

FMA Informative

Propagating the Filipino Martial Arts and the Culture of the Philippines

Informative Issue No. 104
2013

Phoenix FMA Training & BBQ 2013

Margret T. Hance Park
Phoenix, Arizona

*An informal training group for anyone within the greater Phoenix, AZ area. We meet once a month to learn, train, share and experiment with other Filipino martial arts enthusiasts, regardless of style, system or lineage. There is no head instructor and no focus on any particular system or style.
"Everyone is welcome to train, Everyone is welcome to teach/share"*



Michael Butz

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The FMA Informative having one its staff members living in Arizona gets the opportunity to attend some of the Phoenix FMA Training & BBQ. It is a experience that is unique in that you never know who will teach and what one might learn at each training session. Anything can happen from someone outside the area dropping in to share their knowledge, to notable practitioners that live in Phoenix or close by sharing their knowledge so a student that shares what they have learned.

The atmosphere is most friendly, supportive with egos left at home. Unfortunately pictures were not taken at all of the training sessions. However this is a unique experience that the FMA Informative would like to share with its readers.

Michael J Butz

Phoenix FMA Training is an informal training group for anyone within the greater Phoenix, AZ area. We meet once a month to learn, train, share and experiment with other Filipino martial arts enthusiasts, regardless of style, system or lineage. There is no head instructor and no focus on any particular system or style - everyone is welcome to train, everyone is welcome to teach and share.

The idea for the monthly training came about when a few people I knew from the Annual Arizona FMA Gathering began to contact me. Each one asked if there was a way to get together more frequently. Some of them were “rogue” students with no regular classes nearby, while others just wanted the chance to cross-train more often. I mulled the idea over for a few months, spoke with other active practitioners in the area and decided to give it a go in January 2013. I originally expected four or five people would participate. Surprisingly, over a dozen people showed up. We were a little unorganized and didn’t really know how things were going to go but everyone had a good time and created a good energy we used to move forward.

Since that first training session, we’ve experimented with different “themes” for practice. We’ve worked on a wide variety of aspects found in the Filipino martial arts, from sword to empty hand to flexible weapons. We even had the opportunity to try out Sikh Gatka and some European Espada y Daga.

Also worth noting is that the training sessions have provided a safe and open arena for students to try teaching for the first time. Many students have become regular contributors.

On the cusp of our 1 year anniversary we are still going strong with an average of 15 to 20 participants every month. We have become a cohesive bunch who gladly welcome one and all. We train hard, play hard and throw a mean BBQ. If anyone is interested in coming out, please look up the Facebook group or Google+ community “PHOENIX FMA TRAINING”.

Facebook: [Click Here](#)

Each issue features practitioners of martial arts and other internal arts, other features include historical, theoretical and technical articles; reflections, Filipino martial arts, healing arts, the culture of the Philippines and other related subjects.

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Photos Courtesy of: Russell T. Mackler, Michael Butz, Jay Sowell and Steven K. Dowd

January 12, 2013

Teaching were the following:

Francisco Nunez assisted by Richell Sampaga
Norm Wassenar assisted by Manuel Galaz
Mike Casto assisted by Alessandro Ashanti Bovoso
Michael Butz assisted by Francisco Nunez

Comments:

First I’d like to thank everyone who was able attend the first practice session today...even with the cold weather! It was a little harsh early on but actually got kinda nice towards the end.

Special thanks go to the ones who shared their knowledge with the group: Francisco Nunez assisted by Richell Sampaga, Norm Wassenar assisted by Manuel Galaz and Mike Casto assisted by Alessandro Ashanti Bovoso. Although we were a little unorganized and rough, being the first practice, I think things went well and I hope everyone had a good time. - *Michael J Butz*



February 9, 2013

By Michael Butz

The second practice session was held on February 9, 2013. Even with the threat of possible rain, 17 people showed up to practice. Before the training began, everyone took the opportunity to make introductions to newcomers and catch up with others since the last session.

Special thanks to those who shared their knowledge with the group: Joey Sampaga, Alessandro Ashanti Bovoso, Russell Mackler and Jeff Latorre.

Joey Sampaga shared first, assisted by Michael Butz. Mr. Sampaga showed two drill segments from the Serrada system known as “Inside 1” and “Outside 1”. He focused on the switching footwork used while passing the opponent’s weapon, essentially changing position from the “inside” to the “outside”. Alessandro Ashanti Bovoso shared next, assisted by various attendees. Mr. Bovoso demonstrated the empty-handed variation of the “Inside 1” taught by Mr. Sampaga. After incorporating the pass from the inside position to the outside, he continued the movement to include a joint lock/break and throw. The third person to teach was Russell Mackler, assisted by Alessandro Ashanti Bovoso. Mr. Mackler showed a drill using retreat stepping to avoid continued attacks while keeping range. He focused on constant movement over static stepping, being aware of the direction of an attacker’s energy and using angles to gain a position of advantage. The last to share was Jeff Latorre, assisted by various attendees. He taught how to angle away from a high back hand stick attack followed by a counter attack and disarm. He closed with several variations for the disarm by manipulating the stick position.



March 16, 2013

Teaching were the following:

George
Michael Butz
Alessandro Ashanti
Steve Frerichs
Jay So

Comments:

We had a great turnout today for our monthly Filipino martial arts meet up here in Phoenix AZ. Several instructors from different styles taught with all participating.

The first to teach was George. George showed a dagger triangle drill. He taught a drill using different attacks with a countering check hand to use. The drill was a two person exercise. After the first round he added in cross cuts and eventually developed the drill into a free flow exercise.

Michael Butz was next to share. He taught vertical motion with dagger based of a basic DeCuerdas strike #1. He then changed to horizontal motion, then added the two for 8 directions. He elaborated the ability to defend or offend in either direction. Also covered by Michael was using different parts of the weapon. The butt, edge or tip, and/or forward and reverse grip.

Alessandro Ashanti unitizing the same triangle drill, introduced another attacker and had them switch out in 3 count intervals. He elaborated on using one opponent as a shield for the other, watching angles and flanking. He then introduced a mass attack drill to work on attempting to protect oneself against a group attack. He showed how to weave in and out and never stay in one spot or one direction. Each participant took turns being attacked.

Steve showed a multiple direction drill using 3 or 4 attackers. Each attacker was given one strike with the defender blocking and countering before going to the next opponent.

Jay So showed a drill for moving from largo to medio against #1. He taught a method of using the angle to evade and then striking and rebounding to create a second strike. - *Alessandro Ashanti Bovoso*

Was a very good morning albeit an early one. Got to train with some good people and good instructors. Thanks to Michael J Butz, Alessandro Ashanti Bovoso, Russel and all the others (I’m horrible with names) who blessed us with their veiws, knowledge and skill. See you all next time. - *Jay So*

Much love to all my FMA brothers and sisters. I had a great time today. It was very informative and a lot of fun.



Jay So



Alessandro Ashanti

Now all I gotta do is ... Practice, practice, practice. Can’t wait until the next one. - *Lamont Felton*

What an enjoyable training! Thank you for the opportunity of my participation in practice...most importantly learning to understand eskrima. - *Richell Sampaga*

We had yet another great practice session! Thank you to everyone who made out and especially to those who shared! - *Michael J Butz*



April 20, 2013

Teaching were the following:

Mike Casto
Russell T. Mackler
Gatka Sikh

Comments:

Espada y daga... very interesting as always. Liking the double weapon and note to self...keep training in not keeping the second hand dead (weapon or no weapon). Little as I am... take downs were an awesome help as well (sorry, not familiar w/FMA terms..lol). Overall, great training today. Thank you - *Richell Sampaga*

Mike Casto



Russell T. Mackler



May 19, 2013

Comments:

I guess Ill be the first to say that this past Sunday’s monthly Phoenix FMA event was in my opinion one of the best yet. It was a different and interesting take allowing the students a chance to shine and show what they’ve learned. The question and answer section at the end blew my mind because I had asked a similar question the previous day to one of my instructors. I also really enjoyed “The Iron Man “gauntlet was different. I have never experienced anything like that ever before. I think we all should have the opportunity to experience that at least once as Filipino martial arts practitioners. I’m looking forward to the next Event. Perhaps we can keep with the same theme of allowing the student to teach for the next one as well. I have a few things Ive been working on that I wouldn’t mind sharing. - *Lamont Felton*

The 5th Phoenix FMA training session went quite well. I’d like to offer much respect to the students who volunteered (or were volunteered) to share with the group. Great job! - *Mike Butz*

June 15, 2013

Comments:

Great time hangin at the 6th Phoenix FMA Training! The “Student Teachers” did their thing and then there was BBQ!!! Weapons and food, always a good time... Oh yeah, and can’t forget “The Challenge” (you had to be there).....

Also, was good to have DTE Chief Instructor Martin Torres come out and share. Ahhh.. Good times.

Jay So

July 27, 2013



Good time today. No duels but some good takes on a concept important to many of us. Also, enjoyed the interesting guest who was good enough to share his point of view with the group. Another plus was the good food. Thanks to all who brought something. Never enough time but it was a good day. - Jay So

August 17, 2013

Teaching were the following:

Jay So
Mike Casto



Jay So



Mike Casto





September 21, 2013

Phoenix very own “Dynamic Duo”, Taj and Tea Sowell, from DTE “Direct Torres Extreme” conducted the instruction for the entire 2 hour session.

Taj and Tea are not called the ‘Dynamic Duo’ for nothing, demonstrating and teaching empty hand techniques their coordination in teaching and explaining the concepts were exceptionally easy to understand by all. It was a new and enlightening experience to see two young lady practitioners teaching, with the coordination and confidence they put forth.



Taj and Tea Sowell



October 13, 2013

A very nice day in the park, with practitioners ready and willing to share their knowledge.



First up was Jon Resille from Rapid Fire Filipino Martial Arts Club in Tucson, AZ. A student of Matt Merrell from Edgar Cordova’s line. Jon taught a Modern Arnis hand trap sequence.



Next up was Alessandro Ashanti who currently is the Head Instructor and Founder of Full Circle Martial Arts and Full Circle Jujitsu. Alessandro demonstrated and taught empty hand maneuvers - block-checks and follow throughs.

Michael J. Butz the Head Instructor of the Arizona Chapters of the Buffalo Black Brotherhood and the Fierce Tigers Martial Arts continued. Michael Butz also continued to teach empty hands, demonstrating movements to counter the opponens attack and then by countering and making the opponent off balance and acceptable to easy conter attack.





Sam Buot of International Balintawak showed up and ended the get together. Explaining and demonstrating so basic Balintawak and then moving into empty hand maneuvers.

After the training portion of the get together, a BBQ and enjoyable time was had by all.



November 16, 2013

The day was overcast however that did not deter practitioners in attending the monthly training at Margaret T. Hance Park.

To start was Richell Sampaga a student of Michael J. Butz of Kada Anan Martial Arts Arizona. Richell Sampaga demonstrated the Serrada base Inside 1 utilizing dagger with versatility of the forward and reverse grip, open hand and applying at corto range. Also, focused on the dexterity of what you can do with your right hand, do with your left and vice versa.



Next was Steven K. Dowd of Arnis Balite, however he was asked to demonstrate and teach something of Kuntaw the art of Grandmaster Carlito Lanada in which Steven Dowd is a Master who has trained in the art for over 40 years. To start Steven explained some of the basic concepts and principles of Kuntaw as he learned it from the Grandmaster the; (soft blockings) Downward Block (Salag Pababa), Upper Block (Salag Pataas), Outside Block (Salag Palabas), Palm Block (Salag Papalad). Then he demonstrated and taught a few of the basic techniques using the Arm Block (Salag Bisig), Parry Block (Salag Palis), Circular Block (Salag Paikot), and the Breaking Block (Salag Pabali) in combination with the Punching (Suntok), Hand Chopping (Palusob Patga), Hand Mow (Palusob Patabas) explaining the theory and concepts behind the techniques.

Next was Jay So, from DTE “Direct Torres Extreme, shared several techniques. Jay likes to use techniques to emphasize a principle in order to help one to understand, not only the what of the technique, but also to gain a deeper understanding of the why of the technique.

With that in mind, Jay showed several techniques utilizing the Principles of Radondo, Angling and Corto Combat. This was broached via the use of Baston Y Baston and Baston Y Mano based techniques.

In the first technique, Baston Y Baston:

1. The attacker advances with an angle 1
2. The defender angles off to the right, attacking the attack with an angle 1, then continuing the attack with another angle 1 to the head using the principle of Radondo.

In the second technique (continuing from the first);

1. After the last angle 1 strike in the first technique, the defender returns with an upward strike to the right side of the attackers head positioning his Baston behind the attackers head.
2. With the Baston of the defender behind the head of the attacker, the defender reaches along the left side of the attackers head, grabbing the Baston, using it to control the head of the attacker using the principle of Corto Combat.



The third technique was the natural progression of both to empty hands, which is essentially the way it should work as a weapon is just an extension of one’s own arm.

Finally to round of the training session before the BBQ, Magdiel Rivera a student training in Aikijujutsu. What he shared was a lock and a throw. In traditional Japanese, Shime Waza and Nage Waza. Shime means choke, Waza means Form and nage means throw.



December 14, 2013

Well to start with it was chilly very early in the morning, however by 9 am it started to warm up a bit, but still in the shade it was rather cool. Thinking that this is southern Arizona and it should be a lot warmer, sine summers get up to over 100 degrees, it is not that warm in winter and the weather has been different this year overall.

This did not stop the 12th Phoenix FMA Training and BBQ. Slowly practitioners started to show up (must of been a exceptional Friday night out cause most are slightly early most the time), anyway once everyone who was going to show up did and the greetings and handshakes were complete, the first of it seemed many for this day started to teach.

Shaun Java a student of Wesley and Walter Crisostomo, (who taught at the 8th AZ FMA Friendship Gathering that was

held on November 3, 2013) started with describing the 12 strikes of Pinakatay Arnis Sigidas and then demonstrated and described drill 1 of the art. Once the practitioners went through the drill and had a grasp of the technique, Shaun ended his time up with some of the basic principles and an overall synopsis of Pinakatay Arnis Sigidas which is in theory is



Shaun Java

Pinakatay: cursive in nature, in the thought as continuous, flowing, has curves, circular, with corners etc., as in writing, (hand writing), Arnis: which is the Filipino art, and Sigidas means successive continuous moves, like a (machine gun). So to sum up the art of Pinakatay Arnis



Sigidas it is basically to execute successive moves in a cursive manner.

Next after a little persuading from the other practitioners Nyia Sowell (Assisted by Tea Sowell) demonstrated and explained



Nyia Sowell



feeder attacks with one 1 stepping I to Medio from Largo. And the defender steps toward the right at an approximate 45 degree angle, pivots toward the attacker and strikes with an angle one strike as well.

The point being to avoid the strike of you attacker while concurrently putting yourself into advantageous position except you own attack.

Tim Kashino, principal in-



Tim Kashino

structor of the Cadenilla Eskrima Group and recent transplant to the Phoenix area, gave an introduction to the Bigay Tama drill from the Lightning Scientific Arnis system. - www.cadenillaeskrima.com

The “Dynamic Duo”, Taj and Tea Sowell, from DTE “Direct Torres Extreme” were next, but unfortunately cause their father Guro Jay Sowell just started a new



Tea and Taja Sowell

Eskrima class for DTE at 1409 W. Indian School Rd, in Phoenix, time was short, so Taj and Tea continuing from the technique previously shown by Nyia their sister when the feeder continues to attack using an angle four (a 90 degree angled strike from across the body at waist level), the defender steps in with an angle 2 (a 45 degree strike from across the body at head height) while simultaneously jamming the angle 4 attack using the checking hand. The point being to use the advantageous position you already have to stop your opponent’s attack. While launching your own.



Taj and Tea - Instructor, Coach, Mentor, and oh yeah Father, (Jay Sowell) ensures his daughters explain all aspects of what they are teaching

Ending the morning up before everyone would then enjoy the BBQ was Michael Butz. Most Filipino martial arts that are known and practiced are from the Visayas (central) and Luzon (northern) areas of the Philippines. Michael's intent was to introduce some of the "flavor" and training from Mindanao (southern). He shared a drill sequence from a portion of the Jack Santos Kali Method. Michael focused on some of the Silat-influenced footwork and the use of a double-edged weapon.

Well the day ended



Michael Butz



with a lot being shown and everyone getting a taste of several different styles of Filipino martial arts.

And so too the year comes to an end with the 12th Phoenix FMA Training & BBQ. So until January 2014 everyone in Phoenix gets to take some time and remember what great times they had throughout the year at each of the Phoenix FMA Training & BBQ. And look forward to what may be new and knowledgeable at the Phoenix FMA Training & BBQ for 2014.



And all practitioners, guests and onlookers thank Michael Butz for getting all this together and continuing to promote the idea of cross training and sharing of knowledge. And also to those that have assisted him throughout 2013.

Arizona FMA Friendship Gatherings “*The Gathering of Locals*”

The 1st Gathering was a cooperation between Michael Butz, Pietro Vitelli, Scott Abbott and John Jacobo joining together in promulgating the Filipino martial arts in Arizona. With their gatherings they first brought together local Filipino martial artists such as Pietro Vitielli of Bahala Na Arnis, John Jacobo of Kali Ilustrisimo, and Mike Butz of Serrada. Finding that there was interest, the 2nd Gathering Michael Butz and Ted Rabino Sr. brought Filipino martial art practitioners from outside Arizona such as Michael Giron of Original Giron Eskrima, June Gotico of Original Giron Eskrima/Bahala Na Multi-Style, Jeff Latorre of Direct Torres Eskrima and a local resident Sam Buot of Balintawak to expand the knowledge of local practitioners. On the 3rd Gathering Michael Butz

overall put the event together, (of course with some assistance from Scott Abbott, Russell Mackler, and Ben Belmares). And so on, noting that Michael Butz may put the gatherings together but there is always someone to assist, which makes each gathering a very special event and a Arizona family camaraderie.

In this Issue of the FMA Informative is really about the only one gathering was scheduled for 2013 the 8th Arizona Friendship FMA Gathering.

One must note when attending any of the gatherings that there is a very hospitable environment, with everyone being friendly, eager to gain knowledge, and a spirit that is remarkably ultimate in the Filipino martial arts; a real brotherhood that is really beyond words.

The practitioners and their families are very supportive and really it seems that all are just one family getting together and promoting the Filipino martial arts. The “Pot Luck” lunch is great and no one goes hungry.

Always on the lookout for Filipino martial art practitioners from outside of Arizona who might possibly be passing through at the time of the gatherings they openly welcome the knowledge that could be gained.

So by chance you are passing through Phoenix, Arizona and there is a gathering join in, if you are a instructor in the Filipino martial arts contact Michael Butz it is for sure he would be happy to have you share your skills and knowledge with the local practitioners.

Butz of Kada Anan Eskrima. Special thanks to Mike Casto of Sikal, Oscar Mendoza of Progressive Arnis, Jon Dacpano of Kada Anan Eskrima and Chris Washington for their support and attendance. Also a special thanks to Chaston Tabosa of the Tabosa School of Kali/Eskrima and Romy Mauricio of the Del Mar School of Filipino Martial Arts, who both arranged their trip to Arizona from Oahu, HI to coincide with the Gathering.

5th AZ FMA Friendship Gathering

The 5th AZ FMA Friendship gathering was held on October 24, 2010 at Margaret T. Hance Park in Phoenix, AZ. Headlining instructors were Sam Buot of Balintawak and Ron Saturno of Saturno Modern Serrada. Special thanks to Mr. YuChan Kim and family, Mr. Jon Dacpano, Master Gilbert Cordoncillo, Mr. Moses Quintero, Mr. Hai Phan and Ms. Leticia Trejo for coming from out of town to attend the event.

6th AZ FMA Friendship Gathering

The 6th AZ FMA Friendship gathering was held on October 30, 2011 at Margaret T. Hance Park in Phoenix, AZ. Headlining instructors were Marc Lawrence of Modified Pangamut system, Carlito Bonjoc of Mata Sa Bagyo and Michael Giron of Original Giron Escrima. Guro John Jacobo also gave a short demonstration of Kali Ilustrisimo. Special thanks to Marc Lawrence, Michael Giron, Sylva Rogers and Celina Duffy for coming from out of town to attend the event.

7th AZ FMA Friendship Gathering

The 7th AZ FMA Friendship gathering was held on November 10, 2012 at Margaret T. Hance Park in Phoenix, AZ. Headlining instructors were Sam Buot of Balintawak and Michael Butz of Kada Anan Eskrima. Special thanks to Gilbert Cordoncillo, Ted Cordoncillo, Lester Fontecha and Michael Giron for coming from out of town to attend the event. Thanks also to Steven Dowd and John Jacobo for attending to show their support.

You can see pictures of each Arizona FMA Friendship: [Click Here](#)

1st AZ FMA Friendship Gathering

The 1st AZ FMA Friendship gathering was held on April 27, 2008 at Papago Park in Phoenix, AZ. Headlining instructors were Scott Abbott of Inayan Eskrima, Pietro Viteli of Bahala Na, John Jacobo of Kali Ilustrisimo and Michael Butz of Kada Anan Eskrima. Special thanks to Master Sam Buot of Balintawak for his support and attendance. Special thanks also to Master Gilbert Cordoncillo and Moses Quintero for coming to Phoneix, AZ from Salinas, CA at their own expense to attend the event.

2nd AZ FMA Friendship Gathering

The 2nd AZ FMA Friendship Gathering was held on October 19, 2008 at Papago Park in Phoenix, AZ. Headlining instructors were Mike Giron and June Gotico of Bahala Na Multi-style, Sam Buot of Balintawak and Jeff Latorre of Direct Torres Eskrima. Special thanks to Mike Giron, June Gotico, Terry Joven and Gene Inis for coming to Phoenix, AZ from Stockton, CA at their own expense to attend the event. Special thanks also to Sifu Scott Abbott for sponsoring the Papago Park location.

3rd AZ FMA Friendship Gathering

The 3rd AZ FMA Friendship Gathering was held on March 29, 2009 at Papago Park in Phoenix, AZ. Headlining instructors were Steven Dowd of Arnis Balite, Mike Casto of Sikal and John Jacobo of Kali Ilustrisimo. Special thanks to Steven Dowd for coming directly to Phoenix, AZ at his own expense to attend the event upon his return from a month-long trip to the Philippines, to Sifu Scott Abbott for sponsoring a majority of the expense for the Papago Park location and to Master Sam Buot for his constant support.

4th AZ FMA Friendship Gathering

The 4th AZ FMA Friendship gathering was held on November 15, 2009 at Margaret T. Hance Park in Phoenix, AZ. Headlining instructors were Ted Rabino of Original Giron Eskrima, Pietro Viteli of Bahala Na and Michael

8th AZ FMA Friendship Gathering
November 3, 2013
Margaret T. Hance Park, Phoenix, Arizona

A beautiful day to get together and share knowledge and skills of the Filipino martial arts with others. This event is held either once or twice a year in Phoenix, Arizona. The event is put together by Guro Michael Butz.

What are the requirements to attend; wearing comfortable clothing suitable for working out, training sticks, training dagger and (optional) training sword. Also a good idea since there is a possibility of contact is bringing a mouthpiece, hand/eye/groin protection,

In lieu of an attendance fee, bring an item for the potluck lunch. Which has always been plenty for everyone and most welcome after working out learning and sharpening ones skills, and is also a great time to meet new friends and just relax and enjoy the day. If you have a favorite or specialty item you cook, please bring it to share with everyone!

The 8th AZ FMA Friendship Gathering featured:



Master Alessandro Ashanti of Full Circle Ashanti Method Martial Arts
- Guro Ashanti taught an attack and counter exercise. The exercise was designed to develop last second responses when defenses and positioning have failed. Participants practiced four phases: empty hands, knives, sticks/ blades, and mixed combinations of the previous.



Master Joe Tan of Modified Tapado - Master Tan did a demonstration and imparted basic knowledge with regards to Modified Tapado system, Vinas Arnis empty hand knife fighting system was also introduced.



After Master Tan completed his session, everyone took a break for lunch. Plenty of food for all. Of course it was pot luck so what anyone brought got ate, lucky everyone brought something different, so you had a great meal with a good dessert. Then a little time to socialize.



Punong Guro Steven Dowd of Arnis Balite - demonstrated and explained the concept of blocking the opponents' baston. Working with a partner the idea was to block the opponents' baston and being in a position of countering with the disadvantage of the opponent being able to defend. This was an exercise that the opponent would strike with a forward hand strike and then have to reposition to deliver a backhand strike, and then the roles would be reversed. Continuing then the exercise would move into the Huli Lusob phase (Capture, Trap, and Attack), finally the last phase of the exercise which was to disarm the opponent moving into position of counter-attack, then the opponent would have to defend and disarm moving into a position for counter attack.



The purpose was to defend and simultaneously moving into a position of counter attack, the opponent realizing their vulnerability would have to move into a position to defend and then reverse by defending and being in a position to counter attack. **Walter and Wesley Crisostomo of Pinakatay Arnis Sigidas** (Iti Walter and Haniti Wesley) were joined by Palaban Ron Laster in demonstrating and sharing the techniques and the mechanics of the traditional art of Arnis or Eskrima in the style of PAS (Pinakatay Arnis Sigidas). They showed the 12 strikes in our style and the mechanics of each strike as it was executed. They demonstrated and explained the forehand and the backhand relative to striking.





Continuing to explained the “ abanico “ and how to execute it in a tactical manner, showing disarming techniques of the stick and the importance of the live hand during engagement.

They defined every demonstrated technique as branded moves of Pinakatay Arnis Sigidas. It is a Cebuano style that shows the real time sparring where both practitioners incorporate the use of the live hand in coordination with the stick hand. There were no hesitating actions or dummy moves as we emphasize that “ the stick is meant to hit the opponent as much as possible rather than hitting the stick of the opponent “. Each move executes a strike or a defense-and-strike at the same time by both practitioners. There is no dummy when doing the techniques during the sparring process as one tries to counter each move of the other.

Continuing they shared how effective it would be to advance during engagements as it throws off the opponents attack mind set, showing how they can hit any part of the body at any given time with the use of bluff or feigning and the assistance of the live hand.

They also shared some knife techniques and how to stab or slice and cut the opponent from the tip of the hand to the body area. In short, everybody learned something useful to them and best of all, everyone had fun !



A final word: Thank you to everyone who attended the 8th AZ FMA Gathering on 1November 3, 2013. I hope you all had a great time, learned something, made new friends, reconnected with old ones and topped it all off with a full belly from the potluck.

I'd like to give special thanks to the featured instructors for the event: Alessandro Ashanti Bovoso of Full Circle Ashanti Method Martial Arts, Joe Tan of Modified Tapado, Steven Dowd of Arnis Balite and Wesley and Walter Crisostomo of Ultimate Eskrima. Thank you for freely sharing your time, energy and skill with the participants.

Thank you also to Michael Giron of Original Giron Eskrima, John Jacobo of SWACOM and Ronnie Laster of Ultimate Eskrima for attending and supporting the event. - **Michael J. Butz**

Facebook: [Click Here](#)



The instructors with the host Guro Michael Butz who made the event happen



Teachers and guests that attended: Guro Jeff Latorre, Guro Alessandro Ashanti, Guro Ted Rabino, Art Crisostomo, Guro Walter Crisostomo, Punong Guro Steven Dowd, Guro Wesley Crisostomo, Master Joe Tan, Grandmaster Michael Giron, Guro John Jacobo, Guro Michael Butz





School Submission

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

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

Be Professional; keep your contact information current. - **Click Here**



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



To submit Forums **Click Here**. To submit advertisement for products and/or Services **Click Here**

Article Submission

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

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

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

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

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

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