



## PAMANA NG MANDIRIGMA (WARRIOR'S LEGACY)

*"Preserve the Legacy, Add to the Legacy, Pass the Legacy on"*

September 9, 2006

### IPMAF USA HQ

Inside Club One Fitness Center  
4460 Hacienda Dr.  
Pleasanton, CA.

Punong Guro Steven Dowd of Arnis Balite was the featured instructor from 1 pm until 5 pm. Instruction first began with the basics of Arnis Balite from strikes, thrusts, blocks, angles, and footwork. From there Huli Lusob was incorporated demonstrating the angles and basic concepts and philosophies of capture, trap and attack. Once the participants understood the basics, they continued on by adapting Huli Lusob to their personal usage and movement.

Then still using the basics of Huli Lusob the participants trained in empty hand against baston, using leverage and angles to disarm the opponent and follow up with a counterattack. The last hour was spent on Kuntaw ng Pilipinas its history, philosophy, and original techniques.

During the seminar many senior practitioners dropped in to visit. It was an honor and privilege to be able to see old friends, and meet new ones.

**Some visitors included:** (Click the style to learn about it)

Grandmaster Robert Castro - Eskabo Da'an

Master Ed Ferris - Arnis de Mano

Master Tasi Alo - Eskabo Da'an

Master Warlito "Lito" Concepcion - Conception Combative Martial Arts

Master Jeff "Stickman" Finder - Serrada

Master Wade Williams - Serrada

Master Jojie Camins - Eskabo Da'an

Punong Guro Rick Lafrades - Lafrade Martial Arts

Guro Gabe Rafael - Upakan Bara-Bara Martial Arts Academy

Guro Joseph Bautista - Eskabo Da'an

Guro Mateo Masellones - Kombatan

Guro Em Angeles - Bahala Na

Guro Phil Cortijus - Eskabo Da'an



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

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Jeff Finder - Steven Dowd - Wade Williams