

# Filipino Martial Arts

Digest

Special Edition  
2006



**Gian Paolo Lalic**  
**Kalintaw**



**Noah Jones**  
**Kalintaw/Arnis de Leon**



**Babao Arnis**  
**Bloodline**



**Cassandra Kossman**  
**Kuntaw**



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Ginalyn Relos	Roy Vina
Zena Sultana Babao	Marc J. Lawrence
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Don Moore	Don Edwards
Jeffrey Macalooloy	WEKAF

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The FMA Digest is published quarterly. Each issue features practitioners of martial arts and other internal arts of the Philippines. Other features include historical, theoretical and technical articles; reflections, Filipino martial arts, healing arts and other related subjects.

The ideas and opinions expressed in this digest are those of the authors or instructors being interviewed and are not necessarily the views of the publisher or editor.

We solicit comments and/or suggestions. Articles are also welcome.

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## **From the Publishers Desk**

Kumusta

It is so nice to have a grown man or woman learn one of the Filipino martial arts. However, my personal belief is that it is the children that will be the ones that will make the Filipino martial arts continue well into the future. And it is the Instructors, Masters, and Grandmaster etc., task to ensure that the young practitioners have the correct knowledge and can execute and demonstrate the arts correctly and with pride.

It has been my experience and you as the reader may have read or heard of so many Filipinos that did not realize or commence their personal training in their own cultural art until they were adults. Let this not be the case for the future. Teach, and train the younger generation so they will be able to carry on the culture and the arts.

In this Special Edition you will read about many young practitioners that are excelling in a Filipino martial art. The Philippines have it as a class in their schools. The WEKAF strongly supports the young practitioners in competition.

Master Galo Lalic and Master Narrie Babao are training their sons and grandsons to inherit their art. And as shown in Special Issues of the FMA Digest Women of the FMA, girls are up and coming and will most definitely make their mark in history as practitioners of the Filipino martial arts.

The 1st NFMA and 3rd World FMA Festivals had demonstrations by children in the Filipino martial arts, proving even at a young age, with practice you can see the future of the Filipino martial arts before your eyes.

So it is hoped that you enjoy this Special Edition “FMA Young Practitioners”.

Maraming Salamat Po

## **Kiwanis Club Philippines**

"Training Program for Kids"

Part of the Summer Training Program of the Kiwanis Club  
Through the efforts of Mark Lledo, supported by IMAFP and PIGSSAI  
Indang, Province of Cavite  
By Ginalyn Relos

The training program for Kids was organized by Kiwanis - Indang, Cavite headed by Mark Lledo an Arnis Instructor of Indang Cavite, a son of Louelle Lledo whose focus is to promote sports arnis in USA. Guro Mark Lledo coordinate with Master Dulay to organized the training program to give awareness to young practitioners, of the Heritage of our Filipino Culture; it is part of the program of the Kiwanis to support the Filipino martial arts. In cooperation with Philippine Indigenous Games and Sports Savers Association, Inc. and International Modern Arnis Federation - Philippines, the program was put together through the efforts of Mark Lledo, and supported by the IMAFP and PIGSSAI and was very successful.



### **Instructors of the said training program from IMAFP are:**

Master Samuel D. Dulay, Master Noel A. Penaredondo, Guro Rodolfo T. Poblacion, Jr. and myself Ginalyn Relos, traveled more or less two hours from Manila to Cavite, without really any knowledge of the exact number and ages of practitioners we are going to teach on that day.

Teaching kids ages from 7 to 12 years old is very difficult, one cannot apply those strict and formal training programs that had been prepared, so we had to think of something different. Ideas on how we teach these kids to make them enjoy the training to accept it and keep on practicing and delegate the said training program to their families and friends Ginalyn Relos.

We applied the program into a something that they feel they were only playing games with each other considering that the schedule of training is at 10am in the morning up to 12 o'clock noon. The kids were supposedly tired at the end of the training program, but since they had enjoyed the program, they never seemed tired or bored "ang kukulit at nakakatuwa!"

They followed easily the instructions given, and at young age, it can also be seen who among them have the potential of being good quality instructors in the future. The training is scheduled every Saturday for the whole summer period. And it will be extended on to an adult program to coordinate with the program of IMAFP, it was

a fruitful and successful program because of the number of kids who joined and even the parents were holding the canes and trying to follow what their kids were doing. From this, we plan to organize more programs for kids in other areas. At the moment the IMAFP is also into women's self defense which I am tasked to handle. A seminar workshop for women especially working women. We are also organizing a long-term program for Barangay Tanods and youths in different provinces starting with Batangas Province and Camarines Province to coordinate with our National Program, in November.





**Cassandra Kossman**  
Kuntaw  
**International Kuntaw Federation**

Cassandra Kossman was born in Portsmouth, Virginia on July 11th, 1995. She commenced her training when she was 5 years old. Now just 10 years old, she has already accomplished many noteworthy achievements to include:

- Gold medallist - 2005 North Carolina State Games, Martial Arts Competition.
- Gold medallist - 2003 North Carolina State Games, Martial Arts Competition.
- Champion - 26th Annual Durham Karate Open Championship.
- Champion - 2002 Petersburg Karate Open (Petersburg, VA).
- Gold Medal - National Martial Arts Day Kick-A-Thon Fundraiser
- 3rd Place - 2005 Wilson County Spelling Bee.
- Wilson County Human Relations "Youth on the Move" Award (youngest ever recipient)
- Grand Champion and Two First Places – East Coast Tidewater Challenge Tourney

As many people know or become aware of the martial arts is renowned for introducing and reinforcing the values of self-discipline, focus and self-esteem while enhancing non-violent conflict resolution, self-confidence, goal setting abilities and strength of character, creating productive, healthy people. Cassandra has demonstrated excellence in all of these areas. During martial arts classes she volunteers to help other students to develop their martial arts skills. She also serves as an excellent role model both in and out of the gym. She currently volunteers at her school Vinsun-Bynum as a computer lab assistant. She enjoys helping others in need and always puts others first.

Last year (4th Grade) she won 3rd place in the Wilson County Spelling Bee (4th and 5th Grade). She was the only 4th grader to even make the finals. When she was just three years old, she went to visit her mother's native country the Philippines for two months. She would gather many of other children in the neighborhood and would attempt to teach them English, while they would teach her Tagalog (the national language of the Philippines.) While her mother Lakan Bini Alicia Kossman cannot attest to her teaching skills at the time. Her mother does know she was a quick learner. So quick in fact, that it took her several weeks after her return to the U.S. to start speaking English again. She had become fluent in Tagalog.



On National Martial Arts Day the International Kuntaw Federation in North Carolina held a fundraiser kick-a-thon to help the less fortunate and underprivileged youth of



Cassandra with her father and mother

Wilson County. Cassandra wasted no time trying to do her part in helping others. She was able to raise more money than all the other participants combined. She was awarded a gold medal for raising over \$500 dollars as well as a certificate of achievement from Project Action Foundation, a non-profit organization well known for raising money for various children's charities. She also set an all-time record for the most kicks in our school's history. While only taking a break to answer an inquisitive reporter's questions, she managed to thrust out over 4,700 kicks in one hour. Needless to say she could barely walk straight for the next few days.

Lakan Guro Bill Kossman and his wife Alicia have very hectic schedules working regular jobs and teaching martial arts full-time. It takes a lot out of them, and they sometimes feel guilty for not spending as much time as they would like with Cassandra, especially now that her sister Christine L. Baugh is off to college. But Cassandra never complains. Instead, she is constantly thinking of what she could do to make others feel better.



Cassandra – demonstration against multiple attackers at the Whirligig Festival



IKF/KNP - 45th Anniversary

In front Cassandra, from left to right her grandfather Grandmaster Carlito Lanada, her sister Christine, her father Lakan Guro Bill Kossman, her mother Lakan Bini Alicia Kossman, and her grandmother Melinda Lanada



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## Babao Arnis Bloodline

By: Zena Sultana Babao



Love and respect account for a son following the footsteps of his father. But when that tradition of legacy spans four generations that is carrying the love and respect to a higher level.

The handing down of the art of Babao Arnis is now in its fourth generation: from Turing Babao to my husband, Master Narrie Babao, and from our son Jack Babao to our grandson, Jayson Babao.

Jayson started twirling a rattan stick when he was just a year old. At that early age he already had his own Kali uniform. It's the same uniform that Jayson's daddy wore many years earlier.

Jayson is the only child now enrolled at the **Babao Arnis Academy** where students have to be 18 years old and above. The only minors allowed to enroll by Narrie, affectionately called "Big Dad" by Jayson, are children of guros and advanced students.

Every student at our school had to undergo a strict screening process before acceptance. Since many of the students are from various law enforcement agencies, it would be next to impossible for non-law abiding parties to get in.

If a minor-age student has to be accepted, the application has to be signed by a parent or grandparent. For formality sake, I signed Jayson's application.

Our Academy's curriculum of instruction is strictly followed. Each student has a lesson plan, and upon completion of a lesson, Narrie has to check off and initial it. There is no special treatment for close relatives, or nepotism when it comes to promotions. Jayson's daddy, and his uncle Narrison, are both guros at the Academy.

Jayson has competed and won arnis tournaments, and performed at various martial arts demonstrations. The **Babao Arnis Academy** is usually invited to do a demo at various Filipino-American community events.

Jayson's dad, Jack Babao, was a perennial champion in Weapons Forms in martial arts tournaments. Jack was only nine when he won the Junior Weapons Forms Championship at Ed Parker's 1982 Long Beach Internationals. In a nearby ring at the same event, Ernie Reyes Jr. (son of Ernie Reyes) also won the Black Belt Kata Championship.



One year old Jayson with big dad Master Narrie Babao.

In the course of several years of competition, Jack has won and accumulated lots of trophies, medals and plaques.



The patriarch Turing Babao

Jayson is now ten years old, and is in fourth grade. He knows he has still a long way to go to complete the Academy's curriculum. However, Jayson "could hardly wait" until his younger brother, Jaydon, becomes a student. That way, it will be his turn to teach his brother. By the way, Jaydon celebrated his first birthday March 18 this year.

And the legacy continues...



Baby brother Jaydon Babao



Group photo after winning in a tournament



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Informal class photo Special Guests  
Master Topher Ricketts and Bruce.

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**About the author:** Zena Sultana Babao, a professional journalist, wrote for the Philippine News Service (now Philippine News Agency), Manila Times and other newspapers in the Philippines. Here in America, Zena has written for Filipino-American newspapers in San Diego and Las Vegas, and is currently a feature writer with [www.ladyluckmusic.com](http://www.ladyluckmusic.com), a website based in Canada.

## IMAF in Hong Kong

By: Abner Anievas

.... Watching the new generation of Arnisador

Three months ago I was just teaching Adult class, I could not imagine that one day there would be five young arnisadors bowing in front of me and waiting for instruction.



Sudama age 13 practices with his father.

I sat down in my office ready to work, have a sip of coffee from my cup, opening my email and there was one email that immediately caught my eye. IT was an email from Nair's father asking me if his son could join our training. As I always ask anyone asking about training with our class, "Why do you want him to train? He replied 'I want to install confidence in himself. Nair is now enjoying his training and will do a solo performance in the upcoming Philippine Independence day Celebration.

When I met Sudama's father in one of our training sessions, he said he wanted to install confidence in his son. So I spoke with the young boy and I asked him "why do you want to train? He replied "cause the boys in my school are telling me I'm a coward"...I said" there is no Filipino cowards, we have warriors blood inside of us, you just have to wake them" ...after 3 months he's now enjoying his training and has not even mentioned about the bullies in his school.



Nair age 13 whose partner is Jukka from Finland.



David age 9



Joshua age 12

Joshua and David are the youngest in my junior class; their father is Ferdinand Romero a student in the adult class. Joshua is more like a natural he can pick up anything I throw at him with ease. David has a constant and a determination to learn and excel in the art of arnis. Both of these two boys are brothers and now they can do sinawali as good as anybody in my adult class. In addition, these two brothers are the one's performing a solo demonstration in our cultural presentation.

Lastly Melizza is the only girl in my junior class. I am trying to teach her the use of the baston, but she said she is not fond of the baston. Therefore, I said what would you prefer? Her answer was, "I like palm stick and balisong." I was surprised and shocked at the same time cause that is the last thing I would have expected from a young girl to respond. Now she is training every night, even before going to bed. I wake her up every morning with a prepared breakfast and looking at her, I can see the future of the Filipino woman practitioner.

As I am writing this article, I am having a hard time on how I will end it. Simply I could just say that the future of Filipino Martial Arts is the younger generation. However, it deserve more than that...

I think the perfect ending for this article is...when I saw them twirling their rattan stick I can smell the burning future of Filipino Martial Arts on their hands.



Melizza



**International Modern Arnis Federation**

**Hong Kong [IMAF-HK]**

Guro Abner P. Anievas

Founder/President

Quarry Bay, Hong Kong

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**Website**

## Arnis Karate

By Don Moore



At Arnis Karate, most of the curriculum consists of Modern Arnis, but we also teach Tae Kwon Do. The kids usually enroll because of the Tae Kwon Do class, they like the kicking and punching. It is very rare to get a new student who knows what Arnis is.

We accept kids from 7 years of age and up and they are started on how to strike and disarm with and without a stick. Many new observers are surprised to see young kids handling and disarming weapons, especially knives.

There is no special class children's class set a side for the younger students everyone trains together. The adults push themselves harder when they see how much energy the kids have, and the kids focus more when they see how hard the adults work on the drills and develop their technique.

Most of the time the kids learn the sinawali drills quickly and with little effort compared to the adults, but need strong supervision when learning or reviewing the disarms for knife and stick. When doing drills like the sinawali, redonda, six count or root-sweep-drop the kids are excited and the class goes quickly. For them it seems to be more like a fun game, and it is easy to continue over and over, so their technique can be perfected.

When doing the forms, disarms, and locking techniques more thinking is required, and if there is any interest in the kids at the beginning, it may quickly disappear. Seeing how each application works in the forms keeps their interest up, and if you test them on these applications after you do the forms they stay more focused. Showing the empty hand translations for the stick disarms is something that the kids get excited about. They love to see things done different ways, as long as they understand how it can be done with the stick.

Young students are usually paired up with a senior student. This not only keeps they younger student focused on their training, it helps the older student understand the details by making sure every application is done correctly. With a few exceptions, it has never been good to pair up two young students of 7 to 9 years when doing the sticks. They don't always concentrate on the technique, and get



sloppy. Besides wasting time, someone may end up getting hurt.

### **Dr Matias and Modern Arnis**

Even though many lessons have been lost through the passing of the Grandmaster, Dr. Matias, and other great practitioners, a common philosophy remains: simplicity, strong foundation, hard work, humility, attention to detail, keeping an open mind, and practical applications. So, what was Dr. Matias' contribution to Modern Arnis?



The primary lesson that practitioners learned from Dr. Matias is no real secret. The ultimate lesson is simplicity, strong foundation, hard work, humility, attention to detail, keeping an open mind, and practical applications.

Since Dr. Matias passing, Arnis Karate has continued to function and operate in accordance to Dr. Matias wishes and in support of the Filipino community.

Dr. Matias loved having kids in the class, and said that when you do a public demonstration, you should always have at least one kid. He would get frustrated many times because Arnis did not interest the kids as much as Tae Kwon Do. As time went on he broke the techniques down into more steps at the beginning for the kids, and tried to turn the drills more into a game. Once they understood the applications, they would get more excited about it.

Dr. Matias Slice Check



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## Noah J. Jones

Kalintaw/Arnis de Leon  
Cedar Hill Martial Arts Center



After playing different sports Noah, by the age of seven, decided he wanted to try martial arts. Master Galo D. Lalic of **Kalintaw** trained his father, Punong Guro Guy ‘TC’ Jones, while stationed at Clark AB back in the early 80’s. Noah started his training in Kuntaw at the age 7 and soon after joined his sister on the competition circuit. Noah, whose mother is from Cebu, took great pride in being the only Filipino martial arts school on the circuit in Texas at that time.

Studying the Filipino martial arts for 10 years and obtaining his Black Belt Noah obtained many accomplishments. After years of competition and numerous championships Noah reached a pinnacle in sport karate competition in Texas by winning the AOK (Amateur Organization of Karate) State Championship 2 years in a row.

In addition to training with his family, he has had the opportunity to train with other notable Filipino martial artist such as Grandmaster Anding deLeon of Arnis deLeon, Datu Tim Hartman of World Modern Arnis Alliance, Punong Guro Rick Manglinong of Kombatan, just to name a few.

With his roots being embedded in the Filipino arts, his talent with the baston and the punyal (knife) are extremely noteworthy.

Noah's dedication to the martial arts extends beyond the school and competition. What really makes this young practitioner so special is his interaction with his students. He respects them and they in turn respect him. His desire is for them to be successful as martial artists as well as be productive in life over all.

With education being so important these days Noah, who is an honor roll student at Cedar Hill High School, has taken it upon himself to tutor other students when needed. His dream is to attend SMU after graduation in 2007.





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

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## **Dragons Den Mixed Martial Arts**

Filipino Martial Arts Program

By Jeffrey Macalooloy

The Dragons Den Filipino Marital Arts Program consists of **Villabrille - Largusa Kali, Inayan Eskrima, and Cacoy Doce Pares.**

The FMA curriculums are taught both exclusively and within the Kajukenbo classes. Sifu Jeff Macalooloy teaches Cacoy Doce Pares (Eskrima & Eskrido) on Tuesdays and Thursdays to advance Kajukenbo students in both the kids and adults class. Sifu Macalooloy holds Black Belts in Kajukenbo, Cacoy Doce Pares and is a wrestling coach. Master Wally Estropia teaches Cacoy Doce Pares on Thursdays 7:30-9:00PM. Master Estropia also holds 2 Black Belts in Kajukenbo Fi Kuen and Cacoy Doce Pares. Guro Arnel Mendoza teaches Villabrille-Largusa Kali and Inayan Eskrima on Fridays 6:00-7:30. Guro Mendoza holds 4 Black Belts in Tae Kwon Do, Inayan Eskrima, Kajukenbo Fi Kuen, and Villabrille-Largusa Kali.



**Villabrille - Largusa Kali**



**Inayan Eskrima**

Eskrima (also known as Arnis and Kali) is a weapons-based martial art, which comes from the Philippines. It is the national sport of the Philippines, and has a very long history of combat effectiveness. Only recently has this art become more conspicuous in many countries and enjoyed the popularity of other more traditional Asian arts. Its difference from other martial arts is that the student is taught to train with weapons from the very start, rather than starting on empty hands training (like many martial arts do). This type of training builds manual dexterity in the practitioner and also trains faster conditioned responses to various attacks. Although it is weapons-based, it also includes striking (kicking and punching), as well as teaching practical defenses against most weapons. In the Philippines it is referred to as Arnis in the northern islands (Luzon), is known as Eskrima in the central islands (Visayas), and is known as Kali in the southern islands (Mindanao).

### **At the Dragons Den in teaching children the Filipino Martial Arts:**

- You will benefit from increased manual dexterity and co-ordination. This is derived from performing exercises with two weapons and weapons of different sizes. You will probably become partially ambidextrous.
- Parts of your body, such as your forearms, elbows and hands will benefit from conditioning, making them more resistant to pain and injury.
- It complements and enhances any martial art. It can be learned independently from other martial arts or grafted seamlessly into any form of exercise you do already.
- Many of the techniques do not require strength or power, since most of the power is derived from body movement and economy of motion.
- Because there is no need for strength, anyone can learn Eskrima.

- It can be practiced anywhere. Eskrima can be practiced in a park as well as it's practiced in a gym.
- It is fun. Because it requires a training partner to practice, it is a great way to meet people.

## Jessica Young



Born, September 18, 1990. Jessica started training in Filipino martial arts in 2003 and trains under Guru Arnel Mendoza. She has trained Kajukenbo since September 2002, training under Sifu Jeff Macalooloy.

### Jessica's Filipino Martial Arts accomplishments are:

- Jr. Instructor in Inayan Eskrima.
- Passed levels in Sinawali, Dequerdez and Serrada.
- Advanced student in Villabrille-Largusa Kali System.
- Ranked by the Kali Association of America.
- Competed in [international/national/state (?)] tournaments ranking 2nd and 3rd places.
- Placed 2nd in first stick fighting tournament competed, held in Las Vegas of 2004.

### Kajukenbo and other accomplishments:

- Trained in Kajukenbo (Mixed Martial Arts) for 4 years.
- Ranked green belt as of September 2005.
- Competes in several tournaments in fighting, forms, and self-defense.
- Defends Jr. Grand Champion in self-defense title since 2003 at Sijo Adriano Emperado's annual K.S.D.I open tournament.
- Still maintains a 3.5 GPA in high school while training 3 - 5 days a week.

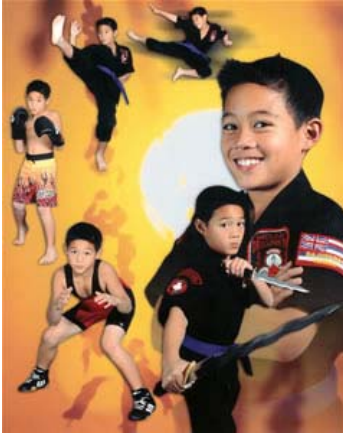


Guro Arnel Mendoza promoting Jessica

### Future dreams/goals include:

- Going to college.
- Becoming a physical therapist and/or working in/with sports medicine.
- Passing on the knowledge of the Filipino Martial Arts and Mixed Martial Arts (Kajukenbo).

## Jacob Macalooloy



Born, November 12, 1995. Jacob is the son of owner and Head Instructor, Sifu Jeff Macalooloy, at the Dragons Den. He began training in Kajukenbo at the age of 5 and in FMA at the age of 7 with his father and Guro Arnel Mendoza.

### Jacob's Filipino Martial Arts accomplishments:

- Passed levels in Sinawali in Inayan Eskrima
- Ranked by the Kali Association of America.
- Has trained with Grandmaster Cacoy Canete and GM Richard Bustillo in Doce Pares

- Traveled to Cebu, Philippines to train with Grandmaster Cacoy Canete in February 2006

### Other accomplishments:

- Trained in Kajukenbo (Mixed Martial Arts) for 5 years.
- Ranked blue belt as of September 2005
- Jr. Leader (Instructor) in Kajukenbo, January 2006
- Has competed in Kata, Kumite, Sport Jujitsu and Self-Defense all over California and in Las Vegas, Nevada winning numerous trophies, as well as Grand Championships.
- Has fought in 4 full-contact kickboxing "smokers"
- Made his amateur MMA debut on June 17, 2006 fighting in a Pankration match.
- Has competed for 5 years as a member of the Union City Wrestling Club sanctioned by USA Wrestling
- Has played 3 seasons of CYO Basketball for St. Anne's
- 2006 Presidential Physical Fitness Award
- Honor Student who is enrolled in GATE (Gifted and Talented Education) and scored a perfect 100% on the math portion of the California State Mandated Test



Jacob with Grandmaster Bustillo

### Future dreams/goals include:

- Going to college.
- Wrestle in the Olympics
- One day to have his own Martial Arts School.

## Jarred Mendoza



Born October 27, 1994. He trains in FMA under his father, Guro Arnel Mendoza, since 2002. At the same time he began training with Sifu Jeff Macalooloy in Kajukenbo.

### Jarred's Filipino Martial Arts accomplishments are:

- Jr. Instructor in Inayan Eskrima.
- Passed levels in Sinawali, Dequerdez and Serrada.
- Advanced student in Villabrille-Largusa Kali System.
- Ranked by the Kali Association of America.

### Other accomplishments:

- Trained in Kajukenbo (Mixed Martial Arts) for 4 years.
- Ranked green belt as of January 2006
- Jr. Leader (Instructor) in Kajukenbo, January 2006
- Has competed in Kata, Kumite, Sport Jujitsu and Self-Defense all over California and in Las Vegas, Nevada
- Has fought in 2 full-contact kickboxing "smoker"
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- Has played 2 seasons of CYO Basketball for St. Anne's
- 2006 Presidential Physical Fitness Award



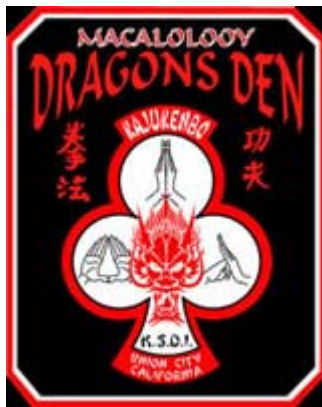
Guro Arnel Mendoza promoting Jarred

### Future dreams/goals include:

- Going to college.
- One day to have his own Martial Arts School
- Play in the NFL with the Raiders



Top row (L-R): Sifu Jeff Macalooloy, Guro Arnel Mendoza, Jessica Young  
Front Row (L-R) Jacob Donato, Ryan Leguidleguid, Jarred Mendoza, Jacob Macalooloy, Taylor Nonato



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**Cacoy Doce Pares**

## Gian Paolo Lalic

### Kalintaw



Paolo with his father Master Galo Lalic

Lalic and his father Ulpiano D. Lalic. Kalintaw is a Filipino martial art that consists of Kali “Filipino Bladed Fighting,” Dumong “Grappling,” and Mano Mano “Hand to Hand Fighting”. Through generation-to-generation his grandfather, father and at present his older brother have been the Datu (Chieftain) of the region.

In the Lalic heritage Kalintaw was not only known as a way of fighting, but also known as a way of life. Kalintaw promotes and builds the spiritual, mental, physical, essence of the person, internally and externally for the inner self. Also it truly develops self-discipline, self-control, self-confidence, self-determination, and self-esteem. All when brought together brings strength of inner peace and a balance in ones life.

In teaching Kalintaw Master Galo Lalic taught as his father and grandfather taught, no ranking, or belts were involved. It was the knowledge that the student would have to feel his pride and gratification. However with modern times, Master Lalic has added ranking and belts to the system for those students who find gratification of material prove of their knowledge. Now one may think this is a money making enterprise, however this is far from the truth in Kalintaw, for the standards have remained as they were from generation to generation and if the student does not make the requirements and cannot demonstrate their knowledge and experience in what they have learned then they do not progress.

When Master Galo is training Paolo, he is very strict to avoid favoritism just as his father and teacher the late Great Grand Master Ulpiano D. Lalic trained hi. Paolo became a Junior Black Belt at the age of 8 years old. At the present time he is still training with his father Master Galo. Paolo is presently in the forth grade in Angeles City Elementary school. It is also believed that Gian Paolo Lalic will be the successor of Kalintaw.

Gian Paolo Lalic was born January of 1997 in Barangay Malabantias Angeles City (Kuliati) ancient name of Angeles City. Paolo started his training in the Filipino martial arts at the early age of two year old. And then became more serious in his training of the Filipino Martial arts at the age of four. Under Master Galo Lalic, “Paolo’s father and teacher.”

This is the way of the Lalic family generation to generation Master Galo Lalic started his training at the age of 3 years old. Taught by his Grandfather Tiburcio D.





Website

**Kalintaw**  
# 8 Gerardo Street,  
Feliza Subdivision  
Brgy. Malabanas  
Angeles City, Pampanga, Philippines  
Tel. No: (045) 892 – 0065  
**Email**

## Jilliane Vina

By Roy Vina

Jilliane started her Martial Arts - Shito Ryu Karate ([www.karate-kingsway.com](http://www.karate-kingsway.com)) training when she was just seven years old. She then advanced quickly on her belts because of her dedication hard work and willingness to learn. When she received her green belt she decided that she wants more than just Karate. So, she then took Pankration ([www.kelleesama.com](http://www.kelleesama.com)) lessons. She trains everyday and eventually was promoted to red belt with a black stripe, (one belt below junior black belt) just last month.

This school offered weapons training and Jilliane has realized and believes, that in order to be a better martial artist a practitioner has to learn different systems. As Filipino parents we have seen that she has a lot of potential, so we decided to let her take Filipino Martial Arts aside from Pankration.

It didn't come very easy last year because the first one I found was, Pekiti Tersia I think, and would not take kids for training, they only take 18 years old above. So I keep asking around doing some research and finally I found Guro Louie Lindo, which also is a Filipino. I ask and explain to him about Jilliane that she really wants to train in the Filipino marital arts because she wants to learn weapons. Luckily he agreed and she became the only kid and only girl in the class. The class is very limited and mostly comprised of law enforcement officers.

Guro Louie Lindo (Ikatan Kali) is very well versed in Filipino martial arts and a very good instructor, not actively teaching anymore. He just keeps a very small group, teaching once a week for two hours, Semi-private classes in the Richmond / Vancouver (Canada) area. If you would like more information, contact Guro Louie Lindo **Email** or (604) 874-0239.



Ikatan Kali - Jilliane Vina is in the center kneeling  
Guro Louie D. Lindo at the far left kneeling

## Filipino Martial Arts Family Style in the South Bay

By Marc J. Lawrence



Master Erwin Mosqueda and class. Left is Matthew, Middle is Master Erwin, Right is Gilbert Jose and in Front is Michael Lawrence

disarms against stick, double stick Estokada, or random strikes and counter strikes. Training gets made into a game like this: Pirates, Star Wars or Roni Kenjen, the kids do not want to stop and the end of class. I never hear “is it over yet?” What I usually hear is “It is already time to go?” This is with a 1.5-hour class. Because its fun they look forward to it.



Gilbert Jose (in blue) and Matthew Lawrence (in white) practicing Estokada

anything like that!

Most kids after school go to Baseball or Soccer practice, but not my sons and their cousin. Michael, Matthew their cousin Gilbert go to Eskrima practice. They are members of Los Angeles Doce Pares Club. The Master of the school is Master Erwin Mosqueda. His school is located near Atwater Village in Los Angeles.

A typical afternoon session (4:30 - 6:00) goes something like this, stretching, jumping jacks, and push-ups. Then Empty Hands (hand-to-hand) with kick combinations.

Twirling, Blocking and Sparring patterns practice comes next. The fun starts with the lesson, it can be



Michael Lawrence practicing single stick.

Because the kids see part of their heritage in the Filipino Martial Arts, we also talk about Filipinos in history. I have seen the boys develop deep pride in their Filipino heritage. Recently my older son for his Fifth Grade Talent Show did a Single Stick Sayaw with wooden Kris blade. It was challenge to be able to bring the wooden Kris blade on campus with the current mentality. But my wife explained to the principle he was bringing a cultural artifact to perform with it was OK'd. Many of the children had never seen or even heard of Filipino Martial Arts at the school. But they thought that was really cool. Even the kids who do other martial arts (Karate, Judo and TaeKwonDo) said that none of their schools do



[www.docepare.net](http://www.docepare.net)

My sons have told me that because I do the practices with them, that I am an inspiration to them. I asked them why they said “none of their friend’s dads actually do sports with them” “let alone martial arts!” Their friends at school say that I am cool. I told them that if they compete in competitions that I would too. Well now we take turns cheering and working each other’s corner.

For those who are interested in leaning the Doce Pares Multi-System style in the Los Angeles, California area you can contact Master Erwin Mosqueda at (323) 382-4927 or through the Website -

[www.docepare.net/erwinmos.html](http://www.docepare.net/erwinmos.html)

## Teaching Children Eskrima

By Kristine Strasburger

### The Backyard School

My name is Kristine Strasburger. I began learning Eskrima in 1981, when I was 16 years old. From my very first lesson, most of my training has occurred out-of-doors, in a typical backyard school setting. I continue this tradition with my own students today.

The outdoors can be a perfect setting to use when teaching children. Children love to play outside, and training outdoors is usually more physically challenging and more mentally stimulating than training within the confines of four walls and a flat floor. The uneven and varied surfaces of natural terrain; the bright sunlight and the dim moonlight; the play of shadows, both day and night; and natural obstacles all work together to give the students a constantly changing and unpredictable training environment. This freshness enhances the overall workout experience, and I believe it helps to engage the subconscious mind in the learning process in ways that indoor training does not.

### Important Considerations

Due to the added unpredictability of the terrain and weather conditions when teaching in an outdoor setting, there are several things to consider that become especially important when children are involved. It is the teacher’s responsibility to do everything he or she can to minimize hazards in the training environment. The teacher should take a moment to inspect the training area before each training session, making note of any potentially unsafe conditions (some of which may not have been there at the last inspection). It is not necessary to eliminate all of the natural hazards inherent in an outdoor setting, but it is wise to point out dangerous areas to the students whenever possible. Part of the teacher’s role here is to teach the students to assess their

Heartland  
School of Eskrima



And Self-Defense

By Kristine Strasburger  
Sperry Lake, Idaho  
<http://www.heartlandmartialarts.com>

surroundings for themselves and assume a degree of responsibility for their own safety in spite of the hazards.

Natural obstacles such as trees, bushes, deadfall, rocks, streams, ditches, holes, etc. that are used as training aids should not pose any unusually hazardous conditions for the students. Additionally, a careful inspection should be made for branches or other hazards that are at eye-level to the children in class that session. Often, it is necessary to teach a child how to negotiate safely around and over obstacles and always to be prepared to protect his or her eyes from being poked by branches. It is also important to watch for live hazards such as bees, wasps, yellow jackets, snakes, etc. If a person is allergic to stings, the instructor should make sure there is a bee sting kit ready at all times during training and should be familiar with proper first-aid treatment for stings.

I consider moonlight training outdoors to be one of the best environments for adult students of all levels but feel that it is not the best training environment for children simply due to safety concerns. In my opinion, for most children nighttime training should only be done in relatively hazard-free outdoor areas that are familiar to the children, and where adequate artificial lighting is used.

### **Being Prepared**

Even when the outdoor training area has been fully inspected and the students are exercising caution in all of the potentially hazardous areas, the teacher still needs to be prepared to deal with any kind of injury that may occur in an outdoor setting and should keep a first-aid kit on hand during the training sessions. The teacher should be trained and certified in basic first-aid and should make sure that he or she is able to recognize the signs and properly treat the symptoms of both heat and cold injuries. It is the teacher's responsibility to monitor the students closely during times of temperature extremes and adjust the training to the conditions. As a matter of prudence, every student—and especially every child student in class—should have a signed medical authorization form on file with the teacher in case of a medical emergency.

### **One Way of Training Children**

The following section describes how I approach teaching children Eskrima. My backyard school allows for the individualized training of children. I do not mix children and adults in the same class. I use a different scope and sequence of training for teaching children than I do for teaching adults. The child student in my school is essentially in pre-training for the adult class in all aspects of the curriculum; however, this pre-training is laying a very strong foundation for the future and should not be discounted as a waste of time.

Regardless of his or her age, my ultimate goal with each student is to give that student a solid foundation in the basics that underlie each style I teach and to develop that student as a teacher in his or her own right.

## Phase One - Play



Balancing and moving on a log.

foundation-building stage.

This first phase of training is all about play and helping the students learn how to sense their own body mechanics as they interact with their physical environment and with others. Obstacle courses, wrestling, beanbag wars, tag, hiking in the woods, trampoline play and informal gymnastics and tumbling on the grass are examples of activities that I use as training tools.

This phase gives children a foundation of general physical awareness and allows me to evaluate their emotional

as well as physical development. I make full use of the terrain and natural obstacles found outdoors to give the children experience with negotiating the outdoor environment safely and efficiently.

I train the children in my class according to their individual developmental stages and abilities. This means that I have all children begin with plenty of exercises that develop balance, coordination, sensitivity to movement, awareness of one's center of gravity, gauging of distance, etc. This phase of training does not use any weaponry, padding, formal stances or contrived movements. I do not teach the children any punching, kicking or striking at this time. Older children advance through this initial phase faster than younger children, as they are more physically mature to start with and do not need to spend as much time in this



Rock climbing at a local State Park.

## Phase Two - Inayan Largo Mano



Inayan Largo Mano striking and moving practice in an open area.

a strike is made.



Inayan Largo Mano striking and moving practice in a restrictive area.

strikes to the obstacles encountered. This training is both mentally and physically challenging for the student and is simply not able to be duplicated in an indoor environment. It is unique to the backyard school experience.

As the child student gains a feel for large muscle movement, balance and coordination, I will have him or her begin working with sticks and training swords against the air. I teach the child student where the intended target areas are but do not allow the student to practice against another student in this phase. Inayan Largo Mano drills are excellent for giving the student a way to practice flowing and moving with a weapon. Footwork and an awareness of checking hand placement are emphasized, along with visualization of the opponent's target areas every time

One benefit of today's video game culture is that it gives most children a frame of reference for the training that they begin in this second phase. Many children have a fascination with swordplay and can easily visualize themselves against a video game character as they practice their strikes in the air. They love it! I have the child student begin this phase in the relatively open, even space of a lawn, and as the student progresses in his or her development, I have the student move to gradually more challenging and restricting terrain where he or she is forced to adjust both footwork and

### Phase Three - Contact Striking

As the child student is confidently able to negotiate a wide variety of terrain features with poise and balance, while moving through a series of air strikes, both advancing and retreating, I start that student in the third phase of training: contact strikes. In this new phase, the child student learns to deliver appropriate, effective, efficient, and precise weapon strikes against a stationary target such as a tire stack, a tree or a pole using double-stick Inayan Sinawali drills and visualization.

This contact training is foundational to the training that lies ahead. The student practices the differences between stick and blade strikes; long-range, medium-range and short-range strikes; follow-through strikes; double-strikes; fanning strikes; etc. I feel that this phase is vital to the proper development of the child student's strength and flexibility in fingers, hands, wrists, forearms, upper arms, shoulders, chest, back, and lower torso.



Contact training using a practice sword on a tire stack.



Inayan *Siniwali* drills on a tire stack.

in this area because he or she does not yet have the muscle strength and physical coordination of an adult. Visualization of specific targets, along with realistic physical contact against a stationary training aid combine to develop weapon control in both the mind and the body of the student.

### Phase Four - Dequerdas Stick

Training with the Dequerdas Stick is introduced after the student shows a high degree of weapon control on stationary objects. The Dequerdas Stick is used in conjunction with the stationary striking practice from this point onward. The Dequerdas Stick is a valuable training tool for developing timing, range recognition, reaction/response, target acquisition, sensitivity to motion outside of view or in peripheral view, etc.

As these physiological areas are developed under the gradually increasing stress of real contact against a stationary object, the child student also gains weapon control.

Anyone who is experienced at teaching Eskrima knows that what the beginning Eskrima student most often lacks is weapon control. The child student begins with an even greater disadvantage

In its simplest form, a Dequerdas Stick is nothing more than a staff-length stick, suspended from its center on a long cord, so that both ends can move unpredictably as the whole thing is pushed, blocked and struck by one or more people working around it. Many people make complex Dequerdas Sticks with tires for weight/mass, and multiple swinging and stationary sticks to defend against. In any form, the Dequerdas Stick is unmatched in its usefulness as a training tool, especially for the lone practitioner.



Dequerdas Stick practice with two children.



Inayan Dequerdas Stick blocking.

I use several versions of the Dequerdas Stick for training children. All of the Dequerdas Sticks that I use with children are highly padded for safety reasons. The typical, unpadded Dequerdas Stick can move very quickly and is notorious for responding to a person's actions upon it with a punishing blow that can break the skin.

Since the purpose of using the Dequerdas Stick, as a training tool for the child student at this introductory level is to develop the student's footwork, timing, gauging of distance, zoning and comfort level with incoming strikes, the safest possible Dequerdas Sticks should be used. I will allow several children to practice on the padded Dequerdas Stick together with adult supervision, depending upon their maturity and skill levels.

### **Phase Five - Inayan Kadena de Mano**

The fifth phase of training for the child student introduces close range empty-hand contact through simple Inayan Kadena de Mano drills. I prefer to teach children open-handed striking rather than closed-fisted (punching) striking. I feel it is a safer choice for children during unpadded contact training, and I believe that this training of the more natural response will serve a child better in the event he or she has to use the strikes in a real-life situation. This phase revisits the goals of phase one and takes the student to a higher level of training in balance, coordination, sensitivity to movement, awareness of one's center of gravity, gauging of distance, etc.

I do not allow the child student to practice Inayan Kadena de Mano drills with other children. Instead, I will have the child student work with adults who are able to instruct. I will also have the child student practice open-handed striking, elbow striking and knee/inner thigh striking on a heavy bag. The heavy bag work is important because it allows the student to learn how to strike with his or her body effectively and experience delivering hard contact at close range. Once the child student has become comfortable with the close-range Inayan Kadena de Mano drills, he or she will begin training on the Dequerdas Stick empty-handed.

#### **Phase Six - Inayan Serrada**

The child student who has learned awareness of surroundings, balance, coordination, weapon control, range gauging and effective striking is ready to begin foundational Inayan Serrada training. The training in this phase will develop the child student's weapon control even further. The child student will work on the basic counters of Inayan Serrada until he or she is mentally and emotionally mature enough to handle the harder contact and often-intense pressure of training in the adult class.

Typically, a child is not emotionally mature enough for the adult class until he or she is a teenager. Once I believe the child student is ready, he or she will be invited to train in the adult class. After becoming a member of the adult class, the child student is able to begin earning rank with the adults.



Inayan Kadena de Mano  
using open-hand striking



Inayan Kadena de Mano  
striking practice on a heavy bag.



Inayan Serrada inside sweep block.



Inayan Serrada outside sweep block.

### **A Good Beginning**

The one thing that might stand out as peculiar in my training of children is the fact that I do not permit the children to partner with each other in training. Why? My goal in training a child is long-term and rooted in foundation. I firmly believe that poor training partners are more harmful than good for a student. I also firmly believe that training out of range is training to miss. By and large, children are poor training partners where precision, accuracy, control, strength, maturity, experience and knowledge are important to the learning process. Eskrima, with its heavy emphasis on weapons training and accurate striking, is one martial art that is best delivered to children by an adult.



*Kristine Strasburger is owner and head Instructor of Heartland School of Eskrima and Self-Defense located in Spirit Lake, Idaho, where she lives with her husband, Keith, and sons Tim and Ben. She learned Inayan Eskrima from Mangisursuro Mike Inay and his active Guros for a period of 6 years before enlisting in the U.S. Army as a medic. She is recognized as a Katulungan Guro in Inayan Eskrima. She fully supports Suro Jason Inay and Inayan Eskrima by faithfully passing on the art that has been entrusted to her. She can be contacted via email at [heartlandeskrimaschool@yahoo.com](mailto:heartlandeskrimaschool@yahoo.com). To learn more about Inayan Eskrima, please visit [www.inayan-eskrima.com](http://www.inayan-eskrima.com).*

## Children's Teaching Methods "Doce Pares" Eskrima

By Master Don Edwards

The Filipino Martial Arts is regarded by many 'as one of the best self-defense systems,' regarding realistic street/combat effective skills. It is one of the few systems that address's attacks and defense with and without weapons. While it is true that many martial arts systems incorporate weapons and empty hand techniques in various degrees, the Filipino systems seem to be the most balanced.



Teaching children, while always a rewarding and enlightening experience, brings a special set of challenges. Methods and explanations that work perfectly in an adult class are usually lost in a children's class. Attention spans are less, sometimes coordination is not as developed as in an adult, and one has to be careful what is taught.

Since Filipino Martial Arts is a weapons oriented martial arts, any weapons instruction must come with warnings. Eg, never hit anyone with a stick; don't ever play with knives etc. Parents must also see and hear this so they know you are teaching their children in a responsible manner.

Where stick and knives are concerned, I usually substitute a short stick for the blade and never refer to it as a knife. As with any FMA class, drills are an important part of the curriculum in developing the coordination, strength and skills necessary to effectively execute techniques.

With Children, this often takes some innovation. For example, one of the hardest drills for a student to pick up are siniwali (double olisi) patterns. I have found the following progressions are excellent in making this a much easier task.



First I have the students use a single stick in a basic forehand/backhand pattern, first with the right hand, then with the left. Once the student feels comfortable with this, I then let them practice it with two sticks in the same pattern, right forehand/backhand first then left. They work first on a heavy bag then with other students.

Once they have mastered this drill and are comfortable with the movement using both hands we then introduce a "closed" siniwali pattern. In the closed pattern, the student will hold both sticks on the right side, right stick above the left, and strike in the following pattern: right forehand first, then left back hand (both moving in a right to left direction) followed by reversing the direction with a right back hand then a left forehand.

Children have a difficult time with these patterns especially when performing it with a partner. We have developed a simple way to make this pattern and others relatively easy for kids. We use colored padded sticks, black for right hand and blue in

the left hand. The students know blue strikes against the partners blue and black against their black.

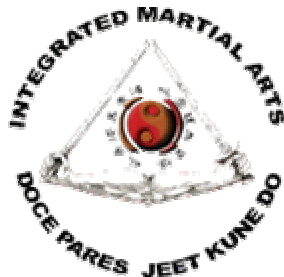
Once the students can effectively perform these patterns we introduce various focus drills. One of the most popular with the children is the siniwali balloon game! We use a balloon and toss it up and let it drop to the floor. The student, using the patterns we call out (closed or open) has to keep the balloon in the air by hitting it with the sticks in that pattern. This is a fun drill and requires the students to move all around the floor while keeping an eye on the balloon. This makes it enjoyable for the children while they learn these skills.



Older children, such as teens and pre-teens use more conventional training methods. We have found that teens love the dumog, locking and take down aspects of the training. We try to include these skills in most partner flow drills we teach them. They look forward to this and since they know they are not just hitting sticks with a partner, which, can get boring, they look forward to the training. We also try to show the empty hand applications as well as a way to add diversity and at the same time, demonstrate the practical applications of the drills. Keeping it relevant and entertaining is the key to keeping them interested.



Teens love the dumog, locking and take down aspects of the training.



Master Edwards can be reached for seminars or information about IMAF at (973) 422-1500 or [info@imafit.com](mailto:info@imafit.com). You can also check out their web site at [www.imafit.com](http://www.imafit.com)

**About the author:** *Master Don Edwards is a certified instructor in Doce Pares under Master Arnulfo “Dong” Cuesta and runs the Integrated Martial Arts & Fitness Academy in Livingston NJ. Master Edwards is also a Full Instructor in JKD under Sifu Richard Bustillo. And a certified Doce Pares instructor under Grand Master “Cacoy” Canete.*

## The 1st National Filipino Martial Arts Festival



On May 6 and 7, 2006, the Department of Tourism, in cooperation with IMAFP and the FMA Organizing Committee, launched a National FMA Festival in support of the nationwide Arnis Awareness Campaign Program. This project was a big leap in uncovering one of the hidden treasures of Philippines.

The kids that perform during the NFMA are students of Master Rey Postrado of Liping Maharlika.





### **3rd World FMA Festival**

July 11 – 21, 2006

Tagaytay and Manila hosted, The 3rd World Filipino Martial Arts Festival (FMA).

There were eight full days of unlimited training covering Modern Arnis and applied techniques, practical and combat lessons, lectures and demos. Filipino Grandmasters and top-ranked Master Instructors from all-over the world will teach an amazing array of topics. Included are major sessions on Philippine traditional fighting arts and weapons (tapado, sanggot, balisong, dulo-dulo, bankaw, bolo, daga, baston).

Philippine Grandmasters from different FMA organizations will share knowledge in traditional and Classical arnis. Nightly events and special tours brought martial artists together in the spirit of historical and cultural grandeur.

#### **Liping Maharlika (Batch Maliksi)**

The young practitioners are all grade three students of Little Angels Learning School. They started training in arnis since they were grade one under Master Rey Postrado. With the help and coordination of the parents and school administrator, arnis was included as part of their school curriculum. The Naraphil Administration is expecting a new breed of Arnis Masters, among this Batch Maliksi.







Grandmaster Roland Dantes (right) and Guro Abner Anievas (left) Stand with some of the kids at the 3rd World FMA Festival.



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



July 2 - 9, 2006, the 9th WEKAF, Walt Disney World Swan & Dolphin Resort Orlando, Florida. Young Practitioners were a major part of the event. They are the future. In this section are comments from some of the young practitioners on their experience and attitude of the event.



A message from Grandmaster Thomas Sipin, 9th WEKAF World Championship tournament coordinator and past president of WEKAF USA:

It's difficult to sum up my impressions of the World tournament. To talk about its success seems immodest, but there remain some questions that should be addressed. So let me tell you what I heard from competitors and spectators, and you can make up your own mind.

We know that this was the largest WEKAF world championship ever held outside of the Philippines. That's no disrespect to Los Angeles or London, because each tournament builds on what came before; I expect that the next world championship will run better than this one. There is now a core group of volunteers who have gotten very, very good at the logistics of an event of this size. As a result - and as a relief to the competitors and families - there was very little guesswork for the participants. The whole event ran on or ahead of schedule, people knew who was in their divisions, and they could plan for their competition (and their down time) instead sitting inside the venue waiting to be called for days on end.

All events except the dance were held in the 35,000 sq. ft. Pacific Ballroom at the Walt Disney World Dolphin. The opening reception was Sunday night. Opening ceremonies were Monday, with a Parade of Countries, the various national anthems sung by team members, and forms competitions in the afternoon and evening. Children, Teens, Women and Senior fighting was all day Tuesday, with everyone enjoying the largest fireworks displays of their lives at night- the 4th of July. Men's single stick fighting was on Wednesday, with Grandmaster Bong Jornales teaching a Filipino Rope seminar after. Double stick fighting and team competition was on Thursday, with Master Graciela Casillas following with edged weapon training. Thursday night was the "blow-out" at the Atlantic Dance hall at Disney's Boardwalk - a short walk away, and a "kids' dance" at the Dolphin. Friday was the first day of the FMA Invitational, featuring traditional WEKAF style fighting. WEKAF Chairman Emeritus and Doce Pares Grandmaster Dionisio Cañete ran training for several hours afterward. The closing banquet followed later. Saturday featured padded stick fighting, using new "engagement" scoring and "Smak-Sticks", which appeared to be thoroughly enjoyed.

The padded stick fighting at the WEKAF Invitational was received enthusiastically. The Italian team members in particular were vocal in their support, even while they were still taking inventory of their new welts. The Australian team also participated in this event with their signature fervor, as well as fighters from Germany. As we look for ways to bring WEKAF to a wider audience, perhaps these new rules will be part of the appeal.

Of course, none of this would have been possible without the help of dozens of people, from our wonderful event planner (thanks PJ) to Senator Herb Kohl and U.S. Congressman James Sensenbrenner, both of Wisconsin, who worked to facilitate the visa process for several international teams. Thanks to everyone who contributed; what made this tournament enjoyable is directly traceable to your efforts. Sonny Napial has taken over the reins of WEKAF USA, and will be running the National tournament in 2008 with the support of many of these same volunteers. We wish him the best of luck. The organization is in good hands.

**Filipino Martial Arts - Not Just for Grown Ups**  
**Carenza Division Results/Forms**  
**A True Champion**  
**Junior Team Canada**

**Jacob House**  
**Jenna Lewein**  
**Eric Carison Denney**

## **Filipino Martial Arts - Not Just for Grown Ups**

By: Kat. Puno (Grandmaster) Bong Jornales



Kat. Puno Bong Jornales

Think of the history of Filipino martial arts and the story of Lapu-Lapu fighting the Spaniards will eventually come into play. This hero, armed with his kampilan (a bladed weapon) and shield can be seen today displayed in grand form in a monument on Mactan Island in Cebu, Philippines.

Fast-forward to 2006 and you will see today's male and female warriors displaying their training, talent and desire to compete in perhaps a slightly more civilized fashion on the floor at any national or international WEKAF tournament. But as you look closer, you will also see the flash of blades and hear the strikes, shouts and cheers for those of a much younger age.

The future of any martial arts today, particularly for Filipino martial arts, is children. Let's face it, those of us that have been studying and teaching this art for years...decades, need to eventually pass the baton – make that stick – onto the next generation!

Reaching and teaching youth the passion for Filipino martial arts and the sport of WEKAF requires an approach different of that needed to reach adults. There are many experts out there with different approaches and opinions. I am here to simply share what I have discovered has helped me in getting kids excited about this incredible art form and reaching their personal optimal potential.

### **Here are a few items to consider:**

Martial arts is like learning a language. You need to break it into individual “words”, than “sentences” and after much practice they will be “speaking” fluently.

Teach more than just the skill. Teach them the language and the culture. It is one thing to be able to use the tools of Filipino Martial arts. It is another thing to understand some of the rich history and pieces of the culture and people that are the foundation of this martial art.

It must be safe. Start with the “ABCs” - Always be careful. Make sure proper gear is used and kids fight at an appropriate level with others based on age and skill set. Many a child has shied away from sports due to one bad experience.

Show respect. Always be courteous – to your classmates, instructor, parents and competitors. These basic skills will follow you throughout your life, both inside and outside the martial art world.

T.E.A.M. Together everyone accomplishes more. As individuals we may be seeking for that “win”. But, as a group of individuals all passionate to grow the art, we can accomplish much more working as an integrated family of martial artists encouraging each other regardless of status, system or style.

Display good sportsmanship. Learning to win and lose is part of life’s lesson and key to the success of an individual and this sport. (This is a lesson many of us adults and parents could use more practice at as well!)

Get the parents involved! For many kids (and their parents), a sport that includes full contact fighting, flailing of sticks, playing with blades is not your typical day-to-day happening! Parents need to understand the proper time, place and manner for their children to practice use of these instruments and the rules of WEKAF. Have fun! Key to any long term successful commitment is to enjoy what you are doing.

The kids of today’s Filipino Martial Art practitioners and competitors are providing us only a glimpse of what is to come. They are incredibly talented, focused, passionate and displaying athletic capabilities to take this art and WEKAF to its next level.

We need to encourage, support and promote this growing generation of dedicated martial artists.

**Arnis-Sikaran**

Mr. Bong Jorales

P. O. Box 276

Macatawa, MI 49434-0276

**Email**



**9th WEKAF World Championships**  
**July 2 – 6, 2006**  
**Orlando, Florida USA**

**Carenza Division Results/Forms**

**Children Boys/ Under 10 yrs.**

Traditional – Single Weapon

1st Place	Gabriel Patalinghug	USA
2nd Place	Ian Lundy	USA
3rd Place	Cody Schneider	USA

Traditional - Double Weapons

1st Place	Joshua Velez	USA
2nd Place	Cody Rutledge	USA

Open – Single Weapon

1st Place	Eric Denney	USA
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Open – Double Weapons

1st Place	Joshua Hill	USA
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Traditional – Double Weapons

1st Place	Kyle Velez	USA
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Open – Single Weapon

1st Place	Cody Smith	USA
2nd Place	Jonathan Routis	Philippines
3rd Place	Joseph Routis	Philippines

Open – Double Weapons

1st Place	Emmanuel Patalinghug	USA
2nd Place	Pierce Armstrong	USA

**Junior Boys / 12-13 yrs.**

Traditional – Single Weapon

1st Place	Robert Clifford	USA
2nd Place	Cole Van Harn	USA

Traditional – Double Weapons

1st Place	Matthew Quintero	USA
2nd Place	Jason Koch	USA

Open – Single Weapon

1st Place	Cody Velez	USA
2nd Place	Jacob House	USA

Open – Double Weapons

1st Place	Ray Rubin Chan	Philippines
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**Junior Boys / 14-15 yrs.**

Traditional – Double Weapons

1st Place	James Arseneault	Canada
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Open – Single Weapon

1st Place	Jake Morales	Philippines
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Open – Double Weapons

1st Place	CJ Patalinghug	USA
2nd Place	Augusto Gamboa	USA

**Junior Boys / 16-17 yrs.**

Traditional – Single Weapon

1st Place

Winston Pisco Mori

USA

2nd Place

Nick Zellmer

USA

Traditional – Double Weapons

1st Place

Peter Barna

USA

Open – Single Weapon

1st Place

Martin Yamat

USA

Open – Double Weapons

1st Place

Ronald America

USA

**Children Girls / 10-11 yrs.**

Traditional – Single Weapon

1st Place

Annalisa Cruz

USA

**Junior Girls / 12-13 yrs.**

Traditional – Single Weapon

1st Place

Ariel Gamboa

USA

Traditional – Double Weapon

1st Place

Mariah Moore

USA

Open – Single Weapon

1st Place

Alyssa Patgalinghug

USA

2nd Place

Erin Michaelis

USA

Open – Double Weapons

1st Place

Amanda Thelen

USA

2nd Place

Alexis Denney

USA

**Junior Girls / 14-15 yrs.**

Traditional – Single Weapon

1st Place

Brianna Beach

USA

Open – Single Weapon

1st Place

Jane Noval

USA

**Junior Girls / 16-17 yrs.**

Traditional – Single Weapon

1st Place

Riza Marie Empeno

USA

2nd Place

Veronica Mueller

USA

Traditional – Double Weapons

1st Place

Tamara Delorenzi

Australia

Open – Single Weapon

1st Place

Cassandra Beltron

USA

2nd Place

Denise Gibson

Australia

3rd Place

Jenna Lewein

USA

**Single Stick Sparring Division Results****Jr. Boys 6-7 yrs.**

1st Place

Joshua Hill

USA

**Jr. Boys 8-9 yrs.**

1st Place

Eric Denney

USA

2nd Place	Cody Rutledge	USA
<b>Jr. Boys 10-11 yrs. (Lightweight)</b>		
1st Place	Cody Smith	USA
2nd Place	Kyle Velez	USA
<b>Jr. Boys 10-11 yrs. (Heavyweight)</b>		
1st Place	Edward Sean Hidalgo	USA
2nd Place	Emmanuel Patalinghug	USA
3rd Place	Johnathan Routis	Philippines
<b>Jr. Boys 12-13 yrs. (Lightweight)</b>		
1st Place	Matthew Quintero	USA
2nd Place	Robert Clifford	USA
3rd Place	Kevin Singh	Canada
<b>Jr. Boys 12-13 yrs. (Heavyweight)</b>		
1st Place	Ray Rubin Chan	Philippines
2nd Place	Cole Van Harn	USA
3rd Place	Jacob House	USA
<b>Jr. Boys 14-15 yrs. (Lightweight)</b>		
1st Place	CJ Patalinghug	USA
2nd Place	Ben Fox	USA
3rd Place	James Arseneault	Canada
<b>Jr. Boys 14-15 yrs. (Heavyweight)</b>		
1st Place	Matthew Bragstad	USA
2nd Place	Augusto Gamboa	USA
<b>Jr. Boys 16-17 yrs. (Lightweight)</b>		
1st Place	TJ Roque	USA
2nd Place	Ronald America	USA
3rd Place	Myththurayan Sivapalan	Canada
<b>Jr. Boys 16-17 yrs. (Heavyweight)</b>		
1st Place	Martin Yamat	USA
2nd Place	Kerry Joseph Sheader	USA
3rd Place	Jeffrey Clayton	Canada
<b>Jr. Girls 6-7 yrs.</b>		
1st Place	Mariah Misko	USA
2nd Place	Katherine Schwerman	USA
<b>Jr. Girls 10-11 yrs.</b>		
1st Place	Annalisa Cruz	USA
<b>Jr. Girls 12-13 yrs. (Lightweight)</b>		
1st Place	Amanda Thelen	USA
2nd Place	Rose Frank	USA
3rd Place	Isabelle Montgomery	Canada

**Jr. Girls 12-13 yrs. (Heavyweight)**

1st Place	Erin Michaelis	USA
2nd Place	Yvette Hernandez	USA
3rd Place	Rebecca Junop	Canada

**Jr. Girls 14-15 yrs. (Lightweight)**

1st Place	Jane Noval	USA
2nd Place	Anna Lewein	USA
3rd Place	Chanjayaa Kovinthan	Canada

**Jr. Girls 16-17 yrs. (Lightweight)**

1st Place	Jenna Lewein	USA
2nd Place	Denise Gibson	Australia
3rd Place	Riza Marie Empeno	USA

**Double Stick Sparring Division Results****Jr. Boys 12-17 yrs. (Lightweight)**

1st Place	Jason Koch	USA
2nd Place	Robert Clifford	USA

**Jr. Boys 12-17 yrs. (Middleweight)**

1st Place	CJ Patalinghug	USA
2nd Place	Kristopffer Hidalgo	USA
3rd Place	Myththurayan Sivapalan	Canada

**Jr. Boys 12-17 yrs. (Heavyweight)**

1st Place	Winston Pisco Mori	USA
2nd Place	Lucas Fehringer	USA
3rd Place	Jeffrey Clayton	Canada

**Jr. Girls 12-17 yrs. (Lightweight)**

1st Place	Mariah Moore	USA
2nd Place	Jane Noval	USA

**Jr. Girls 12-17 yrs. (Middleweight)**

1st Place	Jenna Lewein	USA
2nd Place	Anna Lewein	USA

**Jr. Girls 12-17 yrs. (Heavyweight)**

1st Place	Erin Michaelis	USA
2nd Place	Amanda Thelen	USA

## **A True Champion**

By Kris Vasquez Davantes

Sometimes, the medal counts tell only part of the story. Olympic viewers remember the names of Dan Jansen and Kerri Strug long after their fellow gold medallists have been forgotten, not just because of their skill, but because of the spirit they showed on the way to victory. The 9th WEKAF World Championships featured a story like that, though very few people knew about it at the time.

For those who weren't there, a bit of necessary background. This tournament is the officially sanctioned world championship for the World Eskrima Kali Arnis Federation, and there are only two ways to get there. You either work your way up, placing first or second at a regional qualifier and then first or second at the national level, or you can be a defending world titleholder seeded into the tournament. The first clue as to the character of the woman I am telling you about, Wendy Wigger-Jornales is that she did both. That is, she was a defending world champion in both forms and fighting, and therefore didn't need to come to the regional or national events. But she did; she put in the time and the effort and qualified the same way anyone else did.

One more thing you need to know: in judging the forms competition, it is assumed that weapons will not touch the floor, unless the competitor tells the judges in advance. Otherwise, the judges are to deduct a full point from the score. Wendy didn't notify the judges that she would be putting her weapon down, but since her pace didn't break when it happened, the center judge approached her after the form was finished. "I just have to ask you," he said, "did you mean to put it down?"

Wendy faced a decision that very few people will ever face. In the heat of competition, with the gold medal a single word away from her, she had to decide whether to tell the truth - she had dropped the knife. It's easy for many of us now, who haven't put in the months of training time, who don't have adrenaline coursing through our veins, who aren't standing on the floor of the world championship, to think we'd have done the right thing. At the moment, my guess is that very few would. In fact, when Wendy whispered what had happened to a pair of friends a bit later, one of them - a well known official in this sport - said, "And of course you said, 'Sir, I absolutely meant to put it down.' I understood that reaction. But that's not what Wendy did.

She said what made up her mind, in the second she had to think about it, was seeing the faces of her students around her. She could have lied and she probably would have gotten away with it as far as the general audience was concerned. But she would know. Her husband, Grandmaster Bong Jornales, would know. So she set an example for those students that I hope they will always remember. Knowing it might cost her the gold, she said, "Sir, I dropped it." In that moment, putting her integrity above the external prize, she exemplified for me the kind of person a martial artist should be.

There's a bit of a twist in the end, because Wendy's performance was strong enough that even with the mandatory deduction, she took home the gold. A gold she truly earned, not one she would have to look on with regret. But she had no idea that would be the case when she made her choice; in most divisions, the deduction would have cost her the medal. She knew that, and she did the right thing anyway.

I should mention that Wendy has no idea that I am submitting this report. She's modest enough that the coverage will probably embarrass her. I hope that she'll forgive

me when she sees why I need to tell this story. If you've been to any tournament, from a local high school gym to a major world event, you know there are competitors who can hardly fit their egos through the door. I'm not saying they shouldn't be proud of what they've done. Heck, if I had Wendy's credentials - at least five world titles that I know of - I would take out a full page ad in the newspaper. But that's what makes her a better martial artist than me. She's in it for the love of the art, for her students, and for her own development. The integrity that she displayed in that ring didn't just happen to be there; it's a product of the way she chooses to live her life. She carries the spirit of the martial arts through everything she does. I hope that all of us, whether fortunate enough to know her or not, will learn from her example.

### **Junior Team Canada**

“Best Experience of our Lives”

“A World Martial Arts Tournament That No One Will Ever Forget”



**Members of Junior Team Canada:** William Montgomery, Isabelle Montgomery, Kevin Singh, James Arseneault, Chanjayaa Kovinthan, Jeffrey Clayton, Myththurayan Sivapalan and Rebecca Junop. Members of Team Canada's Senior Team were Raajcumar Kovinthan, Thursica Kovinthan, Heather Turnbull, JB Ramos, Ed Gorenak, Carlos Lopez, Ted Smith, Cassandra Kwan and James Montgomery. Team Canada's coaching staff were Guro Rudy Cosico, Guro Laura Holmes, Wilma Cosico, Matthew Cosico and Rose Cosico.

I had one of the best experiences of my life. During the competition I was nervous, and a little scared, as this was my first time competing in an international competition. I didn't think that I would have been able to do well. In the end I won a gold medal and a bronze medal. I felt it was worth it. As well as overcoming my fears and nervousness I made many new friends at the tournament...all of them were from different countries. I enjoyed the fact that when you fight you fight. But when your competition is finished, there really is no winner or a loser, there is just two people doing what they like. I learned more about the countries that my competitors came from and I hope to see them in the Philippines in 2008. This tournament has given me more confidence to do well when faced with a challenge that I know nothing about. I learned that hard work could bring success. I was impressed about how hard the competitors that I talked to prepared for this competition and I fully intend to apply this hard work principle to all aspects of my life.



James Arseneault, 15 years

This was my first international tournament, when I got there I was very nervous but when I was getting ready to fight I knew I was ready. In this tournament I gained a lot of experience and had a lot of fun. I came third in single stick and double stick sparring and made some good fights and had a lot of fun. I also got to meet people from other countries and watch their fighting style. I want to learn more fighting styles in the next few years and someday be the best in the world. In my last tournament I was nervous before every event I was in but when I was in this tournament I was not nervous at all, I know what I had to do and I had a lot of fun doing it. The tournament was a great learning experience and I hope to compete in more tournaments soon.

Jeffrey Clayton, 15 years

At the tournament, it was amazing. There were so many people. The forms were cool. Oh my team, we got gold in forms. There were some very good forms that Philippines did. In sparring, I did two fights. Also, I sang the national anthem for Team Canada. I've been doing martial arts for three years: 3 years of karate and a year and a half of Arnis. On the opening day, there was a parade. So many countries! There was Germany, Britain, Australia, Philippines, Italy, U.S.A., and of course Canada. The favorite thing I did was when I met Jonathon. He is ten years old and represents the Philippines. Thank you.



William Montgomery, 10 Years

William Montgomery also wrote the article (Team Canada), plus sang the Canadian Anthem at the parade.

The 2006 WEKAF Championships was an amazing experience. I gained a lot of knowledge about international tournaments and was also able to feel, first hand, the pressure as well as the content of being part of a worldwide event. Being able to go miles from home to compete in such a prestigious event was nerve wracking for me in many ways. But I really enjoyed the trip because I was able to meet so many people from all across the globe. Furthermore I was able to meet grand masters of the Filipino Martial Arts and learn things from them that I would not have otherwise been able to learn. By participating in this tournament I was able to get over my fears of fighting in the ring and fight different people from various countries that had different styles of fighting. By doing so I was able to recognize what I was doing well and what I could take back from my opponent's style. Although the actual fight only lasted a few minutes, the experience was priceless. My adrenaline was pumping, my heart was racing and my head was all over the place. It was a feeling that I wouldn't trade for the world, and I definitely will never forget those few moments. Likewise, supporting my team meant a lot to me and I



was greatly delighted to be able to be there and cheer them on. I believe the support of team members played a huge role during our performances and is one reason why I was able to fight to the best of my ability. I was very happy to have achieved third place in my division and received the bronze medal for stick sparring. It was a great accomplishment for me and I am very proud to be representing Team Canada. Being only my first time fighting in a tournament such as the WEKAF

tournament, I feel in years to come I can do even better and accomplish much greater things. Along with everything I've already mentioned I also learned about new events that I had not known about or seen. This included team forms and team sparring, which I found very interesting might someday be able to participate in myself. Within the fourteen years of my life, this has been one of the most fun and educating experiences that I have been through. From the plane ride, to the hotel stay, and of course, the tournament itself, I have learned so much and can't wait for the next time that I will be able to participate in a WEKAF tournament again.

Chanjayaa Kovinthan, 14 years

I've been training and competing in Martial Arts for 3 years. This competition was very exciting because it was my first international competition and it was my first time leaving Canada. At this world tournament I got to compete against some of the very best athletes in the world. I got to see many different styles and techniques while competing and watching the adults compete. The parade



of countries was really cool. It was an honor to represent our country. I met and made friends with many people from different countries such as America and Great Britain. So this martial arts tournament was incredible for me because it was my first competition at the world level, it was my first trip outside Canada and I got to meet and make friends with people from all over the world. I look forward to more national competitions and the next martial arts tournament in the Philippines, 2008. Thank you.

Isabelle Montgomery, 12 years

It was a great experience for me for it was my first time going to a big tournament like this. The trip here and there was long but all worth it. The hotel was great, and the hotel was huge. The time I had there was priceless, this experience was my first and hopefully not my last, because I would like to go to the 2008 WEKAF World Championships again in the Philippines. The first ceremony that happened was the



parade of the countries. It was fun. All the countries were screaming chants of their country, for instance the Australians, AUSIE, AUSIE, AUSIE, OY, OY, OY! Then we walked around with me and this other kid named William holding the Canadian flag, I was so honored to be holding the flag. Then after all the countries had walked an individual from each country came up and sang their national anthem and William sang the Canadian National anthem with the French

parts. The first tournament there that happened was the forms. I didn't participate in the forms but a friend of mine did, James, it was a great opportunity for me to see how the other countries are so I can get ready for the next WEKAF tournament. The day was long but it was a great scene! James was first up in his group. The Canadian team and I were all cheering him on. He gave a thrilling scene, but he dropped his stick once, which we all knew, the judges would have to deduct some marks. We were all sad, but he didn't give up and finished. The Filipinos were really good! The Filipinos really showed where this competition was originated in! The forms that they had formed was amazing, I couldn't believe what I was watching. It was quick, clean, and just unbelievable. Lucky for James he was the only one in his division doing that kind of weapon, (knife and single stick) so he got gold, the entire Canadian team was so happy for him. The next day was the sparring competitions, and I had signed up for that! Before it was my turn I was watching other sparring divisions that were going on. I was also getting pumped up for my match. Then my division was called up, I was nervous and happy, something that didn't really happen to me during competition. So I was gearing up, getting ready to face my opponent. So the fight had begun. I was fighting amazingly in my life that I had been in Arnis Canada. My opponent had jumped up in the air and tried to attack my head but I quickly moved out of the way and had struck him quick at his head while I was on his left side. Then out of nowhere my opponents helmet came off his head and I accidentally struck his neck then he collapsed, I felt so bad for doing that, but it was accidental. So the fight continued one part in the fight I was deducted one mark for masking my opponent, I was disappointed; it was hard to keep my hand down. At the end I lost, I was

disappointed again. A few minutes after the fight my mom called I told her that I didn't get anything because I had lost. Later on in the day I got called to get my bronze medal! I was so surprised I thought I wasn't going to get anything, but I guess I got something. I was so proud of myself. I didn't call my mom because this is the present that I'm going to give her for her birthday! The next day was the adult's competition. This was going to be a great scene, our adults that had participated in the tournament was all bruised. Most of them didn't get a medal, we were sad, but still the experience was priceless, the entire team had a great time, we had fun and kept it safe. We finished off the week with the dinner with every single country that had participated in the tournament. The food was great and the entertainment was not bad but still a little entertaining. The next day we left the hotel to go to the airport. The long trip back had begun again. When I reached our final destination where I would see my mom and dad again after all this hard work. As I got out of the car I pulled out of my pocket the bronze medal that I had won and gave it to my mom and said, "Happy Birthday Mom!" She was so happy she had thought that I hadn't won anything so it was a surprise to her! Thank you!

Kevin Singh, 12 years

This spectacular event was hosted by the US in Orlando, Florida. The trip and the involvement in the tournament was a success, as we had accomplished a goal that team Canada had been training for. The tournament was an experience that Team Canada would remember for many years. Personally, when I stepped into the ring with my opponent I remembered our training, training that was intense. Getting tired wasn't an option, nor should it be the outcome. In my mind these two aspects kept me going throughout the fights. Team Canada fought very well and this not only being my personal opinion but the opinion of many officials. We learned a great number of things in martial arts, through the mistakes we made to the techniques that our opponents used. This tournament allowed us to open doors down our paths of being excellent martial artists.

The results of the tournament allowed us time to reflect and think about how we can improve our fighting skills. Personally I placed third in my division and I understand why I have achieved such a rank. I also understand why the person in first place achieved his rank. With that knowledge I will polish my skills to be better than what I am now. Team Canada will be able to understand their weaknesses and we will be able to improve using what we have learned. Finally, the tournament was an event where winning wasn't the gold that one achieves but the experience that one gains. The experience was the prize; it was the true gold medal. With this experience we will train harder with a better understanding of our weaknesses.

Myththurayan (Mythu) Sivapalan, 16 years

The 9th WEKAF World Championship was the first major tournament for the members of Junior Team Canada. Although Filipino Martial Arts can be found throughout Canada, the FMA tournament scene is still a rarity in this part of the world. This being their first international competition, the nature of the venue could have proven to be a distraction for our junior competitors, but when the tournament began, they threw themselves into the experience completely, with boundless enthusiasm.

The eight children and teens in Team Canada put all their hearts into their fights. They fought aggressively and strived to adapt to other fighting styles, many of which

they had never encountered before. If the fights did not turn out as they had hoped, they did not dwell on their disappointments but instead sought out their teammates in other rings and cheered them on loudly and rather boisterously. Faces covered with the Canadian flag tattoos and vigorously waiving the large Canadian flag, Junior Team Canada demonstrated great national pride and team unity.

Canada's junior team stayed through all four days of the competition, watching and learning from the adult competitors, trying to absorb the variety of styles and techniques used by the international fighters. Despite evident exhaustion at times, they determinedly stayed at ringside and cheered on their adult teammates and, being Canadians after all, also cheered on competitors from the other Commonwealth countries in attendance...as long as we were not competing against them, that is. Our juniors made sure to befriend other kids from the USA and Philippines teams, sharing experiences, advice, and a lot of laughs. This mutual respect and newfound friendship was the subject of many of the stories recounted to friends back in Canada.

The end results of the tournament for our junior team, the team bonding, the new friendships, the competition experience, the new awareness of other styles, these outcomes provided immeasurable satisfaction to the coaches and organizers as well as justification for the time and money spent to bring a Junior Team Canada to Florida. The ever growing passion of these young competitors for FMA, fuelled by the World Championship and the inspirational forms and fights they watched, has already started to spread to the rest of the children and teens in our school, the majority of whom were not able to attend. At the next WEKAF World Championship in Cebu, there will likely be a much larger Junior Team Canada, eagerly looking forward to the first of many world championships and expecting to have, as is frequently expressed these days by our 9th World Championship Junior Team members, the "best experience of our lives".

Cassandra Kwan

Being apart of WEKAF is always an interesting experience, but experiencing the tournament as an official and spectator's perspective has broadened my view of Filipino Martial Arts. One of the key things that I enjoyed seeing was the camaraderie among all countries and that at the end of the day, when all was said and done everyone left with a smile. Watching a lot of the youth compete in the tournament is always a pleasure knowing that at one point even I was there and seeing the good sportsmanship and integrity of the future generation of the Filipino Martial Artist is why I choose to continue with this sport and art.

In all tournaments there are ups and downs that are almost unavoidable, but what strikes me the most is the amount of dedication from some of the masters and instructors of the tournament. Master Tom Sipin that I met for the first time in 1996 whose son, Kelii Sipin, the Tournament Coordinator of the 9th WEKAF World Championships showed everyone how much they loved being apart of the tournament by sacrificing a lot just to continue the Tradition of WEKAF. Guro Rudy Cosico, our own Canadian Director and instructor had also sacrificed a lot to be in attendance including his health, but the love and passion for his kids and his students we all knew he wouldn't miss it for the world.

I am personally grateful to again be apart of WEKAF, and I look forward to the next WEKAF World Tournament in 2008. I would also like to thank Sue Sipin, Kelii Sipin, and PJ Yauger for everything they have done for Canada.

Matthew Cosico

I personally had the pleasure and honor to attend the 9th WEKAF World Championships held in Orlando, Florida, U.S.A. on July 2 to July 8, 2006. Like any other sport where you have the honor and the opportunity to represent your country especially competing at the world level at any age, you really had to be there to soak in the whole entire experience. Whether you are a spectator, coach, instructor, an official or a competitor the emotion and excitement is like no other. Filipino Martial Arts is one of the most prestigious and exhilarating arts to watch and be apart of. From the forms, to the sparring and having the chance to attend seminars to expand your knowledge you know it is absolutely worth it. To watch all the traditional and open forms was the most graceful and beautiful thing. The sparring whether it is single stick, double stick or team sparring you know you are in for a great event. You have the opportunity to witness different styles; techniques and broken sticks fly in the air from grit, determination and are marked with bruises just to be named a world champion. It was amazing to see and be surrounded by coaches, masters, directors and competitors across the globe that have the same exact passion, love and interest in the same martial art as you do. To share stories with other coaches and competitors who you have just met on how hard you have trained and all the sacrifices that were made along the way just to represent your country is comforting as you are not the only one.

The welcoming ceremony dinner was and excellent icebreaker for all the countries to have the chance to eat, chat and mingle. When all the major events were done, a night out at the Atlantic Dance Hall located on the board walk was and great finishing touch to loosen up from all the hard work from the training and competition.

Team Canada had a total of 17 competitors and 8 out of the 17 were juniors. This is the first time members of our junior team competed at the world level. They had the time of their lives and the experience and friends they have made they wouldn't trade it for the world. The juniors that were in attendance at the tournament got along so well that they were taking pictures with each other, signing t-shirts and some were even trading their country team t-shirt just to have as a souvenir. In addition to souvenirs, everyone had the opportunity to purchase the tournament t-shirt and the art and design of the shirt was strikingly done. Every Team Canada member has one. To watch our future generation from each country that have the same passion as all the senior competitors was very comforting as we now know that the Filipino Martial Arts' future is good hands.

Master Tom Sipin, Sue Sipin and Kelii Sipin, thank you for hosting a world tournament that no one will ever forget. The effort, sacrifice, love and passion that you have to make this tournament the best ever was certainly succeeded. Also, thank you to PJ Yauger and Justin Lemke for taking great care of Team Canada. We really appreciate everything you have done for us.

I personally am very proud of all members of Team Canada especially our junior team. We all are looking forward to the next world tournament in 2008 to be held in the Philippines, which will be the anniversary for WEKAF! See you in 2008.

Rose Cosico

## Jacob House

12-year-old forms Silver Medallist

By Heather House



1st Place Cody Velez, USA  
2nd Place Jacob House, USA

From a parent's perspective, this was a really gratifying experience, the culmination of everything Jacob has been working for. From the time of the Regionals on, it's been a matter of, "Oh my gosh, we're at the *Nationals*." And then to make it to the World Championships...it was almost unbelievable to be there.

The thing that impressed me the most was to watch how hard Jacob was working. I'm not even sure that he understands the magnitude of his accomplishment. He was excited to be at the tournament, and especially to see the international competitors. He's never been overseas, so to hear all the different languages and accents was exciting by itself. Sometimes it got a little too exciting and we ended up using the theme parks to burn off some nervous energy.

The day of his competition, he ended up doing his form twice because the first scores had him in a tie with another competitor. My husband was so nervous that he couldn't even watch Jacob the second time; the first time through, he had done his form better than ever before. And when the marks came in, Jacob had second place. He'd rather have won, but we tell him to be proud of what he achieved. In this sport, anybody could have entered at Regionals and worked their way up, if they practiced hard enough and long enough. Anybody could have, but not everybody did. Jacob worked hard to get where he was. As he gets older, I hope he appreciates what dedication it took for a boy his age to train that way.

We have his certificates from all the tournaments hanging on the wall, along with his medals. When he goes to eskrima class, he sees the photo of his grandmaster with what looks like hundreds of trophies. He looks at that photo and says, "Wow, that's a lot of trophies." And we tell him, "that's a lifetime of work." This was a great beginning.

## Jenna Lewein

Age: 17 yrs.

Four Winds Martial Arts – Milwaukee, WI.



Jenna Lewein 1st Place

As a girl who had never gone to Florida, nor participated in a world tournament, I can honestly say that I wasn't disappointed with either. The grounds at the Swan and Dolphin were beautiful, as were the resort's swimming pools, and the variety of restaurants housed inside the resort made for great dining. The greatly discounted room price was something my parents greatly appreciated as well. The resort's location was also a perk, as it was within reach of every major Disney attraction; all my family had to do was hop on a complimentary bus or ferry.

From a competitor's viewpoint, the tournament's set-up was the best I can remember. There was plenty of room for both fighters and

spectators, and the food tickets the resort gave us came in handy for getting something to eat without having to run back upstairs to a restaurant. Frequent announcements updating the competitors on which divisions were about to fight were very helpful, not only to my sister, and me but also to my parents and grandparents because it gave them a better idea of when we were going to fight. This spared them from sitting in the ballroom for hours waiting for us to be called to a ring, which had happened at other tournaments. Overall, I was impressed with how smoothly the tournament ran, this allowed me to relax more and focus on my upcoming fights. I also loved that the tournament always finished ahead of schedule for once, which allowed me to enjoy my stay in Florida even more.

#### **Four Winds Martial Arts**

Master Thomas Sipin  
10633 W. Oklahoma Ave.  
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(414) 541-3656

**Email**

**Website**

#### **Russ and Cecille Denney**

Parents of Competitors - Alexis and Eric Denney  
Doce Pares Sacramento – Sacramento, CA.

This was our very first time to participate in the World Eskrima Kali Arnis Tournament. It was an experience my family and I will never forget. We were very excited to hear that it was being held at the World Disney Dolphin Swan Resort, Orlando Florida. The venue in itself was very appealing because we've always wanted to go to Disney World and it was the perfect opportunity. The volunteers and staff were very friendly and they were well organized. From registration, event banquets and running the competition all together went smoothly.

Our children were in awe meeting competitors from different countries such as Italy, Germany, Australia, England, Canada and the Philippines. We also enjoyed meeting and talking to the competitors. All in all our experience was wonderful and look forward to the next World Tournament in Cebu Philippines.

**Doce Pares Sacramento**

Master Nito Noval  
65 Quinta Court, #J  
Sacramento, CA 95823  
(916) 375-0745

**Email**  
**Website**



The 2006 WEKAF World Tournament was an outstanding event. Having attended Escrima Tournaments for nearly twenty years as a competitor, referee and judge I would have to say this tournament was the most organized and efficiently run that I have attended. Good sportsmanship, camaraderie and fun are words that are not always associated with competitive events, but they were emphasized and apparent at this event from the opening ceremony to the awards

banquet.

I really think that having the tournament at Walt Disney World added to this event. Many competitors brought their families and they were able to enjoy this event and all the theme parks and activities. I know mine sure did!

This world tournament was particularly special for me because my seven year old daughter Mariah competed. It was so exciting watching her compete and win her division. As a competitor I never felt as happy or proud. (or as nervous!- I guess I now know what I put my parents through!) I was impressed with all the junior division participants; there were a lot of great young fighters competing, which is great for the future of this sport!

All together this was an memorable experience for my family and me. Thanks to Tom and Sue Sipin, WEKAF and to everyone else who made this event possible, you did an exceptional job!

Chez Misko



Miguel Santos had the ultimate WEKAF experience. As a student at White Tiger Martial Arts Academy (Fresno, California), he studies Bandalan Doce Pares under instructors Antonio Lucero and Delfina Rodriguez-Lucero. After months of fundraising and working a side job, this sixteen-year-old white belt earned an opportunity to compete in the WEKAF World Invitational Tournament. There were new rules, new divisions and tough competitors, but he met the challenge and returned home with two gold medals in the single stick fighting division and the multiple weapons division. Along with his wins, Miguel had the fantastic surroundings of a Walt Disney Resort and first class accommodations made

possible by WEKAF USA President and visionary, Tom Sipin. The entire time was truly magical.

Miguel Santos



Mariah Misko 1st Place



1st Place Cassandra Beltron, USA  
2nd Place Denise Gibson, Australia  
3rd Place Jenna Lewein, USA

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## Kuntaw in Fallon, Nevada

### Kuntaw Pee Wee and Intermediate Kuntaw Classes



Punong Guro Steven Dowd has been teaching for the Park and Recreation Department of Fallon in Churchill County, Nevada for the past 5 years. His programs include, Pee Wee martial arts (5 - 8 years old) and Intermediate martial arts (8 - 12 years old). Both classes are held on Mondays and Thursdays.

Punong Guro Dowd teaches, the art of Kuntaw (The Filipino Art of Hand and Foot Fighting), his principle objectives are to teach the children the Filipino martial art, plus Filipino culture. The courses are 7 weeks in duration, in which the children are taught the art of Kuntaw, which also involves coordination of the mind and body, balance, endurance, self-confidence, self-respect, discipline, the Filipino culture, and some basic Tagalog language.

The course is scheduled 4 to 5 times a year and as the child attends each session they progress in learning blocks, strikes, and kicks that are ultimately built into the Kuntaw forms. Also they learn proper rolls and falls.

The Pee Wee students can work their way up to Yellow belt while the Intermediate students can work their way up to Junior Black Belt.



Monday Pee Wee Kuntaw Class



Thursday Pee Wee Kuntaw Class



Monday Intermediate Kuntaw Class



Thursday Intermediate Kuntaw Class

Punong Guro Dowd also teaches Arnis Balite the art he inherited from Pundador Manuel M. Aguillon. He teaches children's class ages (13 – 17 years old). These classes are taught at his home on Tuesdays.



[www.churchillcounty.org](http://www.churchillcounty.org)



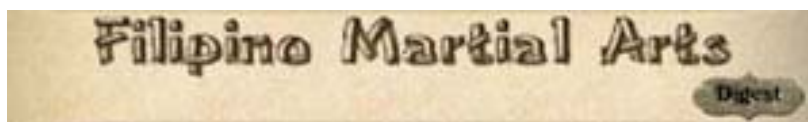
A group of young arnisadors and their masters. Some already considered the next generation of their masters. Luneta Park, Manila, Philippines.



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