



# Malay Fighting Arts

## *Newsletter*

October, 2009

Photos by



*Instructors in order they instructed in the conference. Guru Jim (Malay Fighting Arts) Bottom Row, 4<sup>TH</sup> from the left, Dennis Wright (Kenpo) Top row, 6<sup>TH</sup> from the left, David Vargas (R.A.V.E.N Combat) Bottom Row, 7<sup>TH</sup> from the left, Sifu/Guro Dave (Dynamic Fighting Arts) at the end of the bottom row, and John (Firearms Instructor ) 5<sup>TH</sup> in Top Row.*

What can I say about this conference, **ONE HELL OF A TIME!!!** I hopped a plane to go to Chicago kind of unsure of how this would actually turn out. I had questions in my head like;

- What will the turnout be like?
- How are the other instructors, Friendly, or Arrogant?
- How will I deal with attitudes?

Once I got there I found that each instructor even though they are some of the best in their field is the most humble people I have ever met. Even though the turnout wasn't what David Vargas wanted, it was still a good turnout that was a blast to train. As far as attitudes, not with this group of students that came eager to train.

On the first day I was informed that I was going to lead off the conference. I took this as a great honor because I was tasks to set the tone for the whole conference. The night before I asked God to help me with this conference, and help me give the very best class I can. As always, God helped through the conference, and it was one of my best classes ever. Once I set the tone for the conference, I was followed by instructor after instructor just as good as the next.

## DAY 1

On the first day I taught Raja Hati (Royal Heart) Silat because David asked me to teach that system at the conference. The day I was scheduled to leave for Chicago, I got a call from David. He was asking me to also teach Harimau (Ground Tiger) also because they don't have anyone that teaches it in their area. So I was now trying to figure out how to transition from Raja Hati to Harimau while not breaking the follow of the class. I thought that there is a section of the Raja Hati where I go to one knee position, problem solved.



Since there was a high number of Law-Enforcement, as well as, Guardian Angels at this conference, I taught them to deal with surprise attacks from suspects. I have them standing in the Interview Stance (Facing the Suspect hands grasped in front), then had to student playing the attacker to strike, or kick the Officer. The Student playing the Officer would use the Raja Hati to deal with the incoming attack.



Once the students got that pretty good, I showed them a takedown and a finishing move. I didn't go into any handcuffing techniques because I want to show how to use Raja Hati from the ground and Harimau. I told everyone that I guarantee 100% if they studied my art and **NEVER** got into a fight they would **NEVER** be hit. However, if they have to use this art to be ready to be hit because that's the nature of combat. I told them to pretend that I was struck, or slipped and fell to the ground. I showed the student how to keep using Raja Hati, and how to stay in the fight.

Once my first class was half over, and we were on the ground any ways, we went into Harimau. So I showed them how to go from Raja Hati defense into a Harimau Attack. Once I was in my one knee

position, Mas Aaron (My Partner) would attack me with a front, or round kick and I would defend and count his attack with Harimau. **See Below:**



Now of course I didn't just having them do the technique. They also had to do the techniques on pads so they can get the power behind their techniques. Once they got the basic concept of the technique on the pads, then they practiced on a partner. Even though I told them to be careful, and these techniques hurt even if done slowly, some had to try. Yep, they found out the hard way that they do in fact hurt. Sometimes teaching is like tell a 2 year old not to touch the fire because it will hurt. Turn your back for just a second, and all you hear is, OUCH!!! **(SHUT UP TONY)**

## DAY 2

This day was a very interesting day to say the least. I start this class teaching Harimau since David wanted to learn more, and the students were just eating it up. This one hour class was cut short because of the guy getting stabbed in a knife fight across the street from where I was teaching. I did say that we were in Chicago, right? What was funny to me was the next class was on Knife Fighting. Don't worry he is going to be alright. He was sitting up talking to the Paramedics. However, he should have come to the class first, he might have won.

When it was time for me to leave and go back home I had split feeling. A big part of me wanted to go home to my lovely wife, but part of me didn't want this weekend to end. I not only had a great time at this seminar, but I made some new friends. Sifu/Guru Dave and I are planning a joint seminar in Cincinnati, Ohio next year.

I did tape my section of the seminar and I'm going to edit it into a MFA Seminar DVD. I'll let everyone know when it's finished. However, until then the Guardian Angels videotaped themselves at the conference and posted it to youtube.

LINK-> <http://www.youtube.com/watch?v=RIqKbseavYI>

**ENJOY!!!**

