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**GRANDMASTER MELITON C. GERONIMO, ON HIS 87th BIRTHDAY
WHEELCHAIR BOUND YET STILL ABLE**

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GRANDMASTER MELITON GERONIMO CELEBRATES 87th BIRTHDAY

By: Meliton S. Geronimo, Jr.
Chairman, World Sikaran Brotherhood of the Philippines
Northern America Executive Council



Grandmaster Meliton Geronimo and his longtime Director for Research and Standards Emmanuel Querubin.

On March 10, 2014, Grandmaster Meliton C. Geronimo celebrated his 87th birthday. Taken together 87 is a number that has no special meaning. However taken separately, the numbers 8 and 7, represent the man that Grandmaster Meliton C. Geronimo really is. The number 8 is a symbol of infinity. It means totality of the universe and is associated with prosperity. The number 7 is a representation of completeness and perfection. Grandmaster Meliton C. Geronimo is the only Filipino 10th Degree Red Belt in the martial arts awarded by other Grandmasters from China, Japan, and Korea. His rank, 10th Degree Red

Belt symbolizes completeness and perfection in the totality of the martial arts universe.



Grandmaster Meliton C. Geronimo, with some senior students who celebrated with him.

There was no big feast, unlike his 86th birthday, but there were the same senior students who helped celebrate his birthday.



From left: Allan Villamor, Raulito Robles, Emmanuel Querubin, Grandmaster Meliton Geronimo, Ruel Zuniga, and Emily Samillano.



Janet, Grandmaster Meliton Geronimo's daughter (standing with dark blouse) served a simple yet delectable lunch with her pancit with puso ng saging, Erlina's chicken hamonado and Emily's biko. She also served fruits from their farm, such as kaimito, chico, saging and langka.



Grandmaster Meliton Geronimo and Emmanuel Querubin, reminiscing the good old days as Ruel Zuniga listens intently trying to absorb all the stories from as early as 1958.



More than 50 years ago, Meliton Geronimo started systematizing, codifying, and organizing the techniques and maneuvers that make up Sikaran to the international martial art and sport it is today. He translated English and other foreign terminologies to the present universally accepted Filipino terms, not only in Sikaran but in several other Filipino special field of study. Several stories have been written about him. Various magazines featured him. The story of his life was also made into a film, with the melodramatic title "Mayor Latigo", tarring the veteran actor Eddie Garcia. Emmanuel Querubin, authored the first two books in Sikaran in his honor.

Meliton Geronimo, was featured in the book "Founders, Leaders, and Masters, "



The cast of the movie "Mayor Latigo."



a book dedicated to who is who in the martial arts. The book published in the United States was authored by the late Ed Brown, master of the Chairō-kan Bushi Shindo. Brown, respected and admired Geronimo so much that when his wife died he came to the Philippines to marry Lilia Aboganda. Brown also chose to spend his remaining days in the Philippines until he passed away on December 24, 2013.

From left: Raquel Geronimo, (wife of Meliton Geronimo, Jr.), Meliton Geronimo, Ed Brown, and Lilia Brown.

MEANING OF THE COLOR OF THE MARTIAL ARTS BELT

By: Emmanuel es Querubin

The color of the belt in all martial arts originated with Jigoro Kano of the Kodokan Judo. There was a time in the history of the martial arts when the main purpose of the belt was to hold up the pants. In fact, in the oldest recorded martial arts, the Greek Pankration, did not even have any belt.

In the Japanese martial arts, the secondary purpose of the belt was to designate the school or style of the art.

With the organization of the Kodokan Judo Institute, it became necessary to demonstrate the level of the skill by an external means, hence the belt.

The level of skill was divided into two classifications, the lower "grade," and the higher "rank." The "grade" had five steps, while the "rank" had ten degrees. Each unit was designated by the color of the belt.

The first step designating the beginner is the white belt. It progresses to yellow, then green, then blue, and finally the brown belt. After the "grade," classification comes the "rank" designated as degree. The belt in the rank or degree classification is black. First degree to tenth degree wears a black belt. Depending on the school, for ceremonial purposes eight, and ninth degree black belt may also wear a red and white belt, and the tenth degree may wear a red belt.

However, by now each art or each school has adopted several other colors with several various markings or symbols.

There is a popular allegory about the color evolution of the martial arts belt. The beginner starts with a very clean, spotless white belt. The belt is never washed. Through long, hard training, the belt accumulates dirt and eventually turn yellow with time. With the dirt and exposure to time the color turns green. Further hard training and longer time gives the color the hue of blue. Through the years of training the color turns brown. More dirt accumulates and time causes the belt to turn black. After a lifetime of training the belt is now beaten and tattered and every serious martial artist wear the tattered black belt as a badge of honor.

From the advent of Sikaran up to the 1950's, there was no belt classification. There was no external symbol to designate the level of skill, except the title hari (champion) which is given by a board after defeating a given number of opponents.

When the Sikaran Brotherhood of the Philippines was organized, Meliton Geronimo adopted the colored belt system. Geronimo however, has modified the belt system several times, mainly for economic reasons. Instead of using different color belts, he decided that it would be more economical to just limit the color to two, white and black to designate "grade" or "rank." To indicate the level of skill was just a matter of adding stripes to the belt.

Officially, the lower grade belt is called baytang or hakbang (step) and the higher rank belt is called antas (degree). The belt is called sagisag (symbol). White belt is called sagisag na puti and black belt is called sagisag na itim.

There were some suggestions to differentiate the belt system for the males from the females. However, this sexist suggestion was not taken into consideration. If you are a black belt whether male or female if you are a black belt and must be able to stand behind the symbol of the black belt. Inter-gender contests, however, is still not allowed.

There are clubs and schools, which use several different color belts. The reason they normally give is that changing the color of the belt gives incentive and inspires the student to train harder. To the commercial school it means added revenue. The World Sikaran Brotherhood of the Philippines has been lenient in the color of the lower grades, and even in the promotion to the next higher grade. The advance rank of the Black Belt is a different thing. Only black belt with the appropriate number of stripes to denote the rank is allowed.

Article XIV, Section 1 of the Sikaran By-Laws provides the following:
Section 1. WSBP Ranks and Belts

- a. Plain White Belt
- b. Third Class White Belt with 1 black stripe
- c. Second Class White Belt with 2 black stripes
- d. First Class White Belt with 3 black stripes
- e. Kahusayan (Brown Belt)
- f. Plain Black Belt
- g. First Degree Black Belt with 1 red stripe
- h. Second Degree Black Belt with 2 red stripes
- i. Third Degree Black Belt with 3 red stripes
- j. Fourth Degree Black Belt with 4 red stripes
- k. Fifth Degree Black Belt with 5 red stripes
- l. Sixth Degree Black Belt with 6 red stripes
- m. Seventh Degree Black Belt with 7 red stripes
- n. Eighth Degree Black Belt with 8 red stripes
- o. Ninth Degree Red and White Belt
- p. Tenth Degree Red Belt (At the time of adoption of this By-Laws, only GM Meliton C. Geronimo holds this rank and belt)

As a guideline, Section 3 of the same Article XIV, provides the time-in-grade for eligibility for promotion.

- | | |
|--|----------------------|
| a. Plain White Belt to 3rd Class White Belt | • Three (3) Months |
| b. 3 rd Class to 2 nd Class White Belt | • Six (6) Months |
| c. 2 nd Class to 1 st Class White Belt | • Six (6) Months |
| d. 1 st Class White Belt to Kahusayan | • Nine (9) Months |
| e. Kahusayan to Plain Black Belt | • One (1) Year |
| f. Plain Black Belt to 1 st Degree Black Belt | • One (1) Year |
| g. 1 st Degree to 2 nd Degree Black Belt | • Two (2) Years |
| h. 2 nd Degree to 3 rd Degree Black Belt | • Three (3) Years |
| i. 3 rd Degree to 4 th Degree Black Belt | • Four (4) Years |
| j. 4 th degree to 5 th Degree Black Belt | • Five (5) Years |
| k. 5 th Degree to 6 th degree Black Belt | • Six (6) Years |
| l. 6 th Degree to 7 th Degree Black Belt | • Seven (7) Years |
| m. 7 th Degree to 8 th Degree Black Belt | • Eight (8) Years |
| | - 50 + Years Old |
| n. 8 th Degree to 9 th Degree Red & White Belt | • 65 + Years Old |
| o. 9 th Degree to 10 th Degree Red Belt | • Master/Grandmaster |

Being a military man, Meliton Geronimo adopted several attributes of military ranking as equivalent to "grade" or "rank."

"Grade"	Non-Commissioned Officer
White Belt	Private
Green Belt	Corporal
Brown Belt	Sergeant
3rd class Brown Belt	Staff Sergeant
2nd class Brown Belt	Master Sergeant
1st class Brown Belt	First Sergeant
Probationary Back Belt	Sergeant Major
"Rank"	Commissioned Officer
Black Belt	Advance Degree
1st Degree Black Belt	2nd Lieutenant
2nd Degree Black Belt	Lieutenant
3rd Degree Black Belt	Captain
4th Degree Black Belt	Major
5th Degree Black Belt	Lieutenant Colonel
6th Degree Black Belt	Colonel
7th Degree Black Belt	Brigadier General
8th Degree Black Belt	Major General
9th Degree Black Belt	Lieutenant General
10th Degree Black Belt	General

In 2009, Grandmaster Meliton Geronimo, allowed the use of the ceremonial red and white belt for ordinary use of the ninth degree black belt holders. Since the founding of the World Sikaran Brotherhood of the Philippines, there have only been eleven members promoted to the 9th Degree Black Belt (now sporting the red and white belt. By seniority they are:

Name	Registration No.	Date promoted to Black Belt
Jaime Geronimo	14	1960
Emmanuel Querubin	87	1960
Louelle Lledo	326	1968
Romeo Paje	511	1970
Roberto Pamilar	524	1970
Dante Alambra	687	1971
Meliton S. Geronimo, Jr.	697	1971
Ernesto Millanes	730	1971
Andy Sanano, Jr.	844	1969
Jose Mari Diestro	1175	1973
Henry Bio	1225	1974



JAIME C. GERONIMO
Registration No. 14
Date promoted to Black belt - 1960



EMMANUEL ES QUERUBIN
Registration No. 87
Date promoted to Black Belt - 1960



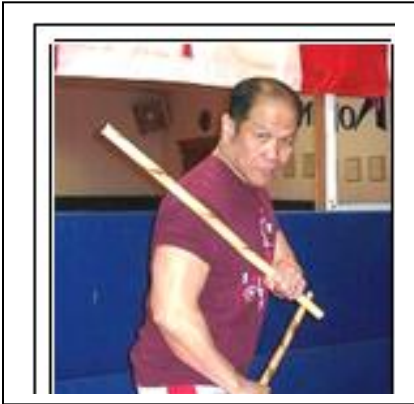
LOUELLE C. LLEDO, JR.
Registration No. 326
Date promoted to Black
Belt-1968



ROMEO PAJE
Registration No. 511
Date promoted to Black Belt
- 1970



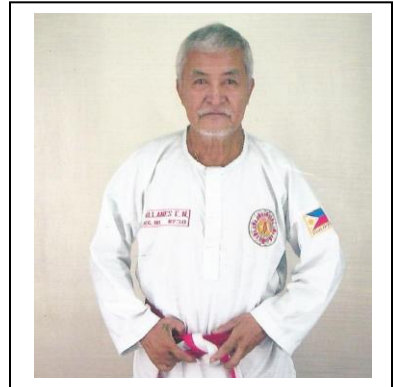
ROBERTO PAMILAR
Registration No. 524
Date promoted to Black
Belt - 1970



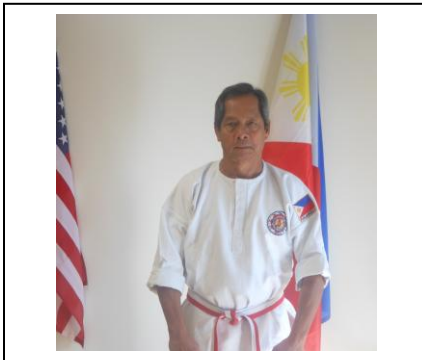
DANTE ALAMBRA
Registration No. 687
Date promoted to Black Belt
- 1971



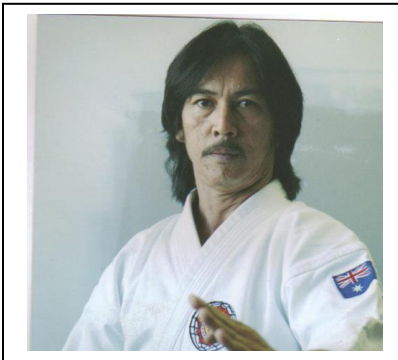
MELITON S. GERONIMO
Registration No. 697
Date promoted to Black Belt
- 1971



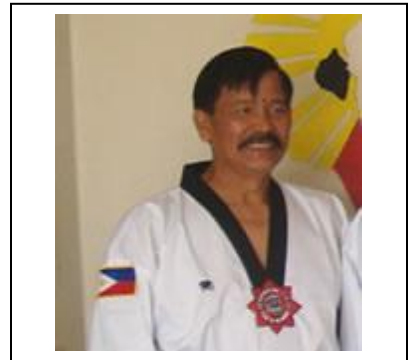
ERNESTO MILLANES
Registration No. 730
Date promoted to Black Belt
- 1971



ANDY SANANO, JR.
Registration No. 844
Date promoted to Black Belt
- 1969



JOSE MARI DIESTRO
Registration No. 1175
Date promoted to Black Belt
- 1973



HENRY L. BIO
Registration No. 1225
Date promoted to Black Belt
- 1974

Grandmaster Meliton Geronimo, required that all members would be role models, not only to the other members, but the community as well. He made this requirement mandatory and part of the Sikaran By-Laws. These provisions are:

- Each member shall observe the highest standard of integrity and discipline both as a member of the WSBP and in his private life.
- All Black Belts shall be promoted not only based on his knowledge in Sikaran but also on his character, conduct and potential as a good leader.

- All WSBP Black Belts are obliged to comply and enforce all WSBP rules, regulations, legal orders from his superiors and all provisions of these By-Laws.
- No member is allowed to join an unlawful organization.
- All members shall maintain self-discipline at all times in order to safeguard the dignity of the WSBP.
- No member shall engage in any illegal activity.
- No Instructor, Black Belt, or any member shall be allowed to hold exhibition without proper authority.
- Members shall undergo promotional examinations administered by the proper promoting authority before they can be elevated to the next higher rank.
- All promoted members shall be issued Certificate of Promotion and Identification Card in order to have their promotions recognized.
- Members found guilty of self-promotion shall be subjected to severe disciplinary action, including expulsion.

To provide funds for the brotherhood, the following fees have been assessed by the Board of Directors, subject to change / adjustment based on current economic condition:

		Local:	Abroad:
a.	Membership/ID Card	- - - P 350.00	----- \$20.00
b.	Renewal of ID	- - - P 100.00	----- \$15.00
c.	License/Instructor's Certificate	- - - P 400.00	----- \$20.00
d.	Promotion Certificates:		
1.	3 rd Class White Belt	- - - P350.00	\$20.00
2.	2 nd Class White Belt	- - - P350.00	\$20.00
3.	1 st Class White Belt	- - - P350.00	\$20.00
4.	Kahusayan	- - - P350.00	\$20.00
5.	Plain Black Belt	- - - P350.00	\$20.00
6.	1 st Degree Black Belt	- - - P360.00	\$25.00
7.	2 nd Degree Black Belt	- - - P370.00	\$25.00
8.	3 rd Degree Black Belt	- - - P380.00	----- \$25.00
9.	4 th Degree Black Belt	- - - P390.00	----- \$30.00
10.	5 th Degree Black Belt	- - - P400.00	----- \$30.00
11.	6 th Degree Black Belt	- - - P410.00	----- \$30.00
12.	7 th Degree Black Belt	- - - P420.00	----- \$30.00
13.	8 th Degree Black Belt	- - - P430.00	----- \$35.00
14.	9 th Degree Red & White Belt	- - P440.00	----- \$35.00

Section 2. Chapter Membership

a.	Regional Chapter	- P400.00	----- \$50.00
b.	Municipal Chapter/District/Club	- P400.00	----- \$50.00

2012 THE YEAR UNITED STATES GOVERNMENT RECOGNIZES THE ROLE OF THE FILIPINO MARTIAL ARTS IN NATIONAL SECURITY

By: Emmanuel es Querubin

September 11, 2001, marks the deadliest terrorist attack on American soil. On that day, now more commonly known as the infamous 9/11, nineteen Al-Qaeda terrorists under the leadership of Osama Bin Ladin, hijacked four United States Airplanes and killed over 6,000 people, and injuring twice as many. Hijacked by terrorists were American Airlines Flight 11, United Airlines Flight 175, American Airlines Flight 77, and United Airlines Flight 93. Ironically, these terrorists learned how to fly here in the United States.

American Airlines Flight 11, coming from Boston, en route to Los Angeles was deliberately crashed into the North Tower of the World Trade Center in New York City. A few minutes later United Airlines Flight 175, coming also from Boston and en route also to Los Angeles was crashed into the South Tower of the World Trade Center. Within several minutes, both towers collapsed taking with them all the other buildings in the center rending the World Trade Center in complete ruins.

American Airlines Flight 11, coming from Dulles International Airport in Virginia, en route to Los Angeles was crashed on the western side of the Pentagon housing the Department of Defense. United Airlines Flight 93 coming from Newark International Airport en route to San Francisco, was going to be crashed into the White House in Washington, DC. Only the heroic takeover of the passengers averted this disaster causing the plane to crash into a field near Shanksville, Pennsylvania, killing everybody onboard.

This attack made a terrible impact on the American psyche and no longer did the world believe that The United States is invincible. The actual attack was unthinkable. However, the aftermath is even worse. Foreign and domestic policies of the United States has changed.

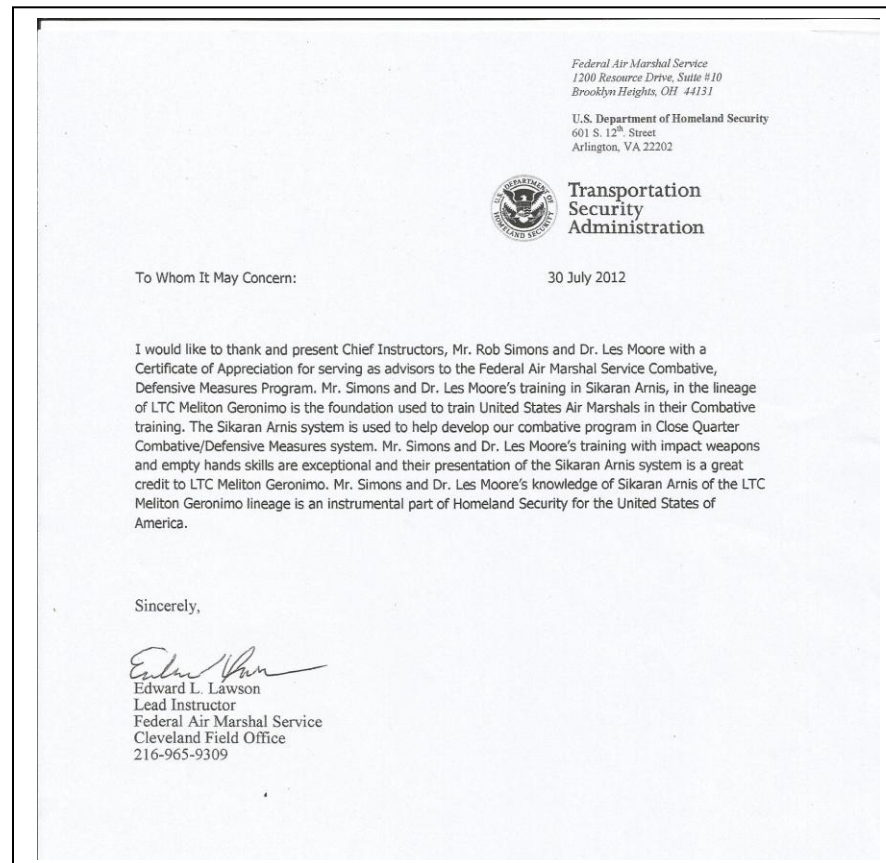
Reaction to the attack was varied, both nationally and internationally. In the United States, the Department of Homeland Security, was created. The US Congress passed the Patriot Act, making it easier to detect and prosecute terrorism and other crimes. The Patriot Act, gave law enforcement broader powers such as invasion of privacy of citizens, warrantless surveillance of telecommunications, and eavesdropping on telephone and email communications between the United States and people overseas.

With the spread of nationalism, hate crimes increased. People who were perceived as Muslims or of Middle Eastern origin reported incidents of harassment and discrimination. People from India, such as the Sikhs were targeted simply because they wear turbans. Middle Easterners, whether followers of Islam or not were looked upon as an enemy of the United States.

The Department of Homeland Security formed the Transportation Security Administration. Passengers were required to take off their belts, their shoes, and jackets as they passed a metal detector. A 360 degree body-check machine was put in place. Hand carried items were scrutinized. Only liquid less than 3 fluid ounces, were allowed to be taken. Bottled water and soda were allowed in the security area, but only if they were purchased inside the security area. One wonders if they were also checked for explosives. Even nail cutters were perceived as weapons and were not allowed in the carry-on items. Safety pins used for children diapers were not allowed. Some hailed the strict laws, while others did not and laughed at it. Some even claimed that the United States is over-reacting.

To protect the travelling passengers inside the plane, incognito armed Air Marshals were assigned in every flight. These Air Marshals are trained not only in weapons, but more importantly in unarmed combat. In the search for an effective unarmed combat art, the Filipino Art of Sikaran was given priority.

Sikaran is practiced all over the world as a very exciting sport. However, as a sport, Sikaran is watered down. As a combative art, Sikaran is easy to learn and apply in a wider spectrum of situations. This makes Sikaran the ideal combat art for the Federal Air Marshals.



This letter of Edward Lawson, Lead Instructor of the Federal Air Marshal Service officially authenticates and bears witness to the effectiveness of Sikaran in the lineage of Grandmaster Meliton C. Geronimo of the World Sikaran Brotherhood of the Philippines.

Even President Barack Obama recognizes the contribution of Sikaran in the war against terrorism in the battlefield of Afghanistan.

In April 2012, President Obama sent an emissary to the Philippines to present to Louelle Lledo, Jr. an award for his service in training the Military Police at Fort Dix, New Jersey before their deployment in Afghanistan.



Presented by the President's Council on Service and Civic Participation to

Louelle C Lledo

*In recognition and appreciation of your commitment to strengthening our
Nation and for making a difference through volunteer service.*

2011

Corporation for
**NATIONAL &
COMMUNITY
SERVICE**



THE WHITE HOUSE
WASHINGTON

Congratulations on receiving the President's Volunteer Service Award, and thank you for helping to address the most pressing needs in your community and our country.

In my Inaugural Address, I stated that we need a new era of responsibility—a recognition on the part of every American that we have duties to ourselves, our Nation, and the world. These are duties that we do not grudgingly accept, but rather seize gladly, firm in the knowledge that there is nothing so satisfying to the spirit than giving our all to a difficult task. Your volunteer service demonstrates the kind of commitment to your community that moves America a step closer to its great promise.

Our Nation faces the most challenging economic crisis in a lifetime. We will only renew America if we all work together. Individuals, the private sector, and government must combine efforts to make real and lasting change so that each person has the opportunity to fulfill his or her potential.

While government can open more opportunities for us to serve our communities, it is up to each of us to seize those opportunities. Thank you for your devotion to service and for doing all you can to shape a better tomorrow for our great Nation.

A handwritten signature in black ink, appearing to be "Barack Obama".

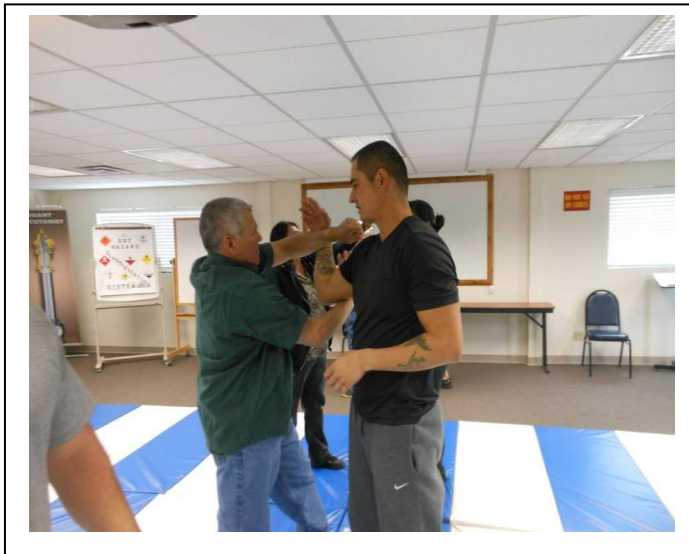
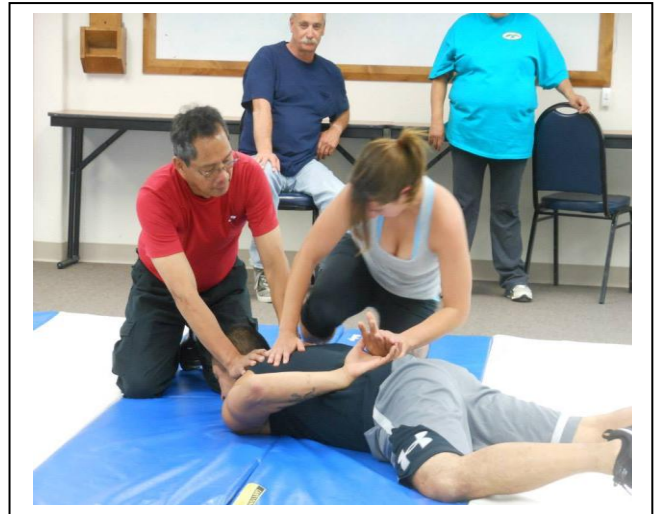
Even in the County level, Sikaran plays an important role. Mantas Andy Sanano, 9th Degree Red and White Belt teach the Inyo County, California Probation Officers, Sikaran as a defensive art.

In March 2014, Mantas Andy Sanano, World Sikaran Brotherhood of the the Philippines Florida State Director flew to California to teach Sikaran techniques to Probation Officers of the Inyo County, California Probations Office, in Bishop, California. Mantas Sanano is a regular instructor of the California Probations Office.



Mantas Andy Sanano, second row, fifth from left in red shirt.





SIKARAN AN ASEXUAL FIGHTING ART

By: Espiritu Santo

At the advent of the Asian fighting arts, particularly Sikaran of the Philippines, it was considered a male-only activity. The females have always been typified gentle in act or behavior. Their rightful place was the kitchen. Their recreational activity was sewing, cooking and everything domestic. Sports or physical activity was not their domain. The likes of heroins like Gabriela Silang was the exception rather than the rule.

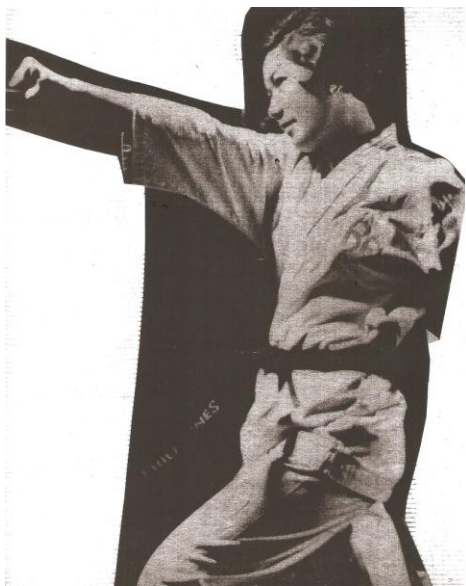
It is true that physiologically speaking, man has some advantage over woman. Man has a bigger heart, larger capacity lungs giving him greater oxygen intake, greater muscle structure, heavier skeleton and less fat tissue and advantage in height and weight.

But times have changed. Society has changed. Even beliefs have changed. But mostly, economics has hasten the need to change and convert to "equality" between sexes. The influence of changing times altered the attitude of the female of the species and exigency brought about a metamorphosis from a "butterfly to an eagle." The females "invaded" what was once uncharted territory. Slowly they encroached in the male-only dominated world. This encroachment turned to infiltration and now the females have even outrun the males in the present chauvinistic sexist society.

The once locked doors of the male-controlled sports, trade, and labor professions were blasted open by the females, not by explosives but by assertive determination.

The upper echelon of the business world, once an exclusive field of male executives has been overrun by skirt-wearing, high heeled administrators with lipsticks. And as Sarah Palin said: "Pitbulls with Bra." Even politics, once a preferential turf of privileged men turned into a wide-open arena for the females. In the Philippines, a Filipina housewife successfully ousted a dictator who ruled for decades. An ordinary housewife became the first female President of a country of over ninety-five million people. And she did this, not in the fashion of Joan of Arc and her weapons of war shedding blood and chaos. She did it, not wearing baro at saya but a western-inspired yellow suit.

But having a female leader is not a monopoly of the Philippines. India had Indira Gandhi, Great Britain had Margaret Thatcher Israel had Golda Meir, and others.



There was a time when the Filipina covers herself from the neck down to the ankles and the elbows. It is now considered fashionable to wear see-through dresses, micro-mini skirts, hot pants, body-hugging tights, exposed midriff shirts and pants, sleeveless and backless tops, plunging necklines and other garments once branded "decadent".

Perhaps the most surprising transformation is the fact that the Filipina now dons martial arts attire and exchange blows and sometimes bested men they once considered superior in the field of combat.

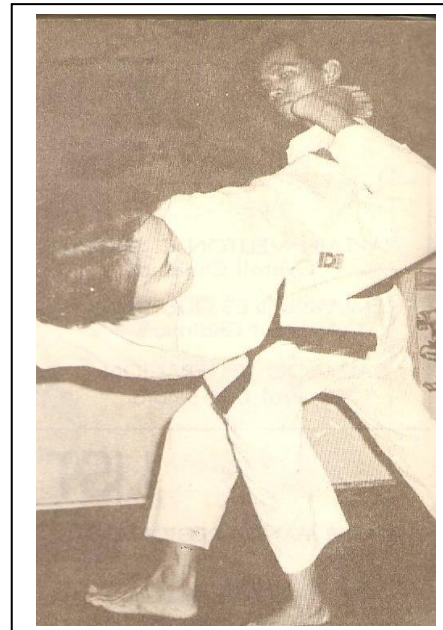
The first female listed in the Sikaran Journal of Black Belts is Warlita Jorda # 96.

The Filipina took up martial arts for varying reasons. Martial arts offer physical exercise that promotes health and fitness. Some took it for health reasons. Some took it to learn a system of self-defense. Some took it for fun and to while away the time in a more exciting and challenging way. Some were persuaded or influenced by friends, family members, and the movies. Some took it as part of their chosen profession. Sometimes it was all of these motivations. Whatever their reason was, the Filipina of today, the modern Maria Clara who wears martial arts attire is now the rule rather than the exception.

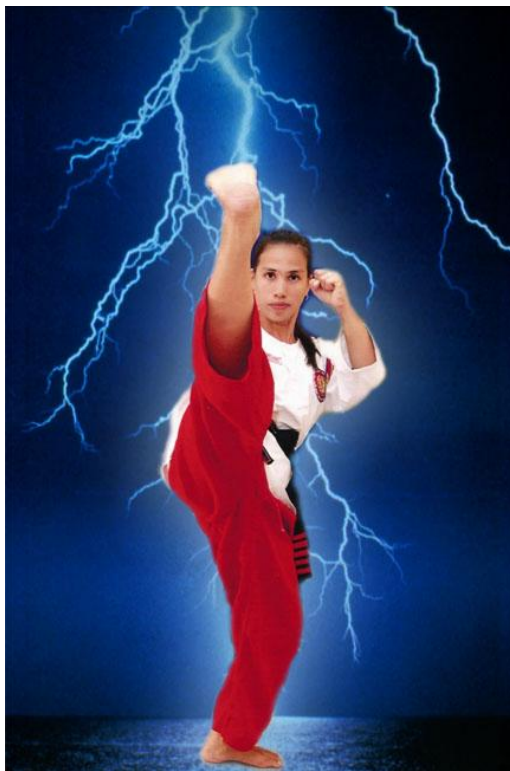
With the influence of modern times, even the term "Maria Clara" is going obsolescent. The Filipina, once considered the "weaker sex," like the phoenix, has risen from the ashes" and is now on equal footing with the male of the species.

The first

Certified Female



Second is Gloria Rapsing #97.



Emily Samillano, the first Sikaran certified female Referee and Instructor.

Sikaran Teacher and the first Certified Sikaran Female Tournament Referee is Emily Samiullano, a 5th Degree Black Belt from Tanay, Rizal.

Emily, however, is not the first female Sikaranista listed on the World Sikaran Brotherhood of the Philippines Journal of Black Belts. The first three Sikaran female black belts were Warlita Jorda (# 96), Gloria Rapsing (# 97), and Norma Gonzales (# 98). They were all students of Grandmaster Meliton Geronimo and Master Jaime Geronimo in the 1960's.

Neither is Emily the first high-ranking black belt. That honor belongs to Emma Henry (#. 170). A female Police Officer, Emma Henry was chosen one of the Ten Outstanding Police Officers of the Philippines in 1973. She was also the first female officer who became a Police Station Commander. In 1986, Lt. Emma Henry of the Philippine National Police was gunned down in the line of duty by suspected members of the New People's Army.

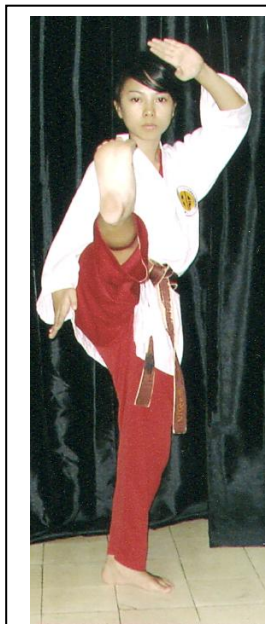
Like other martial arts and other sports

associations, there are several outstanding female practitioners, and some even record-holders who have outclassed the male practitioners. Sikaran is slowly becoming one of these associations, with the influx of female Sikaranistas.

In the Second World Sikaran Tournament held in the Philippines, Emily Samillano won the Female Black Belt Lightweight Crown. This year she is again competing in the Fourth World Sikaran Championships to be held in Winnipeg, Canada.



The new emerging champions. From left: Mary Wendelene Sales, Elaine de Vera, and Hanalyn Ross.



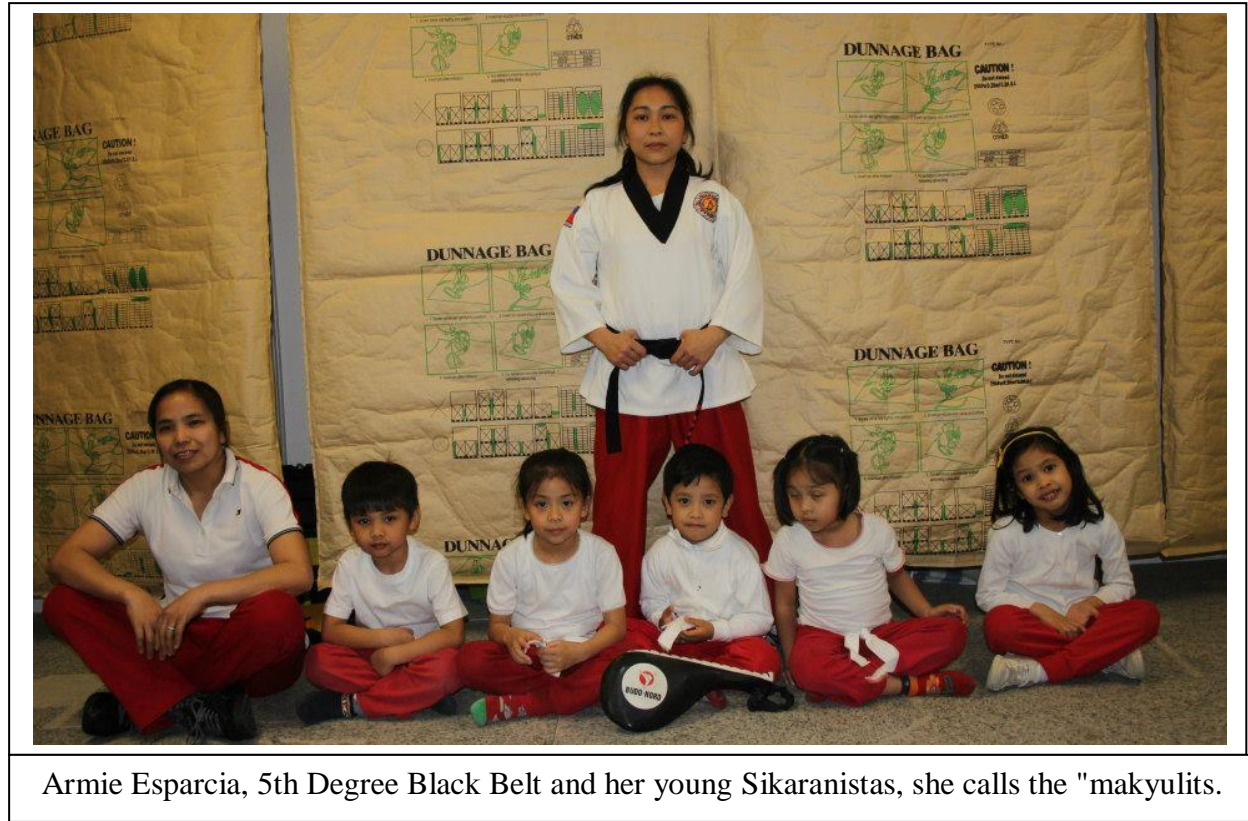
Jessica Querubin Ricalde.



The next female Sikaran champions.



Female Sikaran Teachers have also taken their art to other parts of the world. Armie Esparcia, another 5th Degree Black Belt has started her A Sparks Sikaran School, in Milan in Italy.



It was in summer of 1990, when this sweet teenager decided to learn Sikaran. She was a High School freshman at the Aklan State University in Banga, Aklan. At her young age, she showed potential in the martial arts. Her big brothers (as she calls them) are both aficionados of Bruce Lee and other martial arts movies. It was only natural that this young, impressionable girl mimics her big brothers.

When she heard that a Sikaran class would open up in their part of Aklan, she was elated, at last, she can learn properly. However, her elation was clouded with the three greatest obstacles that she knows she must first hurdle.

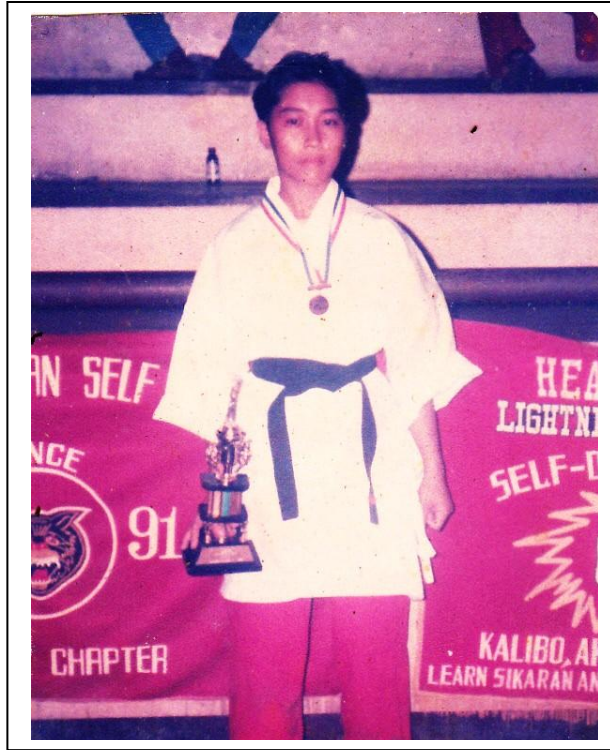
First, the Sikaran class is a good three hours walk from their house. Second, the class is offered only at night. Third, there is a fee to join the class. Being the only girl in the family, her father is over-protective and will not let her walk alone at night. They are



Armie (top left) leading the Aklan Delegation to the Palarong Pambansa.

not well to do and the fee is an extra expense that will come from the family budget.

However, Armie has learned the "principle of unite and conquer." She gathered behind her her big brothers who have always been supportive to her needs and "caprichos." One brother agreed to take and pick her up from the class at night. Another brother agreed to pay for her membership dues. Together they talked to her father, which left him no choice, but to agree to Armie's taking up Sikaran. There were 15 students and she was the only girl in the class.



On the first introductory meeting, the class ended up early and almost ended Armie's dream of learning Sikaran. In her own words: "The class ended up early so I went home alone not realizing that my brother was waiting for me at the canteen. A drunk accosted my brother and when my parents found out they said that I am not going back to that class. It took a lot more convincing but finally my parents gave me back their blessing."

She juggled her time between Sikaran and school, enjoying and excelling in both. She became the first black belt in her class.

Twenty years ago in 1993, while a junior in High School; she joined their Sikaran Team that competed in the Marikina Invitational Tournament where she won Third Place.

Third Place winner Armie Esparcia, with her medal and trophy.

It was her first time in Manila and she was amazed at the glittering lights and the busy traffic. She said to herself, "one day soon I will see the rest of the world."



She garnered several gold medals in tournaments including provincial, and regional meets. In 1996, she competed in the Palarong Pambansa (Philippine National Games) held at Marbel, South Cotabato and came home victorious. In 1997, when the World Sikaran Brotherhood of the Philippines held its National Tournament in Aklan, Armie won the Gold Medal in the Junior Women's Division.

Her determination and perseverance paid off when she graduated with a Bachelor's Degree in Civil Engineering.

She took the Board for Civil Engineers but before she can practice her

Armie with Grandmaster Meliton Geronimo.

profession, she received a job offer in Norway where she stayed until 2004.

After her contract in Norway, she opted to go to Milan, Italy where she was offered another job and a better opportunity to succeed in life.



On her graduation, this is what Armie said: "After all those years of being busy, I finally finished my studies. It is hard to study, and do other things at the same time. However, with courage and determination to achieve our goal, and with the power of prayer to our God Almighty, the creator of heaven and earth and with good aim we will hit the target. Bulls eye we got it!"

Armie, is just one of those who are spreading the art of Sikaran in other parts of the world.

On June 29 and 30, 2013, during the Second Sikaran Annual Gathering and Workshop, six new female members of the World Sikaran Brotherhood of the Philippines were promoted to Black Belt. What is interesting is these new black belts came from different parts of the United States.

The first three new Black belts are from New Jersey. They are Linda Roach, Kristine AnnaFlor Lledo-Velasquez and Katherine Mark Lledo (Kathlou). Kristine and Katherine are daughters of Mantas Louelle Lledo. Both girls started training at a very early age. Students who trained with them have been graded and promoted by their father, both in armed and unarmed fighting arts. However, their father-teacher has been hesitant in promoting his two babies. Their father told them: "I am teaching you so you will know how to defend yourself, not to compete in tournaments or to be exposed in the martial arts limelight."

As a result, those who were with the sisters when they started training are now all black belts, some even as high as fourth and fifth degrees. Their older brother (who unfortunately passed away) became 5th Degree Black Belt, both in Filipino Armed and Unarmed Fighting Arts. Louelle's hesitance to promote his girls caused the latter to lose interest and almost gave up martial arts altogether. However, when you are bitten by the martial arts bug one time, you carry the virus and eventually it will manifest itself again. This is the case with the sisters. When they found out their teammates will take the test for Sikaran Black Belt they insisted that they too will take the test and carry the black belt grade from the World Sikaran Brotherhood of the Philippines.

New Sikaran Black Belts from New Jersey, U.S.A.



Kristine AnnaFlor (left) and Kathlou Mark (right) perform the Balangkas ng Bagwis ng Haribon.

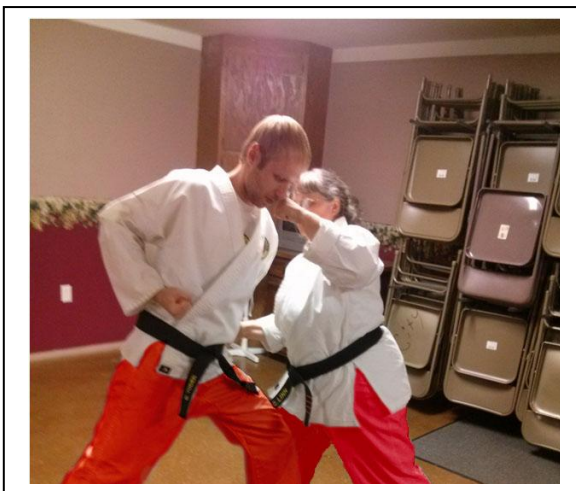


Linda Roach, receiving her Black Belt from her teacher Mantas Louelle Lledo.

Some students of Mantas Andy Sanano's Sanano's School of Sikaran from North Dakota, Iowa, Wyoming, Montana, and Idaho were not able to attend the Second Annual Sikaran Gathering and Examination on June 29-30, 2013. To give them the same opportunity as his other students from South Dakota, Nebraska, Utah, and Florida, Mantas Andy Sanano visited the other schools, gave them a Sikaran workshop and conducted the appropriate examination. First, to be promoted to the Sikaran Black Belt Degree is Carol Linn, Head instructor of the Sanano School of Sikaran of North Dakota.



Carol Linn, Head Instructor of the Sanano School of Sikaran of North Dakota was promoted to the Ika-2 Antas, Sagisag na Itim.



Carol Linn's assistant Brandon Yoder was promoted to Ika-1 Antas, Sagisag na Itim.

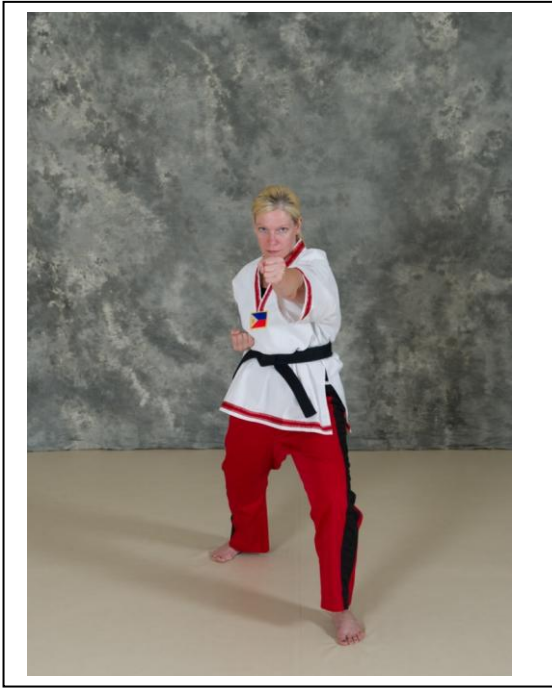


Assistant Instructor Jenny Glas, was promoted to Ika-1 Antas, Sagisag na Itim.



Carol Linn and Jenny Glas engaged in one-step sparring.

From Iowa, Cindy Jacobs.

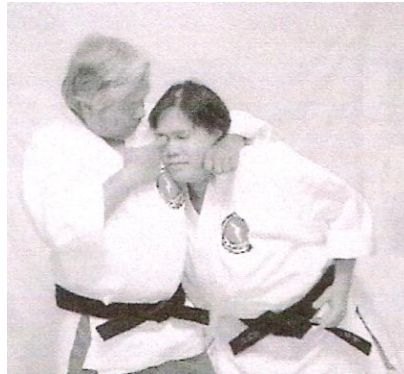


There are over 5,000 Black Belts in Sikaran. However, less than 10% are female, and there is no woman who has attained the rank above 5th Degree Black Belt. This inequity may be caused by the unequal popularity of Sikaran, more as a sport, and less as a defensive art. To have a better understanding of this situation let us go back the "memory lane."

Historically, Sikaran originated as a kicking game, the objects of which are: to knock out the opponent; to hit the opponent until he gives up and surrender; and to get the opponent out of the fight area. It was a game where very few techniques were prohibited. Techniques, such as using the closed fist, kicking the groin and gouging off the eyes, were not allowed.

However, slapping with the palm, grabbing, pushing, pulling, takedowns, and throwing were all part of the game. As mentioned above, only the eyes and the groin were restricted targets.

In defensive application of Sikaran where everything goes, the two favorite targets are the eyes and the groin. Gouging off the eyes or poking and cutting the eyeball with the thumbnail are the two most common techniques to blind the opponent. These are follow-up techniques to



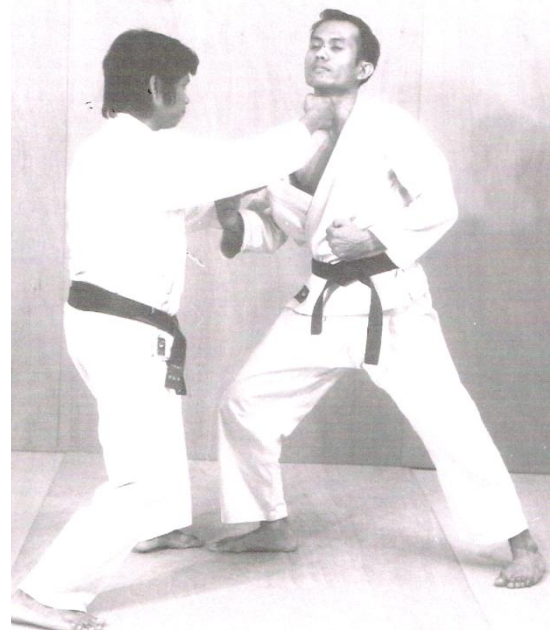
Blinding the opponent, either by poking with the thumb or gouging off the eyes are very effective Sikaran defensive techniques.

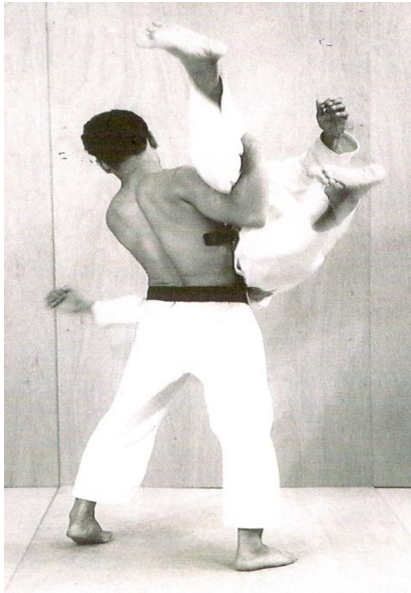
another "forgotten" maneuver, which is the daluhong ng unggoy or monkey attack. Likewise, there are two common attacks to the groin. The first is the pilatik or front snap kick using the instep. The second is the pisain at hilain or squeezing with the hand as hard as you can then

pulling it out. According to Hari Cipriano Geronimo (late father of Sikaran Supremo Meliton Geronimo), the only person he knew to have used these techniques in an encounter was Rumagit, when he came to the assistance of Bonifacio Geronimo who was attacked by outlaws.

Another defensive technique is the closed fist punch. Unlike Japanese Karate, the Sikaran punch is executed vertically and normally combined with grabbing and pulling.

A favorite maneuver to irritate and rattle the opponent is the slap on the face. A slap is considered an insult and the most common reaction is to a slap is to get careless and rush the opponent. This gives the other man the opportunity to grab and apply a takedown or throwing technique, most common is the hampas sa lupa (body slam). This technique is executed by slamming the head or the back on the ground. Either





Hampas sa lupa, headfirst.

way the slam temporarily stuns the victim and he may be helplessly pulled out of the fight area.

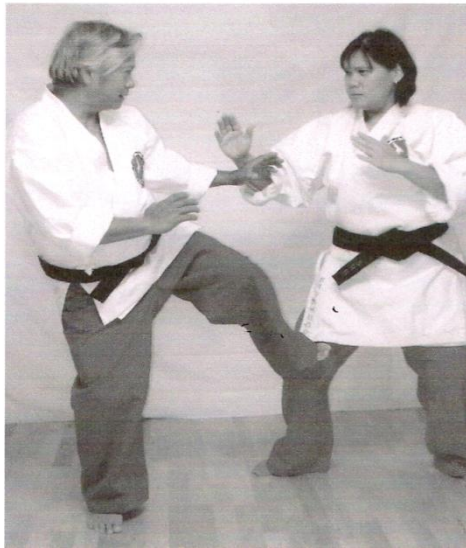
Grabbing, pulling, pushing, takedowns and throwing techniques are normally combined with open-hand blocking or deflecting maneuvers. Applied with kicking techniques, these maneuvers make an effective combination. To avoid being grabbed, Sikaran fighters take off their shirt during contests.

Most open-hand blocks are used in conjunction with grabbing and pulling. An inward open-hand block against a front or side kick is normally combined with pushing the kicking leg to rotate the opponent and break his balance placing him in a vulnerable position for a knee kick to the kidney or spine. Another follow-up tactic to this maneuver is pulling the opponent down or stomping kick to the back of the knee of the supporting leg.

If an outward block is applied, it is combined with a stomping kick to the inside of the knee of the supporting leg or just plainly sweeping the supporting leg.

Open-hand blocks may be converted to scooping block to break the opponent's balance and pull or push him out of the fight area.

Not surprisingly to make up for their size disadvantage, these techniques are normally applied by shorter fighters, such as Rumagit.



A common kicking combination by shorter fighters is a panglumpong padyak sa tuhod (paralyzing stomping kick to the knee) to bring the opponent down to his size and a kick to the head for the sipang pamatay (killing kick to the head).

Although there is no known or recorded fatality in Sikaran contests, there are several injuries, some of which are serious enough to prevent a fighter from performing his normal chores in the field. Haris (champions) who are injured during contests normally declare their intention to be haring tulog (dormant champion) so as not to forfeit their title but are not required to fight. They chose to take the less hazardous job of being a guro (teacher) or tagasanay (trainer or coach).

In 1972, when Sikaran ceased to be known as Philippine Karate, the old Sikaran contests rules were re-introduced. Defensive applications of Sikaran, however, were considered too dangerous to be classified as a sport, hence, blinding techniques and attack to the groin were prohibited. When sport Sikaran (tournaments) was formally presented to the Department of education, some officials of the department deemed grabbing, pulling, pushing, throwing and takedown techniques such as stomping kick to the knee too risky and hazardous and presents the potential for serious injury, especially to youngsters.

Supremo Meliton Geronimo, after a lengthy consultation with the surviving Sikaran elders and senior students, decided to take the recommendation of the Department of Education to stick to kicking techniques and prohibit the use of the hands except for blocking and deflecting the kicks. This decision, although implemented without a hitch was not unanimously accepted. There were some dissensions, mostly from shorter fighters, because they felt that they were being unfairly denied their "equalizing techniques." Several senior members who have trained in the "survival of the fittest" Sikaran considered the rules too restrictive. They argued that the fighters were being deprived of "individual creativity."

In the early days of Sikaran, the only criteria to fight in a contest, was the fighter's willingness to mix it up. Size was not a consideration.

With the new safety ruling, it became necessary to have three weight classifications, lightweight, middleweight and heavyweight. Inter-gender contest still was not allowed. Female can only fight in her own division.

This heralded the dawn of sports Sikaran and the demise of effective defensive, yet considered dangerous techniques. Emphasis of training of new students centered on scoring a point, and winning the tournament. With the passage of time, and the emphasis on sports Sikaran, several techniques and maneuvers that are prohibited, are slowly but surely being "forgotten." Unfortunately, these are the maneuvers that work effectively in defensive situations, especially for a woman.

Whether female Sikaranistas admit it or not, their primary reason in learning Sikaran or any martial art for that matter is learn a means of self-defense.

Teachers of Sikaran as a defensive art are mostly teaching the military and police agencies. Even then, the emphasis of these classes is kicking techniques. In order to "resurrect" Sikaran as an effective defensive art, Emmanuel Querubin, is authoring a book entitled Concept of Sikaran as a Defensive Art. The book will be co-authored by Louelle Lledo, Jr., Andy Sanano, Jr., and Elpidio Seletaria, Jr. These four high-ranking Sikaran teachers were all involved in law enforcement and in teaching law enforcers. Likewise, they have considerable experience in teaching children and women. Their background was documented in Sikaran Taliba issue of "Sikaran and Law Enforcement," Volume 2, Number 4 of 2013. Although, the book is geared towards law enforcement, it will also serve as a "bible" for self-defense.

Authors of upcoming book "Concepts of Sikaran as a Defensive Art."



From left: Emmanuel Querubin, Acting Animal Control Supervisor Oakland Police Department; Capt. Louelle Lledo, Jr., Philippine Air Force; SWAT Lt. Andy Sanano, Rapid City, South Dakota Police Department; and Senior Deputy Sheriff Elpidio Seletaria, Jr. City and County of San Francisco, California.

WORLD SIKARAN BROTHERHOOD OF THE PHILIPPINES FORMS NORTHERN AMERICA EXECUTIVE COUNCIL

By: Meliton S. Geronimo, Jr.
WSBP International Vice-President
Chairman Northern America Executive Council

In 1958, the Sikaran Brotherhood of the Philippines was established. Core group of the organization was the Eagle Sikaran Club composed of families, friends, and personnel of the Philippine Air Force. At that time the gym and the office of the club was inside the Nichols Air Force Base.

While he was stationed in Japan, Meliton Geronimo, met Karate Master Koichi Kondo. The Japanese was so impressed with Sikaran and called it Philippine Karate.

At the time Japan, Korea, and China were contemplating in forming the Asian Karate Association for the purpose of holding an Asian Karate Championships. Master Koichi Kondo, invited Meliton Geronimo to join and represent the Philippines. There was, however, a strict requirement. The name of the art must be called Karate. Thereafter, Korea's art was called Korean Karate, Chinese art was called Chinese Karate, and Philippines' Sikaran was called Philippine Karate.

To open up the club to the civilians, the headquarters of the Eagle Karate (Sikaran) Club was moved out to Pasay City. The military personnel who opted to stay in Nichols Air Base was renamed Blue Diamond in honor of the daredevil aerobatics squadron of the Philippine Air Force.

This move to open the club to civilians paid off in a very big way. The Karate (Sikaran) Brotherhood of the Philippines, became the biggest martial arts association in the country.

In 1972, with the dissolution of the Asian Karate Association, Meliton Geronimo, now the recognized Grandmaster of Sikaran dropped all references to Sikaran as Philippine Karate.

When Meliton Geronimo, retired from the Philippine Air Force, he run for mayor of Baras, Rizal, winning and serving four full terms. From the Greater Manila area, headquarters of the World Sikaran Brotherhood of the Philippines moved to its place of birth in Baras, Rizal. Membership of the World Sikaran Brotherhood of the Philippines expanded by leaps and bounds. From its humble beginning, Sikaran is now practiced all over the world. However, administration is still centralized in the headquarters. For an organization as large as the World Sikaran Brotherhood of the Philippines, it is now necessary to decentralize the administration for a more efficient worldwide operation.

To achieve this ambitious goal, the Northern America Executive Council was established in accordance to the WSBP By-laws, Article I, Section 1.



**WORLD SIKARAN BROTHERHOOD OF THE PHILIPPINES
(PANDAIGDIGANG KAPATIRANG SIKARAN NG PILIPINAS), INC.
OFFICE OF THE INTERNATIONAL VICE PRESIDENT**



January 15, 2014

ovpfia-0114-001

NORTHERN AMERICA EXECUTIVE COUNCIL
WORLD SIKARAN BROTHERHOOD OF THE PHILIPPINES

- a. Pursuant to Section 1, Article I of the By-Laws, World Sikaran Brotherhood of the Philippines (WSBP), which reads as:

ARTICLE I
DECLARATION OF PRINCIPLES AND POLICIES

Section 1. The WORLD SIKARAN BROTHERHOOD OF THE PHILIPPINES (WSBP) is an organization that shall recognize, practice and propagate Sikaran as a Filipino art of kick fighting with unique and distinct origin. It shall employ all available legal means towards the propagation and recognition of Sikaran both locally and internationally.

- b. In addition, in order to strengthen the propagation and promotion of Sikaran in the international community, the northern America Executive Council (NAEC), WSBP is hereby created. It shall be initially composed of:

1. MELITON S. GERONIMO JR
9th Degree Red & White Belt (#697)
International Vice-President
USA-Based WSBP Board Director
Chairman, Northern America Executive Council
2. EMMANUEL DES QUERUBIN
9th Degree Red & White Belt (#87)
Director, Research & Standardization, WSBP
USA-Based WSBP Board Director
Member, International Executive Council
3. ELPIDIO SELETARIA JR
8th Degree Black Belt (#1487)
International Coordinator, WSBP
USA-Based WSBP Board Director and International Coordinator
Secretary-General, Northern America Executive Council

- c. The Northern America Executive Council shall meet regularly to discuss operational and administrative matters pertaining to the development of Sikaran around the world. The meeting may be conducted actually, with the physical presence of all or at

- least majority of the members, or virtually, using the modern technology such as Skype, Tango, Tele-Conferencing or any other means of communications.
- d. The Chairman, Northern America Executive Council shall preside over the meeting, which he may call, or upon request by any Northern America Executive Council member. In the absence of the Chairman, the Secretary-General, and in his absence, the most senior Northern America Executive Council member present shall be the presiding officer of the meeting.
 - e. Membership in the Northern America Executive Council shall have tenure of three (3) years.

MELITON S GERONIMO JR
9th Degree Red & White Belt (#697)
International Vice-President, WSBP
Chairman, Northern America Executive Council

Attested:

ELPIDIO SELETARIA JR
8th Degree Black Belt (#1487)
International Coordinator, WSBP
USA-Based WSBP Board Director

EMMANUEL es QUERUBIN
9th Degree Red & White Belt (#87)
Director, Research & Standardization, WSBP
USA-Based WSBP Board Director

FROM THE DESK OF THE EDITOR-AT-LARGE

Meliton S. Geronimo, Jr.
9th Degree Red and White Belt

He is the son of Grandmaster Meliton C. Geronimo and the third generation heir to the Geronimo Sikaran lineage. He came from the line of Sikaran haris. His Grandfather, Cipriano Geronimo was the last Hari of Baras, Rizal. His Great-grandfather Bonifacio Geronimo, was the last Hari ng mga Hari. Grandmaster Meliton Geronimo has issued a Legal Declaration, naming his son Administrative Head of the World Sikaran Brotherhood of the Philippines, when he steps down as President.



4th World Sikaran Tournament



Date: May 10, 2014
Location: Winnipeg, Manitoba, Canada

Hosted by: Dante Solomon Alambra
Tournament Director: Dastin Alambra
Tournament Organizers: Henry Bio, Jimmy Geronimo,
Meliton Geronimo Jr.,
Jesse Diestro, Carlo Alambra

Coordinators: Charissa Parinas, Jady Wong

Sanctioned by: Col. (ret.) Meliton Geronimo Sr.
Jimmy Geronimo
World Sikaran Brotherhood
World Sikaran Organization

SIKARAN GOLDEN JUBILEE

On November 6, 2016, The World Sikaran Brotherhood of the Philippines will celebrate its golden anniversary. It was on November 6, 1966 when the Asian Karate Association, composed of Japan, Korea, China and the Phillipines recognized Sikaran as a distinct unarmed fighting art of Filipino origin and named Meliton Geronimo Grandmaster with the rank of 10th Degree Red Belt.

This jubilee will be marked by festivities worthy of this grand event. The First Sikaran Hall of Fame will be held in conjunction with the Golden Anniversary.

In 1966, the original plan was to invite the Grandmasters who were invovled in the recognition of Sikaran as a distinct fighting art from the Philippines on its 50th Anniversary. But this will not be so. Grandmasters from Japan, Kyojiro Furusawa and Koichi Kondo have passed away. Grandmasters Dr. Kwai Byeung Yun of Ji Do Kwan Kong Soo Doo, and Hwang Kee of Moo Doo Kwan Tang Soo Doo of Korea have likewise passed away. With the dissolution of the Asian Karate Association in 1970, we have lost contact with Chinese Grandmaster Chua Tiong Ki, but there were unconfirmed reports that he to passed away..

Only Grandmaster Meliton Geronimo is still alive, albeit at 87th years old, he is suffering from the ill effects of several bouts with stroke.

From the early beginnings of Sikaran in the Philippines, it has now spread its wings in the four corners of the world.

The golden jubilee is still 3 years away but preparations are now being taken to insure that it will be the greatest event in Sikaran until Novermber 6, 2066, when Sikaran celebrates its centennial or diamond anniversary.

SPECIAL ANNOUNCEMENT



SIKARAN GRANDMASTER MELITON GERONIMO 10TH DEGREE REDBELT

REVIEWING DRAFT OF PROPOSED NEW CERTIFICATE OF PROMOTION IN 2009

WITH SIKARAN SENIORS From left:
Ramon Valdenor (8th Degree No. 513),
Victor Laxamana (8th Degree No. 144),
Emmanuel Querubin (9th Degree No. 87),
Jose Sidlacan (8th Degree No. 116)
Rodrigo Espiritu (8th Degree No. 348).

SAN JOSE DEL MONTE, BULACAN, SIKARAN CHAPTER HOLDS INVITATIONAL TOURNAMENT IN HONOR OF THE 87th BIRTHDAY OF THE GRANDMASTER

On Sunday, March 30, 2014, the San Jose del Monte, Bulacan, Sikaran Chapter, headed by John Maglunob, hosted a Sikaran invitational tournament in honor of the 87th birthday of Grandmaster Meliton Geronimo.

Over-all champion was the Tanay Sikaran Chapter, headed by Emily Samillano.

Some of the competing Sikaran groups:





Black Belts
competed bare-
chested.

AND THE WINNERS ARE:



Vice-Mayor Jaime Vista Congratulates the winning team of the Tanay Sikaran Club, headed by Emily Samillano and Allan Villamor.

Attention all SIKARAN members!!! MAYOR KC ROBLES APPROVED MARCH 3 TO 9 AS SIKARAN WEEK... Starting March 3 there will be mass training for all Municipal .Employees, School Officials, students, and barangay officials. Training will include sparring, and all other aspects of Sikaran training. On March 9, there will be a mass parade with street dancers of all Barangay Officials, Municipal employees, and students from all school levels here in Baras!

SIKARAN MEMBERS FROM BARANGAY MALINAO, PASIG, RIAL



Students of German Patingco.

Invitational tournament at Tanay Park. Referee Bert Pamilar.



Sikaran Valenzuela, Bulacan.

Officials of the Tanay Chapter during the Invitational Tournament.



Greenland Executive Village Sikaran Club, Cainta, Rizal.



Sikaran seniors in civvies: From left, Bert Pamilar, Dong Pecate, Rudy Concepcion, and Al Facurib.

WORLD SIKARAN BROTHERHOOD OF THE PHILIPPINES
TEACHERS ACADEMY
BOOK ONE



Meliton S. Geronimo, Jr.

9th Degree Red & White Belt

COMING SOON
BOOK TWO



SIKARAN

**THE FIGHTING ART OF THE
FILIPINO FARMER**

LIMITED COPIES STILL AVAILABLE!

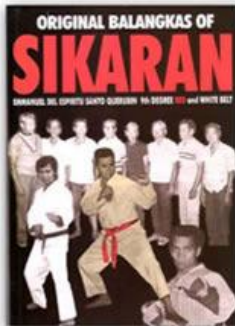
This is the first and only copyrighted book that portrays the history and origin of **SIKARAN** as recorded in the consciousness of the last Sikaran Haris (champions) and guros (teachers). The book also illustrates the transition from Sikaran of the 1800's to the present-day World Sikaran Brotherhood practiced all over the world.

HOT OFF THE PRESS!

ORIGINAL BALANGKAS OF SIKARAN

The balangkas presented in this book were developed in the late 1950's and 1960's and were originally intended to be presented one at a time in an Instructional Training Manual format. Due to unforeseen circumstances, only two such manuals were published (Instructor's Manual Series I and Series II). Other manuals never saw publication. Fortunately, I was able to keep the only copy of the original balangkas illustrations and layouts.

Samples of some original illustrations from Sikaran Instructor's Manuals that were not published



These original, unmodified balangkas (except for the Sikaran training uniform) developed by Meliton Geronimo, with the assistance of Jaime Geronimo and Emmanuel Querubin, and approved by the Sikaran elders of Baras, are now presented in this book form. These are the only original balangkas of Sikaran. Even the starting and ending salutation, which were considered part of the balangkas, are presented as they were originally developed.



TO ORDER YOUR COPIES: IN THE PHILIPPINES

Call the **World Sikaran Brotherhood**
Headquarters at: **213-7154**

or

Jimmy Geronimo 0929-840-9312

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or

Joe Sidlacen
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Payable to: Emmanuel Querubin

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Sikaran Pilipinas

PO Box 6332, Alameda, Ca 94501
U.S.A.

Twenty per cent (20%) of the proceeds of every book ordered through the headquarters go to the World Sikaran Brotherhood fund.

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ORDER YOUR OWN COPY NOW !**

RELEASED IN 2011....

SIKARAN INSTRUCTIONAL VIDEO VOLUME 1

**WRITTEN, PRODUCED, AND DIRECTED BY:
ELPIDIO SELETARIA JR.
8th DEGREE BLACK BELT (#1487)
Hercules, California, USA
www.sikaranarnis.com**

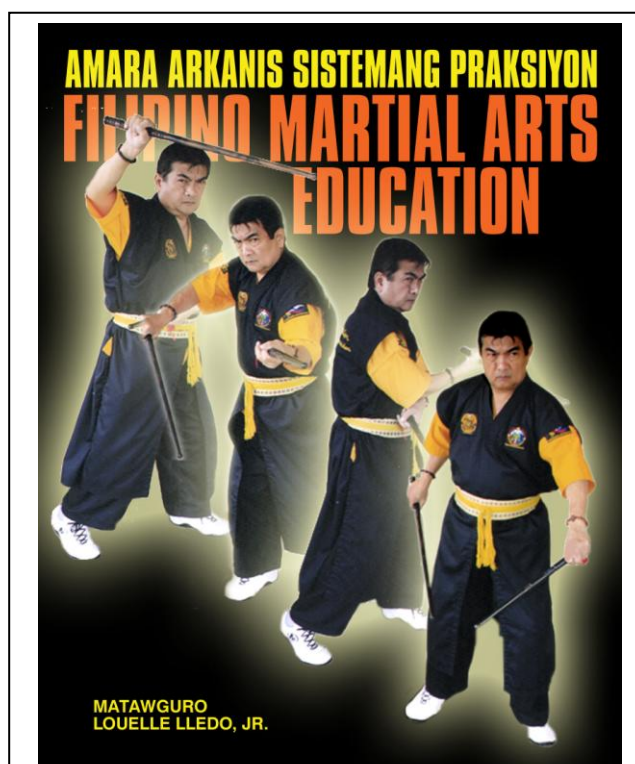
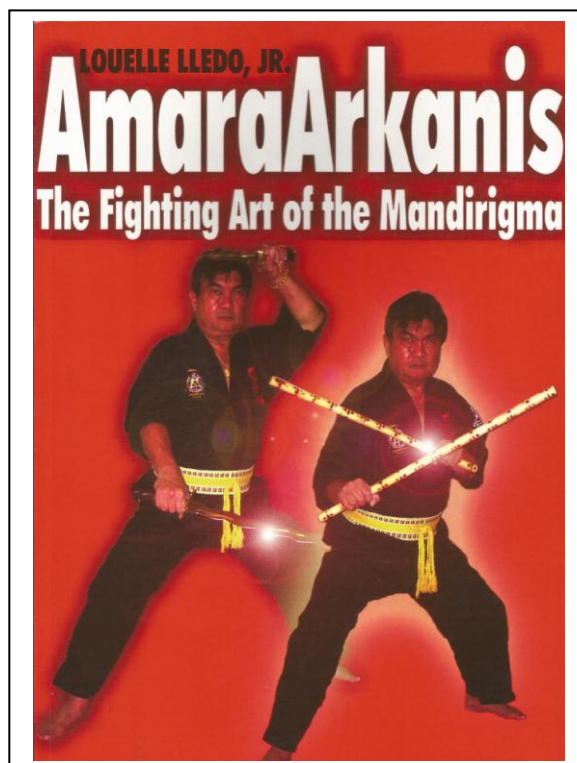


**COMING SOON...!!!
SIKARAN INSTRUCTIONAL VIDEO VOLUME 2
(ADVANCED SIKARAN WITH DEFENSIVE TACTICS, ETC...)**

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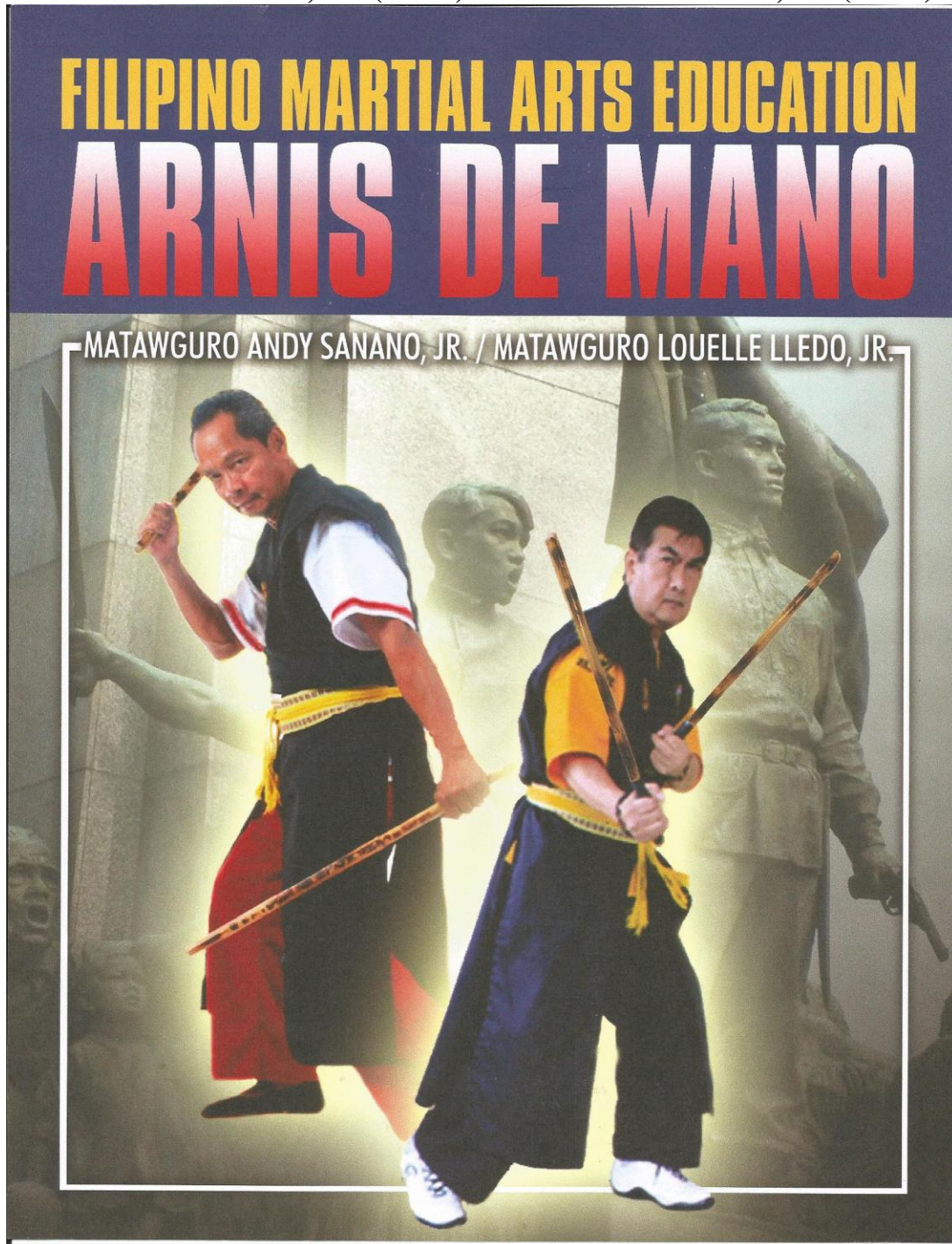
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By: TWO SIKARAN MANTAS

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**SIKARAN builds fitness
fitness builds confidence
confidence builds productivity
productivity builds a better citizen
a better citizen builds a better country
a better country builds a better and peaceful world
SIKARAN builds a fit, confident, productive, and better citizen
who builds a better country and more peaceful world**

SIKARAN WORDS OF WISDOM

**"when faced with the inevitable you will fall back to
your level of training"**