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Advanced Martial Arts and Fitness

AMAF Dojo News

Intensive cross training boosts FMA skills as...

MAY 2011

Tour team returns to AMAF

Members of the Advanced Martial Arts and Fitness Kali Sikaran stick and knife fighting team have returned from an intensive training tour of the Philippines.

The team trained with legendary martial artists Guro Hanshi Tino Ceberano and Master Rodel Dagooc, among others. They were exposed to FMA styles including Modern Arnis, Yaw Yan (Filipino Kickboxing and close quarter fighting), Pekiti Tirsia Kali, Nickelstick Balintawak Eskrima and Lapunti Arnis De Abanico.

AMAF school owner Mike Waite, who led our tour team with Kadua Guro Beki Kapetanovic said the group had gained invaluable skills from cross training in the many FMA styles. Students were regularly tested under pressure to ensure their competence and understanding of techniques. Training consisted of two 2.5 hour sessions each day. For extended coverage of the tour please see our FaceBook page. Meanwhile, selected notes and photos from the experience are on page two.



Group photo with Grandmaster Nick Elizar and his students in Fort San Pedro, Cebu the smallest and oldest tri-bastion fort in the country.



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Explorer: FMA training in the Philippines

Nickelstick Balintawak Eskrima:

Three days of super intensive training sessions with Grand Master Nick Elizar (63) and his sons Masters Norman and Neil.

Brains are scrambled and we're suffering heat exhaustion too. We were taught 12 basic strikes and blocks, the eight power strikes, traps, locks and hand releases. There were seven disarms and variations off five different angles (too many to count), counter disarms, counter counters and a flow drill off which everything fits, I learned more in three days than I could possibly have imagined.

Lapunti Arnis de Abanico: Three

days of two 2.5 hr training sessions with GM Ondo Caburnay's newly appointed 8th dan student, Master Jun. The system involves twisting and turning to create torque in the body and therefore power in whipping strikes. Much of the style relies on Abanico strikes with thin lightweight sticks.

Pektiti Tirsia Kali: Trained with chief instructor Kit Acenas (Agalon). PTK is a combative system that focuses on close quarter fighting with edged weapons.

We had the opportunity to train with PTK practitioners from around the world and learned many new sword and knife techniques.



Masterly achievement

Above: Grand Master Ernesto Presas Jr presents Guro Mike Waite with his achievement certificate after successfully grading to 5th degree black belt in Kombatan Arnis at the International Philippine Martial Arts Federation (IPMAF) camp held earlier this month. Guro Mike is now officially ranked Master Level Lakan Lima in Kombatan. He already holds the ranks 5th degree black belt in ZenDoKai martial arts (Shihan) and 5th degree trainer in BJC Muay Thai.



Photo left - Lakans: (l-r) Guro Mark Ganut, Guro Mike Waite, Guro Jeff Cajigas (whom AMAF raised money for two years ago to replace belongings lost in severe flooding in the Philippines), Guro Rainer Benjatschek from Germany and Guro Reynaldo Calang at the IPMAF camp in the Philippines.



Above: Nickelstick Eskrima - Master Norman



Above: Training with Master Rodel Dagooc.



PTK group photo with Agalon Kit Acenas (left) and his instructor Tuhon Rommel Tortal (centre)

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ZDK / Weapons:
Shihan Guro Mike Waite
5th degree black belt ZDK / Muay Thai,
5th degree black belt Filipino Martial Arts.



BJJ / MMA: **Sensei Fabio Andrade**
Brazilian, GFTeam, third degree black belt
BJJ, black belt submission wrestling and
brown belt Judo.



Muay Thai: **Chao**
Former professional Thai
Fighter - The Saint Fighter has
over 260 Muay Thai fights