

# Filipino Martial Arts

Digest

Dedicated to the Filipino Martial Arts and the Culture of the Philippines

Mini Issue  
2010

## SBFMA Workshop

March 21, 2010  
Gardena, CA.



*Punong Guro Steven Dowd - Arnis Balite  
Guro Roger Agbulos - ASTIG Lameco  
Adam James - Wei Kuen Do*



## **FMA Digest**

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## Publishers Desk

### Kumusta

This was an event of Friendship in the Filipino martial arts. I was visiting Los Angeles, CA. and asked Master Marc Lawrence if he would like me to hold a training session while there. He said, “no problem,” so I said would it be ok if we just make a day of it and ask a couple others to also teach, again Master Lawrence said, “no problem”

So I asked Guro Roger Agbulos if he would like to participate (*Guro Agbulos and I last did a seminar together in Buffalo, NY in 2005 and I have been wanting to get together with him again*) he said sure, and I asked Leo Fong if he would like to participate, which he said yes, however he had a prior commitment for a seminar in New York and he asked if he could send his number one student Adam James and I said sure. (*I have talked with Adam James through Email and over the phone many times but had never met him until the day of the seminar*).

Talking with Master Lawrence he agreed and confirmed with Guro Agbulos and Adam James their participation.

Now due to the size of the School which Master Lawrence uses to teach at only 15 to 16 people can work out comfortably, and it ended up there was 18, so a little tight but no problem. Charged to attend the event was a very minimal amount to cover gas for the instructors and food for a light lunch, (*which was very good*).

This was a get together of friends sharing their knowledge and just to have a great time.

**Maraming Salamat Po**



Master Marc Lawrence, Guro Roger Agbulos, Adam James, and Punong Guro Steven Dowd

# The SBFMA Workshop on March 21, 2010

By Marc Lawrence

Our Club, the South Bay Filipino Martial Arts Club held a workshop at our meeting hall for our Barangay in Little Hawaii (the South Gardena-North Torrance Area). This workshop was thought up as we would have some of our friends in town visiting before one of them was leaving for Philippines. We all talked and agreed that we would have normally gotten together had lunch, and then played with the sticks anyway, so why not just have workshop with a lunch. We asked for a small donation to pay for the different instructors' gas to get over our place. Our school was providing the plate lunch.

So we posted the event on multiple locations like MyFMA.net, Martial Matrix, FMA Pulse, Face Book and several Filipino American newsletters like the Fil/Am Nation. This was done island style by putting the word out on the Coconut telegraph. We were going to limit the seminar to 16 people. But as the word got out and friends came by to support and say hello, we ended up having 18



Workshop Commences

people on floor working out by the end of the day. Other instructors stopped by just to say hello and support. Some folks left at lunch and other folks showed up at lunch to play in the afternoon session.

Steve Dowd the Punong Guro of Arnis Balite started the day with his five part exercise. Punong Guro exercise is five of Arnis Balite's methods put to-

gether as a combat flow that moves from long range to medium range to empty hands verse stick with the finish in empty hands (open hands) sparring. Steve stressed the use of the live hand in conjunction with foot being critical while fighting with stick. For time's sake he kept to just four strikes as using all their strikes would have caused him to run over his 1 1/2 hour spot. By the end of the first session everyone was sweating from the workout.



## Arnis Balite Seminar Training

*Since Arnis Balite does not have set routines in training which is repetitive. In Arnis Balite there are exercises that constantly change. In executing for strikes we use pitong hampas (7 – strikes and limang patusok (5 – thrusts). In blocking only to types are used unday salag (swing blocks) and kalasag salag (shield blocks).*

*Due to time limitation during the seminar only 4 strikes were used (1- temple, 2 – temple, 3 - shoulder to wrist, and 4 - shoulder to wrist), and the two blockings unday salag and kalasag salag.*

*Important is the angles, balance and proper technique in blocking and countering. This exercise consisted of 5 steps, the aggressor would get two strikes while the defender would have to move in and block and counter each strike. This was long range moving into medium to short range for the counter, this was a continuous exercise for when the defender executed the second counter they would become the aggressor.*

*The second part of the exercise the defender would move in to close quarters and defend against the aggressor, and upon the second counter would then become the aggressor, (The first two steps of Huli Lusob was used for this part of the exercise).*

*For the third part one of the opponents would be disarmed and then it would be baston vs. empty hand. The empty hand practitioner would have to disarm the aggressor and then attack, in which then the other would become the empty handed practitioner and have to disarm and counter the other.*

*The fourth and fifth part, once one of the practitioners disarmed the other the baston was discarded and it became empty hand vs. empty hand. Now this had a (A) and (B) which can be shifted to at anytime during the exercise. To begin the aggressor executes a punch and the defender executes an inside block and then parry to end on the outside of the aggressors punch and then executes a punch, this continues and when desired the practitioners switch to ganting hataw one practitioner striking, the other defending, then switching back to the fourth exercise and then switching to ganting hataw once again this time the other striking with the other practitioner blocking.*

*This five part exercise is continuous for as long as the practitioners desire in each part. This builds reflexes, coordination, timing, and endurance.*





Practitioners practicing what they learned



Guro Roger Agbulos of ASTIG LAMECO came in afterward with his knife fighting system and knife self-defense system. He had brought his assistant instructor and Rudy Franco his Combat Jujitsu instructor who also trains with Guro Agbulos. It was very interesting to see how Guro Agbulos has blended the Filipino martial arts to make an opening and the concepts of Combat Jujitsu to control and disarm an opponent. Guro Agbulos is very big about using simple methods that he feels works well under the pressure of combat. Guro Agbulos stressed the use of the live hand to control the attacking blade hand foot work and movement throughout the entire session. Guro Agbulos went for an hour and half with his part ending at lunch time.

### **ASTIG Lameco Seminar Training**

*Guro Roger Agbulos demonstrated and share his method of blade work and defense against bladed attacks. Guro Agbulos methods are based upon and interesting mixture of Filipino martial arts and Small Circle Jujitsu.*

*Guro Roger Agbulos explained that his method was to use his Filipino martial arts that he learned from his teacher Edgar G. Sulite to make an entry and Jujitsu to control his attacker.*

*Guro Agbulos, emphasizes was on angles, balance, and timing, an important aspect is to keep simple and effective like a soldier would use in combat. Something simple, quick and effective, sharing with the group what he felt should be used in real combat there is no time for fancy tricks or flashy moves, just simple non-complex moves.*

*Guro Agbulos had his friend and teacher of Jujitsu and student of the Filipino martial arts: Rudy Franco came and helped teach and share concepts of CPSD. (Center of Practical Self Defense). (Guro Agbulos and Rudy Franco have shared their ideas with each another to develop what they feel is real methods of dealing with street level attacks).*

*Guro Agbulos of course was his usual self of blending jokes with training. Guro Agbulos is good for making you laugh, but at the same time demonstrating and bring forth knowledge and most certainly making you sweat.*









Practitioners practicing what they learned

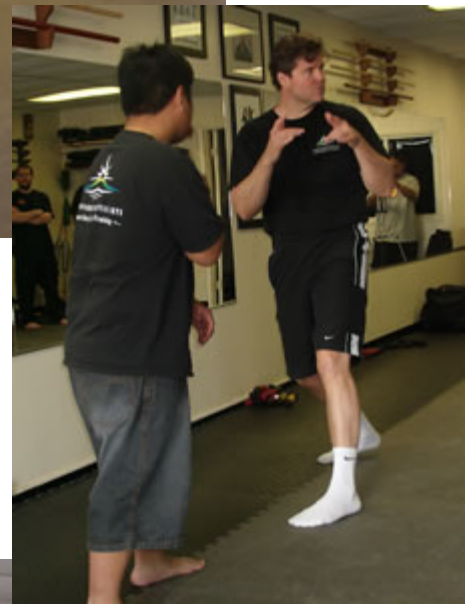




We all broke for lunch which the ladies of the SBFMA club were kind of enough to provide. There was Hawaiian Chicken, home-made Pancit and rice for lunch. Everybody was encouraged to not be shy and have seconds!

We started back up at 1:00pm with Adam James of Rainbow Warrior Martial Arts, who came in place of his teacher Leo Fong with Bong, Leo Fong's step son coming down and teaching stick boxing! Adam James shared some history of Leo Fong's background, Leo Fong's work with Bruce Lee, Angel Cabales and Remy Presas. This really explain why Leos Fong's stick boxing system was built the way it is.

Adam shared his background and the principles that guide this system. Then the work started with Adam showing everyone his six punch method and footwork that went with it. Then he started everyone on his drills and training methods. Everyone really started to sweat at this point of the workout. Adam is one of the teachers that really likes to share his knowledge. He and Bong broke the group into two groups with Bong working with one and Adam working with the other. We were supposed to end at 2pm but everyone wanted to go a little more so it went till 2:30pm.





## Wei Kuen Do Seminar Training

Leo Fong created Wei Kuen Do: the Psychodynamic Art of Free Fighting in 1972 and based the techniques of a life-time journey in the martial arts. The style combines the strikes and footwork of western boxing with the kicks from Korean martial arts, the grappling of Judo and Jujitsu, the techniques of Kung Fu and the principles of Jeet Kune Do. Then during the 1980's, Leo began to train extensively in the Filipino martial arts with two of the top instructors in the world, who became his close friends and inspirations - Remy Presas of Modern Arnis and Angel Cabales of Serrada Escrima. Leo went on to incorporate what he learned from the two masters into his own style of Wei Kuen Do, and he also developed a free fighting approach to the stick/knife fighting art and called it Modern Escrima. Over the years, he experimented with the unique footwork that Angel taught as part of Serrada Escrima called the V-step (or triangle step) and Leo blended it with the boxing footwork and techniques. After a spiritual revelation, Leo created a series of combinations that utilize the V-step, the boxing spontaneous actions, the free flowing movement and techniques of Kung Fu and all of the other

martial arts he mastered in his lifetime.

The reason the first set of combinations is called the Angles of Attack is to emphasize the importance of utilizing the footwork to create angles for strikes. This will also enhance the practitioners defensive positioning and decrease the openings available to the opponent. Most fighters move around but then they will stop when they strike or kick. The ultimate goal of Wei Kuen Do is to perfect the ability to strike while moving - the art of hitting without getting hit.

The first combination highlights the V-step footwork and the quick, spontaneous footwork and movement of boxing, as well as the boxing strikes and some basic strikes of Kung Fu and other martial arts. The very first move is the traditional lead hand strike or jab, however, this technique can be adjusted to the street or combat environment by using an open hand for a finger strike the eyes of the opponent. The jab is executed with a quick explosion that is non-telegraphed and is in harmony with the opponent and the openings available. Following is a breakdown of the Angles of Attack Combination Number One.

- Left jab.
- Right cross w/ right V-step.
- Left hook w/ left V-step.
- Right uppercut w/ right V-step.

- Right hook, left uppercut w/ left V-step.

- Left hook.

- Right hammer fist w/ right V-step.

- Left hammer fist w/ left V-step.

- Right ax fist w/ right V-step.

- Left ax fist w/ left V-step

At the end of my session, I also introduced everyone to the Five Principles of Rainbow Warrior Martial Arts and the importance of having a spiritual approach to martial arts and life. The Five Principles are:

1. To always have a positive mental attitude in everything we say and do.
2. To always maintain proper conduct, good manners, dignity, humility and honesty towards others.
3. To seek self-awareness, aiming towards self-perfection of the mind, body and spirit.
4. To always maintain strong will power, strength, courage and self-confidence.
5. To always have unwavering faith in ourselves and God, our Heavenly Father.

Leo and I both teach people that the ultimate martial art is contained with themselves and that with a positive and spiritual purpose for training and fighting will always lead to victory.







Practitioners practicing what they learned



Then we called it a day and folks hung out talked swapped contact information and finished up the food and drinks until about 3:30pm. We finally finished cleaning up and talking with each other to about 4pm with the last of the folks leaving with leftovers being sent with them. A good time was had by all.



Workshop Concludes





Grandmaster.Sultan Uddin dropped in with students, (L-R) Jon Perlis, Elicio Benetua , Esther Munoz. Here with Instructors and Master Marc Lawrence.



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



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## Comments

I am glad that I attended this workshop. All three masters made it fun. I admit it will take a while to process all that I learned.

Steven Dowd taught us something that I had never seen before, a five step combat flow working both sides of our bodies. This flow started with single stick and ended with open hand. I plan to adopt two stick grips shared by Steven, where we can draw and swing a stick from either hand.

Roger Agbulos incorporated FMA and combat Jiu Jitsu, which is an effective combination. He emphasized how triangular footwork can provide good balance and distance. I was very impressed with his skill level, teaching style, and humbleness.

Adam James taught stick boxing. I thought he was going to us several new ways to punch with a stick. I was pleasantly surprised that he used foam sticks, like focus mitts, as tools to train precise striking with V step footwork. He taught us a five step punching drill, working both sides. I discovered that I could do a V step and punch to the right or V step and punch to the left with the same hand.

**Eric Jue**

.....  
Sunday March 21st was a great experience. There was so much knowledge being shared and respect given amongst new and old friends that it made the whole experience invigorating.

My background and base is Eskrima/Serrada, and just being able to see different arts that had been or are influenced by FMA was extraordinary. We learned different knife techniques by Professor Roger and learned about Leo Fong's legacy, experiences and art through one of his students was in itself a blessing.

**Esther Munoz**  
Junior Instructor  
I.E.S.A.

.....  
"Dancing With The Masters"

On Sunday, March 21 I attended a seminar hosted by my club, South Bay Filipino Martial Arts. The head of the club and my teacher, Punong-Guro Marc Lawrence, got a rare break from his duties as instructor and fighter to focus on making sure everything ran smoothly and that everyone had a good time. Mission accomplished!

The featured instructors were Punong-Guro Steven Dowd (Arnis Balite), Master Roger Agbulos (ASTIG Lameco), and Master Adam James (Wei Kuen Do).

All of the presentations were fully loaded with great information on the fighting styles of the respective arts along with some fantastic demos and personalized practice and instruction. Master Marc did a great job of moving about the studio and showing people how different aspects of one art could be integrated into other arts.

I could go on and on about the great things I saw and how much I learned, but the one thing that, to me, was common throughout all of the presentations was the importance of proper and basic footwork.

Punong-Guro Dowd's use of footwork was geared more towards mobility and fluidity, whether in striking, disarms, takedowns, or simply escaping a bad situation. The footwork was fast paced and used a fairly large area. Anyone who wants to know how to be hard to catch, hard to take down, hard to hit or who wants to know how to use mobility to create good positions for offense should see his presentations.

Master Agbulos' footwork theme was almost the opposite, but just as important: proper footwork keeps you steady and sturdy. Without it, you are an awkward figure just waiting to be toppled. He showed footwork that took up very little space but allowed a fighter to take a great amount of direct force and still remain standing and in a ready, on guard position. His footwork continually emphasized staying in the low triangle, which gives the balance and low center of gravity necessary to remain standing and in position.

Master James emphasized footwork in specific ways for specific strikes. While he did speak of the general importance of good footwork and emphasized the importance of staying in the triangle that is characteristic of FMA, he focused on showing how it applies to individual strikes. The theme of his presentation was that one



can be creative and asymmetrical in strikes, but smooth transitions into and out of the fundamentally sound triangle foot positions were necessary to make those strikes maximally effective.

All in all, the workshop both did and did not surprise me. It did not surprise me in that proper footwork and stance was mentioned; that is something that is preached in almost any physical endeavor, whether it be sports or manual labor. What did surprise me was the amount of time all three instructors spent on stressing just how critical proper footwork was in each of their arts, and how a highly trained and accomplished fighter could quickly be neutralized and rendered ineffective if correct footwork was abandoned.

Overall I found the seminar great at all levels. I learned much. I got to know some new people and visit with some people I already knew. I got to see that fighting arts can be both different and in total synchronicity at the same time. And as a new participant in the martial arts, I was given strong reinforcement of something that I already knew but that I often put on the backburner: footwork. And at my beginning level, I believe that will quickly and visibly improve my game.

**Ray Melchor**  
Student-South Bay FMA Club

On March 21, 2010, I had the pleasure of participating in a seminar at Marc Lawrence's South Bay FMA club along with Steven Dowd and Roger Agbulos. Marc and all of his students were outstanding hosts and they organized a terrific seminar. Steven Dowd started the seminar by instructing everyone in the basics of Arnis Batiste and all of the students appeared to greatly enjoy his boisterous teaching style. Steven reviewed stick fighting techniques, weapons disarmament and finished with open hand, close quarters trapping. Next Roger Agbulos taught everyone his approach to flowing and quick knife fighting and how to further develop their skills. Both Steven and Roger love to make jokes and keep the training environment light while sharing their vast knowledge. I told Marc that it was like Comedy Night at the Apollo and that I had two tough acts to follow. After lunch, it was my turn and I shared with the group the first Angles of Attack combination from Leo Fong's Wei Kuen Do system.

Everyone at the seminar worked very hard and quickly picked up the combination because of their strong background in FMA and the V-step. It was a pleasure working with Marc, Steven and Roger and I look forward to training at the South Bay FMA club in the future.

**Adam James**  
Wei Kuen Do



**15205 Crenshaw**  
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The South Bay Filipino Martial Arts Club is a Filipino-American Barangay (Village). If you are Filipino, Filipino-American, Filipino-Hawaiian, Mesteso/Mestesa, Filipino by Marriage, or if you just love all things Filipino you will find our village/club quite welcoming.

Our purpose is to ensure that the Filipino American Communities of South Bay of Southern California does not forget its heritage of the traditional fighting arts know as Arnis, Eskrima, Kali of the Philippines.

We teach Men's, Women's and Children's classes. We actively support and participate in tournaments. We teach from a street and tournament perspective. We host seminars and support community events. There is a limited number of children's scholarship available upon application.



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## Shugyokan Shorin Ryu Hombu Dojo

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(424) 456-7806  
alljapankarate.com

Shugyokan Shorin Ryu Dojo head instructor Prince Loeffler, began his path in the martial arts in 1985 when he took up training in Aikido under Mitsu “Mitz” Yamashita during his college years.



Over the years, Mr. Loeffler has had the honor and privilege of training with many masters and other black belts from various styles of karate. His past training experiences includes traditional Japanese Karate as well various system of Korean based martial arts. Furthermore, Prince has also trained in other traditional Japanese Budo and martial arts such as Judo, Aikido, Jujitsu, Kenjutsu, Hapkido and Aikijujitsu.

Mr. Loeffler has held several organizational positions from several martial arts federations. In the past, he has served as a west coast director for the International Traditional Taekwondo Alliance (ITTA) Download representative



for the Pakamut International Association; a traditional Filipino Stick fighting Organization under Master Felix Roiles.

He is also the vice-chairman for the Hokubei Okinawa Kenjinkai Martial Arts Committee (Okinawan Association of America). A group dedicated to establishing, promoting and educating the public interest of traditional Karate and Kobudo of Okinawa.

As the years progress, it is Prince’s desire to continue promoting Okinawan bugei and Matsubayashi Ryu karate of Shoshin Nagamine Sensei to the general public, while maintaining its purity and integrity for the future generations to come. As he

fervently has mentioned before, “To me the practice of Matsubayashi Ryu Karate- Do and Budo is the blue print of how we should live life to its maximum potential”

Sensei Loeffler credits his teachings and training in Matsubayashi Ryu Karate- Do to his current mentor and teacher Art Ishii Sensei, a student of Shoshin Nagamine, the Founder of Matsubayashi Shorin Ryu Karate-Do. As the years progress, it is Prince’s desire to continue to promote Matsubayashi Ryu and the teaching of Shoshin Nagamine Sensei thru Ishii Sensei to the general public, while maintaining its purity for the future generations to come.



Sensei Prince Loeffler and Master Marc Lawrence - Tonfa vs. Download



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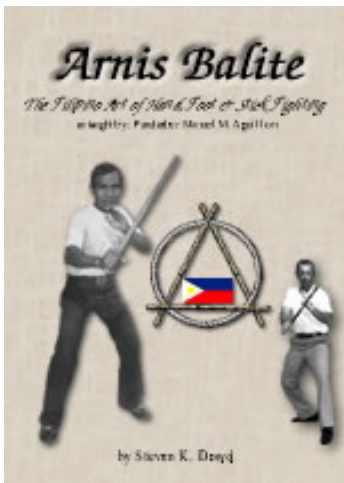
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By Steven K. Dowd

This book will give you the Fundamentals and Basics of the art of Arnis Balite as taught by Pundador Manuel M. Aguillon. Though there is no replacement for personal physical instruction.

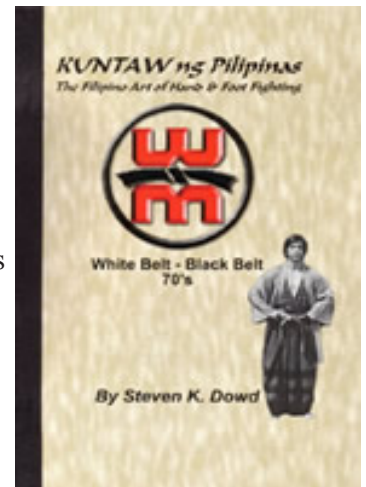
Arnis Balite has never been taught outside the Philippines and never to anyone other than a Filipino. I am the first and only non-Filipino to be taught the art of Arnis Balite and was promoted to instructor. And since Pundador's passing has inherited the art, per the family's request.

100 pages - over 450 photo's

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The Filipino Art of Hand & Foot Fighting  
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By Steven Dowd

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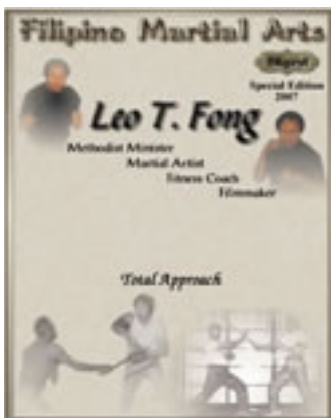
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