

A Journey of Experience



Patrick Armijo's first exposure to Modern Arnis was in 1985, at an Ed Parker seminar at Garrett's Kenpo Karate, in Sacramento, California. Professor Gary Garrett was his instructor at the time.

Professor Rick Alemany

presented Modern Arnis during the seminar and Pat was hooked. Ed Parker was a noted Kenpo Karate pioneer and innovator. He was also a supporter of Professor Remy Presas. Patrick Armijo was extremely excited about Modern Arnis and he found himself being drawn to Modern Arnis and the Filipino martial arts. Around 1985, he started studying Kosho Ryu Kempo with Hanshi Bruce Juchnik. Bruce Juchnik is an advocate of Filipino martial arts. He studied under both Professor Remy Presas and Grandmaster Angle Cabales. He holds a Lakan Apat (4th Black) in Modern Arnis. Hanshi Bruce Juchnik has hosted many large martial arts seminars called "The Gathering". Filipino martial arts have been well represented at these events by instructors such as Tuhan Ben Largusa, Grandmaster Ernesto Presas, Grandmaster Vincent Cabales, and

Grandmaster Carlito Banjoc. I was particularly impressed with Grandmaster Vincent Cabaes and his students.

Patrick Armijo moved to the Seattle area in 1992 and met Professor Remy Presas at a seminar hosted by Myrlino Hufana. He eventually started Modern Arnis training at the Bellevue Martial Arts Academy. Professor Remy Presas came to Bellevue, Washington, regularly to conduct a series of Modern Arnis seminars.

While attending a Professor Remy Presas seminar in Bellevue Washington, he was introduced to Datu Kelly Worden. It became immediately evident that Professor Remy Presas had great respect for Datu Kelly and his unique approach to Modern Arnis. One morning while having breakfast with Professor Presas, in 1998, Pat mentioned that he was moving to Bellingham, Washington, a small College City near the Canadian border. He was aware of a Modern Arnis Datu, residing in Vancouver, British Columbia. Pat asked the Professor if he could recommend anyone to help him further his studies and knowledge in Modern Arnis, without hesitation the Professor recommended that Pat seek out Datu Kelly Worden.

Once Pat was established in Bellingham he met Rick Rudy and they started a training program there. Pat later opened a school in Blaine, Washington. After Professor Presas passed



on, Datu Kelly Worden began hosting MARPPIO seminars and Patrick Armijo became involved with Dr. Remy Presas Jr. and his method of Modern Arnis. He was fortunate to meet Dr. Wilfredo Matias at the seminars. Sadly, we lost Tito Willy during the summer of 2007. Pat has been fortunate to be able to get to know Dr. Remy Presas Jr. he has grown to know that he is an excellent martial artist and a true gentleman.

In October, 2006, Pat went to Honolulu, Hawaii, with Dr. Remy Presas Jr. to help him with a seminar hosted by Master Ron England of the Ola'a-Nalo Eskrima group. They met Grandmaster Alfredo Bandalan and his chief instructor, Master Robert Garcia. Robert Garcia is a four time WEKAF world champion. At the seminar, Pat was able to introduce Professor

Feliciano "Kimo" Ferreira Founder of the Kempo Jutsu Kai to the eskrima group. Professor Kimo was raised in Waipahu, Hawaii, and has studied both Kempo and Eskrima. He was



invited to take the floor and Pat assisted both Professor Kimo and Dr. Remy Presas Jr. with their presentations. Patrick Armijo has been a member of the Kempo Jutsu Kai since 1998.



Among the early pioneers of Hawaiian Kenpo were Professor William Chow and Adriano Emperado. Filipino Hawaiian Sijo Emperado was one of the Founders of Kajukenbo. Later notable Kenpo pioneers were also Marino Ttiwanak, Sid Asuncion, Tony Ramos, Walter Godin, Joe Habuna, Sonny Gascon , and John Leoning. One of Adriano Emperado's favorite

sayings during the early years was, "*the training isn't over until there is blood on the floor.*" Professor Kimo studied under Walter Godin and later became one of his senior instructors. Professor Walter Godin studied Kajukenbo under Adriano Emperado.

Grandmaster Alfredo Bandalan is the Founder of the Bandalan Doce Pares Organization and he is one of the founders and current owner of WEKAF USA. Grandmaster Bandalan also has roots in Hawaiian Kenpo. Professor Marino Tiwanak received his Black Belt from Adriano Emperado.

Kajukenbo incorporates Filipino martial arts into the system. In 1976, Professor Tiwanak, founder of the Central Hawaiian Activities III (C.H.A. III.), awarded Grandmaster Bandalan his Chief Instructor ranking and designated him head of the San Jose Chapter of C.H.A. III Kenpo.

During Pat's early days of training in the Ed Parker Kenpo system, he trained in what he now recognizes as aspects of Filipino martial arts. He did not realize it at the time. Pat has had many discussions with Professor Kimo Ferreira and Grandmaster Bandalan about the Kenpo/Escrima connection. It was natural for Grandmaster Bandalan and Pat to gain an affinity because of our Kenpo/Filipino martial arts connection.

Recently, Patrick Armijo has attended seminars featuring Grandmaster Alfredo Bandalan, Grandmaster Vincent Cabales, and Dr. Remy Presas. This core group of recognized Filipino martial arts Grandmasters has a lot to offer to the Filipino martial arts community, here in the United States.

In an effort to share the Filipino martial arts in his community in northern Washington State, Pat was invited to start teaching at Shayne Simpson's Pacific Northwest Karate Center in September, 2005. NSI Instructor Bob McCluskey came to Bellingham, WA, to assist in the initial demonstration that helped stabilize the program.

In September, 2007, former Secret Service agent and Kenpo Karate instructor, Mick Jolly, opened Karate Quest.

Mr. Jolly and Pat have known each other since 1999 and they have dreamed about opening a martial arts school in Whatcom

County, Washington, for several years. Mr. Jolly is a member of the International Karate Connection Association (IKCA), a Kenpo Karate Organization founded by Grandmaster Chuck Sullivan and Grandmaster Vic LaRoux. Grandmaster Sullivan, is one of Ed Parker's original Black Belts. Chuck Sullivan, in turn, trained Mr. LaRoux. At Karate Quest, they teach both Kenpo and Modern Arnis.

Since Mick and Pat have opened Karate Quest interest in their programs has grown. They have had several seminars at Karate Quest featuring instructors like Punong Guro Steven Dowd, Grandmaster Alfredo Bandalan, Dr. Remy Presas Jr., Grandmaster Vic LaRoux,, and Professor Kimo Ferreira. Mick and Pat are planning to bring Grandmaster Vincent Cabales to Karate Quest in the near future. They also support the local law enforcement community and have had several training sessions



to support law enforcement training. Officer Brent Wagner and Officer Rob Ellsworth have active defensive tactics programs at Karate Quest. Mick and Pat constantly strive to make a positive impact on our local community.

In July, 2008, Pat and his wife Rebecca accompanied Grandmaster Alfredo Bandalan to the WEKAF world meet in Cebu, Philippines. They went to the birthplace of Eskrima and saw the Doce Pares

Headquarters and home of Supreme Grandmaster Diony Canete. They also went to Mactan Island, where Lapu Lapu and his warriors defeated Magellan. They met so many Grandmasters and Eskrima champions. It was a humbling experience.

In October, 2009, Professor Kimo Ferreira will host a seminar in Hilo, Hawaii, featuring instructors like Motobu, Chosei Sensei, Grandmaster Alfredo Bandalan, Grandmaster Vincent Cabales, Grandmaster Remy Presas, Jr., Master Kirk A'Gard and others.

Personally, when it comes to Filipino martial arts, Patrick Armijo strives to learn about the different Filipino martial arts styles, history, and culture. It is through the association with



The elders and Grandmasters that
 enriches his martial arts education.
 Fundamental qualities like humility,
 honor, respect and etiquette are
 important attributes to all martial artists.
 The Grandmasters teach these things
 through example. Pat realizes that it is
 important to have seniors as mentors
 and advisors. Humility is a core value that each martial artist
 should develop. The humble instructor appreciates what other
 arts and instructors have to offer. The humble martial artist
 understands that another martial artist can hurt or kill you. This
 fact needs real respect. If you are not humble, you have no
 respect for others. In battle an arrogant warrior may become
 fatally careless.



www.armijo-arnis.com

Bellingham Modern Arnis
 1420 Pacific Place, Suite B
 Ferndale, WA. 98248
 (360) 224-0232



www.armijo-kempo.com