

FMA

Informative

Propagating the Filipino Martial Arts and the Culture of the Philippines

Informative Issue No. 208
2015

Phoenix FMA "Monthly Share" 2015

Margaret T. Hance Park
Granada Park
Encanto 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"



<p>Phoenix FMA “Monthly Share” - 2015 January, February, March, April, May, June July, August, September, October, November, December</p> <p>Arizona FMA Friendship Gatherings 10th AZ FMA Friendship Gathering</p>

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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 “Monthly Share”. However this year when unable to attend due to other commitments Mr. Butz ensured the FMA Informative received information on the event and Mr. Russell T Mackler also ensured photos were submitted. The FMA Informative thanks both for their support.

The Phoenix FMA “Monthly Share” is an informal training group for anyone within the greater Phoenix, Arizona area. Meeting 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, teach and share.

Michael J Butz is the originator of the monthly share, has been dedicated throughout the years in keeping this get together continuous and the principles which started the event in full tact and perspective, which all started after the first Arizona Filipino martial arts Friendship Gathering. The monthly share has become a cohesive bunch who gladly welcomes one and all. They train hard, play hard and throw a mean BBQ afterwards.

The Arizona Filipino Martial Arts Friendship Gathering

To Note: the original godfathers responsible for bring this all together at the beginning 10 years ago are Pietro Vitelli - BahalaNa/Systema, Scott Abbott - Inayan Eskrima/Black Tiger system, John Jacobo - Ilustrisimo Kali, and of course Michael Butz - Kada Anan Eskrima, who has really been dynamic in continuously making sure the event would continue in its original fashion of sharing knowledge of all martial arts at this event.

Also to note Michael Butz the host and event coordinator has been the main force behind the Arizona Filipino Martial Arts Friendship Gathering for 10 straight years and it must be noted that this event has been put together and has brought some of the finest practitioners together and the knowledge has been unbelievable and fantastic.

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 always like to share with its readers.

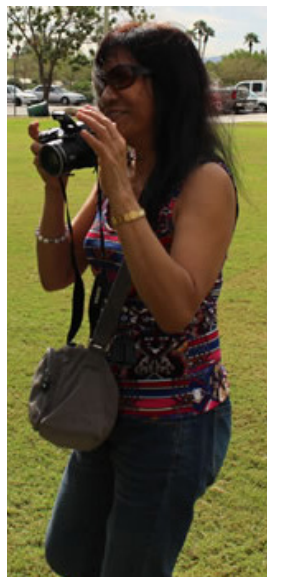
The “Monthly Share” have become a cohesive bunch who gladly welcome one and all. They train hard, play hard and throw a mean BBQ afterwards. If anyone is interested in coming out, please look up the Facebook group or Google+ community “Phoenix FMA Training”.

Facebook: [Click Here](#)



The FMA Informative would like to thank Michael Butz, who when the FMA Informative representative could not attend, submitted information of a event, or ensured information was submitted to bring this issue together.

Also the FMA Informative thanks Russell T Mackler for his contribution to photos that are in this issue.



And finally but the most important to Vicky Dowd, for her patience and assistance in all aspects of the FMA Informative.

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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Year 3, #1 - Phoenix FMA Training “Monthly Share”

January 17, 2015

A slightly cool morning and as the day went it got warmer, good to be in Arizona and not back on the eastern coast at this time. Anyway a good size group was in attendance and all were ready to learn and train in something new to add to their knowledge.

First up was Patty Peace who joined in the monthly share while visiting Alessandro Ashanti Bovoso of the Full Circle (everythingcomesfullcircle.com) a regular at the event. She opened the monthly share with a warm-up of tonic self-body beating with sticks from the base of the skull to the lower legs.



Patty Peace

Next up was Jay Sowell of DTE (www.dteskrima.com). He decided not to start the year off with a technique but instead he had the participants pull from their own tool boxes in an exercise meant to make one adapt to their situation as needed. (Example the opponent attacks using the same attack multiple times as you the defender deals with the attack using a weapon from multiple distances, then deals with the same attack using a knife or palm stick and finally with no weapon at all. “Life isn’t fair so it’s prudent to work any attack from multiple points of distance and weaponization” says DTE Coach Sowell.



Chester D. Brown Jr.

Ending the day was Chester D. Brown Jr. of NavaSticks (www.navasticks.com). Chester discussed and demonstrated on the concepts of the stick arm which never goes away straight, it stays in a natural posture position for energy transfer using structure, body shifting and the sit to strike with. The downward forehand strike, Modern Arnis calls a # 1. The concept is to use our body structure with shifting and sitting at the same time to have explosive power from a defensive posture and stick position. The idea is not raise and swing the stick arm back to strike a # 1. The idea is shift your torso up slightly which opens the hip for the downward strike. This technique can be used at long range, medium range and close range. It’s an easy way to disrupt your opponent’s stance and structure. The other idea I shared was the stick hand never crosses the belly button or conception line. It weakens the left arm and right leg. The position of the



Jay Sowell



stick for downward backhand strike or #2 is two inches from the conception line. The same concept is used for energy transfer - using structure, body shifting and the sit with the strike.



Instructors in attendance at the Year3/#1 Phoenix FMA Training session, Jan 17, 2015. — Michael Butz (organizer), Jeff Latorre, Alessandro Ashanti Bovoso, Patty Peace, Chester D. Brown Jr., Steven K. Dowd, Russell T. Mackler, Martin Torres and Jay Sowell



Year 3, #2 - Phoenix FMA Training “Monthly Share”
February 14, 2015

Well 4pm Valentine’s day and as expected the true lovers of the Filipino martial arts showed or the ones that could get away or make the excuse to their sufficient other to be able to get to the monthly share.. But this is understandable since it is Valentine’s Day and the wife or girlfriend had other plans.



Very nice day, in the 70’s and the park had its weddings going on and the usual park activity, the runners, walkers, strollers, bicycle riders and family get together for the picnic in the park etc.

First up was Andrew Wilson from the Senshinkan Aikido Dojo in Tempe and he demonstrated and reviewed several ukemi (falling) drills designed to help teach proper body mechanics in receiving energy. Of course the grass was the matt, however bet everyone was itchy afterwards.

The group worked through basic back falls, side falls, and covered forward somersault drills to gain practical basics that can be worked on regardless of style.



Alessandro Ashanti demonstrating a little Valentine movement to bring your loved one to you



A short break and the group moved to the picnic area.

Taking advantage of the benches in proximity, Alessandro Ashanti taught defenses from a seated position. He used a combination of feet to dislodge the attacker’s balance and hands to control the upper body. Sweeps, nerve grabs, body leveraging, and vital strikes were all employed. Participants towards the end were en-

couraged to play and discover on their own utilizing the concepts.

Well that wrapped up this Monthly Share and it was very educational for those that showed up. Unfortunate for those that got caught up in the Valentine’s Day activities at home. However family is very important and should always be a priority.



Year 3, #3 - Phoenix FMA Training “Monthly Share”
March 22, 2015

The monthly share started off with Nonong Vinas discussed a little history about Vinas Arnis, (Lapu Lapu Vinas Arnis), such as the fact that the system is based on bolo. He discussed other Arnisadors/Escrimadors that have interacted with him and his father Great Grandmaster Jose Vinas since 1932. He also showed pictures of some of these individuals. After this Grandmaster Nonong showed some different techniques including: crossada, some saber techniques, and Vinas Arnis basic entry to its number 1 disarm. The participants were then asked to try 1 of the saber techniques and the number 1 disarm with Russell T. Mackler helping the participants so they could understand the



techniques in more depth. Grandmaster Nonong then went around to different individuals discussing counters and re-counters based on their movements with the different techniques being shown. After this conclude Mike Butz asked if the participants could come up with a counter to the crossada technique shown by Grandmaster Nonong. Grandmaster Nonong and Russell T Mackler walked around giving pointers on how the participants could potentially counter the crossada movement.

Following was Jay Sowell, the DTE Coach, showed a basic inside block with the point being not to block statically but to disrupt the attack of your opponent while flowing into an attack of your own. As well, the goal is to simultaneously reposition your center line from the danger zone into a more advantageous position, using effective footwork. This drill was done at both Medio to Corto and Medio to Largo ranges as the principle of the drill does not change, regardless of the range.



Photo and Write up by: **Russell T. Mackler and Jay Sowell**



Year 3, #4 - Phoenix FMA Training “Monthly Share”
April 18, 2015

Although it was an absolutely beautiful day with perfect weather, hardly anyone showed for the training. However, it’s possible most were dissuaded from attending because of a city event (Cajun Festival) that was also scheduled at the park the same day. After waiting ample time to accommodate late arrivals, Michael Butz of Kada Anan Martial Arts commenced the session. He started by showing how to use a vertical strike against an angled attack. His focus leaned toward keeping blade awareness and striking versus blocking and then striking. Once the basic concept was crasped Michael switched to using “rebounding” in order to “cheat” to generate power. He showed how to use the same vertical strike movement to defend against an attack. He then used the energy created by the defense, by rebounding off it, to help launch a counter attack. Though as stated before not many showed up this was a share that was informative and definately added skills to the participants that were able to attend this monthly share.



Year 3, #5 - Phoenix FMA Training “Monthly Share” May 23, 2015

Well first off the park (Margaret T. Hance Park, 1134 N Central Ave, Phoenix, Arizona) that is the usual meeting and get together park for the “Monthly Share” and has been held since the beginning of the monthly share was packed on Memorial weekend with all areas being taken, plus for a couple months it will be under renovation.

So a new park was tried which was Granada Park 6505 N 20th St., Chandler, Arizona and it seems to be the place, not really crowded, a little out of the way and unless you really know how to get there, one might just get a little lost, (as some unfortunately did).



Anyway on wit the event. It was a beautiful day in high 70’s to low 80’s, a bit of sun so some need some sun protection, a little distance from where everyone ended up meeting was a small Tai Chi class in progress. A few new faces showed up (maybe because of the location), but also some of the regulars.



At first everyone just walked around meeting the new practitioners that showed up and the regulars got caught up on things that had been going on since the last time they met for the monthly share.

Some paired up and just started to share some techniques. So to get the rest started Michael Butz, suggested to share how would, each defend against #9 strike (This is striking at the opponents left knee and angling up to the right shoulder).

After a time everyone took a short break (picture time) and then paired up with a different person and shared how they would defend against a #3 strike (This is a strike to the opponents left side between shoulder and wrist).



OK after a period of time it was asked that Phillip Hernandez Head Instructor of the Jun Fan – Jeet Kune Do school, and is going to open a school up soon in the Phoenix area this being his first time at a monthly share coming from Las Vegas, and brought a couple of his students who were also interested in attending the monthly share.

He demonstrated and taught stems from the WuShu and Wing Chun family of JKD. The technique is called “rolling fist”, very effective for back fists, eye gouge, throat punch, ear slap or target any vital upper body point. The technique one concept that is suppose too branch out to many concepts for the person or martial artist to learn. In JKD, they use one concept to branch out to many concepts or what is useful for the practitioner. This is called flowing from system to system. It’s also a filling technic.

Next up was Joel “Mejie” Sampaga of Fierce Tigers Martial Arts. He showed the “outside pass” drill against a #1 strike from Ser-rada Eskrima.

At the end everyone got together for the barbeque and good conversation.





Year 3, #6 - Phoenix FMA Training “Monthly Share” June 14, 2015

As said for the last “Monthly Share” Margaret T. Hance Park, is under renovation. This month another park was tried which was Esteban Park, 3345 E Roeser Rd., Phoenix, AZ.

Michael Butz of Kada Anan Martial Arts started the training by sharing an Espada y Daga version of an inside defense found in nearly all Filipino martial arts styles. He kept a focus on the dagger; showing a reinforced defense and how to switch control

of the opponent’s weapon hand from the sword to the dagger.

Alessandro Ashanti of Full Circle Warrior Arts showed a left-handed defense, similar to when one fixes their hair on the side of the head, against a straight punch and then against two straight punches. Although his teaching focus was based on a right shoulder injury, he elaborated that sometimes one may have only one hand available when attacked (e.g. holding groceries or a child).

Jay Sowell of DTE, sporting his left arm in a sling, taught last. Like Alessandro before him, Jay stressed the importance of being able to defend oneself, even when injured. He taught a roof defense against a straight down, vertical stick attack

but emphasized angular footwork as well as using the pressure of the attack to facilitate a counter strike.

The days are getting warm in Phoenix getting to be over 100 degrees as the day goes on, so the July “Monthly Share” should be interesting.





Year 3, #7 - Phoenix FMA Training “Monthly Share”
 July 25, 2015

The day starts out like a typical Arizona July monsoon day upper 80’s moving to 100 degrees. Encanto Park which is basically located near downtown Phoenix, AZ. Is a very nice park. It has a stream going through it which keeps it a bit cooler than other parks, and various areas that are really nice for whatever you might want to do walking, jogging, relaxing, picnic etc.

The monthly share had some really interesting teachers this month starting off with Arthur Gonzales the head of Tenio’s Decuerdas Eskrima from Stockton, California. He taught knife related to empty hand, Decuerdas Eskrima which is a conception art into direct because of the constraint of time. The idea is first move block and cut following the rule that the quickest thing is to evade a hit, specifically under direct, once that is done follow up with a parry and hit then go to a pass and counter.



Arthur Gonzales

First thing; that comes at you deal with it by hooking what this does is move



the weapon or a punch away from you spinning the opponent moving his center axis making the opponents weapon or punch away from you, then stop the secondary action which is the weapon. One must understand what this does to the body under direct and it hinders all the techniques that one practices.

Next up was Norman Johnson of Small Circle Jujitsu from the San Francisco Bay area and Hawaii and Michael Ferreira of Ryukyu Kenpo and Kyusho Jitsu which has a school near Phoenix, AZ.



Norman Johnson

They split their time starting with a few wrist exercises and such to limber up Norman taught simple escapes, from the frontal choke, finger locks, arm bars and pressure points, and Michael also added to finger and joint locks, escapes from various chokes continuing into entering into center locks and arm bars. Just might mention that while learning the techniques and you feel it ‘Tap When You Feel It’ – *No Pain No Gain*



Michael Ferreira





Alessandro Ashanti

Next was Alessandro Ashanti of Full Circle Warrior Arts which went into arm defense on the inside and outside with the opponent executing a straight punch, which involved strikes to the nerves in the neck and upper thigh area of the leg causing a “Charlie horse”.



The final share was Fergus Fauso of Coda Jujitsu which kind a got the nickname at the monthly share of “Soy Sauce” due to the shirt he was wearing. Fergus who also has started an event of his own, the Phoenix Martial Arts Club which has a get together also which was originally intended to be a small group of 4 or more clubs, so he could study different styles of martial arts without being lock down to just one school. The group is now up to 240 members and still growing.

Anyway Fergus taught the checking block which is a combination of a palm block an shoto to continuously redirect the opponents punch directing it to the hip and then doing a bicep take-down then reading the opponents movement like if the opponent goes forward more pressure can be applied or one can redirect the opponent or apply an overhand wrist lock.

After the monthly share still the Arizona heat was not at its highest for the day so participants that stuck around had a BBQ.



Fergus Fauso



Year 3, #8 - Phoenix FMA Training “Monthly Share”

August 15, 2015

Ah! August a hot month indeed, and in Arizona we are talking 114 and up. This month’s share was changed to 6pm instead of the usual 9am in an attempt to avoid the heat of the desert summer. Unfortunately, it was still quite warm out. Always seems to get hotter as the day goes on into the evening and only when the sun goes fully down does it cool off.

This monthly share was again held at Encanto Park which is basically located near downtown Phoenix, AZ.

Instructors who shared were Michael Butz of Kada Anan Martial Arts who taught primarily a cane technique, using a “Mano Viejo” style. The concept was to use limited mobility and to “cheat” in order to generate power.



Michael Koerner

Next up was Michael Koerner of CKS from the “Spider Den”, taught two karambit entries based on techniques from Silek Hari-mau. He stressed using the karambit to get “stuck” in the opponent to disrupt structure, giving one an opportunity to finish the fight. And then Russell Mackler of Viñas Arnis who took everyone through an aspect of Vinas Arnis taught a variation of the X block against a knife thrust and then, with stick, a simple defensive strike against a forehand strike, (Of course Nonong “Wilson Esparas Viñas” was there to assist and insure all understood).



*Tea and Taj Sowell
(Arizona’s Dynamic Duo)*

Finally Tea and Taj Sowell (Arizona’s Dynamic Duo) of Direct Torres Extreme who demonstrated and taught slipping a right cross and returning with a punch down the center.

Of course after the monthly share usually there is a barbecue for those that could stick around. However since it was late and getting dark, instead, most of the participants went to a nearby burger joint, eating and talking until they got kicked out because the workers were trying to close.



Michael Butz



Nonong “Wilson Esparas Viñas”



The FMA Informative wants to thank Michael Butz for covering the event (the man in charge) and Russell T. Mackler for the photos, since the FMA Informative representative was unable to be there.

Year 3, #9 - Phoenix FMA Training “Monthly Share”

September 12, 2015

The “Monthly Share” for September was held in the morning instead of the evening as last months was, a bit cooler 100 and in the evening it gets dark a bit early – kinda sucks for the pot luck afterwards.

Again it was held at the Encanto Park, which is a nice park with river running through it and also an amusement park, which is good if kids are brought to the event.

First up was Alessandro Bovoso who taught a defense against a faked backhand strike with the attacker going for a dagger thrust. A third strike was added with the opposite hand allowing the defender to setup a finishing blow to the head or neck area depending if you are employing stick or sword.





Next Jay Sowell of DTE (Direct Torres Eskrima), shared a principal based technique, wherein an angle 2 (a 45 degree downward strike from the left) at some point during an altercation is thrown. Single baston was used to illustrate the principal. In this technique, the attacker advances to deliver a vicious full force blow. The defender retreats toward his/her left gaining an advantageous angle while throwing an angle 10 (straight downward strike) toward the arm of the attacker. Done properly, this will move the defender off line and out of the path of the attack entirely, as well as, allow a direct line to deliver the angle 10 blow to the arm, hand or even the head of the attacker. To be followed up with an immediate upward strike to the groin, chin or whatever is in the path of the weapon.

The principals in this technique can be, with practice, readily adapted for use with both edged and impact weapons of varying lengths and characteristics or even empty hands.

Keeping it simple is a great idea when your life is on the line and as always practice, timing and intent are key.



And for the final share of the day Michael Butz did what he said was “paint the fence” which actually the move is called “oraves” in DeCuerdas. The basic idea was to keep the center line covered, regardless of what strike the attacker gives you.

All three shares were simple but excellent techniques taught. This was a very enjoyable event. Let it be known the Phoenix FMA

Training “Monthly Share” is every month, whether, hot, cold, rain or snow (yeah snow – doubt it).



Year 3, #10 - Phoenix FMA Training “Monthly Share” October 17, 2015

Well expected was a rain storm, since the day before the wind and rain was like a true monsoon, however as usual it lasted only for 15 to 20 minutes with light rain for a little while after that. So how did this effect the monthly share? It was a wait and let’s see what happens.

The morning of the monthly share was in the high 70’s to low 80’s no rain in sight so it turned out to be very nice.

Once everyone arrived Martin Torres the Chief Instructor of DTE, His share was showing the concept of a #1 angle attack, to avoid it or hitting, then slipping a punch. Once this was practiced by the group, he continued to build on the same concept, with the addition of trapping



the opponents’ weapon, crumbling the opponents attack structure and either using his own weapon (knife) or using the opponents’ weapon on themselves. Learn some facts about DTE visit – dtemaa.com

Following up Mike Casto who was passing through Phoenix gave a peek into the methodology behind his AGPS system which draws primarily from his training in Indonesian Pencak Silat.

One of the core mindsets in the system is its relationship to walking. When you walk, you move constantly. You shift your weight from foot to foot with each step. Mike used the weight shift as a method for evasion and entry to a couple of techniques. Once into position, he continued the weight shift principle to disrupt





the opponent's structure. Learn more about visit AGPS Martial Arts: trainagps.com



This about took the two hours of time allotted for the monthly share, so Steven Dowd for about 15 minutes, demonstrated and had the practitioners try a exercise that involved using the unday (swing) and ka-lasag (shield) salag (blocks) of Arnis Balite, which involves in the opponent striking and blocking moving into a position which the opponent has difficulty in defending. This exercise is constant movement for the attacker to reposition themselves to be able to continue to attack, after the second attack then the



defender is the attacker and this continues back and forth.

The final was disarming, however for the opponent to be alert so while being disarmed they can also disarm the defender. This is a continuous exercise. Learn more about Arnis Balite at www.arnisbalite.com

That brought



a conclusion to the monthly share and it was time for the potluck BBQ. To note the whole event was in good weather, however as the event and potluck came to an end and people were departing the rain started lightly and then it was a downpour for a short while.



At the monthly share everyone gets involved as shown by Jeff Latose of DTE. Even on crutches.



Year 3, #11 - Phoenix FMA Training "Monthly Share"

November 21, 2015

Today was perfect weather for the 'Monthly Share.' Maybe just a bit chilly start at 9 am, however in a very short time it was sun, warmth and fun in training.

Just last weekend the 10th AZ FMA Friendship Gathering was in the same park and it was exceptionally good, with some of Phoenix, Arizona's top teachers in the Filipino martial arts.

Even though, the hard core, give me more knowledge practitioners showed up for the "Monthly Share" and with the weather being great the training began.





First up was Russell T. Mackler of Vinas Arnis, he shared a simple double stick movement which was shown for the purpose of introducing multiple base components associated with striking and moving. It was stressed that the movement wasn't intended for fighting, but rather learning how to move your complete body including footwork while maintaining fluidity, timing, distance, and power.



Following was Jay Sowell of Direct Torres shared a familiar concept with a DTE flavor to it.

Basically, the concept was evading, retreating, getting the heck out of the way, etc.

Whatever you call it, basically the idea was to Not Get Hit.

To demonstrate, Jay had the attacker swing with an angle 1 (strike from the high right side), using a baston, while the defender retreated at an angle. The point being to avoid the strike with minimal movement and to be in a position that would force the attacker to re-position before being able to effectively strike again.

Next, as the attacker struck with the same angle 1, the defender was to retreat in the same way and deliver a strike of their own without needing to adjust themselves.

Finally, the attacker throws an empty



hand straight right. The defender, once again, retreats at an advantageous angle and throws a strike of their own, nothing changing but the the weapon and the distance.

“There are many ways to not get hit, some just use more effort than others” says Jay Sowell, *“The principal being, why block when you can avoid and use that energy to strike”*.



A little break was taken for liquids and small talk, then Steven K. Dowd of Arnis Balite, continued. Steven had the practitioners work on an exercise with the opponent having a baston versus empty hand. The opponent executes a strike and the defender moving in diverts the opponents weapon hand using the opponents own momentum and hooking the arm or wrist, moves the opponents weapon in a position that the defenders can then dis-arm the opponents, and counter, continuing the opponent now weaponless has to move into position to defend and executes somewhat of the same defense dis-arming and countering. This exercise is to emphases' that the defender should know where the attackers' baston is



at all times and to control the opponents attack alleviating him or her of their weapon. Then Steven Dowd had his wife Vicky assist him in demonstrating a children's hand game, which he learned as a child. The idea behind the game is coordination, timing, and also each movement could be used as a defensive movement and offensive counter attack.

To end the monthly share Michael Butz of Kada Anan Eskrima shared a short technique sequence using a hooking movement. The idea behind what I showed

was to demonstrate that even the most complicated looking techniques and sequences can often be created from just one element.

At the end the practitioners that could stick around, had a great pot luck get together.



Year 3, #12 - Phoenix FMA Training “Monthly Share”

December 19, 2015

The last Phoenix FMA Training “Monthly Share” for 2015 and it was an experience. At first only a few showed up, “The Dedicated Bunch”. Here it was 9 am overcast slightly and just getting into the 40’s.

Well it was either; train and share or go eat breakfast, and of course training was the priority. To start with Mike Casto (AGPE System) started out demonstrating and explaining



a defense against a punch, simple basic movement of stepping in and creating an arm bar with a strike, simple? Not really, for footwork, balance and timing were the key factors.

It was decided that with this example everyone would have a chance to build on this technique, so once everyone understood the concept, next up was Michael Butz (Kada Anan Eskrima) who added the variation where the second hand didn’t catch to create the lock, and positioning the opponents more off balance.

Next up was Russell T. Mackler (Vinas Arnis) he added a low strike and take down to the ground. A few other practitioners showed up around this time, so they were brought up to speed and the share



to use on the opponent. Also it was pointed out at the same time the opponent may try to maneuver out of the hold, so a pinning of the opponents arm was shown.

Richell Sampaga (Kada Anan Eskrima) then demonstrated another variation of controlling the opponent, however without the knife.

By the end of the “monthly share” whether it

continued.

Next up Steven Dowd (Arnis Balite) to continue on Steven had o bring the opponent back on his/her feet by jamming a thumb in the inter-costo-brachal nerve in the arm pit and pinching and making the opponent stand and then continuing by bringing the opponents elbow into the chest and applying a write lock on the opponent.

Jay Sowell (Direct Torres Eskrima - DTE) then demonstrated and shared keeping the opponents wrist in a lock but Jay using his inside hand, with the outside hand he reached for is knife



was cold or not, no one seemed to notice since having a good time in trying the techniques that were presented, warmed everyone up pretty much. Throughout each practitioner’s demonstration, footwork (position) and

timing are a factor in accomplishing the end results. Speed was not the essential thing for even executing the techniques at a slower speed, they still worked as long as footwork, body position, and the concept of the application was correctly applied.

Well this was the last ‘Monthly Share’ for 2015, and it is hoped that others in the Phoenix area will come and join in in 2016, or if visiting the area will drop on by and share their knowledge. No attitudes, no politics, just practitioners getting together to share their knowledge!



If someone would like to share and participate in an enjoyable session of training and a pot luck afterwards check the Facebook group or Google + community “Phoenix FMA Training”.

10th AZ FMA Friendship Gathering

November 14, 2015
Encanto Park
2605 N 15th Ave, Phoenix, Arizona

What a great day it was, the sun was out, not hot not cold, but just right for an excellent outdoor gathering of practitioners to share their knowledge and experiences. The park was full with families celebrating birthdays, strolling, exercising or just relaxing talking with others.

Michael Butz the host and event coordinator started out explaining that this the 10th Arizona Filipino martial arts Friendship Gathering, being that it has been 10 straight years that this event has been put together and has brought some of the finest practitioners together and the knowledge has been unbelievable and fantastic.

He made note that since it was the 10th year that he originally wanted to bring the original godfathers responsible for bring this all together at the beginning 10 years ago and has supported the event throughout the years. They are Pietro Vitelli - BahalaNa/Systema, Scott Abbott - Inayan Eskrima/Black Tiger system, John Jacobo - Ilustrisimo Kali, and of course Michael Butz - Kada Anan Eskrima, who has really been dynamic in continuously making sure the event would continue in its original fashion of sharing knowledge of all martial arts at this event. Just a note Michael is the person responsible for the ‘monthly share’ which also brings together practitioners each month to share their knowledge and skills.



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 John G. Jacobo, Pietro Vitelli, Michael J Butz, and Scott Abbott

Just to make note for the past years these have been the practitioners that have shared their knowledge throughout the 10 years:

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 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.

9th AZ FMA Friendship Gathering

The 9th AZ FMA Friendship gathering was held on November 9, 2014 at Margaret T. Hance Park in Phoenix, AZ. Headlining instructors were 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.

It was unfortunate that Pietro Vitelli, Scott, and John Jacobo were not able to attend to personal commitments. However Michael Butz decided to bring together some of Phoenix, Arizona’s finest and noted instructors in the area. And they were: Alessandro Bovoso of Full Circle Warrior Arts, Guru Mike Casto of AGPE system, Chief Instructor and Founder Martin - Torres of Direct Torres Extreme (DTE), Instructor Jeff Latorre of Torres of Direct Torres (DTE), and Punong Guro Steven Dowd of Arnis Balite.



Michael Butz Event host with events instructors: Alessandro Bovoso, Jeff Latorre, Martin Torres, Steven Dowd, and Mike Casto



Different Teachers and Instructors that attended - supporting the event



Grandmaster Gilbert Cordoncillo of “Fierce Tigers Martial Arts”. Visiting the event from Salinas, CA.



The event began a little late since the location of the event changed to the other side of the park, so people could be directed to it. So the even actually started at 11 am instead of 10 am.

Starting off was Alessandro Bovoso which taught three different entrances for setting up throws involving the defender's thigh. Utilizing a Filipino martial arts check/block against a head punch, three entrances were taught: Outside, inside, and outside while cross stepping. All culminated with the attacker being thrown over the defender's thigh.



Next up was Mike Casto who expanded on what Alessandro presented in his session before his. Using the techniques Alessandro brought out, Mike Casto pointed out nuances he didn't have time for in his section, and he took a few tangents to illustrate a couple of principles he finds useful.

First, the idea of filling empties. Move and fill empties until you encounter resis-



tance, then move to a new empty. This mind-set provides access to flow without getting mired in specific methods and patterns of movement.

Second, "you get the one you get." Avoid the pitfall of thinking, in a fight, you're going to catch your opponent's first or second attack. You may have fought for several seconds and exchanged many glancing blows before "you get the one you get." When you get it, you do your technique. Also, if you're in a fight, expect to get hit but don't let it stop

you. Do what is needed to neutralize the threat and get home safe.

After Mike Casto it was time for that good ole 'Pot Luck' lunch and let me tell you it was great, good food, plentiful for everyone brought something. From Elk Spaghetti, steaks, sausages, potato salad, cole slaw, different types of rice mixtures Vicky Dowd brought her home made empanada, Richell Sampaga brought homemade suman and squash and the list goes on, with a dessert being cherry pie, and let us not forget the famous DTE cupcakes.



Master Cheif Michael manning the grill for some great food



Cindy Torres wit the fmous DTE cupcakes



After such a feast Martin Torres commenced sharing his knowledge on the concept of becoming with your body the figure 8 (Redondo movement – "a circular power – strike"). Using the part that is at the bottom or the middle. Making the transition into empty hands, weapons,, and maybe working the techniques into a throw.

Martin Torres stated that he likes to keep the movements in a basic concept format to make it real, for DTE teaches law enforcement, MMA, boxing fighters and people that want to learn self-defense and all that actually may or may not engage or come upon situations that requires defense and keeping it simple and basic, it makes it easy





to remember, conforms to physical and mental attributes and helps in dealing with today's society.

Followed by a DTE instructor of Eskrima Jeffrey Latorre who decided to go in reverse direction as Martin Torres and show where part of his concepts came from Eskrima.



Jeffery did this by having everyone perform upwards figure eights or siniwali patterns. By having them emphasizing the movement of using the entire body he hoped to show how flowing with natural body movements not only helps develop power, but also moves your body into proper position for your attack/counter attack.

In other words by over exaggerating the full body mechanics of throwing a right cross or overhand, the natural body mechanics will turn and pivot your head and body slightly to the left which in turn will get you off line from your attacker. Simultaneously if done properly will also set up your body for a second attack with your left hand. That was the most important thing Jeffery wanted to share. In closing he compared this to a horizontal abaniko strike. This is just the same thing, just in a full body application.

Well it was getting late in the day and Steven Dowd the last of the teachers for the day and commenced to share his knowledge in denying the opponent to use their full force in attacking. Demonstrating the blockings of Arnis Balite unday salag (swing block) and kalasag salag (shield block), in using the angular movement against the opponent and whether the opponent does a quick strike or tries a power strike how the block is effective. He made the blockings an exercise so that each participant could execute a forward strike and then a back hand strike with the other executing the blocks.



This was also so practitioners could realize and take note where the opponent was at all time in relation to their position.

Steven then added in



dis-arming, in which while the practitioner was dis-arming his opponent, the opponent must realize the position of the practitioners' baston and could dis-arm the practitioner at the same time. This was simple and basically so practitioners' would have experience using both their right and left hands.

At the end of the event, people continued to exchange ideas, talked of future events, and just caught up on past times and future plans.

Overall this the 10th AZ FMA Friendship Gathering, was very memorable, relaxed, and the knowledge just flowed and was shared with all. If you missed it, then shame on you. However there will always be next year, make a note to attend.





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

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

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



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

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