

FMA

Informative

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Lapu-Lapu Viñas Arnis



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One style of Arnis that always stands out  
when Arnis is talked about in Bacolod City  
is the Lapu-Lapu Vinas Arnis system  
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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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The FMA Informative in looking at some of the issues of the FMA Digest came across an article on “Lapu-Lapu Vinas Arnis.” (FMA Digest regular issue 2006: Vol. 3 No. 4)

The staff of the FMA Informative thought this is a very interesting article and the only other article that the FMA Informative could find was written by James U. Sy Jr. for Rapid Journal “Renaissance of Lapu-Lapu Vinas Arnis,” issue Vol. 9 No. 3.

Note: It was Mr. Sy that also wrote the article for the FMA Digest. And has generously updated this issue to be current.

It is said: One style of Arnis that always stands out when Arnis is talked about in Bacolod City is the Lapu-Lapu Vinas Arnis system, which was Founded by the late Great Grandmaster Jose ‘Joe’ Lamayo Vinas (1906 - 1991), in 1932, the same year that Doce Pares was established in Cebu City. This would make it perhaps the oldest established style/system of Arnis in Bacolod City in the modern era.

Visit Lapu-Lapu Vinas Arnis on Facebook: [Click Here](#)

James U. Sy Jr. - has previously been employed as an accounts officer, banker, office manager, auditor, and purchasing officer at different financial, sales, and manufacturing institutions. Negros’ most prolific martial arts researcher, historian/writer, and promoter. Started training in Lapu-Lapu Viñas Arnis under Headmaster Wilson E. Viñas in 1994, served as Management head and primary historian, and actively propagated the art in the decade of 2000’s. Founder/ President of Conceptual Martial Arts Society (CMAS), Inc. Secretary General of Negros Occidental Baston Federation (NOBF), Inc. 27 years combined martial arts experience and certified Master in Arnis by several Grandmasters in Negros and holder of Black Belt degrees in some other Asian martial arts.

Visit James U, Sy Jr. Blog (Visayan Filipino Martial Arts): visayanfilipinomartialarts.blogspot.com



James U. Sy Jr., Negros’ most prolific martial arts researcher/historian/writer, and practitioner of Lapu-Lapu Viñas Arnis, in front of Lapu-Lapu’s statue at the Macatan Shirne, Lapu-Lapu City, Cebu on June 24, 2010

Lapu-Lapu Viñas Arnis - Background



Great Grandmaster
Jose ‘Joe’ Lamayo Vinas

The Lapu-Lapu Viñas Arnis System was founded by Great Grandmaster Jose “Joe” Lamayo Viñas (1906-1991) in 1932, the same year that Doce Pares was established in Cebu City. This makes it the oldest documented system of Arnis in Bacolod City.

The governing body for the Lapu-Lapu Viñas Arnis System came to be known as the Lapu-Lapu Viñas Arnis Aficionados (later affixed with “Association” and changed to the English Aficionados during this writer’s active years in the art), although it had various name changes existence asa the years go by, such as Gym of Arts of Self Defense (Lapu-Lapu Original), Lapu-Lapu Viñas Arnis Club, Lapu-Lapu Arnis Cultural Group, Lapu-Lapu Art of Self-Defense, Lapu-Lapu Gymnasium, Lapu-Lapu School of Arnis Aficionados, Lapu-Lapu Sports Gym, School of Arnis Aficionados, Lapu-Lapu Sports Gymnasium, and Viñas Arnis Aficionados Association (These names, as well



Past Students - The late Great Grandmaster Jose “Joe” L. Viñas fifth from the left, second row, seated, with his students ca. (late 1980s)

as some of the details that follow, were gathered by this researcher from primary sources, i.e., extant unpublished documents and forms of the association, prior to writing the original version of this article way back in 2003).

Most families from Negros Occidental can trace their ancestry from the island of Panay and the Viñas line is one of these families. Andres Javellana, a native of Iloilo Province, had several encounters with the Españoles during the Spanish era. In the course of these encounters he had killed a number of Spaniards, which prompted the conquistadors to declare him an outlaw and hunt him down. No dates can be given by any of the sources for this time frame but this researcher believes it is between the last decade of the 19th Century and the first decade of the next.

Javellana fled to the municipality of Manapla in Negros Occidental where he got married and changed his surname to Viñas so he could not be tracked down by the Spanish authorities. It should be noted that prior to 1855, Negros Occidental was sparsely populated and not given much at-

tention by the Spanish authorities, making it an ideal place of sanctuary for Javellana.

Javellana sired four children and it was Jose Viñas who inherited his fervor for the self-preservation arts. Jose got his father’s guts and skills as well as his puno “roots (Hiligaynon)” (could be taken as “principles” from this context) in the fighting arts. These puno were simple common sense, the naked realities of fighting, and keen observations. They would later become the basis of his Lapu-Lapu Viñas Arnis System. Javellana told his son to seek out his own truth and to test the effectively of his puno.

Jose Viñas chose to name his art Lapu-Lapu in honor of the Mactan chief who repelled and vanquished a Conquestadores expedition led by Ferdinand Magellan in 1521 in Cebu. However, to differentiate it from others that may also bear the same name, the modifier “Viñas” was added to the name Lapu-Lapu to signify that the system was a creation and a product of Jose Viñas’ acumen in the Filipino Martial Arts (FMA). This writer was the first to attach



the modifier “System” at the end of the art’s name, in his writings starting ca. 2003, to signify that the art has already been fully evolved and arranged into an organized body of knowledge.

Jose Viñas reportedly did not have a teacher. Certain Arnis groups had invited him to join them in their training sessions but he declined because he found their methods to be wanting. He did his own training, although he admits to observing other martial artists Apparently GGM Viñas improved upon the efficiency of the techniques generally practiced in his time, as this writer would trace up during his study of the system. These improvements were sometimes so minute that a not-so-keen observer may fail to see them. Jose Viñas started the practice of the martial arts when he was 25. A year after, he traveled into the mountains of Cebu, Mindanao, Negros, and Panay in search of kalaki, with whom he pitted and tested his skills. Kalaki are said to be gifted mountain men skilled in hunting and survival with the use of the sticks and bladed weapons as well as healing prowess and in

some cases, esoteric knowledge and powers. These men would often have skills not accessible to city dwellers because of the natural environment. Viñas refined his methods in this manner. It has not been documented though if these were simply friendly exchanges or violent challenge matches but it is most likely a combination of both.

These exploits by Jose Viñas were transmitted via oral accounts and repeated in the Lapu-Lapu Viñas Arnis circles but



Lapu-Lapu Viñas Arnis Founder/Great Grandmaster Jose “Joe” L. Viñas (center) with Arnis Philippines (ArPi) President Raymund Velayo (3rd from left) and his entourage during a visit at the Lapu-Lapu Viñas Arnis Aficionados Association Main gym at Lacson St., Bacolod City, Negros Occidental

this researcher had collaborated it by actual eye accounts by Jeffrey Montelibano of Murcia, a student of Grandmaster Jose Viñas (but who is now with Pekiti Tirsia) who accompanied him in some of these journeys during the Holy Week, and by Reynaldo Hundana, a friend of Grandmaster Viñas who is a practicing chiropractor and arnisador who had gone to the mountains with him in some instances.

After his search for the truth in the Filipino martial arts (FMA), Master Jose Viñas started teaching when he was 35. The original members of the Lapu-Lapu Viñas Arnis Aficionados were skilled arnisadors in their own right. Because of this Master Jose Viñas did not have a set plan of instruction. He taught what he felt like teaching and adopted the problem solving approach. He would give a combat situation to which his students would give a solution then he would show them a more efficient response. It must be noted that at this point in time, this was a generally accepted way of instruction among Arnis/Baston practitioners; teaching by syllabus is a much more recent develop Bacolod, the younger Viñas started to formalize his father’s art into a

(Standing, L-R) The late Lapu-Lapu Viñas Arnis Founder/Great Grandmaster Jose “Joe” L. Viñas (1906-1991), left, seated with Pekiti Tirsia Kali founder Leopoldo “Leo” T. Gaje Jr. and espada y daga Grandmaster Federico “Decoy” Serfino and one time Lapu-Lapu Viñas Arnis member and Dekiti Tirsia founder Jerson “Nene” Tortal

more comprehensible system with progressive stages and explanation of each techniques taught. He presented his lessons in a more understandable format where each movement and technique is broken down into its finer components and its corresponding puno examined. He explained his art in scientific terms. No other instructor of Lapu-Lapu Viñas had done this before. This contemporary teaching methodology attracted not only high school and college students but also even professionals and businessmen, as well as American, British, Swiss, Chinese, and other foreign nationals.

During the early days, the usual backgrounds of the founder’s students were in Karate and/or Judo, the predominant styles during the time. Headmaster Viñas’ time posed more challenges because of the diversity of the arts flooding the martial arts community. Headmaster Viñas students had backgrounds in many other styles other than Karate and Judo, to mention a few: different systems of Arnis, Aikido, Karate, Kickboxing, Taekwondo, World Tang Soo Do, etc.

This atmosphere gave Headmaster Viñas’ the chance to test the puno his father gave him in relation to the various forms of martial arts that were presented to him. Practitioners of these arts were amazed at the depth with which Lapu-Lapu Viñas Arnis could relate to the mechanics of the other arts.

In 1998, Headmaster Viñas retired from active teaching. By this time he had already produced

a handful of senior students who would become the bearers of his art in the years to come.

In 2002, the senior students of Headmaster Viñas, led by this writer (though not the most senior among them), got together and decided to revive the art. Training resumed in Mt. View Subd., Bacolod City under the supervision of the founder’s son. At this point in time, there were a handful of senior students of Great Grandmaster Viñas that were teaching his art, among them Grandmaster Dominador “Doming” D. Ferrer, who remained loyal to the founder to the end and who only founded his own school, Kalantiaw Defense Society, after the founder’s death.

Headmaster Viñas commissioned this writer to organize Lapu-Lapu Viñas Arnis into a progressive syllabus and standardized ranking system. Headmaster Viñas’ senior students who got involved in this were Dante L. Robles, Joe Jeffrey S. Deriada, James U Sy, Jr., John Owen F. Ong, Raymund Antonio A. Maguad, Lafayette A. Diamante, Moises Nifras Jr., Narciso “Hansy” Alojado, Victorio C. Perez, and Sahlee E. Magsipoc. The systematization under Headmaster Viñas was the first such effort to totally organize the art into a sophisticated system with a base connecting all branches in a systematic structure.

The Systematization Team, which was composed of the students of Headmaster Viñas, was the standard bearer of the art in the Philippines starting in 2003 up to

about 2006/2007, under the name Lapu-Lapu Viñas Arnis Aficionados Association-Eagle’s Gym Branch and Conceptual Martial Arts Society (CMAS). However, the team was not the only one to carry the Lapu-Lapu Viñas Arnis art. At different time periods in the first decade of the 21st Century, Irving P. Elefante, Ferdinand Emmanuel Y. Gayoles, Henrid B. Lamayo, and Stephen Roy and Rey S. Dedel gave their own contributions to the propagation of the art in Bacolod; and in the USA, Thomas Caulfield Jr. and Thomas Caulfield III (Arizona), Jose “Joe” V. Tan (California), and Isaias Ginson (Texas).

As of these writing, there are already plans to bring Headmaster Wilson Viñas to the USA to formally introduce the Lapu-Lapu Viñas Arnis System. The late Thomas Caulfield Jr. of Luke Tang Soo Do (and later Hanmikwan) had previously introduced the art to his classes and also in the seminar circuit.

The technical aspects of Lapu-Lapu Vinas Arnis System has been progressively evolving through the years. In the late 1950’s for example, the material was not yet arranged by 7’s. Some practitioners in the 1980’s went on to interpret the art into a Karate structure featuring forward stances which are not found in practitioners of the 1990’s who preferred mobility in movements. Even the formation of empty hand blocks had some changes to adapt to a changing environment.

Seven Basic Strikes



Strike No1 Forehand diagonal downward strike to the temple.



Strike No2 Backhand diagonal upward strike to the knee.



Strike No3 Forehand horizontal strike to the elbow.



Strike No4 Backhand horizontal strike to the bicep.



Strike No5 Thrust to the abdomen.



Strike No6 Thrust to right side of body.



Strike No7 Thrust to left side of body.

Strike No 1 Variations

Strike No1 – Variation No1

Forehand vertical downward strike to the top of the head.



Strike No1 – Variation No2

Backhand vertical downward strike to the top of the head.



Strike No1 – Variation No3

Forehand diagonal downward strike to the neck/shoulder.



Strike No1 – Variation No4

Forehand diagonal downward strike to the elbow.

Strike No1 – Variation No5

Backhand diagonal downward strike to the elbow.



Strike No1 – Variation No6

Forehand diagonal downward strike to the knee.



Strike No1 – Variation No7

Backhand diagonal downward strike to the knee.

This is an Update Timeline for Viñas Arnis:

Note: All photos in this section are by: James U. Sy Jr./CMAS Photo

1953 - Master Joe Viñas registered his school with the Securities and Exchange Commission (SEC).

1970 May 24 - Lapu-Lapu Viñas Arnis Afecionados Association was formally organized and registered with the Securities and Exchange Commission (SEC).

1970's, late/1980's, early - The Lapu-Lapu Viñas Arnis Afecionados Association sent players to tournaments in Cebu. Master Dominador Ferrer represented his teacher, Grandmaster Viñas, and the art in a total of five demonstrations at different places in Cebu.

1981 - Great Grandmaster Viñas published the first book on Lapu-Lapu Viñas Arnis in the world “Viñas Arnis - Filipino Original Book of Arnis for Self-Defense.” Judge Demosthenese Magallanes wrote the foreword.

1981 - Officers of the Lapu-Lapu Viñas Arnis Afecionados Association for the year were Founder Jose L. Viñas and Jose Sabillo (Grandmasters), Carmelo Basco (President), Engr. George Cañada and Engr. Noel Tuvilla (1st and 2nd VP), Gil Montaña (Secretary), Joe Kam (Treasurer), Fred Aguiro (PRO), Jose V. Tan (Business Manager), Atty. Demosthenese Magallanes and Atty. Jose G. Ealdama (Legal Advisers), Dr. R. M. Rafols and Dr. De Ruña (Medical Advisers), and Antonio Ciocon

and G. Ong (School Advisers).

1990 November 23 - The system was introduced by Great Grandmaster Viñas in the United States during a demonstration at an amateur kickboxing event organized by the Institute for Better Health, Inc. of Dr. Frank Scalercio Jr., at the Red Lion Hotel, Robert Park, California.

1991 April 26 - Great Grandmaster Jose Viñas passed away due to prostate cancer. His son, Wilson Viñas, kept a low profile, taking his time in starting to developing his own students.

1994 - Most of the senior students of Headmaster Viñas started their study of the system with him.

1995 - Headmaster Viñas taught Thomas Caulfield Jr., then 3rd Dan WTSDA, and his son, Thomas “Tommy” Caulfield III of Luke Tang Soo Do (Arizona) during their visit to Bacolod City. While in Bacolod, the elder Caulfield opened a Luke Tang Soo Do

branch. When the elder Caulfield returned to the USA, he started propagating Lapu-Lapu Viñas Arnis.

1995 - Thomas “Tommy” Caulfield III and Balwin “Nonoy” Garrucho (now with Pekiti Tirsia) gave a demonstration at the Bacolod City Plaza.

1995 - Headmaster Viñas’ teaching career peaked as the number of his students increased.



Walter, a Swiss national, practices Lapu-Lapu Viñas Arnis disarming with this writer in 1995 at the Lapu-Lapu Viñas Arnis Aficionados Association Gym, Lacson St., Bacolod City, Philippines

1998 - Headmaster Viñas retired from active teaching.

From then on, his students, as well as foreign and Filipino martial artists from different styles, would visit him at his home for consultation. Headmaster Viñas referred interested students to his own students although from time to time he would teach some students.

2001 - Lapu-Lapu Viñas Arnis was



Headmaster Wilson E. Viñas (seated, 2nd row, 3rd from left) together with members of the Lapu-Lapu Viñas Arnis Aficionados Association in 1995 at the LVAAA Gym, Lacson St., Bacolod City. The writer is to the immediate right of HM Viñas

demonstrated by this writer and his student Josh Baterna during the 1st USLS Martial Arts Expo at the USLS College Covered Court, University of St. La Salle, La Salle Avenue, Bacolod City.

2002 April - Senior students of Headmaster Viñas get together and decide to revive the Lapu-Lapu Viñas Arnis Afficionados Association.

2002 September 13 - Lapu-Lapu Viñas Arnis was demonstrated Dante Robles and Joeffrey Deriada, students of Headmaster Viñas, during the 2nd USLS Martial Arts Expo at the USLS College Covered Court, University of St. La Salle, La Salle Avenue, Bacolod City.

2002 - Systematization Team organized, with this writer as Management Head, to put into place a progressive syllabus and standardized ranking system for Lapu-Lapu Viñas Arnis. The title Headmaster was first adopted for the lineage holder of the system.

2002 December 30 - Headmaster Viñas approves version 1 of the Standardization Curriculum of the Lapu-Lapu Viñas Arnis system



John Owen F. Ong (center, red pants) leading participants in the practice of the 7 basic strike of Lapu-Lapu Viñas Arnis during the 1st Bacolod Lapu-Lapu Viñas Arnis Open Seminar on February 23, 2003 at the Eagle's Gym, 3/F WSC Bldg., San Sebastian St., Bacolod City, Philippines



Headmaster Wilson E. Viñas (left) getting ready to redirect an attack by this written during the 1st Bacolod Lapu-Lapu Viñas Arnis Open Seminar on February 23, 2003 at the Eagle's Gym, 3/F WSC Bldg., San Sebastian St., Bacolod City, Philippines

during the group's annual gathering.

2003 February 23 - The 1st Bacolod Lapu-Lapu Viñas Arnis Open Seminar was conducted by Headmaster Wilson Viñas, together with Grandmaster Dominador Ferrer and Master Instructor Servando Largo Jr. at the Eagle's Gym, 3/F WSC Bldg., San Sebastian St.,



Featured instructors, assistants, and participants during the 1st Bacolod Lapu-Lapu Viñas Arnis Open Seminar on February 23, 2003 at the Eagle's Gym, 3/F WSC Bldg., San Sebastian St., Bacolod City, Philippines



Kim Maninantan, then a student at the University of St. La Salle, throws her teacher James U. Sy Jr. during a Lapu-Lapu Viñas Arnis demonstration at the 3rd USLS Martial Arts Expo on September 9, 2003 at the USLS College Covered Court, University of St. La Salle, La Salle Avenue, Bacolod City as part of the USLS University Week celebration



Batch 2003 senior Dante L. Robles applying a Lapu-Lapu Viñas Arnis locking technique on Joeffrey S. Deriada on November 2, 2004 at the roof deck of the JQ Centre, Lopez Jaena St., Bacolod City, Philippines

Bacolod City. Soon thereafter this writer, with the help of group senior Dante Robles and Joeffrey Deriada, set up the Lapu-Lapu Viñas Arnis Aficionados Association-Eagle's Gym Branch, the first branch club under Headmaster Viñas. When the location of training was later transferred, the Lapu-Lapu Viñas Arnis training was integrated

into the Conceptual Martial Arts Society (CMAS).

2003 September 9-2004 October 17

- Lapu-Lapu Viñas Arnis was demonstrated by students of Headmaster Viñas from the Conceptual Martial Arts Society (CMAS) an average of one demonstration per month for a 14-month period.

2003 September 9 - Lapu-Lapu Viñas Arnis was demon-

strated by students of Headmaster Viñas from the Conceptual Martial Arts Society (CMAS) during the 3rd USLS Martial Arts Expo at the USLS College Covered Court, University of St. La Salle, La Salle Avenue, Bacolod City as part of the USLS University Week celebration.

2003 December 7 - Lapu-Lapu Viñas Arnis was demonstrated by students of Headmaster Viñas from the Conceptual Martial Arts Society (CMAS) during the Prk. 8, Brgy. Mandalagan Annual Fiesta in Bacolod City.

2003 December 30 - Headmaster Viñas officially announced the first set of rank promotions under the Standardization Curriculum of the Lapu-Lapu Vinas Arnis System. Those promoted were: GM Dominador 'Doming' D. Ferrer (10th Degree Grandmaster), Jose 'Joe' R. de Asis (7th Degree Senior Master), Irving P. Elefante (7th Degree Senior Master), Jeffery T. Montelibano (7th Degree Senior Master), Ferdinand Emmanuel 'Bobot' Gayoles (5th Degree Mas-

ter), Servando 'Diotay' P. Largo Jr. (4th Degree Master Instructor), Dante L. Robles (3rd Degree Senior Instructor), Joeffrey S. Deriada (2nd Degree Instructor), James U Sy, Jr. (2nd Degree Instructor), John Owen F. Ong (2nd Degree Instructor), and Narciso 'Hansy' Alojado (1st Degree Instructor). The Kalantiaw Defense Society (KDS) and Conceptual Martial Arts Society (CMAS)-Main were the affiliates of the association at that point in time.

2004 February 1 - Headmaster Viñas officially awarded the first set of rank promotions under the Standardization Curriculum of the Lapu-Lapu Vinas Arnis System during the 1st Gaisano-BOMB Mixed Martial Arts Eliminations and Expo at the Atrium Area, Gaisano City Bacolod Supermall, Araneta St., Bacolod City. Lapu-Lapu Viñas Arnis was also demonstrated by students of Headmaster Viñas from the Conceptual Martial Arts Society (CMAS).

2004 February 7 - Lapu-Lapu Viñas Arnis was demonstrated by students of Headmaster Viñas from the Conceptual Martial Arts Society (CMAS) during the Common Sense Self Defense Forum, Riverside College, Bacolod City.

2004 February 15 - Lapu-Lapu Viñas Arnis was demonstrated by Grandmaster Dominador Ferrer and students of Headmaster Viñas from the Conceptual Martial Arts Society (CMAS) during the 1st Bago City Charter Martial Arts Expo at Community Center, Bago City.

2004 February 16 - Lapu-Lapu Viñas Arnis was formally reintroduced by the Conceptual Martial Arts Society (CMAS) at the Uni-

versity of St. La Salle.

2004 February-October - Lapu-Lapu Vinas Arnis, was featured on locale cable TV and radio programs 5 times. Headmaster Viñas and this writer were guests at Sports Forum by Cyrus Garde (Negros Info Channel). Lapu-Lapu Viñas Arnis was bannered by GM Ferrer in Reflections (Negros Progress Channel), and by this writer in Fitness with Sam, Wazzup Wazzup (Studio 23), and Bombo Sports and Physical Fitness hosted by Jerel S. Sombilla (DyWB Radio Bombo).

2004 March 13 - Lapu-Lapu Viñas Arnis was demonstrated by Grandmaster Dominador Ferrer and students of Headmaster Viñas from the Conceptual Martial Arts Society (CMAS) during the 1st Sangguniang Kabataan Festival of Martial Arts in Bacolod City.

2004 March 14 - Lapu-Lapu Viñas Arnis was demonstrated by students of Headmaster Viñas from the Conceptual Martial Arts Society (CMAS) during the 25th Arnis Day Celebration in Bacolod City.

2004 March 14 - The first Lapu-Lapu Viñas Arnis demonstration in Victorias City was made by the Kalantiaw Defense Society and the Conceptual Martial Arts Society (CMAS)-Main during the 1st Western Visayas Kickboxing Competition, (organized by the Brotherhood Martial Arts Federation).

2004 April 11 - Lapu-Lapu Viñas Arnis was introduced by this writer at the 1st Silay Institute Self-Defense Seminar in Silay City.

2004 April 18 - Lapu-Lapu Viñas Arnis was demonstrated by students of Headmaster Viñas from the Conceptual Martial Arts Society (CMAS) during the 2nd

Gaisano-BOMB Mixed Martial Arts Eliminations and Expo at the Atrium Area, Gaisano City Bacolod Supermall, Araneta St., Bacolod City.

2004 June 22-23 - Lapu-Lapu Viñas Arnis was taught by this writer and Grandmaster Dominador “Doming” D. Ferrer at the 1st Martial Arts Renaissance for Negros Seminar Tour “Conflict Neutralization for L’Fisher Hotel Security Force” at Eagle’s Gym, 3/F WSC Bldg., San Sebastian St., Bacolod City.

2004 July 27 - Lapu-Lapu Viñas Arnis was taught starting at the opening of Conceptual Martial Arts Society (CMAS)-Sam’s Slim Gym, the second branch opened for the Lapu-Lapu Viñas Arnis aficionados Association, at Sam’s Slim Gym, 3/F JTL Bldg. North Drive, Bacolod City.



Grandmaster Dominador “Doming” D. Ferrer (1920-2007), the oldest living Grandmaster of Lapu-Lapu Viñas Arnis at the time of his death, applying a restraining hold and a knife point to a participant during the 1st Martial Arts Renaissance for Negros Seminar Tour “Conflict Neutralization for L’Fisher Hotel Security Force” on June 22, 2004 at Eagle’s Gym, 3/F WSC Bldg., San Sebastian St., Bacolod City, Philippines

2004 August 28 - Headmaster Viñas was honored by officials of Prk. Macanpina and Brgy. 6 as “The Father of the Systematization of Lapu-Lapu Viñas Arnis System” and “The 1st Generation System Inheritor of the Lapu-Lapu Viñas Arnis System,” while Grandmaster Ferrer was recognized for his “Outstanding Propagation of Arnis in Bacolod City” and as “The Oldest Living Grandmaster of Lapu-Lapu Viñas Arnis in the world at the age of 84” during the 1st Prk. Macanpiña Martial Arts Expo. - Lapu-Lapu Viñas Arnis was also demonstrated by students of Headmaster Viñas from the Conceptual Martial Arts Society (CMAS)

2004 September 7 - Lapu-Lapu Viñas Arnis was demonstrated by students of Headmaster Viñas from the Conceptual Martial Arts Society (CMAS) during the 4th USLS Martial Arts Expo at the USLS College Covered Court, University of St. La Salle, La Salle Avenue, Bacolod City as part of the USLS University Week celebration.

2004 September 26 - Lapu-Lapu Viñas Arnis was demonstrated by students of Headmaster Viñas from the Conceptual Martial Arts Society (CMAS) during the 5th Prk. Bulak/San Lorenzo Ruiz Boxing Showdown in Prk. Bulak, Bacolod City.

2004 October 17 - Lapu-Lapu Viñas Arnis was demonstrated by students of Headmaster Viñas from the Conceptual Martial Arts Society (CMAS) during the National Arnis Invitational Competition in Bacolod City.

2004 November 29 - Lapu-Lapu Viñas Arnis was introduced to Candoni by Conceptual Martial Arts Society (CMAS).



Headmaster Wilson E. Viñas, the only son of the late Founder Great Grandmaster Jose “Joe” L. Viñas (1906-1991) and the 1st Generation Inheritor of the Lapu-Lapu Viñas Arnis System on November 2, 2004 at the roof deck of the JQ Centre, Lopez Jaena St., Bacolod City, Philippines



Master Irving P. Elefante, then A National Bureau of Investigation (NBI) agent, applying a Lapu-Lapu Viñas Arnis strangulation technique on Master Ferdinand Emmanuel “Bobot” Y. Gayoles ca. 2005 at the JQ Centre, Lopez Jaena St., Bacolod City, Philippines

2005 January 16 - Lapu-Lapu Viñas Arnis was demonstrated by this writer and his student Khenn Providencia during the Sipa Sumbag kag Taekwondo sa Victorias IV at the Victorias City Gym, Victorias City.

2005 January 20 - Lapu-Lapu Viñas Arnis, represented by the Conceptual Martial Arts Society (CMAS), won a silver medal in the demonstration competition during the 1st Talisay City Baston Tournament, Talisay City Gym, Brgy. 2, Talisay City.

2005 January 28 - Lapu-Lapu Viñas Arnis was among the arts taught during the 1st Conceptual Martial Arts Seminar “Universal Fundamentals” at the Bacolod Aikido Enthusiasts (BAE) dojo, Villa

Angela Subd., Bacolod City.

2005 January 30 - Lapu-Lapu Viñas Arnis was demonstrated by this writer and his student Khenn Providencia during the 2nd Don Bosco Parents Day Martial Arts Demo at the Don Bosco Technical School, Victorias City.

2005 March - Lapu-Lapu Viñas Arnis was featured in the Vol. 9 No. 3 issue of the Rapid Journal, the longest running martial arts resource in the Philippines, via the article “The Renaissance of Lapu-Lapu Viñas Arnis” by this writer. The article has previously been published in the local newspapers Sun Star Weekend and Western Visayas Journal.

2005 March - Lapu-Lapu Viñas Arnis was demonstrated by this

writer during the 1st San Carlos City and Wushu Sanshou Inter Club Tournament at the San Carlos City Auditorium, San Carlos City.

2005 July 14 - John Lopton of California, a Karate instructor and a practitioner of Filipino martial arts (FMA), visited Headmaster Viñas at his residence in 65 Lacson St., Bacolod City.

2005 August 26 - Cecilia Ferrer of Manila, a Kalimasada Instructress, was introduced to the Lapu-Lapu Viñas Arnis System by the Conceptual Martial Arts Society (CMAS) during a training session at the USLS Coliseum, University of St. La Salle, La Salle Avenue, Bacolod City.

2005 August 27 - Cecilia Ferrer was introduced by this writer to Headmaster Viñas and was given a first hand demonstration of the art by the Grandmaster.

2005 September 8 - Lapu-Lapu Viñas Arnis practitioner Nathaniel Gregory won over group mate Heli “Kabong” Altamarino, both of CMAS-Alijis, in the open weight class of the Arnis competition during the 5th USLS Martial Arts expo “Rise of the Renaissance Warriors” at the USLS College Covered Court, University of St. La Salle, La Salle Ave., Bacolod City.

2005 September 13, 22, 27, 28 - Headmaster Viñas, with the assistance of his students Joeffrey S. Deriada and James U. Sy Jr., taught Lapu-Lapu Viñas Arnis at the Arnis class of 47 Philippine National Police (PNP) and Bureau of Jail Management and Penology (BJMP) officials ranked chief inspectors and senior inspectors from Regions 6, 7, and 8, which is a 16-hour component of their 3-months advanced course for PNP officials in compli-

ance with Training Directive #002-2005 of the PPSC President at the Philippine Public Safety College (PPSC) Regional Training School, National Police Commission (NA-POLCOM), Bakyas, Bacolod City.

2005 September 25 - Lapu-Lapu Viñas Arnis was demonstrated by students of Headmaster Viñas from the Conceptual Martial Arts Society (CMAS) during the 2nd Sam’s Bodybuilding Classic 2004 at the Atrium Area, Gaisano City Bacolod Supermall, Araneta St., Bacolod City.

2005, later half - Lapu-Lapu Viñas Arnis was introduced by this writer to San Carlos City via the San Carlos Jungle Fighters Martial Arts Club (SACA JUFIMAC) of Founder Diomedes N. Mamugay.

2005 November 5 - Lapu-Lapu Viñas Arnis was one of the four indigenous Negrense martial arts demonstrated by the Ramon Torres National High School-Malingin

students, under the guidance of English teacher Wilson Alvarado (a student of Master Gayoles), as part of a play that dramatized the warrior spirit and martial tradition of Gen. Araneta and Gen. Lacson and all the Negrenses who rallied behind them to overthrow the Spaniards and establish the Negros Republic, as part of the Bago City Government’s 107th Cinco De November celebration.

2005 December 30 - Headmaster Wilson E. Viñas, Grandmaster Dominador “Doming” D. Ferrer, and Master Ferdinand Emmanuel “Bobot” Y. Gayoles conducted the examination for the 2nd Lapu-Lapu Vinas Arnis Standardized Rank Promotions at the Philippine Integrated Martial Arts Academy-Filipino Tang Soo Do Association (PIMAA-FTSDA), Inc. Main Gym, Group K Complex, Brgy. Tangub, Bacolod City during the association’s annual assembly. Wilson A. Alvarado, Heli “Ka-

bong” Altamarino, Lafayette A. Diamante, Moises “Jung-Jung” Nifras Jr., and Lorema “Bing” Tacsagon, all of the Conceptual Martial Arts Society (CMAS), took the test, passed, and were awarded their 1st Degree Instructor rank in Lapu-Lapu Viñas Arnis.

2006 May 20 - Lapu-Lapu Viñas Arnis was among the Filipino Martial Arts (FMA) demonstrated by the Conceptual Martial Arts Society (CMAS) during the 1st Extra Joss Extra La Cash Part 2 Regional Monthly Draw at the Atrium Area, Gaisano City Bacolod Supermall, Araneta St., Bacolod City.

2006 May 26 - Lapu-Lapu Viñas Arnis was among the Filipino Martial Arts (FMA) demonstrated by the Conceptual Martial Arts Society (CMAS) during the 3rd Negros Regional Tapondo Competition at the Atrium Area, Gaisano City Bacolod Supermall, Araneta St., Bacolod City.

2006 May 27-28 - Lapu-Lapu Viñas Arnis was among the Filipino Martial Arts (FMA) demonstrated by the Conceptual Martial Arts Society (CMAS) during the 8th Prk. Bulak Boxing Showdown, the 3rd Prk. Bulak Wushu Sanshou Competition, and the 1st Prk. Bulak Kickboxing Competition at the Prk. Bulak, Bacolod City.

2006 June 9 - The 4th Panay Conceptual Martial Arts Seminar: Lapu-Lapu Viñas Arnis Hand Blade Fundamentals was conducted by this writer at the West Visayas State University Medical Center (WVSUMC) Doctors’ Quarters, Iloilo City.

2006 - Headmaster Wilson E. Viñas and Grandmaster Dominador “Doming” D. Ferrer conducted the examination for the 3rd Lapu-Lapu Vinas Arnis Rank Promotions at the Philippine Integrated Martial Arts Academy-Filipino Tang Soo Do Association (PIMAA-FTSDA), Inc. Main Gym, Group K Complex, Brgy. Tangub, Bacolod City. This writer and Joeffrey S. Deriada of the Conceptual Martial Arts Society (CMAS), Inc. took the test, passed, and were awarded their 4th Degree Master Instructor rank in Lapu-Lapu Viñas Arnis.

2007 - Lapu-Lapu Viñas Arnis was introduced by this writer to Bayawan and Bais Cities, Oriental Negros.

2007/2008? - Headmaster Wilson E. Viñas awarded a certificate of advance course to Master Jose “Joe” Tan, a student of the late Founder who is now based in California.

2008 - Master Ferdinand Emmanuel “Bobot” Y. Gayoles introduced Lapu-Lapu Viñas Arnis to the University of Negros Occidental-

Recoletos (UNO-R) through his Defensive Tactics (DefTAc) criminology classes. Master Gayoles started training in the art in 1990 under Headmaster Viñas, specifically the right and left side use of the weapon, strangulation, and empty hands. Master Gayoles experience in teaching criminology classes led to his eventual adaptation and interpretation of the art to left against right handed scenarios and vice versa.

2008 January 16 - The Conceptual Martial Arts Society (CMAS), Inc. conducted an Evaluation Test to Faciola Salome “Mimi” Mendoza, Doem Oguilla, John Arimas, and Hannah Joy Apurillo of Young Life Philippines, Inc.-Bacolod Chapter, all students of Lafayette “Laf” A. Diamante and Lorema “Bing” H. Tacsagon, at the Young Life (YL) Center, A-1 Silos Apt., San Juan St., Bacolod City based on a Lapu-Lapu Viñas Arnis-based module.

2008 February 10 - Lapu-Lapu Viñas Arnis was among the Filipino Martial Arts (FMA) demonstrated by the Conceptual Martial Arts Society (CMAS) during the 2nd Brgy. Taloc Martial Arts Showdown at the Taloc Covered Gym, Brgy. Taloc, Bago City as part of the purok’s Annual Fiesta Celebration.

2008 February 17 - Lapu-Lapu Viñas Arnis was among the Filipino Martial Arts (FMA) demonstrated by the Conceptual Martial Arts Society (CMAS) during the 1st NUFAA-SK Bago City Invitational Arnis Tournament at the Bago City Community Center, Bago City as part of the 42nd Charter Day Anniversary Celebration of Bago City.

2008 February 24 - Lapu-Lapu

Viñas Arnis was among the Filipino Martial Arts (FMA) demonstrated by the Conceptual Martial Arts Society (CMAS) during a gathering of martial artists in Bago City.

2008 March 23 - Lapu-Lapu Viñas Arnis doble baston was demonstrated by this writer during the San Sebastian Diocese Diamond Jubilee Celebration Children’s Festival at the Provincial Capitol Lagoon, Lacson St., Bacolod City.

2008 July 8 - Lapu-Lapu Viñas Arnis was demonstrated by the Conceptual Martial Arts Society (CMAS), Inc. during the 1st Negros Fighting Arts Exposition at the Fountain Area, Robinson’s Place Bacolod, Bacolod City as part of the ABS-CBN Kapamilya Sinadya in celebration of the 20th Anniversary of its Bacolod station.

2008 August 17 - Lapu-Lapu Viñas Arnis was introduced by Diomedes N. Mamugay, Founder/Chief Instructor of the San Carlos Jungle Fighters Martial Arts Club (SACA JUFIMAC), to 181 Reserve Officers Training Corps (ROTC) cadets from Central Negros College (CNC) and Tanon College (TC) during the 1st CNC/TC ROTC Arnis Training Seminar at the CNC Quadrangle, Central Negros College, San Carlos City, Negros Occidental. Mamugay was the first to teach Lapulapu Vinas Arnis in a school in San Carlos City.

2009 - Randy Alvarado (B: 1975) introduced Lapu-Lapu Viñas Arnis to Bago City College (BCC) and subsequently the Bago Lapu-Lapu Viñas Arnis Club was established by him, the first club documented to have bannered the Lapu-Lapu Viñas Arnis name in Bago City.



Headmaster Wilson E. Viñas (blue shirt) with his student this writer (black shirt) and Joeffrey S. deriada (light blue shirt) with Chief Inspectors and Senior Inspectors from Regions 6, 7, and 8 on September 22, 2005 during the 16-hour Arnis class component of their 3-months advanced course for PNP officials at the Philippine Public Safety College (PPSC) Regional Training School, National Police Commission (NAPOLCOM), Bakyas, Bacolod City, Philippines

2009 - Randy Alvarado taught Lapu-Lapu Viñas Arnis to Stefan Huck of Germany when the latter visited Negros Occidental. Huck went on to introduce the art to Germany.

2009 February 18 - Lapu-Lapu Viñas Arnis was demonstrated by 200 high school students trained by English teacher Wilson A. Alvarado during the 2009 RTNHS Day Playground Demonstration at the Ramon Torres National High School (RTNHS) Grounds, Bago City.

2010 February 21 - Lapu-Lapu Viñas Arnis was among the Filipino Martial Arts (FMA) demonstrated by the Conceptual Martial Arts Society (CMAS), Inc. in a segment of a special presentation of Don Salvador Benedicto (DSB) and its Kali-Kalihan Harvest Festival in MAG TV Na, Amiga! Which aired over at ABS-CBN.

2010 February 28-March 5 - The Lapu-Lapu Viñas Arnis System, represented by the Bago City Col-

lege (BCC) Arnis Team consisting of 12 criminology students under Coach/Trainor Randy Alvarado, 2nd Degree Instructor LVA, took home a 7-12-8 medal haul during the 2nd Alculympics at the University of Makati (UMAK), Makati City.

2010 May 23 - Lapu-Lapu Viñas Arnis was among the Filipino Martial Arts (FMA) demonstrated by the Conceptual Martial Arts Society (CMAS), Inc. during the 1st Tribu Hangaway Negros Occidental Provincial Combat Aikido Competition at the Atrium Area, Gaisano City Bacolod Supermall, Araneta St., Bacolod City.

2010 August 1 - Lapu-Lapu Viñas Arnis was demonstrated by the UNO-R Martial Arts Society of Master Ferdinand Emmanuel Y. Gayoles during the 1st GSMAS-DA-Arjuka-CMAS Arnis Expo at the Atrium Area, Gaisano Bacolod Supermall, Araneta St., Bacolod City.

2011 - The Lapu-Lapu Viñas Arnis

System, represented by the Hon. Mayor Ramon Torres-sponsored Bago City College (BCC) Arnis Team under Coach/Trainor Randy Alvarado, was crowned overall champion with a 12-5-7 medal haul, beating 5 other teams, during the 3rd Alculympics at the City College of Calapan, Oriental Mindoro.

2012 February 18 - The Bago Lapu-Lapu Viñas Arnis Club was crowned champion for the Yasay Sable Rules competition (3-3) and 4th place for the IFFMAS Rules competition (0-1) during the 2nd Hon. Mayor Ramon D. Torres Arnis Expo & Tournament at the Bantayan Park, Bago City, Negros Occidental as part of the 46th Bago City Charter Day Celebration. Lapu-Lapu Viñas Arnis was also demonstrated by Master Irving P. Elefante and his nephew Rogen E. Guevarra of Bago.

2012 July 29 - Lapu-Lapu Viñas Arnis was demonstrated by Coach/SI Randy Alvarado and Tom Serapia of the Bago Lapu-Lapu Viñas Arnis Club (Bago City College) during the 8th Bakbakan of Eskrimadors “Higutay Duel” at the Atrium Area, Gaisano City Bacolod Supermall, Araneta St., Bacolod City.

2013 - Pangamot International of Founders Stephen Roy and Stephen Rey S. Dedel (B: 1988) was affiliated with the Lapu-Lapu Viñas Arnis Aficionados Association (LVAAA).

2013 March 31 - Headmaster Viñas awarded the Dedel twins and their group mate Larry Hernandez, the grandmaster’s nephew, their 4th Degree Master Instructor ranks.

2013 April 6 - Lapu-Lapu Viñas

Arnis was among the Filipino Martial Arts (FMA) demonstrated by students of Headmaster Viñas from the Pangamot International during the 1st Negros Indigenous Fighting Arts Expo at the Atrium Area, Gaisano City Bacolod Supermall, Araneta St., Bacolod City.

2013 May 26 - Lapu-Lapu Viñas Arnis was among the Filipino Martial Arts (FMA) demonstrated by students of Headmaster Viñas from the Pangamot International during the 4th Tribu Aikido Competition and Exhibition at the Atrium Area, Gaisano City Bacolod Supermall, Araneta St., Bacolod City.



Great Grandmaster Jose “Joe” L. Viñas applies a joint lock and finishes with a knee strike. This was one of the photos used in the book published by the Founder in 1981

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From left: Larry V. Hernandez (Negros), Eddie Escobido (USA), Headmaster Wilson “Nonong” E. Viñas, Thomas “Tommy” Caulfield III (USA), and Major Irving P. Elefante (Negros)



Current Official Representatives

In the most recent interview by this writer on October 27, 2013, Headmaster Viñas had said that he has designated Thomas “Tommy” Caulfield III (B: 1980), Eddie Escobido (B: 1980), and Russell Macler of Han-mikwan Tang Soo Do, all of Arizona, as the official USA Representatives of the Lapu-Lapu Viñas Arnis System. His representatives for Negros Occidental are Maj. Irving P. Elefante, Henrid B. Lamayo, Larry Hernandez, John Owen F. Ong, Steve Echavez, and Lloyd Gonzales.

Headmaster Wilson E. Viñas was married to Andita Rozaldo in 1973 and they had three children: Joseph Andrew “JoAn,” Christian, and Cherry Amor. Headmaster Viñas will pass on the leadership of his art to his two sons.

School Submission

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

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

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