

Past Events



Kilohana FMA Fighting Arts Summit

May 19, 2012

VEA Martial Arts Academy - Manteca, CA.

Instructors: Grandmaster Ramiro Estalilla - Kaboroan, Grandmaster Arthur Gonzalez - Diestro Fighting Systems, Professor Wade Williams - Williams Martial Arts Academy, The Visayan Eskrima Guild of Oakland, Punong Guro Steven Dowd - Arnis Balite, Master Carlito Bonjoc - Mata Sa Bagyo,, Grandmaster Edgardo Macalinaw - Pekiti-Tersia Nor Cal and Professor Margarita Jimenez

The FMA Informative was hoping that an issue could have been put together about this event with the caliber of practitioners that came together to share their knowledge. Unfortunately pictures other than the group shot and written material about what each practitioner taught did not materialize. But be assured if you missed this event you missed a very good gathering of practitioners sharing knowledge and friendship.

There was submitted two pieces so the FMA Informative is happy to publish them at least. Enjoy.

A fun time was had by all at the Kilohana FMA Summit. Filipino martial arts Grandmasters and different Filipino martial arts groups gathered for the purpose of sharing knowledge and fellowship. This was the first of many events to come to enlarge our circle of friends in the Filipino martial arts community.

up exercises.

The warm up exercises started out with single then double jarring. Jarring exercises strengthen the hands and arms to absorb the impact of strikes to your weapons, after jarring exercises Grandmaster Estalilla started double looping and compuesta looping. Looping exercises are used to disrupt the sinawali patterns. Then the last exercise was on shifting from the right and left sides with slashing to thrusting strikes. The ability to switch from slashing to thrusting to slashing strikes allows you to disrupt sinawali's partners.

Kabaroan Eskrima has seven levels of Binaston sinawali's (double weapons of equal length) During the seminar only one of each of the first four patterns of sinawali's were taught. Within the patterns of Kabaroan Binaton sinawali's, single sinawali's has about ten patterns. Double has about 24 patterns, triple has about 28 patterns, quadruple has about 5 patterns, and Quintuple has about 5 patterns and sextuple has about 5 patterns.

Binangkao (weapons of unequal length) has six levels of sinawali's with multiple different patterns, Bambolian (two handed single stick) has six levels of sinawali's also with multiple patterns for each level. As a whole we like to say that Binaston sinawali's has about 33 % of the total sinawali's taught in the Kabaroan system. The Binangkao has another 33 % and the last 33% is the Bambolian sinawali's. The last 1% is your own sinawali's you discover using the principals of the

three types of sinawali's that you have learned.

For Further Information about Kabaroan Eskrima Contact:

Associate Grandmaster Gerald Beardsley
attreg6245@att.net
Phone (559) 307- 2066

Arnis Balite



Punong Guro Steven Dowd of Arnis Balite commenced his session with the explanation of Pitong Hampas (7 strikes) and Limang Patusok (5 thrusts), however the session was pointed towards demonstrating and passing on the knowledge of Arnis Balite in the theory of limiting the opponents power in their strike and through angling obtaining a position of counter attack in which the opponent would have difficulty in countering, using

Unday Salag (swing block)

In this the opponent executes a strike and moving in to limit their power and simultaneously executing unday salag, with the free hand supporting the baston positioned mid-way from the hand and the end and also angling the baston to deflect the strike. One contact with the opponents baston is achieved, the free hand moves from its position on the baston to the opponents' wrist or forearm which holds their baston, deflecting of moving the opponents baston and arm to a position limiting a counter strike. Upon this the defender is at an angle to the opponent to be able to counter.

To accomplish a continuous training exercise, the first strike is a forehand strike, once the block and angle is accomplished then the opponent must move to a better angle and execute a back hand strike the defender accomplishing the same execution as with the opponents forehand strike, to continue the opponent is now the defender the defender is now the attacker and executes the same. This continues and can be limitless.

Once the group had the idea and could accomplish the exercise continuously, Punong Guro Dowd had them shift the baston to their left hand and continue the same exercise.

Once the group could continuously accomplish the exercise Punong Guro Dowd, then demonstrated Huli Lusob (capture, trap and attack), this was also accomplished with a forehand and back hand strike from the attacker, switching attacker to defender,

from defender to attacker. Each Huli Lusob was executed up to the attack part, so the exercise could be continuous.

Continuing one of the practitioners that were working together once getting the full advantage of the technique would disarm their opponent. Then it became baston against empty hands and a disarming exercise the opponent with the baston executing a strike, with the attacker now becoming the defender and executing the disarm to become the attacker. This continues until one of the

practitioners was unable to disarm.

The overall lesson for the session was limit the opponents power in striking, blocking properly for and advantage of control of the opponents weapon, and becoming familiar with angling so the opponent was at a disadvantage.

For Further Information About Arnis Balite Contact:

Punong Guro at Tagapagmana Steven K. Dowd
www.arnisbalite.com

VEA Martial Arts Academy - Manteca, CA.



On May 19, 2012 The VEA Martial Arts Academy recently co-hosted the Kilohana FMA Martial Arts Summit in Manteca CA. The VEA Martial Arts Academy has been operating under the Victorious Elite Allstars (VEA) Cheer and Dance Academy 7000 Square foot facility since November of 2010. Under owner operator Amy Acaya the Martial Arts Academy currently offers instruction in Kosho Ryu Kenpo and DeCuerdas Eskrima, with plans of adding additional systems in the very near future. The Adult martial arts programs are lead by Guro Mike Cardenas a 3rd Degree Black Belt Guro under Grandmaster Arthur Gonzalez and the Children under 12 years of age fall under Sensei Larry Acaya.

The VEA Martial Arts Academy is a member school

of the Kilohana Martial Arts Association and serves as an idea location and facility for hosting large seminars and tournaments.

The VEA Academy offers competitive cheer, tumbling, martial arts, and fitness programs; its mission is to serve youth and families by providing a safe and positive environment for individuals to maximize their potential both personally and as team members. Our goal is to mentor our athletes by teaching them the importance and value of respect, character, commitment, dedication, integrity, positive attitude, hard work and leadership. Along with promoting valuable life skills, we strongly emphasize good health and physical fitness.

Visit: www.veamartialarts.com

Guro Mike Cardenas

As the head Eskrima Instructor at the VEA Martial Arts Academy Guro Mike Cardenas is responsible for organizing martial art events and self defense seminars.

Guro Mike Cardenas has been a practitioner of Tenio's DeCuerdas under Grandmaster Art Gonzalez for nearly 15 years. He earned the rank of 3rd Degree Black Belt Guro Instructor in September of 2010. In addition to his DeCuerdas base, he is currently a student of the Kosho Ryu System under Sensei Larry Acaya as well as a student of Kajukenbo's Emperado System under Professor Dennis Peterson.



If any FMA martial arts group or martial artist from any FMA martial arts style would wish for Zena Sultana Babao to write about them/him/her, you could contact her by: Email: zenasultana@hotmail.com, or by Facebook, or by calling her on her cell number: (619) 316-5742.



Mastering Serrada Eskrima - 3 DVD SET By Grandmaster Darren Tibon

Mastering Serrada Eskrima by Master Darren Tibon is a blend of the vital fundamentals of the art of Serrada Eskrima as taught by the legendary Grandmaster Angel Cabales. This series include all technical components – from the fighting stance, footwork, and mobility skills to many of the intermediate and advanced principles and concepts of the Serrada style. There is a detailed breakdown of the offensive and defensive skills using the single stick, the stick and dagger, the single dagger, and the empty hands. The elements and techniques of "lock and block," "flow spar," "rising sun counter," "abaniko," and "retirada" among many others are presented in this DVD set. This series has a great deal to offer to all Eskrima/Arnis/Kali students, from beginner to instructor level. It is a true gem by one of the best Eskrima masters of our time.

EM-DVD#430 - US \$69.95 – ISBN-13: 978-1- 60661-023-7

To Order Click Here