

*Propagating the Filipino Martial Arts and the Culture of the Philippines*

## FMA Informative 6th Anniversary

**FMA Digest: 2004 - 2010 = 7 years**

**FMA Informative 2012 - 2017 = 6 years**

FMA Digest published 30 Regular Issues (which came out quarterly) from 2004 through 2010, and was what the FMA Informative has for the FMA Informative Newspaper which comes out monthly.

The FMA Digest had over 5,000 subscribers throughout the world. However was not on Face Book or other social media outlets, was only distributed through the FMA Digest website.

The FMA Digest was established in 2004. The mission of the FMA Digest was for the promotion of the Filipino martial arts and the Philippines.

So why was the FMA Digest put together? Just an avenue so people and Filipino martial arts practitioners could obtain knowledge and information about all the Filipino martial arts about the different practitioners, styles and systems. For the Filipino martial arts, there is a lot of history and culture that should be known. And with this, a chance to get the recognition due to so many that desire the recognition. And to let future practitioners know something about what they are training in, and also to inform them and educate them in the culture of the Philippines, for to fully understand the concepts and an art, one should know about the history and culture of the art.

Besides, the FMA Digest was also to promote the unknown and little known facts etc... about, Grandmasters, Masters, Instructors, Practitioners, Styles and Systems. It was also to bring to light the Women Practitioners of the Filipino martial arts, and the Young Practitioners which will be the future of the Filipino martial arts. It was also for the Writ-

ers, ones that are well known if they would submit an article and for the Writers that needed to be given the chance to express themselves through their writing and given a chance to document and gain experience in writing. For, what I call the big boys "Inside Kung Fu magazine, Black Belt magazine, and others" and often do not get the chance since they usually want articles on the well-known names and styles, since they are in it for the money and to make a living. Plus magazines like those are limited to the country they are published in unless someone visits and buys a copy and takes it back to their country.

The FMA Digest was worldwide through the internet. Where the FMA Digest was a free publication, costing the subscriber / reader the cost of your printers ink and paper if you wanted a hard copy. The FMA Digest printed up certain issues or combination of articles and whole issues including also the first 5 years of regular issues, unfortunately none sold very well and in some cases not at all.

### Books published by the FMA Digest



**FMA Informative  
Newspapers  
2012 - 2017**

Article

**About ... 2012 - 2017  
Past Events  
Columns 2012 - 2017  
Tid-Bits**



[www.fmapulse.com](http://www.fmapulse.com)



[MyFMA.net](http://MyFMA.net)

**Visit the FMA Informative Group  
on Facebook  
Click Here**



Filipino Martial Arts Law Enforcement & Military Training

[Out of Print]

Kali-Eskrima-Arnis

[Out of Print]

Legends of the Filipino Martial Arts Vol 1

[Out of Print]

Legends of the Filipino Martial Arts Vol 2

[Out of Print]

FMA Digest (5 Years)

Man, Woman and School of the Year

[Out of Print]

FMA Digest

Voume 1 Issues1 - 4

[Out of Print]

FMA Digest

Voume 2 Issues1 - 4

[Out of Print]

FMA Digest

Voume 3 Issues1 - 4

[Out of Print]

FMA Digest

Voume 4 Issues1 - 5

[Out of Print]

The FMA Digest published the following through Amazon.com in 2014 through 2016.

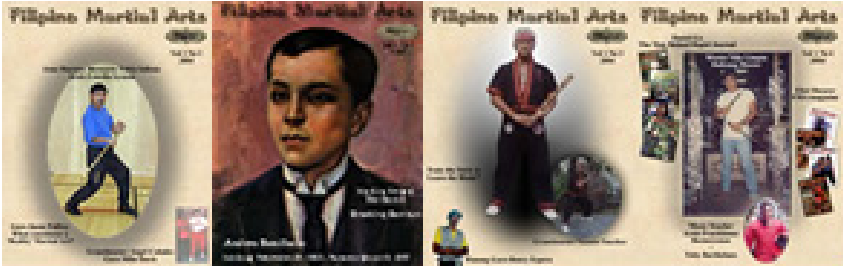
However due to lack of sales discontinued the publiscation, (one person bought all volumes and one other person bought Volumes 1 and 2.



The FMA Digest never claimed to be the authority of the Filipino martial arts and the Philippines, or to know everything about each style, Organization, Federation, or the full culture of the Philippines etc. That is why people submit their articles, views, and thoughts. The FMA Digest did not have a favorite Filipino martial art, and did not support one person, style, Organization, Federation or writer over another.

FMA Digest Volumes 1 - 6

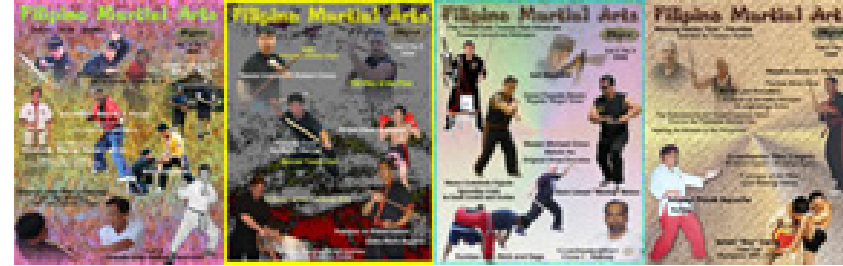
2004



2006



2008



FMA Digest Issues 2004 - 2009

Regular Issues

Vol 1 No 1 January - March 2004

- Philosophy of Estrella System

- Reality Based?

- Guro Mike Davis Speaks on Grandmaster Angel Cabaes

- Past Happenings

Vol 1 No 2 April - June 2004

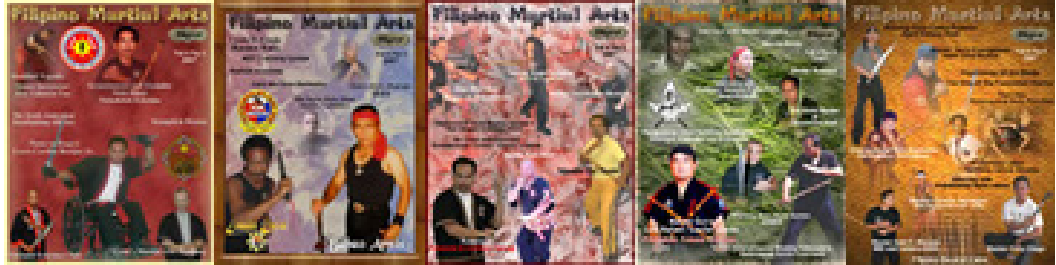
- Andress Bonifacio - The Founding of the Katipunan

- The Basics Stick to Sword

2005



2007



2009



- Breaking Barriers

Vol 1 No 3 July - September 2004

- Grandmaster Vicente Sanchez - "A Magical Tour of Learning"

- Punong Guro Henry Espera - The art of Rapido Realismo

- Maestro Elmer Ybanez

- Train the Stick to Learn the Blade?

- 2nd Filipino Martial Arts Festival - in Dortmund

Vol 1 No 4 October - December 2004

- Master of the Balisong - Master Nilo Limpin

- The #1 Martial Arts Magazine in the Philippines

- Music Teacher, Arnis Practitioner & Businessman

- Filipino Martial Arts Magazine - Eliot Shearer

Vol 2 No 1 January - March 2005

- Master Cristino Vasquez

- Master Godofredo Fajardo

- Master Rodel B. Dagooc

- Guro Ariel B. Ramos

Vol 2 No 2 April - June 2005

- DULAC Martial Arts Consanguinity

- Five Strike Espada y Daga Drill

- The Blowgun - an interview with Sensei Dr. Hironori Higuchi, Dr.

Amante P. Marinas, Sr., and Mr. Michael D. Janich

- Escrima-Kenpo-Arnis Goes to College in New York

Vol 2 No 3 July - September 2005

- Kalintaw

- Neo Tribe Kali

- Philippine Sport Blowgun Association

- Principals Of Filipino Empty Hand Fighting

- Grandmaster Romeo C. Mamar Sr.

- Int'l Modern Arnis Federation Philippines

- World Eskrido Federation - Saudi Arabia

Vol 2 No 4 October - December 2005

- Tapi Tapi - The Heart of Modern Arnis

- Interview with Master Epifanio "Yuly" Romo Jr.

- Mig-Sune-Do Eskrima

- The Silent Art of Luisianan, Laguna Eskrima

- Grandmaster Ramiro Estalilla Jr. DMA

- Cabaes Serrada Escrima

- Ama Maestro Saturnino Quinto Fabia

- Grandmaster Jose G. Mena

Vol 3 No 1 January - March 2006

- Robas Otsotiros Baston Arnis System

- The Sangot: Original Ilonggo Weapon

- Teovel Balintawak Self-Defense Club, Inc.

- The Endless Journey

- Yaw Yan

- Kuntaw Kali Kruzada

- Grandmaster Tanique

- Book Review - A Tooth from the Tiger's Mouth

Vol 3 No 2 April - June 2006

- Arnis Defense Silat

- Rapido Realismo Kali/Arnis

- Physical Education Teacher in the Philippines

- Master Jorge V. Penafiel

- Master Vicente Ferrer

- ARMAS [Kombatan - Lakan Lima]

- CKIUSA

- Lapu - Lapu - Filipino Instructors Federation [Update & Additions]

Vol 3 No 3 July - September 2006

- Rene Latosa's: The Escrima Concepts

- Interview with Grandmaster Richard Bustillo

- Interview with Master Wilson R. Ceniza

- Filipino Martial Arts in the Work Place

- International Arnis de Leon Federation

- High Blocks: Cross and Umbrella

- Building Blocks

- Silent No Longer

- StickArt.com

- BMAS - Art Within Your Art

- Guro Grande George Brewster

Vol 3 No 4 October - December 2006

- Eskrima De Campo JDC-IO: Top Instructors and Training Methods

- Vasquez Modified Tapado

- Lapu-Lapu Viñas Arnis

- Jendo

- Garrote Larence

- World Sikaran Arnis Brotherhood Of The Philippines

- Philippine Council of Kali Eskrima Arnis Masters

Vol 4 No 1 January - March 2007

- Carlito Bonjoc Jr.

- World Nickelstick Eskrima Club

- Senior Instructor Jose Valencia Tan

- Strength in Motion

- The South Australian Stickfighting Alliance

- Crow's Martial Arts Academy

- Ola'a-Nalo Eskrima

- Oakland Eskrima Club

- DAMAG-INC

- Martial Arts a Tool to Educate People

- The British Council of Kali Eskrima Arnis Instructors

Vol 4 No 2 2007

- The Evolution of Babao Arnis

- Interview with Grandmaster Rob Castro

- Guro Louie D. Lindo - Ikatan Kali

- Punong Taga-Pagturo Scott Kendrick

- Master Instructor Roger Hudson

- Guro Bob Manalo

- Guro Mariano Bermodes

- Philippine Martial Arts Combat Aikido

- The Halo Halo Man

- Sonny Umpad: One More Goodbye

- Grandmaster Roland Dantes

- Master Noel Peñaredondo

Vol 4 No 3 April - June 2007

- International Rutano Estokada and Haribon Dumog Federation

- The Bad-Ass Blows of Balintawak

- "Downward" from Momoy Canete's: San Miguel Eskrima Form Maestro Ed Farris

- Master Christopher 'Topher' Ricketts

- Up Close and Personal with Manoy Cacoy

- Master Vince Palumbo - Cebu Eskrima Society Award

- Sadiq Warrior Arts

- Master Roger Agbulos - ASTIG Lameco

- Passing of Legends

- The Creation of Filipino Martial Art Logo

Vol 4 No 4 July - September 2007

- Amara Arkanis

- Balintawak Arnis Cuentada

- Warriors Eskrima: An Overview

- The Quiet Master of Ilustrisimo Kali

- Interview with Romy "Bebing" Lisondra

- Siling Labuyo Arnis

- Interview with Professor Amante P. Mariñas

- My Short Meeting with my Arnis Teacher

- Review of Grandmaster Attilo Seminars in PA.

- Punong Guro Mark Santos - ARMAS in the Philippines

- Sports Arnis

Vol 4 No 5 October - December 2007

- Agos Kamay Style

- What Is It Like to Train with the Master of Kalis Ilustrisimo?

- Master Jerry M. Evangelisan

- Punong Lakan Garitony Carlos Nicolas

- Old Practice Techniques

- Master Ariel F. Mosses: MSI and Lameco SOG

- Psychology of the Blade

- The Secret of the Philippine Sword Cane

- The Way of the Frustrated Warrior

- Yaw-Yan: Kicking and Bolo Punches

- Bagong Katipunan

- Mink Mongoose

- Ultimate Goal: Black Belt

- Bokers E F K: Escrima Fighting Knife

- Sterling Modern Arnis Club

- Kuntaw, Philippine Martial Art on Web TV

- An Interview with Grandmaster Rene Latosa

- Grandmaster Gerardo "Larry" Alcuizar

Vol 5 No 1 January - March 2008

- Dekiti Tirsia Siradas Kali

- Sikaran Grandmaster Meliton Geronimo

- Grandmaster Bert Labaniego: Eskrima Labaniego

- Grandmaster Benefredo "Bebing" Mamar Lobrido

- WEDOSCAMAI



- The Unknown Brother Grandmaster Roberto A. Presas
- New Concepts in Filipino Martial Arts Training
- Breaking Barriers Through Arnis
- The Way of the Blade
- The Battling Barung of BaHad Zu’Bu
- The Great Pinoy Boxing Era
- Visiting the Philippines
- Black Belt Magazine: Weapons Instructor of the Year
- Passing of Master Robert M. Du
- Vol 5 No 2 April - June 2008**
- VAC - Visayan Athletic Club
- The Birth of Marcial Tirada Kali
- Practice versus Preservation
- The Way of the Flow
- A Study of the Locking Arts - Part I
- Emptying Yourself Can Make You a Better Fighter
- Simplicity the Lock ~ Intent the Key
- Mandala Mandirigma Kali-Eskrima (MMK)
- FILTACDO
- Master Dacayana Jr. Visits UK
- Fil-Am Vince Soberano: 2007 WPMF Lightweight Champion
- Interview with Guro John Brown
- Vol 5 No 3 July - September 2008**
- Grand Pasantis Birador Rogelio ‘Roger’ Solar
- A Study of the Locking Arts - Part II
- Kuntaw with Stick and Daga
- Hari Osias C. Banaag
- Palo-ManoTodo Terreno Style Mexicano
- Guro Limuel “Maning” Bonsa
- Master Michael Giron
- Kali Majapahit
- Spreading Arnis in Saudi Arabia and Jordan
- Understanding Imua Tamaraw Escrima Kuntao
- The TRG Knife
- SSS
- Grandmaster Porferio Kanada Sr.: Correction/Update
- Vol 5 No 4 October - December 2008**
- Paclibar Bicol Arnis
- Master Frank Aycocho
- Ismael “Boy” Garcia: Yaw-Yan Champion
- A Glimpse of the Man: Guro Maning Bonsa
- A General View of Serrada Concepts in Lightning Arnis
- Grandmaster Mike Vasquez: Modified Tapado / Modified Karate
- Manong Ireneo “Eric” Olavides
- Rizal the Budoka?

The FMA Digest in its quest to bring forth as much knowledge as possible and in their reasonable capabilities seeks permission and approval from individuals, Organizations, Federations, persons in charge of information and with authority rights to bring forth the information. The FMA Digest tried not to bring forth misinformation and plagiarism. In the process of doing so there are times when the FMA Digest received articles, images, information from individuals that at the time could not be disputed, however that are later found to not be by the individual that said they wrote the article, gave the information etc. The FMA Digest once informed and shown the proper verification, corrections were made and due credit was given to the proper individual, Organization etc. The FMA Digest tried not to be the middle person in disputes. As far as the FMA Digest is concerned it is just letting Filipino martial art practitioners become known and informing others of their views, their thoughts, styles, Organizations etc. The FMA Digest tried to bring the culture and heritage of the Philippines to others throughout the world. Now there have been issues and articles that of course some do not like and others that are really liked. The FMA Digest received both good and bad comments. Most of the bad comments of course came from readers that have never submitted an article to the FMA Digest or of course disagree

- The Subconscious and Super-Conscious Mind and the Flow in the Philippine Martial Arts
- Meeting the Masters in the Philippines
- Filipino Martial Arts in Arizona
- Concept of Aycocho Arnis Korambit (AAK)
- Christmas Shopping

- Vol 6 No 1 January - March 2009**
- Tatang and the Teachers of Kalis Ilustrisimo
- Yaw Yan Hybrid
- A.K.E.T.S.
- Serrada Eskrima Counter (Block) List
- Tai Chi Equation in Stress Management
- Rash Actions Can Bring Misfortune and Regret
- A Flash of Lightning: Modern Filipino Combat Systems Knife Fighting - Concepts
- Be Prepared!
- The Honorable Warrior
- Announcements
- Vol 6 No 2 April - June 2009**
- Tabimina Balintawak
- Galius Martial Arts School
- JEDOKAN
- Grandmaster Cristino Vasquez and the Art of Ipit Pilipit
- Beware of Aggressors and Rapists... Kombato mind-set
- Modern Arnis: The Art With-in Your Art
- Tatang and the Teachers of Kalis Ilustrisimo Part II
- Roland Tango Pintoy Dantes
- Intermediate Eskrima DVD Series – Review
- Vol 6 No 3 July - September 2009**
- Filipino Martial Arts in the United States
- Life and Times of Grandmaster Alfredo Bandalan
- Grandmaster Ver Villasin of Balintawak
- A Devoted, Loyal Practitioner of JENDO
- A Journey of Experience
- Learning History and Culture Through Martial Arts
- Ryan Buot - Music and Balintawak
- Vol 6 No 4 October - December 2009**
- Filipino Combatives: A Method of Stick Fighting Excellence
- Tres Flores Eskrima
- Master Chuck Gauss
- PIGSSAI
- Amara Arkanis: A System of Systems
- The Tactical Blade
- Christmas Shopping

with what was written. But that is life, and I guess their rice bowl was broken. And of course when disagreeing with an article or a particular issue they complained, never wrote their view point or put forth their knowledge on the subject that they disagreed about. They just complained!!! The FMA Digest with that being said informed all concerned that may not care for a certain article or viewpoint that was in an article or an issue that was published. “Remember that it is the person that wrote the article that is giving the information, if it is an interview then it is the recollection, opinion, and/or belief of that person”. The FMA Digest was not perfect by far and we did make our mistakes on articles and also putting out some articles which later we found to be untruthful, we apologized and we did put an apology in the next issue and/or corrected the mistake. At the end of 2009, the FMA Digest did not receive any articles, past events etc... So it was decided that it was

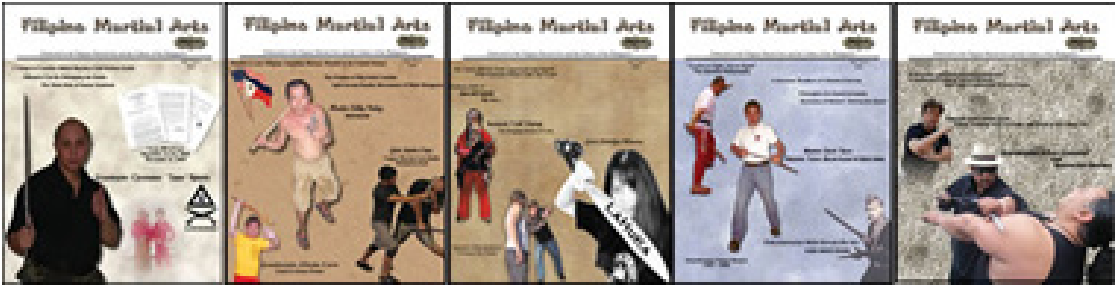


2009 Last Issue

time to close up and go on to something else. However in discussion with Master Marc Lawrence of the South Bay Filipino Martial Arts Club, who was the 2009 (Competitor of the Year) and has provided the column “Building Blocks of FMA,” in the Volume 7 series and Mike Querubin and Romeo Maguigad of FMA Pulse it was decided that the FMA Digest would try once again to come back at least for a year to see if the Filipino martial arts community would help support it in submitting articles, events etc., bring forth issues of the Filipino martial arts, culture, and history of the Philippines. With this the word was put out for the need of articles, and responding were some writers in support which the FMA Digest would like to thank very much for their efforts.

#### FMA Digest Volume 7

### 2010



- Vol 7 No 1 January - March 2010**
- Grandmaster Christopher ‘Topher’ Ricketts \* Offensive Use for Defanging the Snake \* 5 Things to Consider Before Buying a Self Defense Knife \* The Main Role of Senior Students \* Reflection of December 11, 2009 \* Weapons Review: The “Hataw Stick” \* Book Review: Filipino Martial Arts: The Core Basics, Structure & Essentials
- Vol 7 No 2 April - June 2010**
- Interview of Master Eddy Velez \* Guro Jason Cruz of the Legacy Martial Arts Studio \* Carin’s Doce Pares \* Split Second Deadly Movements of Mink Mongoose \* The Origins of Big Stick Combat \* Pagbunyag \* Weapons Review: The Red Scorpion Six MKarambit \* Announcements
- Vol 7 No 3 July - September 2010**
- LAHUKA Eskrima - Guro Jovelyn Minoza \* Martial Ethics: Defang the Snake \* Balintawak My Way... \* The Singing Sticks of Ciok \* Will Someone Please Take The Lead? \* Announcements
- Vol 7 No 4 October - December 2010**
- Learn to Fight, Not to Fight: The Sanano Philosophy \* Master Zacarias Taco: Balintawak Ambassador to New York City \* FMA Instructor Helps Spread the Art \* Economy of Motion: ‘Aiming the Spear’ \* Crisostomo Brothers of Ultimate Eskrima \* Principles of a Good Arnisador \* From the Past: Grandmaster Rafael Reston \* A Review of the Bram Frank’s Book “Conceptual Modern Arnis” \* Announcements
- Vol 7 No 5 2010**
- Grandmaster Gonzalez of Decuerdas Eskrima / Reflection of Grandmaster Gonzalez and DeCuerdas Eskrima / Respect \* An Interview with Adam James \* Types of Arnis de Mano \* In Search of Filipino Martial Arts \* Farewell, Grandmaster Ben T. Largusa (1926 - 2010) \* Remembered, Master Christopher Ricketts (1955 - 2010) \* Great Grandmaster Ernesto Presas (1945 - 2010) \* Voices of the Masters: Warrior Arts of the Philippines

Also a thought, you would think, hope or wish, with the Arnis Bill being signed that more articles would of come out of the Philippines to help recognize, support, and let it be known about Grandmasters, Masters, Instructors, Styles, Organizations, Federations, also on past events, seminars, tournaments etc... However as you may have noticed the FMA Digest has received almost nothing, mostly articles submitted from outside of the Philippines. So what does that say? Even though the FMA Digest was put together and distributed throughout the world, it has always been the ones who submitted, let the FMA Digest interview, gave information etc., who made the FMA Digest what it was. The FMA Digest was just a vehicle to promote the Filipino martial arts, the culture, and the history of the Philippines.

The FMA Digest tried to continuously bring as much information about the Filipino martial arts as possible. Something I (Steven Dowd) have said many times, I am not the FMA Digest I just put it together and publish it for anyone that is interested. It is the practitioners, writers etc... that are the real FMA Digest for without them the publication would not be!



FMA Digest Final Issue





## FMA Informative Newspapers 2011 - 2017

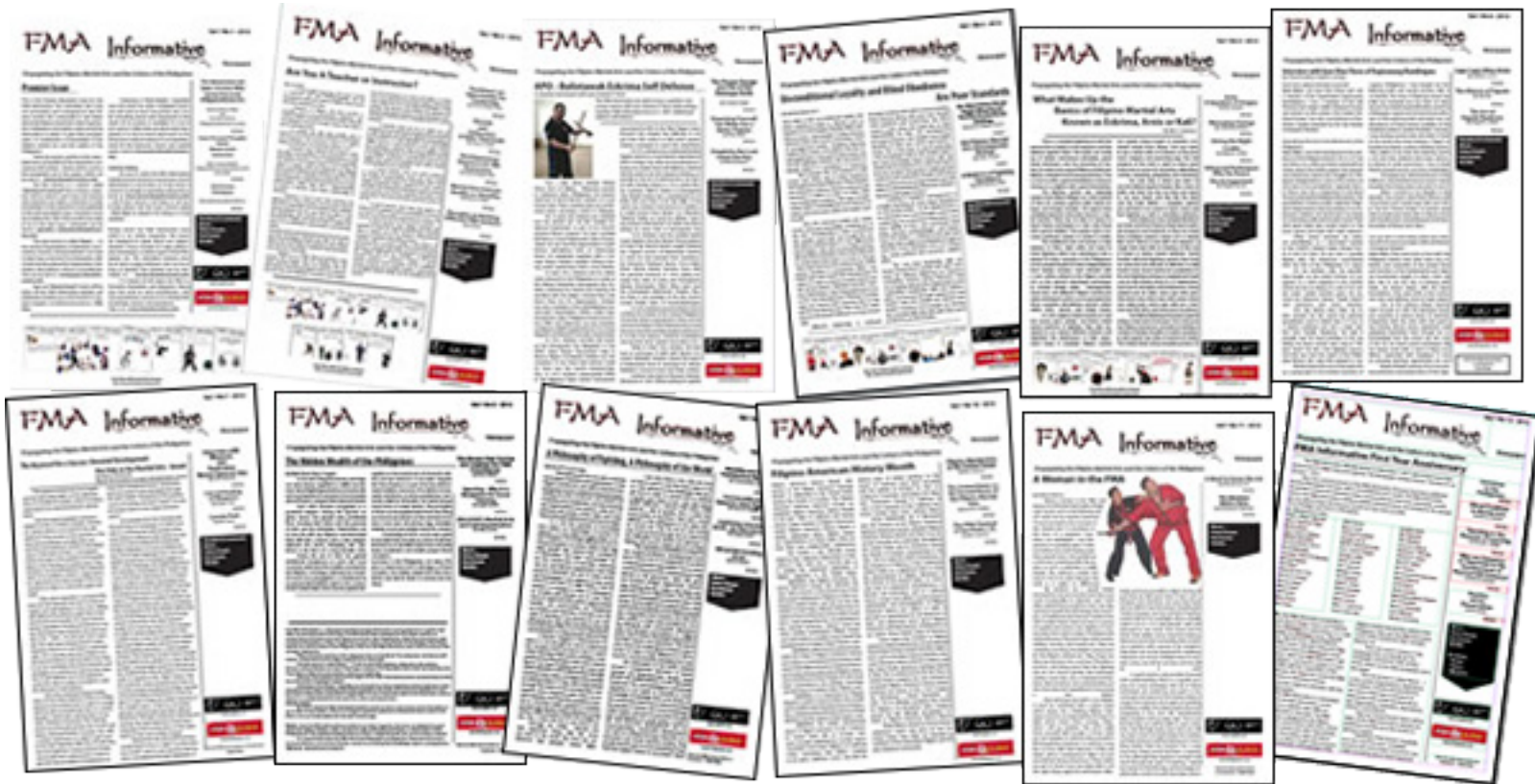
The FMA Informative started on December 1, 2011 with its first issue “Will Total Unity in the Filipino Martial Arts Ever Be A Reality?” and on January 1, 2012 the first FMA Informative newspaper came out.

With over 8,550 subscribers and 5,209 on the FMA Informative Face Book group page. It has been a very difficult year for the FMA Informative to get material for the FMA Informative newspaper and for the FMA Informative issues. However the FMA Informative thanks the few that have contributed and supported it.

Well this is the 6th Anniversary of the FMA Informative yes 6 years in trying to promulgate and promote the Filipino Martial Arts and the Philippines Culture

Six years of FMA Informative newspapers which came out monthly that is 72 FMA Informative newspapers. The FMA Informative newspaper is made up of various sections in this newspaper that can benefit all. The newspaper commences with articles / stories which can be a few paragraphs up to two pages.

### Articles that were published in 2012 FMA Informative Newspaper



#### Issue Vol1 No.1 - 2012

The Subconscious and Super-Conscious Mind and the Flow in the Philippine Martial Arts - Brian Collins and Guro Ken DeJesus’  
Some Personal Thoughts About Modern Arnis Instruction - Dr. Jerome Barber  
Old Practice Techniques - Grandmaster Mon Kiathson

#### Issue Vol1 No.2 - 2012

Are You A Teacher or Instructor? - Louelle Lledo  
Teaching is an Opportunity for Leadership - Jerome Barber, Ed.D.  
Parents and Instructors: It Takes Teamwork - Steven K. Dowd  
A Developmental Sequence for Martial Arts Instruction - Jerome Barber, Ed.D  
Martial Arts Schools - Quality vs. Quantity - Steven K. Dowd  
Thoughts on Bashing Different FMA Systems - RJ Rivera

#### Issue Vol1 No.3 - 2012

APO - Balintawak Eskrima Self Defense - FMA Informative  
The Proper Design and Use of the Batangas Knife - Steven Drape  
Emptying Yourself Can Make You a Better Fighter - Paolo David  
Simplicity the Lock ~ Intent the Key - Mike Blackgrave

#### Issue Vol1 No.4 - 2012

Unconditional Loyalty and Blind Obedience Are Poor Standards - Jerome Barber, Ed. D.  
An Expository Essay Regarding Good Footwork and Body Shifting - Jerome Barber, Ed. D.  
Did Filipino Martial Arts Revolutionize Boxing? - Lilia I. Howe  
A Method of Fighting Excellence - By John Kovacs, M.A.

#### Issue Vol1 No.5 - 2012

What makes up the basics of Filipino martial arts known as Eskrima, Arnis or Kali? - Marc Lawrence

Arnis: A Question of Origins - Bot Jocano  
Managing Change - Lawrence Motta  
Giving the Right Credits - Edgar G. Sulite  
Advanced Techniques - Why the Basics Are So Important - Angelo Garcia

#### Issue Vol1 No.6 - 2012

Interview with Guro Dino Flores of Kapisanang Mandirigma - Christof Froehlich  
Lapu-Lapu Viñas Arnis - James U. Sy Jr.  
The History of Tapado - Joe Tan  
The Art of Rapido Realismo - Isagani C. Abon

#### Issue Vol1 No.7 - 2012

The Keyword for a Success-Oriented Development Not Only in the Martial Arts - Intent - Marcus Schüssler  
Interview with Weapons and Pankration Master Spencer Gee - Tim Johnson  
Care & Feeding of Weapons - Badger Jones  
Luneta Park - Alex France

#### Issue Vol1 No.8 - 2012

The Hidden Wealth of the Philippines - Bella Maria Baron-Saguin  
The Mosaic that Guides and Inspires the FMA Practitioner - Edessa Ramos  
Sparring - Why it is Necessary for Good Training - Angelo Garcia  
JEALOUSY: Martial Arts and Self-Examination - Andy Sanano

#### Issue Vol1 No.9 - 2012

A Philosophy of Fighting, A Philosophy of the World - the TnT Core Group  
Mobility and Basic Footwork in the IEAA - Jerome Barber, Ed. D.  
Factors Affecting Speed in Stick Fighting - Perry Gil S. Mallari  
Lightning Scientific Arnis - An Introduction - Angelo Garcia  
Misunderstanding Arnis - Joel Huncar

#### Issue Vol1 No.10 - 2012

Filipino American History Month  
Filipino Martial Arts in the United States - Marc Lawrence  
The United States as the Second Home of the Filipino Martial Arts - Perry Gil S. Mallari  
The FPAC Festival in San Pedro, CA. - Marc Lawrence

#### Issue Vol1 No.11 - 2012

A Woman in the FMA - Edessa Ramos  
A Need to Know the Art - Deborah Ann Doe  
The Modern Maria Clara - Emmanuel ES Querubin

#### Issue Vol1 No.12 - 2012

FMA Informative First Year Anniversary  
Christmas in the Philippines  
About Tradition in Martial Arts - Marcus Schüssler  
Teaching as the Pinnacle of Learning - Perry Gil S. Mallari  
Why are Dynamics so Important in the Development of Physical Self-Defense? - Marcus Schüssler  
Practice versus Preservation - Rich Acosta

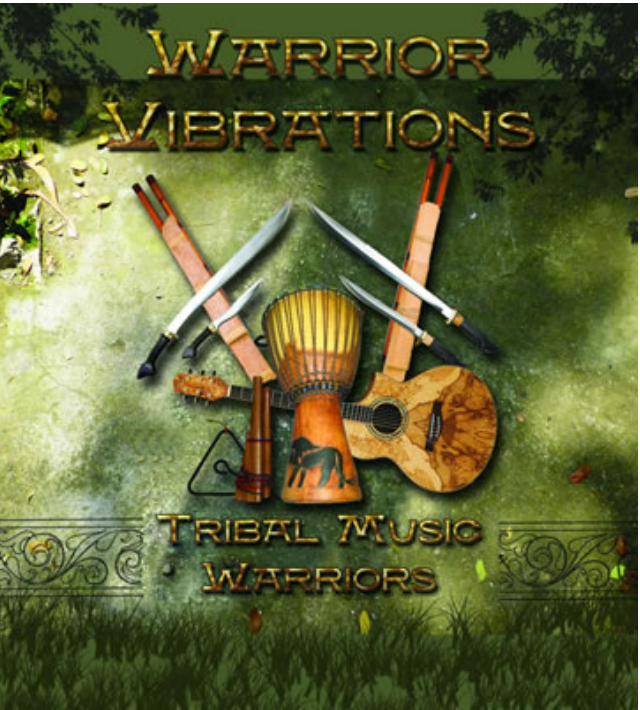
#### Motivation Training Muisic

By the Tribal Music Warriors called, “Warrior Vibrations”

By popular demand we have created a motivational tribal sound in a modern format that is very audibly appealing. For many years I have been hearing how people are looking for music to play in their Filipino martial art classes, and other martial art styles as well. It is well noticed that students playing Kali/Arnis/Eskrima or Kuntao listening to this music during class have better rhythm and improve their skills levels by getting better timing following the beats in the Warrior Vibrations album. This was all put together by Paul Kramarz, with Bongo Dude Mark Capsalors, Woody Floyd on various percussion instruments along with Ron Kosakowski with the idea and editing. There were also some students of the Practical Self Defense Training Center in Waterbury, Connecticut playing the various weapon in a drill format fitting the rhythm of the music, as you will hear on the album.

Sword and impact weapon play has such a rhythm to it once people have it down well. We basically took the rhythm of the sword and impact weapons and added a tribal beat with many different primitive instruments and added some guitar and a few other modern sounds and put together this unbelievable sound. Its so good, I can see people listening to it anywhere they go not just training their martial art style.

The video is just samples of the music on the actual CD: To see it **Click Here**  
The Tribal Music Warrior CD is sold on – TraditionalFilipinoWeapons.com - To Purchase: Click Here





Articles that were published in 2013 FMA Informative Newspaper



Issue Vol2 No.1 - 2013

The FMA Informative: Just A Vehicle for Knowledge  
Starting from Scratch - Mustafa Gatdula  
The Fear of Fighting - Perry Gil S. Mallari  
Understanding the Center Line - Tom Gillis

Issue Vol2 No.2 - 2013

100 Filipino Martial Artists Book Launch  
Not “the” Best... - Mustafa Gatdula  
Predator or Prey - Martin Hammersmith  
Why I Left Stick Fighting - Darrin Cook  
FMA / MMA Trivia - Narrie Babao

Issue Vol2 No.3 - 2013

The Mean and Nasty Old Master - Mustafa Gatdula  
Chaos: It Can’t Be Taught or Duplicated Because It’s The “Snowflake of Reality” - Bram Frank  
Speaking Strictly for Myself Regarding Modern Arnis, These Days - Jerome Barber  
Dances with Sticks - AJ Ruiz

Issue Vol2 No.4 - 2013

Forms, Kata, Sayaw, Hyungs a Waste of Time and Energy? - Brian Smith  
Tigers by the Tale - Bobbe Edmonds  
Beware of the Orphan - Mustafa Gatdula

Issue Vol2 No.5 - 2013

Cebuano Eskrima  
Eskrima as Your Passion. How Strong is a Passion?  
Your Spouse Versus Your Eskrima  
In Defense of Carabao Wrestling and Other Stupid Actuations  
Then what? ...

Focused Training - Identifying and Pursuing a Training Goal - Angelo Garcia  
The Importance of Balance in the Practice of Arnis, Escrima and Kali - Perry Gil S. Mallari  
The Importance of Flow - Bobbe Edmonds

Issue Vol2 No.6 - 2013

Master Teacher: An Expository Essay in Leadership - Jerome Barber, Ed. D.  
So What Makes a Martial Art Work? Taking a Long Hard Look into the Nature of Martial Arts - Marcus Poon  
Filipino Martial Arts and Physical Fitness - Rene L. Castro  
Improving Your Master’s Eskrima - Mustafa Gatdula

Issue Vol2 No.7 - 2013

The Strongest FMA Style - Maurice Gatdula  
If I Taught Seminars and Made Instructional Videos... - Maurice Gatdula  
The Myth of Filipino Kali Attribute Development - Extraído de Bayani Warrior

Issue Vol2 No.8 - 2013

Fighting Geometry - Marc Lawrence  
New and Improved “Empty Your Cup” - Mustafa Gatdula  
Six Life Lessons I Learned From the Filipino Martial Arts - Joy Lim

Issue Vol2 No.9 - 2013

Footwork Angles - Jeff Finder

Building Your Own FMA Back Yard/Garage Studio - Marc Lawrence, Darrin Cook, Jeff Finder, and Steven K. Dowd

Issue Vol2 No.10 - 2013

Takes More Than Just Being Filipino - Mustafa Gatdula  
How to Choose a Martial Art - Eric Primm  
Does Eskrima Need to Be “Well-Rounded”? - Mustafa Gatdula  
Interview Maestro D’Armi Danilo Rossi Lajolo di Cossano - FMA Informative

Issue Vol2 No.11 - 2013

Speed - Diagnostic and Curative! - Dragan Milojevic  
The FMA Flow - Perry Gil S. Mallari  
Essential Hand and Body Evasions While Sparring or Fighting - David E. Gould

Issue Vol2 No.12 - 2013

FMA Informative 2 Year Anniversary  
2012 FMA Informative Newspaper Articles  
2013 FMA Informative Newspaper Articles  
2011 FMA Informative Issues  
2012 FMA Informative Issues  
2013 FMA Informative Issues



Articles that were published in 2014 FMA Informative Newspaper



Issue Vol3 No.1 - 2014

Developing Proficiency - Angelo Garcia  
Get a Grip - Mark Jacobs  
The Traphand - AJ Ruiz  
The Snapping Backhand Horizontal Strike - Perry Gil S. Mallari  
Three Ways to Avoid the Boxer’s Fracture - Tony Torre  
The Importance of Balance in the Practice of Arnis, Escrima and Kali - Perry Gil S. Mallari

Issue Vol3 No.2 - 2014

Push Your Teacher! Make Sure They Are Worth Your Time - Paul Ingram  
Can a White Guy Teach the Filipino Martial Arts? - Mustafa Gatdula  
Window of Opportunity... - David E. Gould  
Training at a Gym or Dojo - Angelo Garcia

Issue Vol3 No.3 - 2014

Fighting with Weapons: The Soul and Unifying Factors of All The FMA - Perry Gil S. Mallari  
Lameco Eskrima’s “Batangas” Progression (abre-sera); The Art of Weapon Deployment - David E. Gould  
Getting to the Point (of Bladed Combat) - Mark Jacobs  
The Mentality of a Weapons Man - Perry Gil S. Mallari

Issue Vol3 No.4 - 2014

There is No Combat Without Movement - Angelo Garcia  
The Art of Unbalancing - John Honeyman  
Bamboo Spirit Martial Arts Centre - Brian Johns  
Angles of Attack in Modern Arnis  
Basic Block, Check, Counter Drill  
Ambidexterity in Modern Arnis  
Repetition is the Mother of Skill!





Issue Vol3 No.5 - 2014

Rizal the Budoka? - Ned Racaza Nepangue  
The Real Secrets to Success in Modern Arnis - Jerome Barber, Ed. D.  
How to tell if your Fencing is a Martial Art or a Combat Sport - Author Unkown

Issue Vol3 No.6 - 2014

What On Earth Is a “Supreme” Grandmaster Anyway? - Mustafa Gatdula  
Science and Research in Martial Arts - Fiction and Practice - Marcus Schüssler  
Digging for the Origin of Eskrima - Excerpts from “Cebuano Eskrima: Beyond the Myth” - Ned R. Nepangue, M.D. and Celestino C. Macachor

Issue Vol3 No.7 - 2014

Apache Knife Fighting Verses Filipino Knife Fighting Comparison - Marc Lawrence  
Arnis Baston Grips or Holds - Zena Sultana Babao  
Refinement: The Highest Form of Combative Development - David E. Gould  
Hubud - Martial Arts Digest

Issue Vol3 No.8 - 2014

Fight Like a Lady - Kick Ass with Class - Maria Francesca Montemar  
Hip Maximization in Unarmed Defense - Julie Loeffler  
Armed or Unarmed: Simple Drills Pay Off - Julie Loeffler

Issue Vol3 No.9 - 2014

5 Awesome Philippine Heroes Who Are Not Filipinos - FilipiKnow  
6 Badass Filipina Warriors You Never Heard Of - FilipiKnow  
14 Amazing Filipina Heroines You Don’t Know But Should - Marc V.

Issue Vol3 No.10 - 2014

Focus on Training - Edgar G. Sulite  
Sparring with Friends - Mustafa Gatdula  
Espada y Daga - Darrin Cook

Issue Vol3 No.11 - 2014

A Forgotten Principle? - Jerome Barber, Ed. D.  
Thoughts on Cross Training - Mike Casto  
Lameco Eskrima: Teach, Develop, Validate and Refine - David E. Gould

Issue Vol3 No.12 - 2014

FMA Informative 3rd Year Anniversary  
2012 FMA Informative Newspaper Articles  
2013 FMA Informative Newspaper Articles  
2014 FMA Informative Newspaper Articles  
2011 FMA Informative Issues  
2012 FMA Informative Issues  
2013 FMA Informative Issues  
2014 FMA Informative Issues

Articles that were published in 2015 FMA Informative Newspaper



Issue Vol4 No.1 - 2015

Ninth Degree Eskrima Masters - Mustafa Gatdula

Finally, the Differences Between Strategy and Tactics Explained - Adam: Low Tech Combat  
Thorn or Echo... - David E. Gould

Issue Vol4 No.2 - 2015

Edged Weapons and Self Protection - Joel Huncar  
Do You Train a Blade System? - Nick Stevens  
Types of Striking and Cutting: Reality in Combat - Bram Frank

Issue Vol4 No.3 - 2015

The Mechanics of Baston Serrada - Jon Escudero  
The Advantage of Learning Latosa-Escrima - Rene Latosa  
Lameco Eskrima; Minimizing “Gap” to Refine Time and Distance - David E. Gould  
On Drills - Dr. Tye W. Botting

Issue Vol4 No.4 - 2015

Filipino Martial Arts and Kyusho - Tom Gallo  
Reality, Belief and Tribalism - Rory Miller  
Straw vs. Waterhose - Mustafa Gatdula

Issue Vol4 No.5 - 2015

Learning the Rhythm of Styles (Knife at a Gunfight) - Mustafa Gatdula  
Martial Blade Concepts: A Logical Approach to Protecting Your Life with a Knife - Michael Janich  
Knife Stopping Power - Michael Janich  
A Microcosm of Knife Fighting - David E. Gould

Issue Vol4 No.6 - 2015

Stances: Movement and Application / Power Generation - Dr. Tye W. Botting  
Movement and Redirection in Baston Serrada - Jon Escudero  
Position vs. Footwork - David E. Gould

Issue Vol4 No.7 - 2015

Engineering the Martial Arts - Eric Primm  
Collect Concepts, not Techniques! - Brian Johns  
The Old Ways - Chris M. Suboreau & George M. Yore  
Gatekeepers of the Lineages (Bahala Na, Serrada and Presas) - Mustafa Gatdula

Issue Vol4 No.8 - 2015

Filipino Knife and Kyusho - Tom Gallo  
The Reality of Knife Disarms on the Street - David E. Gould  
Training with a Combative Mindset - Angelo Garcia  
Clinching with Weapons – Reprogramming Empty Hand Responses - Angelo Garcia

Issue Vol4 No.9 - 2015

Birang Silat: The Handkerchief Dance - Dave Sustak, EdM  
Too Young to Learn Filipino Martial Arts? - Brian Johns  
Warriors of Righteousness - Mustafa Gatdula

Issue Vol4 No.10 - 2015

FMA and Karate Stance Comparison - Alessandro Bovoso  
Get A Move On! - Brian Jones  
Reverse Triangle - Eric Primm  
Evolving from Set Patterns - Brian Johns

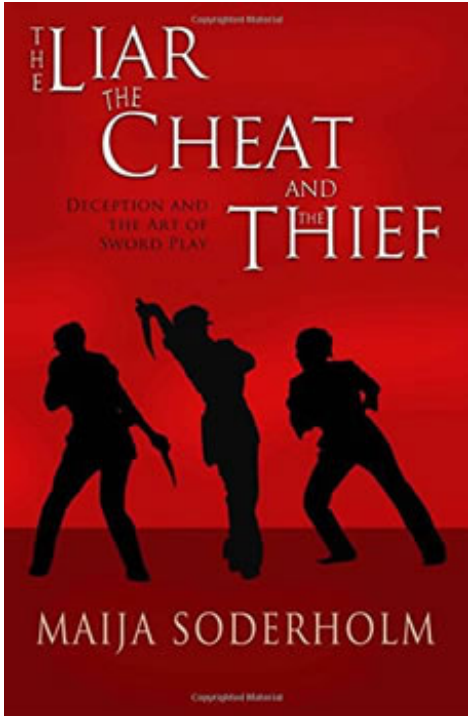
Issue Vol4 No.11 - 2015

Transcending Conventional Eskrima - Luis Tuparan  
History  
Differentiating the Movement  
Training & the Discovery of Movement Through Feeling  
Reputation-Building in the FMA - Mustafa Gatdula  
Arnis Programs in Angeles City, Philippines - Steven K. Dowd

Issue Vol4 No.12 - 2015

FMA Informative 4th Year Anniversary  
2012 FMA Informative Newspaper Articles  
2013 FMA Informative Newspaper Articles  
2014 FMA Informative Newspaper Articles  
2015 FMA Informative Newspaper Articles  
2011 FMA Informative Issues  
2012 FMA Informative Issues  
2013 FMA Informative Issues  
2014 FMA Informative Issues

The Liar The Cheat and The Thief: *Deception and the Art of Sword Play*  
By Maija Soderholm



You don’t fight bodies you fight minds.  
In this slender volume, Maija Soderholm of Sonny Umpad’s Visayan Style Corto Kadena and Larga Mano system presents the details of one of the most important and least understood aspects of personal combat. How to control the opponent’s mind.  
The Liar, The Cheat, and The Thief explores the drills and the mindset of one of the last modern duelists. As Sun Tzu said “*All warfare is deception*”.

**Amazon.com: Click Here**



Articles that were published in 2016 FMA Informative Newspaper



Issue Vol5 No.1 - 2016

- Racism in the Martial Arts - Bret Gordon
- On Martial Arts Alliances - Mustafa Gatdula
- The Power of Specializing in the FMA - Mustafa Gatdula
- The Business of Doing Martial Arts Business - Mustafa Gatdula

Issue Vol5 No.2 - 2016

- Integrity - Filipino Martial Arts at NRH Centre
- Living with Integrity - Motivation for Dreamers
- How to Improve your Coordination for Kali and Silat
- Do You Train a Blade System?

Issue Vol5 No.3 - 2016

- Supreme Grandmaster Ciriaco “Cacoy” Dela Cuesta Cañete
- The Middle Ground Approach to Eskrima - Mustafa Gatdula
- Tools for Training Filipino Kali Alone - Leslie Buck
- Nobody Is Wrong if Everybody Is Right - Addy Hernandez

Issue Vol5 No.4 - 2016

- Engineering the Martial Arts: Problem Solving - Eric Primm
- Five Easy Steps to Martial Arts Mastery - Eric Primm
- Training You Should Be Doing at Home When Learning Filipino Martial Arts - Leslie Buck

Issue Vol5 No.5 - 2016

- How Bad Do You Want This Art? - Mustafa Gatdula
- A Counter for Counters - Mike Casto
- Progress through Resistance - Eric Primm
- A Sure Fire Counter! - Brian Johns

Issue Vol5 No.6 - 2016

- Because the Truth Hurts - Luis Tuparan
- Ego, Pride and Humility, Martial Musings on Personal Growth from Muay Thai and Eskrima - Joel Huncar
- Missing Pieces of Modern Eskrima Practice - Mustafa Gatdula

Issue Vol5 No.7 - 2016

- Combative Anatomy: Using a Knife for Self Defense - Peoples Republik of Kalifornia
- What is the Center Line with regards to fighting? - By Angelo Garcia
- Dead Center - John Honeyman
- Preparing Your Eskrima for the Street - Mustafa Gatdula

Issue Vol5 No.8 - 2016

- Time for an FMA Revolution - Mustafa Gatdula
- The Fallacy of Empty Handed FMA - Mustafa Gatdula
- “There Are NO Qualified Masters In My Town...” - Mustafa Gatdula

Issue Vol5 No.9 - 2016

- Learn One, Learn Them All - Commonality of Motion and Skill Transferability in the Filipino Martial Arts - Leslie Buck
- Kali Stickboxing with Guro Ted Lucaylucay and Richard Lamoureaux - Richard Lamoureaux

6 Rules of Mechanical Advantage - Philipp

Issue Vol5 No.10 - 2016

- Of Arms and War – Sixteenth Century Filipino Warfare - Jose Victor Z. Torres
- Top 10 Tips for Learning Kali, Escrima, and Arnis - Leslie Buck
- Training Scars: Why Choosing the Right Words Makes All the Difference - Chad McBroom
- The Quickest Route - Mustafa Gatdula

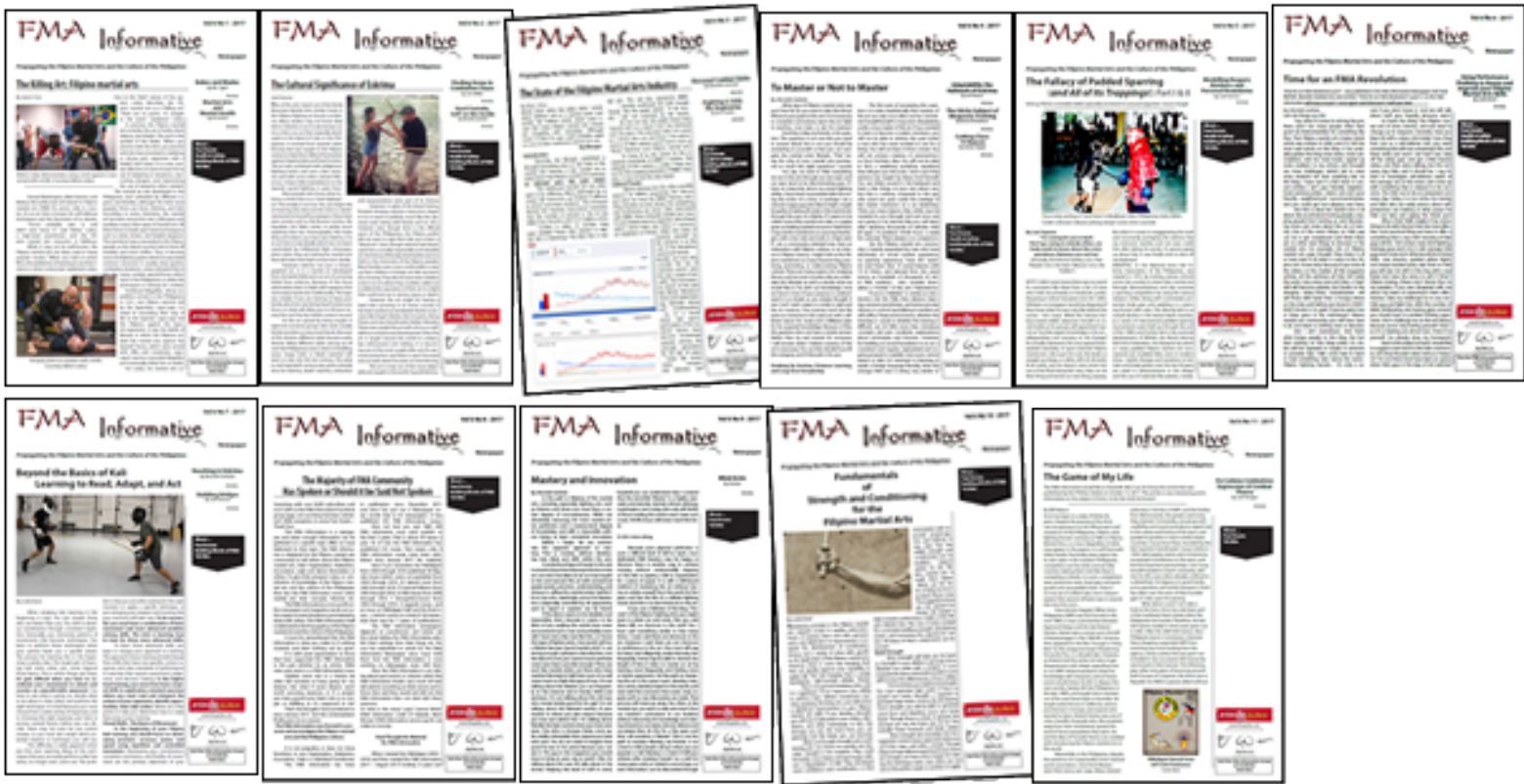
Issue Vol5 No.11 - 2016

- Bikinis and Martial Arts - Brian Johns
- 3 Reasons Filipino Martial Arts ROCK (for Women) - Jackie Bradbury
- That Guy: The Dilettante - Jackie Bradbury
- Why the “Perpetual Student” Is Misguided (10 Steps to Expert) - Mustafa Gatdula

Issue Vol5 No.12 - 2016

- FMA Informative 5th Year Anniversary
- FMA Informative Newspaper Articles (2011 -2016)
- Combat System or Combat Style - Marcus Schüssler
- Reaction Training for Filipino Kali - Leslie Buck

Articles that were published in 2017 FMA Informative Newspaper



Issue Vol6 No.1 - 2017

- The Killing Art: Filipino Martial Arts - Jason Cruz
- Babes and Blades: Why Women Should Train With Knives - Ms. Typd
- Martial Arts and Mental Health - Eric Primm

Issue Vol6 No.2 - 2017

- The Cultural Significance of Eskrima - Joel Huncar
- Finding Home in Combative Chaos - Jim Miller
- Hard Outside, Soft on the Inside - Mustafa Gatdula

Issue Vol6 No.3 - 2017

- The State of the Filipino Martial Arts Industry - Brian Johns
- Personal Combat Styles - Mustafa Gatdula
- Fighting Is Only the Beginning - Jon Escudero

Issue Vol6 No.4 - 2017

- To Master or Not to Master - Mustafa Gatdula
- Adaptability the Hallmark of Eskrima - Joel Huncar
- The Sticky Subject of Weaponry Training - Burton Richardson
- Cutting Class: 10 Reason why everyone should use the knife as a viable tool for self defense - Jerome Teague

Issue Vol6 No.5 - 2017

- The Fallacy of Padded Sparring (and All of Its Trappings!), Part I & II - Luis Tuparan
- Modelling Respect, Kindness and Personal Boundaries - Joel Huncar

Issue Vol6 No.6 - 2017

- Time for an FMA Revolution - Mustafa Gatdula
- Using Performance Profiling to Assess and Improve your Filipino Martial Arts Skills - Leslie Buck



Issue Vol6 No.7 - 2017

Beyond the Basics of Kali- Learning to Read, Adapt, and Act - By Leslie Buck  
Reaching in Eskrima - Mustafa Gatdula  
Building Bridges - Joel Huncar

Issue Vol6 No.8 - 2017

The Majority of FMA Community Has Spoken or Should it be Said Not Spoken

Issue Vol6 No.9 - 2017

Mastery and Innovation - Mustafa Gatdula  
Mind Arnis - Darren

Issue Vol6 No.10 - 2017

Fundamentals of Strength and Conditioning for the Filipino Martial Arts - Leslie Buck

Issue Vol6 No.11 - 2017

The Game of My Life - Bill Velasco  
De Cadena Combatives Expression of Combat Theory - Joel Hungar

About ...

The “About ...” in this section Organizations, Federations, Associations, Schools, and practitioners can send in their logo or picture if on themselves with a brief narrative about the Organization, Federation, Associations, School, or practitioner.  
And of course when a topic of a particular practitioner,, style, Organizations, Federations, Associations, Schools are not available the FMA Informative working with and with permission of such cultural publications such as My Philippines, Filipi Know, Filipinas Nostalgia, Filipino History, News and Classic Stories, Pearl of the Orient, Philippine Shocking History, Presidential Museum & Library and a few others that just put out something on the culture of the Philippines.  
Here is what has been in the About section in the 6 years of its creation:

Vol1 No1 2012

UFMAC  
Mataw-Guro Association  
Garimot System  
Latosa Escrima  
Kali Majapahit  
Punong Guro Galo D. Lalic  
Guro Arsenio Suguitan Padilla

Vol1 No2 2012

MARPPPIO  
International Rutano Estokada Federation  
Bandalan Martial Art Systems  
KEAT FMA  
Grandmaster Max Pallen  
Master Norman Z. Suanico

Vol1 No3 2012

DAV  
IKAEF  
IMB Academy  
Pambuan Arnis Tulisan Caballero  
Grandmaster Ibara Espartero Lopez  
Grandmaster Dan Rutano

Vol1 No4 2012

IPEAC  
Mangdirigma Italy  
Traditional-n-Tactical Combat  
Bais Tre Manos  
Grandmaster Vicente R. Sanchez  
Grandmaster Menandro Garcia de Leon

Vol1 No5 2012

Sistema Birada Martial Arts Center  
KBS System of Filipino Martial Arts  
Siete Pares Escrima  
Kuntaw Legacy  
Mataas na Guros Remy P. Presas, Jr., Ph.D.  
Senior Instructor Jose Valencia Tan

Vol1 No6 2012

Cacoy Doce Pares  
World Eskrima Balintawak Arnis Federation  
Pekiti-Tirsia Kali Global Organization (PTKGO, LLC)  
Center for Practical Self Defense  
The Malay Fighting Arts Academy  
Tenio Decuerdas Eskrima / Grandmaster Arthur Gonzalez

Maestro Jaime C. Paclibar

Vol1 No7 2012

Inayan Training Organization  
Visayan Legacy Association  
Warriors Eskrima  
Hufana Traditional Arnis International  
Guro Carlito Bonjoc  
Grandmaster Federico F. Fernandez

Vol1 No8 2012

Doblete Rapilon International  
CASASAI - Indonesia  
Eskrima Labaniego  
Siling Labuyo Arnis  
SWACOM

Vol1 No9 2012

K3 - Lighting  
Henderson’s Diamondback Eskrima  
Rocky Mountain Academy of Martial Arts  
Laban Baston Eskrima Club  
Kuntaw Legacy Martial Arts Academy  
Typhoon Philippine School of Martial Arts  
Kalintaw

Vol1 No10 2012

TnT Combat  
Cambridge Academy of Martial Arts  
Abner Kali System  
Sanano Martial Arts  
Grandmaster Ver Villasin  
Who is TheKuntawMan?

Vol1 No11 2012

Katipunan  
Mirarada Escrima  
Journales System Sandatahan Arnis-Sikaran  
Kenshin Kai - Robert & Kathleen Reish  
Lee Lollo

Vol1 No12 2012

Bahala Na Multi-Style  
Miami Arnis Group  
Silent Warrior Arts  
ESKABO Daan  
Grandmaster Bob Silver C. Tabimina  
Escrima Dax - Grandmaster Dacayana Sr.

Vol2 No1 2013

Rapid Arnis International  
Counterpoint Tactical System  
South Bay Filipino Martial Arts Club  
Guro Michael Butz - Kada Anan Martial Arts Arizona  
JEDOKAN - Jeff “JEDS” Suministrado

Vol2 No2 2013

St. Louis Counterpoint Martial Arts  
Modern Arnis - The MFA Method  
Abenir Kali Filipino/Indonesian Martial Arts


Dugukan Martial Arts System  
Mt. Diablo Hwa Rang Kwan

Vol2 No3 2013

Visayan Eskrima Guild  
Arnis Bahariya  
Hybrie Yaw Yan  
Kombatan Australia

Vol2 No4 2013

Integrated Eskrima International



# TAMBULI MEDIA


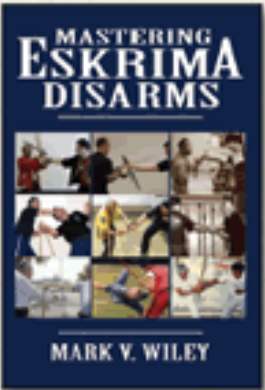




## Excellence in Mind-Body Health & Martial Arts Publishing

Welcome to Tambuli Media, publisher of quality books on mind-body martial arts and wellness presented in their cultural context.

**Our Vision** is to see quality books once again playing an integral role in the lives of people who pursue a journey of personal development, through the documentation and transmission of traditional knowledge of mind-body cultures.

**Our Mission** is to partner with the highest caliber subject-matter experts to bring you the highest quality books on important topics of health and martial arts that are in-depth, well-written, clearly illustrated and comprehensive.

**Tambuli** is the name of a native instrument in the Philippines fashioned from the horn of a carabao. The tambuli was blown and its sound signaled to villagers that a meeting with village elders was to be in session, or to announce the news of the day. It is hoped that Tambuli Media publications will “bring people together and disseminate the knowledge” to many.



www.TambuliMedia.com

www.tambulimedia.com



Ola`a Nalo Eskrima  
Defensor Method  
Grandmaster Nonato “Nene” Gaabucayan  
**Vol2 No5 2013**  
Rosada “Two Hand” Balintawak Arnis Escrima  
Lakan Ronnie Royce D. Base  
Guro Mark Wiley  
Grandmaster Nonato “Nene” Gaabucayan  
**Vol2 No6 2013**  
Kali Method  
Koon-Tao  
Pasan Filipino Combatives  
Master Danilo A. Huertas  
Maru SF Dojo  
**Vol2 No7 2013**  
Dublin Martial Arts Academy  
Lapunti Arnis De Abanico International  
Kapatiran Arnis System  
Lightning Combatives  
**Vol2 No8 2013**  
Houston Stick Fighting Association  
Grandmaster John Harvey of Kapatiran Arnis System  
Alamid Martial Arts  
Nickelstick Eskrima Club

**Vol3 No1 2014**  
Grandmaster Billy Baaclo “Abaniko De Sungkiti”  
Derobio Preservation Society  
Warrior’s Way Martial Arts Academy  
Master Virgil Cavada  
**Vol3 No2 2014**  
Panantukan  
Great Grandmaster George Michael Inay  
Windy City - Pekiti-Tirsia Kali  
Stick Fighter Training Center, Tucson, Arizona  
**Vol3 No3 2014**  
Llanera Escrima - Grandmaster Ding Llanera  
NUDDA M.A.X.Training  
WAZA Survival School - Rod Bradley  
**Vol3 No4 2014**  
Filipino Fighting Arts, LLC  
K.S.K. Martial Arts  
**Vol3 No5 2014**  
Arnis Koredas Obra Mano International  
Yaw-Yan Fervilleon  
Gregoria de Jesus - My Philippines  
**Vol3 No6 2014**  
Great Grandmaster Ernesto Presas - AJ Ruiz  
Sayoc Kali Tuhons  
14 Rides you might encounter in The Philippines!  
My Philippines

**Vol4 No1 2015**  
Nava Sticks FMA  
December 29, 1896 Last Day of Jose Rizal with his family ...  
My Philippines  
The Thirteen Martyrs of Bagumbayan - My Philippines  
10 Little-Known Facts About the Katipunan  
Marc V (Filipi Know)  
**Vol4 No2 2015**  
Malacañan Palace - Presidential Museum & Library

**Vol2 No9 2013**  
Bedford Filipino Martial Arts  
Telu Bituun Bagani  
Dumaguete Arnis Association Inc.  
Punite PMAAC  
**Vol2 No10 2013**  
Pekiti Tirsia Kali Manila  
Gandmaster Chris Bautista - Multi-Disciplinary Martial Arts  
Cedric A. Cocon  
Grandmaster Jose D. Caballero  
Senbo Combative Institute  
FWARS - Filipino Warrior Arts Research Society  
**Vol2 No11 2013**  
Visayan Legacy Association  
Full Circle Martial Arts  
FMA School  
Punong Guro Edgar G. Sulite  
Guro Jeric Pantaleon  
**Vol2 No12 2013**  
Filipino Christmas Traditions  
Filipino Christmas Decors  
Philippine Christmas Dances  
Puto Bumbong - A Traditional Filipino Christmas Treat

Vol3 No7 2014  
Eskrima Combatives FMA, San Diego, CA. Chapter  
RFA Martial Academy  
Beatles in the Philippines - My Philippines  
Vol3 No8 2014  
Master Richard Hudson  
JKD-Kali: Functional Martial Arts  
Displaying the Philippine Flag was Lifted  
When Philippine Flag is Upside Down, Means War?  
Vol3 No9 2014  
The FMA Bladed Art where I come from - Bong Abenir  
Olongapo: Ulo ng Apo  
Fuerza de San Pedro  
Vol3 No10 2014  
Fort Drum - Richard Black  
Bulacan Province - My Philippines  
Vol3 No11 2014  
Simeona Punsalan-Tapang - My Philippines  
Rosa Sevilla de Alvero's home, Manila, Philippines  
My Philippines

Vol3 No12 2014  
About Section History  
The Origin of Simbang Gabi - My Philippines  
The Origin of Bibingka - My Philippines  
Maja Blanca - My Philippines  
New National Artist Alice Reyes - Sheila Mañalac

Manila Carnivals - My Philippines  
The Boix House - My Philippines  
**Vol4 No3 2015**  
Kail Sikaran  
Ocho Kantos Kali  
Alexander Librando / Suntumog Kali  
ASIN - My Philippines  
The Reycards - My Philippines  
Jose Goyena Revilla Jr. - My Philippines

**Vol4 No4 2015**  
Lameco Eskrima International Training Groups  
David E. Gould  
Antonio, Chief of the Bontoc Igorotes - My Philippines  
Maglalatik Dance - My Philippines  
Headhunters - Philippines Shocking History  
**Vol4 No5 2015**  
Datu Kalun - Pagadian Zamboanga Del Sur  
Human Zoo - Philippines Shocking History  
Mabini Shrine - Presidential Museum and Library  
**Vol4 No6 2015**  
Academy of Eskrima, Inc.  
Dedel Panggamot Fighting System - FMA Informative  
Grandmaster Galo D. Lalic, Angeles City’s Pride Arnisador -  
Felicisimo U Canda Jr.  
JEDOKAN Martial Art - Jules Simon & Aiko Ramos  
**Vol4 No7 2015**  
Eskrima Labaniego with Mang Bert - Dirty Boxing  
First Battle of Bud Dajo - Wikipedia  
Case of Juan Luna’s Murder of His Wife and Mother-in-Law -  
My Philippines  
100th Annivesary building of Kennon Road - My Philippines  
**Vol4 No8 2015**  
Punono Guro Fabrizio Mansur Filograna - Abenir Kalis (Europe)  
Master Fabien Jolivel - Balintawak (France)  
Victory Liner Bus in 1950’s - My Philippines

**Vol5 No1 2016**  
Brahamuddin, Son of Sultan Mohammed Jamalul Alam with  
Two Datu. Jolo, 1885 - Pearl of the Orient  
A Native House in the Phillippines - Pearl of the Orient  
Those Gallant Igorots - Philippines Shocking History  
Marie Sampalit (1914) - Filipinas Nostalgia  
**Vol5 No2 2016**  
Pacita Ongsiako de los Reyes - My Philippines  
Philippine Soap Operas - My Philippines  
Why There’s No Mercury Drug in SM Malls?  
Philippines - Shocking History  
Aguinaldo’s Visionary Government That Never Was  
Filipi Know  
The Day Aguinaldo Almost Resigned and Mabini Almost  
Became President - Filipi Know  
**Vol5 No3 2016**  
Filipinia Mestiza [1885] - Pearl of the Orient  
Manila Carnival [Philippine Exposition], Manila, 1938  
Pearl of the Orient  
Girls Basketball Team - Pearl of the Orient  
Martial Law Stories Young People need to Hear  
My Philippines

Philippine History, June 24, 1859, (Marcela Agoncillo was born  
in Taal, Batangas) - The Kahimyang Project  
**Vol5 No4 2016**  
Master Henry’s Inside Stories - Joy Lim  
Sorbetero [1900] - Pearl of the Orient  
Negritos of Luzon [1904] - Pearl of the Orient  
A Street Scene in Tayabas [1901] - Pearl of the Orient  
**Vol5 No5 2016**  
Feel the “Buzz” - suntokaranawaykali  
The Igorot Struggle for Independence - William Henry Scott  
A Street Scene in Tayabas [1901] - Pearl of the Orient  
**Vol5 No6 2016**  
Lucrecia Roces Kasilag - A Filipino Composer and Pianist

Lighthouse and Filipino Fishing Boat. Image taken around  
1900-1902 - My Philippines  
Antonio Luna: A Lover, Traitor. Thief and a Hero  
Philippines Shocking History  
**Vol4 No9 2015**  
30 Things You Didn’t Know About University of the Philippines  
Filipi Know

**Vol4 No10 2015**  
9 Shocking Hoaxes That Drove Pinoys Crazy - Filipi Know  
The Urban Legend of Maria Labo  
Philippines Shocking History  
Mythical Beings: Aswang, Manananggal, Mangkukulam  
Mythical Animals: Bakunawa, Sigbin  
5 Scariest Buildings in the Philippines - Filipi Know  
**Vol4 No11 2015**  
FMA Academy  
Tactics Martial Arts Studio  
Grandmaster Andy Sanano  
Radhika Jhaveri - Tanvi Jhaveri  
**Vol4 No12 2015**  
About Section History  
8 Vintage Photos of Filipinos Having a Merry Christmas - Filipi  
Know  
9 Fascinating Facts You Didn’t Know About Christmas in the  
Philippines - Filipi Know

Filipino History News and Classic Stories  
Maggie Dela Riva Case  
Filipino History News and Classic Stories  
Lucita Soriano - Filipina Actress  
Filipino History News and Classic Stories  
Two Mestizas - Pearl of the Orient  
**Vol5 No7 2016**  
Master Irving Piccio Elefante Jr. - FMA Informative  
HAMSA Jay Saceda Jumawan - Sang-got - FMA Informative  
**Vol5 No8 2016**  
8 Real Filipina Queens and Princesses Too Awesome for Disney  
Movies - Filipi Know  
5 Most Badass Filipina Nuns in History - Filipi Know  
**Vol5 No9 2016**  
Maximo C. Caballes “Grandmaster Max” - Arnis de Caballes  
Style - FMA Informative  
Senior Master Noel Rosacena Monterde - Kombate / Dumog  
FMA Informative

**Vol5 No10 2016**  
Passing on the Legacy of Cacoy Doce Pares - Narrison Babao  
Drawing Nightmares | Artists of “The Lost Journal”  
Aswang Project  
The Rape of Manila - Philippines Shocking History  
Tinali (Arm Beads) - Pearl of the Orient  
**Vol5 No11 2016**  
Eating with Bare Hands - Pearl of the Orient  
Moros of Mindanao - Pearl of the Orient  
Macario L. Sakay and Lucio de Vega - Pearl of the Orient  
The Philippine Eagle (And Why It Should Not Be Called  
Monkey-eating) - Filipi Know  
The Short and Tragic Life of the First Igorota Beauty Queen  
Filipi Know  
Valeriano Ibañez Abello - Filipi Know  
**Vol5 No11 2016**  
5 Year History Contents



Philippine History and Culture By:  
Philippines, My Philippines  
Pearl of the Orient:  
Presidential Museum & Library  
Philippines Shoocking History

Filipino History News and Classic Stories:  
Filipinas Nostalgia  
he Aswang Project  
Filipi Know

Vol6 No1 2017

Living in Harmony With Nature: A Lesson From the Agtas of  
Tiwi - Lyn V. Ramo

Vol6 No2 2017

Minda Mora, Urban Legend - Filipino History, News and Classic  
Stories  
Carina Agoncillo aka Carina Afable - Filipina Singer, Actress -  
My Philippines

Vol6 No3 2017

Maria Josefa Gabriela de Silan - Pearl of the Orient  
Vicente Sotto - Philippines, My Philippines  
Ifugao Belles, Circa 1930 - Philippines, My Philippines  
Meet Bambalito, The First Warrior-Hero Who Died Fighting For  
Our Freedom - Filipi Know  
The Mysterious Life and Death of Pepsi Paloma - Filipi Know

Vol6 No4 2017

Down the Roots of Mystical and Sacred Trees in Philippine  
Lore - Aswang Project  
San Lazaro: First Mental Hospital in the Philippines - Pearl of  
the Orient

Vol6 No5 2017

Tactics Martial Arts - Tom Gallo  
The Ingenious Gentleman Supremo Luis Taruc - ka tony na  
banlawkasaysan  
Igorot Prisoners - the Battle of Caloogan, 1899 - Pearl of the  
Orient  
Central Railrod Station, Manila Railroad Company, 1923 - Pearl  
of the Orient  
Historic Wall of Manila: Quezon Gate - Pearl of the Orient

Vol6 No6 2017

5 Great Philippine Heroes Nobody Remembers - Filipi Know  
Meet the Terrifying Moro Warriors and Heroes of WWII - Filipi  
Know

Vol6 No7 2017

Peachie Baron Saguin, The Silent Warrior - Ilustrisimo Escrima  
6 Reasons Why Ramon Magsaysay Was the Best President Ever  
- Filipi Know

Vol6 No8 2017

9 Philippine Icons and Traditions That May Disappear Soon -  
Filipi Know  
10 Amazing Facts You Probably Didn't Know About Cebu -  
Luisito E. Batongbakal Jr.

Vol6 No9 2017

Tuhon Apolo Ladra - Mark Brady  
A White Man's Voice Among the Igorrotes - Pearl of Orient  
On Samar - Philipppine Shocking History  
The Filipinos Human Zoo - Philipppine Shocking History  
Royal Decree Was Issued Abolishing the Tobacco Monopoly in  
the Philippines - The Kahimyang Project  
Roxas Had Two Inaugurations - Presidential Museum & Library

Vol6 No10 2017

Ancient Tagalog Deities in Philippine Mythology - The  
ASWANG Project  
Mythical Heroes of the Philippines - The ASWANG Project  
6 True Stories from Philippine History Creepier Than Any  
Horror Movie - FilipiKnow

Vol6 No11 2017

Excerps from a Phone Interview Siete Pares Grandmaster  
Nelson Estanol - Jesse Jaramillo  
10 Reasons Why Life Was Better In Pre-Colonial Philippines -  
FilipiKnow  
17 Most Unusual Street Names in Manila (And Their Origins) -  
FilipiKnow  
Unbelievable Cemetery in the Middle of a Street - FilipiKnow

To note: For cultural and history information the FMA Informative has used the following. Visit the websites to learn even more  
historical or cultural information.



Philippines, My Philippines

Visit Philippines, My Philippines on FaceBook: Click Here

- Melchora Aquino de Ramos

- Gregoria Patricio Montoya

- Lakandula

- Macliing Dula

- The Jeep .... then

- Pre - Martial Law Philippine Currency Denominations

- Puppet Government Currencies

- The 100,000 Philippine Peso Bill - Printed 1998

- The 2,000 Philippine Peso Bill

- Origin of Philippine Fiesta

- Origin of PO and OPO

- The First Philippine Flag

- Imelda Remedios Visitación Trinidad Romuáldez-Marcos - - - -

- Marcos: 'My best successor is Ninoy'

- The Uncirculated Marcos 500 Peso Bill -1985

- The Discovery of the Katipunan: How a brawl over a 2 Peso wage increase uncovered the secret society

- Jollibee

- Origin of Filipino Sibling Titles

- Gregoria de Jesus

- 14 Rides you might encounter in The Philippines!

- Beatles in the Philippines

- Fuerza de San Pedro

- Bulacan Province
- Simeona Punsalan-Tapang

- Rosa Sevilla de Alvero's home, Manila, Philippines

- The Origin of Simbang Gabi

- The Origin of Bibingka

- Maja Blanca

- December 29, 1896 Last Day of Jose Rizal with his family ...

- The Thirteen Martyrs of Bagumbayan

- Manila Carnivals

- The Boix House

- ASIN

- The Reycards

- Jose Goyena Revilla Jr.

- Antonio, Chief of the Bontoc Igorotes

- Maglalatik Dance

- Case of Juan Luna's Murder of His Wife and Mother-in-Law

- 100th Annivesary building of Kennon Road

- Victory Liner Bus in 1950's

- Lighthouse and Filipino Fishing Boat. Image taken around 1900-1902

- Pacita Ongsiako de los Reyes

- Philippine Soap Operas

- Carina Agoncillo aka Carina Afable - Filipina Singer, Actress

- Vicente Sotto

- Ifugao Belles, Circa 1930



Visit Pearl of the Orient: Click Here

- Brahamuddin, Son of Sultan Mohammed Jamalul Alam with Two Datu. Jolo, 1885

- A Native House in the Phillippines

- Filipinia Mestiza [1885]

- Manila Carnival [Philippine Exposition], Manila, 1938

- Girls Basketball Team

- Negritos of Luzon

- Sorbetero, 1900

- A Street Scene in Tayabas, 1901

- Two Mestizas
- Tinali (Arm Beads)

- Eating with Bare Hands

- Moros of Mindanao

- Macario L. Sakay and Lucio de Vega

- Maria Josefa Gabriela de Silan

- San Lazaro: First Mental Hospital in the Philippines

- Igorot Prisoners - the Battle of Caloogan, 1899

- Central Railrod Station, Manila Railroad Company, 1923

- Historic Wall of Manila: Quezon Gate

- A White Man's Voice Among the Igorrotes

Modern Arnis: The Art, Science and Conceptual Foundations

By Dr. Jerome Barber

The definitive book about the hidden conceptual foundations of the Modern Arnis Filipino Martial Arts System, developed by the late Professor Remy Amador Presas. This book explains hidden conceptual foundations that tie all of the independent aspects of Modern Arnis into a unified whole, stand alone, FMA system. Dr. Barber has taken the written ideas and statements of the late Professor Presas and woven them together to create an in-depth analysis of why Modern Arnis works so effectively and efficiently as a self-defense system.

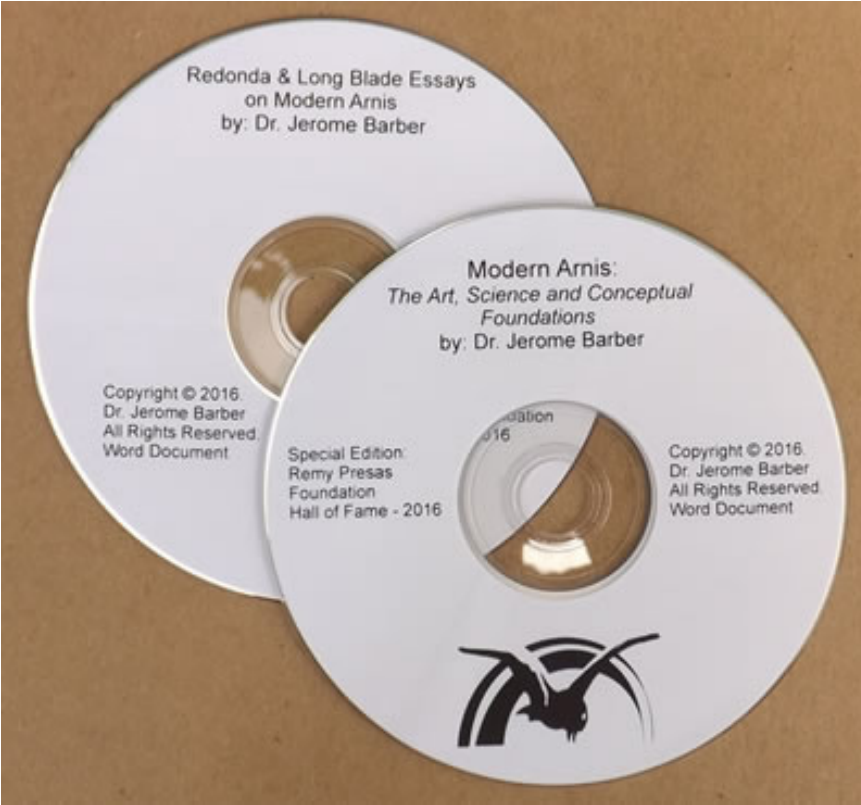
You can obtain an e-book on disk for \$20, plus \$2 s/h, payable in a money order sent to: Dr. Jerome Barber, 14391 Spring Hill Drive, Suite 180, Spring Hill, FL 34609.

Redonda Long Blade Essays on Modern Arnis

By Dr. Jerome Barber

These two (2) essays were written by Dr. Barber, to explain how Modern Arnis can be used as an effective self-defense system. The Redonda/Block-Check-Counter essay covers a set of self -defense applications of the empty hand Redonda Drill. Dr. Barber and several friends photographed their training session for future reference and study.

The“Long Blade” essay was written to explain the relationship between the



stick, Filipino long blade (bolo), evasive footwork and body-shifting in the Modern Arnis system.  
You can obtain an e-book on disk for \$20, plus \$2 s/h, payable in a money order sent to: Dr. Jerome Barber, 14391 Spring Hill Drive, Suite 180, Spring Hill, FL 34609.





Presidential Museum & Library: [Click Here](#)

- Malacañan Palace - Presidential Museum & Library
- Mabini Shrine - Presidential Museum and Library

- Roxas Had Two Inaugurations - Presidential Museum & Library



Philippines Shoocking History: [Click Here](#)

- Antonio Luna: A Lover, Traitor. Thief and a Hero
- Headhunters
- Human Zoo
- The Urban Legend of Maria Labo
- Those Gallant Igorots

- Why There's No Mercury Drug in SM Malls?
- February 1945: The Rape of Manila
- On Samar
- The Filipinos Human Zoo



Filipino History News and Classic Stories: [Click Here](#)

- Lucrecia Roces Kasilag (31 August 1918 - 16 August 2008) A Filipino Composer and Pianist
- Maggie Dela Riva Case
- Lucita Soriano - Filipina Actress
- Minda Mora, Urban Legend

## THE ASWANG PROJECT

The Aswang Project was created as an educational resource to share the rich, colorful and diverse folklore of the Philippines.

[www.aswangproject.com](http://www.aswangproject.com)

- Drawing Nightmares | Artists of "The Lost Journal"
- Down the Roots of Mystical and Sacred Trees in Philippine Lore - Daniel De Guzman
- Ancient Tagalog Deities in Philippine Mythology - The ASWANG Project
- Mythical Heroes of the Philippines - The ASWANG Project



[mandirigma.org](http://mandirigma.org)



Filipinas Nostalgia: [Click Here](#)

- Marie Sampalit (1914)

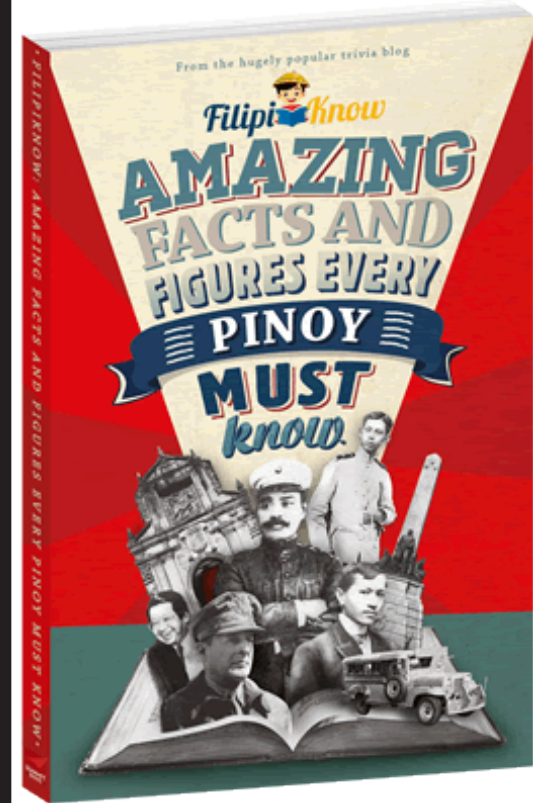


Visit Filipi Know: [Click Here](#)

- 9 Creepy Pinoy Urban Legends That Never Get Old
- 10 Little-Known Facts About the Katipunan - Marc V
- 11 Filipino Slang Words with Surprising Origins
- Top 10 Most Bizarre Filipino Foods
- 30 Things You Didn't Know About University of the Philippines
- Whatever Happened To Manila's Statue of Liberty?
- Another 10 Pinoy Health Myths You Thought Were True
- 10 Shocking Old-Timey Practices Filipinos Still Do Today
- 10 Contemporary Filipina Authors You Absolutely Should Be Reading
- 9 Shocking Hoaxes That Drove Pinoys Crazy
- 5 Awesome Philippine Heroes Who Are Not Filipinos
- 5 Scariest Buildings in the Philippines
- The Controversial Origin of Philippines' National Costume
- Aguinaldo's Visionary Government That Never Was
- The Day Aguinaldo Almost Resigned and Mabini Almost Became President
- A Brief History of Filipinos' Obsession With White Skin
- 8 Real Filipina Queens and Princesses Too Awesome for

- Disney Movies
- 5 Most Badass Filipina Nuns in History
- 14 Bizarre and Fascinating Philippine Festivals
- The Philippine Eagle (And Why It Should Not Be Called Monkey-eating)
- The Short and Tragic Life of the First Igorota Beauty Queen
- Valeriano Ibañez Abello
- Meet Bambalito, The First Warrior-Hero Who Died Fighting For Our Freedom
- 9 Philippine Icons and Traditions That May Disappear Soon
- The Mysterious Life and Death of Pepsi Paloma
- 5 Great Philippine Heroes Nobody Remembers
- 6 Reasons Why Ramon Magsaysay Was the Best President Ever
- 6 True Stories from Philippine History Creepier Than Any Horror Movie - FilipiKnow
- 10 Reasons Why Life Was Better In Pre-Colonial Philippines
- Unbelievable Cemetery in the Middle of a Street
- 17 Most Unusual Street Names in Manila (And Their Origins)

### Amazing Fact and Figures Every Pinoy Must Know



**Sold in National Book Stores in the Philippines - For ordering and quetions [Click Here](#)**

What was Jose Rizal's favorite food? Who was the first recorded Pinoy serial killer? Why do Filipinos love to eat rice? Who was the real mastermind behind Ninoy's assassination?

Three years ago, these were just some of the questions that rekindled my childhood curiosity. And as I searched for answers, I realized that there was no website that could satisfy my cravings for interesting Pinoy facts. Sort of a local version of Mental Floss; a repository of the most surprising, lesser-known trivia about our history and culture.

And so a unique blog was born. Combining the words "Filipino" and "knowledge," I came up with a name I never thought in a million years would start an online revolution—FilipiKnow.

Fast forward to today, the award-winning blog is now considered the go-to place for interesting Pinoy facts. And none of this would have been possible if not for the continuous support of readers like you.

This book will help you realize that FilipiKnow isn't just about trivia after all. I remember one passionate reader telling me that I underestimated our contents when I defined trivia as "useless information." He went on to share another definition I admit I overlooked when I used the dictionary: facts about people, events, etc., that are not well-known.

In other words, this book about not-so-well-known facts can be powerful, depending on how you look at it.

It uncovers truths about Philippine history nobody taught us in schools. It introduces us to some of our forgotten heroes that could teach a lesson or two on how to be a better Filipino. Finally, it may help you realize how rich our culture is, and how nice it is to be a Filipino despite our flaws and mistakes. FilipiKnow is not just about facts and figures. It is a book about Filipinos—who we were, who we are now, and who we are going to be.



## Past Events

### FMA Informative Past Events

The FMA Informative being in its 6th year of publication has compiled a list of events that have been advertised per the creator of the event or the practitioner of the event and the creator of the event or the practitioner has “gaffed, ignored, or just been unprofessional” in the actions towards the FMA Informative. So until we receive something from them on a event they will remain on the list and their events will not be advertised by the FMA Informative.

Having an event and you have advertised it here on the FMA Informative group page or even if not advertised here and you know of an event.

Once the event is complete if you could send at least a group picture, and maybe a little something about what went on for the FMA Informative newspaper.

For those who wish - if you provide enough write up and pictures to fill 10 pages, the FMA Informative will make an issue about the event. What does this do?

1. Tells others that there was an event and they (if there remember) if not there then they know what they missed.
2. Advertises the practitioner or practitioners that taught which others may want to attend in a future event or when the practitioner comes to their area they will not want to miss it.
3. Advertises the school which held the event or the person that hosted the event and people can look forward to possible future events at the school or being hosted in the area.

Please once the event is complete if you could send at least a group picture, and maybe a little something about what went on for the FMA Informative newspaper.

For those who wish if you provide enough write up and pictures to fill 10 pages, the FMA Informative will make an issue about the event.

**As stated the FMA Informative can only ask. And who knows but the people at those events if maybe the events were not as successful as desired, or so successful that the world already knows everything about them and nothing more can be said? The FMA Informative knows they are unprofessional and their word is worthless and will not bother them again and will not advertise or promote their events. - End of Subject !**

FMA Informative Staff  
www.fmainformative.info

### Tenio DeCuerdas Eskrima Seminar

w/ Agisulo Michael Butz  
October 21, 2017  
Lakewood, CO.

Agisulo Michael started with a couple of warm ups referred to as “stir the pot” and “spread the butter” to help strengthen and condition the wrists and arms. During the seminar participants worked on quick threat neutralization (instead of self defense) when opponents give a forehand or backhand vertical strike (#1 and #2).

From a neutral or natural stance students were taught to quickly get into a ready position (weapon pointed up), while simultaneously evading the opponent’s weapon.

From there they explored many variations such as riding the weapon, counter striking with multiple vertical strikes, followed by locks and take downs to diffuse the situation.

For more information about Eskrima or future seminars in the Lakewood, CO. area please contact brians@kadaananmartialarts.com



### Escrima by the Bay

w/ Tuhon Brandon Jordan, Senior Grandmaster Dan Medina, and Guru Besar George Morin  
October 21 – 22, 2017  
San Francisco, CA.



**Three Grandmasters** - Tuhon Brandon Jordan, Senior Grandmaster Dan Medina, and Guru Besar George Morin - joined together for the two-day Escrima by the Bay seminar on October 21st, and 22nd 2017 in San Francisco, CA. Their 100+ years of combined knowledge made for a bottomless well of seamless material. As far as useful knowledge goes, this seminar was a powerhouse and 3-for-1 deal, not to mention a perfect opportunity for Tuhon’s San Francisco branch of Mandala Mandirigma to get to experience and train in the root systems of Mandala Mandirigma directly from these elder Grandmasters themselves. Several dedicated students also tested for and were awarded rank.



**Day One** of the seminar Escrima Silat by the Bay was hosted by Manalo Combative Arts (MCA) Association graduate and Mastro Silat representative Guro John Paul Manalang along with the Full Grip Crossfit Combative Arts gym. Day two on Sunday was graciously hosted by Senior Master Jino Kang of Hapkido USA. Among the vendors in attendance were Ray Haguian of Kapuwa, Dr. Jasmine Esguerra of Pure Wellness International, Hyle Campbell of Native Clan and Michael Rubi of FMA Supply. Among those in attendance on the first day were recognized pioneers and Grandmasters such as Grandmaster Alex France of Kombatan, as well as Army Veteran and Master Ray Cordoba. This was a much unexpected visit and great honor to receive the support of such highly respected elders in the Filipino martial arts community.

Tuhon/Grandmaster Brandon Jordan began the Saturday morning session by showing Mandala Mandirigma basic sword entries drawn from Derobio and with a

unique integration of footwork principles pulling from his Silat foundation. Tuhon Jordan provided linking concepts and principles that would open eyes to a deeper appreciation of some of the core arts that form its foundation from his teachers themselves when their turn to teach came. Attendees got to see this unique art as its own entity before beginning

to see some of its roots when Senior Grandmaster Dan Medina took to the stage showcasing the counter locks that Derobio is known worldwide for.



Guru Besar George taught an amazing session on the differences of Silat footwork in comparison to KunTao footwork along with how these formidable arts connect in their approach to movement and effortless entries. Participants began with footwork and hand drills and then progressed to entries versus various strikes both empty handed and with the knife in hand. Every step of the way Guru Besar George movements could be adapted based unfamiliar with Guru George he is one of de Thouars of the famed KunTao Silat de 30 plus years of solid practice. Guru Besar

gathered students in a circle and showed how the same about various sized attackers and body types. For those the three original disciples of Senior Grandmaster Willem Thouars and now founder of KunTao Silat Morin after over George is recognized by many as the living encyclopedia of the de Thouars family Silat practices having trained with the brothers Willem de Thouars and the late Pendekars Paul and Victor decades ago as the art was originally in it beginning stages of being spread. Guru Besar George is a master technician and teacher of the highest caliber.

Participants broke for lunch and were treated to listening to many stories by some of the late Filipino martial arts Grandmasters and the history of the

contributions that Filipinos have made honorably serving in the US military, spanning generations. This experience was so impactful that Guro Alvin Albano had this to say about it, “We learn a lot from our teachers and masters when we are actively training on the floor. But we also learn many valuable things when having a meal and soaking in the conversation. Old friendships are strengthened and new friendships are forged.”

The Saturday session ended with Tuhon/Grandmaster Brandon Jordan publicly installing both Senior Grandmaster Dan Medina and Guru Besar George Morin to the Mandala







Mandirigma council of elders for their significant contributions to the development and propagation of the martial science of Mandala Mandirigma. This took place before all attendees present and with certificates of recognition being presented to both Senior Grandmasters by the system founder.

After attending the Saturday session Grandmaster Alex France had this to say, "My new teachers...These guys were great in many ways: (1) They knew their stuff, (2) they were very welcoming; and (3) in teaching, they meshed so well together even though George and Dan just met for the first time. And (4) they knew their martial and cultural history even better than I did! Pugay! Thank you for the great time!"

Nelden Dyogi a participant and Alvin Albano had this to say about the a great gathering. I felt a lot of positive my head. I to want to build a solid foundation was a very positive day today. I felt so A little positive feedback. The way you to understand subtle details of history



Jordan for being a good example of what it means to be a Master in your craft. I admire the temper of a visionary. The word you used, "build", hasn't been used around me enough. Keep putting it on me. I want to be that earthquake to shake the foundation of people's minds. Like the way you did today for all of us."

The day ended splendidly with many of the participants meeting for a family style dinner at Cha Cha Cha's in San Francisco to enjoy dinner and fellowship eagerly looking forward to Sunday's event.



**Day Two** had Tuhon Jordan and Guru Besar George teaching and building upon the information shared in the previous day and also had the distinct honor of visiting masters such as Renshi Bear Roberts of Seibukan Jujutsu in attendance and also a surprise visit from Eskabo Daan Grandmaster and Founder Robert Castro whom Tuhon Jordan has begun developing a friendship with. Senior Master Jino Kang our host joined us on the floor showing such a deep level of humility, genuine friendship and and reconnect with him again during this event. So backgrounds all united around one goal:



**UNITY, FELLOWSHIP, RESPECT, NO POLITICS OR EGO.**

**Testing** began early Friday evening October 20th and went on 'til well after 11 pm, covering all core material the group has been studying diligently now from the Mandala Mandirigma curriculum. For the first time both Senior Grandmaster Dan Medina and Guru Besar George among some of Tuhon Jordan's teachers were present together after having finally met for the first time to witness the what was described as "having written a PhD thesis and defended it before a panel of Professors". Both these Senior Grandmasters got see their combined influence upon Tuhon/Grandmaster Jordan and his system as students were pressure tested. In fact they were so moved and pleased by what they witnessed that they got onto the floor themselves to share new information for the students testing from their arts and to provide hands on corrections and refinements.



Students were all nerves in anticipation of what to expect, with some opting to prepare by taking private lessons earlier that week with Tuhon Jordan and Senior Grandmaster Medina. As the night wore on, the testing students began to relax into the flow more and show some better movement in what they have been learning and practicing. Towards the end of the test Tuhon Jordan also took to the floor and showed how and where significant links between the arts have been made in a fluid manner.



For the first time since its inception by its founder, the Mandala Mandirigma system has granted formal rank with the co-signatures and support of Senior Grandmaster Dan Medina and Guru Besar George Morin. Among those promoted on Sunday were the following:

- William J. Anderson - 3rd level white
- Jesse Manalo - 3rd level white
- Alex Mac - 2nd level white
- Elicio Benetua - 2nd level white
- Jaime Pait - 1st level white

Surprise promotions to advanced student practitioners was granted to Guro Bobby Manalo and Guro Alvin Albano as 2nd level black.



As we recognize the newly promoted students it's important to provide some history of how this system has grown over the years.



The Mandala Mandirigma system was established in 2003, initially as a method of cataloging the movement and martial methods of various teachers studied that Tuhon Brandon Jordan was fortunate to study directly with. Within the Filipino Martial Arts, Tuhon Jordan started Derobio Escrima some 27 years ago, earning a 1st level Red shirt in 2001 and 3rd level Red shirt in 2003 based upon his significant contributions to the art.

The system was initially sanctioned by Grandmaster Darrell Sarjeant, an older martial arts brother and mentor to Tuhon Jordan, after having cross-trained with teachers, friends, and Grandmasters such as Guru Besar George Morin, Maha Guru Cliff Stewart, Sijo Wayne Welsh, Sigung Conrad Bui, Grandmaster Shelley Millspaugh and countless others with many years of refinements and support. Grandmaster Darrell Sarjeant and the Silent Warrior

Arts Association initially gave Tuhon Brandon Jordan the rank and title of Punong Guro and Grandmaster as the recognized founder of Mandala Mandirigma. Tuhon Jordan would later ascend to the rank of Tuan Guru in KunTao Silat with the signatures of Grandmasters and elders including Maha Guru Cliff Stewart, Ahati Kilindi Iyi, and Grandmaster Darrell Sarjeant, among others.

Shortly thereafter, Tuhon Jordan was inducted by Sifu Restita De Jesus into the Martial Arts Hall of Fame two consecutive years in a row. Senior Grandmaster Dan Medina recognized Brandon Jordan as Tuhon in his bestselling book The Secret Art of Derobio Escrima.

Finally, in August of 2017 Tuhon Brandon Jordan became formally promoted to Master of Majapai Derobio and direct inheritor with the rank of Yellow Shirt with the signatures of Grandmaster Dan Medina, Grandmasters Gary and Leslie Largo and Knut Peacock all first generation direct students of the late Great Grandmaster Pedoy Founder of Pedoy's Derobio Escrima.







Just before this event, Guru Besar George Morin visited the San Francisco Mandala Mandirigma group in May of 2017, after many years of lost contact with Tuhon Jordan, to witness the progression of his system and knowledge that he imparted to Tuhon. Guru Besar George came as an honored elder and special guest instructor at the earlier event as well. Upon the final day of training Guru Besar Morin, would grant Tuhon Jordan his blessing and recognition as a seasoned practitioner with permission to place his family name upon his own KunTao Silat methods. This was one of the greatest moments to date in the history of Mandala Mandirigma as an art form.

This same year in August 2017, SGM Dan Medina himself would openly and formally recognize Tuhon Jordan as a "Grandmaster" in a published article of FMA Informative Issue 257. Following up on this momentum, Tuhon/GM Brandon Jordan invited Senior Grandmaster Dan Medina and Guru Besar George Morin to sit in over his first formal testing of students in Mandala Mandirigma Derobio Escrima and KunTao Silat and conclude it with their weekend joint seminar.

Overall the October 2017 event was a great success, with plans to follow up with more in the very near future with some of the other teachers that Tuhon Jordan has had the pleasure of training with. The Mandala Mandirigma system is a rapidly growing family art form available to all sincere seekers of more than simply fighting, for those looking to build community while also learning effective martial arts. People of all walks of life have gotten involved and are actively promoting the art. The art offers instructor development programs, life coaching, individual and corporate consulting, and healing arts.



For more information contact us at: [www.trainmandirigma.com](http://www.trainmandirigma.com)

#### Memorial Sminar In Honor of the Late Grandmaster Narrie Babao

w/ Master Nar Babao

October 29, 2017

City Athletic Club

7980 W. Sahara, Las Vegas, NV.



Thank you Master Nar for spending time with us on your fathers birthday , May he always be honored and May his techniques be carried on for thousands of years !

#### Tuhon Bill McGrath Seminar

November 3 - 5, 2017

MKG Minneapolis, Minnesota

Over the course of the weekend during the Pekiti-Tirsia seminar at MKG, we worked on:

11/3 Friday Bowie knife, Kukri, Tomahawk, Karambit & Golok.

11/4 Saturday Palmstick & Double Dagger

11/5 Sunday Advanced Knife Vs. Empty hand. Solo knife Level 3 - icepick grip vs. icepick grip.



#### Filipino Arnis Escrima Seminar Featuring Master Joel Juanitas

November 4, 2017

Hosted by Edgar Gabriel

Academy of Combative Defense & Fitness

5833 Cottle Rd, San Jose, California



We were proud to be hosting Master Joel Juanitas of Bahala Na Martial Arts who conducted the seminar focusing on long to medium range tactics and techniques using a Bolo or Machete.

# TFW

Preserving Ancient Cultural Weapons

847 Hamilton Ave.  
Waterbury, CT 06706  
(203) 596-9073  
[Sandata4UsAll@aol.com](mailto:Sandata4UsAll@aol.com)  
[TraditionalFilipinoWeapons.com](http://TraditionalFilipinoWeapons.com)



**MSI 40th Anniversary Workshop**  
w/ Grandmaster Conrad A. Manaois  
November 4, 2017  
Ten Tigers Studio Las Vegas, NV.

Representives from LA, WA, NV. Manaois Systems Intl. Established 1976. - **John Mc Cabe**



**Sigung Richard Bustillo Memorial Scrimmage & Fundraiser**  
Hosted by *Integrated Combative Arts Academy - ICAA and Kali Jungle Rumble*  
November 4, 2017  
3919 Parkway Ln Ste 2  
Hilliard, Ohio

Thanks to everyone who supported our Sigung Richard Bustillo Memorial Scrimmage & Fundraiser event this past Saturday! It was an action-packed day with full-contact weapon-sparring, demos, food and raffle prizes. Most importantly, our brothers and sisters representing a variety of different systems and organizations from the Ohio region came together as Ohana to celebrate Filipino martial culture and camaraderie, all in remembrance of our dear friend/family/mentor, Sigung Richard Bustillo. Thank you all who donated to our causes. A portion of the proceeds will be donated to the Bustillo family and another portion to Leerie Allen to help repair his home in Florida damaged by Hurricane Irma. Your generosity is very much appreciated! Needless to say, the event was a success!



Special thanks to Esteban De La Cruz and Nicole Mangabat at IMB (International Martial Arts and Boxing) Academy HQ for their full support of the event and the ICAA/IMB/FCS Ohana at Integrated Combative Arts Academy - ICAA for helping to make this event a success. - **Sifu/Guro Tony Jayme**



**MARPPIO Instructional Video's and Live Seminar Video's**  
Grandmaster Remy A. Presas  
Single video's and sets  
**To Buy - Click Here**



**Annual Beat The Crap Out Of Cancer Fundraiser**  
November 4, 2017



BTCCOOC 8 was a success. The event happened on the same day November 4 across several cities including Toronto Chicago Vermont Los Angeles and Vancouver. Collectively the event raised \$24,000 which will go to the canadian cancer research - **Justin Patricio Fernando**

**International Filipino Martial Arts Association**  
**3rd Annual FMA Day**  
November 4, 2017  
World Martial Arts Academy USA  
Geneva, Illinois

The International Filipino Martial Arts Association (IFMAA) held its 3rd Annual FMA Day on November 4, 2017, at the World Martial Arts Academy USA (WMAAUSA) in Geneva, Illinois. IFMAA was founded in 1982 by Grandmaster Ramon Ribay, while he was working for the United States Sports Academy in Saudi Arabia. IFMAA's mission is the propagation of Filipino Martial Arts (FMA) and promotion of Filipino martial artists regardless of style. After over 50 years of training in multiple martial arts, Grandmaster Ribay now serves as the Chief Instructor at WMAAUSA.

The 3rd Annual FMA Day once again brought together world-class FMA instructors to conduct workshops on various arts and techniques within the realm of the Filipino martial arts. Instructors this year were Grandmaster Ramon Ribay, Grandmaster Oliver Garduce, Chief Jesse Cabuyadao, World Champion Eskrimadors Mariah and Randy Moore, and Master James "Jojo" Stagen. The event participants were treated to an exciting mix of Filipino martial arts topics from enthusiastic and dedicated instructors. The event organizers were Phil Acosta, Secretary General of IFMAA and Rodolfo T. Poblacion, Jr., Vice President of the International Modern Arnis Federation Philippines.







Master Jojo Stagen, International Director of Yaw-Yan Tigreleon, made his 3rd appearance at FMA Day. His workshop reviewed the fundamentals Yaw-Yan striking. A Law Enforcement Officer, Master Jojo demonstrated practical applications of Yaw-Yan for self-defense situations.



World Champion daughter-father duo, Mariah and Randy Moore conducted a Sports Eskrima session. Participants were able to suit up for live stick sparring and battled through several rounds with each other and with the champs! Mariah, also known for her inspirational speeches and anti-bullying campaigns, demonstrated her skills with a multiple weapons form set to music.



Grandmaster Oliver Garduce of Pintados/Kombatan conducted 2 sessions. His first session was on the Sarong in which participants learned to use common clothing articles such as scarves, ties, and belts for self-defense. His second session was on Kerambit. Grandmaster Garduce emphasized knowing your weapon. He related the fundamental principle that weapons are extensions of the hand.



Finally, retired U.S. Naval Chief Jesse Cabuyadao, conducted 2 sessions on Pekiti Tirsia Kali (PTK). The first session was on Doble Kalis and the second was on single knife combat. Chief Jesse reviewed PTK striking and footwork, emphasizing the arts simplicity and effectiveness. As Chief of Staff for Grand Tuhon Supremo Leo T. Gaje, Jr., Jesse's expertise clearly comes directly from the source!

Another Filipino martial arts Day is in the books! Thank you instructors, participants, and on-lookers for a fun, exciting, and educational day of Filipino Martial Arts! Looking forward to 2018 and the 4th Annual FMA Day! - Phil Acosta

### The Nickelstick Balintawak Eskrima Bull Chapter Training and Application book

By Guro Christos Koutsotasios

An extensive overview of material found in the Nickelstick Eskrima Club and the Bull Chapter curriculum.

Preparatory exercises as well as basic and advanced material are presented in a step by step method, with detailed description and in depth explanation of the methods and applications for each technique.

The book is in A4 size, with 260 pages full of detailed instructions of the curriculum and with over 800 supplementary photographs.

If you are interested in it send an email to further information! - chriskouts@gmail.com



Grandmaster Ribay kicked off the day with his workshop on Panantukan and Dumog. He started off with Panantukan drills and linked them to Dumog takedowns and pins. Just for fun, Grandmaster Ribay inserted the "sunset flip", a technique from his days spent in the Philippine Pro Wrestling circuit, when he went by the name, Mr. Robotto!



The lesson was focused on the Filipino way of knife fighting, in particular:

- Hammer grip;
- Ice pick;
- Attacking with a knife;
- Knife defence against knife;
- Empty hands defence against knife;
- Wrestling with knife (KIMS Dumog).

The successful event was organized by Carlo Miotti ("Accademia Antiaggressione" founder) and Gianluca Senna ("Sparta 300" founder).. - **Gianluca Senna**

### Knife Seminar:

November 11, 2017

Mercadino di conca d'oro, Roma, Italy

A Filipino martial arts workshop was held last Saturday (Nov 11st, 2017) in Rome -Italy by Grandmaster Aurtenciano Miranda Jr and Master Andrea Rollo. Attack and defense from the road.

Grandmaster Aurtenciano Miranda Jr and his brother Jorge are the heirs of the "Kali Istukada Miranda System" (KIMS), the fighting system founded by the late Col. Aurtenciano Miranda Sr.

Miranda Sr was a high-ranking officer in the Philippine Army who taught close combat to his soldier during World War II.

Aurtenciano Jr and Jorge have been living in Rome since 1989 and have been teaching the Filipino martial arts for the last 29 years.

Andrea Rollo is one of their Italian student, 3 times stick fighting world champion, researcher and writer about Filipino martial culture. He created the website [www.kalifilippino.it](http://www.kalifilippino.it) in order to promote the Filipino fighting arts and the Filipino martial folklore in Italy.

Students during the workshop were the members of "Accademia Antiaggressione", an important Krav Maga school in Italy.



### Knife Tactical Response

DVD by Bram Frank



Bram Frank, recognized as the father of the methods of combat with knife Israelis, is the founder of System CSSD / SC, an art tactical combat based on the Modern Arnis Remy Presas, which was the direct student. In this DVD, Bram, practical and direct in his teachings, we unveiled the concepts of the tactical response knife. Explore the training system, the Contras using our most instinctive basic motor skills "raw" ways to cut and stop the opponent from the point of view bio-mechanics, the proper use of weapons of

edge and based movements "Sombrada" and "Sinawali" of martial arts philippines.

List Price: \$49.95

This is a Special Order Item \$26.95 Special Order Now: [Click Here](#)

### Counter Blade Tactics Ohio Seminar DVD

By: Guro Jerome Teague



This DVD is the covers the introductory seminar presentation of the Counter Blade Tactics curriculum instructed by Guro Jerome Teague. This presentation includes a basic overview of blade to blade and empty hand against blade applications. Thank you to the owners, staff, and students of Endeavor Krav Maga and Crossfit for hosting this

event.

This DVD covers:

- Blade to Blade Application
- Footwork
- Anatomical Targeting
- Fatal and Non-Fatal Applications
- Empty Hand to Blade Basics
- Flow and Reflex Drills

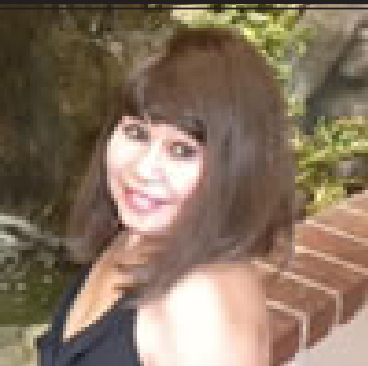
To Order: [Click Here](#)



# Health and Safety

Health & Safety which was started with FMA Informative newspaper Volume 2 No 4 with Zena Sultana Babao. Though not on the Filipino martial arts or the Philippines culture. It did have some valuable facts and tips for daily and long range life that all could learn from. Unfortunate due to her busy schedule had to move on and take a vacation from writing a column for the FMA Informative her final Column was in Volume 5 No 2.

Adding to the Health & Safety section with FMA Informative newspaper Volume 3 No 6 with Dr. Mark Wiley - A column on the medical side, was loaded with various great tips and remedies for health and a prosperous life, it was section for practitioners and non-practitioners with very helpful information on health and safety. And from time to time the FMA Informative receives other articles about safety and health and also about events that are done on safety for women, kids etc. which were very beneficial to practitioners that attended the events.



**By Zena Sultana Babao**  
**Volume 2 No 4 through Volume 5 No 2**

Zena Sultana Babao - Started the first column for the FMA Informative. Though not on the Filipino martial arts or the Philippines culture.. It did have some valuable facts and tips for daily and long range life that all could learn from. Unfortunate due to her busy schedule had to move on and take a vacation from writing a column for the FMA Informative.

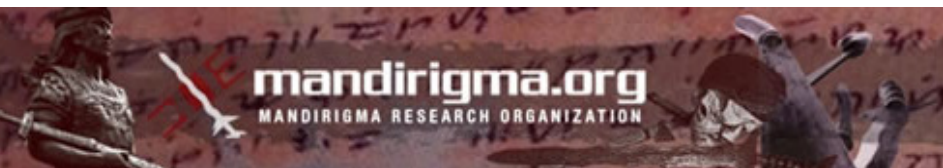
- In Pursuit of Good Health
  - Make Life Harder for Criminals
  - Boost Your Energy Level
  - Top Mistakes that Make Homeowners Prime Target for Burglars
  - Be Disaster-Ready
  - Top Frauds and Scams Con Artists Use And Ways to Avoid Being a Victim
  - Cutting Energy Costs
  - The 7 Best Energy Boosters
  - Aging to the Beat of Your Own Drum
  - Cutting Household Costs
  - The Beauty of Good Health
  - Tips for a Happy and Healthy Retirement
  - Sufficient Sleep Key to Overall Health
  - Chiropractic Fitness with Dr. Nick DeSantis
  - Laugh Your Cares Away
  - Travel Safety
- Live Life Well
  - When Memory Starts to Fade
  - PRESS ON!
  - Set Your Spirit Free
  - Soar on to Success
  - Just Do It!
  - Wealth of Ideas in Books
  - Living a Life that Counts
  - Go After Your Dreams
  - The Dance of Marriage
  - Look at Crisis the Right Way
  - Quotes to Warm your Heart
  - Rising Before the Sun
  - Surprising Heart Attack Triggers
  - Don't Be a Victim
  - Simple Lifestyle Changes for Better Health



**Dr. Mark Wiley**  
**Volume 3 No 6 through Volume 5 No 11**

Dr. Mark Wiley - A column on the medical side, it is loaded with various great tips and remedies for health and a prosperous life.

- Hilot: Filipino Spiritual Massage
  - The Secret Key To Easy Pain Relief
  - Healing and Hurting: The Power of Touch
  - Natural Ways To Calm Restless Legs That Keep You Awake
  - Dealing With Low Back Pain, The World's No. 1 Health Problem
  - Stop Trying and Start Doing! Here's How
  - Easy Trick To Relieve Carpal Tunnel, Hand And Wrist Pain
  - Tasty High Blood Pressure News
  - Partner Stretches For Neck And Shoulder Pain
  - Stretch Away Your Partner's Low Back Pain
  - Arm and Wrist Strengthening Exercises: Iron scroll Wringing Method
  - 3-Minute HIT That Shapes You Up
  - Three Exercises for Low Back Flexibility
  - Treat Yourself For Tennis Elbow
  - Diet and Exercise Deliver a One-Two Punch Against Metabolic Syndrome
  - Harnessing Your Motivation to Find Wellness
- Simply Press These Points For Headache Relief
  - Have a Ball Getting Your Hamstrings in Shape
  - Go Nuts For A Longer Life
  - 3 Simple Strength Training Exercises for Posture
  - Natural Approaches for Aleviating Knee Pain
  - A Lifestyle Change i for the New Year
  - The Best Exercise to Alleviate Knee Pain
  - Shoulder Exercises for Stability, Strength and Mobility
  - Improve Posture and Reduce Pain With Your Shower Rod
  - Take a Deep Breath and Exhale Stress and Pain From Your Body
  - The Tea That Helps You Drop Pounds, Cholesterol Points and Blood Sugar Levels
  - Simple Band Exercises to Strengthen Shoulders and Upper Body
  - Chinese Topical Treatment for Pain Relief
  - Barefoot and Healthy: Join the "Earthing" Movement
  - Warm Up Like An Inchworm to Prevent Injury



**Mandirigma.org now offering Sponsor Membership**

Dedicated to promoting the Warrior Arts and Culture of the Philippines, Mandirigma.org has been online with this mission since 1998. Recently there have been numerous request for membership or ways that can help contribute to the site. To answer these requests, Mandirigma.org now has a donate button and additionally offers the opportunity to be a "Sponsor Member". Every dollar helps with the monthly expenses required to maintain the website and hopefully

even expand capabilities.

For more information on how to be a "Sponsor Member" or donate to the cause, please go to the following link.: **Click Here**

Please contact us for any further questions. - Thank you for your interest and support! - Maraming Salamat Po!

The FMA Informative is fortunate to have various columns on different subjects such as "Discovering the Filipino Martial Arts" which started in Volume 3 No 4, by Ms. Joy Lim - The column was to be on a new student of the Filipino martial arts and exploring how and what one was learning and observing. Unfortunately Ms. Lim due to situations coming up and as all writers get after a while got writers block and so exited from doing a column for the FMA Informative, the final column for her being in the FMA Informative newspaper Volume 4 No 7.

Next the FMA Informative had the column called "The Goat Locker" which commenced in the FMA Informative newspaper Volume 4 No 1, written by Papa Goat - A column that was done by a retired Navy Chief Petty Officer that opened a training facility for young fighters in the Philippines. The column only lasted 6 months, and the idea behind it was to talk about upcoming fighters in the Philippines participating in Juego Todo. Papa Goat since has gone onto MMA in the Philippines and promoting it, his last column was in the FMA Informative Volume 4 No 6.

Continuing the column "Building Blocks of FMA" by Marc Lawrence started in the FMA Informative newspaper Volume 4 No 9. Some may remember that Mr. Lawrence did this column for the FMA Digest and it was a very popular column.

# Discovering the Filipino Martial Arts



**By Joy Lim**  
**Volume 3 No 4 through Volume 4 No 7**

Ms. Joy Lim - The column was to be on a new student of the Filipino martial arts and exploring how and what one was learning and observing. Unfortunately Ms. Lim due to situations coming up and as all writers get after a while got writers block and so exited from doing a column for the FMA Informative.

- Introduction
  - Lunch with the Grandmasters
  - Who First Used Padded Sticks?
  - Doing FMA does not mean you keep fit?
  - How Can We Improve the State of FMA in the Philippines? The Grandmasters suggest three ways.
  - Discovering Arnis Fruit
  - Karambit
  - I'm tired of FMA
- There is Always Something There to Remind Me
  - The Reason Why They Do It
  - 5 Life Lessons I Learned From My Burnout
  - Tsako, Chako, Chaku
  - Andres Bonifacio Movie Fight Scenes: Too Dark
  - Sticking it Out with Filipino Martial Arts
  - Father and Son in Filipino Martial Arts
  - A New Friend

# The Goat Locker



**By Papa Goat**  
**Volume 4 No 1 through Volume 4 No 6**

Papa Goat - A column that was done by a retired Navy Chief Petty Officer that opened a training facility for young fighters in the Philippines. The column only lasted 6 months, and the idea behind it was to talk about upcoming fighters in the Philippines participating in Juego Todo. Papa Goat since has gone onto MMA in the Philippines and promoting it.

- Introduction
  - Underground Battle
  - Juego Todo Hybrid Fighting System
- Highland Warriors
  - Juego Todo Hybrid Fighting System
  - Project KapiranGOAT



*Building Blocks of FMA*

**By Marc J. Lawrence**  
**Volume 4 No 9 through Volume 5 No 11**

Marc Lawrence - A column that gives knowledge to build skills and prophecies' in the Filipino martial arts.

- Introduction to the Weapons of the Filipino Martial Arts
  - Using the Stick as a Weapon
  - The Basic Striking Patterns in Stick Fighting
  - Blocking and Parring the Basic Stick Pattern
  - Footwork and Timing in FMA Fighting
  - The Basics of Surviving Knife Attacks
  - Introduction to Sparring for the New FMA Student
  - Learning to Spar With Sticks
  - Pressures When Fighting
  - Types of Play with Stick Fighting
  - Training Day
  - The Basic of FMA - Body Positions and Thoughts
- How to Find the Empty Hands in FMA Practice
  - Converting Your Stick Training to Blade
  - Coordinated Body Movement In FMA
  - Circulos and Arcos Strikes
  - The Basics of FMA-The Nuts and Bolts of Fighting
  - The Eyes and Human Behavior with Basics of Filipino Martial Arts
  - Apply FMA to Mobs and Violent Protests
  - The Basics of FMA "How to add Bolo Training to Your System Part-1"
  - The 21 Universal Concepts of Human Hand to Hand & Hand-Held Weapon Based Fighting.
  - The Basics of FMA "How to add Bolo Training to Your System Part-2"
  - Basics of Converting Stick Training to a Hunting/ Fishing Knife



Tid-Bits (Fact, Fiction, Fantasy or Gossip?)

Remembrance Grandmaster Wilson “Nonong” Esparas Viñas



We will never forget you Nonong  
Born: May 29, 1945  
Died: Nov 10, 2017

November 10th, 2017 at 6:50pm in Bacolod Negros Occidental Philippines, Grandmaster Nonong Viñas exited this world for a better place in the afterlife. He passed in his home surrounded by his loving family. Grandmaster Nonong is survived by his wife (Andita), 2 sons (Joseph and Christian), and a daughter (Amor).

Grandmaster Nonong is the first generation inheritor of his family’s system from his father, Grandmaster Jose Lamayo Viñas. Grandmaster Nonong was born in his father’s home 65 Lacson St. Brgy. 32 Bacolod City Negros Occidental Phl 6100. This is also the same address as the 1960’s Lapu Lapu Viñas Arnis club.

Rogelio Marquez, Gil Montano, James U Sy, Jr., Larry Hernandez, Tibo Steven Echavez, Alvarado Brothers (Randy, Wilson), Loyd Gonzales, Mark Wiley, Tom Caulfield III, Dr. Frank Scalercio Jr, Ron Harris, Leo Gaje, Baldwin “Nonoy” Garrucho, Jerson Nene Tortal, Bobot Gayoles, John Ong, Russell T Mackler, George Tenseth, Mike Butz, Jay Sowell, Richell Sampaga, Steve Dowd and many more.



A Little Bit About Grandmaster Nonong

Nonong loved Arnis... He was constantly practicing and dreaming of Arnis. Those who lived with him knows he even fought in his sleep while yelling at his opponents, hopefully no one is nearby when this happens, right Andita. Sometimes early in the morning after a night of fighting with some mysterious invisible adversaries he would appear asking to practice something he was dreaming about, or he would want to discuss the details of his dreams. Sometimes if you were lucky he would recall something about Arnis that he had forgotten and would be excited to show you.

I miss seeing him walk around thinking, waving his hands slightly, and then doing some Arnis move half in his head and half with this hands. If you got to close he would ask for your help to work out some new idea swimming around in his head.

When he wasn’t dreaming or day dreaming of Arnis he was always looking for something new about fighting that he hadn’t experienced before so he could improve upon his knowledge with Arnis. He loved the puzzles associated with overcoming something new. I remember him saying, “I am always looking for the advantages and disadvantages”, and then repeats with “know your advantages and disadvantages”, or “what are the advantages and disadvantages”. Which reminds me; we all enjoyed and will miss his quick loud shouts describing some unknown movement he wanted



Original 1960s Lapu Lapu Viñas Arnis Club sign



Lacson Gym and Home

The system was first founded in 1932 in the city of Telsaiy and later taught primarily out of the city of Bacolod. Most people are familiar with the Viñas Arnis family system through the documented club “Lapu Lapu Viñas Arnis”; which was founded in the early 1960s. Grandmaster Nonong also wanted to make sure to clear up all the confusion and stated; “The Viñas family system was founded in 1932 not the club.”; Grandmaster Nonong. In 1991 when Grandmaster Jose past (April 26, 1991), Grandmaster Nonong took over the club as he felt this was his calling, “Why not me”, he asked himself. While he never formally participated in the club he did work with his father and interacted with him doing Arnis over his father’s life time. One of Grandmaster’s first students was Master Bobot Gayoles who was originally interested in learning from Grandmaster Nonong’s father as he was the only Arnisador to overtake his Grandfather (Lolo). There have been many Arnisadors who have either learned or visited Grandmaster Jose and/ or Grandmaster Nonong. (Please excuse missing titles, no disrespect intended) Some of them include (Please excuse all of the missing people to many to list): Eliseo Constantino, Dominador Ferrer, Jose Kam, Santiago Tolentino, Potenciano Agurio, Carlos Macaya, Joe Tan, Irving Elefante Jr., Hermino Binas, Rodrigo Guanzon, Jeffrey Montalibano,

us to do without us understanding the context. “Go the shortest way”; “Cut them off”; “Pull it out”; “Follow”; “leave it there”; “do you see the difference”; “Don’t do that”; “Preparation”; and our favorite “Gago”, one of his favorite terms of endearment! I think this last word has so much meaning to all of us in different ways. I can see him now saying “Gago”, stupid, and then scratching his head furiously. Luckily for me I got to enjoy him in this act towards others and not myself. Although, some of us got to hear him laugh as we would joke about this word in different situations. Like the time we



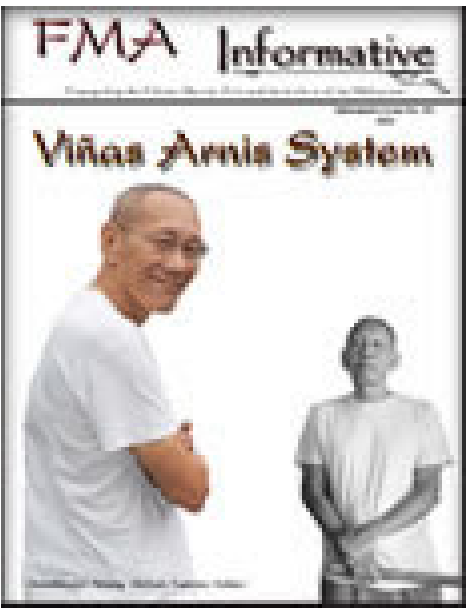
Russell T Mackler, Wilson “Nonong” Viñas at Jose Viñas’s grave paying their respects

were exchanging money and the teller asked for my passport. I turned to Tata and Nonong and said Gaga under my breath, “jokingly of course”; and Nonong just started laughing and had to walk away. One quote that I loved and will always remember after one of his Oido movements was Nonong saying, “Just like the wind that blows over my body” (June 13, 2014). He was so serious when he made the movement while saying this. I had to write the quote down and date it. Nonong loved to joke and laugh, I will forever miss his laughter and making him laugh. Gago Nonong Gago.

We will remember you, you are remembered, and I live and breathe through you and your family’s system every day.

I am now the second generation inheritor and my vision is to preserve Viñas Arnis into the future. If you would like to know any more information you can visit www.vinasarnis.com; www.laulapuvinasarnis.com; or contact me russell.t.mackler@vinasarnis.com or vinasarnis@gmail.com

You can see his remembrance video: Click Here:



FMA Informative Issue #192  
Download



Masterclass Escrima DVD’s - To Purchase Click Here

Modified Pangamut (DVD Set Vol-1, 2 & 3)

By Master Marc J. Lawrence

Volume-1: Stances & Footwork, Finger Locks, Sitting Position, Floor Defense, Disarms and Submissions...

Volume-2: Controlling the Axis, Multiple Strike Strategy, Defenses & Disarming ...

Volume-3: Block and Counter, Drills and Disarms, Multiple Return Strikes Competition Drills, Learning to Defend by Zones, Tournament Disarms, Distractions & Disarms, Vining of the Stick, Fighting Mixed Weapon Tournaments, Concepts and Rules of Fighting, Choosing Fighting Greer, Competition Strategy, Point Fighting Strategies, Continuous Competition Strategies, What Wins A Fight, What shots Judges Look For...

Modified Pangamut (DVD Vol-4)

By Master Marc J. Lawrence

Arnis De Mano

14 Uses of the Live Hand

Includes: 14 Uses of the Live Hand from the Arnis De Mano System when fighting with a single stick: Re-Enforce, Augment, Checks, Passes, Jams, Pushes, Pulls, Grabs, Hooks, Spreads, Punching, Blocking, Pinning...

Modified Pangamut (DVD Vol -5)

By Master Marc J. Lawrence

Cadena De Mano

The Chain of Hands

Includes: Cadena De Mano basic principles of parry, check, counter strike on the inside and outside lines, including “V” footwork, body positioning, entry and advanced concepts of defeat.

Modified Pangamut (DVD Set Vol -1)

By Master Marc J. Lawrence

Volume-1: Stances & Footwork, Finger Locks, Sitting Position, Floor Defense, Disarms and Submissions...

Modified Pangamut (DVD Set Vol -2)

By Master Marc J. Lawrence

Volume - 2: Controlling the Axis, Multiple Strike Strategy, Defenses & Disarming ...

Masterclass Escrima DVD’s - To Purchase Click Here

Ready and Custom Made  
Visit: [www.mybarong2.com](http://www.mybarong2.com)

Barong is actually short for Barong Tagalog, which describes the formal men’s wear of the Philippines. It is properly referred to as the ‘Baro ng Tagalog’ (dress of the Tagalog). Contracting the first two words produces ‘Barong,’ which literally means ‘dress of.’ So, if we want to be correct, we wouldn’t say just ‘Barong.’ But, the slang way of referring to one of the beautiful formal shirts is simply Barong. Yes, the Barong Tagalog is a dress, a garment, a coat in itself. It is not merely a ‘shirt’. If it were, then it would need a coat or a jacket over it to qualify as formal wear and would have to be worn tucked inside the trousers.



TidBits section which is short articles, information etc. Its theme is (Fact, Fiction, Fantasy or Gossip?). This section of the FMA Informative newspaper is a believe it or not section.

How Big is Your “US”?  
By Tuhon Bill McGrath

When I started training in the Pekiti-Tirsia system of Filipino martial arts in 1975, I was 14 years old. It very quickly became a major part of my life. You know how it’s not unusual for boys that age to get REALLY involved in a sport or hobby to the point of getting fanatical about it. In that fanaticism it was easy to have an “us vs. them” mentality. When arguing cars or sci-fi movies this is no big deal, but I think we can take it too far in the martial arts. I think this may be an instinctive holdover from millennia of tribal living, where those in the tribe were “us” and all those outside the tribe were potential enemies and therefore “them.”

Anyway, after seeing so many other students coming to Pekiti-Tirsia after having black belts in other martial arts and hearing them say how they wished they had started with Pekiti, I thought that Pekiti-Tirsia was the only martial art worth studying and really the only endeavor worth doing for any real man. My “us” back then was all Pekiti-Tirsia practitioners and their families and my “them” was everyone else on the planet.

In the summer of 1978 my teacher Tuhon Gaje met Penchak Silat instructor Eddie Jafri and had us train with him. Now my “us” had to expand as Tuhon Gaje had glowing things to say about Penchak in general and Eddie taught us not one but four different styles of this art. My “us” now included Pekiti and Penchak people. I still considered other styles of Filipinomartial arts in the “them” category at this time. Partly because I might have to fight them in a tournament, and partly from the influence of Tuhon Gaje, who had that remnant tribalism common to his generation of Eskrimadors that looked upon all other Eskrimadors (especially

those from a province not their own) as a potential enemy and therefore a “them”. This began to change for me after I taught my first solo seminar at another FMA school in California in 1979. For the next 6 years I traveled around the country conducting follow up seminars behind Tuhon Gaje at a number of different martial art schools. My “us” began to expand as I began to gain respect for the quality of other arts and their instructors. Starting first with those who trained under Guro Dan Inosanto, then Filipino martial arts in general, then Thai Boxing, then S. E. Asian martial arts, then Chinese martial arts, I finally came to the conclusion that every martial art had something to offer if you found the right person to present it.

My “us” had expanded to all martial artists of quality, but this was really still a very parochial attitude. My attitude began to change in 1986 when I became a NY state court officer. My first assignment out from the academy was to Brooklyn Criminal Court, where for the first few months new guys like myself were assigned to the bull pen, taking prisoners before the judge for arraignment proceedings and returning them to the jail facilities. In my first month I had to deal with such prisoners as a male prostitute arrested for orally sodomizing his own two year old daughter and a drug dealer caught red handed (pun intended) dumping the dismembered and bagged body parts of his rival into a dumpster. Since then I have had to guard any number of murderers, rapists and drug dealers during their trials. I have had to guard in court members of a drug gang who literally wiped out the entire family of a rival, down to a two year old girl, and still had to try and remain emotionally detached. This week,

at the courtroom where I am currently assigned the defendant was convicted of orally and anally sodomizing his girlfriend’s six-year-old daughter. On his taped confession played aloud in the courtroom he said that the little girl was really the one to blame because she “came on” to him. It’s cases like these that helped me clarify my definition of who should really fall into the “us” and “them” categories.

Now if you wouldn’t mind a personal question, just how big is your “us”?

If you believe that, if you are ever to use your martial arts training in a life and death situation it will not be in a “to the death” duel with another martial artist, but will be with a human predator intent on harming you or your loved ones, then I invite you to redefine your current definitions for “us” and “them”. It is far too easy to get into petty squabbles over “my teacher is a better” (fill in the blank ... “fighter”, “instructor” or, my personal favorite for foolishness, “historian”) “than your teacher”. As if the gang of home invaders; whose game plan is to duct tape you to a chair while they gang rape your wife before slitting both your throats, gives a rat’s ass who your teacher was or who he learned from or what the “correct” name for your art really is. The only thing that will impress a member of that gang will be when you make one of his important body parts stop functioning or when everything suddenly goes black.

I have been told by several Filipinos that the way the Spanish were able to conquer such a wide area of the Philippines was by going to island “A” and telling the inhabitants “Hey guys, we are going to make war on your enemies over on island “B”. Want to join in?” And the Filipinos of island “A” would help the Spanish



make war on the Filipinos of island “B”. Of course you can guess what the Spanish did the following month. “Hey guys on island “C” we are going to make war on your enemies on island “A”. Want to join in...”

I would suggest that if your current definition of “them” includes any other law abiding person (including law abiding martial artists of another style) then you really have not met the real “them” and are wasting time and energy guarding against the wrong enemy.

(In the years since I wrote this, we have seen the 9-11-01 terrorist attacks upon the US, multiple terrorist attacks in Europe and elsewhere around the world and the atrocities committed by ISIS and other Islamic fundamentalist groups on a scale of such pure evil that it makes you wonder if the demons of Hell have been let loose upon the earth.

All of which reenforces my belief that my “us” should include anyone who does not want to do me, my loved ones or my country harm and my “them” is as simple as those who do).

Pekiti-Tirsia International  
www.pekiti.com/organization

a more enlightened generation.

Martial arts instructors need to be able to meet students where they are. Some come in with a chip on the shoulder, others need to feel like they’ve been put through hell and many are there to heal and need to be coached in a gentle manner. The best coaches can adapt to their students, others will have to understand what they present and find their niche with those people. But a coach must understand who they are best at teaching and what kind of students work best under their tutelage. This is why it is good to know the martial arts community in your area so you can send students who fit with other coaches in the right direction. The worst thing you can do is try to fit everyone into your teaching model.

Many martial artists try to get every single part of the market. They buy grappling DVD’s and are instant grappling experts, they chase paper to say they can teach the latest fad in martial arts but fail to promote what their greatest strengths are. Keep to what you know and market what it offers. Don’t try to do everything under the sun. There is a dignity in understanding what you are

good at and a loss of dignity if you end up looking like a charlatan by claiming to be an expert at everything. Present what you know in a positive light and find the students who want to excel at those skills.

Unfortunately with the commercialization of martial arts there is a lot of misrepresentation.

Many commercial martial arts instructors become fad chasers. Lots of them have great skills in their base martial arts but not in the arts that they teach simply to bring in more customers. Unfortunately their students often don’t find out they are being taken for a ride until they end up at a tournament or seminar with practitioners with legitimate skills. It is so bad at times I remember hearing about one instructor who was teaching MMA and putting fighter into the cage who were so unprepared that the promoter wouldn’t accept fighters from this gym any more for fear of liability. The sad thing about this was that this particular instructor was a very educated and talented instructor in his base art, but MMA was all the rage at the time. He was not only lying to his students but he was also putting them at risk. The bottom line is that as

providers of a service we owe it to our customers to be honest and forthright about what skills we offer to teach.

One of the most important things you can do as an instructor of martial arts or self-protection is respect your students. For example if you have a student who needs you to bring them cautiously into the world of fighting and violence because they are scared or have PTSD if you will damage them mentally and cause them to become more timid if you come off with too much aggression. Negativity does not grow inner strength or self-esteem. At worst you will build angry reactionary people who have poor self-esteem and an underlying predication towards violence; at best you will have students who can’t come to grips with why they suffer from depression and poor self-esteem.

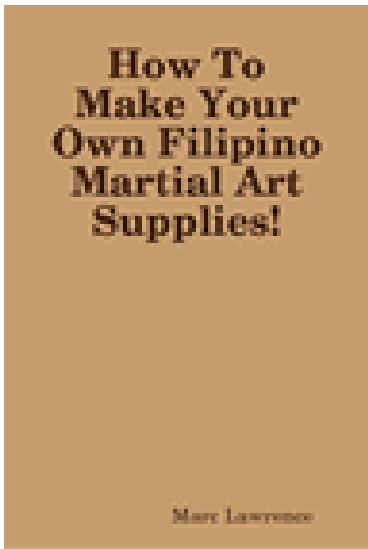
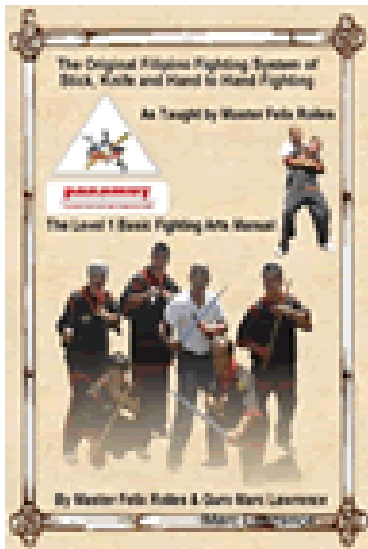
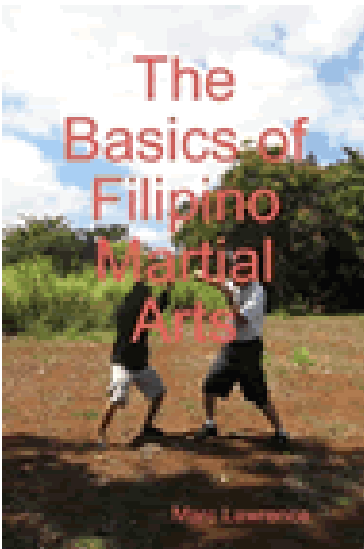
The other way you can damage a student’s self-esteem is by trying to keep him or her in a martial art they won’t excel at. If I have someone trying to learn the nuances of eskrima but they just want to learn some quick and functional self-defence techniques I would be better off sending them to the Krav Maga class offered by

my friend Chad instead of trying to keep them in my Eskrima class. I know that the income from that one student would only be temporary and would end with him being frustrated and leaving with a bad experience from my gym. If instead I steer people towards what they are looking for I build a reputation for integrity and authenticity. Even people who just pass through your gym are an asset if they leave with the right impression of you and your service. Everyone who walks into your gym or calls you about your gym is a potential asset or a detractor. The impression you give them about yourself and your service is very important.

Everyone who takes the time to walk into your gym is a potential asset. Your greatest assets are those who stay so treat them with respect, value and care. Your students keep your doors open, people who walk into your gym and leave excited bring more people into your gym. When you teach martial arts commercially keep in mind the greatest asset you have are people and they should be treated with respect, care and honesty.

Joel Huncar Blog  
joelhuncar.wordpress.com

Books By Marc Lawrence



The Basics of Filipino Martial Arts

By Marc Lawrence

This book is about the basics the make the Filipino Martial Arts know as Eskrima, Arnis and Kalis. This book covers the basics of footwork, striking, using sticks, knives, bolo, as well as your hands and feet. The book also contains a section on how to make your own training supplies out of basic materials. - 92 Pages

PAKAMUT Filipino Fighting Art

By Marc Lawrence

This book is about Mountain Visayan Fighting Art used to defend your village and family members. This information is battle and sport tested. This book is for those who are defenders! - 75 Pages

How To Make Your Own Filipino Martial Art Supplies!

By Marc Lawrence

This book is how to make your own Filipino Martail Arts equipment for home, back yard or other similar location. Ideal for for anyone intersted in self defense training working on a budget. - 28 Pages

Largo Olisi System Long Stick Fighting Method

By Marc Lawrence

This book is about a stand alone fighting system that can be used for self defense, combative methods or dueling. The Largo Olisi system can be used with any other martial art system, self defense system or Military Combatives. - 118 Pages

Purchase one or all in Paperback or PDF - Click Here

Your Biggest Asset  
By Joel Huncar

As a martial arts and self-defence coach I need to always keep in mind that my biggest assets are my students. My students keep my doors open. They give me the opportunity to share the disciplines that I love so much. My students allow me the opportunity to train with other instructors and help myself grow as a martial artist as well.

Students not only keep the doors open to my gym financially, if they are excited about my gym they share that excitement with their friends and acquaintances. The good word of satisfied

customers is the best advertising I have ever had. I have used radio, social media, flyers and classified ads but the most successful promotion I have had was word of mouth from my students. Outspoken satisfied customers are worth their weight in advertising gold.

However the other side is even stronger. Outspoken dissatisfied customers make more noise than ten happy customers. You may ask why we as humans are wired to hear the negative over the positive; I believe it is a matter of survival. When someone talks

negatively about something our subconscious thinks “negative, danger, listen carefully and be prepared”. When our subconscious hears that someone has a positive experience that is filed in the safe part of the mind and is not hyper focussed on like the negative. Negative feedback about your service can sink any business. That is why big businesses spend billions of dollars each year on public relations.

So because your students are your greatest asset you have to treat them with respect. The days of the power tripping sensei

that stands in front of the class as a superior class of human is dying out. Those old dinosaurs are being replaced by charismatic educators who joke and engage their students as peers and equals. They are there to present information, correct movement and help people have fun while challenging them to grow. There may be hard training with hard contact and created stress but the sensei who sees himself a shogun teaching those who must be tortured and humiliated into being a good cog in the wheel are gone. Martial arts are moving into



Books by Bram Frank



- Perspectives of Modular Instructor Guide
- FMA Grandmasters and Masters
- Conceptual Modern Arnis
- Bram Frank Knives
- WHFSC Grandmaster’s Council: a compendium of the world’s leading Grandmasters

Purchase one or all in Paperback or PDF - [Click Here](#)

**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](#)

**Advertisement Submission**

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.