

# *The* ARNIS PRACTITIONER

FROM ARCHAIC TO MODERN

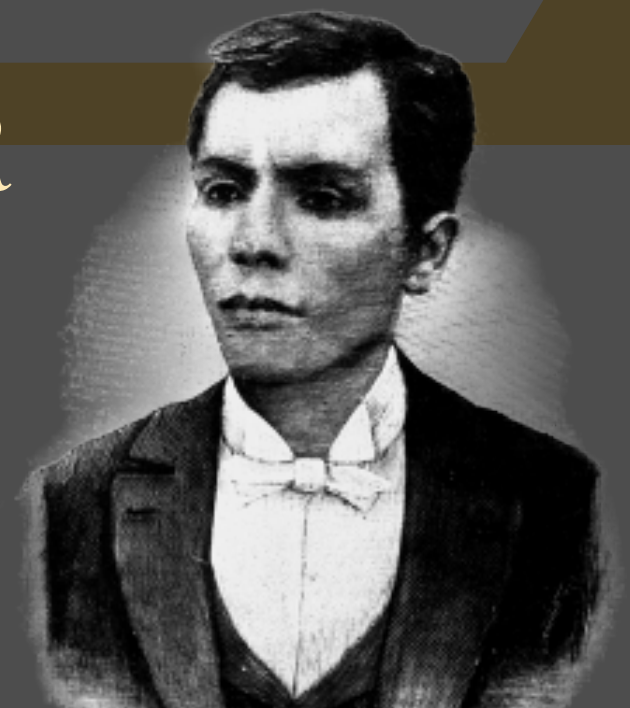


## ARCHAIC PRACTITIONER

A chieftain of Mactan Island, Lapu-Lapu is celebrated for his leadership during the Battle of Mactan in 1521, where he resisted Spanish colonization. His combat skills and use of traditional weapons are seen as foundational to Filipino martial arts.

## ARCHAIC PRACTITIONER

As the founder of the Katipunan, Bonifacio was instrumental in the Philippine Revolution against Spanish rule. He practiced Arnis and used it to train fellow revolutionaries, emphasizing its importance in their struggle for freedom.



## MODERN PRACTITIONER

Known as the "Father of Modern Arnis," Presas revitalized and systematized Filipino martial arts in the mid-20th century. He founded the Modern Arnis Federation and emphasized injury-free training methods, making Arnis accessible to a broader audience.



## MODERN PRACTITIONER

A prominent figure in the Doce Pares system, Cacoy Canete was renowned for his skills and contributions to Filipino martial arts. He played a significant role in promoting Arnis both locally and internationally.

