

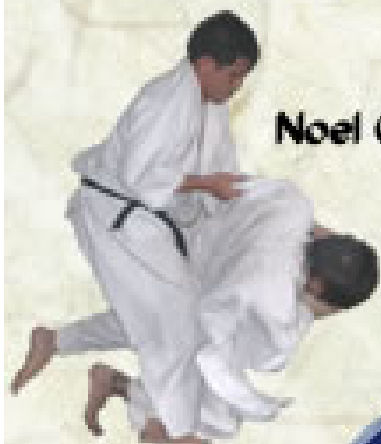
Filipino Martial Arts

Judo in the Philippines

Digest

Special Edition
2009

Noel C. Estanislao



Coaches
of the
Philippine National Judo Team

Coach Alexander B. Sulit

Ateneo de Manila University

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The FMA Digest is published quarterly. Each issue features practitioners of martial arts and other internal arts of the Philippines. Other features include historical, theoretical and technical articles; reflections, Filipino martial arts, healing arts and other related subjects.

The ideas and opinions expressed in this digest are those of the authors or instructors being interviewed and are not necessarily the views of the publisher or editor.

We solicit comments and/or suggestions. Articles are also welcome.

The authors and publisher of this digest are not responsible for any injury, which may result from following the instructions contained in the digest. Before embarking on any of the physical activities described in the digest, the reader should consult his or her physician for advice regarding their individual suitability for performing such activity.

From the Publishers Desk

Kumusta

Judo was created in Japan however it has a big following in the Philippines. And the FMA Digest put this Special Edition together, just to bring you the reader a small part.

It was an honor first to meet Coach Alexander B. Sulit from the Ateneo de Manila University. He is very mild mannered and confident in character, but you can tell on the mat he is a formidable opponent.

Next it was an honor to meet and talk a little with the coaches of the Philippine National Judo Team. While there I witness some training and they are continuously and consistently working on their skills. And with coaches John Baylon, Danilo Crosby, Dionisio Lucero, and Lori Mendoza, the Filipino team will most definitely be in shape and ready for their next competition.

Noel Estanislao, grew up training in Judo, the FMA Digest is sure you will like his story, starting at the age of 6, while his father was 50 when he started. Having his own school and teaching future champions in the art of Judo.

Finally, the FMA Digest finally found something on Geronimo “Ronnie” Dyog, and Vic Vargas Vargas who was the three-time Philippine judo champion at the age of 17. And then went into acting. Unfortunately he passed away on July 19, 2003.

The FMA Digest would of liked to brought you the reader more on Filipinos who train and compete in Judo, but found it a bit difficult, and not really knowing many Filipino Judo practitioners, has brought you “as said before” just a small taste of Judo in the Philippines.

The Philippine National Judo Team performing some moves: [Click Here](#)

Maraming Salamat Po



Philippine Judo Team with Coaches

Brief History of Sports Judo

The Kodokan was founded in 1882 by the late Professor Kano who himself had established Judo.

Judo was derived from Jujitsu which had many names and schools. Jujitsu is an art for either attacking others or defending oneself with nothing but one's own body. Professor Kano adopted the superlative parts of all the Jujitsu schools, got rid of precarious parts, and established the new Kodokan Judo based on his own insight and arrangement. It started with only nine disciples and a twelve-mat dojo.

The Kodokan Judo was recognized in a few years to be excellent since its students overwhelmed the Jujitsu athletes at the Police Bujitsu Contest; this really was the first step for its future rapid progress.

Professor Kano promoted judo as a physical exercise from a wide national point of view. Proceeding with the organization of the Kodokan and enacting the regulations of Judo, he became the first Asian member of the International Olympic Committee in 1909 and worked for the spread of Judo worldwide.

Judo became an official event in the Olympic Games of 1964, backed by Judo fans and sport promoters all over the world.

It is now a very popular sport almost anywhere in the world.

"Judo, which is now exercised in many countries of the world, is the very Kodokan Judo, created in 1882 by Professor Jigoro Kano. It is clearly stated in the Article 1 of International Judo Federation (IJF) Statutes, 'IJF recognizes 'Judo' which was created by Jigoro Kano."

When modern weapon was invented the art of Jujitsu almost died out. It was then the rise of Judo. The Founder, Jigoro Kano also a Jujitsu instructor developed a new system. He abolished the deadly or brutal parts of jujitsu and modified some techniques which are acceptable in sports and named it as JUDO, the art of giving way or gentle way.

This art is known and practiced throughout the world. Judo is comprised of three groups of techniques: Throws (Nage-Waza) grappling techniques including holds, arm locks, strangle holds (Katame-Waza), strikes and kicks to the body's vital points (Atemi-Waza). In every day practice and in tournaments, only the first two groups are used, strikes and kicks are practiced only in special rehearsed sequences of techniques known as kata.

Judo is popular throughout the world; 145 nations have joined the International Judo Federation (IJF). The first world judo championship was held in 1956 and subsequent championships have been held every other year. In the 1964 Tokyo Olympics, judo became the first Asian sport to become an official Olympic sport. In recent years, women's judo has become increasingly popular. In the 1992 Barcelona Olympics women's judo will also be included as an official Olympic sport of the Southeast Asian games.

Around the world, National Judo Association is working hard to strengthen their national teams, to hold local national competitions and to send teams to the many



Professor Jigoro Kano

international competitions held around the world. In recent years, the competitive level of other countries has increased tremendously.

International Judo Federation (IJF)

The International Judo Federation was founded in July 1951. The IJF was originally composed of Judo Federations from Europe plus Argentina. Countries from four continents were affiliated over the next ten years.

The IJF establishes the rules for International Judo competition.



www.intjudo.eu

History of Philippine Judo

In February of 1888, barely six (6) years after Kodokan was established by Dr. Jigoro Kano, Dr. Jose Rizal our national hero, went to Japan via Yokohama. Historian narrated how Dr. Rizal was fascinated by the beauty, discipline and cleanliness of Japan. Nothing was mentioned who taught him judo except that upon his return to the Philippines, he taught his students judo while in exile in Dapitan. There is now cooperation between Kodokan Judo Institute and PAJA to conduct researches to find out if Rizal was personally tutored by his fellow teacher and European traveler Dr. Kano. Both are almost of the same height, body built and good sportsman. Efforts are being exerted to trace the kin's of the judo students of Rizal in Dapitan.

In the middle and late 30's some Japanese businessman in the Philippines introduced judo among the youth and students. Professor Perfecto Mendiola Jr. who was then an Engineering student of the Mapua Institute of Technology at Doroteo Jose St., Sta. Cruz, Manila, took up the sport in one small dojo of Rizal Avenue opposite the former Opera House under a black belt Japanese instructor.

After the 2nd World War, Professor Mendiola and some of his former classmates continued practicing the sport. Mr. Lucio Ong put up the Philippine Judo School in Echague, Manila. Professor Mendiola founded the Mapua Judo Club in 1950 and produced the most number of Judo champions and black belt holders. Professor Mendiola was himself the 1st National Judo Champion followed by the late Col. Neile Arcales and then Mendiola's student Frank Robles got it four times before younger judokas took over. Jorge Lontok, another student of Mendiola also organized some clubs in Baguio and Mindanao after he founded his Caltex Judo Club. Ramon Tiu put up his own Dragon Judo Club with some of the original instructors coming from his group in Mapua.

In 1954, Col. Jose Lukban, the NBI Director had the group of black belt holders and organized the Philippine Amateur Judo Association, which became the governing body of Judo in the Philippines. It was recognized by the PAAF and the POC. Along their period, Mr. Yuichi Hirose, a Japanese businessman and Judo Instructor came over to the Philippines and greatly helped in the further development of Judo.

Judo is a regular event in the Olympics, Asian Games, South East Asian Games, Palarong Pambansa, PNG, and now officially a P.E. subject in Colleges, High Schools, and the Elementary Schools.

Judo has Regional Chapters throughout the Philippines from Region 1 to 16, including ARRM, and CAR.

PAJA, inc. was affiliated to the following:

IJF - International Judo Federation

JUA - Judo Union of Asia

SEAJF - South East Asia Judo Federation

KJI - Kodokan Judo Institute

Judo in the Philippines is locally affiliated to the Philippine Olympic Committee (POC).

Clubs of each Chapter were affiliated to their Chapter, then Chapter to PAJA, Inc.



The Philippine Amateur Judo Association (PAJA) was founded in 1954, was organized in September 1955 by the enthusiast under the excellent leadership of Lt. Col. Jose G. Lukban and affiliated with Philippine Amateur Athletic Association (PAAF) with the thoughtful support of Mr. Antonio Delas Alas.

In January 1956, PAJA was affiliated with International Judo Federation (IJF) and was given the detailed program of the 1st World Judo Championships, which was held last May 1956 in Tokyo, Japan. The program was given by Mr. Yuichi Hirose, a Japanese Judo Instructor for the National Bureau of Investigation (NBI) and agent of the Kodokan Judo Institute.

The Manila Chronicle and The Daily Mirror reported the first promotion of PAJA members to Kodokan Dan Grades dated February 24, 1956 and March 7, 1956 respectively. Recipients of the belts which were awarded for the first time in the Philippines were the following:

1. Lt. Col. Jose G. Lukban - 4th Grade Black
2. Lucio Roska Ong - 3rd Grade Black
3. Nicolas Arcales - 2nd Grade Black
4. Perfecto Mendiola - 1st Grade Black
5. Edwardo Limjap - 1st Grade Black
6. Raul Boncan - 1st Grade Black
7. Peter Calibo - 1st Grade Black
8. Noli Arambulo - 1st Grade Black
9. Jose Gonzales - 1st Grade Black

The first National Individual Judo Championships was held August 1955. The next was held last March 4, 1956 at the Far Eastern University in order to select the contestants to represent PAJA in the 1st World Judo Championships in Tokyo, Japan.

Philippine Judo Federation

In the Judo Congress in 2003, the original name PAJA had been renamed All-Philippine Judo Federation. Many questioned why there was a need to affix the word "All" before the Federation name. This was patterned from the All-Japan Judo Federation, where our Japanese judo brothers really meant "all the judo federations/clubs in Japan".

The 2003 approved name was not used after that Congress to 2008 by the suggestion of a member of the Exec. Comm. then and continued to use the title PAJA though it wasn't appropriate anymore. This had been rectified in the 2008 December 21 Congress where the term "All" had been proposed to be dropped and simply name the organization Philippine Judo Federation. This title was favored by 90% of the Congress attendees.

Now, the official title of the governing body of Judo in the country, the Philippine Judo Federation, is accepted by the Philippine Olympic Committee, Philippine Sports Commission and appears on the websites of the International Judo Federation and the Judo Union of Asia.

Executive Board

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Executive Vice President: Rolan Llamas
Vice President (CAR) Jorge Borja
Vice President (NCR) Concepcion Rillo Saracanlao
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philippinejudo.org

Coach Alexander B. Sulit

Known as “Coach Ali”

Ateneo de Manila University

4th Degree Black belt in Judo

Purple Belt Instructor in Brazilian Jiu-Jitsu



Coach Ali really gained his skills in training with his brother Antonio Sulit, Jr., “TJ”, training constantly in the Dojo by themselves using books, videos, and sparring.

In the Philippines it is not common to visit other dojos though it would be great, for students would become better competitors with experience being exposed to other competitors.

Coach Ali welcomes many people and different clubs, for their experience and skills for his students will most definitely benefit.

Being in Judo for so long Coach “Ali” was able to finally visit Japan in 2008. He went to compete in the Asian Brazilian Championship. Though not being in Japan for Judo his first love, he was able to at least visit the Kodokan (the place where Judo originated) Not being able to suit up train because of his schedule, he was able to observe a few matches.

Coach Ali is part of the Executive Committee of the Philippine Judo Federation as its National Sports Director.



Coach Ali reputation is first and foremost in the Universities, he promotes a strict sense of respect and decorum with the young college practitioners for it is valuable for them to learn the values of respect to the Dojo, the Art, and to the seniors. This is the first lesson, then honor; for without completeness of respect and decorum there is no honor then the art just becomes a plain sport. So honor and fair play is a big part of the art known as Judo.

Coach Ali ensures that the proper terminology in all techniques is used which is the Japanese terminology and ranking is done as it is in Japan, (white-brown and black belts)

FMAdigest: *How much do you get to train, being that you teach here at the University?*

Coach Ali: I train Judo 3 days a week, Brazilian Jujitsu 6 days of the week. But remember that Judo is my first real love all values where found that I needed in the martial arts. Jujitsu has elevated my attitude in training.



FMAdigest: *What can you say about Sports Judo?*

Coach Ali: Judo as a sport, things are taken away due to rules, for when you take a martial art and take it into a sport, rules apply. Judo should be a comprehensive art, meaning it should be good on the stand up game and should be good on the ground game

and even has striking except the sports aspect of Judo has rules that prevent a practitioner from striking and also prevents the practitioner from doing a lot of ground work. It limits the creativity of the practitioner so most practitioners competing forget or take for granted the groundwork aspect.

So I believe that a practitioner cannot forget that Judo is more than a sport, it is a martial art.



Coach Ali: Judo is about the truth. Whatever, your present state in life it reflects the way you train and play. So it is inescapable. It is perfect for kids in high school and college in this stage in their life trying to find themselves, for me it has more meaning than just being a sport.

Positions:

1. National Sports Director for the Philippine Judo Federation
2. Program Head for Judo for the Ateneo de Manila University
3. Head Instructor - Ateneo Judo Association
4. Team Head and Instructor - VPF Jiu-Jitsu

Email: alisulit@yahoo.com

VPF Jiu-Jitsu: www.teamvpf.com

True Sport Grappling: rollapalooza.tv

Coaches of the Philippine National Judo Team



John Baylon - Philippine Champion

Philippine Champion 1988-1991, 1992-up to Present

Born in Negros Occidental, John Baylon started his training in Judo at the age of 20 while in Japan, training at the Kodokan Judo Institute. (John Baylon was in Japan studying the language of the Japanese to become a tourist guide). For a part time job he was working at a bowling alley as a mechanic.

After 6 months John Baylon desire to train in judo was over whelming and he quit school and devoted his full time training in judo up to 1990, when he returned to the Philippines for 2 years. Returning to Japan in 1992 he stayed until 1999, working in the morning and training in judo in the afternoon.

Why judo why not karate or aikido? John states that: *Judo I think is the safest contact sport. In judo they choke you, throw you, and you are still ok because you tap to end the confrontation if not to tap well then of course you will get injured. Anyway I think judo is the safest for me so I like it very much, both judo and jujitsu.*

John states that while in Japan before tournament he would visit Universities. In Kodokan there are a lot of strong guys, but in the Universities there are also strong guys, but young which makes a difference. I also train at police departments. In the Philippines John trains at the judo training facility everyday. Also twice a week he trains in Jujitsu.



John has competed in Barcelona in the Olympics and throughout Asia in championships.

FMAdigest: *As a champion what is your recommendation to someone who is trying to become a champion?*

John Baylon: Hard work, discipline, diet (but when dieting one must be careful for if you crash diet it is not healthy and you get weak not maintaining strength), now this is if you are going to compete.

FMAdigest: *What is your mindset in competition?*

John Baylon: I am open mentally looking for chances of availability to dominate my opponent.

FMAdigest: *When facing an opponent what dictates your maneuvers?*

John Baylon: Of course you must observe, but basically it is feeling the movements of your opponent which you must act upon, feeling his strengths and weaknesses.

FMAdigest: *What if you know your opponent, do you use that in formulating your tactics?*

John Baylon: Well yes but we never know for, as you execute your movements things change so I must change and grasp the chance to dominate.

FMAdigest: *What advice do you have for young practitioners?*

John Baylon: Train every day, observe your opponents, look for their weakness. Do not be scared, be calm and be determined, for if you are scared you cannot really concentrate and no concentration, mistakes are made.

Learn basic, proper maneuvers and techniques. Work out without a partner. When learning there are a lot of instructors out there, once you have the basics use different instructors. It brings different aspects to techniques learned and is very good. Lift weights, but when lifting weights do so with the purpose of strengthening the part of the body that you feel is weak.

Practice rolls and falls to know the feeling. If you must, get someone to throw you so you can feel the fall and adapt.

In learning Judo and I think any sport, you must learn the discipline, learn respect to others, leave your ego at the door. Be natural, simple and humble, learn from others.

John Baylon - Teaches Judo and is a Head Instructor twice a week at KMA Fitness Centre, Rada St. (corner of dela Rose), Makati, Philippines



Special Awards

International Tournaments:

Year	Event/Country	Category	Award
1988 (Sept 17-Oct 2)	25th Seoul Olympics - Seoul, Korea	78 kg.	
1989	Pacific Rim - Beijing, China	78 kg.	5th Place
	Kodokan Foreign Student Champ. - Tokyo, Japan	Open	Gold
1990 (Sept 20-Oct 7)	Asian Games - Beijing, China	78 kg.	7th Place
	Asean Cup - Kuala Lumpur, Malaysia	86 kg.	Gold
	Asean Cup - Kuala Lumpur, Malaysia	Open	Gold
1991 (Nov 24-Dec 5)	16th SEA Games - Manila, Philippines	78 kg.	Gold
	16th SEA Games - Manila, Philippines	Open	Bronze
1992	Barcelona Olympics - Barcelona, Spain	78 kg.	
	Jigoro Kano Cup - Tokyo, Japan	78 kg.	7th Place
1993	17th SEA Games - Singapore	78 kg.	Gold
	17th SEA Games - Singapore	Open	
	World Judo Championship - Hammilton, Canada	78 kg.	
(Nov 13-14)	World Judo Championship - Hammilton, Canada	Open	
	Asian Judo Championship - Macau	78 kg.	Bronze
	Asian Judo Championship - Macau	Open	
1994 (Sept 10)	Kodokan Foreign Student Champ. - Tokyo, Japan	Open	Gold
	Asian Games - Hiroshima, Japan	78 kg.	7th Place
	Asean Cup - Kuala Lumpur, Malaysia	78 kg.	Gold
	1st Malaysian Open - Kuala Lumpur, Malaysia	Open	5th Place
	Jigoro Kano Cup - Makuhari Chiba, Japan	78 kg.	
	Jigoro Kano Cup - Makuhari Chiba, Japan	Open	
	Kodokan Foreign Student Champ. - Tokyo, Japan	Open	Bronze
1995	World Judo Championship - Makuhari Chiba, Japan	78 kg.	
(Nov 20-22)	Asian Judo Championship - New Delhi, India	78 kg.	
(Dec 9-17)	18th SEA Games - ChiangMai, Thailand	78 kg.	Gold
	18th SEA Games - ChiangMai, Thailand	Open	Silver
	Kodokan Foreign Student Champ. - Tokyo, Japan	Open	Bronze
1996	Asian Judo Championship - Ho Chi Minh, Vietnam	78 kg.	
	Jigoro Kano Cup - Tokyo, Japan	78 kg.	
	Kodokan Foreign Student Champ. - Tokyo, Japan	30 yrs. old	Gold
1997	19th SEA Games - Jakarta, Indonesia	71 kg.	Gold
	19th SEA Games - Jakarta, Indonesia	Open	Bronze
(Nov 22-23)	Asian Judo Championship - Manila, Philippines	71 kg.	
1998 (Jan 10-11)	Shoriki Cup - Tokyo, Japan	73 kg.	
(Aug 8-9)	6th Vietnam Int'l. Judo Champ. - Vietnam	73 kg.	Silver
	Osaka Int'l. Foreign Goodwill Judo Champ. - Japan	30 yrs. old	Silver
(Dec 6-20)	13th Asian Games - Bangkok, Thailand	73 kg.	7th Place
1999	Jigoro Kano Cup - Tokyo, Japan	73 kg.	
(Aug 6-7)	7th Vietnam Int'l. Judo Champ. - HCMN, Vietnam	73 kg.	Bronze
(Sept 7-13)	SEA Judo Championship - Singapore	73 kg.	Gold
(Sept 22-27)	Bangkok Int'l. Judo Champ. - Bangkok, Thailand	73 kg.	Silver
(Nov 20-21)	99 Korea Open Int'l. Judo Champ. - Seoul, Korea	73 kg.	
2000 (May 26-28)	Asian Judo Championships - Osaka, Japan	73 kg.	
(Aug 3-4)	SEA Judo Championship - Ho Chi Minh, Vietnam	73 kg.	Silver
(Aug 5-6)	8th Vietnam Int'l. Judo Champ. - Ho Chi Minh City	73 kg.	Bronze
(Dec 1-6)	Bangkok Int'l. Judo Champ. - Bangkok, Thailand	81 kg.	Bronze

2001 (Aug 3-4)	9th Vietnam Int'l. Judo Champ. – Ho Chi Minh City	81 kg.	5th Place
	21st SEA Games - Penang, Malaysia	81 kg.	Gold
2002 (Sept 30-Oct 3)	14th Asian Games - Busan, South Korea	81 kg.	7th Place
2003 (Jan 11-12)	Jigoro Kano Cup Int'l. Judo Tournament Tokyo Japan	81 kg.	
(June 27-28)	5th World Masters Judo Championship (35-39 yrs. old)	81 kg.	Bronze
(Dec 6-8)	22nd SEA Games - Ho Chi Minh, Vietnam	81 kg.	Gold
2004 (May 15-16)	Asian Judo Championship - Almaty, Kazakhstan	81 kg.	7th Place
2005 (May 14-15)	Championship - Tashkent, Uzbekistan	81 kg.	
(Aug)	Vietnam Int'l. Judo Championship - Ho Chi Minh City	81 kg.	Bronze
(Dec 1-4)	23rd SEA Games - Cebu City, Philippines	81 kg.	Gold
2006 (July 8-9)	Thailand International Judo Championships - Chantaburi, Thailand	81 kg.	Gold
(Aug 5-6)	15th Vietnam International Judo Championships - Ho Chi Minh City	81 kg.	Bronze
(Dec 3-8)	15th Asian Games - Doha, Qatar	81 kg.	7th Place
2007 (July 16-17)	Asian Judo Championship - Kuwait	81 kg.	
(Dec 6-15)	24th SEA Games - Nakhon Ratchasima, Thailand	81 kg.	Gold
2008 (April 26-27)	Asian Judo Championship - Jeju, South Korea	81 kg.	5th Place
(Dec 12-14)	Jigoro Kano Cup Judo Grand Prix	81 kg.	

Local Tournaments:

Year	Event/Venue	Category	Award
1988	Fil - Japan Friendship Cup - Manila	78 kg.	Silver
	Fil - Japan Friendship Cup - Manila	Open	Gold
	33rd National Judo Championship - Manila	78 kg.	Gold
1990	33rd National Judo Championship - Manila	Open	Silver
	PAJA Shell Judo Championship - Manila	78 kg.	Gold
	PAJA Shell Judo Championship - Manila	Open	Gold
	35th National Judo Championship - Manila	Open	Gold
	35th National Judo Championship - Manila	Open	Gold
1991	36th National Judo Championship - Manila	78 kg.	Gold
	36th National Judo Championship - Manila	Open	Gold
1999	45th National Judo Championship - Alabang	73 kg.	Gold
	45th National Judo Championship - Alabang	73 kg.	Gold
2000 (July 16-17)	46th National Judo Championship - N.A.S.	73 kg.	Gold
	46th National Judo Championship - N.A.S.	Open	Gold
2001	47th National Judo Championship - N.A.S.	81 kg.	Gold
	47th National Judo Championship - N.A.S.	Open	Gold
2002 (May 25-26)	48th National Judo Championship - N.A.S.	81 kg.	Gold
	48th National Judo Championship - N.A.S.	Open	Gold
2003 (Mar 29-30)	49th National Judo Championship - R.M.S.	81 kg.	Gold
	49th National Judo Championship - R.M.S.	Open	Gold
2004 (April 24-25)	50th National Judo Championship - Pearl Plaza, Parañaque	81 kg	Gold
2005 (April 22-24)	51st National Judo Championship - Cebu	81 kg	Gold
	51st National Judo Championship - Cebu	Open	Gold
2006 (May 20-21)	52nd National Judo Championship - Badminton Hall	81 kg	Gold
	52nd National Judo Championship - Badminton Hall	Open	Gold
2007 (April 25)	53rd National Judo Championship - Badminton Hall	81 kg	Gold
2008 (May 4)	54th National Judo Championship - Tutuban Mall	81 kg	Gold
2008 (Nov 7-8)	Hajime 2008 - Ateneo University	81 kg	Gold
	Hajime 2008 - Ateneo University	Open	Gold

Danilo Crosby

6th Dan IJF

Head Coach Philippine National Judo Team



Coach Danilo Crosby is from Baguio City, he commenced his training in Judo at the YMCA in the 1980's became a member of the National Philippine Judo Team in 1989-1993 at the same time teaching at the Philippine Military Academy. Retiring in 1993 after the Southeast Asian Games in Singapore and thus went to Europe to teach martial arts in Marco Polo, (on a world cruise ship). 1997 he returned to the Philippines where he was hired as a coach for the National Team in 1999.

In 2004 he went to the United States and resided for 2 years, returning to the Philippines once again in 2006 and being hired as the National Coach for the Judo Team. When he went to U.S. he brought 10 players with him to Las Vegas, Nevada to compete in the U.S. Open Judo Championship, unfortunately not winning any medals. Danilo stayed in America and obtained a working visa as a landscaper. He also opened a small dojo in Pennsylvania under Jim Handselman.

FMAdigest: *When you were preparing for competition what did you do?*

Danilo Crosby: I ran 10km every morning and I practiced 2 hours everyday under the supervision of a Japanese instructor Sensei Takahashi .

FMAdigest: *What does it take to be a part of the Philippine National Team?*

Danilo Crosby: To be part of the National Team, first one must be a National Champion, they must apply of course; we cannot just pick anyone to be on the team. The location of the Philippine National Team is at the Rizal Memorial Sport Complex.

FMAdigest: *As head coach what is it you do today to build in the team?*

Danilo Crosby: It is difficult at this time for the Philippine Sports Commission has cut off funding for the team. Usually there are 31 national players, at this time we have only 18 players. So at this time it is hard to match the players up by sparring due to different weight categories however we are trying our best to blend the training mixing the Japanese and European style.

Danilo Crosby: Judo is a safe sport that even a handicap can learn and practice. It's the only martial art sport that blind people can learn and enjoy. The reason for this is that you don't need your eyes to sense the weak point in the balance of your competitor is located.

In closing I would like to invite everyone who is interested and eager to learn judo to visit us at our main dojo here in Rizal Memorial Sports Complex. The Philippine Judo Federation's doors are always open to visitors and new students it's a great chance to learn from some of the best judo coaches and players in the Philippines.

Dionisio Lucero

6th Dan IJF

Assistant Coach Philippine National Team



From Zamboanga City, Dionisio Lucero started his training in Judo in 1972, while working with a Japanese firm in Zamboanga and retired from his competition career in 1983.

FMAdigest: *When you were in Zamboanga City what National competitions did you compete in?*

Dionisio Lucero: I did not compete in many National competitions, because during that time the Philippine Sports Commission was not sponsoring athletes, because of financial problems, so players from Zamboanga could not attend all competitions. One must understand that judo was not supported as it was in Manila. So with the financial help of our Japanese instructor we were able to attend just a few National competitions.

Also due to this the competitors in Zaboanga were not as highly skilled as in Manila due to lack of competitions outside Zamboanga.

FMAdigest: *You are an assistant coach for the Philippine Judo team, where have you coached them?*

Dionisio Lucero: I have coached the Philippine team in Korea, China, Vietnam and Poland, 2001 to the present.

FMAdigest: *As a coach what do you look for in a selecting a player for the team?*

Dionisio Lucero: Looking for in a player as coach I look for structure, youth, mental attitude, character and then with these basics I train them to their utmost abilities.

I adapt training from all countries that I feel will most benefit my team. To make them physically fit is number one, to build strength in body and techniques, build stamina, Master techniques practicing over and over. Working on other countries' techniques to prepare and familiarize the team for their different opponents.

Dionisio Lucero: Judo is very important for the young, it builds discipline, mentally prepares them in life and possibly in the future in continuing Judo and if they become proficient they may get a scholarship using Judo. But for sure they will be physically fit and mentally fit for life challenges.

Lori Mendoza

Judo Coach of Women's Team, Philippines



From Malabon City, within Metro Manila, Lori got involved in Judo at the age of 17 years old while she was in college. This was due to all the physical education classes being full, so it was an accident really.

Lori joined the national team after she graduated from college earning a degree in computer engineering. At this time Lori is a project manager and of course at the same time coaching the women's team in Judo.

She was a competitor for Philippines in the 1993 Southeast Asian Games and a gold medalist in -52 kgs women's division. The following year, she continued her feat in 12th Asian Games held in Japan where she got the 7th place.

In the United States she competed in the Southern New England Open in 2002 and won a gold medal in Masters' division and received the Outstanding Female Athlete Award.



She earned her Continental license as international judo referee in 2008, examination was held in Yemen during Asian Youth Judo Championship.

FMAdigest: *What is your mind set in competition?*

Lori Mendoza: I want to topple down the opponent, not in an angry mind set, but through strategy. Within the first 20 seconds you should know what your strategy is by the 21st seconds you should be fully committed to the challenge and maneuvering to dominate your opponent, basic instinct and feeling the opponents' movements in maneuvering.

FMAdigest: *Who do feel are the best instructors?*

Lori Mendoza: Europeans for power, Japanese for techniques like traditional Judo to perfect your skills.



FMAdigest: *What are your suggestions for women learning Judo?*

Lori Mendoza: Determination, discipline and focus, concentrate on your opponent, do not let your mind wander.

FMAdigest: *What do you look for in women that what to become part of the Philippine team?*

Lori Mendoza: What I look for in my team members is technique and power. There is a try out for the women's team. Being involved in competition is a

plus, just coming out of a University with no experience in national competition limits a woman's chances to get on the team, it has happened but it is very seldom.

FMAdigest: *What has been your biggest influence?*

Lori Mendoza: I am a product of Japanese instructors, patterned after Toshihiko Koga, 1992 Barcelona Olympics Gold Medalist. His favorite technique is ogoshi and it is also mine.

Lori Mendoza states: Judo does not just teach you to be a champion in competition, but teaches you to be a champion in life.

Noel Estanislao **Let's go play Judo**

Growing up in Manila, Noel as a kid was always hyper active and full of energy. With his father Dominador, Noel commenced his training in judo in the 1960's. Noel was then 6 years old, while his father was already 50. They first stepped into the judo mats at the Armed Forces of the Philippines Signal Corps Judo Club and then trained from one end of Manila to the other in different dojos.

As a child Noel did not take it seriously and just thought it was fun doing something with his father and saw the dojo as one big, albeit formal playground. But Noel proved to be a natural athlete, and as time went by the young martial artist started showing great potential. Noel started to join competitions and eventually became a local champion in various divisions.



Dominador and Noel Estanislao



Bagsak Judo Club 1984 with Japanese Instructors

When Noel and his father started training in the early years of the 60's, Judo was very popular in Manila and they took advantage of every opportunity to learn by constantly moving from one club to another to gain more knowledge, they also attended seminars conducted by Japanese Judo practitioners who visited the Philippines.



AFP Signal Corp Judo Club, where it all started



Noel as a young boy doing kata exhibition

Noel and his dad continuously gained more experience and improved their personal skills by taking advantage of the visiting Japanese instructors and by visiting various clubs throughout Manila. Noel's father Dominador being a very serious practitioner of the art, (Remember: Dominador Estanislao was 50 years old when he commenced his training) found out that through Judo his arthritis became virtually non-existent, they seemed to have disappeared, he felt younger than his 50 years. He felt revitalized, healthy, flexible, and physically fit.

The whole family became dedicated Judokas, bonding time became Judo time for Noel both his parents and siblings. With Dominador's enthusiasm other relatives and neighbors also started training.

Reaching the instructors level, Dominador taught any and all that would be interested in learning. He ended up

throughout his years of teaching Judo forming 6 to 10 clubs. Even in his home he had a small place set aside for training the size fitting 10 training mats each mat being 3" x 6". Dominador and his son Noel would invite others to their home to train teaching for free.



Dominador Estanislao (white hair) with his Judo Champions

This was a family affair and as students joined, they were considered and became part of the family.



National Champions

Noel's father passed away in 1997 at the age of 87 and was a 7th Dan Black Belt, leaving a Judo legacy that Noel and his family now tries to continue. Both Noel and his brother became Philippines National Champions and have since then moved on to training more champions.

Noel has taught and trained his children and some of his nieces and nephews who have become champions in their own rights. The

daughter of Noel's brother competed internationally at the age of 16 while 2 of his daughters also became part of the National Team. Some of their club's students were recruited by Universities and earned scholarships.

Of course Judo is a Japanese style and in the Philippines they use Japanese standards of teaching by using Japanese terminology for the techniques etc., but the Estanislao's have added a true Filipino touch in practicing the art, by learning and living its principles in and outside the dojo as one big "rolling" family!

FMAdigest: *How do you and your students get rank?*

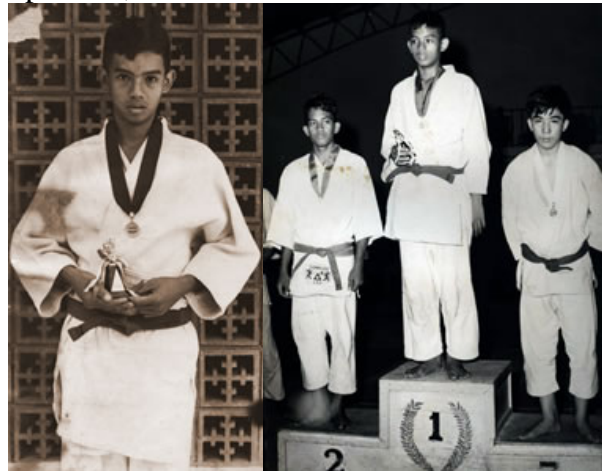
Noel Estanislao: When Japanese are visiting the Philippines they test instructors for rank, another way is during competition with competitive skills but also understand testing is also a part with the katas. The Philippine Amateur Judo Association is the governing body which represents the Judo in the Philippines, they arrange for Japanese instructors to visit for seminars, testing, competition, etc.

FMAdigest: *What age do you recommend to start Judo?*

Noel Estanislao: I personally recommend 7 years of age which is usually begins with rolls and falls, etc. and are performed as the student matures then the other aspects and various techniques will commence.

FMAdigest: *If interested in joining and training at your school what happens?*

Noel Estanislao: In being interested in Judo and non-experience, when visiting my club I will have you observe classes so the principle and basics can be observed and you will have an understanding and can comprehend what my classes and the art of Judo is about. (Noel finds it difficult to really express the true training and heart of Judo,



Noel Estanislao as a young Champion

so with observation a basic concept is created and then he and his instructors begin guiding the new student in the art working with them.



Stanley Judo Club Practice

FMAdigest: *Are there weapons that you teach?*

Noel Estanislao: No weapon's it seems that Judo is more of a sport in today's society. New school offers Arnis, but at my school we teach strictly the art of Judo.

Noel Estanislao: Judo, Jujitsu, Aikido in their very foundation,

basic philosophy and principle are the same in traditional training. Each shares something of the other.

Judo - gentle way "Giving the way - Showing the way." Use the strength of the opponent to the advantage. Judo is a great sport, competitive for the young, a defensive art, "a gentle way, to give way, to let them pass" builds a better person through the art.

'Let's go play Judo'



Angelo Parisi (World Champion) visited the Stanley Judo Club



World Champion Angelo Parisi with Noel Estanislao and brother Rico

Noel C. Estanislao

6th Dan Black Belt

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There are more Filipino Judo greats however, what is here is what the FMA Digest could find that had a little something about the Filipino Practitioners (not just a name).

Geronimo “Ronnie” Dyogi

Geronimo “Ronnie” Dyogi was born in the Philippines. His father’s work as a Philippine consular accountant took the family all over Asia.

Living in Japan from ages 6–12, he learned Japanese. It was in the Japanese public schools, says Ronnie, that he started free-style wrestling. “My coach steered me to judo,” he says. Ronnie appreciated judo techniques, which emphasize balancing the mental and the physical. He embraced both judo and Japan, going back and forth after his parents left. Ronnie trained at Tokyo’s Kodokan Institute, established in 1882 by Jigoro Kano, Founder of Judo. Part of his training coincided with that of Steven Segal, the American martial arts film star. Ronnie states that he was the youngest black belt in Asia. He received his first dan (first degree) black belt in Japan at the age of 15.

Yet when the Olympics were to be held in Tokyo in 1964, he recalls, “My judo Master said I was not ready yet. I was underage.” However, that same year he took third place at the Asian Games held in the Philippines.



Top Judo Winners of Individual Judo Tournament held at Rizal Memorial Gym in Manila and sponsored by the Philippine Amateur Judo Association were:

Front Row L-R: Maj. Alfredo G. Nueva - 1st lightweight, Salvador (Sonny) Sanchez - 2nd heavyweight, Oscar Bautista - 2nd middleweight, Geronimo Dyogi - 1st middleweight.

Standing L-R: Ng King Kun - 3rd heavyweight, Danilo Santo - 3rd middleweight, Fernando Garcia - 1st heavyweight, Jose Gines - 3rd lightweight, Lorimer Talines - 2nd lightweight. (By Antonio V. Mendoza)

Vic Vargas (March 28, 1939-July 19, 2003) was a Filipino film actor and Judoka.



Born Jose Maria Ascuncion, Vargas was the three-time Philippine judo champion at the age of 17. An Architecture graduate, of the University of Sto. Tomas, and a physical education teacher who specialized in martial arts at the University of the East before joining the movies.

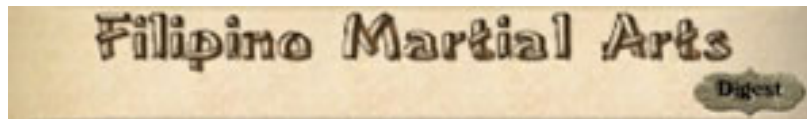
He never wanted to be in the movies, but only accepted the dare made by a friend. He starred in well over 60 films between the late 1950s and early 1960s to 2002. Due to his swarthy looks he was often typecast in action and sexy comedy films. An instructor on a Judo program on Channel 7 in the 60s, because of his physique and sex appeal, he was cast in action, bold, sex-

comedy, and war films. Personified the quintessential Filipino henpecked husband in several films, become a contract star of Sampaguita-VP Pictures and was introduced in Diegong Tabak (1962).

Vic Vargas passed away in the afternoon of July 19, 2003, exactly 15 days after he suffered a stroke and lapsed into a coma in the intensive care unit (ICU) of the San Juan de Dios hospital in Pasay City. His stroke triggered after he contracted typhoid fever, aged 64.



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