



OKCD (Moroland) Arnis Basics Book #1: Contents:

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OKCD Arnis Training program: (Introduction)

The OKCD Arnis training reference book was written from documents authored by Guru Bruce Jenkins (Moroland Martial Arts) over the last fourteen years and from martial arts reference books in his personal collection. This book is a guide for the OKCD Arnis students to use during their training. The book only documents an overview of the basic information an OKCD Arnis student can expect to learn during their martial arts training at the OKCD dojo. This is the first book of a series of OKCD Arnis books. These books will cover multiple parts of the OKCD (Moroland) Arnis system from the beginning student to the advanced level student (Technical Advisor).

Arnis History (from Remy Presas):

(Taken from the “**Modern Arnis the art of stick fighting**” book <by Remy Presas>)

The origins of **Arnis** are difficult to trace, primarily due to there being nearly as many styles of Filipino stick fighting as there are islands in the Philippine archipelago --- more than 7000! The races that settled in these islands came from India, Southeast Asia, China and Indonesia. These diverse races and cultures blended their heritages over the centuries, producing a common method for employing sharp swords, daggers and fire-hardened sticks in combat.

One of the earliest known forms was called **tjakalele** (Indonesian fencing). **Kali** is another term familiar to stick fighters around the world. **Escrima** is another form of sticking fighting that goes back in history to the invasion of the Philippines by the Spanish. The Spanish invaders required guns to subdue their fierce Filipino opponents. The deadly fighting skills of the Filipino warriors nearly overwhelmed them and they dubbed the native stick style **Escrima** (skirmish). After conquering the Filipinos, the Spanish outlawed Stick fighting. This caused the Filipinos to have to practice late at night or in performances that looked like theatrical plays. **Arnis** came from the word **arnes**. The **arnes** (the armor worn by the Spanish during medieval times) was used during plays put on by the Filipino to practice stick fighting during their occupation by the Spanish.

For more information regarding **Arnis** history per Remy Presas, please read a copy of his book “**Modern Arnis the art of stick fighting**” published by Black Belt Books.

OKCD Previous Arnis History:

Over the years, OKCD has and will continue to have, many great Arnis instructors come to the dojo and teach seminars\workshops to the OKCD members. This is another fine example of the great OKCD leadership and spirit of allowing martial arts instructors from other styles to come into the dojo to train with their students. This diversity allows the OKCD students the ability to train in multiple styles if they choose, which in turn allows them more opportunity to become a well-rounded martial artist.



Moroland Martial Arts History:

Moroland Martial Arts system was founded on December 30th, 1993 by Captain Pedro Alvaran, Filipino Resistance Army WWII and Guru Bruce Jenkins. Captain Pedro Alvaran was one the real Filipino warriors during WWII that saw many years of combat fighting against the Japanese occupation of the Philippines. He was a great combat leader with excellent communication and organizational skills.

Captain Alvaran and I spent a few days together creating the basic structure of the Moroland Martial Arts system. The Moroland Martial Arts system developed into a life long system that represents the true Filipino warrior's spirit of combat training for battle. Since the Moroland Martial Arts system is a modern system, my staff and I will continue to add to this system until we pass on to the final warriors resting grounds.

The Moroland Martial Arts system is what Guru Bruce Jenkins considers some of the best parts of each of the nine systems he has studied and any new combat applications that he (or his staff) may acquire from any other martial arts system. The Moroland Martial Arts System is a combat oriented system.

OKCD extends their welcome to Moroland Martial Arts:

In January 1995, Guru Bruce Jenkins was welcomed to the OKCD dojo by Sensei Ilene Smoger. After teaching Arnis for a few nights, she suggested I start teaching at the OKCD dojo. The rest is OKCD-Moroland Arnis history. The OKCD Arnis class has evolved into another great martial arts training class at the OKCD dojo.

Moroland Martial Arts **Introduction to a Moroland**

What does Moroland Mean to the Filipinos?

Moroland means land of the “MORO” people or tribe. The MORO tribe is one of the many ethnic tribes of people living in the Philippines. They are some of the most violent warriors in the history of the Philippines. They have Muslim influences in their culture. They have fought and continue to fight many battles with their enemies both foreign and domestic.

What does Moroland Mean to Moroland Martial Arts?

Moroland means any martial style or country that interacts with the Philippines or the United States.

Why was Moroland Martial Arts created?

Moroland Martial Arts was created by its founders to give every student a realistic system of self-defense applications and options to use when their time of combat has been chosen for them by their destiny.

Warrior Philosophy:

To be a warrior with the knowledge and spirit of many teachers, you must feel the hearts and spirit of many warriors.

Moroland Warrior Philosophy:

To be a true Moroland warrior with the fighting spirit of the teachers who have bestowed their knowledge upon you, you must appreciate the spirit of the many Moroland warriors who have come before you and have passed their knowledge onto to your teachers.

Giving Thanks to Moroland:

For hundreds of years, Moroland warriors had to defend their families, country and way of life from foreign and domestic invaders. To all of these warriors we owe our gratitude for keeping the many styles of martial alive and growing.

Moroland Martial Arts
Rules of Combat

Rules of Combat:

The Filipino members of Moroland created the “**Rules of Combat**” to help a martial artist/person to live and be as one with the natural harmony of those around you. The rules listed below achieve this harmony:

1. **Avoid** rather than check. (avoid everything if possible)
2. **Check** (block) rather than strike. (minimal force is always best)
3. **Strike** (Hit) rather than mame.
4. **Mame** (Break) rather than destroy.
5. **Destroy** (Kill) only when absolutely necessary!
All life is precious and death is forever!!!!!!!!!!

OKCD Arnis Ranking Structure:

The OKCD Arnis ranking structure is the same as the Moroland Martial Arts ranking structure. The rank of an OKCD Arnis practitioner can be hard to identify by the average person watching the OKCD Arnis class. It can be located on their combat shield and their combat spear, if they have reached a high enough level in their training. A senior OKCD Arnis instructor's rank is marked on their fighting sticks.

Arnis Rank Structure overview -

- **Application Technician** (Level 1 -10)
- **Technical Advisor Apprentice\Basic Instructor** (Level 6) = an advanced martial arts student who is selected by the Senior Technical Advisor and wants to learn/teach the (9) Moroland martial styles. They help the senior instructor lead the Arnis class through the OKCD Arnis basics drills. This student helps the instructor when teaching Arnis basics to the new students. This student is half way through training to become a Technical Advisor.
- **Technical Advisor** = Combat Application Technician Level 10. The OKCD Arnis instructor can teach the OKCD Arnis class with confidence when the Senior Technical Advisor is away. The students in the class refer to them as a Guru (Teacher). They are a member of the Moroland Leadership Council. This student is now ready to start training to become a Senior Technical Advisor.
- **Senior Technical Advisor Apprentice/Advanced Basic Instructor** = Technical Advisor + Combat Application Technician Level 6. This instructor can teach the OKCD Arnis class and can teach Moroland Advanced Combat Applications to the OKCD Arnis class. This student is half way through training to become a Senior Technical Advisor.
- **Senior Technical Advisor** = Technical Advisor + next 10 levels
- **Grand Technical Advisor** = Senior Technical Advisor + next 10 levels (age = 55yrs +)
- **Royal Technical Advisor** = Grand Technical Advisor + next 10 levels (age = 60yrs +)

Basic Rank Structure layout –

1. Combat Application Technician # 1
2. Combat Application Technician # 2
3. Combat Application Technician # 3
4. Combat Application Technician # 4
5. Combat Application Technician # 5
6. Combat Application Technician # 6 (Basic Instructor/Technical Advisor Apprentice).
7. Combat Application Technician # 7
8. Combat Application Technician # 8
9. Combat Application Technician # 9
10. Combat Application Technician # 10 (Technical Advisor)

OKCD Arnis promotes one of its own through the ranks:

Sensei-Guru Frank Gannon was the first OKCD student to attain the rank of Technical Advisor in the OKCD Arnis system and the first to attain the rank of Technical Advisor in Moroland Martial Arts in both Texas and Oklahoma. He has assisted Guru Bruce Jenkins since the start of the OKCD Arnis training program. He is a very dedicated martial artist in all the OKCD martial arts styles.

OKCD Honorary Technical Advisors: (Sensei Ilene, Sensei Wayne, others)

Moroland Martial Arts respects all rank from all systems. Any OKCD member who has attained at least a Black Belt in the OKCD system or any other system is eligible to become an Honorary Technical Advisor in the Moroland Martial Arts Association. These Honorary Technical Advisors will represent their Martial Arts Style(s) as well as add more combat applications to their own set of martial arts skills. Sensei Ilene and Sensei Wayne have both attained ranking in the OKCD Arnis program and are Honorary Technical Advisors in the Moroland Martial Arts system.

Current Moroland Technical Advisors (instructors):

Texas and Oklahoma:

Guru Bruce Jenkins, Senior Technical Advisor (Moroland Martial Arts, OKCD Arnis)

Guru-Sensei Frank Gannon, Technical Advisor/Shodan, (Moroland Martial Arts, OKCD)

Sensei Darin Fansler, Technical Advisor / 2nd Degree Black Belt (Colleyville Kenpo)

Guru Wylie Mitchell, Technical Advisor (Texoma Martial Arts)

Guru Darrell White, Technical Advisor (Texoma Combat Tai Chi)

Oregon:

Guru Monty Sperry, Senior Technical Advisor, (Moroland Martial Arts Oregon)

Guru Jordan Snyder, Technical Advisor, (Moroland Martial Arts/Arts of the Archipelago)

Philippines:

Captain Pedro Alvaran, Grand Technical Advisor, Filipino Resistance Army WWII, Manila (Co-founder Moroland Martial Arts), "This was my wife's Dad, He passed away a few years back"

Moroland Martial Arts Association
General Information

Moroland Martial Arts Association (MMAA) Information:

The MMAA is a great modern martial arts system (combined from many styles) that has its own lineage (origination) from the Philippines, Indonesia, China and the USA. The MMAA system is a circular system. All MMAA combat application techniques were designed to build upon themselves to give each member a great set of tools (applications) that they can use to defend themselves when the need arises. The main emphasis of the MMAA is to provide a lifelong martial arts system that promotes peace and harmony within its membership and the martial arts systems affiliated to it. This emphasis helps its membership grow and remain dedicated to their pursuit of learning martial arts.

MMAA motto = “Learning is a forever process”

Another important focus of the MMAA system is that it does not revolve around the financial status of any of its members. The MMAA system has no political ties to any particular martial arts school or style. This refrain from martial arts politics helps its members retain their focus on learning the MMAA system.

The MMAA is composed of four councils:

- **Membership Council**
- **Leadership Council**
- **Senior Leadership Council**
- **Grand Leadership Council**

Each council has separate roles within the MMAA.

Membership Council:

The membership council is the first council and everyone who is a member of the MMAA and OKCD Arnis are welcome to join.

Leadership Council:

The leadership council is the second council. Each member selected to this council is by the approval of the current senior leadership council members and from recommendations from the current leadership council members.

Senior Leadership Council:

The senior leadership council is the third council. Each member selected to this council is by the approval of the current grand leadership council members and from recommendations from the current senior leadership council members.

Grand Leadership Council:

The grand leadership council is the fourth council. Each member selected to this council is by the approval of the Founders of the MMAA and from recommendations from the current senior leadership council.

OKCD Arnis promotes the use of ART in their training program:

ART (Automated Reaction Training) is a technique used in the OKCD Arnis training program to train the student's body to react automatically to a technique/situation as it is occurring. This program accomplishes this training by having the students continue to practice the same proven techniques repeatedly until they retained it into their subconscious memory for use without having to think of which technique to use at the time of need.

OKCD Arnis promotes the use of KISS in their training program:

KISS(keep it simple student) is a technique used in the OKCD Arnis program to make sure the techniques aren't too complicated and can be learned fast and are very effective. This technique ensures that the student should easily be able to defend themselves against most attackers in a short amount of time if they continue to practice what they have learned in the OKCD Arnis training program.

OKCD Igorot Stick fighting system:

In 2001, Guru Bruce Jenkins creates the Moroland Martial Arts Igorot Stick fighting system. This system is a very rare Stick fighting system. It is only being taught at OKCD Dallas ,Corvallis Oregon (**Oregon State University**) via private lessons from Guru Jordan Snyder (**Arts of the Archipelago**) and via private lessons from Guru Bruce Jenkins (**Moroland**). It is simple to learn and a very effective stick fighting system. I created this system to be able to develop parts of it by myself and have parts of it developed in conjunction with my senior students. This system will allow the senior members of the OKCD (Moroland) Arnis training program an opportunity to show their working knowledge of their martial arts skills. Sensei-Guru Frank Gannon has already been adding his contribution to this system during his training at the OKCD dojo.

OKCD Arnis focused training workshops:

The OKCD Arnis class has approximately ten or more ARNIS focused training workshops a year. OKCD/MMAA invites guest instructors to teach at these workshops to give all OKCD members an opportunity to add to their martial skill set. These guest instructors include the following:

- **Sensei Darren Fansler, Colleyville Kenpo**
- **Guru Wylie Mitchell, Texoma Martial Arts, Kali, GungFu, Silat**
- **Guru Darrel White, Texoma Combat Tai Chi, Kali, GungFu, Silat**

List below are few of these workshop topics already covered in the past:

1. **Single Stick Techniques**
2. **Double Stick Techniques**
3. **Wu Ying Dao Techniques**
4. **Sabot Staff techniques**
5. **Arnis Knife fighting**
6. **Silat (Indonesian) knife fighting**
7. **Cane Techniques**
8. **Empty hand Techniques (mano-de-mano)**
9. **3 lock system**
10. **Advanced Stick Striking Styles**
11. **Footwork (Arnis, Silat, Wu Ying Dao)**
12. **Flex-able Weapons**
13. **Police Baton / Kubaton Techniques**

These workshops are repeated as needed to keep these topics fresh in the OKCD Arnis set of weapons training techniques.

OKCD (Moroland) Arnis Rank Requirements:

Listed below are the basic requirements for each OKCD (Moroland) Arnis rank. These are the high-level requirements only.

Combat Application Technician # 1:

- Single Stick Basic 12 Strikes (Set # 1)
- Single Stick Basic 12 Blocks (Set #1)
- 3 lock System
- Bow-in (start of class)
- Igorot Obniko striking drill
- Igorot Striking Drill (Basic 5)
- Forward figure 8 drills
- Reverse Figure 8 drills
- Rules of Combat
- Bow-out (end of class)
- “Go in Peace”
- Proper stick gripping position (standard)

Note:

The student will only be familiar with the techniques listed above.

Combat Application Technician # 2:

Previous Techniques -

- Single Stick Basic 12 Strikes (Set # 1)
- Single Stick Basic 12 Blocks (Set #1)
- 3 lock System
- Bow-in (start of class)
- Igorot Obniko striking drill
- Igorot Striking Drill (Basic 5)
- Forward figure 8 drills
- Reverse Figure 8 drills
- Rules of Combat
- Bow-out (end of class)
- “Go in Peace”
- Proper stick gripping position (standard)

Note:

The student will only be familiar with the techniques listed below.

New techniques added to set –

- Single Stick Basic 12 Disarms (Set #1)
- Single Stick Striking Style(Head-Leg Series)

Combat Application Technician # 3:

Previous Techniques -

- Single Stick Basic 12 Strikes (Set # 1)
- Single Stick Basic 12 Blocks (Set #1)
- 3 lock System
- Bow-in (start of class)
- Igorot Obniko striking drill
- Igorot Striking Drill (Basic 5)
- Forward figure 8 drills
- Reverse Figure 8 drills
- Rules of Combat
- Bow-out (end of class)
- “Go in Peace
- Proper stick gripping position (standard)
- Single Stick Basic 12 Disarms (Set #1)
- Single Stick Striking Style(Head-Leg Series)

Note:

The student will only be familiar with the techniques listed below.

New techniques added to set –

- Heaven Six
- Six Count
- Reverse Rhodundra
- Silat Footwork Pivot (Left, Right)
- Arnis Knife grip positions (Standard, Ice-Pick)
- Arnis empty hand knife dis-arms #1 (Static knife)
- Male Triangle
- Female Triangle

Combat Application Technician # 4:

Previous Techniques -

- Single Stick Basic 12 Strikes (Set # 1)
- Single Stick Basic 12 Blocks (Set #1)
- 3 lock System
- Bow-in (start of class)
- Igorot Obniko striking drill
- Igorot Striking Drill (Basic 5)
- Forward figure 8 drills
- Reverse Figure 8 drills
- Rules of Combat
- Bow-out (end of class)
- “Go in Peace
- Proper stick gripping position (standard)
- Single Stick Basic 12 Disarms (Set #1)
- Single Stick Striking Style(Head-Leg Series)
- Heaven Six
- Six Count
- Reverse Rhodundra
- Silat Footwork Pivot (Left, Right)
- Arnis Knife grip positions (Standard, Ice-Pick)
- Arnis empty hand knife dis-arms #1 (Static knife)
- Male Triangle
- Female Triangle

Note:

The student will only be familiar with the techniques listed below.

New techniques added to set –

- Single Stick Basic 12 Strikes (flow)
- Indonesian knife disarm # 1 (finger lock)
- Poke and Roll
- Wu Ying Dao Basic 15 Strikes
- Wu Ying Dao 4 Basic kicks
- Wu Ying Dao Basic Stances (Right Forward, Left Forward, Horse, Half Horse, Cat)
- Single Stick Basic 12 dia-arms Set # 2 (strike-thru)
- Igorot stick-weapon dis-arms (Basic 4).
- Wu Ying Dao Basic Stepping techniques
- Silat Basic Foot traps

Combat Application Technician # 5:

Previous Techniques -

- Single Stick Basic 12 Strikes (Set # 1)
- Single Stick Basic 12 Blocks (Set #1)
- 3 lock System
- Bow-in (start of class)
- Igorot Obniko striking drill
- Igorot Striking Drill (Basic 5)
- Forward figure 8 drills
- Reverse Figure 8 drills
- Rules of Combat
- Bow-out (end of class)
- “Go in Peace
- Proper stick gripping position (standard)
- Single Stick Basic 12 Disarms (Set #1)
- Single Stick Striking Style(Head-Leg Series)
- Heaven Six
- Six Count
- Reverse Rhodundra
- Silat Footwork Pivot (Left, Right)
- Arnis Knife grip positions (Standard, Ice-Pick)
- Arnis empty hand knife dis-arms #1 (Static knife)
- Male Triangle
- Female Triangle
- Single Stick Basic 12 Strikes (flow)
- Indonesian knife disarm # 1 (finger lock)
- Poke and Roll
- Wu Ying Dao Basic 15 Strikes
- Wu Ying Dao 4 Basic kicks
- Wu Ying Dao Basic Stances (Right Forward, Left Forward, Horse, Half Horse, Cat)
- Single Stick Basic 12 dia-arms Set # 2 (strike-thru)
- Igorot stick-weapon dis-arms (Basic 4).
- Wu Ying Dao Basic Stepping techniques
- Silat Basic Foot traps

Note:

The student will only be familiar with the techniques listed below.

New techniques added to set –

- Arnis Footwork Forward 45 degree (Left and Right)
- Arnis Footwork Backward 45 degree (Left and Right)
- Head-leg (1 against 2), Head-leg (2 against 1), Head-leg (1 against 2 turning), Head-leg (2 against 1 turning)
- Praying Hands Silat Takedown # 1
- Praying Hands Silat Takedown # 2 (Capture left, Capture Right)
- Sabot (Staff) Basic 10 Strikes
- Sabot (Staff) Basic 10 Blocks
- Sabot (Staff) Basic 10 dis-arms
- Arnis Knife empty hand dis-arms #2 (Ice Pick, blade up + Blade down)
- Arnis Knife dis-arms #3 (Ice Pick, blade up)
- Wrist Releases Basic 4

Combat Application Technician # 6: (Basic Instructor/Technical Advisor Apprentice).

Previous Techniques -

- Single Stick Basic 12 Strikes (Set # 1)
- Single Stick Basic 12 Blocks (Set #1)
- 3 lock System
- Bow-in (start of class)
- Igorot Obniko striking drill
- Igorot Striking Drill (Basic 5)
- Forward figure 8 drills
- Reverse Figure 8 drills
- Rules of Combat
- Bow-out (end of class)
- “Go in Peace
- Proper stick gripping position (standard)
- Single Stick Basic 12 Disarms (Set #1)
- Single Stick Striking Style(Head-Leg Series)
- Heaven Six
- Six Count
- Reverse Rhodundra
- Silat Footwork Pivot (Left, Right)
- Arnis Knife grip positions (Standard, Ice-Pick)
- Arnis empty hand knife dis-arms #1 (Static knife)
- Male Triangle
- Female Triangle
- Single Stick Basic 12 Strikes (flow)
- Indonesian knife disarm # 1 (finger lock)
- Poke and Roll
- Wu Ying Dao Basic 15 Strikes
- Wu Ying Dao 4 Basic kicks
- Wu Ying Dao Basic Stances (Right Forward, Left Forward, Horse, Half Horse, Cat)
- Single Stick Basic 12 dia-arms Set # 2 (strike-thru)
- Igorot stick-weapon dis-arms (Basic 4).
- Wu Ying Dao Basic Stepping techniques
- Silat Basic Foot traps
- Arnis Footwork Forward 45 degree (Left and Right)
- Arnis Footwork Backward 45 degree (Left and Right)
- Head-leg (1 against 2), Head-leg (2 against 1), Head-leg (1 against 2 turning), Head-leg (2 against 1 turning)
- Praying Hands Silat Takedown # 1
- Praying Hands Silat Takedown # 2 (Capture left, Capture Right)
- Sabot (Staff) Basic 10 Strikes

- Sabot (Staff) Basic 10 Blocks
- Sabot (Staff) Basic 10 dis-arms
- Arnis Knife empty hand dis-arms #2 (Ice Pick, blade up + Blade down)
- Arnis Knife dis-arms #3 (Ice Pick, blade up)
- Wrist Releases Basic 4

Note:

The student will only be familiar with the techniques listed below.

New techniques added to set –

- Floretee
- Rumpada
- Bondi-Bondi
- Decadena (Left outside, Left inside, Right Outside, Right Inside)
- Flow drill



(Sensei-Guru Frank Gannon and Guru Bruce Jenkins are pictured above)

Conclusion:

I hope this book is a inspiration to all OKCD (Moroland Martial Arts) Arnis practioners (players) and to the OKCD dojo as a whole. The OKCD dojo is one of the finest martial arts clubs I ever been associated with or had the pleasure of teaching Arnis at. The OKCD dojo is gifted to have such a high caliber of OKCD martial arts instructors. These instructors continue to inspire all students both young and old.

Thanks Again OKCD!

Notes: