

FMA

Informative

Propagating the Filipino Martial Arts and the Culture of the Philippines

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2014

"Monthly Share" ~~Phoenix FMA Training & BBQ~~ 2014

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"



Phoenix FMA “Monthly Share” - 2014
January, February, March, April, May, June, July
August, September, October, November, December
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The FMA Informative would like to thank: Russell T Mackler, Nyia Sowell and Steven K. Dowd for contributing the photographs for this issue

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 having one its staff members living in Arizona gets the opportunity to attend some of the Phoenix FMA Training & BBQ. Let it be noted that the Phoenix FMA Training & BBQ was changed in June to the Phoenix FMA “Monthly Share”. It was decided by the group upon the suggestion of Michael Butz to have it a sharing experience where all could interact with each other. Benefiting from each other’s experience. The barbeque is still held afterwards unless unforeseen circumstances come about then everyone meets at a local diner to eat.

This is an experience that is unique in that a suggestion on different techniques is put forth and everyone learns from each other. Also you never know who drop in from outside of the Phoenix area might be asked to share their knowledge.

The atmosphere is most friendly, supportive with egos left at home. 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 our 2 year anniversary we are still going strong. In June of this year it was decided to change the name from “Monthly Training” to “Monthly Share.” We have found this opens up even more avenues of knowledge.

We have become a cohesive bunch who gladly welcome one and all. We train hard, play hard and throw a mean BBQ afterwards. If anyone is interested in coming out, please look up the Facebook group or Google+ community “Phoenix FMA Training”.

Facebook: [Click Here](#)

13th Phoenix FMA Training & BBQ

January 11, 2014

We had a good session to start off 2014! Thank you to all who attended...you too Jenn! (who was a little late! lol)

Thank you also to those who shared with the group: Lamont, who worked a little bit on Espada y Daga; Andrew and Stephen, who shared some AiKi principles regarding weight distribution and footwork; Steve, who showed disarms and clarified some “myths” about them, and Magdiel, who talked about “find the opponent’s body” from a rear engagement. - **Michael Butz**

Well thank heaven the 13th Phoenix FMA Training and BBQ is located in southern Arizona and not back east where they have had terrible cold weather. A little cool in the morning, however reaching the low 70’s throughout the day.

First up was Lamont Felton, worked a little bit on Espada y Daga which is a Spanish term that translates to sword and dagger. It evolved from the method of fighting with sword and scabbard of the indigenous population of the



Lamont Felton

northern Filipines. Typically the stronger or more dominant Hand will hold the sword (or longer weapon) - usually the right hand. The shorter weapon or (dagger) is usually held in the off hand or non dominant hand- usually the left. This is used for both offensive tactics (thrusting,slicing, stabbing, slashing) and defensive (blocking, checking, locking).

With this in mind and the off hand being the weaker hand, we are able to train ambidexterity and the check hand if there happens to be no weapon in the off hand. This was the aim of today’s exercise. To give the students the opportunity to utilize the espada y daga technique and principle and translate that into empty hand techniques while allowing the student the opportunity to become more ambidextrous.

This particular method was drawn from Angel Cabaless system of serrada which is an eight sequence move that utilizes both the primary and secondary hand simultaneously. By placing a weapon in the weaker hand we are able to get the check movements. Eventually we can remove (or add) a weapon to / from the weaker hand and add minor adjustments to compensate for the loss or addition of any object for flow. Lamont who worked a little

bit on Espada y Daga, taking it step by step it was some basic defense with counters. Starting with the defense to the left and then followed by the right side. Very practical and a tight combination of flow.

Next up was Steve Furbush and Andrew Wilson of the Senshinkan Dojo (www.senshinkan.org).



Andrew Wilson and Steve Furbush

Andrew Wilson and Steve Furbush showed some basic principles of the taisubaki (body movement) incorporated into the basic curriculum of Jiyushin-ryu Aikibudo (www.jiyushinkai.org).

The foundational principle they demonstrated was the “un-weighted step,” and they demonstrated angular (forward and back), lateral, and turning (forward and back) movements.

After some short repetition of these movements, they then



showed how the combination of evasion plus a “weighted” touch created kuzushi (balance breaking), and could be used to unbalance an opponent.

During the demonstration, they pointed out how these same principles were incorporated into the Filipino martial arts, and related that to the prior demonstration.

Next up was Steven Dowd, who demonstrated some of the 12 basic disarms that were taught back in the late 60’s and early 70’s by various systems of the Filipino martial arts. Then had the group give the techniques a try. Now as explained disarming is very nice for demonstrations and nice when taught in class, however did they work back in the day? Well if the situation was there, the timing, balance etc, yes it would of been

great, however in reality and most circumstances probably not.

Now fortunately various systems, when actually executing disarming, work to set up the opponent so disarming is a reality. Though as a basic general lets do the application and work it into the overall strategy of combat it is nice.

Then showing the principle and theory between disarming and Arnis Balite’s Huli Lusob (capture, trap, and attack), he brought up that the Founder did not really believe in disarming per-say that often times the situation would not present its self and so he taught the principles of Huli Lusob.

Steven Dowd





Magdiel Rivera

Lastly Magdiel Rivera brought up the subject and concentrated on muggings which often times come from behind and how to deal with distance to find the body with different length of weapons. The point of the exercise was to give the group a perspective of the principle and theory on the realization that with (adrenaline flowing) a calm demeanor, realization of the situation and progressive action, than the mugging can be a thwarted and the situation becomes to the victims advantage.



The BBQ was a little special for Richell Sampaga brought a cake out to celebrate the upcoming birthdays of Ny Sowell and the “Dynamic Duo” Tea and Taja Sowell.

Cool first training of the year! Was good to see last year’s Eskrimadors in the New Year as well as the new and future ones. Looking forward to the next one. Oh yeah... Thanks to all for the good eats. - Jay Sowell



14th Phoenix FMA Training & BBQ

February 8, 2014

A nice morning and perfect to work up a little sweat. This month with practitioners coming together it was really smooth with one practitioner following another all adding to what Richell Sampaga started with and building from there. Richell shared aspects of “The Rope” drill from a personal perspective. Looking at how you can apply self training development and not just drilling the drill rather, use with a purpose.



Michael Butz

Adding onto this next up was Michael Butz, which elaborated from the “rope drill” as explained by Richell during her time sharing. Michael showed how the movement involved in performing the route drill correctly can be used for evasion, angling and range during an encounter.

Next up was Tim ‘Cash’ Kashino and the material he covered was from Lightning Scientific Arnis, Methods 1-4 of the Doce Methodos and the Tersia drill. Having the participants go through the Methods 1-4 of the Doce Methodos and everyone accomplishing that he continued by teaching everyone the Tersia drill which was easier to understand since Methods 1-4 of the Doce Methodos were taught first.

The final practitioner to teach for the day was Lamont Felton which he basically taught the same as what he taught the last time. Only this time he

was trying to build off of what Tim had taught just prior to him getting up to share. The basic 8 sequence Serrada utilizing espada y daga but he switched it up. Motions 1-2 were to be done simultaneously - motion 3 was the push or if there is a dagger in the hand it’s a thrust and for the fourth through 8 motions Lamont wanted the participant to find his/her own angles and utilize some of what was taught throughout the morning to break themselves out of the drill.



Richell Sampaga





Tim Kashino

15th Phoenix FMA Training & BBQ

March 22, 2014

Practitioners that shared their knowledge at the event:

Mark Yuen, James LaForteza, Russell Mackler and Tim Kashino

Mark Yuen - Kada Anan Eskrima:

“My objective was to demonstrate theoretical applications of basic Eskrima techniques enabling one to survive in a common street scenario.



Mark Yuen

The weapon in question was an opponent utilizing a common baseball bat swung at the head (as in hitting a baseball).

The gathering was broken up in teams of two for this exercise.

The first case was when the student was within range of the bat, the response would be to drop directly down as in the “rope



Senior Practitioners that attended

drill” key points are to not bend over, keeping the torso straight up and down” With the bat going over the student head, moving in and striking with weapon/empty hand the opponent’s torso and or legs, then getting behind the opponent.

Second case was when the student is slightly at or beyond range of the baseball bat(s) (tip). Key point is that the power and destructiveness of this type of weapon is at the very end of the bat. Combat effectiveness of this weapon depends on velocity, which means the opponent must “wind up” or “cock” before swinging. The solution in this case

is foot speed and timing as one has a limited “window” of opportunity. As soon as the student senses the opponent starting to wind up; he moves in quickly, jams both forearms back with his forearm; effectively nullifying the release/ swing of the bat. At the same time he strikes with the other hand with weapon/empty hand to the upper/ and or lower body, then moves behind the opponent.

The third case was the addition of a second opponent. The gathering was now broken up in teams of three.

The student was directed to choose one of the aforementioned two scenarios, but this time a second opponent would be waiting behind to attack. As soon as the student neutralized the first and moving behind him, he would push opponent number one at number two, making ready to engage the second opponent. The key teaching points were “wolves travel in packs”, the emphasis at most martial arts schools is one on one scenarios. Secondly getting something between yourself and



the second opponent buys you time, and time equals survival, thirdly, timing, distance, and most importantly; speed in response are key. The fastest techniques may be the most basic (as in directly dropping down re: the rope drill)

James LaForteza



James LaForteza

What I shared is about timing. All martial artists have their own sense of timing and ways of delivering strikes or multiple strikes. What I expressed to the group is that once you have figured out a person’s timing, it would be easier for you to evade, block, or even attack your opponent. I mentioned that if you are able to disrupt their timing, by changing angles or by attacking them at their own point of attack, your opponent will be off balance. I had all participants to pair up and simulate attacks where one of them will disrupt the others’ timing.

To be perfectly honest, I was totally unprepared to share



Russell Mackler

learned and survive that experience. I look forward to more monthly sharings and learning from everyone there.

With respect,James Laforteza

Russell Mackler

Russell taught the principle of not hitting or sustaining force on force. He demonstrated this concept through stick, knife and open hand techniques. He also explained the importance of this is to give yourself an advantage. Russell aso discussed when and how one can potentially apply this given each technique I showed.

Tim Kashino

At the end of the session Tim Kashino provided a breakdown entries two and three of the Modern Arnis single stick sparring drill focusing on closing the gap, breaking out of a close engagement and removing obstruction to counter-strikes.



Tim Kashino



16th Phoenix FMA Training & BBQ

April 26, 2014

With the threat of an oncoming rain-storm the start of the 16th Phoenix FMA Training looked dismal. Five stood around looking at each other, wondering if the training was going to happen. Then, in the blink of an eye, there were a dozen people and it was on.

We decided to change things up a bit this time. To this point, we had been training “seminar style”; one person sharing/teaching and the others practicing. For this session, we decided to “mingle”; everyone paired up, the first person shared for 15 minutes, switch, the other shared for the next 15 minutes. After the half hour, everyone changed partners.



Kada Anan Martial Arts Arizona

Richell
Demetris
Mark
Joewe
Hai Phan (visiting from Santa Clara, CA)

DTE

Jay
Taja
Tea
Jeromy
Jeff

Others that showed up some jumped in and got a partner and shared their style.

James Laforteza
Magdiel Rivera
Martin Torres
Raymon De Valle



The weather finally had its way and it started raining. For the last part of the session, we moved under cover and kept going. Guest participant, Hai Phan, who flew in from Santa Clara, CA. to attend the training, was given the floor and finished the sharing. Hai taught some basic concepts behind weapon retention and safe weapon deployment. Concepts covered basic standup grappling, preventing the opponent from reaching a weapon, and maintaining control before reaching for your own.

The usual BBQ was cancelled but a few of us ended the event with food and stories at 5 Guys Burgers.



17th Phoenix FMA Training & BBQ

May 18, 2014

Well it seems May is the magical month this year to turn up the heat in southern Arizona. The day was bright and warm, but as time of the day moved on it got a lot warmer. In fact this weekend in Phoenix the temperature was to get up around 100. Just either a bit under or a little over.

Michael Butz got the group together and discussed a few things. He stated that this month the group would continue with the “mingle” format that we tried out last month which was April. It appears to be working out well as everyone remained engaged and were active in mutual sharing.

Mike Casto, Founder of AGPS and a frequent ‘Phoenix FMA Training’ participant and just having an event the day before at the park with Michael Butz (Masters Seminar #3) shared his observation: “Everyone pairs up and shares. Each person spends some time teaching their partner. Even beginners are encouraged to



teach something - even if it's what they just learned in their first class ever. It generates a nice, laid back atmosphere conducive to exchange and since teaching is the highest form of learning, everyone learns something - either from their teaching or from something they're taught.

The training was excellent and a couple new people joined in. Everyone has a good time in gaining knowledge, experience, and just an all-around enjoyable getting together.



18th Phoenix FMA “Monthly Share”

June 21, 2014

The morning was clear, warm going to hot, with Phoenix during the day having anywhere from the upper 90’s to 110 degrees during the day. Even in the mornings it is in the upper 70’s to the mid-80’s. But that seems not to stop the dedicated and eager for knowledge practitioners. So even turning up the heat in Phoenix Arizona still the practitioners come. It was discussed that maybe the next month the Monthly Share would be in the evening if everyone agreed.



Michael Butz got the group together and discussed a few things. He stated that this month the group would continue with the “mingle” format that has been done for the last two months. It appears to be working out well as everyone remained engaged and were active in mutual sharing.

Each person spends some time teaching their partner. Even beginners are encouraged to teach something - even if it’s what they just learned in their first class ever. It generates a nice, laid back atmosphere conducive to exchange and since teaching is

the highest form of learning, everyone learns something - either from their teaching or from something they’re taught.

The training was excellent and a few new people joined in and some of the practitioners that have missed last month or the month before were there to join in. Everyone had a good time in gaining knowledge, experience, and just an all-around enjoyable getting together.

Here’s the attendee list:

Magdiel	Alessandro
Taj	Chad
N	Demetris
Tea	Jeff
Jay	Jeremy
Mark	Michael
Steve	Dan
George	Steven
Russell	

Note: Known as the “The Phoenix FMA Training & BBQ” it is now known as the “Phoenix FMA Training “Monthly Share””. However understand the afterward pot luck BBQ still happen.





19th Phoenix FMA “Monthly Share”

July 19, 2014

A bit different this month for the ‘Monthly Share’ it was held at 6 pm instead of the usual 9 am. A few of the practitioners talked after last months’ get together and said let’s try it in the evening instead of the morning. Well lucky for all it was not during the week where temperatures were from 103 to 115.

A little over 100 degrees, however you really did not notices being in the park, with a slight breeze and under the trees.



Since it has been very eventful the group continued with the monthly mingle format. However this time once the one practitioner showed their partner what they wanted, the partner would add to it by a bit of resistance, to see how well the technique worked. In this way each technique shared was tested to see how well it actually



worked.

This get together Tony Hughes of Hughes Karate-do in Chandler. Where he teaches Shorin-ryu Shorinkan came and just moving to Arizona from Orange Count, Ca. and settling in Glendale was Joel Leon who teaches and represents the Balintawak system called Applied Eskrima Global. Joel trained



under Master Virgil Cavada. And has been practicing for 12 years. He currently holds the rank of Guro in the Applied Eskrima system. Both great people with knowledge that is shared with the group.

It seems everyone was so caught up in the training that time passed by so quickly that the training was extended for a bit longer than usual.



Joel Leon and Steven Dowd



20th Phoenix FMA “Monthly Share”

August 16, 2014

With the temperature at 106 degrees, it did not seem like it with the little breeze and also being under the trees. But the dedicated practitioners eager for knowledge were there ready for action.

As before the group did the monthly mingle format, which it seems is very popular. However this time a variety of weapons



were used to share with from the stick, to the bolo to the karambit, knife and empty hands. Discussions were many on the different aspects of techniques and principles. A very education evening.

It has been awhile since Guro Mateo Merrell from Rapid Fire FMA has been to a monthly share, coming from Tucson which is quite a ways, and bring his wife both shared their knowledge of Modern Arnis and Doce Pares Eskrima

Time passed and before anyone knew it was dark and 8pm. Septembers share maybe in the morning once again, due to being a bit cooler since the monsoon season is coming to a close in Arizona, plus it becoming darker earlier. We shall see once next months' event is announced.



Karambit vs Knife



Michael Butz, Jay Sowell, and Steven Dowd



21st Phoenix FMA “Monthly Share”

September 13, 2014

Although it’s getting cooler, it was still a tad on the warm side as people waited about, some sitting, some standing, some chatting casually. As the sun began its descent toward the horizon, the 21st Phoenix FMA Training session began.

Keeping with the “mingle” format, Michael Butz of Kada Anan Eskrima started things off by suggesting a little twist, a “What if…” scenario. The attendees were encouraged to offer different responses to the scenario and to then teach them their training partner. Russel Mackler of Vinas Arnis presented a feinting entry, Jay Sowell of DTE showed a low-



line thrust and Joel Leon of Applied Eskrima offered a high-line thrust. Each scenario brought something different for everyone to think about, experiment with and practice.

Michael Butz



22nd Phoenix FMA “Monthly Share”

October 11, 2014

It was a most beautiful morning in Phoenix, Arizona, the sun was out it was in the high 60’s to low 70’s. Walkers and early birds were out for it was 8am, and also the sprinklers were on. Once the sprinklers went of the group which was kinda small (guess it was a bit early for some of the regulars that attend). Anyway this was a great monthly share and for



those that missed out, they missed an exceptional training period.



Guro Michael J Butz of Kada Anan Eskrima gave a training suggestion to help anyone who did not have an idea what to share: the engaño (Spanish)/enganyo (Filipino) or, in English, feinting. (This usually encompasses drawing out an opponent to commit to a defense or counter attack, in order to get our strike to connect.

Among other things, timing contributes a major part of an enganyo, including when we move and at what speed). However, Guro Butz shared the idea of controlling the movement of the weapon itself without altering the practitioners timing (or strike trajectory) to create an enganyo.

Punong Guro Seven K. Dowd of Arnis Balite then had



the training shift to the principle of controlling the attackers’ power and simultaneously closing in on the opponent so the opponent had limited movement for attack or counter attack. This is accomplished by footwork, angles and even distraction of the opponents’ movement. (Sample is when close, using your knee to strike, press, bump the attackers inner or outer knee area). So the opponent executes a thrust strike, moving in blocking the thrust strike the attacker then can use the blocking force to execute a strike. Opponent then blocks the strike continuously moving in. The attacker then with the free hand attempts to punch, opponent hooks the attackers punching arm and still moving in uses the knee to the attackers knee to inter-

rupt attackers thoughts and distracts attacker to finish the confrontation.

Instructor Jay Sowell of DTE was next he took a quick moment to share a Range Drill. “We don’t move from Largo to Corto. We do, however, transition from Largo, through Medio, into corto, often with the assistance of our opponent” says the Phoenix/Tempe area DTE coach.



That about wrapped up this outstanding get together and it was now time for a little socializing and eating. A most informative get together of sharing principles and tactics.



- First, Magdiel swings with an angle one. Coach Jay retreats to Largo, letting the strike pass.
- Next, Magdiel steps in with an Angle 2. Coach Jay also takes a step, moving into Medio range, while using an Outside Block to redirect the Angle 2 and create an opening.
- After creating the opening, Coach Jay continues into Corto, creating an opportunity to, strike, grapple or choke as seen here.



23rd Phoenix FMA “Monthly Share”

November 15, 2014

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



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

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

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



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

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

with the elbow.

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





24th Phoenix FMA “Monthly Share”

December 13, 2014

Well the day was supposed to be cloudy with heavy rain, due to California going through heavy rain and mud slides and supposedly the weather was to move into Arizona. However with a bit of rain in the early morning hours. It turned out to be a bit cool in the 60’s and cloudy with the sun breaking through at times, the get together went great, a little cool until everyone got warmed up. But for the Arizona group rain or no rain it does not stop the dedicated.

This the last get together for 2014 at Margaret T. Hance Park the most dedicated to learn and share showed up. Michael Butz talked to a few of the first to show up and it was decided that at this session it was going to be a

building upon a basic get together. Michael started using a bolo as the weapon of choice, not everyone had a bolo trainer so for those who did not the baston was to act as a bolo. Michael started with a basic movement against a strike. Once everyone had it down then in order Alessandro Ashanti, Richell Sampaga, Taj Sowell, Tea Sowell, Lamont Felton, Scott Nixon and Demetris Mendoz continued to build on the technique, which as expected would be benefiting to both practitioners for techniques would go back and forth counter to counter to counter.

The get together went beyond the two hours normally scheduled, however it was well worth the training and knowledge each practitioner got.

Of course after everyone departed the rain started. So it goes to show that mother-nature gave a break to those that are dedicated to training, knowledge, and improvement of their skills.



Alessandro Ashanti



Michael Butz



Richell Sampaga



Taj Sowell



Tea Sowell



Scott Nixon



Lamont Felton



Demetris Mendoza



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.

8th AZ FMA Friendship Gathering

The 8th AZ FMA Friendship gathering was held on November 3, 2012 at Margaret T. Hance Park in Phoenix, AZ. Headlining instructors were Alessandro Ashanti of Full Circle Ashanti Method Martial Arts, Joe Tan of Modified Tapado, Steven Dowd of Arnis Balite and Wesley & Walter Crisostomo of Ultimate Eskrima. Thank you also to Belinda Sanchez, Michael Giron of Original Giron Eskrima, John Jacobo of SWACOM and Ronnie Laster of Ultimate Eskrima for attending and supporting the event.

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



The AZ FMA Gathering “Godfathers”.
Without their cooperative effort, their open minds, their willingness to share and their passion for the arts, the first gathering may have never happened. - with Michael J Butz, John G. Jacobo, Scott Abbott and Pietro Vitelli.

9th AZ FMA Friendship Gathering
November 9, 2014

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

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

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

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



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



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



cation #3 against the jab cross.



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

Guro Leon and his student Damien Hale demonstrated Applied Eskrima “friendly spar” to show sort of an end product of the art. After that Guro Leon touched a bit on footwork and stances. Guro Leon was also able to show a couple of drills that incorporates the basic principles in Applied Eskrima training (blocking and immediately striking, and striking with immediate blocking).



Taking a break it was “Lunch Time.” Time to get some energy back with some fine food. For sure no one could complain for everything was great from the barbeque to each item of pot luck people brought to share.



The event Barbeque specialists doing their thing



Martin and Cindy Torres provided their famous DTE cupcakes



*Vicky Dowd brought home made empanada.
It did not make it to lunch,*

After a fine BBQ and pot luck meal Chief Instructor Martin Torres of Direct Torres Extreme Martial Arts (DTE) was up and ready to go. Chief Instructor Torres first explained Direct Torres Eskrima is a style of Filipino martial art founded by himself, and that he had trained with many teachers of the Filipino martial arts but was influenced the most by Grandmaster Rene Latosa.

Of all the concepts that Coach Torres took from Latosa Eskrima, forward energy was one the most important. In other words regardless of the angle/trajectory of a strike, all the energy used should be directed toward and into the opponent.

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

Another part of DTE’s foundation is power. Coach Martin emphasizes



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



Eskrima Coach under Chief Instructor Martin Torres of DTE Fighting Systems.

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

Coach Martin stated “if you notice, I didn’t mention technique much.” Coach Martin believes there’s only so many ways to hit someone. Coach Martin stated “We teach specific techniques, but in DTE we believe that if you have forward energy and power combined with footwork and positioning, that means more than technique without those basics”. And even then, the things DTE is most interested in is building



character and making leaders. Otherwise DTE is just producing thugs that can fight. Jeff Latorre knows stating, “I’ve trained longer and closer to him than most. And that’s the vision he shared with me from the beginning.”

Jeff Latorre. Head Eskrima Coach under Chief Instructor Martin Torres of DTE Fighting Systems provided the information on Chief Instructor Torres teaching at the event and assisted him. Raymond DelValle also assisted near the end of Coach Martin’s teaching section.

Next an unscheduled guest teacher Grandmaster Sam Buot of Balintawak started his session by giving praise and recognition to the scheduled lecturers and built on the previous demonstrations of DTE Master Instructor Martin Torres and Punong Guro Jon Ward. Grandmaster Buot showed the danger of lazy counters and defenses - failing to recognize spacing and distance and over-rotation. He praised the importance of Filipi-





no Panuntukan, as taught by Punong Guro Ward, now popularized in Hollywood movies starting with Bruce Lee and Dan Inosanto in Enter the Dragon and Game of Death and currently used by trained Filipino Kali fighters in the Bourne series. He demonstrated his theory on the importance of the left hand by showing the inability of an opponent to counter with sufficient speed with effective left hand assistance. He emphasized the importance of the left hand as stated in his motto “It’s All in the Left Hand.”

Grandmaster Buot also showed and displayed stick speed illustrating the magnification of the speed of the stick in direct proportion to its length, relating it to the speed of the floodlights used at carnivals flashed across the skies. He further displayed the total inability of an opponent

to counter a fast stick with his flashing counter-strikes both with strikes from the right and the left.

Further, he talked about the importance of the grip



and the dangers of a lazy grip and the dangers of a dis-arm; he talked about telegraphing strikes and described the history of stepping from the limited space in early training facilities. Grandmaster Buot further demonstrated the effectiveness of Balint-awak Eskrima in its use even on much larger and taller opponents.

In his 50-minute guest time, interrupted by the sprinkler system, he thanked the sponsors and gave praise to Michael Butz as promoter and sponsor of the Greater Phoenix FMA educational program and other guest lecturers.

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



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

Grandmaster Saturno tried to show the remaining group of assembled men and women some of the things that he learned at the hand of the late great Serrada Master. Fighting is all about movement, distancing and structure. We can borrow these three things from man opponent, or share them. Just like a match, a fuel source and oxygen creates fire: Distance, Structure and Oxygen does the same, but if any one part of the three is missing no “Kaboom”. By controlling the distance without footwork we can eliminate one very ‘needed’ part that an opponent needs to defeat us. If I’m not there I can’t be hit.



Those precious few seconds that it takes a man to go from zero to a hundred when he is startled can be too long for his own good. Ingrained footwork that allows you to immediately fade out of a knives range and into safety ‘to me’ is very important. It gets you back and away from the knife and gives you time to run or get your own knife out and get busy.

In a word Grandmaster Saturno taught ‘footwork’. Filipino martial arts has some of the very best footwork in all of martial arts. Grandmaster Saturno stated: he was lucky to have learned from a footwork Master.



Grandmaster Saturno also showed how important footwork can be in a knife fight. Few fights start with both men displaying their knives to each other. Knife fight usually start out with one man attempting to see what the other had for breakfast without warning.



Those precious few seconds that it takes a man to go from zero to a hundred when he is startled can



Coming to the end of the event all admitted that the knowledge gained was priceless. Seeing old friends making new ones, gaining knowledge from some of the best teachers around. What more could a practitioner ask for?



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



School Submission

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

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

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



Event Submission

Submit your event whether - Seminar, Workshop, Training Camp, tournament, or Gathering - **Click Here**



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Advertising in the FMA Informative Website is FREE.

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



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

Article Submission

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

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

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

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

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

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