



The Ola'a-Nalo Times

Newsletter Issue Number 5, Summer 2013

Have a Great
Summer
Train hard
Train Safe



THE JUNGLE VINE

WHAT'S COMING UP THIS YEAR

Mainland Seminars

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Davenport Iowa 2013

The public seminar will be held on
Sat & Sun July 20 & 21 from 9am-4pm

There will be a ONE workshop on
Thur & Fri, July 18 & 19, 10am-3pm

The workshop is exclusively for ONE
instructors and students for rank testing

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Southern California

This seminar is scheduled for Sept 2013
(The exact date & location TBD by July)

The 7th Annual Maui Open

will be held on Sat-Nov 02, 2013.

The venue at the Westin Maui Resort & Spa
is confirmed. More information will be released
this summer on room rates and other details.

The Maui Open is Hawaii's largest multi-style
martial arts tournament, do not miss it.

Volcano Trip

We hope to organize a trip this year to visit the
Hawaii Island volcano and give observance to
Madam Pele in behalf of GGM Pedoy & Derobio.

Let me know if you want to join in on this trip.

If you stay involved in a martial art long enough
you will learn about its past, be involved in its
present and hopefully help shape its future.

Thank you for your contributions to the
Filipino Martial Arts & Ola'a-nalo Eskrima.

Mahalo and Aloha,
Master Ron

Back to the Roots of Eskrima

Perpetuating the past while evolving to the future!

Recently I was discussing training with a good friend and fellow Eskrimador. I commented that our training at ONE was focusing a lot on the knife and he asked why the knife and not the Eskrima stick. I asked if he could recall the last time that someone was attacked with a knife. He said a week ago there was a stabbing and a few weeks before that there was another stabbing. My point exactly: I explained that I had made a conscious effort to focus on the most common assault weapon on the street. As an instructor it is my objective to teach a comprehensive street oriented martial art. While it is true that the stick is the traditional Eskrima weapon, the knife is the most common weapon on the street.

Lessons from GGM Braulio Pedoy

There is a story about GGM Pedoy being attacked many years ago in downtown Honolulu after a late night card game. As the story goes the GGM won all of another player's money and made some comments to the man about him losing his money. Shortly thereafter the man left the card game but unknown to GGM Pedoy the man was waiting outside to ambush him when he came out of the game. In the attack the man cut the GGM across his stomach, but fortunately he did not hit vital organs. GGM Pedoy was able to fight the man off until he managed to pick up a bottle lying on the ground and knocked his attacker out and then passed out from blood loss himself. He survived the attack but carried the scars from that incident to his grave. He often commented to us that if possible it was good to not make people angry at you because they may carry a grudge and someday comeback to take revenge upon you, when you least expect it.

Ola'a-nalo Eskrima is an
authorized distributor of
Bunal Brand FMA
Equipment.

