

# FMA

# Informative

Propagating the Filipino Martial Arts and the Culture of the Philippines

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2016

## Phoenix FMA Monthly Share 2016



**Phoenix FMA Training “Monthly Share” 2016**

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*Contributing writers and photographers for this issue.  
Thank you Jay Sowell, Michael Butz, Steven Dowd and Russell Mackler*



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, got the opportunity to attend some of the Phoenix FMA Training “Monthly Share” sesions. It is an experience that is unique in that you never know who will teach and what one might learn. Anything can happen from someone outside the area dropping in to visit, to notable practitioners that live in the Phoenix area teaching, to a student that shares what they have recently learned. The atmosphere is most friendly and supportive with egos left at home and a great get together afterwards with friends and some great food.

**A Little History**

It all began with the Arizona FMA Friendship Gathering back in 2008. The original instructors responsible for bringing it all together at the beginning were Pietro Vitelli - BahalaNa/Systema, Scott Abbott - Inayan Eskrima/Black Tiger system, John Jacobo - Ilustrisimo Kali, and Michael Butz - Kada Anan Martial Arts. As the event host and coordinater, Michael has really been dynamic and the main force behind in continuously making sure the event would continue in its original fashion of sharing knowledge of Filipino martial arts. It must be noted that this event has brought some of the finest practitioners together and the knowledge has been unbelievable and fantastic.

**The Phoenix FMA Training “Monthly Share”**

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 would drop in from outside of the Phoenix area. They usually end up getting “volunteered” asked to share their knowledge.

The idea for the monthly training came about when several people that Michael Butz knew from the annual Arizona FMA Friendship Gathering began to contact him. 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. He 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. Michael originally expected four or five people would participate.

Surprisingly, over a dozen people showed up. It was a little unorganized and the participants didn’t really know how things were going to go but everyone ended up having a good time and created the event a good energy.

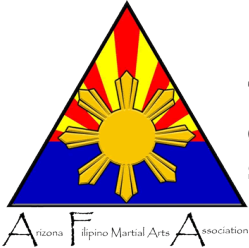
Since that first training session, the attendees experimented with different “themes” for practice. Working on a wide variety of aspects found in the Filipino martial arts, from sword to empty hand to flexible weapons. There was even the opportunity to try out Sikh Gatka and some European Espada y Daga.

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.

**Final**

Well the FMA Informative would have to say, “All great things must eventually come to an end.” For 2016 there was no Arizona FMA Friendship Gathering and December 2016 marks the final get together of the Phoenix FMA “Monthly Share”. However, don’t worry! A few local instructors have come together in the spirit of cooperation and camaraderie to showcase local practitioners and work to bring Filipino martial arts into the public eye. Michael has mentioned he’ll be forwarding his efforts toward this association. Check out the website at [www.the-afa.org](http://www.the-afa.org) for information.

It is with many thanks to Michael Butz who had the inspiration, the drive, and the love to bring together practitioners not only of the Filipino martial arts but other martial arts to share their knowledge and skills with all who attended these events throughout the years. It will be sadly missed but fondly remembered.



**Arizona Filipino Martial Arts Association**

The Arizona Filipino Martial Arts Association is a new group founded in friendship and camaraderie for all Filipino martial arts practitioners residing in Arizona. Please join and support!

[www.the-afa.org](http://www.the-afa.org)



**Year 4, #1 - Phoenix FMA Training “Monthly Share”**

January 23, 2016

OK well the first “Monthly Share” of the year. While it was blizzard weather back on the east coast, it was in the 60’s and 70’s and a clear sky here in Phoenix, Arizona. Great time to train out in the open fresh air.

Today’s focus was about allowing the students have the teaching floor. Part of training involves teaching. Even if a student never aspires to be an instructor, being able to teach brings a measure of experience and understanding beyond just training. The exception was Mike Casto. He took the floor to help buy time for me to prepare the BBQ for cooking



Ryan Cambio shared striking with alternate parts of a stick; tip, butt and shaft. He then elaborated on those strikes by adding in pronation of the forearm to get past a block. Scott Nixon addressed Ryan’s concept regarding getting past a block from the blockers perspective. He focused on finding control of the attacker’s wrist to prevent them from going around

the defense. Richell Sampaga introduced the idea of attacking instead of defending. Strike the attacker over blocking and counter striking. Francisco Nuñez taught using angles with footwork to evade a strike. Tea and Taj continued Francisco’s lesson and added counter attacks. Mike Casto finished with empty hands, using what he called “slap up” (jaga jembatan in Indonesian which means “guard bridge”) to disrupt balance.



**Year 4, #2 - Phoenix FMA Training “Monthly Share”**

February 20, 2016

What a great day for sure, weather was great in Phoenix, Arizona. And to start with dough-nut holes and coffee were brought and of course consumed for that added energy. And for sure it was needed.

Again the students of various styles gave their knowledge, and of course some were nervous at first, but relaxed and it was a great experience learning from a student, for you could tell they retained the knowledge which was given to them and now they were the ones giving.

To start off the monthly share Jeromey Allen a student of DTE started with empty hands using kinda like wax on – wax off movement with his hands and arms to demonstrate blocking, (mostly outward). However with this the emphasis was on using the torque of the body for power. Once participants got the idea and understood the concept Jeromey then used sticks to illustrate the movement and power that can be obtained with the move-







ment.

Next up was Lamont Felton a student of Kada Anan shared Based off Serrada - Basic inside one block (shielding) off #1 or 2 angle. This movement teaches the student both an offensive and defensive movements. Many questions were asked about certain aspects and Lamont did a great job with answers, and some points were added by some of the experienced teachers that were there.

Following was Sammy Valencia of Swacom who was excellent in explaining equis, salok and clasico. Equis and salok

which are a common form of X striking, from right to left or left to right if coming from serrada. Along with retirada, with the forehead strike moving forward and back-



hand strike moving backwards. Can be used as either attack or defense against a variation of strikes. Clasico is a form of Spanish sword fighting in which the arm is extended and the tip of the blade is pointed down toward the opponent's wrist to cut it. You then finish the technique with a middle thrust or low strike.

And last was Tracy Ross a student of Kada Anan demonstrating a meet and a follow strike in the style of Largo Mano. Largo mano is a style where the opponents attempt to control the distance between each other and their weapons. When the opponent attacks with a basic 1 strike, the defender lunges back to the left, perpendicular to the strike, while meeting their opponent with a strike of their own. Using elastiko, transfer weight to the front leg delivering a follow up strike.

Afterwards was a barbeque which is usually a standard ending to the monthly share, this being no different it turned out very good, for as a pot luck many of the participants brought some good and very tasty food. And of course the company of fellow practitioners is great!







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

March 20, 2016

Written By: Michael Butz

Photos By: Russell Mackler

Another great day in Phoenix, Arizona, everyone eager to gain knowledge and improve their skills.

Based on a suggestion by Jay So, one of the regular attending instructors at the Phoenix FMA Training Monthly Share, the session focused on “Finishing”.

Mike Casto brought out balance disruption using the “in-up-over-down” (IUOD) method. IUOD, drawn as an image looks like a sine wave, or the interior line of a yin-yang symbol. This simple method can help people of any level find successful balance disruption. After the take down, Mike discussed stomping on joints as a finish to prevent or, at least, discourage the attacker from chasing you as you leave. This stomping method is common in Indonesian Pencak Silat.

The defensive training sequences, as taught in Serrada, are



1 strike. Instead of blocking how the movements include various parts of the body, and ish. wherein an attacker comes at you retreating footwork to avoid the body to jam the second one. He

then directed the bat to the opposite side of the attacker’s neck, reached around and held bat from both sides and pulled toward his chest, using the bat to create a crank or a choke. Jay noted that approximately

95% of the drill was superfluous and just a way of enforcing the idea of “Don’t get hit”. He illustrated the main point, “Finishing” regardless of how you get there, in the last few seconds via the crank/choke.

Michael Butz brought out some blade methods from DeCuerdas, focusing on quick finishes intended to leave the attacker in bad shape while you exit the situation. The idea was that instead of engaging an opponent to get to “the finish”, work instead to finish the engagement in the first movement.





**Year 4, #4 - Phoenix FMA Training “Monthly Share”**

April 16, 2016

By *Jay Sowell*

With emphasis on Corto/Mono Mono range...

**The drill:** Step off line (toward your opponent’s left side) with right lead at approximately a 35 degree angle, moving the target (one’s head) out of the line of attack. Next, continue by pivoting approximately 35 degrees toward your opponent taking up a boxer like stance (left foot in the rear, effectively moving the left leg off of the line of attack) simultaneously striking the opponent with the right, using the momentum of the pivot to



through one’s body weight into the strike. In this drill, the front foot should not move more then about 6 inches from its original spot. The idea being to evade and strike with power while still in close range.

The second part of the drill dealt with a follow up strike from the opponent. The Drill being to retreat along the current line of attack, out of the range of the strike, following up by using an appropriate attack (strike, kick, etc.) while stepping back in or as the

opponent came into range.

*The point of the drill...*

Effective footwork creates the opportunity to effectively evade or deliver dev  
Michael Butz then followed up by showing how the same footwork can used



**Year 4, #5 - Phoenix FMA Training “Monthly Share”**

May 14, 2016

Well you can tell summer is on the way in Arizona. At 9 am it was around 80 degrees, but felt like 100 with no breeze. But the dedicated were there and ready for action.



Michael Butz started things off with a little blade work. Working with a double blade he demonstrated and explained a simple block and counter against an opponent blocking with a back hand cut to the opponents forearm, then a forehand cut to the opponents’ upper arm, followed by a back hand a final cut to an appropriate target. He added a thrust at the end for posterity just an added techniques.

Russell T Mackler showed two Vinas Arnis disarms. The two disarms entries shown were X-Block and Double Tap. A few various disarms from these entries were also shown.

Final share was Russell Mackler basic structure on cutting with a bolo. Basic structure on cutting was shown with a Barong using pool noodles. Pool noodles are a great introduction to cutting as they require proper arm structure to actually cut without needing the rest of the body mechanics needed for heavier and thicker materials.







Richard Poage of Peaceful Warrior Martial Arts & Healing Center showed up with his wife, their first time, so hopefully the next monthly share Richard will have something to teach the group. If you missed this monthly share, shame on you. The knowledge just keeps flowing and the friendship keeps growing.



**Year 4, #6 - Phoenix FMA Training “Monthly Share”**  
June 11, 2016

**Written by** Michael Butz  
**Photos Contributed by** Russell Mackler



Hot! Hot! Hot! for sure Phoenix is there with 100 to 117 degrees of heat. It was decided to move the monthly share to the evening to try and beat the heat.



Russell T Mackler showed low kicks; focusing on entry, specifically using the female angle to avoid an opponent’s attack and then deliver the kick.

Next up Michael Butz referenced hacky-sack as a template for kicking in the four main directions. He focused on lifting the knee as a precursor to the kick, both defensively and offensively.



Then Steve Frerichs continued by demonstrating a sensitivity drill with the legs. The idea was to feel and avoid or get out of possible traps and off-balancing techniques while moving to deliver your own.

To end the share Nikki Coster focused on the anatomy of joint locks. She talked about what happens to the bone, connective tissue and pressure points during a lock.



**Year 4, #7 - Phoenix FMA Training “Monthly Share”**

July 16, 2016

**Written -n- Photos Contributed by Russell Mackler**

The weather in Phoenix of course is hot 100 and above and it really gets that way in the evening until it starts to cool down to the low 90’s or upper 80’s. But that does not deter the dedicated for the Monthly Share. Even though it starts getting dark around 8:30 there is the lights in the park.

So the July Monthly Share continued on even though Michael Butz the man-n-charge had to take care of some personal business in Florida the core of the group cared on with all that showed up.

First up Jay Sowell demonstrated stuffing and controlling his opponent’s structure as he attacked and then countering with a lower leg kick to disrupt his opponents’ center line.

Although there were several techniques beginning with slipping the initial straight right hand shown by Jay Sowell, he made it a point to express that the techniques weren’t the point. “The point is to slip the strike, to not get hit and to seamlessly continue to a expedient finish. You get hit and your options begin to diminish. You don’t want that.”



- 1. Attacker comes with a straight right.
- 2. Defender slips the punch (dipping head toward his left while stepping in with a right lead and positioning his right ankle on the inside of the Attacker's right ankle).
- 3. Defender continues by pivoting slightly into the opponent, using Forward Energy to push the opponent's balance toward his rear leg. Next, while pivoting away, and taking a step, the Defender sweeps the Attacker's front leg while simultaneously striking the back of the Attacker's head, guiding him to the ground. face first.



Discussion on the strike, strike angle, center line, and body position.



Discussion on stepping and body alignment



Discussion on controlling your opponents attack with an attack, stepping, and body alignment

Then Russell T Mackler discussed the basic importance of controlling the center line while a strike takes place. The principle of controlling the center line was demonstrated against two different attacks. A number one strike which strikes from right to left attacking the opponents' right shoulder or temple. The other strike was a number 1 straight down into your opponents head. Two concepts were discussed. Controlling your opponents' center line while they attack and controlling your own center line.



Next up Richard Gutkosky taught and demonstrated using angles to counter-attack instead of blocking in addition to attacking the center line.



And to finish up Michael Koerner taught, counters through angling away from an opponent's attack and then breaking their structure.

Well it was 8 pm time to end the monthly share and off to a restaurant, for it was a bit dark to barbecue. Moving to Phoenix, AZ. Guro Wesley Crisostomo of Pinakatay Arnis talked with Russell T Mackler and got some pictures. So if things work out correctly for Guro Crisostomo he may join in the Monthly Shares.





**Year 4, #8 - Phoenix FMA Training “Monthly Share”**

August 13, 2016

Written by Michael Butz

We did another evening session. Arizona besides having temperatures up to 110 Or 115 getting that humidity due to the monsoon season, so this MIGHT be the last one because it got pretty dark toward the end. Afterward, we all went to a really nice Thai restaurant near the park. Great meal, great company and conversations.



Kea Grace started the training with a knife tapping drill and sensitivity flow from FCS. She conveyed the importance of structure and continued movement. She was keen to point out that nothing shown was meant to replicate, simulate or even represent combat. It was all attribute building, with the understanding that it provides a crossroads and options from which to move once contact has been made.

Richard Gutkosky continued with defense against knife. He used female stepping to get to the outside while simultaneously shielding and striking. His point was to use the stepping angle to one’s advantage; to get out harm’s way and neutralize the threat as quickly as possible.

Michael Butz continued the knife theme and built on Kea’s drill. He added in a counter attack with the opponent stopping it with the empty hand. The focus was to feel the direction in which the opponent’s hand was either strong or weak and exploiting it to continue the counter, thwarting the attempt to stop it.



**Year 4, #9 - Phoenix FMA Training “Monthly Share”**

September 11, 2016

Back to morning Monthly Shares, with the weather improving though it was 90 moving up to 104 degrees, it was very nice.

Starting off with today being September 11, and the anniversary of the twin towers Islamic terror attack, Steven Dowd a retired Chief Warrant Officer of the Navy of 24 and half years, started off with a little reminder of the jobs that fire personnel, law enforcement personnel, medical personnel, and the military have done and continue to do for America. And asked for a moment of silence in remembrance of the past and to be thankful for the present and the future.

Starting off Steven Dowd of Arnis Balite explained and demonstrated empty hand blocking against a jab and/or a punch. First explaining the signs to observe when the opponent commences a jab or punch and then reacting by blocking in an inward twisting motion of the block to divert the opponents’ strike using their momentum and also combining the block which with the twisting motion is a strike.







Next Steven had the participants move at angles while blocking to move to a position that is a disadvantage to the opponent. And finally following up with a strike to the opponent.

This was started slowly to get the idea of the technique and then speeded up to full speed, continuously moving, (like boxing, moving sideways etc., not just standing and facing each other and jabbing and or punching).



Next up was Keagen 'Kea' Grace, who trains with Michael Butz in Serrada, but is neither his direct student nor a Serrada practitioner. Kea is active in FCS and Full Circle Warrior Arts with Alessandro. She explained and demonstrated the Serrada technique "Inside One". Basically first executing the inside shield, maintaining contact with the weapon arm and then striking.



Following and finishing up the monthly share was Francisco Nuñez, who is a student of Michael Butz who represents the Kada Anan Martial Arts group, "Kada Anan Eskrima style." Francisco explained and demonstrated some basic Eskrima maneuvering around the opponents' defense. Demonstrating several variations that can be used and key points on what to keep in mind during the movements against the opponent.



Finishing the day a barbecue and chat until the day got a bit too hot and it was time to move along.





**Year 4, #10 - Phoenix FMA Training “Monthly Share”**  
October 16, 2016

Great day, sun out, not cold - not hot, just right for a day of Filipino martial arts in the park.



Starting the monthly share was Michael Butz of Kada Anan Martial Arts group, “Kada Anan Eskrima style with “agaw - snate” with defending against the opponents strike leading to a stripping technique of the opponents’ weapon. Demonstrating some very good techniques, he also demonstrated kind of a seminar technique also that is demonstrated in seminars, that are impressive and shown in many seminars that are popular in drawing practitioners or the unfamiliar practitioners or beginners in to build interested in the practitioner demonstrating the techniques. However Michael had the group do realistic techniques which may not be so fancy but are very practical.



Keagen ‘Kea’ Grace who is active in is active in FCS ended the day starting with the FCS 4-count, and then moved to the standard FCS entry off the high backhand. From the inside, we worked on check hands, sticky grips, and structure. Once everyone had the gist, we introduced a torque-reliant disarm, and then followed the natural progression into a set up for a throw.

Standard FCS entry is called “punyo mano.” The disarm setup into the throw relies on a full body palisut..



Time to finish the day with a barbecue and good conversation among friends





## Year 4, #11 - Phoenix FMA Training “Monthly Share”

November 13, 2016

Another monthly meeting and barbecue experience with the Phoenix FMA Group Share with martial arts practitioners for this month of November. Just right for intense training, all enjoyed a warm sun, cool and fresh air and a highly enthusiastic to learn from different disciplines on martial arts.



Steven Dowd of Arnis Balite started with an exercise of splitting the group into 2 separate groups. Putting one individual in the center and then surrounding them with the others of their group.

This was a awareness exercise where each practitioner making the circle around the principle practitioner in the center were given a number. When their number was called they would execute an attack on the practitioner in the center.

Various situations were used starting with all practitioners having the baston in their right hand, then shifting to where all had the baston in their left hand. Then the circle having the baston in their right hand and the center practitioner having the baston in in their left hand then visa a versa.



Finally for the last part of the exercise the center practitioner was empty handed and the practitioners of the circle has the baston. If the center practitioner (empty handed) could disarm/take the opponents' baston then they moved to the circle and the disarmed practitioner moved to the center to take on another attacker.

The basic idea was to be aware of your surroundings, being able to shift and counter from different angles of attacks.

Next was Wesley Crisostomo of the Pinakatay style shared some of the basic principles used in Pinakatay style and re-introduced the concepts of the use of the weapon hand relative to the checking hand. The idea that ones' opponent is fighting 2 personalities in you, meaning a checking personality and a weapon wielding personality. Further explained that offense and defense done at the same time whether moving forward or backward is still the best way to spar. Quickness and agility is already an advantage in addition to the skills



already earned. Pinakatay is also a cardio type of training. Wesley was assisted by Shaun, his student and dedicated practitioner of his system.



After a coffee and doughnut break Steve Frerichs showed a basic partnered Wing Chun sensitivity drill similar to push hands. Both partners had complementary roles and the drill offered each person the opportunity to both give and receive energy and attacks, with redirections. He then applied the basic concepts to Eskrima's stick work.

After the monthly share some had to leave to take care of personal business and the ones' that were able to stay and enjoy a great barbecue and pot luck.







# The Final Phoenix FMA Training “Monthly Share”

December 11, 2016

Well another Sunday morning just a slight coolness but warmed up to be in the low 70’s, oh yes winter in Arizona. A great day for The Last Phoenix FMA Training “Monthly Share”. Not a great thing that the Phoenix FMA Training “Monthly Share” are ending, but it was a great ending with the instructors that came and all shared their knowledge and skills.

Starting off the monthly share was Jeffery A. Latorre of Direct Torres Eskrima (DTE) shared some of the basic principles and philosophies of DTE on clearing and controlling the opponent, in breaking the opponents’ structure through attacking.



Following up Steven Dowd of Arnis Balite talked about some of the basic principles of Arnis Balite an how to begin the student uses a baston, once proficient moves onto the bladed weapon the bolo and then the knife, for each has their advantages and principle uses by design. Other words if you use a baston use the baston to the fullest, it is not a blade – if you want to use a bladed weapon such as a bolo use it not a baston pretending it is a bladed weapon.



Going into some basic principles of huli lusob (capture trap and attack) Steven Dowd pointed out that Arnis Balite by design, being that it is a mixture of Arnis de mano and boxing is a close in martial art by design, using angles and putting the opponent at a disadvantage while moving in.





Next up was John Jacobo of Ilustrisimo Kali and one of the godfathers of the Arizona FMA Friendship Gathering came and was asked and definitely delivered in his share to the group. Starting off with the differences of the stick and the blade in depth and especially the bladed weapon, which the type, shape and the weight of the blade must be taken into account on the way it should be handled.



Continuing John Jacobo continued in pointing out some basic principles in angling and stances in techniques towards an opponent. He had the group work on a double stick crossada using and pointing out the movements of leading with the right or left and coordinating a parry in the movements.



A brief break from sharing, Micheal Butz and Jay Sowell talked about a new aspect in promoting the Filipino martial arts. This new program is called the “Arizona Filipino Martial Arts Association (AFA)”. This association is dedicated toward the propagation of the Filipino martial arts within Arizona.

All are welcome to join in on this program for it will enhance and promote the Filipino martial arts throughout Arizona. Visit: [www.the-afa.org](http://www.the-afa.org) to find out more.



Getting things started again, Alessandro Ashanti of Full Circle Martial Arts demonstrated and taught the defense against a #8 strike in Serrada. #8 is a horizontal backhand above the chest. I played with empty hand pass with an abaniko to the temple. We progressed to dis-arms with the empty hand pass and retune strikes with the weapon. We finished with a structure break with under the armpit to a takedown.



Next up was Russell T Mackler of Viñas Arnis who introduced some basic concepts to enable practitioners to move while attacking and defending. The basic concepts involved utilized distance/range, timing, half pass and full pass footwork. The



goal of exercise was to allow for some freedom of strikes and footwork to help a practitioner experience and learn more about realistic distance/ranging and timing.







Following up Jay Sowell of Direct Torres Eskrima (DTE) shared “Alternating Retreating Angles to an Advance Principles” this is retreating at an advantageous angle to avoid an attack. Advancing at an appropriate angle to jam the attack. Using the line of attack to break an attacker’s structure

The Drills that Jay Sowell had the group participate in were: Attacker with weapon, defender without, attacker feeds with a strike from the right and left. Defender then retreats at reciprocating angles (avoiding strikes) toward his rear right then left. On final strike... defender drives in arresting strike with fore-arms, leveling over to a palm strike. Then, while staying connected, the defender can break or redirect the arm or body of the app on antibiotics. This giving access to apply a choke.



The next drill was an empty hand version, using a Dirty Boxing approach to slip, staying tight in order to advance on the inside. Leading to a clinch and a knee to the inner thigh disrupting the attacker’s structure or possibly placing them in a position to be taken down.

Finally Francisco Nuñez of the Kada Anan Eskrima style, who was the first one four years ago to teach at the monthly share was the last one



on this final monthly share. Francisco Nuñez taught retirada (retreating) stepping against cinco tiros strikes. He included counter striking on both the follow and meet.

Well the “Monthly Share.” Went over time, and no one seemed to mind since the knowledge kept coming. A very excellent monthly share with knowledge and skills just continuing to come forth, and everyone just wanting more and more and seeming not to be tiring of it.

Afterwards there was not the usual barbeque so a few of the practitioners that had the time met at the Habit Burger Grill in Phoenix, AZ to eat afterwards.



#### Note from Michael Butz:

Today’s the Phoenix FMA Training session was the last one I’ll be hosting. Not just the last one for 2016 (although it is...) but the last one, period.

I’d like to thank everyone who participated, taught, visited, watched, cooked/contributed food or a combination of all these things over the last four years. Without people to attend, there is NO event regardless of any effort put forth to create it. I hope you all networked, made new friends, strengthened existing relationships, learned something new or different and (most of all) had fun spending time together.

Although the Phoenix FMA Training has come to an end, I’d like to mention that instead of continuing this event, I’ve decided to shift my focus and effort toward the “Arizona Filipino Martial Arts Association (AFA)”. This association is dedicated toward the propagation of the Filipino martial arts within Arizona.

Please feel free to check out (and give us a “LIKE”!) the FaceBook page: [Click Here](#) or the WWebsite: [www.the-afa.org](http://www.the-afa.org).

Again, thank you, everyone!  
**Michael J. Butz**





## Phoenix\_FMA Training & BBQ and Monthly-Share



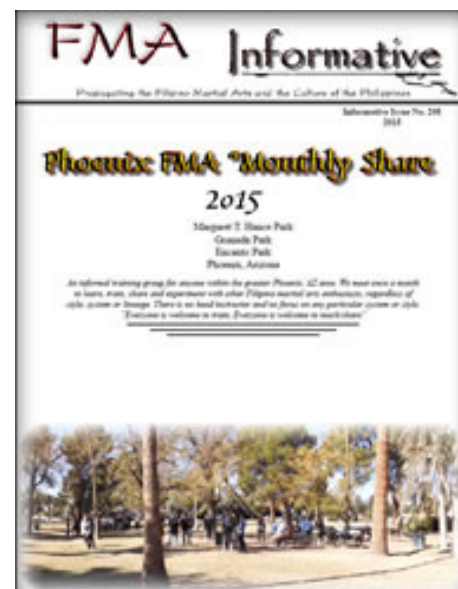
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## Arizona Filipino Martial Arts Association

The Arizona Filipino Martial Arts Association is a new group founded in friendship and camaraderie for all Filipino martial arts practitioners residing in Arizona. Please join and support!

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### ***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.

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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.