

FMS Alliance News- July – August – September - October

July

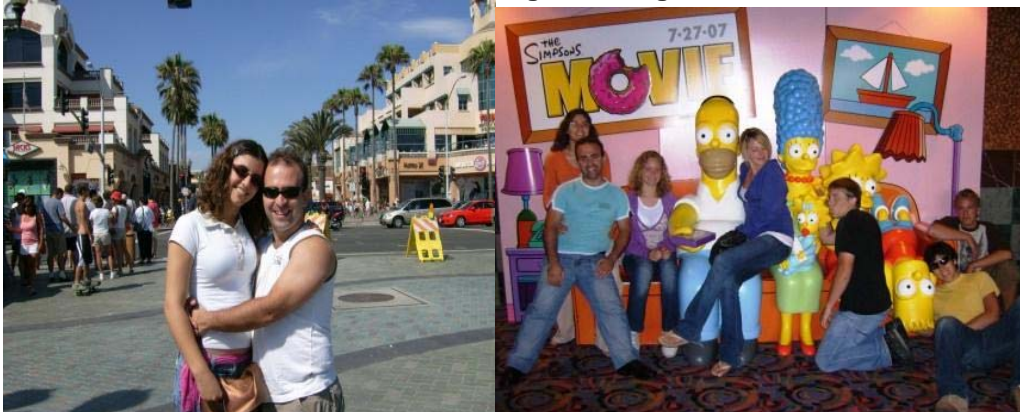
Hello FMS Family! ☺ Farang!

The adult class in Huntigton Beach, started, with all the strength and enthusiasm, with the Chief Instructor Nelson Pinto teaching and with the help of the Instructor Nicole Miller, Instructor Dylan Hamilton and his wife Vera Pinto.

Some of the FMS students parents, join to the class...it's a very funny experience, to see parents and sons training and living the same love of the FMS Martial Art, all together.



Sa Bum Nim Pinto and his Wife Vera Pinto, they are taking the chance not only to train and teach, but also too have some fun, visiting all Huntigton Beach.



FMS Team. went to see Harry Potter (The Order of the Phoenix)

In July, Sa Bum Nim Pinto and his wife, went to San Francisco, to celebrate the 50° anniversary of Kuk Sa Nim De Alba, the Founder of the Modern Farang Mu Sul. They take the chance to train, to visit the city, Kuk Sa Nim, make the De Alba Tour ☺, was so very nice, specially, for Vera that was his 1st time.

The city of San Francisco is amazing, with all the colors, urbans caracteristiques, the gastronomy, the special geography of the colines, the population and more and more ☺ They stay in the house of Sa Bum Nim Terry King, that was the responsible, for make possible the trip of SBN Pinto and Vera to SF.

One big special Thanks for the reception, the night time we have, all the fun and so much more...we are being like a Brother SBN King.



-G.M De Alba & SBN Pinto in Golden Gate Bridge

- SBN Pinto & Vera Pinto in Twin Peaks

- Vera, SBN Nelson & G.M De Alba in the Palace of Fine Arts



Palace of Fine Arts



Vera & SBN Nelson Pinto in Lombard Street, very famous for their curves



SBN Pinto, Vera & SBN Terry King in San Francisco



Chinatown of SF, where Bruce Lee was born.

In 23 of July, the 50 anniversary of Grand Master De Alba was celebrated, in the beautiful French Restaurant, Le Charm, with the De Alba Family and FMS Family too ☺



G.M De Alba & his Wife Justine De Alba



SBN Nelson Pinto & his wife Vera Pinto



De Alba Brothers: Master James De Alba, Norma De Alba, Sérgio De Alba & Grand Master Michael De Alba.



G.M De Alba, Mike Júnior De Alba, Sa Bum Nim Nelson Pinto & Sa Bum Nim Terry King.

In the next day, all the De Alba Family went to a cruise, in San Francisco...was lots of fun, with a spectacular view, of the city, Golden Gate Bridge, Alcatraz Prison, etc...



SBN Pinto & Vera



Vera, Photo back view of Alcatraz Prison



Photo Group of Cruise Team



**G.Master De Alba, celebrate too is anniversary in his new house.
The FMS Alliance & FMS-Portugal want to wish a Happy Birthday & Congratulations for his new house, that you Sir, will be very happy and blessed in your new Home.**



This Month was full of comemorations, the Hamilton family, invited SBN Pinto & Vera, to celebrate there 1st year of marriage and in the same time we celebrated the Anniversary of Inst. Dylan Hamilton. Thank you so much Hamiltons, we are such good friends & family.



Super FMS Team ☺

Super Hamilton Family, parents and Grand Parents of Inst. Dylan Hamilton. Happy Birthday Inst. Hamilton ☺, this day was SUPER ☺.

Portugal

In Portugal, the FMS, not stop...the FMS Team of the city of Bragança, from Instructor Sérgio Anes, competed in one tournament of the city, they had very good results. But the more important is the Martial Spirit, good disposition and have Fun. They recently participated with a Demo, in the big Summer Feast of the city, the Demo was amazing, showing a lot of the FMS Arsenal, from Weapons, to empty hand close quarter combat, immobilizations, Forms, Kickboxing, Grappling, rolling, etc...Congratulations FMS Team, you are doing a very nice jobv ☺





From Left to right: Inst. Sérgio Anes give tactics of combat to Su bae Nim Carlos Constâncio, Middle Photo:FMS student fighting, right photo Carlos Constâncio in the action of the combat.



Photo Group of the Tournament: Farang Mu Sul, Kempo, Karaté Kiunshikai, Kung-Fu & Kickboxing.



Instructor Tiago Soares & Instructor Tiago Silva, administrated one small workshop, with some militars and cops from the city of Caldas da Rainha. They teached some of the FMS-CQC program, from imobilizations, defenses vs knife, vs middle stick, vs fire weapons, etc...

August



One more month full of training and fun ☺
SBN Nelson Pinto & his wife Vera Pinto, Dayna Hinsley and Scott Miller (FMS too), take the chance to go to Universal Studios, Hollywood, San Diego Wild Park, to Los Angeles city, to Disneyland, etc...All the Huntigton Beach family has been fantastic with SBN Pinto and his wife.
Thank you very much to make us feel so special.



SBN Pinto & Vera in Universal Studios - Los Angeles



SBN Pinto- Chinese Theater in Hollywood



Vera & Dayna, in the Horror House, in Universal Studios - Los Angeles



Vera - San Diego-Wild Animal Park



Walk of Fama in Hollywood



Lately Inst. Beth Matulich, has been more times from Hollister to Huntigton Beach. Has been so nice to train with her, have some fun together.
Tahnks for you presence! Farang!
For who d'ont know Inst. Matulich é 2° Dan de FMS, 3° Dan in Hapkido and Sargeant in the Xeriffes.



In the month of August, the Instructor Sérgio Anes, administrated a policial & militar seminar to a few of Cops and Prisional Guards of the City of Bragança. Was a success, the participants are waiting for the next one.

September

At 2 of September, SBN Nelson Pinto celebrated his 30° anniversary, this day was passed in theDisneyland, with his wife and Friends, Dayna Hinsley and Scott Miller. Was a maginific Day ☺.



Dayna, Scott Miller, Vera & Nelson Pinto in Disneyland.



SBN Pinto & Vera Pinto-Castel of Disneyland



Scott Jones & Nelson Jones in Disneyland

The trains with the adult class of SBN Pinto, are going great, the students are very dedicated, they are training lots of Kickboxing, MMA, FMS-CQC (close quarter combat), weapons...etc...they are enjoying and they want more and more...Super FMS dedicated Students ☺ Farang!



Shirley Scott & Stacy Witt



SBN Pinto & Vera Pinto, MMA Training (Vale Tudo)

FMS-Alliance News

October



This month of October, was administrated a seminar with Grand Master Michael De Alba, in Huntigton Beach. We have the Honor to have present, the Chief Instructor from Germany, Inst. Michael Klockner and off corse, Inst. Beth Matulich from Hollister. Like the usual Kuk Sa Nim De Alba was a inspiration for all the students... What better that drink directly from the FMS Fountain!!!

We have a personal training only for the Black Belts, where G.M De Alba focus, was the energy of the joint locks (the principles of the energy- stop, flow and redirect), we trained the new Long Forms and SBN Pinto had the opportunity to train with Kuk Sa Nim De Alba, techniques and forms of Sword (Jang Gum Sul) and Cane (Dan Jang Sul), that are necessary and in the program, for his next black belt testing, from 3^o to 4^o dan.



Kuk Sa Nim demonstrated and explain thecniques with Inst. Klockner, FMS Student Stacy and Dayna Hinsley (Van Dayna) ☺



Inst. Klockner & Inst. Pinto

John Hamilton & Scott Miller

Stacy Witt & Dayna Hinsley with Nickname (Van Dayna)



Family Scott, G.M De Alba, SBN Pinto, Inst. Klockner.

SBN Pinto & Inst. Klockner

Inst. Beth Matulich & SBN Nelson Pinto



Hamilton Family

Dayna Hinsley

Scott Miller



The True Spirit that characterize the true and the Real FMS, the sense of family, friendship, support, brotherhood and hapiness, existent in all FMS Members. This it's one of the Big Legacy's of our Grand Master De Alba...Family is family and stay all ways together, without hypocrisy and lyes.....That's the only and unique Way, to be a Farang Warrior!



Pictures from the morning training, in the next day in Huntigton Beach, with Grand Master De Alba, SBN Nelson Pinto (Portugal) and Instructor Michael Klockner (Germany)

Well, passed several months in Orange County-Huntigton Beach-Califórnia, SBN Nelson Pinto and his Wife, decided to go back to Portugal, for several factors, personal and familiars.

The Adult Class of SBN Pinto, stay by the orientation of Inst. Nicole Miller and Inst. Dylan Hamilton that are afiliated too, to the FMS-Alliance. The school is in very good hands, i'm ansious to see the results of your teachings in the students.

Is with sorry that SBN Pinto go back to Portugal, but in the same time off corse is happy to go back to his country.

Some seeds was planted in Huntigton Beach, let see the results in the future.

Until some day Huntigton Beach Family or until some day in Portugal ☺, maybe next June.

The FMS Huntigton Beach make a party to SBN Pinto, in the last day, that we stay in US.

One special Thanks to the Miller Family, that make this party in there Home.



Party Cake



Jacuzzi Time



Scott Family



Inst.Dylan, Beth Hamilton, Inst.Matulich, Stacy Witt-Inst. Klockner, Danielle Danskin, Van Dayna



Beth Hamilton

For finish this month, in a very special way, was celebrated the 32nd Black Belt Testing in the Village of Hollister. Congratulations to all the new Black Belts and a special congratulation to Inst. Dylan Hamilton, SBN Pinto train a lot and help him a little bit for his 2° dan. Inst. Dylan, SBN Pinto is very proud of you. Farang Brother!



The Black Belt candidates: left to right: Inst. Dylan Hamilton 1° to 2° Dan, Inst. Joey Gumina 1° to 2° dan, Inst. Mark Shekoyan for 1° dan, Inst. Patrick Schleeter from 3° to 4° dan, Inst. Earl Boyd from 2° dan to 3° dan and Inst. Michael Klockner for 1° Dan.



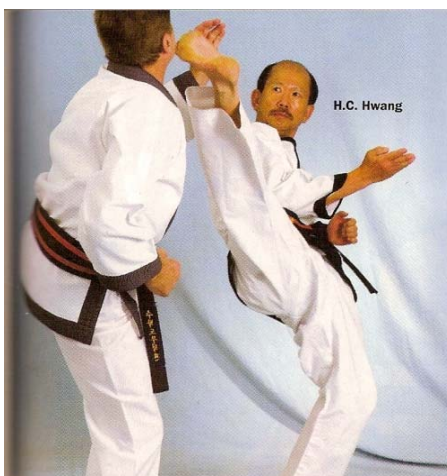
Grand Master De Alba in the ceremony, giving the new Topos, Black Sashes and Certificates.



SBN Nelson Pinto arrived so soon to Portugal, but the Journal of the city of Caldas da Rainha, make already a article about Farang Mu Sul Martial Art and about his recent school in the city. The projects are many, seminars with the fms association schools, seminars with the militars and cops, inter styles seminars, bring Inst. Klockner and G.M De Alba to Portugal, and so much more. for this next year 2007/2008.



In this month of October, the International Black Belt Magazine, make a special article, about the Korea's Best, they speak about the 20 better Master of the Korean Martial Arts and Kuk Sa Nim Michael De Alba, was one of them, Congratulations Sir...for us, you are the number 1. Farang!



Michael De Alba
 Founder, modern farang mu sul

A key component of modern farang mu sul is the five-range

principle of combat, which refers to the distance between you and your opponent. The tools available in each range are identified and developed to a high degree, then integrated in an overlapping method. When the distance changes according to the dynamics of combat, the tools change. If one tool becomes compromised, the next tool (based on the distance) will be available. These tools are practiced until they're instinctive, thereby removing the thought process. This makes a more well-rounded and effective fighter.

Marshall Gagne

Instructor of hapkido, han ki do and han gum do

Technically, the Korean arts' methods for using the least amount of effort to create the maximum amount of force are impressive. The arts I teach start out hard and rough but get softer as you go up in rank. The big-circle techniques apply the water theory, which emphasizes spinning, soft, circular, flowing motions. All that becomes more attractive as you become older.

About the author: Edward Pollard is Black Belt's managing editor. For more information about the masters mentioned in this article, visit www.blackbeltmag.com.