

## **Eskabo Da'an and New College of California**

May 19, 2007  
777 Valencia St.  
San Francisco, CA.

### **Professor Leo Fong - Wei Kune Do**



The art of Wei Kune Do is Master Fong's martial arts style. It is a personal approach based on concepts and laws of science. It is based on physical, mental, emotional and spiritual principles. Wei Kune Do strives to be spontaneous, to develop perception and insight, to harmonize with your opponent's attack.

It was Jimmy Lee who introduced Master Fong to Bruce Lee. That meeting began a nine year friendship with Bruce Lee as the two compared notes and exchanged ideas about martial arts. Bruce Lee's fascination with boxing began with Master Fong's coaching him in its techniques and theory. Much of what was to become Jeet Kune Do evolved from their many exchanges.

In 1964, Master Fong was transferred to Stockton, California where he met and trained with the Master Angel Cabales in the art of Escrima. This study was continued when he met Remy Presas in the Philippines in 1974.

Professor Fong did 2 sessions, one in the morning and another in the afternoon, focusing on Wei Kuen Do angle of attack. Working on angle #1 which consisted of 11 techniques which included, jabs, hooks, upper cuts, and back fists. At the end of the seminar Professor Fong stayed around for a discussion on the theory of what he taught and the philosophy of energy base pressure point fighting.

### **Punong Guro Steven Dowd - Arnis Balite**

Punong Guro Dowd the inheritor of the Arnis Balite style from the Aguillon family, commenced by explaining the very basics of Arnis Balite. Pitong Hampas (7 strikes), Limang Patusok (5 thrusts) Unday Salag (swing blocks), Kalasag Salag (shield blocks) and then went through angles and the philosophies of attack and defense.

Continuing Punong Guro Dowd had the participants practice Huli Lusob (capture, trap, and attack). This all led up to participants using all they had learned to execute a reaction to action exercise, which each used the action of the other to counter and then counter-attack in a continuous flow of movement back and forth.



### **Grandmaster Lito Concepcion - Kombatan**



Master Lito Concepcion was introduced to Great Grandmaster Ernesto Presas in 1994 and received private instructions from Grandmaster Presas. With the encouragement of Great Grandmaster Presas, Master Concepcion began teaching and established the Concepcion Combative Martial Arts Academy in Vallejo, CA. Grandmaster Lito Concepcion has proudly won at the regional West Coast WEKAF tournament in Anyo/Forms/Carenza and

Sparring.

Grandmaster Lito Concepcion demonstrated Classic Arnis combat then the contrast with the Modern Arnis of Kombatan. In a second session Grandmaster Concepcion worked with participants in espada y daga techniques from Kombatan.

Grandmaster Concepcion (Kombatan) was promoted to 9th Dan (degree) by Great Grandmaster Ernesto A. Presas, just recently during the IPMAF World Training Camp, held in Hinigaran, Negros Island, Philippines April 23 - May 7, 2007

### **Grandmaster Robert Castro - Eskabo Da'an**

Grandmaster Castro studied under Grandmaster Angel Cabales, the father of Cabales Serrada Eskrima, and Great Grandmaster Ernesto Presas the Founder of Kombatan. Castro began fusing Serrada and Kombatan with elements of other systems to develop his own system, Eskabo Da'an. The system is heavily based in the Filipino stickfighting arts of Serrada eskrima, kali, and modern arnis, but it also incorporates elements of jujitsu, boxing, and jeet kune do. The strength of the art lie in its speed, precision, and economy of movement, features which have attracted practitioners from other systems as well as martial arts novices.

Grandmaster Robert Castro demonstrated Eskabo Da'an 'stick ju-jit-su' showing take-downs (dumog) , locks and disarms utilizing the stick and empty hands to execute the techniques. He then had the participants go through the basics of Eskabo Da'an 'stick ju-jit-su'.

Grandmaster Castro (Eskabo Daan & Kombatan) was promoted to 9th Dan (degree) by Great Grandmaster Ernesto A. Presas. Grandmaster Castro and Eskabo Daan were also honored to be inducted to the Philippine Martial Arts Hall of Fame and Filipino Martial Arts Museum at the IPMAF World Training Camp, held in Hinigaran, Negros Island, Philippines April 23 - May 7, 2007



**Special guest were:** Grandmaster Al Novak, Grandmaster Max Pallen (**Senkotiros**), Grandmaster Emil Bautista (**Nor Cal HQ K.S.D.I.**), Sigung Anthony Ramos (**Wahiawa Kajukenbo**), Professor Mike Morell (**Portland Eskabo Da'an**), Master Ray Cordorba

and Master Alex France (**Kombatan**), Punong Guro Professor Jim Hundon (**Universal Martial Arts Academy/IESA**), dropped by in the morning to say hello, pay respects to Professor Fong and give support to the seminar.

Eskaboda'an gives special thanks to Professor Leo T. Fong, Punong Guro Steven Dowd and Grandmaster Lito Concepcion for a great training experience. Thanks to all of you who came out to support the seminar we of Eskaboda'an really appreciate your help and participation.



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