

# Filipino Martial Arts

Digest

Special Issue  
2009

The School of Arnis Professionals

# ARNIS

Batch 6 (BUHAWI)

NCPE- PBSP Bldg.  
(Former Philippine Law School)  
Intramuros, Manila

Artists Haven, Luneta Park, Manila

March 1, 8, 15, 22, 29 and April 5, 2009



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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

When visiting the Philippines this year, I found that the National College of Physical Education was having their yearly Arnis Professional course. The year before I had visited one of the classes and was able to talk to some of the instructors and the FMA Digest came out with the Special Edition Practical Introduction to Arnis (Download a copy if you have not seen it).

The program is designed to prepare Professional Arnis Instructors and Physical Education Teachers by providing scientific knowledge and skills in Teaching, Coaching and Managing competition.

Well anyway I was asked to participate this year in the curriculum and was asked to talk to the class during a class room session and then also come on another day to demonstrate and teach some basic defense and counters with the baston and empty hand.

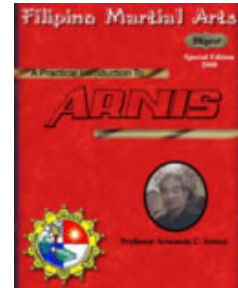
Now the classes this year were held on a Sunday and it was an all day class. The students come from various walks of life, there are Filipino martial arts practitioners, teachers, students that are taking the class for an elective (If graduating the class you get college credit). Very attentive and eager to gain knowledge and understand each subject being taught.

It was an honor to meet Dr. Alejandro L Dagdag, Jr. the Executive Director of ICPEP. It was great to get together with Professor Soteco, Grandmaster Aycocho, and Attorney Salvador P. Demaisip Chairman of the IMAFP and see them teaching classes sharing knowledge.

The classes are professionally done, but there is an atmosphere of friendship and working together, sharing what is being put out.

Well anyway hope you will find this Special Issue interesting and maybe you will want to go back to school if they offer this type of course, if not maybe you will push to get something like this instituted in Universities and Colleges in your area.

**Maraming Salamat Po**



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**School of Arnis Professionals**  
**National College of Physical Education**  
**Pamantasan ng Lungsod ng Maynila**  
(University of the City of Manila)  
March 1, 8, 15, 22, 29 and April 5, 2009  
Sunday classes only  
8:00 a.m. to 5:00 p.m.

The program is designed to prepare professional Arnis Instructors and P.E. teachers by providing scientific know-how in teaching/coaching and managing Arnis competitions. Included in the Arnis Professional Course are some theoretical subjects like:

- Sport Science (Biomechanics)
- Physiology of Exercise and Physical Fitness
- Traumatology ((First Aid)
- Sports Psychology (Teaching Methodology)
- Nutrition and Drugs
- Sports and Recreation Management

**The Arnis specialization subjects included:**

Arnis 1 - **Basic:** Foundation of skills for beginners and P.E. teachers.

Arnis 2 - **Cultural:** Anyo Standard, Creative, and Classical or Traditional.

Arnis 3 - **Sport:** Rules/Officiating, Mechanics and Strategies for Competition.

Arnis 4 - **Martial Art:** Defense/Offense techniques (with and without sticks).

Admission requirements for this course are any Bachelors Degree holder or Undergraduate, P.E. teachers, with basic knowledge in Arnis, Arnis trainers/instructors and Arnis practitioners. This is a six day course held each Sunday that runs from 8:00 a.m. to 5:00 p.m. After taking the course, participants are given Certification as Professional Arnis Instructor (Teaching/Coaching Arnis).

All academics subject were conducted at the NCPE-PBSP Bldg., (Former Philippine Law School) Intramuros, Manila, Philippines classroom, and the practicum subject Arnis were being held at the Artists Haven, Luneta Park, Manila, Philippines.

The program is designed to prepare professional Arnis Instructors and Physical Education Teachers by providing scientific knowledge and skills in Teaching, Coaching and Managing competition.

**Batch 6 (BUHAWI)**

**Academics** at the NCPE-PBSP Bldg., (Former Philippine Law School) Intramuros, Manila, Philippines

**Practicum** at the Artists Haven, Luneta Park, Manila, Philippines

**Resource Persons:**

**Names**

**Subject Taught**

**Professor Armando Soteco:** Basic for Beginners/P.E. Teachers

**Dr. Alejandro L. Dagdag Jr.:** Sports Science (Biomechanics Sports Psychology)

**Professor Susan Mercado:** Psychology of Exercises and Physical Fitness Nutrition

**Dr. Reynaldo Bernales:** Traumatology First Aid

**Professor Johnell C. Esquivel:** Traumatology First Aid

**Atty. Salvador Demaisip:** Sports and Recreation Management

**Punong Guro Steven K. Dowd:** Martial arts Defense Offense Techniques (Practicum)

**Grandmaster Garitony Nicolas:** Varieties of Sinawali

**Grandmaster Frank Aycocho:** Classical/ Cultural Anyo/Practicum Kuntaw/Kali

**Guro Armando Cel Soteco:** Basic Standard Anyo

**Punong Guro Ariel Ramos:** Sports Rules and Playing Strategy

**Grandmaster Jonathan M. Abaya:** Creative Anyo Dance

March 1, 2009	<b>Professor Susan Mercado</b> - Exercise and Physical Fitness Nutrition
March 8, 2009	<b>Professor Susan Mercado</b> - Physiology of Exercise and Physical Fitness Nutrition <b>Dr. Alejandro L. Dagdag Jr.</b> - Sports Science (Biomechanics Sports Psychology)
March 15, 2009	<b>Punong Guro Steven K. Dowd</b> - Comparison of Filipino martial arts Throughout the World <b>Professor Johnell C. Esquivel:</b> - Traumatology First Aid
March 22, 2009	<b>Professor Armando Soteco</b> - Basic for Beginners/P.E. Teachers <b>Punong Guro Steven K. Dowd</b> and <b>Grandmaster Frank Aycocho</b> - Martial arts Defense Offense Techniques
March 29, 2009	<b>Grandmaster Garitony Nicolas</b> - Varieties of Sinawali <b>Professor Armando Soteco</b> - Standard Anyo <b>Grandmaster Frank Aycocho</b> - Classical Anyo
April 5, 2009	<b>Punong Guro Ariel Ramos</b> - Sports Arnis <b>Grandmaster Jonathan M. Abaya</b> - Creative Anyo

## Only an Event Will Teach Us in Each Hour

By Atty. Salvador Demaisip



From the northernmost edges of the 7,100 islands of the Philippines, to the southernmost tip, Arnis de Mano is a familiar martial art to Filipinos.

The Philippines is insular. It is composed of many islands. It is quite natural that regional cultural differences would develop among the ethnic groups. Thus, in the course of time, many styles of Arnis de Mano would surface. Among these styles however, a unifying thread is discernible: Arnis is to be used only for defense, and not for offense. At the extreme, it may be used for offense to protect oneself from unlawful aggression and to defend one's honor or that of the family.

In olden times, Arnis de Mano performed another important role: it was central in the development of the character of the people especially, the youth.

In the family, Arnis was a symbol of the authority of the patriarch. It may be just an ornate yantok de Mindoro or a black kamagong rod which by legend, was believed to possess a certain spirituality. But, Arnis gave a particular meaning as to how discipline was being administered to an erring member of the family. While rarely used to impose the will of the patriarch, it was revered and respected.

Long before the Spaniards came through the newly discovered western route across the Pacific Ocean, Arabian traders arrived in Sulu by the old eastern route. From the Middle East to India, they moved down to Burma and the Malayan peninsula and then to Indonesia and Sulu. The Arabs brought with them Islam, their Muslim culture, woolen goods, silver wares and Arabian weaponry. The scimitar, curved crescent-like, was ideal for a close-quarter fight. The Filipino stick became known in Arab-influenced areas as Kali, derived from Indonesian martial art term Jakalili. Filipino Muslims today, are proud in calling their martial art as Kali.

Ferdinand Magellan arrived on the islands of Homonhon and Limasawa, and later on the island of Cebu in central Visayas in the year 1521. But it was more than 50 years later that the Spanish sovereignty was firmly established in these islands by the revered conquistador, Don Miguel Lopez de Legaspi. From Cebu, he transferred the seat of government to Iloilo looking for sufficient food for his soldiers. Then to Mindoro and later to Manila, where the plains are vast and the harbor is protected by the island of Corrigidor. Supported by his nephew Don Juan de Salcedo and chief aide-de-camp, Don Martin de Goiti, both experienced and seasoned "Escrimador", the Spaniards were able to dislodge the hold of the Muslims in old Maynila and Tondo. They constructed the Walled City of Intramuros to protect themselves from Muslim invaders.

Against this historical backdrop, the native fighting art acquired higher forms. For the Spaniards were excellent swordsmen. Their skills were honed by their colonial conquests in the vast continent of the Americas. The path of Arnis like the sword, became well-defined in offense and defense. Footwork gave it stability in movement.

It was not uncommon sight to see old Filipino Arnisadores, when many of them were still around, bring the center of their gravity very low, almost touching the ground while in an astride stance, or their left hand helping the right while executing a strike or block to achieve velocity or force-reinforcement. These skills refinements to the native martial art were probably shaped by Spanish master swordsmen.

Recognizable Spanish influences in Arnis are marked among the Cebuanos. They call their style as Escrima. An Escrimador is the Spanish term for swordsman. Escrima is a force-to-force art. Its defense is a strong block, which can work as offense. Some call the Cebuano style as Balintawak.

Legend has it, that the Abanico style originated from the Cebuanos. Due to its sophistication, the Abanico style spread fast all over the country. The Batangueños also popularized it. Arnis movement in the Abanico style is derived from the close-open features of an Abanico, a Spanish hand-contrivance used by ladies of the elite class to stir the sir for relief from the heat. Force is produced by the twist of the wrist and torsion of the hips.

The island of Cebu is stony. To make up for the barren natural resources, the Cebuanos develop their talents and skills. They are competitive. As a result, there are many Cebuanos who excel in arts. They are scattered all over Mindanao and developed the virgin plains and forest there. They brought their arts anywhere they would settle. Their competitive nature is reflected in their Escrima or Abanico Arnis which are force-to-force styles.

Another ethnic group among whom Arnis flourished is the Ilonggos of Western Visayas. The great plains of the provinces of Iloilo and Capiz produce substantial quantity of rice while Negros Occidental is the sugar capital of the country. Life is comparatively easier for the Ilonggos. They are a very friendly and loving people. There is smoothness in their inter-personal relationship. They call arbus as “baston”. Even in playing baston, they are non-confrontational. Their style is called “Palis-Palis.” The strikes are made to slide against the baston of the aggressor to block before a fatal counter-strike is delivered. Many well-known “Arnisadores” are Ilonggos. The founder of Modern Arnis, Prof. Remy Presas is from the town of Hinigaran, Negros Occidental. It was Professor Remy Presas who popularized Modern Arnis in the United States, Germany and many parts of the world. It was he who gave Arnis a modern face.

Among the provinces near Manila, the Tagalogs and Ilocanos, the stick is called “Arnis”. It is derived from the Spanish word “harnish”, which means protective armor. Manila is a melting pot where many people from the provinces merge hoping for a better life. All sorts of Arnis styles are played or displayed in the Luneta Park. Towards the end of the long years of Spanish colonization, exploitation and corruption became prevalent.

Yet, the Philippines was originally considered by the Spanish Crown as mission land. They came to spread the Faith, not to exploit the wealth of the colony. Financially, the Spanish Crown shelled out a whole lot to maintain the colonial administration. But when Spain became the defender of the Faith in Europe against the Saracens, it incurred substantial obligations to maintain her army. She had to raise funds from her colonies including the Philippines. By the practice of “media anata”, appointments to the colonial governments were opened by the Crown to wealthy Spaniards in exchange for substantial sums of money. Certainly, those who were entrusted with the reins of government wanted to recover their investment. This practice started corruption and abuses, even involving the friars. It was to be expected that the Filipinos, would react. First, there were pockets of rebellion like the Tamblot Revolt, the Dagohoy Revolt in Bohol and the Uprising of Diego Silang in the Ilocos. Then the glorious revolution of 1896 broke out led by Filipino patriots, Andres Bonifacio and Emilio Jacinto. They organized a secret revolutionary society, called the “Katipunan” to work for separatist aims. To start the revolution, the

Katipuneros tore their cedulas in the house of Melchora Aquino, considered as the “Mother of the revolution”.

During these difficult years, hardened Arnis was used by the Katipuneros side by side with bolos, against the rifles and furs of the Spaniards. The Filipinos had few guns. The Spaniards prohibited the carrying of arms including Arnis. The Filipinos’ attachment to Arnis however, would not die by a decree or ordinance. They expressed the art in dances and zarzuelas which were regular entertainments during fiestas and important events in the towns.

The Americans came. Instead of repression, they implemented free public education so that the Filipinos could change their lives for the better. Royal titles were abolished. There was due process of law insuring that before a person would forfeit his property, life and liberty, his side was heard. Advanced technology was introduced. Modern weapons were likewise brought to the Philippines. Olympic sports were fostered. While the Americans did not prohibit the carrying of Arnis, it became obsolete, though.

The early Filipinos handed down a great legacy to the present generations of Filipinos. For Arnis is a world-class martial art. At the same time, it is an effective art for self defense.

Revival of Arnis and promoting it all over the world is being pursued by a few patriotic Filipinos. Their efforts have paid off. Arnis today is being embraced in the United States, Germany, Australia, Canada and other western countries. Sports Arnis is likewise, being introduced to the world. It will hopefully bring Arnis to the arena of sports and compete with other martial arts. Will it flourish in this age of information and high technology? In Sohrab and Rostum it says, “Only an event will teach us in each hour.”

### **Resource Persons Comments:**

In our Arnis Professional course, we offer the four (4) modules of teaching Arnis, they are:

**Module 1:** Basic fundamental skills for beginners

**Module 2:** Cultural Anyo (Standard, Classical and Creative)

**Module 3:** Sports Arnis (playing strategies and rules for competitions)

**Module 4:** Martial Arts (defense and offense techniques)



As a resource person of this course, I started my lesson in Module 1 which is the basic fundamental skills of playing and learning Arnis. In this module, I introduced the basic formula of Arnis from SIMPLE TO COMPLEX system of teaching.

My lessons includes accordingly the following: the different stances and foot works, the traditional and classical striking techniques, the Eight (8) striking techniques to the vital points of the body, the six (6) blocking techniques as a



defense maneuvers to the 6-angles of strikes, the basic application of 8-striking techniques with 6-blocking techniques with and without counter attack. I also taught the other forms of striking techniques in a fancy-like manner which the aim was to train the reflex action of the participants, like the Single and Double Sinawali, the Redonda in different variations or drills and the Creative Anyo based in different striking and blocking techniques they have learned.

The last portion of the lessons is the basic defense and offense techniques WITH or WITHOUT sticks in the 6-angles of strikes with the application of disarming techniques.

In this module, after the lessons has completed, the participants get the ideas of applying the skills they learned in the other 3-modules.

**Professor Armando C. Soteco**  
Basic Fundamental for beginners

As a resource person in Arnis Professionals, Batch 6, I am honored and privileged to share my knowledge in 2 important subjects in relation to Arnis as a skillful art. In Sports Science we discussed the systematic approach to the understanding of the interrelationship of physical and mechanical self-applied to training that influences the force and motion. It includes the study of the Law of Inertia, Law of Acceleration and the Newton's Law.



Another subject I discussed is the Sports Psychology (Teaching Technology) this area of study deals on how psychological factors affect behaviors on sports and athletics and how participation in these activities affect the athletes. Coverage if this includes social perception, motivation , group dynamics , development of motor skills, leadership, aggression essential to working with teams and individual athletes.

**Dr. Alejandro L. Dagdag , Jr.**  
Sports Science and Sports Psychology

I would like to extend my hearty thanks to Professor Soteco for including Physiology of Exercises and Physical Fitness and also Nutrition in Arnis Professionals course of the Integrated College of Physical Education and Sports (Former National College of Physical Education).

In these 2 subjects the former discussed the latest fitness concepts, gadgets and training techniques. A study of physiological mechanisms underlying physical activity, the comprehensive delivery of treatment services, improvement, maintenance of health and fitness, sports training and human adaptability to acute and chronic exercise.

And in Nutrition I introduce the nutritional program of athletes during training competition and off season training with emphasis on Filipino and foreign diets.



**Professor Susan Mercado (PLM)**

Physiology of Exercises and Physical Fitness and Nutrition

As an educators and lecturers in different First Aid (Traumatology) seminars especially in the Philippine Red Cross, military and police agencies, Boy Scouts, schools and other related organizations we have the honor to be the resource person in Arnis Professionals course to share to the participants our expertise in giving the First Aid lectures to injured persons. In this subject we discussed the common injuries in contact sports and the prevention, rehabilitation as well as management of said injuries.



I congratulate the success of the Arnis Professionals.

**Dr. Reynaldo Bernales, PhD and Professor Johnell Esquivel**  
Traumatology (First Aid)

### **An Honor to Share Knowledge and Experience**

It was an honor to be asked and to both give a lecture and be able to demonstrate and teach some Filipino martial arts.



On the 15th of March I was at the NCPE-PBSP Bldg., (Former Philippine Law School) Intramuros, Manila, Philippines. I was asked to give a lecture on the Filipino martial arts, and so I spoke about the differences that instructors face between teaching in the Philippines and in the United States. Also talking about the training that I experienced when I was student in San Antonio and in Olangapo City, Zambales, and how due to society the

teachings have changed. Continuing I pointed out how I had observed how tournament fighting is different in the Philippines compared to the United States.

Upon the conclusion of my lecture I was awarded the “Black Kamagong Award” from the National College of Physical Education, School of Arnis Professional. This was presented to me by Professor Armando Soteco, Atty. Salvador Demaisip, and Alejandro Dagdag Jr.



On March 22 Grandmaster Frank Aycocho and I gave a class on martial arts defense - offense techniques at the Artists Haven, Luneta Park, Manila. Sharing some techniques from Arnis Balite for the weapons portion and a mixture of Arnis Balite and Kuntaw for the empty hand portion, Grandmaster Aycocho, continued using techniques from his style LAKAS 8.



At the end of the teaching session I received a Certificate of Appreciation in teaching and coaching Arnis, as a resource person for the Arnis professional instructor's course (Arnis IV – Martial Arts: Defense/Offense Techniques).



This was a very good group of individuals that had taken the course of Arnis Professionals, being attentive and willing to experience all areas of the Filipino martial arts. The Integrated College of Physical Education and Sports, formerly (National College of Physical Education) has offered a course so people can fully understand the Filipino martial arts and also learn more of their cultural heritage. Bringing instructors and teachers from other styles to demonstrate and share their knowledge and aspects on the Filipino martial arts is truly note worthy and exceptional.

I would highly recommend this course to anyone, who would like to learn and gain knowledge in the Filipino martial arts.



**Steven K. Dowd**  
 Arnis Balite

**Grandmaster Frank Ayocho**

I assisted the Director in all his endeavors, and as a resource person taking over on any subject matters in times when a resource person is late or absent. I became a trouble shooting mechanic “jack of all trades” of the project. I could not be Grandmaster if I cannot prove what knowledge I possess to educate other people in the field of martial arts and sports competition management, Safety-traumatology.

I enjoyed teaching and meeting new martial artist and participants nationwide and overseas, this recent experience with batch 6 Buhawi class of 2009 so far was the most successful among the past having 30 participants from Luzon, Visayas, Mindanao, spreading far beyond the Department of Education that we now have qualified P.E. teachers for Arnis in schools.

At this present time we have started farming the fields, planting seeds nationwide and even worldwide and soon it will grow. I have become optimistic that there would be a time to harvest; that everyone has something to harvest in the near future, so sad to experience the expiration of some who spent time to cultivate the farm in the field of martial arts. Grandmaster Roland Pintoy Dantes whom I had a good relationship in promoting the Filipino martial arts



Grandmaster Ayocho teaching  
 Classical/Cultural Anyo

had to rest in peace. I hope his soul will be happy to guide us and to continue with his project in keeping the Filipino martial arts culture and tradition alive.

My thoughts are simple in taking part in the Arnis class for P.E teachers. I taught the way I know, with the mechanics on how sports competition must be done in a professional operation. The classical cultural anyo must be exhibited in a form of dance interpretation accompanied by an audio that figures out the different Filipino native tribes. I successfully delivered the procedures of officials to judge the winners in competition. I have taught on how the classical cultural anyo is orderly performed to impress public observers and change the negative impressions of conservative people that when martial arts term are heard it's about violence that is risky and a harmful practice.

Arnis practice is complicated for non-experts and less educated practitioners who claim to be a Master of their own style. We do not criticize others however it must be understood that Arnis demonstrated clearly on its flow of different sweepings and smashing, adding technical applications of sweeping, scooping, kicking, punching, striking by the knees and elbows, chops, palm strikes, and locks and grabs and other techniques are just added ingredients of the art that mixed the system for self defense purposes. Filipinos love to eat chopsuey so this is applied to the arts that confuse others.



Grandmaster Aycocho receives his Certificate of Appreciation from Professor Soteco. Senior Master Mitch Mayberry, Guro Chris Kaler, and Guro Dale Fry from USA look on.

My special thanks to the following people whom I have met with this event, Dr. Rey Bernales and Professor J. Esquivel, Master Jun Abaya, Master Pet Nicolas, Engr. D. Diaz, Dr. A. Dagdag, Atty. Demaisip, Mr. Aiko Valdez (PLM choreographer, Hiyas ng Maynila dance group), and Professor Armando Soteco.

I would like to thank Punong Guro Steven K. Dowd for his presence as a resource person in martial arts practicum with or without weapon techniques, whom we split the topics in Arnis Balite he taught and myself teaching Kuntaw with the concept of Kali and Silat techniques as a method of

self defense, I also thank Master Querubin who spent time and effort like Punong Guro Dowd who came a long way from U.S.A. and helped us in this event.

I hope we meet again someday and continue to share our expertise.



Grandmaster Aycocho with the class.

Mabuhay ang FMA,  
**Grandmaster Frank Aycocho**

I would like to congratulate Professor Soteco for having a successful Arnis Professional course this year with Batch 6 'BUHAWI. As a resource speaker for 4 consecutive years at National College of Physical Education it is honor for me to share my system to the students of Arnis Professional.

Mabuhay po kayo!



**Grandmaster Garitony Nicolas**  
Founder President  
Modern Arnis Mano Mano Filipino Martial Arts  
Pasay City, Manila, Philippines

## Sample of Single X Sinawali

Performed by Punong Lakan Garitony Nicolas and  
Club President Anthony A. Gatchalian

The term Sinawali is derived from the word “Sawali” meaning to weave. Sawali is the material used by early Filipinos in building the nipa hut or Bahay Kubo. The Sawalis are interwoven into each other, hence the criss-cross pattern adapted by the sport.

The classical Sinawali has only three techniques namely: Single Sinawali, Double Sinawali and Redonda.

### The Modernization of Sinawali

Punong Lakan Garitony C. Nicolas “Father of Modern Sinawali” has interpolated a much new variation to existing Sinawali, which he named Modern Sinawali. This Modern Sinawali has three hundred and sixty three different variations among which are the Peripheral Sinawali, Double X Sinawali, Single X Sinawali, etc. In Modern Sinawali one should develop his speed, timing, agility, harmony and power.

The Sinawali improves the footwork, body movements and reflexes which is essential in Arnis training. Thus, the Sinawali serves as an important preliminary exercise to the advance techniques of solo baston, doble baston and Arnis y Daga leading to Modern Mano-Mano.



Strike the left temple with the right hand while the left hand is on the right armpit.



Strike the right leg with the right hand while the left hand in on the right armpit.



Strike the left leg with the left hand then withdraw the right hand and place it over left shoulder.



Strike the left leg with the right hand then withdraw the left hand and place it over the left shoulder.





Strike the right temple with the left hand while the right hand is on the left armpit.



Strike the left leg with the left hand while the right hands on the left armpit.



Strike the right leg with the right hand then with draw the left hand and place it over right shoulder.



Strike the right leg with the left hand then with draw the right hand and place it over the left shoulder.



As a resource person in the Arnis Professionals seminar, I was tasked to teach the Standard Anyo which is a part and activity of module 2, or Cultural Anyo or Form.

I Introduced and taught to the participants the Standard Anyo of Modern Arnis. As we all know, almost all of the different Arnis styles have their own Standard Anyo as an identity of their Organization.

Standard Anyo was originally based in the Organizations striking and blocking techniques for personal style of identity.

I taught to the participants of batch 6, the Standard Anyo of Modern Arnis based on their own style of striking and blocking techniques in a very artistic and modern way of their execution, ready for any competition.

**Guro Armando Cel Soteco**  
Standard Anyo

In my lecture as a resource person in Sports Arnis, Batch 6 March 2009 in Arnis Professionals course I interpret and explained the rules of Arnis sports for competition and officiating in a common tournament. My lecture covered also the cardinal rules of an Arnis practitioners and Sport Arnis players.

In our practicum I taught the participants the playing strategies from foot work, striking and blocking techniques. I had the students actually participate in Sports Arnis competition including the actual officiating. At the end of the course, they extended to me their heartfelt thanks for learning the Arnis Sports.



**Master Ariel Ramos**  
Sports Arnis

**Dr. Grandmaster Jonathan Makiling-Abaya**

I was only a substitute resource speaker of the Batch 6 Arnis Professionals. Professor Armando Soteco informed me that the resource speaker has some emergency to run to. Among the batches, that I handled they are the most active and they responded to all the activities and instructions given. You can see their eagerness and enthusiasm to learn the creative anyo, they were new but has manage to give suggestions and never give a second thought of bringing out the ideas and questions they have in mind.



It's because practically they are not Arnis practitioners, they easily absorb the lectures without hesitation, no feeling of guilt being disloyal in their system. This has become a simple problem that other lecturers have encountered teaching old dogs new tricks. They sit down if the lecturer comes from other style, thinking that their art is better. Not knowing that being able to counter the attacks of other style art is the proof that you have mastered your art effectively. I've given only one creative anyo, but my assistant who also belongs in this batch had shown some of the creative anyo we have. Some ask for a seminar and wanted to have an extra session of the Jendo art.



I salute the Batch 6 of Arnis Professionals, may they be able to remember and teach what they have learned, and being with masters and grandmasters are very rare opportunity and is really a chance of a lifetime.



## **My View on School of Arnis Professionals**

By Atty. Salvador Demaisip



My view is rooted on a long-standing fascination with Arnis de Mano. Before I studied and practiced Modern Arnis, I have acquired quite a good store of knowledge of the classical roots of Modern Arnis. Too, I talked to several of the fading generations of Arnis practitioners and undertook as well, skill-building training with them.

My discussions with the prime movers of the School of Arnis Professionals namely, Professor Armando C. Soteco and Dr. Alejandro L. Dagdag, Jr., though informally, when the Arnis curricula were being enhanced, deepened my fascination of Arnis de Mano, even more.

For indeed, Arnis de Mano is a spontaneous outgrowth in Filipino culture, it is a natural expression of Filipino manhood. Classical Arnis follows the natural movements of the hands and feet essentially in defense of one's life and property, and exceptionally in offense, to seek amend for wrong done. You asked an Arnisador of the old school to show his style, invariably, the answer you get is that, he has no style. But ask him, "Suppose, I strike you like this, how would you defend yourself?" Then and there, he would assume a fighting stance, and say, "That's numero uno. Defend yourself, like this." He would then let loose a barrage of quick responses, not only to defend himself, but to disarm the aggressor from many angles.

There lies the relevance and necessity of the School of Arnis Professional. It aims to systematize the teaching of Arnis and scientifically rationalized body movements, particularly the hands and feet, where there were only insight, spontaneity and speed of the old Masters. The list of faculty members included experts in physical education with Masters of doctorate degrees. The curriculum even covered courses in sports psychology and management of sports Arnis competition. In the hands of these highly educated experts, Arnis has come full circle!

The school carries the imprimatur of the government because, the school of Arnis Professionals is a division of the Integrated College of Physical Education and Sports (ICPES) officially tasked to develop physical education and sports in the Philippines.

Congratulations are due Professor Armando C. Soteco and Dr. Alejandro L. Dagdag, Jr., Director of the school and Executive Director of the ICPES, respectively, for their foresight and creativity in building on this valued legacy of the Filipino people.

**Batch6 BUHAWI**



Michael Brian Alegria



Jermil Aliligay



Jennifer Almariego



Hazel Yahweh Arze



Melvert Irwin Austria



Maryjane Calabia



Greg Dela Cruz



Benjamin de Veas



Jeffrey Doguilles



Hazel Camille Gabriel



Herminhel Gabriel



Lynie Gallego



Filipina Javier



Dexter Lee



Melvin Lina



Benjamin Mape



Juan Carlo Navarra



Glenn Rose Paghubasan



Rogerson Pena



Felipe Penales Jr.



Danilo Ramos



Julio Renales



Flordeliza Reyes



Maria Dolores Reyes



Rene Joy Rivera



Ray-an San Buenaventura



Surio, Cecilia



Renato Tanglao Jr



Rodel Valdez



**Graduation**

## Students Comments



Arnis is a Philippine martial arts system of martial arts that employs rattan sticks, blade weapons and the empty hands - no weapons. While Arnis is primarily considered a weapons art, it incorporates empty hand techniques based upon the same movements used with the weapons. Arnis does not merely combine techniques; the student is encouraged to adapt the principles to one's own feel for each technique and any previous training-martial arts, dance or other body movement disciplines. For this reason, Arnis is referred to as "The Art within Your Art."

The study of Arnis is the study of coordinating the body to be in full harmony. Students start training with the sticks immediately which enhances the learning process and gives the student a tremendous increase in eye/hand coordination and a special gracefulness known in Arnis as "The Flow". From the very first class, students learn to activate muscles and integrate their effectiveness so that movement will come from the effort of the body in unison, not just isolated muscle power, with practice, movements powered by a fully integrated body gain dramatically in both strength and speed. The self-defense aspect of Arnis incorporates the grappling art of trapping hands, takedowns and low-level kicks.

Training covers empty-hand self-defense (striking, locking, throwing, etc.) as well as the trademark single and double sticks techniques of the Filipino martial arts. Other aspects of the art include espada y daga (sword and dagger fighting), sinawali (double stick weaving patterns), and tapi-tapi (locking drills with the stick). Emphasis is placed on fitting the art in with a student's previous training "the art within your art", smoothly reacting to changing situations in the fight "the flow", and countering the opponent's attempt to counter strikes directed at him "tapi-tapi".

Being a part of this class under Mr. Armando C. Soteco was such a great privilege for a teacher like me. Travelling from the island of Mindoro just to be here in Manila to attend his class every weekend was big sacrifice for me, but it's really worth it to learn this country's martial art from one of the greatest martial artists of the country.

Like other sports, I've learned that Arnis may help us develop our physical condition. It is an excellent means for developing muscular strength and endurance and cardio-respiratory endurance. Furthermore, it helps us become more a file in our movements; develop quickness, speed, balance, and coordination. We see our role as practicing, preserving, and promoting Arnis in the context of its cultural/historical importance, both as a traditional Philippine martial art and an evolving body of knowledge. We study and practice the art to gain a deeper understanding and appreciation of Arnis as a sophisticated yet practical system of self-defense, a functional system of physical/mental conditioning, and a means of creative expression.

Arnis as game recharges our minds and bodies for the greater challenge of everyday life. Arnis as play wakes us to the moment. This is what the practice serves. This is the essence of the warrior's art.

**Benjamin F de Veas**



As part of the Philippine culture, we should give Arnis a big boost and promotion as a Filipino. We can show around the world that Arnis originate in the Philippines, and it is as deadliest as Taekwondo, Karate, Kung fu and other leading martial arts existing. In fact, it is being practice in most part of the world, so why not in the Philippines?

As a student of Arnis, in my opinion, it should be promoted and develop and be one of the subject curriculums in every school. In that way we can instill and pass the knowledge of Arnis is not only for the practitioners but also to every single Filipino. The government should also give priority in re introducing and promoting Arnis skills.

Arnis is not just one of the best martial arts in the world; it also can be use as a way of getting fit and healthy as Arnis in form of exercise. Basic is so easy, not so complicated, and it's a good fun if you're doing it by group. Without knowing it, you're already sweating it out at the same time learning it. Materials and equipment are so affordable.

In future time, hoping Arnis will be as popular as any other sports and that it will produce champions. For the meanwhile, let's educate and encourage more people. Set are goal to learn, practice, share and teach Arnis.

**Maria Dolores A. Reyes**



Probing - Proving - Processing. It was not the first time I have seen men and women performing Arnis. But it never crossed my mind until I am on my feet holding them (Bastons) in my own two hands. It was a subject course offered, just like the other subjects being given to students. Till then it came to me its importance to bodily agility, defense balance to human.

Where ball sports are precision and competition, I do not only perceive win-win in every attack/strike I make with my partner this morning in my Arnis class. Under the heat and warmth of the sun, I am convinced with tranquility in mind its great help to me now and tomorrow.

More is expected of me to execute the steps/attacks properly. The colleagues who have been opponents from time to time have been great teachers and friends too. My gratitude!

**Benjamin N. Mape**  
NST MVT Assistant Coach  
Lyceum WVT Assistant Coach





The Arnis Professional program was a balanced program as it had lectures both on Arnis and on topics which would be useful in a career in the sport. The lecture gave us just the basics in each of their subject matters, but this knowledge is a suitable start should we desire to learn more.

The application part was what I liked the most. The guest speakers showed us some of the techniques of their style, all of which were interesting and fun to learn. The techniques they taught us are a good supplement to what we already know, and are a good stepping stone should we decide to train in these styles.

**Juan Carlo Navarra**



Arnis is a combative game as what I have learned from my professors. In the Modern Arnis I have learned different strategies and techniques. It is not just a combative game but instead it is a martial art, cultural and sport. It is indeed a very amazing experience studying the Modern Arnis together with Professor Soteco as our instructor.

I also learned how to take care of the nutritional status of the players in Arnis with Mrs. Mercado as our Professor in Macrocycle and Microcycle in Sports Medicine. She discussed the different strategies and techniques of how players will play the Arnis using their health condition and skills in the proper way.

A very overwhelming moment with Steven Dowd, the journalist of FMA Digest from America as he teaches us some techniques in martial arts, a self defense that we can use especially to the ladies when they are in trouble. I also learned to know First Aid and how to overcome trauma when someone has an injury.

Finally, a Professor from Kuntaw named Frank Aycocho was our Professor in our martial arts technique in Arnis. He demonstrated to us how to use the Arnis with use of the back hand.

During the time I was taking my Arnis last semester, I was able to follow the strategies and techniques of Professor Soteco. I was not interested, but when I have witnessed the students using two sticks and sparring with others, I have seen that it was a good and very powerful skill that should be learned and to be taught. So I decided to continue with my Modern Arnis Professional.

Now that I am almost finish with the course in Arnis Professional Seminar, I know I can teach the students very well and use this learning strategies and striking techniques to defend myself.

**Ms. Jermil S. Alilgay**  
P.E. Teacher  
Carlos Albert Hight School  
Sta. Mesa, Manila

I greatly appreciate being a part of the Arnis Professional Instructors Course. This is a great chance for educators and martial artists alike to learn from Masters, Grandmasters, and experts in the fields of Filipino martial arts, human kinetics and

sports. I belong to the Buhawi Batch 6 of this course and I urge all people engaged in human kinetics sciences, sports sciences and martial arts to take this course.

Our batch lasted 6 consecutive Sundays which started with lessons on sports sciences most notable lecturers include Dr. Alejandro Dagdag of the NCPE and Professor Susan Mercado from University of the City of Manila. Their lectures taught us everything we need to know about contact sport coaching, nutrition and sport physics. It is good to have the knowledge from their lectures so that now I can understand what is going on in contact sports particularly Arnis in a deep scientific perspective.

Next Sports Arnis from Ariel Ramos, an Arnis coach from the Philippine Normal University. He explained the Arnis rules, judging and scoring in Arnis competitions. We also got to do a mock competition ourselves.

Cultural Arnis came from Master Garitoni Nicholas of the Modern Arnis Manobo Filipino Martial Arts (MAMFMA). I have known him from years ago and he is a walking library of the 360 Arnis partner drills. He can teach us only a handful. Too bad!

Next came what I have been waiting for, Arnis for self defense, our lectures came from Punong Guro Steven Dowd of Arnis Balite, he taught us techniques that are simple enough for non-martial artists to follow yet very effective. Plus he gave us a little peek of the state of Arnis in the United States.



Punong Guro Dowd



Grandmaster Aycocho

We also received lessons from Kuntaw Lakas 8 from Grandmaster Frank Aycocho, his self defense techniques resembled dance moves, “it’s good if only we have funky music to go with it”.

The best lesson we received is from

Grandmaster Dr. Jonathan Abaya of Philippine Jendo he taught us creative forms. These are actually techniques that we can do at a level of reflex action. It will take a bit of training of course but the lessons are not about the techniques but the philosophies and concepts behind them.



Grandmaster Abaya lectures



Professor Soteco

Kudos to Professor Armando Soteco for bringing the Arnis Professional Instructor's course to life, this will bring Arnis the glory it deserves.

**Michael Bryan A. Alegria**  
Guro Philippine Jendo Association

**National College of Physical Education**  
NCPE - Pamantasan ng Lungsod ng Maynila  
Intramuros, Manila  
School of Arnis Professionals

**Course Descriptions of the Theoretical Subjects in the School of Arnis Professionals**

1. **Sports Science** - A systematic approach to the understanding of the interrelationship of physical and mechanical self-applied to training. It includes the study of the Law of Inertia, Law of Acceleration and the Newton's Law.
2. **Physiology of Exercises and Physical Fitness** - A thorough discussion of the latest fitness concepts, gadgets and training techniques. A study of Physiological mechanisms underlying physical activity, the comprehensive delivery of treatment services, improvement, maintenance of health and fitness, sports training and human adaptability to acute and chronic exercise.
3. **Traumatology (First Aid)** - discussion of the common injuries in contact sports and the prevention, rehabilitation as well as management of said injuries.
4. **Sport Psychology (Teaching Methodology)** - This area of study deals on how psychological factors affect behaviors on sports and athletics and how participation in these activities affect the athletes. Coverage of this includes social perception, motivation, group dynamics, development of motor skills, leadership, aggression essential to working with teams and individual athletes.
5. **Nutrition** - Introduce the nutritional program of athletes during training, competition and off season training with emphasis on Filipino and foreign diets.
6. **Sports and Recreation Management** - Focuses on the management, theories and principles applied to sports competition.

**Offered:** Professional Sports Specialization Program.

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**Theoretical:**

1. Sport Science (Bio-Mechanics)
2. Physiology of Exercise and Physical Fitness
3. Traumatology (First Aid)
4. Sports Psychology (Teaching Methodology)
5. Sports and Recreation Management
6. Nutrition and Drugs

**Practicum:**

Arnis1 - Basic: Foundation of Skills for Beginners and Physical Education Teachers

Arnis2 - Cultural: Anyo Standard, Creative and Classical or traditional

Arnis3 - Sport: Rules/Officiating, Mechanics and Strategies for competitions.

Arnis4 - Martial Art: Defense/Offense techniques (with and without sticks)

**Admission Requirements:**

1. Any Bachelor's degree holder or undergraduate and/or:
2. P.E. Teachers
3. With Basic knowledge in Arnis
4. Arnis Trainers/Instructors

**Class Venue:** Pamantasan ng Lungsod ng Maynila Intramuros, Manila and Department of Tourism (Quadrangle) T. M. Kalaw Street, Manila, Philippines

**Contact Person: Professor Armando C. Soteco**     **Dr. Alejandro L. Dagdag**  
Director, S.A.P.     Executive Director, NCPE

**Contact Number:** (0919) 321-2379

**Email:** acsoteco@yahoo.com

**Year Round Schedule for Local, National and International:**

Every April 1-6, 8:00 to 5:00 p.m.

August 1-6, 8:00 to 5:00p.m.

December 1-6, 8:00a.m. to 5:00p.m.

or by Special Arrangement

**Dr. Alejandro C. Dagdag, D.E.M.**

Executive Director

National College of Physical Education, PLM

Cell# (0927) 943-7559

**Email:** dnaoe@yahoo.com

**For enrollment fees, class schedule and venue contact:**

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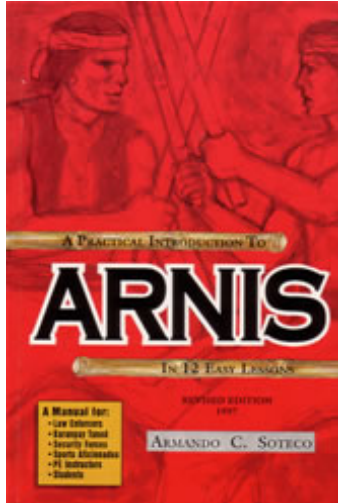
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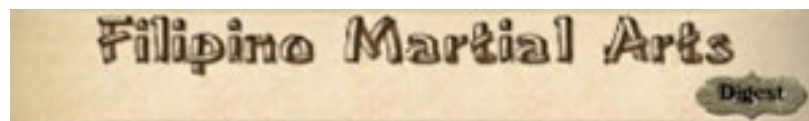
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