with very little training, you could have the effectiveness, nearly, of a razor sharp Katana. And this is real talk—go and experience some Filipino Tapado. Ask anyone who’s seen it; very few guys would want to go up against a true Tapado fighter with anything less than a gun. It’s time to change our focus.

**3.** Brass Knuckles. If we are going to do hand held weapons, I know you guys are stuck on small blades and Karambits—but I’m not convinced. Give me a pair of Brass knuckles and promise me I won’t go to prison for using it—I’ll take on any guy in the world. I have met many Karambit practitioners—never met one willing to spar me. I’ve used Brass Knuckles, and I feel like fricking Superman with it. Train with brass knuckles before you call me crazy... you will too.

**4.** Oh yeah ^^ they’re illegal. So what. So are numb-chuks. But you still have them right? This is for art. And self-protection.

**5.** The Bolo. If you have never trained daily with one, you should. The dynamic is very different from a stick, I don’t care what your Guro said. If you do Eskrima, you cannot simply pick up a Bolo and use it with equal effectiveness. Add this to your regular repertoire, and you’ve got some good martial arts. You’ll need more

than occasional training with it to make it functional. The handles vary, and you have to have consistent practice and training to learn how to hold it, how to generate power with it, how to develop true blade awareness with it.

**6.** Speaking of which, Blade Awareness. Real understanding of the blade, not just the usual patty cake and disarming, but actually learning how to use, cut, hold, and manipulate the blade. Have you ever attempted a cut test with razor sharp blades? If not, you shouldn’t be teaching knife or sword fighting; it is just as important as the techniques. I’ve seen Guros who can’t cut a rolled up newspaper with my razor sharp swords. The Japanese are light years ahead of us on this, and they didn’t use to be. We’ve just become so wrapped up in “modern” martial arts, we’ve lost sight of this very important skill to the point that it sounds foreign to FMA people. No blade awareness, you have no blade skill.

**7.** Single weapons over double weapons. Seriously, for serious self-defense, we have to focus on single weapons that are more practical and useful for street self-defense. Double weapons are cool to look at, but mostly people are just doing drills and prearranged (read: choreographed) techniques. Single weapons are most likely what you will use if you needed it, and we are simply spending too much time with stuff we will probably never actually use in self-defense. It is certainly time to drop the fancy stuff, because there is enough practical stuff we are ignoring or under-emphasizing.

**8.** Empty Hands. Guys, look. I know I hurt some feeling with my views. But is it not 2017, and not ONE FMA guy has shown up at my door to defend “FMA Empty Hand”. You know who has? Non-FMA guys who cross trained, and some of them became my students after our match. You have challenged me on damn near every hu-

morous article I’ve published, and I hear you’ve challenged the Comrach Bas (I think that’s what it’s called) founder, Christophe Clugston—and didn’t show up. This is embarrassing. Our elders are rolling over in their graves. Stop it. All I’ve said, and I’m sure Mr. Clugston will agree, that the Filipino martial arts have a good thing going, but money and ego has ruined it, and today, the Filipino arts are NOT delivering what we promised. Want proof? Name one FMA tournament where guys fought empty handed. And please don’t hand me that “too deadly” bullshit. The FMAs ARE practical. But we must use these arts in order to connect our theories with the applications. I have the same issue with Kung Fu guys. Add Empty Hand to our tournaments, and FMA guys need to start FIGHTING with our FMA empty hand. Screw what I wrote; just do it, prove it to yourself, and the art will evolve back to the direction it needs to go. And stop asking me to post videos of what I think FMA is supposed to look like; that’s not how you challenge a guy. Just start using these techniques in live fights, and the changes will happen naturally.

And there you have it. The FMA revolution. But there will be a Part II, so stay tuned! And if you haven’t, please subscribe... you don’t want to miss what is coming!

*This is a continuation of an article that Mustafa Gatdula wrote introducing a few suggestions about an “FMA Revolution” he thought should take place.*

Times change, along with the needs of the average student of those times. Everything from the needs of the martial arts student, to how the art is imparted, to who the art is used against—all change. 100 years ago, Arnis fighters used these arts against foreign invaders. During times of peace, Arnis fighters use the arts for self defense needs as well as for duels to settle dis-

putes. In recent times, Arnisadors have contests which allow them to preserve the art in safe conditions using safety equipment. With introduction of safety equipment, the attributes needed to be a so-called “skilled” Eskrimador changed—which in turn will change the way the art is changed. In old times, power, accuracy and pain tolerance were the focus of an Arnis student’s training. Teachers used a smaller arsenal of techniques while spending more time developing those skills and attributes. Today, which safety equipment and two/three round fights, students have larger arsenals with more techniques as well as an emphasis on endurance and fitness that fighters of old could care less about. One may argue that arts that do not change with the time are keeping to tradition, but they may not necessarily be relevant to the needs of the modern student. Therefore those arts often die out, save for a handful of those with nostalgic leanings. At the same time, an FMA purist (such as the younger version of myself) will argue that arts that keep up with the times are diluted and therefore illegitimate. If an old dog like myself can admit that perhaps I was mistaken about past criticisms of the Filipino arts, maybe there is a chance for you young guys.

*So here’s something I’d like to throw out at you...*

It’s time to award or create “majors” in the Filipino arts. Majors as in “major” fields of study. Just as it’s true that every art can’t contain or specialize in everything—every expert won’t be an expert in every subart of the Filipino martial arts. We love to brag about the 12 weapons or fields of study, the 4 subarts of the Filipino martial arts, blah blah blah... but how often have you seen a so-called Grandmaster teach a seminar over a period of 5-10 years, and teach the same stuff as his knowledge of throwed weapons, flexible weapons, or empty hand skills? This is a conversation I have with this community often, and is the premise of the unpopular “Filipino martial arts Empty Hand” article. Sure you know some “Empty Hand”. But do not be mistaken my friends: Many of you are stick guys showing a few translations without the stick. Very few Eskrimadors who claim “the stick is the knife is the long weapons is the empty hand” can really get down with every weapon he knows. There is nothing wrong with having a specialty, and sending your students to another Master if they wish to learn something you are unfamiliar with. But it is fashionable to pretend you can use anything as a weapon just

because you are knowledgeable with a few weapons—and this just isn’t true. A good test is if you can be competitive with—and beat—a fighter who is only versed in that art.

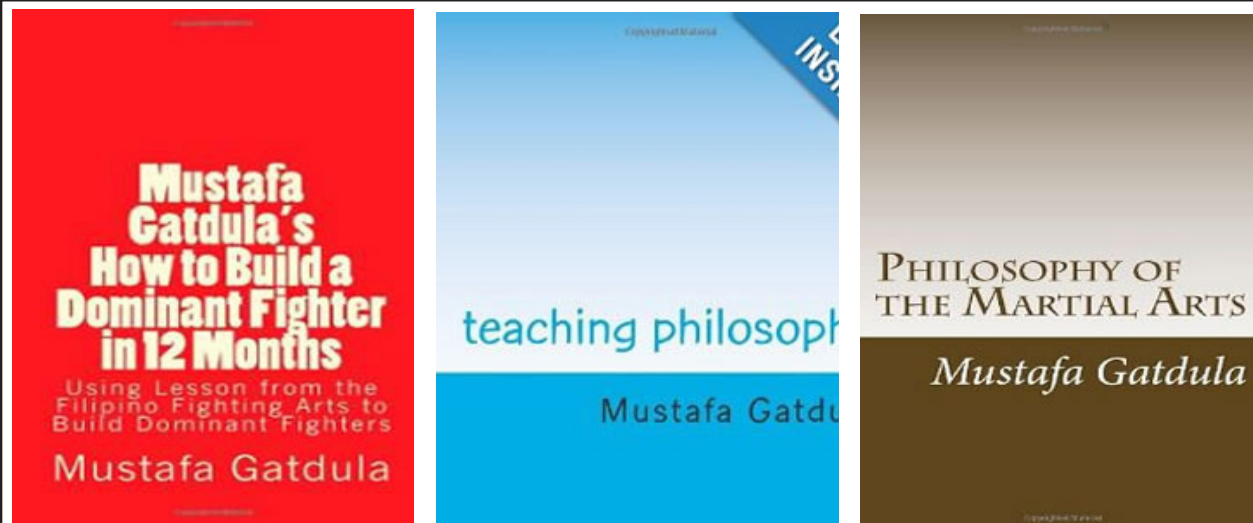
An inside joke I shared with my Filipino martial arts friends came from a video we once watched at a friend’s house, where a highly skilled Eskrima master declared to the viewer that “Kali is also ADVANCED Judo, ADVANCED Karate, ADVANCED Kung Fu...” Do we have grappling in the Filipino martial arts? Yes we do—some. But we are not grapplers. Do we have boxing in the Filipino martial arts? Yes, some. But we are not comparable with boxers who specialize in fist fighting. Do we have knife fighting in the Filipino martial arts? YES. And now we are getting somewhere! How would you feel if a Tae Kwon Do guy announced, that he was just as good as an Filipino martial arts guy with a knife? Like me, you’d probably fall out laughing. But that’s how we look to boxers when we try to pass off “Dirty boxing” as something that can defeat boxing.

And this leads me to the point of the article. You must think outside the box. The Filipino arts has many, many skills within our curriculums. In my opinion, the Filipino arts are the superior fighting art of most of the martial arts world. Give me two years with a stu-

dent, and in two years, I would bet my life savings on that student, armed with a knife, using his Eskrima against your favorite MMA fighter. This art isn’t perfect, but I believe the Filipino fighting arts are as close to being the most unbeatable art on the planet. And this, without having to cross pollinate with BJJ, Muay Thai, or any other non-Filipino art. Am I being biased? Perhaps.

But in my prime, I trained more than anyone I knew, and could take anyone. I am fully confident that you give me a guy for a few years, and he’ll be better than I ever was. But due to the mismatch of the changing times, the unchanging art, and the foolish changes that did occur—we collectively weakened the art by trying to add too much, too easily, and taught them too soon and too fast. The way to reach your potential in the art is to choose a specialty and develop it as fully and completely as possible. One cannot accomplish this while attending seminars and adding new techniques and skills every six months. The goal is development—not learning. That is the flaw of the “always a student” philosophy. You can take classes until you’re blue in the face; but it does you not one lick of good until you develop and hone and perfect those skills.

There are many facets of the martial arts we can certify



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students in, and when we award blanket "Teaching credentials", what are we claiming they are experts in? Self-defense? Street fighting? Competition fighting? Armed combat against armed opponents? Unarmed combat against armed opponents? Boxing? Self-defense experts are not ring fighters. Ring fighters are not street fighting specialists. Street fighting specialists are not experts at teaching children's self-defense against bullies. None of the above can coach an Arnis student to championships in an Arnis competition. And then once you've identified what style of fighting or self-defense this

student is qualified to do, we must then decide if he is qualified to TEACH. Many of you may have been good fighters, but you never learned the art of teaching. Perhaps it would be more appropriate to distinguish between someone who has learned your curriculum, someone who has excelled at your curriculum, someone who is an expert at combat with your curriculum, and someone who has learned the art of teaching and coaching.

*And here's the big question... Do YOU know all these areas of the martial arts?*

Eskrima/Arnis, Kuntaw, Silat, Sikaran, Buno—all have many weapons and skills. Do you simply know these weapons, or have you actually excelled, tested, perfected, or mastered each weapon and skill? Honestly, many people are teaching weapons and skills that they barely know themselves. My cousin who teaches Tapado was once visited by a group of Eskrimadors who witnessed his Tapado skills. A few months later, our students encountered these men teaching a Tapado-like

art to their students. I had met a man who claimed to teach "Filipino boxing" and when I offered to box him and bring my students to test their skills, declined the match because his students weren't ready and he didn't learn Filipino boxing to actually "box". I politely suggested that he decided what he was actually an expert in—and stick to teaching that.

Like I said guys—it's time for an Filipino martial arts Revolution.

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## Using Performance Profiling to Assess and Improve your Filipino Martial Arts Skills

By Leslie Buck



If we had more time to do so, many of us would spend more time training. Training for most of us is enjoyable. Putting in hours to improve our skills a little at a time is not a chore; it's more of a pleasure. However, work, family, money, life can all compete for time that we would otherwise be training, talking about training, or, at least, thinking about training. Because of these demands on our time, we need to use the time we do have for training wisely. This is especially true as you climb to higher levels in the art.

Once you have past the beginner levels of learning Kali, where everything is new and improvement is exponential, you have to be focused when planning your training. At the intermediate and advanced levels, there are so many things to train. It can be difficult to remain focused, and sometimes it is hard to measure improvement when there are many skills that you can develop. With a good training plan, you can progress in the skills that will make the biggest difference. By using performance profiling, a tool commonly used in sports and athletics, you can determine the direction you need for a good training plan.

**Performance profiling is a great tool for identifying strengths and weaknesses, and creating a plan to improve what matters the most.** It is a method used to identify the most important skills and attributes needed to perform a sport or activity against which you compare your competency in each of those skills and attributes. The results of the com-

parison will show you what you do well and what you need to improve upon to have the ideal balance of skills and attributes.

**Performance profiling will help you adjust your training to focus your efforts on what key areas need the most improvement.** When you compare your strengths and weaknesses to those skills and attributes that matter the most, you will get a score for each. This score will help you decide which of the weaknesses you will address first in your training.

**The score will also allow you to assess your improvements in those areas over time.**

After you have completed an assessment, then addressed the issues discovered in your training, you can reassess your skills / attributes and see where you have improved. Over time, you will establish a record that will help you see trends in your performance.

Usually, this performance profiling is done by the instructor and the student together, but it can be used by the student alone. Here is a simple approach to creating your own performance profile.

### STEP 1 - Identify the skills and attributes

To complete a full profile of your skills and attributes, first create a list of the skills and attributes anyone would need to be great at Kali. In doing this, divide these skills among four categories. The four categories are: technical, tactical, physical, and psychological.

**Technical** - This includes the specific techniques that are relevant to applying your style of Kali. It may include things like striking, footwork, locking, takedowns, disarms, counters to takedowns, etc.

**Tactical** - This includes the tactics that are involved in applying your style of Kali. These are things such as faking, baiting, fighting outside, fighting inside, creating openings, etc.

**Physical** - This includes the physical attributes that are needed for applying Kali, such as strength, stamina, speed, acceleration, power, etc.

**Psychological** - This includes attributes such as mental toughness, emotional balance, and attitude that are factors in being successful in applying Kali.

Try to identify 15 to 20 skills and attributes for each of the categories. After you have listed everything needed, narrow the list of skills down to the most important 6- 10 for each of the four categories.

### STEP 2 - Chart the skills and rate them

For each category, create a four column chart that will help you assess your skills.

**Column 1** - In the first column, include a list of those top skills and attributes you identified.

**Column 2** - In the second column, put a number from one to ten that is your perception of how important that skill is for an elite practitioner of the art.

**Column 3** - In the third column, rate yourself from one to ten in that particular skill or attribute.

**Column 4** - In the fourth column, subtract the rate you entered in the third column from ten, then multiply that result by the number you put in the second column.

### Step 3 - Evaluate your score and plan your future training

This will give you a score that you can use to evaluate the discrepancy between the skill needed by an elite practitioner and your current performance of that particular skill. The higher the number you get, the more important it is for you to address that particular skill or attribute in training or in mental preparation.

Here is a sample chart in the technical category.

skill / attribute	level of importance (1 to 10)	self assessment (1 to 10)	discrepancy score (10 - column 3) x col 2
striking	10	7	30
footwork	9	6	30
offensive entries	10	8	20
evasions	10	5	50
close range techniques	8	9	8
flow from one technique to another	8	7	24

In the chart above, the student calculated a score of 50 for his evasion skills. This score is calculated as (10- 5) x 10 = 50. Because this is the highest score of all the skills listed, this student should focus his training on improving his evasions. He then would also focus more on his striking and footwork skills.

Please note, this is just an example. I am not suggesting that these are the top skills in this example. You must adjust the skills to be what you think are the most important for your art. Use the method above to create your own lists and charts based on your thoughts.

### Final Words

Using this performance profiling will help you budget your training time to work on what you need to improve the most. By knowing exactly where you need to focus, you will avoid wasting training time working on skills that are not as relevant to your needs.

If you use this performance profiling tool together with your instructor, you will get better insight on what skills are most important. You will also get a more objective assessment of your capabilities. If you do this exercise with your instructor, compare your self-assessment with the assessment your instructor does for you. Discuss any differences in scores and make a training plan together. Having guidance and feedback from your instructor will give you more accurate and more useful results.

When you finish your profile, make a training plan and stick to it. After 2-3 months, do another assessment of your skills and reevaluate your training priorities. Knowing that you are on track with your training will motivate you to work harder and make improvements sooner. Find the time to train, and train hard.

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### 5 Great Philippine Heroes Nobody Remembers

By: Luisito E. Batongbakal Jr.

Jose Rizal, Andres Bonifacio and Melchora Aquino. These are the names that have populated our history textbooks from primary school even up to college.

They are so familiar that many of us think there's nothing left in history that is worth exploring. Heck, some witty students can even retell Rizal's biography with eyes closed.

But for every familiar name we encounter in Philippine history, there is an unsung and forgotten hero who forever stays in oblivion. Unless, of course, if we take time to rediscover them.

Here are just 5 of the greatest Philippine heroes you never heard of:

#### 1. Glicería Marella-Villavicencio



Who is she? Glicería Marella-Villavicencio (1852-1929) was an ilustrado who didn't think twice in supporting the Revolutionary movement. Along with her husband Eulalio Villavicencio, she helped disseminate pamphlets and several copies of La Solidaridad to inspire people to take action.

For their involvement in the Revolution, the Guardia Civil ransacked their house and eventually imprisoned Eulalio for sedition charges. After his husband died due to failing health, Glicería continued to support the army and even donated her residence and

her ship, Bulusan, to General Emilio Aguinaldo.

"Hero" moments: Glicería was tempted by the Spaniards to disclose details about the Katipunan in exchange of her husband's freedom. She refused to give in and said that even though she loves her husband very much, she "would consider it insanity to carry his surname if I should obtain his liberty by betraying him and his cause." (Paz Mendes thesis).

Interesting fact: Bulusan, the ship donated by Glicería to the Philippine army, was the first warship of the Revolutionaries. Apart from distributing revolutionary literature, Glicería and her husband also donated P18,000 to Rizal in 1892 to support the movement.

For her heroic role in the Revolution, she was conferred the title Madrina-General de las Fuerzas Revolucionarias (Matriarch-General of the Revolutionary Forces) on June 12, 1898.

#### 2. Panday Pira

Who is he? A native of Luzon province, Panday Pira (1488 – 1576) came in Manila along with his relatives when he was only 20 years old. There, he met a Portuguese blacksmith who helped hone his skills in making weapons, including the crude form of cannons.

"Hero" moments: The hand-made cannons of Panday Pira was allegedly used by Rajah Sulayman to defend Manila from invading Spaniards led by Martin de Goiti. The Filipino warriors were eventually defeated and the cannons were confiscated by the Spaniards for their own use.

Interesting fact: A street in Tondo was named after Panday Pira in honor of his contributions. He is known in history as the very first Filipino cannon-maker.



#### 3. Gen. Simeón Ola y Arboleda



Who is he? Born in Guinobatan, Albay, Simeon Arboleda Ola was just a Philosophy student at the University of Nueva Caceres when he joined the provincial branch of Katipunan. Known for his strong, "never say die" personality, Ola led the Filipino soldiers in the battle against the American Forces, and recruited more men to join his group including the town prisoners. He was promoted Captain by General Vito Belarmino and later conferred the rank of Major after leading a successful ambush mission against the Americans.

"Hero" moments: After his cousin Jose Arboleda died in the war, Ola was overwhelmed by sorrow. However, this tragedy didn't stop him from winning his own battle.

Together with his men, Ola attacked the town of Oas, Albay as well as an enemy detachment at Macabugos, Ligao, leaving Americans with no option but to negotiate for Ola's surrender.

Interesting fact: Simeon Arboleda Ola is known in history as the last Filipino general to surrender in the American Forces. After a negotiation, Ola finally surrendered to Governor Bette and Colonel Bandholtz on September 25, 1903.

#### 4. Gen. Jose Ignacio Paua

Who is he? Jose Ignacio Paua (1872 – 1926), also known in his Chinese name Hou Yabao, was only 18 when he and his uncle migrated to the Philippines from Fujian province in China. He later apprenticed as a blacksmith in Binondo where he became known for producing weapons and repairing ammunition.

Paua was introduced to Gen. Emilio Aguinaldo by his friend, Gen. Pantaleon Garcia. As part of the Katipunan, Paua helped set up the official arsenal of the revolutionary group. He also fought the Spanish Forces during the Battle of Binakayan and subsequently promoted Captain two days later. He became a general on September 26, 1898.

"Hero" moments: With the help of his Chinese friends, Paua was able to raise funds for the revolutionary army. He also set up the Katipunan arsenal with the efforts of other Chinese blacksmiths. In this place, Paua and his group refilled bullet cartridges, repaired arms and ammunition as well as produced bamboo cannons for the army.

Interesting fact: Gen. Jose Ignacio Paua was the only pure-blooded Chinese general who supported Aguinaldo's army in their fight against Spanish and American Forces. He is also known for his trademark pigtails, which he later removed after the declaration of Philippine Independence in 1898.

Paua became a mayor of Manito, Albay after the war and later died of cancer on May 24, 1926. Two monuments—one in Albay and another in Silang, Cavite—were built in his honor.

#### 5. Cpt. Jose Cabalfin Calugas



Who is he? Captain Jose Cabalfin Calugas (1907-1998), a native of Leon in Iloilo, was the first Filipino soldier to have received the WW II Medal of Honor.

He first joined the Philippine Scouts on March 12, 1942 and were eventually sent to Camp Perry, New York to enter the 88th Field Artillery Battalion.

"Hero" moments: On January 6, 1942, Jose's unit was supporting the defensive line of the 26th Cavalry Philippine Scouts. They were behind the Culo River when

one gun was put out of commission by the heavy enemy fire.

Mustering all the courage he had, Calugas ran a thousand yards to fix the gun. He then manned the cannon by himself to fire the advancing Japanese soldiers. This heroic act gave Calugas the WW II Medal of Honor, making him the first Filipino to receive such prestigious award.

Interesting fact: Calugas died in 1999 and the medal was donated to a museum in Texas for safekeeping and display. [Image source: Hawaii Reporter]

**About the Author:** Luisito E. Batongbakal Jr. is the founder and editor-in-chief of FilipiKnow. He has a fetish for local trivia, unsolved mysteries, and all things creepy.

#### Meet the Terrifying Moro Warriors and Heroes of WWII

By: Marc V.

Much has been mentioned about the centuries-old armed struggle fought by the Moro people, first against Spain, then the United States, then finally against the Republic of the Philippines. However, not exposed as much is the relentless resistance campaign waged by the Moros against the Japanese in World War II—their contribution to the liberation of the country being undoubtedly indispensable and therefore deserving of acknowledgement.

As with their counterparts in Luzon and Visayas, the Moro people fought a bloody guerrilla war against the Japanese in Mindanao even after the surrender of the Filipino-American forces in 1942. Among those who led the way were such brave men as Salipada Pendatun, Busran Kalaw, Mohamad Ali Dimaporo, Domocao Alonto, Amer Manalao Mindalano, Naguib Juanday and Gumbay Piang.



Edward Kuder (seated) with the young Salipada Pendatun, 1927. Courtesy of Philippines Free Press.

In the inevitable clash between two blade cultures, it was the kris that eventually won out over the katana. Utilizing firearms and bladed weapons, the Moro fighters relegated the Japanese to only a few detachments in Mindanao as any inland intrusions into Moro-held territory would usually result in annihilation for the hapless invaders.

As before, the ferocity of their attacks—including those of the juramentados—succeeded in instilling fear among the Japanese soldiers. According to accounts, the Japanese who occupied Davao had to retire back to their ships every night to prevent being killed by frequent Moro raids.



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

Apart from their fellow Christian Filipinos who joined them (Piang and Pendatun's famed Moro Bolo Battalion consisted of Christian and Muslim militiamen and had the kris and bolo as an insignia), the Moro resistance fighters were also greatly aided by

#### Motivation Training Muisic

By the Tribal Music Warriors called, "Warrior Vibrations"

By popular demand we have created a motivational tribal sound in a modern format that is very audibly appealing. For many years I have been hearing how people are looking for music to play in their Filipino martial art classes, and other martial art styles as well. It is well noticed that students playing Kali/Arnis/Eskrima or Kuntao listening to this music during class have better rhythm and improve their skills levels by getting better timing following the beats in the Warrior Vibrations album. This was all put together by Paul Kramarz, with Bongo Dude Mark Capsalors, Woody Floyd on various percussion instruments along with Ron Kosakowski with the idea and editing. There were also some students of the Practical Self Defense Training Center in Waterbury, Connecticut playing the various weapon in a drill format fitting the rhythm of the music, as you will hear on the album.

Sword and impact weapon play has such a rhythm to it once people have it down well. We basically took the rhythm of the sword and impact weapons and added a tribal beat with many different primitive instruments and added some guitar and a few other modern sounds and put together this unbelievable sound. Its so good, I can see people listening to it anywhere they go not just training their martial art style.

The video is just samples of the music on the actual CD: To see it [Click Here](#)

The Tribal Music Warrior CD is sold on – [TraditionalFilipinoWeapons.com](#) - To Purchase: [Click Here](#)



the Chinese who smuggled in firearms and other supplies. Having their homeland also invaded by the Japanese, the Chinese despised the latter and endeavored to expel them out of Mindanao and the Philippines.

Needless to say, the guerrilla campaign by the Moros was so effective that apart from confining the Japanese to only a few areas, their bravery was also duly acknowledged by the Americans. One US captain expressed so much confidence in the Moros' fighting ability that he recommended they be included in a plan to recapture an airfield in Lake Lanao because they "would be able to retain the foothold."

It is even argued that six months before the Americans finally returned to the Philippines in late 1944, the Moros had already driven out the Japanese in their territories in Mindanao, with the latter preferring to surrender to US servicemen than to the Moro rebels for obvious reasons.

#### References:

- Youngstown Vindicator., (1942). Erie Captain Suggests Mindanao for Offense, p. 6. Retrieved from [goo.gl/HD3guB](http://goo.gl/HD3guB)
- More of the Deadliest Men Who Ever Lived by Paul Kirchner
- Mitsui Madhouse: Memoir of a U.S. Army Air Corps POW in World War II by Herbert Zincke, Scott A. Mills

**About the Author:** When he isn't deploring the sad state of Philippine politics, Marc V. likes to skulk around the Internet for new bits of information which he can weave into a somewhat-average list you might still enjoy.



[www.abanico.de](http://www.abanico.de)

# Past Events

## Weapons Combatives and Sparring

w/ *Guru Elmann Cabotage*

April 22, 2017

Ohio Krav Maga and Fitness

950 Taylor Station Rd, Ste P, Gahanna, Ohio

Ohio Krav Maga picks up its FMA workshop series from where we left off in November of 2016. On Saturday, April 17th resident Filipino martial arts Guro Elmann Cabotage hosted a freestyle Arnis and full contact weapon sparring event at our Gahanna, Ohio facilities.

Thus far we have seen traditional Filipino martial arts training methods, which are structured and drill based. The methods taught at this workshop were unconventional, empirical and addressed live energy of an attack in real time. We did not see this as a competition. Rather we saw this as an opportunity to safely stress test our techniques, trouble shoot and find gaps in our training so that we can fix them.



The sparring contests were 90 seconds each. Participants were allowed to choose from a variety of Actionflex weaponry which included 26 inch Eskrima stick, 6-ft staff, 4-ft, 10-in kubaton. Swings and stabbing attacks were allowed anywhere except back and behind the head. All participants were required to wear ear cup, foam helmet or wekak helmet, face cage, and padded gloves. - *Elmann Cabotage*



Guru Elmann Cabotage's stick fighting seminar was a wonderful learning opportunity and a lot of fun. Guru Cabotage, a lifelong student of martial arts, taught a class that was part striking instruction, part encouragement to improvise, and a lot of sweat. We began by learning basic strikes, to chaining combinations, to adding movement, and then putting it all together into sparring.



The enthusiasm that Guru Cabotage brings to the training floor along with his friendly instruction style and encouragement make him a great teacher. Add to this his overall instruction to "Have fun with it!" made this an informative and enjoyable way to spend an afternoon learning about stick fighting. Thanks again for all the lessons and the bruises! - *Jay Hanna*

**Results:** The event was a lot of fun and it brought out the best in everybody. In the end every body was allowed the opportunity to digress on the experience and any of their shortcomings. Some of the fights are posted on CKA facebook page [www.facebook.com/CKAFMA/](http://www.facebook.com/CKAFMA/) for anyone to check out. We plan to do it again in June. Anyone interested should Email Guro Cabotage [guro@cka-fma.com](mailto:guro@cka-fma.com)



## Arnis-Kali-Eskrima Baston deMano

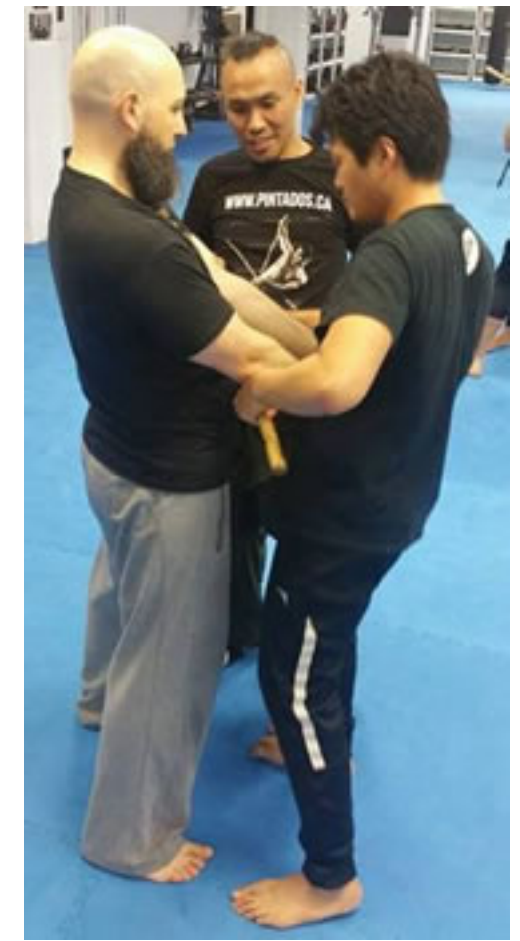
April 22, 2017

TKMT

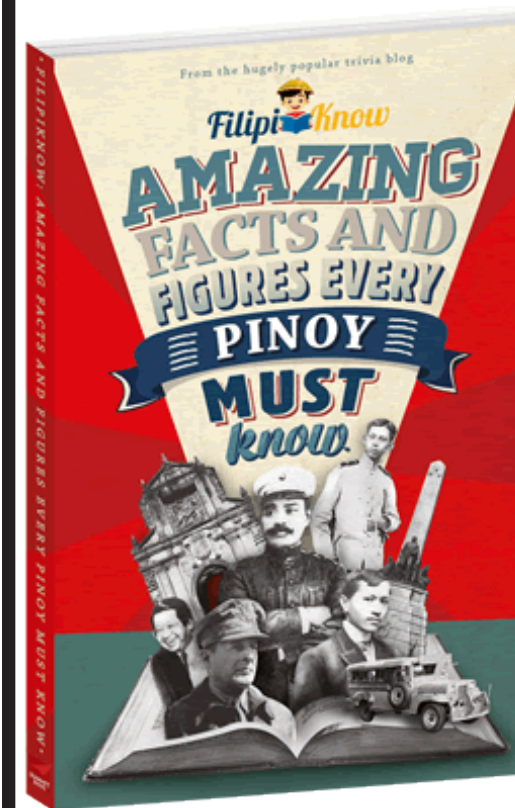
1992 Yonge St., Toronto, Ontario, Canada



Pintados presents The Flow of Arnis Kali Eskrima Baston de Mano on April 22,2017 @TKMT 1992 Yonge St Toronto Ontario. The variety of ways to protect yourself and others. The techniques that helps you understand the reason behind the moves. It was an exciting weekend of training with Grandmaster Oliver Garduce. Until the next seminar/workshop! - *Gardu Garote*



## Amazing Fact and Figures Every Pinoy Must Know



What was Jose Rizal's favorite food? Who was the first recorded Pinoy serial killer? Why do Filipinos love to eat rice? Who was the real mastermind behind Ninoy's assassination?

Three years ago, these were just some of the questions that rekindled my childhood curiosity. And as I searched for answers, I realized that there was no website that could satisfy my cravings for interesting Pinoy facts. Sort of a local version of Mental Floss; a repository of the most surprising, lesser-known trivia about our history and culture.

And so a unique blog was born. Combining the words "Filipino" and "knowledge," I came up with a name I never thought in a million years would start an online revolution—FilipiKnow.

Fast forward to today, the award-winning blog is now considered the go-to place for interesting Pinoy facts. And none of this would have been possible if not for the continuous support of readers like you.

This book will help you realize that FilipiKnow isn't just about trivia after all. I remember one passionate reader telling me that I underestimated our contents when I defined trivia as "useless information." He went on to share another definition I admit I overlooked when I used the dictionary: facts about people, events, etc., that are not well-known.

In other words, this book about not-so-well-known facts can be powerful, depending on how you look at it.

It uncovers truths about Philippine history nobody taught us in schools. It introduces us to some of our forgotten heroes that could teach a lesson or two on how to be a better Filipino. Finally, it may help you realize how rich our culture is, and how nice it is to be a Filipino despite our flaws and mistakes. FilipiKnow is not just about facts and figures. It is a book about Filipinos—who we were, who we are now, and who we are going to be.

**Sold in National Book Stores in the Philippines - For ordering and questions Click Here**

**2017 Babao Arnis Seminar**  
April 22 - 23, 2017  
Hosted by Senshinkan  
Senshinkan  
2105 S Hardy Dr, Ste 6, Tempe, Arizona

The Senshinkan, hosted our 4th annual Babao Arnis seminar. This year Master Nar Babao of the Babao Arnis System came out to lead instruction. Master Nar is the head instructor of Babao Arnis and runs the headquarters group out of San Diego California. For this seminar we continued our progression through the Babao arnis system covering double stick basics, some Cacoy Doce Pares, along with the bulk of time spent being introduced to the bangkaw (spear).



The seminar started off by reviewing basic sinawali patterns and then introduced variations to build various options to transition. These drills were then brought into more practical review, showing how they are actually used both with a stick and empty handed. We were also then introduced to the bankaw. We started off by reviewing the basic bangkaw strikes and various transition options from highline strikes to lowline strikes. We then worked bangkaw vs. bangkaw and were introduced to basic counters. Finally, on the last day we reviewed single stick vs. bangkaw counters (and disarms). The last day was set aside for more senior students and there was additional focus on advanced material, largely from the Cacoy Doce Pares system. - **Arizona Andrew**



**Master Zach Whitson**  
April 22, 2017  
Atlanta Martial Arts Club  
3005 Old Alabama Rd. Ste 60, Alpharetta, GA  
Matass Na Guro & CTS Founder Master Zach Whitson traveled to Atlanta, GA to do annual CDP/CTS testing and teach a seminar for Guro Brian Brown's Atlanta Martial Arts Club for 2 days on April 21st & 22nd.  
Master Whitson tested Atlanta Martial Arts Club students on Friday night on Cacoy Doce Pares and then taught a CTS seminar on bayonet/recontras. - **Brian Brown**



Master Whitson travels to Atlanta, GA twice a year to visit Guro Brian Brown and the Atlanta Martial Arts Club. For more information on Master Whitson please check him out on Facebook (Counterpoint Tactical System) or visit [www.tacticalmartialarts.com](http://www.tacticalmartialarts.com)

If you wish to contact Guro Brian Brown please check him out on Facebook (Atlanta Martial Arts Club) or visit [www.atlantamartialartsclub.com](http://www.atlantamartialartsclub.com)



**The Nickelstick Balintawak Eskrima Bull Chapter Training and Application book**

By Guro Christos Koutsotasio

An extensive overview of material found in the Nickelstick Eskrima Club and the Bull Chapter curriculum. Preparatory exercises as well as basic and advanced material are presented in a step by step method, with detailed description and in depth explanation of the methods and applications for each technique. The book is in A4 size, with 260 pages full of detailed instructions of the curriculum and with over 800 supplementary photographs.

If you are interested in it send an email to further information! - [chriskouts@gmail.com](mailto:chriskouts@gmail.com)

**3rd Annual Spring FMA Thing**  
April 29, 2017  
Hosted by Tye W Botting  
Van Dyke Park  
3720 Old Lee Highway, Fairfax, Virginia

April 29, 2017 found the 3rd Annual Spring FMA Thing as a roaring success right in the middle of Van Dyck Park in Fairfax, VA. We started just after 9am and didn't leave until about 6:30pm, with almost 40 participants throughout the day, averaging 25+ at any given time.



vs-right tapi-tapi and then worked up through a nice progression to teach several of the left-versus-right tapi-tapi insert as well as hand-change possibilities, and then he went on to some PT knife work.

Guro John Ralston (Modern Arnis and CSSD/SC) covered a lot of good material bridging the link from stick to blade work. After lunch, Guro Roman Picardo (Modern Arnis) covered the importance of footwork and appropriate height control - good stuff to help people get more out of their movements.

Guro Kibo Kim (Visayan Sovilla Eskrima Kali) came straight from another engagement and worked give-and-



target misdirection.

Finally, the last session was simple padded-stick sparring with the opponents agreeing on targets, contact level, and other rules ahead of time - great fun for everyone.



There were 9 sessions starting first with Guro Mosi Jack (FCS Kali) covering a nice multiple person drill, with progressions, variations, and more. Guro Patrick Rogers (Combate Eskrima Orehinal) then shared a lot of great info on history and finer points of blade work, letting folks even handle and work with a wide variety of live blades from his personal collection - his drills and setups let people get a better feel for how the different blades work at different ranges, weights, and lengths.

Guro Tom Saysithideth (Kombatan) worked block check counter drills with an emphasis on body mechanics both for setup and for delivery. Guro Carl Minkel (Modern Arnis and PTK) covered some basic Pekiti Tirsia drills as a setup into left-



take pendulum flow with bladed weapons as well as his kuntaw silat empty-hand material.

Guro Tye Botting then covered a set of drills to ease people into cane sparring starting with trading specific block-check-counter moves, a la 6-count drill (anim na bilang) or the box drill sumbradas, and then making it purely random - both people end up blocking checking and countering at random, then moving to a double-stick version, and also setting up some simple sparring strategies like attacking when the opponent chambers, attacking the hand, and



We had about 20 separate matches in about 1.5 hours at the end of the gathering. What a great way to end the event! A perfect day of Filipino martial arts family sharing across the board - thanks to all who came and played! - **Tye W Botting**

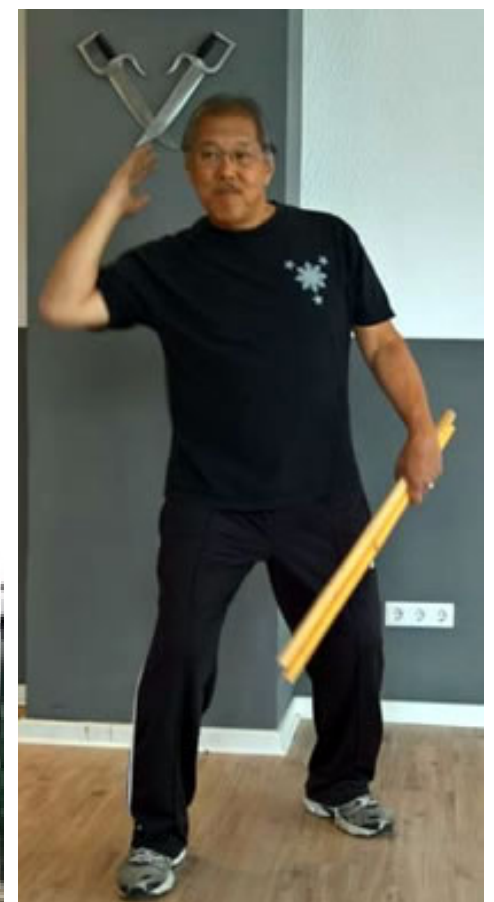
**Open Seminar Escrima Grandmaster Rene Latosa Hamburg**

April 29, 2017  
Wing Tsun & Escrima IUEWT Hamburg  
Hamburg, Germany

On April 29 / 2017 the open Seminar with Grandmaster Rene Latosa in collaboration with International Union For Escrima And Wing Tsun took place. Again numerous external guests participated - the result of the friendly and open welcome of the preceding seminars of former year, that has spread throughout Hamburg and its region. In addition to that some of the active Wing Tsun students of the IUEWT club in Hamburg took the chance to get into touch with the sister act of the IUEWT under the guidance of Grandmaster Latosa himself.

**Marcus Schüssler**

**Video open seminar with Grandmaster Rene Latosa in Hamburg, Germany Video - Click Here**



**Mandala Mandirigma-Derobio Eskrima**  
April 29, 2017  
Hosted by FullGrip CrossFit Combative Arts  
1387 Lowrie Ave, South San Francisco, California



**Empty Hand Eskrima**  
w/ Professor Ashanti  
Hosted by Arizona Filipino Martial Arts Association  
April 30, 2017  
1524 E Pierson St, Phoenix, AZ.

The Arizona Filipino Martial Arts Association (AFA) is focused on bringing together a Filipino Martial Arts (FMA) community of instructors and practitioners, and as a part of this effort they held their second event Hosting Professor (Guro) Alessandro Ashanti on Sunday April 30th, 2017. "We deeply appreciate Professor Alessandro for his time and his dedication to FMA"; AFA Support..

Professor (Guro) Alessandro Ashanti presented Empty Hands Eskrima to a small, but high energy group, at the latest AFA seminar on April 30, 2017. After starting with basic approaches to dealing with a committed empty hands attack, Professor Ashanti quickly progressed to working entries, and then takedowns off those attacks. Multiple strikes and strike combos were covered, with options provided for multiple attacker scenarios as well. Reversals and counters were touched on towards the end, and everything shown was cross linked back to its weapons origin. The final technique taught was an empty handed drill from a three slash knife attack. The various techniques explored basic drills, such as the Serrada Eskrima inside sweep and outside pass. The drills were deconstructed, re-assembled, and taught from varying attacks. - **Russell Mackler**



Professor Ashanti used the base of Eskrima Serrada drills, in which he holds the rank of Pangalawang Guro, and his Full Circle Jujitsu system (8th Dan) which stems from the lineage of Professor Florence Visitation (founder of Vee-Jujitsu and later Vee-Arnis-Jitsu). For more information please visit <http://FullCircleJujitsu.com> and for video segments from the seminar please visit [facebook.com/FullCircleWarriorArts](https://www.facebook.com/FullCircleWarriorArts).



**Kali Seminar**  
w/ Ron Kosakowski  
April 30, 2017  
Practical Self Defense Training Center  
847 Hamilton Ave, Waterbury, CT.



Guro Ron Kowsakowski held a Kali seminar at his school Practical Self Defense Training Center. Guro Ron's overall theme was respect for the weapon and footwork. Guro Ron stressed proper footwork angulation paralleled with body positioning through teaching the star pattern. Furthermore Guro Ron expressed the importance of utilizing footwork to get off center to avoid standing in front of one another and trading shots. In essence working hard to preserve ancient Filipino martial arts styles where taking a strike to give two back was not the art.



The AFA is focused on promulgating Filipino martial arts for the betterment of the community. We work to help each other become better FMA practitioners and instructors. To join as a member please visit our website. Visit the AFA Website: [the-afa.org](http://the-afa.org)

 **TFW** | Preserving Ancient Cultural Weapons

847 Hamilton Ave., Waterbury, CT 06706  
(203) 596-9073  
[Sandata4UsAll@aol.com](mailto:Sandata4UsAll@aol.com)  
[TraditionalFilipinoWeapons.com](http://TraditionalFilipinoWeapons.com)



**World Kyusho Summit**  
May 6 - 7, 2017  
Hampton Inn New York - LaGuardia Airport  
102-40 Ditmars Blvd, East Elmhurst, New York

This event featured Evan Pantazi, Founder of Kyusho International.

Over 30 people from all over the USA, Canada, and Puerto Rico attended, non-martial artists and martial artists alike. The top Kyusho Instructors were there to assist and share their knowledge. The group consisted of non-trained people, personal trainers, healers, law enforcement, military, and martial artists just to name a few. The martial artists represented many styles; Filipino martial arts, Shotokan, Karate, Tae Kwan Do, Wing Chun, Kung Fu, Aikido, Hwa rang, JKD, Praying Mantis, Tai Chi, Muay Thai, Hapkido, Krav Maga, Brazilian Jiu Jitsu, and a few others.



Mr. Pantazi taught nerve, blood, and organ attacks using specific hand postures. There was a nice attack-counter-attack flow drill applied. Knife defense focusing on arm targets causing an altered state of consciousness was shown.

Certifying Instructors Tom Gallo (New York) and Rob Frappier (Canada) introduced KO-FEST to the participants.

Specific nerve targets were struck in a certain way causing reactions from basic physical dysfunctions to complete knock-outs. Everyone really enjoyed this session. People, even beginners, were getting great results immediately!

The World Kyusho Summit is held every Spring in New York conveniently located directly across from LaGuardia Airport. It is an event you do not want to miss.



Kyusho Classes are held monthly by Instructor Tom Gallo in Elmont (Long Island), New York. For more information visit [www.TacticsMartialArts.org](http://www.TacticsMartialArts.org), [www.KyushoInternational.com](http://www.KyushoInternational.com), [www.KyushoNY.com](http://www.KyushoNY.com), and for locations near you [www.Kyusho.com](http://www.Kyusho.com)

**Las Vegas Babao Arnis Seminar**

w/ Master Nar Babao

May 7, 2017

Hosted by Creative Warrior Academy of Las Vegas

City Athletic Club - 7980 W Sahara Ave, Las Vegas, Nevada

Really great day learning more about Babao Arnis and its beautiful rich history and tradition. It was a blessing to study with Master Nar, Guro Jack, Maestro Kris and of course the lovely Grandmaster Zena Babao. All my Creative Warrior Academy of Las Vegas students had a great time as we covered the Bangkaw or spear/staff techniques used in Babao Arnis. The Babao brothers lead by Master Nar covered a great variety of techniques and variations including some staff disarms. Their instruction was both detailed and precise. Everyone thoroughly enjoyed it and learned a lot. On behalf of my school I thank the Babao's for sharing their wisdoms and look forward to the next great seminar!

*Creative Warrior Academy of Las Vegas*



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





**Abaniko Tres Puntas Seminar**

Hosted by *Vic Guinto*  
May 11, 2017  
Jabez Camp Site, Dasmariñas Cavite  
Km.36 Governor's Drive, Brgy. Sampaloc IV, Dasmariñas Cavite, Philippines

The Abaniko Tres Puntas Dagaso (Knife System) Seminar from May 11-12, 2017 has been successfully completed. Many thanks to Grandmaster Rene Tongson for sharing his knife secrets with us.

We started with the basics using sticks then interpreted it to advanced combination of techniques with training knives. Precision cutting on areas that can either demobilize or paralyze was incorporated in the drills and exercises. Footwork and mechanics to achieve the above were taught and practiced.

Keep posted for future trainings and seminars! - *Vic Guinto*



**2nd Texas Stick Fighting Championship**

May 20, 2017  
Hosted BY: *Paul Raymond Buitron III*  
Canizales Gym  
1610 Guadalupe, Laredo, TX.



**8-10 yr old Champion**  
Fernando Carrillo (Danse De R e Savate)

**11-13 yr olds**  
Paul-Raymond Buitron IV  
(Danse De R e Savate)

**Men's Middleweight**  
Short stick  
Fernando Sotelo (Danse De R e Savate)

**Long Stick**  
Fernando Sotelo (Danse De R e Savate)

**Double Stick**  
Ray Lopez ( siete pares)

**Mens Heavyweight**  
Short Stick  
Tim McFatridge (lamenco Escrima)

**Long Stick**  
Aaron Banda ( Danse De R e Savate)

**Double Stick**  
Tim McFatridge ( Lameco)

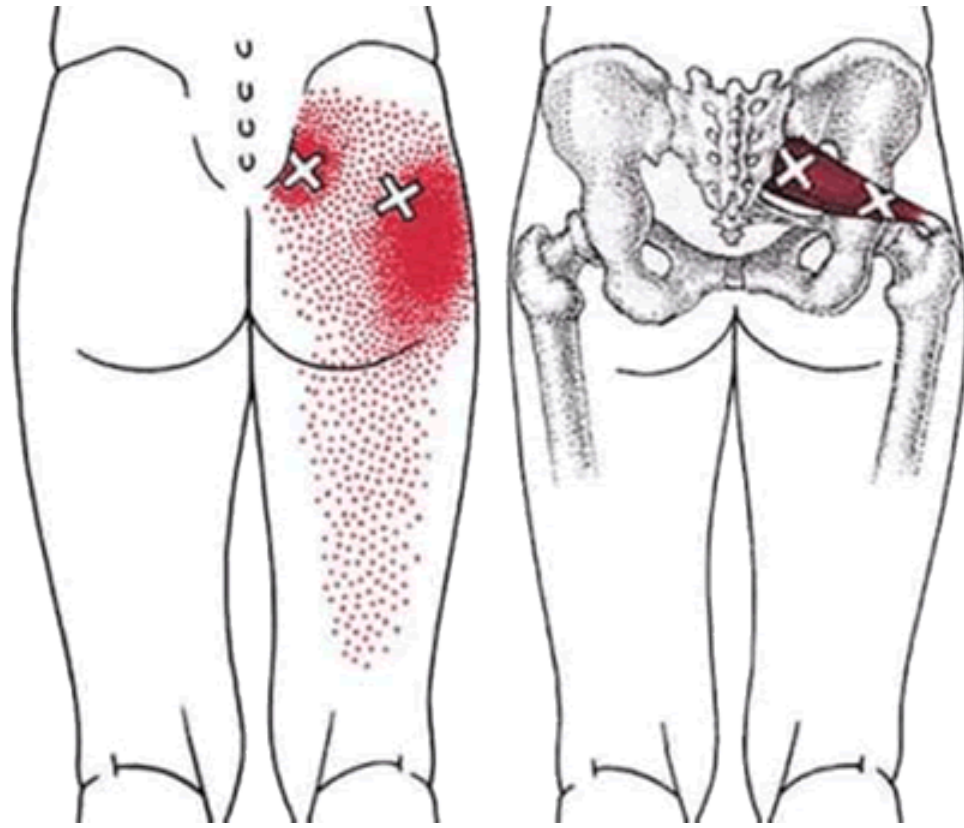
**Team**  
Lameco



# Health and Safety

## How To Get A Deep Piriformis Stretch To Get Rid of Sciatica, Hip & Lower Back Pain

By Carly Fraser



Many people suffer from lower back pain that spreads downward to the limbs and feet. This can often be alleviated by doing a deep piriformis stretch – a stretch that releases tight piriformis muscles, and relaxes the sciatic nerve.

Constriction of the piriformis muscle can irritate the sciatic nerve because they lay in close proximity to each other. By irritating the sciatic nerve, the result is pain (either in the lower back or thigh), numbness and tingling along the back of the leg and into the foot.

### What Is The Piriformis?

The piriformis muscle is a small muscle located deep in the buttock, behind the gluteus maximus. It connects the spine to the top of the femur and allows incredible flexibility in the hip region (it's the main muscle that allows for outward movement of the hip, upper leg and foot from the body).

The sciatic nerve passes underneath this muscle on its route to the posterior thigh. However, in some individuals, the sciatic nerve can actually pass right through the muscle, leading to sciatica symptoms caused by a condition known as piriformis syndrome.

Unfortunately, for a lot of individuals, their sciatic nerve passes through the piriformis muscle, leaving them with pain that just won't go away (as well as poor mobility and balance).

### Causes of Piriformis Syndrome

The exact causes of piriformis syndrome are unknown. The truth is, is that many medical professionals can't determine a cause, so they cannot really diagnose it. Even with modern imaging techniques, the piriformis is difficult to identify.

Lower back pain caused by an impinged piriformis muscle accounts for 6-8% of those experiencing back pain (1).

Suspected causes of piriformis syndrome include (2):

– Tightening of the muscle, in response to injury or spasm – Swelling of the piriformis muscle, due to injury or spasm – Irritation in the piriformis muscle itself – Irritation of a nearby structure such as the sacroiliac joint or hip – Bleeding in the area of the piriformis muscle

Any one of the above can affect the piriformis muscle, as well as the adjacent sciatic nerve.

Also, a misaligned or inflamed piriformis can cause difficult and pain while sitting and when changing positions (from sitting to standing). I actually stretched too far in a yoga pose once, and irritated my piriformis muscle – this took about 1-2 years to fully heal. I had major pain while sitting, and when changing positions from sitting to standing. I remember it being a huge pain in the butt (pardon the bun), but I just stuck with stretching and trigger point release and eventually it went away.

### 10 Deep Piriformis Stretches

These piriformis stretches are great for alleviating pain and a triggered sciatic nerve.

It is important to note, too, that over-stretching can actually make the condition worse. Light, gentle stretching is best. "No pain, no gain" does NOT apply here. I over-stretched my piriformis and that's what made it inflamed for 1-2 years (because I was still doing yoga daily, and over-doing it in stretches).

Make sure you warm up your muscles before you stretch,

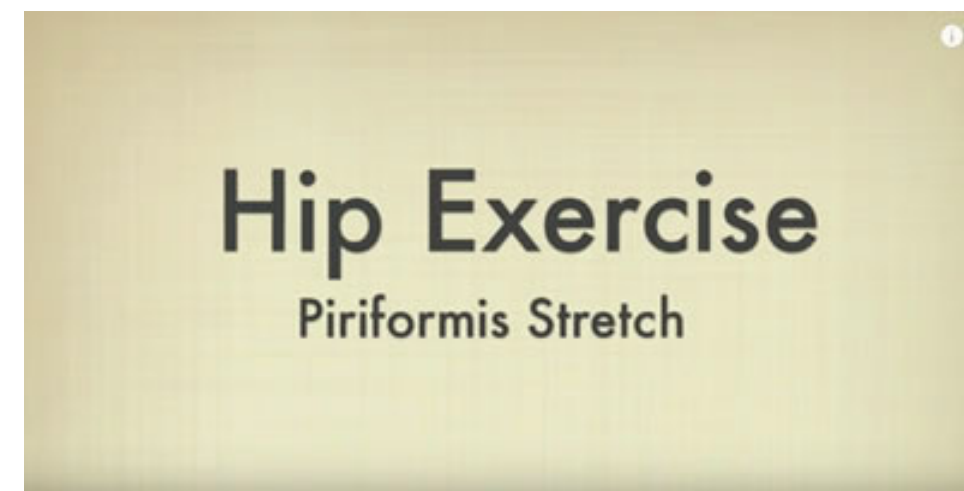
because you can create a different injury. To warm up, simply walk or march in place or climb up and down a flight of stairs slowly for a few minutes before stretching.

Exercising and stretching the piriformis is well worth it – try it now with these 10 stretches:

#### 1. Supine Piriformis Stretch

1. Lie on your back with your legs flat.
2. Pull the affected leg toward the chest, holding the knee with the hand on the same side of the body and grabbing the ankle with the other hand.
3. Pull the knee towards the opposite shoulder until stretch is felt.
4. Hold for 30 seconds, then slowly return to starting position.

There are many variations of this stretch, but here is a good video to demonstrate:



Video - Click Here

#### 2. Standing Piriformis Stretch

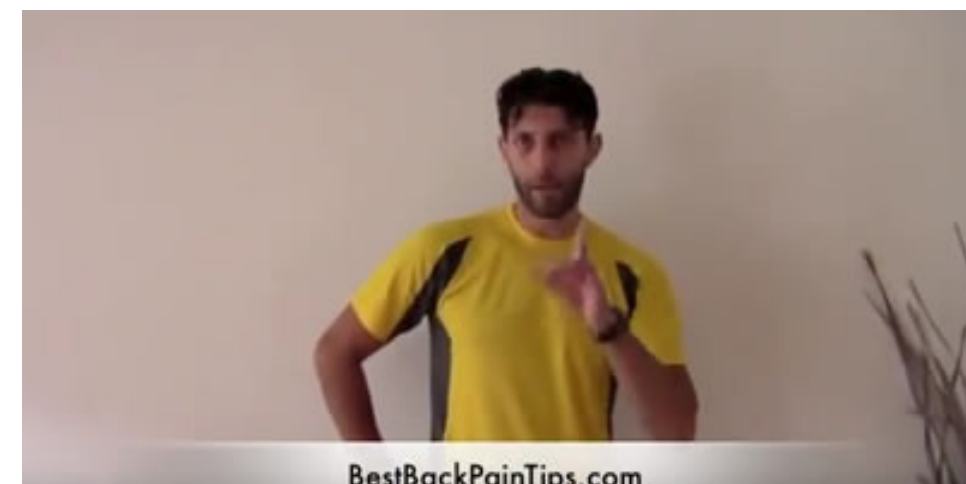
1. If you have trouble balancing, stand with your back against a wall, and walk your feet forward 24 inches. Position your knees over your ankles, then lower your hips 45 degrees toward the floor.
2. Lift your right foot off the ground and place the outside of your right ankle on your left knee.
3. Lean forward and lower your chest toward your knees while keeping your back straight.
4. Stop when you feel the glute stretch. 5. Hold for 30-60 seconds, then switch legs and do the same.

Video - Click Here



#### 3. Outer Hip Piriformis Stretch

1. Lie on your back and bend the right knee.
2. Use the left hand to pull the knee over to the left side. Keep your back on the ground, and as you do so, you should feel the stretch in the hip and buttocks.
3. Hold for 20-30 seconds, and repeat on the other side.



BestBackPainTips.com

Video - Click Here

#### 4. Long Adductor (Groin) Stretch

1. Sitting on the floor, stretch your legs straight out, as far apart as you can.
2. Tilt your upper body slightly forward at the hips and place your hands next to each other on the floor.
3. Lean forward and drop your elbows to the floor if you can. You will feel the pelvis stretching.
4. Hold for 10-20 seconds, and release.



Video - Click Here

#### 5. Short Adductor (Inner Thigh) Stretch

1. For this exercise, sit on the floor and put the soles of your feet together.
2. Use your elbows to apply downward pressure to your knees to increase the stretch.
3. You should feel the stretch on the inner thighs. For a deeper stretch, bend your upper torso forward with a straight back.
4. Hold for 30 seconds, release, and flutter your legs in the same position for 30 seconds.



Video - Click Here

#### 6. Side Lying Clam Exercise

1. Lay on your side with the hip that needs help on top.
2. Bend your knees and position them forward so that your feet are in line with your spine.
3. Make sure your top hip is directly on top of the other and your back is straight.
4. Keeping your ankles together, raise the top knee away from the bottom one. Do not move your back or tilt your pelvis while doing so, otherwise the movement is not coming from your hip.
5. Slowly return the knee to the starting position. Repeat 15 times.



Video - Click Here

#### 7. Hip Extension Exercise

1. Position yourself on all fours with your shoulders directly over your hands. Shift your weight a little off the leg to be worked.
2. Keeping the knee bent, raise the knee off the floor so that the sole of the foot moves towards the ceiling.
3. Slowly lower the leg, almost back to the starting position and repeat 15 times.



Video - Click Here

#### 8. Supine Piriformis Side Stretch

1. Lie on the floor with the legs flat, and raise the affected leg by placing that foot on the floor outside the opposite knee.
2. Pull the knee of the bent leg directly across the midline of the body using the opposite hand or towel until a stretch is felt. Do not force anything and be gentle.
3. Hold the piriformis stretch for 30 seconds, then return to starting position and switch legs.
4. Aim for a total of 3 repetitions.



Video - Click Here

#### 9. Buttocks Stretch for the Piriformis Muscle

1. Laying with your stomach on the ground, place the affected foot across and underneath the trunk of the body so that the affected knee is on the outside.
2. Extend the non-affected leg straight back behind the body and keep the pelvis straight.
3. Keeping the affected leg in place, move your hips back toward the floor and lean forward on the forearms until a deep stretch is felt.
4. Hold for 30 seconds, and then slowly return to starting position. Aim for a total of 3 stretches.



Video - Click Here

#### 10. Seated Stretch

1. In seated position, cross your right leg over your left knee.
2. Bend slightly forward, making sure to keep your back straight.
3. Hold for 3-60 seconds and repeat on the other side.



Video - Click Here

**Trigger Points and The Piriformis Muscle**

There are many other natural and highly effective remedies for sciatic nerve pain. Trigger point therapy is one of them, and truly one of the best.

According to Myofascial Pain and Dysfunction: The Trigger Point Manual, written by doctors Janet Travell and David Simons, myofascial trigger points (tiny knot contractions) in overworked gluteus minimus and piriformis muscles in the buttocks are the main cause of sciatica and all the symptoms that come with it.

Picking up a copy of the book, or even following instruction in the video below can help release these knot contractions.



Video - Click Here

**The Author** - Carly Fraser has her BSc (Hons.) Degree in Neuroscience, and is the owner and founder at Live Love Fruit. She currently lives in Winnipeg, Manitoba, with a determined life mission to help inspire and motivate individuals to critically think about what they put in their bodies and to find balance through nutrition and lifestyle. She has helped hundreds of thousands of individuals to re-connect with their bodies and learn self-love through proper eating habits and natural living. She loves to do yoga, dance, and immerse herself in nature.

**Live Love Fruit**  
Eat Vibrantly – Live Vibrantly  
livelovefruit.com



**Building Blocks of FMA**

**The Basics of FMA**  
"How to add Bolo Training to Your System Part-1"  
By Marc J. Lawrence

So you have trained with you stick for quite some time and you have gotten good with them and now want to expand your art but your teacher did not show you how to fence with the bolo! You may live in the city and did not grow up in the country where you use bolo/ machete every day as tool to you have no familiarity with them. I will lay out a three part process on how to do this. This method has been used by old military instructors in the 19th century and found to be effective in both Europe and Asia. You will need the following for training: 1) a good quality bolo that you can use to cut things that will fit your hand, 2) objects to cut safely like cardboard mailing tubes, green reeds, blocks of clay or plastic water bottles filled with water, 3) a stand to hold these items safely, 4) an area that you can do this safely and not strike anything you do not wish to cut like people pets or furniture, 5) a good quality bolo that you can grind off the edge, round and make blunt for use with slow fencing practice, 6) safety gear safety glasses, fencing mask, Lacroix gloves, elbow and knee pads etc. If possible build yourself a war post you can practice striking and cutting on. They are a wooden post stuck in the ground.

Start your program with your blocks slowly, be extremely aware of your limbs and body parts, practice each block you were taught slowly use your foot work with them slowly. Be completely aware of the blade's edge at all times. Now learn to use the sides to block as you have no hand guard! No not block edge to edge or wind and bind with them as they are not European swords. Use the tip and back to parry the strikes. Wooden trainers and plastic trainers work well like those from Purpleheart Armory. If you edges are getting chewed up you are doing it wrong. There should be no nicks in your blade. Now add in your basic strikes using your foot work again be aware on your edge alignment to your knuckles. What you will notice is your wrist will be stiffer that the stick because you are moving a piece of steel. Move slowly to a mid-speed only with your partner for safety! This will be the start of the fencing component. **DO NOT GO OUT OF SEQUENCE FOLLOW YOU PATTERN THIS IS FOR BOTH OF YOUR SAFETY.** Wear your safety gear at all times. **DO NOT USE SHARP BLADES ONLY BLUNTED ONES AS YOU ARE NOT READY YET!** Bram Frank said it best-Remember steel beats flesh every time!

Next is basic cutting, get some plastic water bottles or mailing tubes to start your cutting. You will need a very sharp blade, Align your blade to the target that is on the target stand, making sure it in clear area, a circle twice the size of your blade and arm stretched out. Now make your first cut through the bottle. If your blade is dull it will just smack the bottle out of the way. If it is sharp it will cut right through it. You must have good flow through when cutting. Start with small bottles then move to larger ones going up to 1 gallon containers. This will get you going on learning to cut. This is start of the project. It is only the first step. Train as if your life depends upon it, as it may someday. Stay safe out there. Until next time!



Masterclass Escrima DVD's - To Purchase Click Here

**Modified Pangamut (DVD Set Vol-1, 2 & 3)**

By Master Marc J. Lawrence

**Volume-1:** Stances & Footwork, Finger Locks, Sitting Position, Floor Defense, Disarms and Submissions...

**Volume-2:** Controlling the Axis, Multiple Strike Strategy, Defenses & Disarming ...

**Volume-3:** Block and Counter, Drills and Disarms, Multiple Return Strikes Competition Drills, Learning to Defend by Zones, Tournament Disarms, Distractions & Disarms, Vining of the Stick, Fighting Mixed Weapon Tournaments, Concepts and Rules of Fighting, Choosing Fighting Greer, Competition Strategy, Point Fighting Strategies, Continuous Competition Strategies, What Wins A Fight, What shots Judges Look For...

**Modified Pangamut (DVD Vol-4)**

By Master Marc J. Lawrence

Arnis De Mano

14 Uses of the Live Hand

**Includes:** 14 Uses of the Live Hand from the Arnis De Mano System when fighting with a single stick: Re-Enforce, Augment, Checks, Passes, Jams, Pushes, Pulls, Grabs, Hooks, Spreads, Punching, Blocking, Pinning...

**Modified Pangamut (DVD Vol -5)**

By Master Marc J. Lawrence

Cadena De Mano

The Chain of Hands

**Includes:** Cadena De Mano basic principles of parry, check, counter strike on the inside and outside lines, including "V" footwork, body positioning, entry and advanced concepts of defeat.

**Modified Pangamut (DVD Set Vol -1)**

By Master Marc J. Lawrence

**Volume-1:** Stances & Footwork, Finger Locks, Sitting Position, Floor Defense, Disarms and Submissions...

**Modified Pangamut (DVD Set Vol -2)**

By Master Marc J. Lawrence

**Volume - 2:** Controlling the Axis, Multiple Strike Strategy, Defenses & Disarming ...

Masterclass Escrima DVD's - To Purchase Click Here

**Books By Marc Lawrence**

**The Basics of Filipino Martial Arts**  
By Marc Lawrence

This book is about the basics the make the Filipino Martial Arts know as Eskrima, Arnis and Kalis. This book covers the basics of footwork, striking, using sticks, knives, bolo, as well as your hands and feet. The book also contains a section on how to make your own training supplies out of basic materials. - 92 Pages

**PAKAMUT Filipino Fighting Art**  
By Marc Lawrence

This book is about Mountain Visayan Fighting Art used to defend your village and family members. This information is battle and sport tested. This book is for those who are defenders! - 75 Pages

**How To Make Your Own Filipino Martial Art Supplies!**  
By Marc Lawrence

This book is how to make your own Filipino Martail Arts equipment for home, back yard or other similar location. Ideal for for anyone intersted in self defense training working on a budget. - 28 Pages

**Largo Olisi System Long Stick Fighting Method**  
By Marc Lawrence

This book is about a stand alone fighting system that can be used for self defense, combative methods or dueling. The Largo Olisi system can be used with any other martial art system, self defense system or Military Combatives. - 118 Pages

**Purchase one or all in Paperback or PDF - Click Here**



**Counter Blade Tactics Ohio Seminar DVD**

By: Guro Jerome Teague

This DVD is the covers the introductory seminar presentation of the Counter Blade Tactics curriculum instructed by Guro Jerome Teague. This presentation includes a basic overview of blade to blade and empty hand against blade applications.

Thank you to the owners, staff, and students of Endeavor Krav Maga and Crossfit for hosting this event.

This DVD covers:

Blade to Blade Application, Footwork, Anatomical Targeting, Fatal and Non-Fatal Applications, Empty Hand to Blade Basics, and Flow and Reflex Drills

To Order: Click Here

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

**And Now There Are Four**  
By: Jackie Bradbury



The board, in front, and the people testing, in the back.

Over the weekend of 21 April, our school held our first formal black belt testing for our Presas Arnis program (Juniors and Adults). Not that we promoted our first black belts. That was Mr. Chick and myself, in 2013. But we were not formally tested. We were tested in secret - that is, we had no idea we were being tested - and surprise promoted, and that was totally cool and fun.

But our new batch of black belts got to actually TEST-test this time around, with a formal board, and everything. We also had students going for mid-level ranks (blue and green). Our school is kind of laid back and informal, and this was one of the biggest, most formal events we've put on. So it's a really big deal for us in a number of ways.

The test took about 2-1/2 hours, and included selections of what our folks have to know. It's impossible to cover everything our guys have to know in a single test, to be honest - well, unless we want it to last days. I know some schools do that, but for us, it's not necessary. We earn our ranks on the mats anyway, and this is more like a demo or a graduation ceremony than a "test" anyway.

Just a couple of highlights from the test:

- Tomas, our adult testing for Lakan, lost one of his sticks in the two-stick defense portion of the test and he just switched to single stick techniques without stopping. That was awesome.
- Guest board members asked really challenging questions (Thanks Guro +Abel Mann Martinez and Guro +David Beck), put our guys to the test (thanks, Grandmaster Art!), and challenged our guys to shred a stick using rompida (and our adult was successful really quickly - our junior guy just isn't strong enough yet but if we'd let him go longer I bet he would have, as his

technique was sound - thanks, Guro Kwan!)

*Here's a few photos. Our adult green belt, testing for blue, is a private student of our teacher's, and we don't get to see him in the bigger group very often, so it was great to see him working out with the rest of us.*

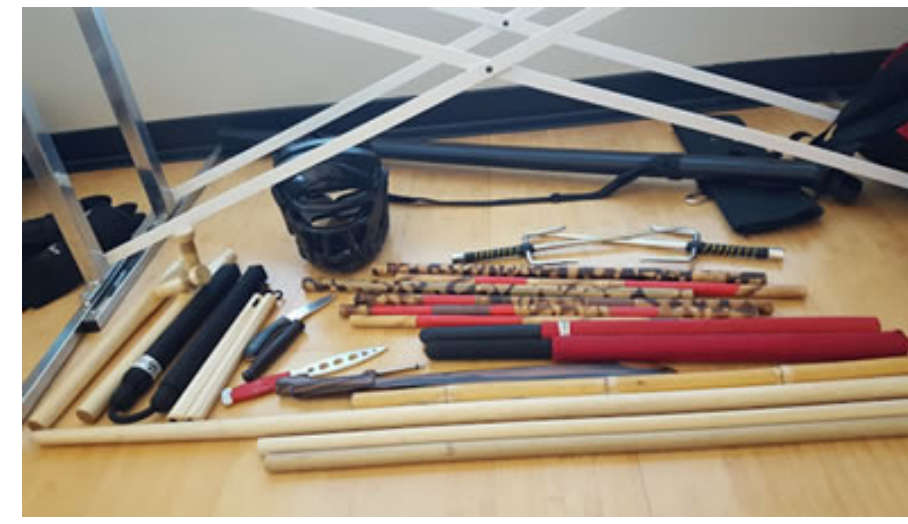
Near the end, Mr. Chick and I had to do presentations about what we've learned since we were promoted to black ourselves, as part of our promotion to 2nd Black. Mr. Chick talked about how drills are templates and how he understands how they work in training. My presentation was

about how my Arnis is not the art with in my art - it IS my art - and how it prepared me for kobudo, and how my kobudo studies have informed my Arnis. I then used my big pile o'kobudo weapons to demonstrate by using them in various ways with techniques I learned in Arnis.

The test went really well, everyone was happy, and we have two new Lakan Isa (Black Belt 1st Degree) in our ranks. Mr. Chick and I were promoted to Lakan/Dayang Dalawa (Black Belt 2nd Degree), and now our school has four black belts (three adult, one junior) under our instructor.

It's been fun being a part of developing our two Lakans to their new rank. I was there when they both started, and I've watched each of them grow. Both of them have their own special strengths and weaknesses, and I enjoy being paired with each of them for different reasons.

No, I don't like to be paired with Dylan just because I like beating up kids - which I totally do, of course - but he's really sharp



I used much of what you see here - and no, this isn't even close to the entirety of what I own. I might have a problem.



Dylan (Jr. Lakan Isa), me, Mark Lynn, Mr. Chick, and Tomas (Lakan Isa)

and that kid can flow, y'all!

It was a successful day and the culmination of a lot of hard work by a lot of people. And now there are four black belts under

our teacher in our style, and I am in good company. I know they'll continue to work hard, and learn, and grow.

### The Stick Chick

Martial Arts Musings by a Middle-Aged Modern Arnisador  
www.thestickchick.com

www.stickman-escrima.com



Working double-stick feeding patterns



Can't have a blog post without a shot of me beating up children.



Going for a disarm



Stick Anyo Dalawa (Stick Form Two)

### Arnis Bet Wins Cordillera's First Gold in Palaro

By Roderick Osis  
SunStar Baguio - April 24, 2017



Antique. Eza Rai Yalong (3rd from left) is off to a good start with the rest of the Secondary Arnis Team after snaring the first gold for Cordillera in the on-going Palarong Pambansa in Antique, April 24.

(Georaloy Palao-ay)

Cordillera delegates are making true to a promise to improve their over-all standings by starting their campaign in the 2017 Palarong Pambansa being held in Antique.

The region scored its first gold in the first day of competition courtesy of Eza Rai Yalong winning in the anyo event in arnis secondary girls at the Binirayan Sports Complex in Antique's capital San Jose Buenavista.

Carrying the theme, "2017 Palarong Pambansa: Converges Youth Power, Builds Sustainable Future," the biggest sports event backed by the Department of Education (DepEd) which culminates on April 29 promises to showcase youth empowerment through athleticism, sportsmanship, discipline, and camaraderie.

Cordillera Administrative Region (CAR) is once again pinning its hopes in individual games, particularly combatives to carry the region past its 9th place finish

last year.

DepEd-CAR sports coordinator Agustin Gumuwang said with the inclusion of wrestling and wushu as a regular sport, Cordillera's gold medal haul is expected to increase as two time world wushu gold medalist Divine Wally helped athletes during their training prior to the Palarong Pambansa.

Aside from combative sports, archery also promised to deliver the much needed medals to uplift the region in its standing.

"We trained our athletes harder this time and at the same time we joined tournaments outside the region to help improve their skills," said coach John Hongitan.

A total of 473 athletes comprises this year's Team Cordillera. Fourteen athletes are from the Province of Abra, 30 from Apayao, 21 from Mt. Province, 20 from Ifugao, 61 from Kalinga and Tabuk City, 81 from Benguet, and 246 from the City of Baguio.

### Modern Arnis: The Art, Science and Conceptual Foundations

By Dr. Jerome Barber

The definitive book about the hidden conceptual foundations of the Modern Arnis Filipino Martial Arts System, developed by the late Professor Remy Amador Presas. This book explains hidden conceptual foundations that tie all of the independent aspects of Modern Arnis into a unified whole, stand alone, FMA system. Dr. Barber has taken the written ideas and statements of the late Professor Presas and woven them together to create an in-depth analysis of why Modern Arnis works so effectively and efficiently as a self-defense system.

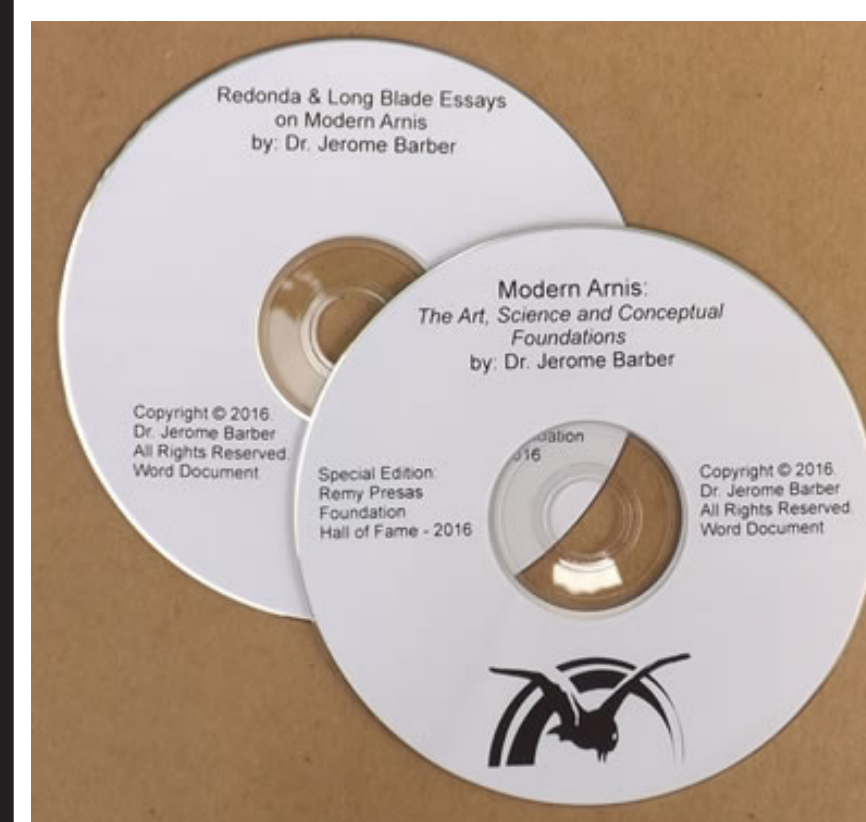
You can obtain an e-book on disk for \$20, plus \$2 s/h, payable in a money order sent to: Dr. Jerome Barber, 14391 Spring Hill Drive, Suite 180, Spring Hill, FL 34609.

### Redonda Long Blade Essays on Modern Arnis

By Dr. Jerome Barber

These two (2) essays were written by Dr. Barber, to explain how Modern Arnis can be used as an effective self-defense system. The Redonda/Block-Check-Counter essay covers a set of self-defense applications of the empty hand Redonda Drill. Dr. Barber and several friends photographed their training session for future reference and study.

The "Long Blade" essay was written to explain the relationship between the



stick, Filipino long blade (bolo), evasive footwork and body-shifting in the Modern Arnis system.

You can obtain an e-book on disk for \$20, plus \$2 s/h, payable in a money order sent to: Dr. Jerome Barber, 14391 Spring Hill Drive, Suite 180, Spring Hill, FL 34609.

## Changes Ahead

By: Liam Mc Donald  
Dublin, Ireland



place where we may have different views. Does the mutual friendship still exist or does that disappear instantly when you going to get paid alot of money to do a seminar, or you fall out with your teacher, because, everything he did for you in the past is just forgotten in a moment. The way your teacher excepted you into his group, not asking for

The most over used words in Martial Arts are "Brotherhood" "Family" and "Friend" every couple of months a new group sets up, and instantly claim they even more Brotherhoodie and even more about Family, then the group they left.

We are to often (and I'm completely guilty of this) letting people become into the category of becoming a friend. Social media makes it so easy a click of a button, and a nice comment and suddenly we friends and even brothers from a different mother, we clap each other on the back, tell each other how we appreciate each other, hoping and expecting to get a nice comment back. But what happens, when we reach a

anything in return nor judge you on your physical ability or attitude, maybe he let you into his club and association, or maybe even his house, where he and his wife fed you, and look after you, and made sure you where ok, and give you opportunities that no one else would ever do for you. Thats the real way Brotherhood and Family should be about.

But nowadays with egos that need to be filled, instructors who need seminars and Representatives, everything is about the self need, dress up as Brotherhood and Family. Groups splits reform into smaller groups, only to break up again into smaller group. Instead of working together the vision is off self glory., with

the same result like a shooting star, one moment they are bright in the sky, the next moment they fade into nothingness. You find out years later, they not even doing martial arts anymore. But then again I come form a generation that believe in working together, greater things can be achieved for everyone in the group, but now we live in a generation of young people where selfie rules, egos are masters, and everything needs to be instant...

I started out with a vision to help an art grow, I believe that opening your doors and helping others, no matter what, was the way. I look back now more and more regularly as I get older, and think of a Sunday morning out working with my father on the milk rounds as a teenager and he said to me, "why do you accept students and teachers so easily, you will only get hurt, just look after yourself" I look at him, (and he was the man who I love and respected the most in my life) as what is he talking about (roll the eyes), he doesn't understand, so I smile at him, nod my head in agreement and completely did the opposite. Youth as they said is

wasted on the young. I follow that code hoping it would work but years turns into decades, hoping next year this ethos will take hold, but sadly it didnt. It took the words of one student recently who said to me one day on the internet "What have you ever done for me or the art?" to suddenly make me realize that I needed to change otherwise the rest of my life would be the same. So for the past year I've been deep thinking about the future. I have given the last 35 years to the sole purpose of trying to help Silat grow here, for people to work together, but that's impossible it seems. For me I will be pulling back and working just with students who actually want to train with me, opportunities that will come up, will just be for my students. I have always wanted to work in another area of life, and in the process now of doing that. This is not the end of Silat with me, but instead a more healthier relationship with it for the sake of not just myself buy my family friends and students. Once I qualified I let people know about the next chapter...

## Heart for Martial Arts

By Jayson VicenteThe Path  
SunStar.Baguio - May 4, 2017

Love knows no boundaries they say, and limit is when you stop trying. Martial arts, if taken seriously, become the world of the one who seeks its knowledge and its wholeness.

Taking the path of martial arts life is like falling in love to a world by fate and by choice. If not be embraced in its totality and true essence, martial arts is a consuming life that has attributes and with the right guidance, could be humane life that can be lived.

The values in martial arts embody the true essence of learning. It holds the very foundation of what is martial art. A martial artist is one who lives by these values and transcends it to everyone as his way of life through his character.

Values of martial arts embodied in its foundation do not seek it as a goal but live it as a life. Before being considered a martial artist, its foundation should be

adopted as a principle to live by that serves as a guide to taking the martial arts path. This path leads to no destination, only stations; it will never have its end and will never be completed.

Martial arts path is infinite, thus, the lessons one acquires only those with the heart for martial arts will have the fortitude to take on the path, never stopping and adopting a station as the end.

It will always be a continuous journey, each time a path is taken, and it will produce new lessons even if the path is taken repeatedly.

These things should be understood to correct the branding of martial arts.

A martial artist cannot thrive on the expert branding, instead, a martial artist who is well experienced and has journeyed with the principles of martial arts is considered to be wise.

**Talim Trainers**  
Made from one solid piece of wood, these trainers can be used for everything from demonstrations and solo practice to contact training. Each trainer has the shape of an indigenous blade without any unnecessary details. Talim Trainers are approximately 3/4" thick. Made from one solid piece of wood, these trainers are suitable for contact training but are also great for demonstrations, solo practice and no-touch training. Each trainer is crafted in the shape of an indigenous blade without any unnecessary details, sharp edges, inlays or glued and pinned pieces. Talim Trainers is the result of years of trial and error. Last but not least, they are affordable. Good quality and longevity doesn't have to put a strain on the wallet.  
**Website:** www.talimtrainers.com

## Eskrima Grandmaster 'Mawe' Caballero Passes Away

The Manila Times - May 1, 2017

Eskrima Grandmaster Manuel "Mawe" Lebumfacil Caballero passed away on Sunday at the age of 64 because of lingering illness. He joined the Philippine Army in 1978 and has seen combat in Jolo.

Caballero is the son of the late Jose Diaz Caballero (August 7, 1907 – August 24, 1987), the founder of a Filipino martial art called De Campo Uno-Dos-Tres Orihinal. The older Caballero was a champion of juego todo or full contact eskrima matches where the combatants fight with live sticks and without armor. "Mawe" was teaching the martial art of his father to locals and foreigners before his health began failing after suffering a stroke.

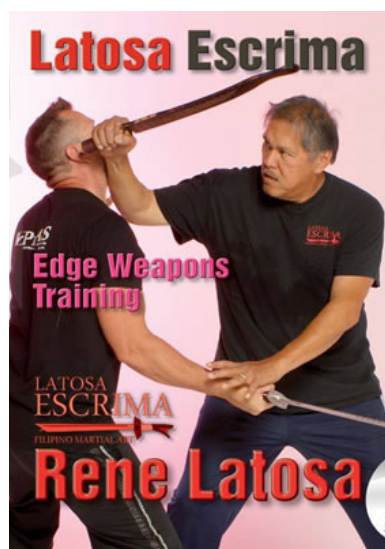
The Caballero family is yet to announce the date of the burial at the Ibo Public Cemetery in Toledo, Cebu.



Manuel 'Mawe' Lebumfacil Caballero Photo from: decampo-123-original.org

## 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-Eskrima 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**

## Yaw-Yan Summer Classes Kick Off

By Edri K. Aznar

SunStar.Cebu - May 4, 2017

Yaw-Yan Ardigma Cebu's second level of training of its annual Summer Clinic kicked off yesterday at the Yaw-Yan Ardigma Gym on the 4th Floor of the Coast Pacific Downtown Center in front of UC Main along Sanciangko St.

"For one month, the new students can learn the basics of kickboxing and mixed martial arts, while the old ones will have the opportunity to sharpen more their acquired skills," Yaw-Yan ArDigma Cebu CEO/founder and Vis-Min director Master Benigno "Ekin" R. Caniga, Jr. said.

Courses offered are Arnis, boxing fitness, Muay Thai, Yaw-Yan combat for self-defense, Yaw-Yan ArDigma and mixed martial arts (MMA).

## Punong Lakan Garitony 'Pet' Nicolas

[1968 - 2017]

Modern Arnis Man-Mano Filipino Martial Arts (MAMFMA)

The owner of the FMA Digest and FMA Informative has known Punong Lakan Garitony 'Pet' Nicolas since 2007.



**Punong Lakan Garitony 'Pet' Nicolas** was the real deal: A Practitioner that this word was his bond, he could discuss the principles, concepts, and philosophies of his art, could demonstrate and teach it thoroughly and was a professional.

Punong Lakan Nicolas is an energetic, motivated and industrious individual, which is topped with kindness, understanding and a very good sense of humor. Always

promoting the Filipino martial arts and every aspect that came his way. Unfortunate some got jealous, but not to be deterred Punong Lakan Nicolas continuously promote all in the Filipino martial arts and the Filipino culture.

The clichéd theory that Masters of a martial art have to be wizened old man does not hold true for Punong Lakan Garitony Nicolas a former student of Grandmaster Ernesto Presas for 12 years. Punong Lakan Garitony Nicolas, had an itch he could not scratch, and this was to gain more knowledge of as many arts that he could.

In July of 1995 he trademarked and started Arnis Nicolas System and became the Founder of the Modern Arnis Mano-Mano Filipino Martial Arts (MAMFMA). Applying his creativity to the techniques of his various teachers, Punong Lakan Nicolas introduced additional movements, such as advanced sinawali to further improve the coordination, reflex, and learning ability of his students. Similarly, the introduction of his now renowned Pang-Oran system served to bridge the gap between armed and empty hand systems, seamlessly integrating the different aspects into a fluid and practical set of techniques.

## FMA's 'Punong Lakan' Passes Away

The Manila Times - May 9, 2017

Garitony Tonypet Nicolas, more popularly known in the Filipino martial arts (FMA) community as "Punong Lakan" passed away last Sunday at the age of 48 because of lingering illness. He left behind his daughters Machil, Mizha and Michaela, his grandchildren Chico and Tantan, his twin brother Gary and younger brother John-John. His remains lie in state for viewing at Malaya Funeraria in Arnais Street, Pasay City. A funeral service to be conducted by Pastor Rodolfo Jr Bautista followed by a tribute program will be held at the Malaya Funeraria Chapel 4 on Friday at 6 p.m.

The Crematory Rites will be on Sunday, 1 p.m. at the La Funeraria Paz Crematory, 143 G. Araneta Avenue Barangay Tatalon corner Kaliraya Street, Quezon City.

Nicolas was the Founder of Modern Arnis Mano-Mano Filipino Martial Arts organization and the executive director of the Philippine Martial Arts Hall of Fame (PhilMaHoF). Nicolas established the PhilMaHoF in 2012 to give recognitions to exemplary teachers and practitioners of the Filipino martial arts in the Philippines and around the world.

Author of numerous books on Arnis, Nicolas also earned the title of "Father of Modern Sinawali." Sinawali is the Arnis way of double stick fighting. He also developed the unique martial sport of pang-oran that combines arnis stick fighting and kickboxing. Nicolas was also active in movie fight choreography and has taught Arnis to the constables of the Metro Manila Development Authority.



Punong Lakan Garitony Tonypet Nicolas Contributed Photo



Punong Lakan Garitony Nicolas was born on July 21, 1968 Manila, Philippines, to Antonio G. Nicolas (deceased) and Zenaida F. Carlos. He was barely 13 when the passion and determination to pursue his training in the field of Arnis led him to another Master of renown, flourishing under the tutelage of Grandmaster Ernesto A. Presas Sr. for no less than 12 years.

The clichéd theory that Masters of a martial art have to be wizened old man does not hold true for this man, as he earned recognition for being the Most Outstanding Instructor of the Year on December 19, 1987, at the humble age of 19. The International Philippine Martial Arts Federation and ARJUKEN Karate Association by, Grandmaster Ernesto Presas himself awarded him. On July 23, 2005, the United States of Martial Arts Association (USMAA) as one of the International Instructor Hall of Fame Awardees recognized him. He would forever after be referred to as Punong Lakan, "Master of the Hardwood Cane". He will truly be missed.

Punong Lakan Nicolas published many books, and also was the subject of many issues of the FMA Digest and FMA Informative..

**FMA Digest**

- FMA Digest Special Edition 2008 (MAMFMA)
- FMA Digest Special Issues 2009 MAMFMA 14th Anniversary
- FMA Digest Special Issues 2009 MAMFMA 15th Anniversary

**FMA Informative**

- Informative Issue No #12 Sinawali
  - Informative Issue No #25 1st Filipino Martial Arts Hall of Fame
  - Informative Issue No #37 MMDA Traffic Enforcer Training
  - Informative Issue No #38 Elvis is in the Philippines
  - Informative Issue No #39 MMDA Traffic Enforcer Training Completion & Graduation
  - Informative Issue No #54 100 FMA Book Launch
  - Informative Issue No #59 Arnis Pang-Oran Tournament
  - Informative Issue No #144 2nd Filipino Martial Arts Hall of Fame
  - Informative Issue No #177 3rd Filipino Martial Arts Hall of Fame
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**Books by Bram Frank**



**Perspectives of Modular Instructor Guide**

By Bram Frank

This book is an Instructors guide to the Modular Tactical System: Modular Blade Concepts-Martial 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. - 406 Pages

**FMA Grandmasters and Masters**

By Bram Frank

This book is about some the many Masters and Grandmasters of the FMA: 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 GM Bram Frank. Some are the heroes of the Philippines and the spirit of Arnis like the late Professor Remy Presas, part of American martial art history with the FMA and JKD like Guro Dan Inosanto or like GM 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! Regardless of gender these people give their lives, souls and energy to the Filipino Martial Arts. This is the first in a series of volumes of these wonderful people! This is the first book written by a non Filipino with a forward by a Filipino President: President Benigno Aquino III. - 475 Pages

**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 / Senior Master Instructor, Grandmaster of Arnis: Bram Frank. Modern Arnis is seen through the perspective of the family art of the Bolo and knife,(edged tools) rather than a stick. The art of the blade as hidden in Modern Arnis based on the family style of Bolo is shown. The Presas family was known for teaching bolo to the brigades during WWII. Bram was named by the last of the Presas family GM Roberto Presas and The Worldwide Family of Modern Arnis and Filipino Martial Arts Council as the Guardian of the Legacy of Presas bolo. Bram's innovations and translations are shown: the same as he teaches at the FMA festivals in the Philippines. Some history of Modern Arnis in the USA is told. - 511 Pages

**Bram Frank Knives**

By Bram Frank

This is a 30+ year look at the knives of Bram Frank. Why he designs knives, the progression of idea, to drawing to CAD and finally to steel. It show Bram's Patents and ideas used by Bram and others in the Knife Industry. There is an overview of Brams Gunting Family of knives and his "trademark" BRamp or Ramp ( Allowing for Kinetic OPenig by contact of any object), his rounded triangular hole(always able to open with Thumb easily),his Indexing(ability point to rotate from Forward grip to reverse grip and back) and his spoon clip that allows function in a flat clip. A brief overview of training, magazines and comments about Bram's Tactical and Practical knives that have influenced

**WHFSC Grandmaster's Council: a compendium of the world's leading Grandmasters**

By Bram Frank

This a compendium of the world's greatest council of Grandmasters. These Grandmasters both past and present represent an amazing history of the martial arts. It contains their bios told as they want it heard and seen along with pictures past and present of these Grandmasters. The WHFSC World Head of Family Sokeship Council brings together Grandmasters and Sokes from every style of martial arts to a yearly meeting, with an awards dinner, Hall of Fame and seminars sessions given by the Grandmasters themselves. Included in the book are some of the upcoming masters in the martial arts. - 645 Pages

**WHFSC GM book vol #2**

By Bram Frank

Vol #2 is a compendium of the worlds Grandmasters of the WHFSC World Head of Family Sokeship Council. These Grandmaster and Masters are those on the committees, boards, and representatives plus hundreds of grandmasters that weren't in volume #1 due to the numbers of members of the WHFSC. These members, in Vol #1 and Vol #2 make up a large piece of the history of martial arts in the current times. Almost every martial art known is represented by these Grandmasters and Masters. Their bios and stories are told in their own words with current and historical pictures. - 639 Pages

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**Fighting Patterns of Kuntao and Silat: Chinese Indonesian Combat Arts** (Paperback)  
 By Chris Derbaum and Justin Miller

Fighting Patterns of Kuntao and Silat (Authored by Chris Derbaum, Justin Miller) Brutal and Devastating Art of Kuntao and Silat. Fighting Patterns of Kuntao and Silat is a book based on a diagram which is sometimes referred to as Chinese hands and Indonesian feet. The footwork diagrams are a guide to numerous footwork patterns to put you in the right place at the right time for devastating leg strikes and takedowns which can also be used against multiple attackers. There are over 140 pages of footwork patterns alone in the book that serve as a "how to" guide so you can follow along and practice on your own. The book also includes the most basic footwork stances to more complicated takedowns in this devastating system. When the same diagram is turned upright all the explosive handwork and brutal knifework is also followed from this diagram. There is also a short history of Kuntao-Silat from China-Indonesia and some of the first teachers that brought these arts to the United States. Authors Chris Derbaum and Justin Miller both worked in the law enforcement field for over 35 years and have applied the arts of Kuntao-Silat to numerous real life situations. - 208 pages  
 Paperback \$33.75

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 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.  
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