

**Bais Tres Manos**  
**Kalis-Silat-Kuntaw**  
Seminar - Workshop  
May 23, 2009  
By Guro Brian Everett

Grand Maestro Bais has just returned from Baltimore, Maryland where he finished teaching and propagating his family art of Bais Tres Manos with the east coast BTM-KSK brothers and sisters.

Maestro Jun Paliangayan and Guro Del Ali Rawling presented the traditional Kalis Sword to Grand Maestro Bais as a welcome appreciation of the Baltimore Maryland Kalis-Silat Kuntaw.

The seminar started with Maestro Jun and Guro Jahi, introducing the inner strength stretching and warming up exercise with the group. They taught the group some footwork drills known as the Monkey Dance, which was great and will definitely be helpful in preparing the body coordination and mind realization before the main course of the seminar.

After the warm up and stretching Grand Maestro Bais took over the seminar starting with internal balance of proper breathing exercise, then brief family history of the Bais Tres Manos system (BTM); and how it differs from other systems. One of the important techniques that Grand Maestro Bais stressed to the group was how to be you and not mimic the moves, but how to create them to be yours. Grand Maestro Bais then explained and taught the group the three ranges of the Bais Tres Manos system known as Disalon, Largo, Medya and Corto-mano. (Long, Medium and Short ranges of striking and foot works maneuver).

As the group enjoyed the movement of the hand proficiency of the striking techniques, Grand Maestro Bais continued into the Disarma techniques of the Bais Tres Manos system. Among the most important and unique techniques of the Bais Tres Manos system is the ability to disarm an opponent in different angle of an attacked when applied correctly and this is one of the remarkable method that makes the Bais Tres Manos system unique from the other types of Filipino martial arts. The lesson that was presented started with Olisi vs. Olisi disarming (Weapon against Weapon Disarming) then followed with Olisi vs. Empty hand disarming. The group did very well and was beginning to add more tools to their toolbox of defense.

Grand Maestro Jon Bais and Guro Elmer Bais Guro Brian Everett explained the rules of USFMAF tournament which Grand Maestro Jon Bais, also explored with the East Coast Filipino martial arts practitioners to become a poster member for camaraderie and brotherhood of all Filipino martial arts.

The six hours of continuous lessons was not noticed due to different techniques which were taught. The energetic Grand Maestro magnified the seminar covering the empty hand techniques of the Bais Tres Manos system which Grand Maestro Bais explained and demonstrated the concepts behind them and how they relate to both practical self-defense and sports competition.





Grand Maestro Bais extended the seminar by having some of the students spar with Guro Elmer Bais and apply the techniques that they had learned. Everybody had a great time and new friends were made by all involved.

After the awarding ceremony the participant of the seminar requested if Grand Maestro Jon Bais can make his Kalis (sword) sound as he strikes.



The Grand Maestro decided to perform a short sayaw (Sword Form). With great amusement he did not only make the bladed weapon sound but it was like music as he delivered every strike in remarkable speed motion with coordination of his traditional foot work and timing.

As result of the seminar the head of Black Tiger Martial Art Academy, Guro Del Ali Rawling decided to be officially under the wing of the Bais Tres Manos and will adapt the Bais Tres Manos as part of their martial training.



Grand Maestro Bais awarding the certificate of appreciation to Guro Ali of Black Tiger Martial Art



Grand Maestro Bais and the members of Bais Tres Manos would like to express their gratitude (“Thank You”) to Guro Del Ali Rawling for hosting the seminar at his facility the Black Tiger Martial Art Academy. It was greatly appreciated and with true hospitality of Maestro Jun Paliangayan and his family for organizing the seminar and sharing their beautiful home. And for the untiring help of Maestro Rollie Descargar and his family managing the registration and training supplies.