

Filipino Martial Arts

Digest

Special Issue
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BRITISH *Filipino* *Martial* *Arts* FESTIVAL

"United We Grow Strong"



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BCKEAI Archives

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The FMA Digest is published quarterly. Each issue features practitioners of martial arts and other internal arts of the Philippines. Other features include historical, theoretical and technical articles; reflections, Filipino martial arts, healing arts and other related subjects.

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.

The authors and publisher of this digest are not responsible for any injury, which may result from following the instructions contained in the digest. Before embarking on any of the physical activities described in the digest, the reader should consult his or her physician for advice regarding their individual suitability for performing such activity.

From the Publishers Desk

Kumusta

Being formed in May 2006 by what is considered to be some of the leading instructors of the Filipino martial arts in Britain and even Europe. The British Council of Kali Eskrima Arnis Instructors seeks only to unify the practitioners of Filipino martial arts on a national scale and to see equal acceptance and recognition for all qualified instructors regardless of style.

The FMA Digest reported last year on the 1st FMA Festival in the United Kingdom which was held July 15, 2006. Finally with the help of Punong Guro Peter Lewis the FMA Digest is able to also report on the 2nd FMA Festival which was held on the July 14th and 15th of 2007. The event is growing each year with more Grandmasters, Masters, practitioners, and various styles and systems.

This showing that what the British Council of Kali Eskrima Arnis Instructors wanted to accomplish at the onset in 2006 is working. And will continue in 2008 when they hold their 3rd FMA Festival, scheduled at this time for June 7th and 8th.

It is hoped that some readers that have missed the last two years might be able to attend the 3rd FMA Festival in the United Kingdom and experience the unity and brotherhood.

Maraming Salamat Po



www.bckeai.co.uk



British Council of Kali Eskrima Arnis Instructors



Realizing the need for an organized counseling body of impartial and senior Filipino martial arts instructors, to ensure a fair and unbiased promotion of the real martial art styles of the Philippines; a group of leading instructors in Great Britain united to make this dream become a reality.

The British Council of Kali Eskrima Arnis Instructors was formed in May 2006 by what is considered to be some of the leading instructors of the Filipino martial arts in Britain and even Europe.

Tuhon Pat O'Malley who is internationally known and well respected around the world including the Philippines and is the first European to be accepted as a member of the Philippine Council of Kali Eskrima Arnis Masters - winner of no less than 40 full contact Eskrima titles including 3 World and 5 European titles is the prime moving force behind the British Council and it has always been his dream to bring together the various unique styles of the Filipino martial arts. This dream has now become a reality.

There are many who claim to be teaching the Filipino martial arts mainly due to it's rise in popularity in the world of martial arts, but there are a few individuals who have no real qualifications or lineage back to the Masters of the art in the Philippines who are informing the public that they are bonifide instructors of the art simply to make money from the unsuspecting general public.

There are also many who are competing for recognition in the Filipino martial arts sector of the martial arts and unfortunately, some are attempting to give the impression that their style or organization is superior or the only qualified body to represent the Filipino martial arts. This has resulted in divisiveness and discontent and the Council is concerned about the observations and impressions that will be made by the general public and the martial arts community as a whole.

The Filipino martial arts, has suffered from such problems and we feel there is nether reason or excuse for this syndrome to continue in the Filipino martial arts community anymore. Kali, Eskrima or Arnis, whichever term one may use this martial art is part of the Philippine national heritage and should be promoted as such.

The British Council of Kali Eskrima Arnis Instructors seeks only to unify the practitioners of Filipino martial arts on a national scale and to see equal acceptance and recognition for all qualified instructors regardless of style. The enclosed mission statement describes the focus of our Council.

Mission Statement

It is the goal of the British Council of Kali Eskrima Arnis Instructors to unite the practitioners of the Filipino martial arts under an umbrella of "national brotherhood" and cooperation - recognizing the merits of all bonifide styles and schools as being equally relevant and appreciated. Any and all Instructors of the Filipino martial arts are welcome and respected, providing to adhere to the spirit herein described.

We seek to continue and expand the recognition and legitimization of the Filipino martial arts as both a competition sport and combat art - and to promote both sectors in and for those groups who seek to advance their knowledge and level of participation.

Further, we seek to overcome the petty rivalries and jealousies that pervade so many similar societies and to relegate competition to "sporting events". No politics and no denigration of any Arnisador, Eskrimador, Kalista or style will be tolerated and the Council will aggressively defend any who are unjustly or unfairly treated, within the community.

To actively seek the most senior instructors of each bonifide style, system, group or organization who are willing to uphold our values to have representation on the Council.

To established and continually develop a "Code of Ethics" for the practitioner's, which will be welcomed and subscribed to by Filipino martial arts clubs, styles, systems and organizations around the United Kingdom. This will include but not be limited to: Respect for ones Master, Loyalty to your fellow Arnisadors, Eskrimadors, Kalistas and devotion to the Filipino martial arts. These are sacred tenants of our martial arts. This tradition must be upheld.

To help promote and inform to the general public only those who are of good character as well as being bonifide Filipino martial arts instructors, styles, systems, groups and organizations.

With the appointment of Directors to the Board from the head instructors of each style, system or organization, annual competitions and events in various sporting styles of the Filipino martial arts, ongoing communication and "Goodwill Tours" demonstrating our art - we hope to achieve our goals and dreams for the Martial Arts of the Philippines.

To work closely with other similar organizations around the world including the Philippine Council of Kali Eskrima Arnis Masters in the promotion of the Filipino martial arts as a whole.

Objectives

- To be a non-fee paying and no political organization who's sole purpose is the promotion of the Filipino martial arts and its bonifide instructors, Masters and Grand Masters regardless of style, system, group or organization.
- To establish and maintain a level and spirit of openness and cooperation to unite the British Community of enthusiasts and practitioners of "Arnis De Mano", Kali, Eskrima - promoting the art and enhancing the image of the Republic of the Philippines as it's birthplace.
- To promote "brotherhood and inter-style" appreciation, thereby over coming the competition and petty jealousies that are all too prevalent in the worldwide martial arts community. To actively seek recognition for both the Filipino martial arts and sport versions of the art with the official Government bodies such as the Sports Council as well as the British Olympic Committee.

- To recognize, help and support those who are of good character, with authentic lineage via the recognized Masters.
- To produce a database and website which, will be available to the general public listing all bonifide Filipino martial arts instructors who are members of the Council?

We welcome all input and suggestions from any and all who share our vision of uniting the Filipino martial arts under one organization.

For further information on the British Council of Kali Eskrima Arnis Instructors, please visit: www.bckeai.co.uk or email: info@bckeai.co.uk

The British Council of Kali, Eskrima & Arnis Instructors

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 Guro Eric Amada - Modern Arnis
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Rapido Realismo - Nickelstick Balintawak - Lightning Scientific Arnis

The British Council of Kali Eskrima Arnis Instructors is actively seeking out the most senior instructors of each bonifide style, system, group or organization who are willing to uphold our values to have representation on the Executive Board of Directors.

To qualify for a position of the Board of Directors you must either be the most senior instructor in a style, system, group or organization that is not already represented on the board, or the an individual put forward to represent your style, system, group or organization. You may also be appointed by the Board of Directors as an officer in charge of a particular department if the Board deems you are the right person that would be benefit the Council in that area.

To contact us email: info@bckeai.co.uk

The 1st Filipino Martial Arts Festival United Kingdom

July 15, 2006
Queen Elizabeth's School
150 Chesterfield Rd. South
Mansfield



Grandmaster Danny Guba assisted
by Guro Keith Gilliland.

Grandmaster Danny Guba, the most senior Filipino martial arts instructor in Europe, gave the first session of the day. Grandmaster Danny set the scene with a fast paced session covering various amarra drills up to 15-count, the 12 strikes of Guba Doce Pares, with the associated blocking methods against each strike. A variety of counter methods were demonstrated and taught, including switching tactics to zone outside the opponent's weapon. Grandmaster Danny finally covered the principles of sparring, making use of a preparatory six-count drill and the palasut drill. This session gave an excellent overview of the many training methods and techniques of the Guba Doce

Pares system.

www.dannyguba.co.uk

Punong Guro Peter Lewis, Head Instructor to the Zu' Bu Kali Ilustrisimo system of Grandmaster Yuli Romo and Senior UK Representative of Bakbakan International, presented the second session. Starting with double weapons, Punong Guro Peter taught a "Redonda" theme as practiced in Bakbakan Kali Ilustrisimo. Starting with the base solo and partner drills for versatile redonda pattern, which was followed by adding the Rapido, Bukang Liwayway and De Cuerdas methods of striking and linking into the redonda pattern. Throughout, Punong Guro Peter demonstrated and carefully explained simple striking, parry and strike and enganyo (feinting) methods. Punong Guro Peter then taught the Balangkas 3 single weapon form. This diverse sword form includes many methods of feinting and switching tactics and was extremely well received by all participants.



Punong Guro Peter Lewis discussing techniques
with Grandmaster Danny Guba.

www.zubu-kali.co.uk



Guro Alan Jones (right) teaching Balintawak.

Guro Alan Jones, a senior UK representative of Grandmaster Bobby Taboada of Balintawak Eskrima, presented the third training session. Guro Alan started with a clear and detailed explanation of the system, discussing body mechanics and demonstrating a “block, check and counter” strategy adopted at the basic level. Due to the very explosive nature of the System, Guro Alan stressed the

importance of built-in safety methods during training. The session progressed to methods of developing the alive hand, using the “lifting and clearing” drill. Guro Alan demonstrated this method at considerable speed, much to the delight of the many inspired participants. Establishing clear links between the stick and empty-hands, Guro Alan demonstrated a range of defensive techniques both with and without weapons.

www.worldbalintawak.com

Giving insights into the Doce Pares Original Multi Style Eskrima system, senior UK representative, **Magino’o Lucy O’Malley** presented the fourth training session of the day. The session covered a large number of disarming techniques applied against the 12 strikes of the system. Starting at a basic level, Magino’o Lucy demonstrated and taught each disarm against all angles, ably conveying methods of switching sides and rapid applications. Stressing the importance of body positioning and multiple striking methods, prior to the disarming technique, Magino’o Lucy demonstrated free-flowing multiple striking with very fast disarming techniques. The flexible approach and versatility of applications was very well received by participants.

www.rapidarnis.com



Magino’o Lucy O’Malley (right) teaching disarming techniques.



Tuhon Pat O'Malley teaching empty-handed applications of Espada y Daga.

this at the highest level. The session was greatly enjoyed by all participants.

www.rapidarnis.com

Tuhon Pat O'Malley, Chief instructor for Rapid Arnis International, presented the final session. Tuhon Pat taught his dynamic approach to a Tapi-Tapi method of Espada y Daga. Emphasizing the importance of body positioning, footwork, and fluid motions, Tuhon Pat taught a highly structured sequence of Espada y Daga. Starting with three basic motions, the sequence soon progressed to develop skills in zoning and moving from the inside to the outside of the attack. Drawing on his considerable experience in the Filipino martial arts, Tuhon Pat showed the applications at speed and also demonstrated several translations into empty-handed techniques. Espada y Daga is the backbone of the Filipino martial arts and Tuhon Pat taught

The First National FMA Festival hosted by the BCKEAI was a huge success. Many participants, from novice to world champion, commented how refreshing it was to attend an event that totally lacked in politics and intrigue. Everybody enjoyed the training in a diverse range of systems, covering many aspects of the Filipino martial arts. All presenting instructors competently shared their art in a totally open and relaxed manner. So successful was this event, that the BCKEAI propose a much bigger two-day event during July 2007. The world of Filipino Martial Arts in the UK is entering a new era. Instructors from varied backgrounds are working together for the greater benefit of the Filipino martial arts in general, regardless of system practiced. The British Council of Kali Eskrima Arnis Instructors is leading the way in this new and very positive direction.

The 2nd Filipino Martial Arts Festival United Kingdom

July 14 & 15, 2007
Corinthians Sports Club
Longfield, Fawkham
Kent

The British Council of Kali, Eskrima, Arnis Instructors hosted yet another landmark event on 14th and 15th July 2007, with the largest ever gathering of the most senior Filipino Martial Arts instructors teaching at the 2nd FMA Festival. Over 70 practitioners from all over the UK and parts of Europe attended the festival to experience the vast wealth of knowledge and experience shared by ten of Europe's most senior and respected instructors of the Filipino martial arts. A special guest to this event was the highly inspirational Grandmaster Brian Jones, the person responsible for introducing the Filipino Martial Arts to Europe during the early 1970's.

Training on Saturday 14th July commenced with a fast paced and intensive session by Dayang Lucy O'Malley of Rapid Arnis International and Doce Pares Original Multi-style System. Sharing techniques from the curriculum of the Doce Pares Original Multi-style system of Grandmaster Dionisio Canete, Dayang Lucy warmed the group up with an intensive array of amara striking methods and then taught Palasut, applying an 8-count amara and utilizing a variety of disarming techniques from the drill.



Guro Eric Amada of Modern Arnis was the second instructor to share his system with the crowd of enthusiastic followers of the Filipino martial arts. Guro Eric taught the six basic strikes and blocking methods of Modern Arnis, developing this into a tapi-tapi drill and progressing to utilize the classical counter strikes, such as figure 8, reverse figure 8, banda y banda, and combinations of these destructive counter methods.

After a short break for lunch, we received the news that Guro Neil McCleod of the Inosanto Lacoste Kali Blend was unable to attend the Festival due to a family health scare.

Greatly enjoying the weekend, Grandmaster Brian Jones offered an impromptu session and thrilled participants with his skill, knowledge and great enthusiasm. Demonstrating extreme control, Grandmaster Brian emphasized the importance of body mechanics and making touch contact to ensure that proper range and accuracy of techniques is



achieved. All instructors and participant wish Mrs. McCleod a full and speedy recovery from her health scare.

Master Alan Jones of Balintawak Eskrima shared this explosive system with a wide variety of techniques, employing lifting, clearing, trapping and punching methods at close range. Master Alan carefully demonstrated and described the technical aspects of all techniques, ensuring that all participants gained a full understanding of the methods used. Showing the diversity of Balintawak Eskrima, Master Alan shared the empty-hand applications of many of the moves taught.



The final session on the first day was taught by Master Steve Tappin of Escrima Concepts. Drawing on his vast experience and understanding of body movement, Master Steve emphasized the importance of zoning away from the line of attack, while remaining close enough to execute a rapid and explosive counter. Once Master Steve felt that the participants had acquired an understanding of these evasive methods, they were applied in a crowded environment and with multi-sensory awareness being fully utilized.



Sunday 15th July 2007 started with a session on San Miguel Eskrima taught by Tuhon Pat O'Malley of Rapid Arnis International and Doce Pares Original Multi-style System. Beginning with 'Give and Take' drills, Tuhon Pat emphasized correct positioning and body mechanics while practicing the 2, 4, 6, 8, 10 and 12 count Espada y Daga sequences. Progressing the session, Tuhon Pat shared some of the Serra Todo or locking and countering methods of the respected San Miguel System.

At the start of his session, Master Shaun Porter of Lightning Scientific Arnis paid tribute to his instructor, the late founder of the art, Grandmaster Ben Lema. Master Sahun ably shared this fast and powerful system, teaching core zoning and counter-striking methods, which were executed with full speed and power. Once skills in evasion and counter tactics were demonstrated by participants, Master Shaun taught double weapon defensive methods, incorporating rapid counters and progressing to double cane disarming techniques.

Following a short lunch break, Punong Guro Peter Lewis of Bakbakan International and the Bahad Zu' Bu WHQ, taught the combination of magbabayo, de cuerdas, bagsak, which includes several feinting methods. This was applied in sparring format, emphasizing overwhelming the opponent with multiple and relentless strikes. Punong Guro Peter then taught two Gangi knife drills from Grandmaster Yuli Romo's Bahad Zu' Bu system. These drills teach close range evasion, body twisting and tactile sensitivity.





The penultimate session was taught by Master Jay Dobrin of BIFF UK. Commencing with an outstanding display of live weapon defensive strategies, Master Jay showed techniques against knife, axe and machete amongst others. Clearly demonstrating the need to flow with an attack and utilize well-honed timing, Master Jay emphasized the importance of focus and mobility in defending against serious live-bladed attacks. Taking students

to a high level of concentration and moving outside of the comfort zone, Master Jay showed methods of pressure-testing techniques in a wide variety of situations.

The closing session was by Punong Guro Benjamin 'Jun' Pueblos of Lameco Eskrima. Punong Guro Jun stressed the importance of sparring to test techniques and demonstrated the use of very direct striking methods when defending against a variety of attacks. Punong Guro Jun then sparred with several of the leading instructors from other systems, displaying great skill and timing during these selected target matches.



The 2nd FMA Festival was thoroughly enjoyed by all participants because it offered the chance to learn many systems from leading instructors at the same event. The Directors and officers of the British Council of Kali, Eskrima, Arnis Instructors wish to thank all participants for their considerable efforts in making this such a memorable event. All instructors give their time free of charge and proceeds from the event are used to support the education of children in the Philippines.



Guro Eric Amada, Punong Guro Peter Lewis, Master Alan Jones and friends

Saturday July 14, 2007

Dayang Lucy O'Malley - Doce Pares Original Multi Style and Rapid Arnis International
Guro Eric Amada - Modern Arnis

Lunch

Grandmaster Brian Jones - Integrated Silat

Master Alan Jones - Balintawak Arnis

Master Steve Tappin - Escrima Concepts

Dayang Lucy O'Malley

5th Degree Black Belt Rapid Arnis

5th Grade Black Belt Doce Pares Original Multi Style Eskrima

Member: Philippine Council of Kali Eskrima Arnis Masters

Executive Board Member & Co Founder: British Council of Kali Eskrima Arnis
Instructors



Dayang / Magino'o (Master) Lucy O'Malley started her martial arts journey over 13 years ago, her first experience was a bad one with a rouge Kickboxing club who just took her money and disappeared, not to be put off she searched for a good kickboxing club near where she lived. After seeing a small advert in local newspaper she went along to her first class, little did she know that this class was being taught by one of the Rapid Arnis founders and World Champion John Harvey. Pretty soon she was exposed to the Filipino martial arts, at first she showed no interest in people bashing each other with sticks, but one night they were short of sparring partners and Lucy stepped in to help out, since then she has never looked back.

In 1997 Master Instructor Lucy won her first European title and began to earn a reputation on the international scene. Her first experience of the World championships was to be in the home of Eskrima, Cebu City, Philippines, again Lucy shone as a fierce fighter that not only fought with tenacity but with the skill often used by the old style fighters who fought with no armour, pretty soon she earned the reputation and the nick name from the Masters as the "*Crocodile*". For the simple reason that they said watching her fight is like throwing meat to a Crocodile, she is fierce and ravages her opponents.

Master Lucy O'Malley has become one of the most recognizable female faces of the Filipino martial arts in Europe today; she has appeared many times in the leading martial arts magazines, as well as being featured in the Filipino national news papers and television on several occasions.

In 2000 she finally married Master O'Malley in Cebu City with her wedding being arranged by Grand Master Dionisio Canete with many top Masters of the Filipino martial arts in attendance, it was a wedding few people in the Filipino martial arts would ever forget for the day before she picked up a further 2 world titles. Lucy is also one of

the few women that has competed against the men on an equal basis winning a British Silver medal at the WEKAF British Championships against the then light weight World champion, Neil McLeod, losing by only one point.

Dayang / Magino'o Lucy O'Malley is still to this date the only female member of the infamous Black Eagle Society, the group that fights no rules wearing only head gear and light hand protection. She has also studied over the years many other arts such as Kenpo Niten Ryu, Muay Thai to which she trained with many of the top UK Based Thai Camps, Vale Tudo and Kick Boxing. In 2002 even though she had not trained for it, her husband Pat had a phone call about 10 o'clock in the evening regarding the fact that a show needed a female fighter to replace the one that had pulled out of a Vale Tudo match. The fight was to happen 2 days later and was for a British title, so thinking fast and knowing Lucy's skill he promptly put Lucy in for the bout. A bout she won in under 1 minute with a text book finish, just going to prove that the Filipino martial arts is not just about stick fighting.

Dayang / Magino'o Lucy has taken a break from competition to have a family and is the proud mother of two future Eskrimadors, her son "Rees Patrick Bracken O'Malley" and her new addition, her daughter "Olisi Lucy O'Malley" (meaning *Grand Stick of Light*) but she will soon resurface to compete once again on the world stage, which some are looking forward to and many are dreading.

Dayang / Magino'o Lucy is now responsible for the "*Doce Pares "Multi Style" Eskrima Systems*" Section within the Rapid Arnis International organization and will oversee all things relating to Doce Pares within the group.

In December 2006 she was only the 2nd Female (the first non Filipina) to be inducted on to the Philippine Council of Kali Eskrima Arnis Masters and was also made a life time member of the oldest Filipino martial arts club in the World - Doce Pares and she is now considered the highest ranking female Filipino martial arts instructor in Europe.

As well as this Lucy also runs the largest Filipino martial arts equipment supply company in Europe ESKRIMADOR SUPPLIES, supplying over 70 Filipino martial arts products to the students, instructors and shops. Her company policy is never to sell anything she would not personally use or recommend and to supply authentic products at realistic prices that you can afford to train with.



www.rapidarnis.com



www.eskrimador-supplies.com

Guro Eric Amada

Modern Arnis



Guro Eric Amada who is native of Rosario, Batangas (a province in the Philippines where the Balisong originated) is one of the Lakan members of the Arnis Association International Inc. (AAIL)-Modern Arnis headed by Grandmaster Rodel Dagooc of the Philippines.

He started his martial art career when he joined the Adamson University Tae Kwon Do Club where he also took up Architecture in 1989. Then he joined the oldest Aikido Organization in the Philippines the Philippine Aikikai in Quiapo, Manila. This organization is headed by Shihan Manuel Omar Camar, whom Eric became an Aikido instructor for.

In 1992 while busy in teaching Aikido and at the same time continuing his degree in Architecture, he met Modern Arnis Master Ruel Aguillon who is now teaching his own style of Sandakan-Aguillon System and then met Grandmaster Rodel Dagooc. Eric was also practicing Yaw-Yan (Filipino-Kickboxing) at the same time under Sir Eric Tribugena who is a good friend of Master Aguillon. It was a very busy schedule for Eric to practice martial arts and finish his degree, but because he really loves the martial arts, he managed to do all of it without a problem.

He arrived in the UK last July of 2006. During his first week and unfamiliar with the area, he tried to look for a Arnis group to join, but unfortunately he could not find any club, instead he found Fushi Cho Kan Aikido Dojo under Sensei Eric Gillett of the British Aikido Federation.

With the assistant of Master Ermar Alexander - Guba Doce Pares he met Co-Founder of the BCKEAI Tuhon Pat and



Guro Eric Amada and
Punong Guro Peter Lewis



Dayang Lucy O'Malley of the Rapid Arnis International. He then joined the British Council of Kali Eskrima Arnis Instructors (BCKEAI) and started to propagate Modern Arnis with the permission of Grandmaster Rodel Dagooc of AAIL, his instructor Master Ruel Aguillon and the BCKEAI.

He was invited by the BCKEAI to teach and participate

in FMA Festival Seminar that was held June 14 and 15, 2007 in Dartford, Kent as the representative of Arnis Association International Inc. - Modern Arnis. During the Seminar where everyone was from a different system or style, he focused on his teaching the 6 striking and 6 blockings with counter and counter to counter of Modern Arnis so everyone can easily follow, then continued with the application of Classical Arnis such as the Figure 8, Reverse Figure 8, Banda y' banda, and Combination drills. Eric who is currently leaving in Colchester, Essex, United Kingdom is now starting to build up his own club and now teaches Modern Arnis in Arena Leisure Centre, Colchester.

Grandmaster Brian Jones

Philippine and British Martial Arts Society

Grandmaster Brian Jones is a legendary figure within the martial arts community of Europe. His upstanding martial arts career commenced in 1951 and Grandmaster Brian has studied tirelessly since that time. Among his many instructors are several icons of martial arts, including Sensei Fuji (Judo), Professor Tatsuo Suzuki 8th Dan Hanshi (Wado Ryu Karate-Do), the late Dr Leung Fu (Kun Tao and Tai Chi Chuan), Master Greco Wong (Wing Chun Kung Fu) and Grandmaster Rene Latosa (Latosa Escrima).



Credited with being the first person to introduce Wing Chun Kung Fu to Great Britain, Grandmaster Brian is the pioneer of the Filipino martial arts in Europe, being the first person to introduce these arts with the introduction of Grandmaster Rene Latosa. During the early 1970's, Grandmaster Latosa arrived in England to commence a tour of duty as an American Airman. Searching for like-minded people to share the Filipino martial arts with, Grandmaster Rene soon met with Grandmaster Brian Jones, Professor Bill Newman and Master Jay Dobrin. These three respected ambassadors for the Filipino martial arts were the first people to receive instructor ranking in the UK from Grandmaster Rene Latosa.

The Philippine Martial Arts Society, of which Grandmaster Jones is President and Founder, were the first group to hold an International point-fighting Escrima tournament during 1984. The group then progressed to develop the full-contact Escrima tournament scene, which still exists today.

Still as dedicated and enthusiastic as ever, Grandmaster Brian Jones was a special guest at the 2nd Filipino Martial Arts Festival held on 13th and 14th July 2007. Commenting after the event, Grandmaster Brian commented:

“If you did not attend the British Council of Kali, Eskrima, Arnis Instructors seminar, held on 13th and 14th July 2007, you missed a good vintage of Filipino martial arts. With a good array of instructors spanning many styles of Escrima.”

Master Alan Jones

Balintawak eskrima



Alan Jones was born in Rainworth Nottinghamshire on the 11th of October 1959. His introduction to martial arts was around the age of 12 when a neighbor asked if he would like to go to Judo with him, having an interest in fighting he decided to go along. Alan was tall for his age and always ended up fighting the seniors, he continued to train in Judo for the next few years this provided an excellent grounding for what was to follow. As his interest grew in combat arts he would join any club regardless the style that came to his village as one instructor put it, he must have been the most experienced white belt in the country.

Alan finally settled into Wado Ryu Karate at Mansfield Karate Kai. This was known as one of the strongest fighting clubs in England. Under the guidance of Johnny Martin and David Allsopp he trained and fought for many years, finally attaining his 3rd Dan under Tatsuo Suzuki.

Having attained his 3rd Dan Alan began to question his depth of knowledge observing that all the different styles of Karate, Taekwondo etc, were all basically doing the same thing, practicing Kata without knowing their true meaning all applications. Every one was punching hard kicking hard, nothing wrong with that, but he believed there was a greater depth to be discovered, after all Karate was a civil martial art devised for personal protection not the combat arena as so often thought and practiced.

So in the early 1990s he began to research the side of karate not often taught in the mainstream at this time Kata and its hidden bunkai. During this research period he met Ian Hallam at a seminar in Nottinghamshire. Ian, a 1st Dan in Ju Jitsu was researching separately, having a keen interest in the practical applications of Martial Arts being a serving police officer at this time having daily contact with difficult and violent situations. A training partnership was formed during this period that has lasted to this day.

While engaged in this research he met Master Willie Lim who was holding a series of seminars and workshops with in the UK. Hungry for more knowledge Alan and his friend Richard Cotterill, arranged to train with Master Lim at his home in Arizona to study kata bunkai and Tai Chi. While there, Alan saw some rattan sticks lying around and asked Master Lim if he practiced Arnis. He replied that he had been taught Balintawak by Grandmaster Bobby Toboada, an exceptional martial artist from the Philippines. He showed us a video of Bobby demonstrating his art in New Zealand. From that moment on Alan and Richard was hooked. We urged Master Lim to teach us the Balintawak basics as well as Tai Chi and bunkai. On our return to the UK, our group would get together as often as possible to train in the Balintawak basics and Kata bunkai.

The following year we arranged for Grandmaster Tobaoda to come to the UK to teach a small group. Once here, Balintawak Arnis was a revelation. Grandmaster Tobaoda was an excellent teacher. Displaying incredible speed, power and timing; in addition he showed immense control of himself and his opponent along with warmth of character that made training with him immensely enjoyable. A series of visits occurred over the following years in which the system of Balintawak was given to us.

Alan and Ian's work patterns enable them to put in a lot of training time. The relationship over the years has benefited from a mutual commitment to research and the development of Balintawak Arnis. They openly accept each other's ideas and views, testing and evaluating to find the strengths and weaknesses in what they have discovered. Alan said we look at all Martial Arts to find the common denominators, irrespective of style or weapon. These insights are then brought back into the matrix of Balintawak Arnis, as they find that in this way a deeper understanding of the Art emerges.

Alan refuses to get drawn into petty thinking that this or that style of martial art is the best. In every Martial Art we all have the same basic equipment, our bodies. As an example of this Ardant du Picq, said in *Battle Studies*, 1870 "*Man is the first weapon of battle.*" Therefore initially training is geared to ensuring that the student uses their body to the best advantage. Often what would appear to be the simple matter of getting a student to move correctly and efficiently is the most difficult task, but the method we use ensures success in this area. To enable this we have examined the biomechanical aspects of movement and its relationship to the ground, sometimes to emphasize this we make reference to other arts or sports to examine this from other directions. For example, how you walk; you must push back to go forward, or left to go right. Once you understand the structure, then you can start to understand how to take this structure apart, know yourself then you will know your opponent.

Balintawak Arnis uses natural movement; it does not emphasize extreme stances or unnatural movement in any way. When we train a student we define and include the essential factors, laws and principles that govern movement. For example we will use principles and elements from Tai Chi, the use of slow deliberate movements installs muscle memory and allows for self-checking, and feeling the body's alignment and balance are all assisted by moving slowly. Moving quickly will produce poor structure and form, without an efficient structure, form and power will be reduced along with mobility. To produce power without windup and not showing the intention to strike is constantly asserted in offence and defense. We link the knowledge of physiology and the way joints move, the way the body responds to pain, or unbalancing, and instill into the student for every action there is a reaction.

After basics, Balintawak Arnis is performed, in effect, as a two-man set. Both parties are performing within the individual's sphere of defense. As a result distance,



Master Jones and Grandmaster Tobaoda

timing and sensitivity are examined at an early stage, resulting in an appreciation of what are difficult concepts to convey in other ways. The use of two-man sets mimics combat in a safe way, thereby enabling confidence to grow.

The system begins with a prearranged pattern, (referred to as one to twelve) this exposes the student to the threat of the weapon, but in a way that takes away the potential danger. As confidence increases then the pattern is broken and the speed is increased gradually. This early break from prearranged to broken pattern is crucial; there is a proverb, which illustrates this point "Habits are at first cobwebs, at last cables." Without this use of a broken pattern, the student becomes locked into a drill from which he cannot respond once a variation is encountered. We train students to become comfortable with the level of threat without losing control of themselves or breaking their own structure, getting them to function without panic however vicious the attack. This is done in a controlled manner. To simply thrash a student would promote negative reactions such as blinking, flinching or turning away, creating a person pre-programmed to fail. This method should condition students to the point that their response becomes reflexive.

Further to this it is necessary for the student to begin to feed in the early stages. As the student becomes more confident in his abilities he is taught to self assess. The act of feeding the technique becomes an act of controlling the opponent. It will encourage the recognition of openings and the creation of them, as well as promoting a tight defense. At this stage the student who is feeding can then see counters that he is shown and then will begin to discover others for himself. We show the student that "in the middle of every difficulty lies opportunity" this attitude linked to a mentality of never contemplating defeat, hopefully instills an ability to overcome problems in a fluid manner as they arise.

The system ultimately moves to what are referred to as the 5 groupings. These groups primarily represent some of the common problems that are experienced at close range and offer; not just the obvious solutions presented, but hint at deeper areas of study for development. This is the central stick based core, but in addition various portions of the system study distance, empty hand and other weapons along with the enhancement of reflexes and body mechanics. It has been our experience that the groupings are there to answer combats problems, such as grabbing, has been upheld. Within the groups the answers will appear the counter to the counter, the attacking and countering become almost as one, in an unbroken chain.

From our personal perspective the study of Balintawak Arnis will never end, as questions can always be posed, situations will always test and much like chess, playing the game is easy, playing it well is a completely different game. From that point of view we will always be learning and discovering something always seems to appear from just under the next layer. The system of Balintawak Arnis as presented could be seen to be very like a net, the threads seem to radiate out to points, which in turn radiate again. These threads run parallel and on occasion re-converge again, along the way counters are discovered, take downs are performed and disarms produced. It would appear to be infinite. The future for our study lies in the area of the grouping system and integrating the basic strikes and defenses into situations relating to locking and controlling, along with take downs. We achieved this by breaking the system into sections, or components and re-assembling these elements to find new or different answers to combative problems.

I feel grateful to Grandmaster Bobby Tobaada, the people who have supported trained and assisted us in the past, and feel that anything I and Ian may have achieved so far, is down to their guidance and our efforts.

It is our aim to further promote Balintawak Arnis in the United Kingdom and Europe, as given to us, by Grandmaster Bobby Tobaada, with the addition of our research and personal view of what Balintawak Arnis has become for us.



www.internationalbalintawak.com

Master Steve Tappin

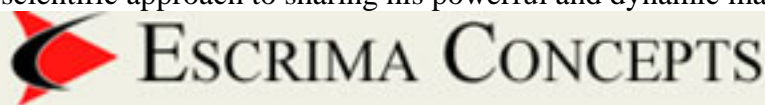
Escrima Concepts

Master Steve Tappin is Chief Instructor and Examiner for the Escrima Concepts system of Filipino martial arts. Starting his martial arts career in 1972, Master Steve's introduction to the Filipino martial arts came in 1976 when training with Grandmaster Rene Latosa began.

A pioneer of the Filipino martial arts in Europe, Master Steve was a competitor in the early tournaments during the late 1970's and early 1980's. During the early days, Master Steve soon became convinced by the honesty of Escrima, which at that time appeared to be way ahead of its time.

Master Steve worked as a fire-fighter for the London Fire Brigade between 1978 and 1989. This work, along with security employment put Master Steve in many dangerous situations and he soon realized the importance of how the body works so that he could apply this knowledge to his study of Escrima. During the early 1980's, Master Steve had a serious accident which resulted in a back operation. During a lengthy rehabilitation period, Master Steve was able to apply his knowledge of body mechanics to gaining a deeper understanding of the finer aspects of training in Escrima.

Drawing on the past methods of our forefathers within the Filipino martial arts, Master Steve applies modern concepts and methodology in a highly structured format, aimed at producing high quality instructors and students of Escrima. The fact that Master Steve travels constantly around the world promoting Escrima is a testimony to his structured and scientific approach to sharing his powerful and dynamic martial art.



www.escrima-concepts.com



Sunday July 15, 2007

Tuhon Pat O'Malley - San Miguel Eskrima and Rapid Arnis International

Master Shaun Porter - Lightning Scientific Arnis

Lunch

Master Jay Dobrin - B.I.F.F. UK

Punong Guro Jun Pueblos - LAMECO Eskrima

Tuhon Pat O'Malley

Chief Instructor of Rapid Arnis International

7th Degree Rapid Arnis

6th Grade Black Belt Doce Pares Original Multi Style Eskrima

European Representative for San Miguel Eskrima

Founder of the Black Eagle Society

Member and UK Representative: Philippine Council of Kali Eskrima Arnis Masters

Vice President & Co Founder: British Council of Kali Eskrima Arnis Instructors

Sports & Cultural Affairs Representative: World Council of Peoples for the United Nations.

After many years of study, Pat teamed up with another top UK Eskrimador John Harvey to devise and formulate the Rapid Arnis Systems as they both felt at the time the Filipino martial arts in the UK was somewhat lacking when it came to teaching the general public the real art of the Philippines. Pretty soon Rapid Arnis became popular right across Europe and was recognized by many as being the leading group when it came to both the authentic Filipino martial art of Arnis / Eskrima and the sporting side of the art and to date has produced more British, European and World full contact Eskrima Champions than any other organization in Europe.



Tuhon Pat O'Malley with Guro Keith James

Master O'Malley has over the years built a reputation of being one of the leading figures for Authentic Filipino Martial Arts in Europe and to date he has been author to over 50 related articles about the authentic Filipino martial arts in many major martial arts magazines. Master O'Malley has also appeared many times in the Filipino national news papers and television as well as many local UK TV news programs and news papers around Great Britain and Europe. More recently Master O'Malley was involved with the BBC Martial Arts Game Show Series "Masters of Combat" where he worked as the weapons handler which also involved teaching skills to many of the competitors. He has also unselfishly advised the BBC and other TV documentary channels such as the

Discovery Channel and the BBC on numerous occasions with regards to seeking out the real Masters of the art in the Philippines.

Over the years Master O'Malley also built up a reputation as being one of the most formidable full contact stick fighters both in and out of the armour, before retiring from competition in 2002 after winning over 40 full contact titles, his record of over 300 fights with only 9 losses is a record many only dream of achieving and he puts this down to learning the real art from the people he has had the unique opportunity to train with.

Over the years Master O'Malley was heavily involved in WEKAF (the World Eskrima Kali Arnis Federation) which is based in Cebu City, Philippines. As well as being one of the main British Team Coaches Master O'Malley rose to the position of World Vice President and also was recognized as an international tournament director, Master O'Malley was also responsible for advising and involving other countries in to the WEKAF tournament scene including, France, Germany, Denmark, Sweden, and Ireland. Master O'Malley was also appointed World Tournament Director at the World Championships that were held in Manila in 1994. Master O'Malley retired from the organization in 2002 but he still coaches his own students for the WEKAF events and other tournaments including the World Arnis Alliance (World Kali Sports) Championships that was held in Manila in December 2005 and 2006.

Master O'Malley is also a member of the oldest Eskrima club in the Philippines (Doce Pares) and has trained with many top instructors and Grandmasters from the Philippines and around the world. The list of instructors that he has trained with or have influenced him and played an important role in the development of Rapid Arnis as a whole are recognized world wide as being amongst the best there is in the FMA. These Masters include: Grand Master Dionisio Canete (whom Pat feels is his main influence) of Doce Pares "Multi Style" Eskrima, Grandmaster Momoy and Kano Canete of San Miguel Eskrima, Grandmaster Albert Sales of Serra Todo Arnis, Master Jo Borces of Eskrido, Grandmaster Nick Elizar of Nickelstick Balintawak Eskrima, Grandmaster Ondo Caburnay of Lapunti Arnis De Abanico, Grandmaster Remy Presas of Modern Arnis, Grand Master Borin Heyrosa of Balintawak Eskrima, Grand Master Navales of NAKEG, Master Dan Nalasco of Doce Pares Original, Master Loloy Bonifacio of the B.D.U. system, Master Bill McGrath of Pekiti Tirsia Kali, Suro Mike Inay of Inayan Serrada Eskrima, and of course his first instructor Master Bob Breen of Jeet Kune Do / Kali fame to name but a few.

Master O'Malley was the first European to be inducted in to *the Philippine Council of Kali Eskrima Arnis Masters* and is now the official UK Representative for the Council as well as being the main driving force and Vice President and Spokesman for the *British Council of Kali Eskrima Arnis Instructors*, in December 2006 he was also appointed *Sports & Cultural Affairs Representative: World Council of Peoples for the United Nations* for the Special Emissary in the Asia office which has it's offices in Manila, Philippines, and this position is now registered at the United Nations Head Quarters in New York ,USA. Such is his dedication to the Filipino martial arts.



www.rapidarnis.com



www.eskrimador-supplies.com

Master Shaun Porter

Lightning Scientific Arnis

Born and raised in Manila, Shaun Porter started martial arts when he was eleven years old. He got interested in Arnis at fourteen when there was an Arnis demonstration at his school (in Manila). Shaun would train with the sticks with a school friend who was a couple of years older than him. They practiced blocking, striking and techniques.

He later studied some Chinese and Korean systems. But his real Arnis education began when he was living in Manila. Shaun was fortunate enough to be living very close to Master Agripino Mayuga. Master Mayuga was Grandmaster Ben L. Lema's senior student. Shaun was soon introduced to Mang Ben and began his Arnis studies; traveling, training and teaching with Mang Ben on a daily basis. Mang Ben and Shaun would meet everyday and travel to all the different groups that Mang Ben had in Manila. Sometimes we would travel to the countryside and stay there for several days doing the same thing, training, training and more training.

During these years Shaun had with Mang Ben he learned as much as he could. He would be with Mang Ben during the day and at night he would write down and practice all the things that he had learnt that day, so he could take on more knowledge the following day. There was often something different to learn.

Mang Ben passed away on January 5, 2003. Maser Shaun Porter misses him every day.



Master Shaun Porter and
Master Romy Valenzuela

Punong Guro Peter Lewis

Head Instructor to the Zu' Bu Kali Ilustrisimo WHQ

Senior UK Representative for Bakbakan International.

Director of the British Council of Kali Eskrima Arnis Instructors

England representative for the Philippine Council of Kali Eskrima Arnis Masters



Born on 28 February 1960, Peter first encountered martial arts at the age of eight years, when a local police officer gave basic self-protection lessons at a local youth centre. However, it was not until 1973 that Peter's formal journey in martial arts commenced with Judo.

In 1974, Peter took up Karate with a local Wado Ryu instructor. Peter continued to train in both Judo and Karate until 1976, when a broken clavicle resulted in him stopping Judo training altogether. During 1979, Peter entered the first FEKO National Tournament and totally outclassed

all opponents in his category. This was another turning point as Peter realised that he wanted more from his training. During the early 1980's, Peter trained at the highly respected Suzuki Karate School in Birmingham, under the guidance of Shizuo 'Peter' Suzuki 6th Dan. This club closed during the mid-1980's due to the declined health of Suzuki Shihan.



Always keen on the practical aspects of the martial arts, Peter has for many years taught many front-line people, including police officers, armed forces personnel and survivors of rape or sexual abuse. Constantly seeking to improve his skills, Peter started training in the Filipino Martial Arts (FMA) in March 1995. Learning the Warrior's system of Eskrima, Peter totally immersed himself in learning the FMA and soon became the most senior student of Guro Krishna

Godhania. Peter introduced the Filipino martial arts to the South-West Midlands region in August 1995.

Constantly seeking more, during 2003 Peter received very intensive and in depth training from Grandmaster Epifanio 'Yuli' Romo of the Kali Ilustrisimo system. This was a major turning point for Peter, as he finally started to answered questions that had concerned him for almost three



Punong Guro Peter Lewis with Guro Keith James

decades, finding the antithesis of all previous practice.

Peter is now the head instructor to the WHQ of the Bahad Zu' Bu system of Grandmaster Yuli Romo and the Senior UK Representative of the revered Bakbakan International Organization Headed by Master Rey Galang and Master Christopher Ricketts.



Punong Guro Peter Lewis at the Bakbakan WHQ



www.isfma.eu

Master Jay Dobrin

British International Fighters Federation, (B.I.F.F.)

Master Jay Dobrin is a leading pioneer of the Filipino Martial Arts in Europe and was one of the first three people to receive instructor status from Grandmaster Rene Latosa during the 1970's.

Master Jay began his martial arts career during 1970 when he commenced training in the Chinese martial art of Wing Chun Kung Fu under the guidance of Grandmaster Brian Jones, himself a closed-door student of revered instructor of Wing Chun, Greco Wong.



It was 1974 when Master Jay gained his first insight into the Filipino martial arts. During a training session at the club of his instructors, Grandmaster Brian Jones and Professor Bill Newman, a large Filipino entered the club asking for permission to watch the training. This was Grandmaster Rene Latosa, who was posted in the UK at that time as a member of the American Air Force. Master Jay and his instructors were extremely impressed at the skill of Grandmaster Rene and his ability to apply powerful, yet graceful techniques using sticks, knives, razor sharp machetes or anything else that he could find as a weapon. The next three years saw very intensive training with Grandmaster Rene Latosa, leading to the award of instructor certification.



In 1978, Master Jay travelled to Stockton, USA to train with some of Grandmaster Rene's instructors there. During this visit, Master Jay had the great privilege to train with Grandmaster Leo Giron and Master Dentoy Revillar. Upon his return to the UK, Master Jay asked permission from Grandmaster Rene to establish his own group. This resulted in the forming of the Inner London Martial Arts Society (ILMAS), which later became the

British International Fighters Federation (B.I.F.F.) as the popularity of Master Jay's teaching methods spread worldwide.

During the 2nd Filipino Martial Arts Festival in July 2007, hosted by the British Kali, Eskrima, Arnis Instructors, Grandmaster Brian Jones of the Philippine and British Martial Arts Society (PBMAS) presented Jay Dobrin with a Master's Certificate. This is a fitting and long overdue tribute to a lifetime of dedication to the Filipino martial arts.



www.biffuk.com

Punong Guro Jun Pueblos LAMECO Eskrima



Punong Guro Jun Pueblos
and Guro Keith James



Punong Guro Jun Pueblos and Guro Eric Amada



www.lamecoeskrima.com



Master Anton St'James

Cacoy Doce Pares Eskrima



Master St'James began training in the martial arts in 1971 at the age of 14. His first introduction to martial arts was through the sport martial art of Judo this was at the time when there were few martial arts clubs around and Bruce Lee was about to change everything. At 16 he began training in White Tiger Gung-Fu his instructor was the Uncle of a school friend, unfortunately after 18 months the club closed as the Uncle returned to Hong Kong. Undeterred by this Master St'James found a Karate Club near to where he was now working and began training in the Japanese system of Shotokan Karate.

At 19 he moved from London to Buckingham where he took up the Korean martial art of Tang Soo Do, the style he remained in for some 8 years gaining he 2nd Degree Black Belt under Master Kang Uk Lee.

In 1979 he was introduced to Muay Thai when Master Toddy held the first UK Thai Boxing Camp in a cold November in Blackpool. Master St'James trained under Master Toddy for 5 years.

In 1980 he was introduced to the Filipino Martial Arts by Jay Dobrin and Phil Chennery, This was what he had been looking for. At this same time Guro Bob Breen was holding the first ever UK JKD seminar with the legendary Dan Inosanto, this was to have a dramatic influence on Master St'James' martial arts training over the next 10 or more years.

When the BBC TV series 'Way of the Warrior' hit our screen in 1982 the episode featuring Grandmaster Ciriaco 'Cacoy' Canete left a lasting impression and he vowed that some day he would travel to the Philippines to train under this Filipino Martial Arts Legend.

It was not until the mid 1990's that he finally had the opportunity to travel to the Philippines on arriving he headed straight for the Cacoy school and remained training there for six month before returning to the UK. On his return to the UK he set about opening his own full time Academy of Martial Arts in Plymouth, Devon.

Master St'James Black Belt Academy opened its doors for business in the year 2000 relocating to larger premises in 2005 the 4,000 square foot Academy now has a membership of 200 plus with classes in Kickboxing, Brazilian Jiu-Jitsu, Combat Submission Wrestling and of course the Filipino Martial Arts.

Master St'James has been returning to Cebu City almost every year since his first visit and as remained a dedicated and loyal student under Grandmaster 'Cacoy' Canete studying the Cacoy Doce Pares System of Eskrima (Korto Kurbada), Eskrido and Pangamot.

He is also a personal student of Grandmaster Federico Mendoza and is his representative for the UK and Europe in the San Miguel Eskrima Spada Y Daga System of Grandmaster Filimon 'Momoy' Canete. To avoid confusion amongst those who

practice the San Miguel Style Master St'James points out that his school is the Mendoza School (Grandmaster Mendoza is an original student of Grandmaster 'Momoy' Canete and was his demonstration and sparring partner for many years). The Mendoza school is also known as the World San Miguel Eskrima Organisation.

In January Master St'James was awarded his Masters Certification by Grandmaster Ciriaco 'Cacoy' Canete and has now formed Cacoy Doce Pares Eskrima UK as the official UK based Headquarters for the Cacoy Doce Pares Eskrima System.



www.docepareseskrima.co.uk

Master St'James Black Belt Academy

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Guro Tony Yarwood

Eskrima De Campo 1-2-3 Orihinal

Born in England in 1946 and from an early age was an avid boxer. In the late seventies he commenced his training in the martial arts with Ju-Jitsu which he did for many years. Later on he studied Thai kick-boxing and Wing Chun.

When he was about 52 years of age and training just over a short period of 18 months he was involved in three real fight street situations. All of these were with young thugs aged in their early twenties, fortunately his martial art background stood him in good standing and he came out of each situation with minimal damage, besting his aggressors. However these incidents brought home a couple of truths, first young hoodlums were getting bigger and stronger, secondly he was getting older. This awakened a thought of fighting with a weapon, in particular a stick. So he sought out Grandmaster Danny Guba in London who taught him Doce Pares.

Being semi-retired this allowed him to start spending 5 or 6 months a year in the Philippines where he trained at the Doce Pares headquarters in Cebu City.

While Tony was in Cebu he came across Eskrima De Campo 1-2-3 Orihinal, he was



Guro Tony Yarwood is with Master Romero Nillas

instantly captured by the art's simplicity and extreme effectiveness, he then became very interested in this particular style of Eskrima.

Romero "Dodong" Nillas (decampo123.s5.com/custom.html) was his first formal mentor in De Campo. He is the first cousin of Grandmaster Manuel Caballero who still teaches the original style of his father Grandmaster Jose D Caballero.

Tony was fortunate enough to be taken on by Romero and trained with him for two hours everyday for many months. This year he was awarded an instructors certificate by Manuel Caballero and Romero Nillas.

Guro Alan Orr

Integrated Eskrima



Guro Alan Orr has an extensive background in the martial arts and health practices of the Far East. Holding Master status in Chu Sau Lei Wing Chun Kung Fu and Chu Sau Lei Family Boxing, Guro Alan is a qualified Acupuncturist and Master Level Practitioner of Tui Na Chinese Massage and Joint Manipulation Therapy. Guro Alan has travelled worldwide in search of increasing his skills and knowledge, gaining Acupuncture qualifications from the Chinese Academy of Traditional Chinese Medicine (Beijing).

As UK representative for Integrated Eskrima and Kalis Ilustrisimo under the Wiley Eskrima International Association, Guro Alan works tirelessly to promote the Filipino martial arts, regularly hosting Dr. Mark V. Wiley for seminars in Integrated Eskrima, Integrated Knife Fighting, Kalis Ilustrisimo and Cables Serrada Eskrima.

In popular demand, Guro Alan is a columnist for Martial Arts Illustrated, having written many articles on various aspects of the martial arts. In 2005, Guro Alan supported the health, fitness and security needs of Duran Duran during their 12 week tour of North America.



Guro Alan Orr
and Mark Wiley

Constantly challenging himself in his pursuit of excellence, Guro Alan is currently studying towards a PhD in Martial Arts Philosophy.



www.alanorr.co.uk



www.bckeai.co.uk

British Council of Kali Eskrima Arnis Instructors

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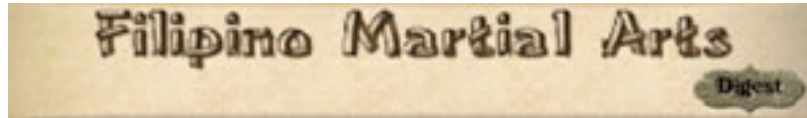
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