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Martial Arts Tournament, Way of the Stick and the Blade, and the First Annual Brazilian Jui-Jitsu tournament, White Out, Hosted at Pacific Media Expo 2012

LOS ANGELES, CA -- The Pacific Media Expo (PMX) Martial Arts Program will exclusively showcase disciplines from the Phillipines and Brazil through two tournaments, *Way of the Stick and Blade: Tournament of Filipino Martial Arts* and *White Out!*, PMX's first Brazilian Jui-jitsu white belt-only tournament. Workshops in Capoeira, Brazilian Jui-jitsu, and Yaw-yan Filipino Kickboxing will also be offered.

*Way of the Stick and Blade: Tournament of Filipino Martial Arts* will feature Esgrima (Forms/Sayaws) and Kali (Full Contact Stick fighting). The tournament will follow the rules and regulations of the Global Stick and Blade Alliance (GSBA), currently one of the world's largest competitive Filipino Martial Arts Organizations. It will also include Arnis (Mixed Weapons Padded Blade) sparring, featuring the use of any single blade, double blade, or a blade and shield during competition.

During Spanish rule, all Filipino martial arts were prohibited so in defiance of Spanish law, Filipinos continued their training in the martial arts by concealing their moves in dance. This led to the evolution of Kali and the creation of Esgrima and Arnis where each move can be adapted to open hand, stick, and/or blade combat. Yaw-yan, or Filipino Kickboxing, was developed in the 1970's by Napoleon Fernandez, and emphasizes long-range attacks. Filipino Martial Arts have evolved into the most advanced practical modern blade system in the world practiced by the U.S. Army's Modern Army Combatives program and the Russian Spetsnaz (special forces).

*White Out!* is a white belt only Brazilian Jui-jitsu tournament where competitors new to the martial art can learn and grow. Developed by Helio Gracie and popularized by Hoyce via Ultimate Fighting Championship Tournaments, Brazilian Jui-jitsu compensates for lack of size and power. Gracie's techniques emphasize timing and leverage over speed and strength.

Capoeira was developed by African slaves as a means of hope and survival to escape slavery and defend themselves from armed colonial agents searching for escapees in 16th century Brazil. Using dance and music to camouflage martial arts training (which was forbidden), the discipline developed to become one of the most rhythmic and unorthodox martial art described as a "dance that is a fight and a fight that is a dance."

The Brazilian Jui-jitsu workshop will be instructed by Kenny Tenny of Gracie Barra Black Belt from 1-3pm.[MDK1] The Capoeira workshop will be instructed by Guatambu of the United Capoeira Association. The Brazilian Jui-jitsu workshop will be instructed by Kenny Tenny of Gracie Barra Black Belt.[MDK2] The Yaw-yan Filipino Kickboxing workshop will be instructed by Master Benigno "Ekin" Caniga.

For more information, go to <http://PacificMediaExpo.com>

About Pacific Media Expo:

As America's first major media trade show dedicated primarily to Asian-Pacific popular culture and entertainment, Pacific Media Expo (PMX) is a distinguished industry event sponsored by the Pacific Media Association. PMX 2012 strives to create an eclectic community where artists, industry, and fans can freely experience and express the very best of Asian-Pacific popular culture.

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