

**Spotlight on the Masters**  
**Arnis Balite Seminar**  
August 23, 2008

Arriving in northern California the a day before Punong Guro Dowd had a get together dinner in Morgan Hills, CA. with Grandmaster Alfredo Bandalan, Dr. Remy Presas Jr., Ramon Lazo, Gilbert Cruz, and Pat Armijo and family.

Morning of the 23rd, Punong Guro Dowd commenced the seminar with the basic concepts of Arnis Balite, demonstrating the angles and circular way, proper footwork, and the blocking techniques of Arnis Balite. He showed how to limit your opponents' power and move in for close range combat.

Having the practitioners train in the movements of angles while executing the blocking techniques of Arnis Balite; Punong Guro Dowd then had the practitioners follow up with their own personal capabilities in their own style to dominate



Guro Em Angeles assisting Punong Guro Dowd in the demonstrations



the opponent in either a counter attack or trapping technique.

The participants saying they understood and moving smoothly in their executions, Punong Guro Dowd then had them switch the baton to their opposite hand and try the same philosophies. This seemed a bit more difficult for the practitioners. In Arnis Balite the student is trained to be able to have the baton in either hand and accomplish the counters, and counter attacks.



Morning session



Afternoon session

Upon completion of the seminar relaxation and coffee was the next step before going to dinner.



Punong Guro Down would like to thank the following for dropping in and showing some brotherhood:

Dr. Remy Presas - Modern Arnis, Grandmaster Ver Villasin - Villasin Balintawak, Grand Maestro Jon Bais - Bais Tres Manos, Emmanuel Querubin - Sikaran, Master Ray Cordoba - Kombatán, Master Mike Jimenez - Kenpo.

Also a thank you to Master Alex France and Sensei Jorge Sandoval for the invitation and school, Guro Emmeline Angeles for assisting.

**Spotlight on the Masters**  
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