

Spotlight on the Masters Bais Tres Manos Seminar

July 19, 2008

By Em Angeles



Block Control Eliminate

These 3 words resonated throughout Grand Maestro Jon Bais' full day seminar. Along with these 3 words the seminar was peppered with his witty colloquialisms; particularly, one that stands out with me is: "*Bais Tres Manos is definitely a giving art. If you give me 1 hit, I will gladly give you 3 hits in return.*"

Grand Maestro Jon Bais started his seminar Saturday by showing us the proper salutation. Warm up drill and techniques consisted of strikes and footwork. He informed us all that 8 hours is really not enough to show us the art that he grew up with and fostered. Soon after warming up, Grand Maestro started to tell us the history of Bais Tres Manos.

Towards the end of the seminar, Grand Maestro Bais asked us to give him different scenarios where he, falls victim to an attacker; be it from behind, forced against a wall or on the ground with the assailant on top of him. In each of these scenarios, Grand Maestro Bais, easily subdued and restrained the attacker making it look so simple and easy.



Grand Maestro Bais demonstrating
with his son Guro Elmer Bais



Not only were we able to learn different techniques of Grand Maestro Bias' family art, but we were also intrigued by his family history. I, myself was sitting there in bated breath!

I look forward to more Tres Manos seminars where the main Bais family fighting concept is "Walay Atras" = "No Retreat".



During the Seminar as noted by Alex France:

Jon Bais Earns “Master Seal of Approval”
By Alex(ander Bautista Bayot France)

He came into the studio, a young man, late twenties to early thirties, sharply dressed. A young boy, around eight years of age, walked in with him.

“I’m Master so-and-so (the name escapes me at the moment). I’m the new (something) of such-and-such. I’m looking for instructors to help me teach security guards(?), bodyguards(?) and someone referred me to your school. I have more students than I can handle. I’m a former Navy Seal. I lived six years in the Shaolin Temple, and I’m a master of ten different systems.”

Was he trying to impress me? Nah! This couldn’t be happening at this day and age! In the 1960’s, perhaps, but this was the 21st century! I glanced down at the young boy who came in with him, must be trying to impress the kid. I’ll play along.

“Hi, I’m Alex.”

I called Maestro de Maestro Jonathan “Jon” Bais (my very first FMA instructor) over and introduced him to the young man. After introducing my teacher, I let the visitor introduce himself again.

“I’m Master so-and-so. I’m the new (something) of such-and-such. I’m looking for instructors to help me teach my students. I have more than I can handle. I’m a former Navy Seal. I lived six years in the Shaolin Temple, and I’m a master of ten different systems. I’ve developed over a hundred black belts.”

So, why can’t they help him out? I wondered silently. Aloud, I said, “Why don’t

you make yourself comfortable, Master Seal, watch what we do and see if you'd like to use any of it in the training of your students.”

He made himself “comfortable” by sitting at the edge of the mat, in the traditional Japanese seiza position. I never saw Shaolin warrior monks sit like Japanese martial artists before. About five minutes later, I noticed him easing his numb legs into a more comfortable position. I smiled to myself, anyway...

What followed was the best knife demo I have ever seen; and I've seen a lot. Furthermore, it was happening in the same school that then-“Maestro” Jon and I set up together some dozen years ago. We were together about a year before he left for Europe. I continued with the school on my own and met many great FMA practitioners, three of which became my teachers. The four letters, BPPV, on my school logo represent my four teachers.

Now the circle was complete. My first teacher was back, and better than ever. Knife-to-knife? Fantastic! Empty hand against knife? I didn't think it could be done successfully against a trained knife wielder. I'm not so sure anymore. His vicious, empty hand responses to knife thrusts and slashes from all directions were awesome. His empty hand counters against knives already held against his neck or body, front, back, or side were even more awesome. “If I move, stab me!” he would say. Then he'd move before his attacker could do so.

When it was all over, the young man bowed to “GM” (the term I use for my teachers) and announced he would be honored to study under him. After exchanging contact info, he walked out of the school, but not out of my memory. He never called back. Sometimes I wonder why.



www.ksk-fma.net

Spotlight on the Masters
Brought to you by: **Alex France**
Hayward Martial Arts
1024 B St. #1
Hayward, CA. 94541
Email



The Philippine Martial Arts Academy
is the FMA Division of
Hayward Martial Arts.



www.haywardmartialarts.net