

The American Bando Association



Crossed Swords



Spring 2017

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Acting Vice President..... Saya Trent Stevens [OH]

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ABA Monthly Newsletter Sayama Kat Jennings [ON]

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Director of Monk System..... Sayaji Dr. Duvon Winborne [MD]

Director of Yoga System Sayaji Gary Layton [GA]

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National Coordinator of Wizard Wand & Wizard Dha Systems
..... Sayaji Dr. Karl Duff [GA]

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ABA Hosts National Bando Demonstration Day

The American Bando Association (ABA) hosted the National Bando Demonstration Day last November 12, 2016, in honor of his Excellency, U Aung Lynn, the Ambassador to the United States from the Republic of the Union of Myanmar. This event, directed by Grandmaster Dr. U Maung Gyi, included many performances by members of the American Bando Association residing in the U.S.A, and from people representing France, Pakistan, Mexico, the United Arab Emirates (UAE), Israel, St. Martin, Panama, and Canada. Those who attended the event, held at the Manassas Park Community Center in Virginia, were able to see the very best of Bando.

ABA has a mission of serving and honoring our Veterans in addition to promoting the growth of our members through the study of Bando. This event, held during the Veterans Day weekend, included recognition of veterans and those in active duty. The event was not only an opportunity for the greater Bando family to connect – it was also a celebration for the local Burmese community who came to watch the demonstration and to meet the new Ambassador.

The afternoon event opened with the national anthems of both Myanmar and the United States, recognizing the long friendship between the two countries. ABA patron and Grandmaster Doug Soe Lin introduced the Ambassador, who spoke graciously about the cultural exchange between the two countries and of the achievements of Dr. Gyi. And before the performances started, Sayadaw U

Kumuda, a monk from the Light of Dharma Monastery in Maryland, sang a special blessing for everyone.

The Bando demonstrations started with Bando Basics, as taught by Dr. Gyi. The performance space was filled with Bando black belts performing, in unison, blocks, punches, stepping, and elbow strikes. Following this, the team from St Martin, dressed in fatigues, performed advance kukri drills in honor of the service and sacrifices of those who fought in the Burma Campaign. Several of the Animal Systems were demonstrated next by individuals or teams across the US: Boar, Viper, Bull, and Tiger. Bando weapons came next, with performances of long staff, kukri, walking cane, and the dha.

The middle portion of the program highlighted the breadth of fitness and conditioning systems that facilitate the needed strength and suppleness to execute Bando techniques and principles. Longyi Yoga Dhanda Yoga movements improve flexibility and balance; and stick exercises were shown that build strength and reinforce proper technique. A hanging target received quite a bit of abuse at the demonstration day, as performers showed how it can be used to assist with stick strikes and empty-hand. And at the very end, the audience was impressed with coconut breaking; showing the impressive strength and force that can be developed with proper conditioning.

The third portion of the demonstrations celebrated the expansion of Bando into many other countries. France was represented by two teams demonstrating fighting techniques and the Bando Panther form. Kickboxing drills were shown by the Canada team, and several aspects of Bando were performed by the team representing Pakistan. The Mexican Jaguar form, rarely seen in the US, was shared, and the Panama performance highlighted the the Eagle form. The team representing the UAE demonstrated the Scorpion system.

To close the performances, the complicated Wizard Dha form was shown, and finally Bando fighting drills were performed by the group at large, ending with a resounding “Wa!” with the final strike.

To end the day’s performances, Dr. Gyi led the group in the “Myama” chant. Every performer and member of the audience was invited to join. The word “Myama” traditionally means the people of Myanmar, but it also has different interpretations according to the varying dialects and accents. Together, these interpretations symbolize the spirits and the powers of earth, air, and water. It was such a moving event that even the Ambassador stood up and chanted, with the entire group, “Myama!”. Ambassador Lynn stayed for quite a while after the demonstration at a small reception held for him, with authentic Burmese food provided from a local restaurant.

That evening, the ABA family celebrated at the headquarters hotel with a banquet in honor of all who performed, who helped plan and run the event, and those who came to support and observe. Dr. Gyi announced several promotions of the international team members who traveled to support this event. Most notably, he promoted Alain Feshet, of France, to Grandmaster with 9th level of achievement.

ABA is grateful for the many people who made this historic event possible. In addition to the teams and individuals who performed at the event (see roster,

next page), ABA thanks the international team sponsors (Tim Fleming, Alain-Andre Feshet, Zulfi Ahmed, Dale Minor, Duvon Winborne, Mark Sollinger, Brian Kelly, and Tim Dobson), the event benefactors who donated significant funds to make this event possible (Doug Soe Lin, John Sestina, Tim Fleming, Deborah Kirkman, and Dave Keeney), Myadali Soe Lin (for organizing the after-event reception), Piedmont Bando of Northern Virginia (who hosted the event) and the many volunteers who helped organize and run the event.,

TEAM ROSTERS

BANDO GROUP DRILLS		
Rick Suskind (MD)	Mark Clayton (OH)	Stewart Isaacs (OH)
Eugene Johnson (DC)	David Croft (TN)	Dave Keeney (CT)
Levron Schuchalter (MD)	Rob Crown (PA)	Pat Long (WV)
Tristan Kirkman (VA)	Jerry George (WV)	David Osborne (OH)
Stephen Knoyer (MD)	Michael Gallagher (NM)	Ryan Smith (WV)
Stephen Anderson (MD)	George Harris (NY)	
ST. MARTIN KUKRI DRILL TEAM		
Mark Sollinger	Sasa Banjanac	David Bardfield
Antonio Pomatta	Raoul Fleming	Manuel Van Der Laden
— BLACK BOAR —	— TIGER —	— DHOT —
Dave Keeney (CT)	Jerry George (WV)	Jerry George (WV)
George Aresco (CT)	Derek George (WV)	Derek George (WV)
	Emil Vujnovic (OH)	Ryan Smith (WV)
	Rob Crown (PA)	
— DHOT —	KACHIN DHA DANCE	
Chet Buffington (OH)	Cheryl Cesta (OH)	Kayla Cesta (OH)
Joseph Buffington (PA)	Lara Wallace (OH)	Michelle Hammonds (DC)
John Buffington (OH)	Karena Kilcoin (OH)	
BANDO PHYSICAL FITNESS AND CONDITIONING		
Randy Webb (TN)	John Kelley (GA)	Jerry George (WV)
St Martin Team	Ian Kelley (GA)	Carl Knoyer (WV)
	Gary Layton (GA)	
— FRANCE —	— CANADA —	— MEXICO —
Jerome Challon	Tim Dobson	Pablo Iván Lacouture
Bruno Rousseau	Kat Jennings	de Zulueta
Fabrice Antinoro	Dariene Giesbrecht	Kristopher Manuel Hess
Sylvie Boussekkine		Frieling
PAKISTAN		
Zulfi Ahmed	Kazi Uzair	Brakke Juell
Kazi Qais	Kazi Zuhair	Jeff Barley
	Hassan Sayid	
UNITED ARAB EMIRATES		
Duvon Winborne (MD)	Sean Coleman (MD)	David Rucker (MD)
Cordell Blackshere (WV)	Everett Givens (KY)	Bomani Sekou (DC)
Bryan Carr (MD)	Sidney Grandson (MD)	John Tolbert (MD)
Derrick Carter (OH)	Frederika Prevost (DC)	Andre Turner (MD)
FRENCH FOREIGN LEGION		
Lionel Bittante	Sonny Feshet	Charly Hinojo
Isabelle Curtil	Tommy Feshet	Christian Wilmouth



ABA delegation to the Myanmar Embassy celebration. Front row (left to right): Doug Soe Lin, Debby Kirkman, Aung Lynn, Gary Layton, Tristan Kirkman. Back row (left to right): Stephen Knoyer, Ian Kelley, John Kelley, Levron Shuchalter, Rick Suskind, Eugene Johnson

ABA Delegation Performs at Myanmar Independence Day event in Washington, DC

At the November 2016 National Bando Demonstration Day, ABA delegations representing countries around the world were able to perform and highlight a wide range of Bando techniques and skills in honor of the Ambassador from Myanmar, U Aung Lynn. Ambassador Lynn was so impressed with this performance that he requested that Dr. Gyi send a delegation to an event at his private residence in January, 2017.

The event was a celebration of Myanmar's independence from British rule (since 1948) as well

as a celebration of the friendship between the United States and Myanmar. Myanmar Independence Day is January 4th, and this year the Embassy hosted the annual celebration on January 18th, taking advantage of the broadened base of dignitaries that would be in Washington, DC, for the presidential inauguration later in the week. There were more than a hundred people present at the celebration, including members of the Burmese community (many wearing traditional attire) and representatives of the State Department.

The ABA delegation performed Basic Drills, Long Dhot, and the Wizard Dha, with enthusiastic appreciation from the audience. It was an opportunity to express, on behalf of the American Bando Association, the continued friendship with Myanmar and to highlight the exchange that has increased the knowledge, within the US, of Myanmar's culture and rich martial arts heritage. After the performance, the members of the ABA delegation had a number of opportunities to share

more, with others attending the celebration, about the American Bando association's mission of supporting Veterans and how Bando is practiced and taught in the United States.

ABA thanks Sayaji Doug Soe Lin, who was invaluable in coordinating logistics with the Myanmar Embassy, and the performers who so skillfully showed the richness of our system.



Photos by Michael Garcia





Buffington family staff form

MJ Garcia



St. Martin Kukri Drill Team

MJ Garcia

Photos by Michael Garcia





Kabo RaziTeam

MJ Garcia



Bando Longi Conditioning Drill

MJ Garcia



W VA tiger form

MJ Garcia



Knoyer cracks a coconuts MJ Garcia



Ivan Lacouture Mexico, panther



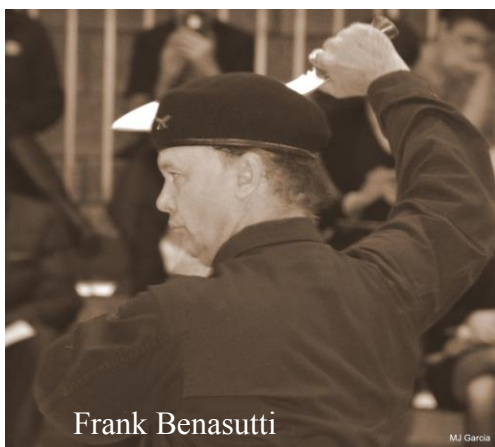
Brian Kelley, Eagle

MJ Garcia



Dave Keeney

MJ Garcia





MJ Garcia

Dr. Gyi and his family with Sayadaw U. Kumuda

Bando Kukri Camp in Asia

Bando Brother Sayaji Chris Bates has lived and trained in Asia for 40 years and with the encouragement of Dr. Gyi he has finally begun teaching, commencing with a Kukri Camp held in Taiwan on February 26.

Chris requested help from a local master who runs a Preying Mantis style school in the outskirts of Taipei. His school has a traditional outdoor courtyard and an indoor training area. He allowed Chris to take over the school for the day. It started out as a rainy day, so the training was initially held indoors.



Kukri salute at the ancestral altar of the school

During the day participants covered:

- Purpose of the ABA and Dr. Gyi's background
- History of the Gurkha
- Features of the kukri and how to handle it
- Basic draw and salutation
- Safety Zone Basic grips

Working with plastic training blades, the 6 basic cuts (4 standard draw, 1 hammer draw, 1 reverse draw) were trained each as a single sequence with salute and also as a 4 corners repetition with salute.



Jim Klar running the gauntlet

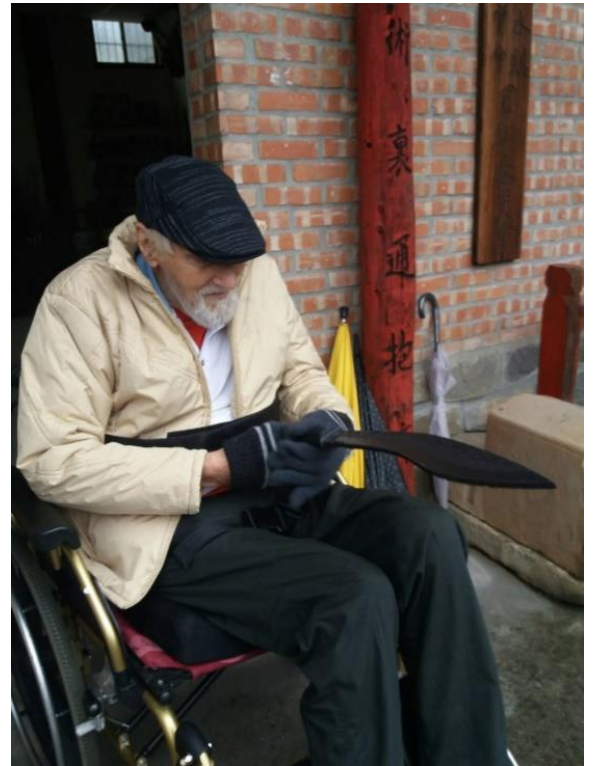
The draws were also trained facing a partner and then practiced with power and speed on the bamboo tripods Chris designed with car tires. They turned out to be versatile and durable.

After lunch, the group practiced continuous cutting charges through a path of 3 tripods.



In the afternoon the weather cleared so participants went outside with the tripods and cut stuff. In the 1990's, Chris had previously taught elements of the Singapore Gurkha Police in kukri combat and one of the skills he passed on was precision speed cutting of small slices of vegetables (like long string beans) as well as heavier cuts through radish and cardboard.

True to ABA aims, one of the participants, Jim Klar, is the son of a Merrill's Marauder. He was touched to learn of the ABA's dedication to the memory of people like his father. In the afternoon, we were visited by Chris' martial arts brother and Howard Brewer who is now confined to a wheel chair after a stroke several years ago. We demonstrated cutting for him and did a review of all the morning's learnings for him along with salutes. We then also went to the alter of the (deceased) master of the Preying Mantis school (whom I knew 30 years ago) and did a kukri salute to him.(naval intelligence officer) 88 year old veteran of the Vietnam war.



Howard Brewer checking out the practice Kukri



*Aaron Arnold clean cutting off the top of a radish.
This guy has a lot of potential.*



Group demo for Howard Brewer

Expressions of Bando

By
Michael Martin

What roles does Bando play in our lives? The following is a short list of some of them which may be engaged in by those of us in Bando:

- Competitive sports: Sparring (including Naban & Lethwei), forms, judging, and refereeing
- Artistic: Forms and movie/stage fighting
- Social interaction and recognition
- Physical and mental fitness
- Teaching/training
- Recreation: Relaxation and enjoyment
- Business: Martial arts/self defense studios and/or workshops
- Publication of articles and books
- Combative: Civilian self-defense, military, and law enforcement/correctional
- Preservation/perpetuation of a cultural tradition including creative anachronism
- Emotional and behavioral development: Discipline and confidence
- Philosophical guide to life
- Social services to veterans and community
- Physical, mental, and/or emotional healing
- Nightclub and other business-related security
- Dignitary protection
- Sports science
- Martial arts insurance and law practices

The list may not be exhaustive, but we can look at the list and see how Bando has become an important aspect of our lives. Also, the list reflects possibilities for future expressions of Bando in our lives.

Join ABA in Supporting our Overseas Troops

By Debby Kirkman, ABA President

Do you remember ever getting a care package from a friend or family member? There's a special feeling to receiving honest-to-goodness mail and goodies. At the three Weapons Camps that ABA is sponsoring this year, ABA invites participants to join in a service project to directly provide "care packages" to the men and women military personnel who are serving overseas.

There are many ways that ABA works to honor its mission of being a Veteran's Memorial organization. ABA regularly sends donations to groups that support Veterans (such as the USO), we take the time to recognize and honor veterans at our national events, and we encourage individuals and schools to volunteer and contribute locally. With this new service project, we hope that you will find this to be a fun and meaningful way to directly participate in honoring those who serve our country.

Specifically, at the May 21-22 Cyclone Stick Camp, ABA will be sponsoring a volunteer activity to collect and package items to send overseas. We'll be using one of our lunch breaks during the camp for the event. At the camp we'll be sorting items that were brought, writing notes of encouragement to soldiers, and packing the items for shipping. The shipped packages often benefit more than a single person: items received in a care package may end up being shared with others, and sometimes multiple packages can be sent to a single person who can distribute the items among their unit.

There are many ways to contribute, even if you are not expecting to attend in May.

How to Help with our May Care Package Event

Bring to the May Cyclone Stick camp items to include in a care package. If you can't come, send items along with someone who is attending! We've included a list of suggestions at the end of this article. If you don't have an opportunity to purchase items, you can donate money to help cover the shipping costs, which are roughly \$17 per package. Your donation can also be used to purchase additional supplies. Donations can be brought to the Camp or you can donate in advance by contacting our ABA treasurer, Trent Stevens (americanbandoassntreasurer@gmail.com)

Help us identify overseas military personnel who could receive the contents of one or more care packages. Care packages can take up to six weeks to be delivered, so any names and addresses should be for individuals who will be at that address in the July timeframe. If you have names and addresses to share, please send these to me at the following email address: americanbandoassnpresident@gmail.com. And if you regularly correspond with anyone, find out if there are any special requests that we can meet (or items that aren't needed).

Volunteer (in advance) to help with the logistics for the service project. We'll need some help with organizing the event and in managing the logistics - many hands make for light work! If you'd like to be part of the team that makes this happen, contact me at the address listed above.

And, of course, participate in the writing and packaging effort during the Cyclone Stick camp. We'll be bringing writing supplies for you to use, and ABA will also be providing a light lunch and beverages for all volunteers who stay to help.

<p>Canned Items</p> <ul style="list-style-type: none"> • Canned fruit • Chicken and/or packs; pop-top • Peanut butter/Jelly (small containers; plastic preferred over glass) • Sardines • Tuna and/or packs (tuna in pouches are best) • Beverages <p>Condiments</p> <ul style="list-style-type: none"> • Cajun seasoning • Catsup • Garlic salt • Honey packs • Hot sauce • Lawry's • Mayo • Mustard • Relish • Salad dressings • Salsa (don't forget the canned taco chips) (e.g., Pringles travels the best) 	<p>Snacking Foods</p> <ul style="list-style-type: none"> • Beef Jerky / beef sticks, summer sausage • Cheese spreads / small Velveeta cheese blocks • Dry Cereal • Chex Mix • Chips and Cookies • Crackers for snacking • Doritos • Dried fruit • Energy bars/Cereal Bars/high protein bars / Granola Bars • Fruit pies • Gum, Hard Candy wrapped (no chocolate in summer) • Little Debbie's & other snack cakes • Nuts (all kinds) • Pudding cups • Peanut Butter and Smucker's Jam/Jelly (small packages) • Salt/pepper • Sugar packets • Spices 	<p>Microwavable Foods</p> <ul style="list-style-type: none"> • Mac & Cheese • Popcorn • Brownie mix • Various mini dinners • Instant oatmeal • Instant soups/soups in pop-top containers Beverages • Ground Coffee -- • Tea/Hot Chocolate • Instant Cappuccino • Coffee creamer • Hot chocolate mixes • Instant coffee • Tea bags <p>Powdered Drink Mix Singles <i>(Do not send liquids)</i></p> <ul style="list-style-type: none"> • Crystal Light • Gatorade • Juice boxes • Kool-Aid • Propel, etc.
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Suggested Fun Time Materials	Toiletries	Toiletries (continued)
<ul style="list-style-type: none"> • Balls: soccer balls, baseballs, basketballs, volley ball sets, footballs • Batteries: AA- C -D -9 volt (small packs) • Beanie Babies or stuffed animals (new please) • Board Games • CDs • Playing Cards • Dart Board with darts • DVDs • Electronic Handheld games (include batteries) • Frisbees • Greeting Cards they can send back home (variety) • Mag flashlight bulbs • Mailing Envelopes (no stamps)/ Pens with Stationary • Magazines (all kinds - no porn) • Mini Hand-held Fan or Water Misty Fan • Nerf Balls • Packaged Poker Sets • Plastic bowls, spoons, forks, knives • Puzzle/Word Find Books • Sewing Kits • Small flashlights for reading at night • Water guns • Yo-Yos • Zip Lock Bags & plastic lock containers for sealing leftovers and personal items 	<ul style="list-style-type: none"> • Advil, Tylenol, Cold/Cough drops, Sinus Meds • Antacids • Antibiotic Cream (Neosporin) • Anti-Bacterial Wipes (They need lots and lots of these) • Baby Oil, Baby Powder • Baby Wipes • Bath mat • Bath/hand/wash towels (dark colors) • Body wash/soap (be sure to triple pack the soap and not put it near the food as it leaves the smell of soap on the food) • Chapstick • Clothes Pins/Line • Contact Lens Cleaner • Cotton Balls • Dental Floss • Deodorant • Disposable hand and feet warmers • Dusting Cloths for removing the sand from everything and every surface • Eye Drops • Eyeglass Kit • Face Soap • Foot Inserts for boots • Foot/Boot Powder • Insect Repellent Wipes/non-aerosol spray with Deet (need in spring/summer) • Imodium 	<ul style="list-style-type: none"> • Air Freshener • Mirror Lotion for body and hands (small containers) • Mouthwash (small containers) • Nasal Spray/Drops • Packaged Wet Ones • Pepto Bismol • Pocket Size First-Aid Kit • Puma Stones for feet • Q-Tips • Shampoo • Sunglasses • Sunscreen • Toenail/Fingernail Clippers • Tooth Paste/Tooth Brush • Toothpicks • Vitamins • Men: Razors, Shaving Cream in a tube, after-shave lotion (no fragrance) • Women: Panty liners, feminine hygiene products, conditioner, brush/comb hair clips/bands, non-aerosol hair spray, hair gel



AMERICAN BANDO ASSOCIATION

2017
BANDO NATIONAL
UNDER BELT FORMS
CAMP



APRIL, 21ST THRU 23RD

Benasutti farm – Beech Creek, Pennsylvania

National Bando Under-belt Forms

April 21st thru 23rd

Group campsite – Benasutti farm

The American Bando Association (A.B.A.) is a non-profit World War II, Veterans Memorial, Martial Arts Organization.

Objectives:

To honor the veterans of the China-Burma-India theater of World War II.

To preserve the principles and techniques of American Bando.

To expand the Basic skills of the participants.

Date: Beginning at 1:00pm Friday, April 21st

Ending at 1:00pm Sunday, April 23rd.

Camping:

If you intend to camp, you'll have to bring what-ever is needed for you to survive outside for three days. It may be cold at night. There are 'park and camp' sites, with a fire ring, picnic tables,

port-a-pot, outdoor camp shower, and water for general clean up, I will have drinking water, and 2 Coleman stoves, w/fuel, for communal use.

You can get a hotel room if you don't have the appropriate gear. Hotels and stores are 15 minutes away. If you're flying in, use the State College Airport. It is 30 to 40 minutes to the farm from the airport.

Articles to bring:

Mandatory clothing; Black B.D.U. shirt and pants, black socks, and black boots.

Other items; tent, sleeping bag, bed roll, tarp, flashlight, toiletries, towel, camp stove, food, etc.

India clubs:

India clubs will be on hand for morning warm up.

If you have your own, please bring them!

Camping fees for aba members in good standing:

ABA Membership Dues for 1 year - \$100

\$60 training fee - \$100 if you haven't paid your dues
- \$10 for camping.



2017 Bando National Underbelt Forms Camp

April 21 thru 23, 2017-Benasutti Farm-Beech Creek, PA

Participant Waiver and Agreement

Name:_____

Address:_____

Email:_____

Emergency Phone:_____

Emergency Contact (Relationship):_____

1. I hereby apply to participate in the **Bando National Underbelt Forms Camp** at the Benasutti Farm, on 21 thru the 23 of April, 2017. As an express precondition to (and as fundamental consideration for) my participation in this event, I agree to abide by all the terms and provisions of this document.
2. **DEFINITION:** I hereby state and certify that I understand the "Promoter" as used in this document means (without limitation): The American Bando Association, in partnership with the owner(s) and/or operator(s) of the facility at which the Underbelt Camp will be held, and all the officials, instructors, members, guests, volunteers, spectators, representatives, employees, officers, officials, directors, and agents (as the case may be and as the context may require) of the foregoing the Benasutti Farm facility and its owner(s)/operator(s). I also state and certify that I understand and agree that all waivers and releases set out below are *also* applicable in every respect to **THE AMERICAN BANDO ASSOCIATION, INC.** and officials,

DIRECTIONS TO BENASUTTI FARM

844 MONUMENT – ORVISTON ROAD

beech creek, pennsylvania

16822

beech creek is in the center of the state.

route 80 divides pennsylvania in half horizontally

coming from the east.

take route 80 west to exit 178, Lock Haven.

turn right onto 220 North and go to the Flemmington – Mill Hall exit (about 2 miles).

*for Lock Haven hotel continue to next exit.

turn left onto 150 South and go to town of beech creek (6 miles).

turn right (before green iron bridge) onto monument – Orviston Road.

go 1 mile to 844.

coming from the west.

take route 80 east to exit 158, Milesburg.

turn left onto 150 North and go to town of beech creek (9 miles).

*hotel ¼ mile up on right.

turn left (just after green iron bridge) onto monument – Orviston Road.

go 1 mile to 844.

benasutti farm : phone # 570-962-9932

e-mail pbenasutti@comcast.net

hotels

best western - Lock Haven

570-748-3297

www.bestwestern.com/LockHaven

fairfield Marriott - Lock Haven

570-748-1580

www.marriott.com/lockhaven

quality inn - Milesburg

814-355-7521 qualityinn.com

Dr. Maung Gyi has been recognized in **The 2016 AMAA WHO'S WHO in the Martial Arts**

An article has been written by Grandmaster Jessie E. Bowen

Martial Arts Legends

<http://www.amaanationals.com/Booksale>

In this new book, author Jessie Bowen writes: “Dr. Gyi has repeatedly been called legendary, brilliant, and genius. Such superlatives are appropriate when qualifying the lifelong accomplishments of Dr. Gyi, whose innovations, intellect, and influence have affected so many.

Consider, for a moment, the fact that Maung Gyi changed the martial arts landscape of America nearly 50 years ago. He introduced his unique Burmese combat system, known as Bando, to the US in the late 1950s: a system replete with striking methods, grappling strategies, weapons techniques, and so much more. The broad community of martial artists continue to pursue the knowledge he possesses decades after his early groundbreaking exploits.” ABA is proud to know that the talents and contributions of Dr Gyi are recognized with his inclusion as a "Martial Arts Legend" in this book. Congratulations, Dr Gyi!



Bando Yoga Clinic

April 22 and April 23, 2017

The ARTS/West
132 W. State St.
Athens, OH 45701

Instructors: Cesta, Kelley, Stahl, Semingson, Layton
Topic: Introduction to Bando Yoga



Open to all bando ranks.

Friday: Instructors meet and review programs, handouts, site, etc.
Saturday: 9AM - 7PM Clinic
Sunday: 9AM - 1PM Clinic

Saturday schedule

9 - 9:45 Discussion of Bando Yoga
9:45 - 10:30 Anchored Longyi - Solo and Group
10:30 - 12 Dhanda - standing, seated
12 - 1 break
1 - 1:45 Dhanda - standing, seated
1:45 - 3:30 Longyi - seated, kneeling
3:30 - 4:30 Longyi - standing, lying
4:30 - 7 Letha

Sunday schedule

9:00 - 9:30 Discussion
9:30 - 10:00 Anchored Longyi
10:00 - 11 Dhanda and Longyi review
11:00 - 1 Letha review

Fee schedule – covers Saturday and Sunday training sessions:

ABA members \$50 in advance; \$60 at the door
Non-ABA members \$75 in advance; \$85 at the door
Students Free

Participant should provide their own rope, staff (some maybe available for purchase at the door) and yoga mat. Bring personal water and snacks.

Longyi rope should be 2.5 to 3 times one's body height.

Dhanda staff should be 3-6 fists longer than one's body height.

Pre-payment: Can be made via PayPal. Contact Trent Stevens for a link to prepay:

americanbandoassntreasurer@gmail.com

or send a check to the ABA PO Box...make check payable to ABA with a note that it is for the Bando Yoga Clinic. American Bando Association, PO Box 705, Griffin, GA 30224

Pre-pay cut-off is April 15.

Contact Cheryl Cesta (cherylcesta@gmail.com or 740-594-7452) for more info.

2017 Bando Weapons Camps

Sponsored By

The American Bando Association

CYCLONE Stick Camp [Part-1]	ARMED FORCES DAY
3-1/2 foot long, hard wood cyclone stick	[May 20-21, 2017] 9:00 AM - 6:00 PM
MAGICAL Cane Camp [Part-1]	V-J Day
4 foot long, hard wood magical cane	[August 11-13, 2017] 9:00 AM - 6:00 PM
WIZARD Sword Camp [Part-1]	VETERANS DAY
3-foot long wooden wizard sword	[November 11-12, 2017] 9:00 AM - 6:00 PM

JOIN US

1. Come and enjoy the **traditional Bando style of training**.
2. Learn exciting Bando weapon systems that will challenge and **mystify you**.
3. If you do not want to or cannot train, come anyway and encourage others to learn the **magic of Bando weapon systems**.
4. Visit with old associates, make new acquaintances and expand your circle of friends.
5. Strengthen the Bando spirit of martial discipline and **martial skills**.
6. Honor America's Veterans on **ARMED FORCES DAY** in May, **VETERANS DAY** in November and/or **VJ Day** in August.

CAMP INFORMATION

PLACE:	Campsite: Strouds Run State Park, Athens, Ohio [Camping is available. Bring own tents and bedrolls. Hotels are available in Athens City.]
DATE & TIME:	[SEE ABOVE]
INSTRUCTORS:	Dr. M. Gyi, Sayaji Gary Layton, Sayaji John Kelley, Sayaji Mark Semingson & Saya Ian Kelley.
PARTICIPANTS:	Anyone with Brown Belt and above rank from any martial arts system is invited.
EQUIPMENT:	Wear black shirt, black pants and black shoes. Bring hand wraps and tapes.
WEAPON:	\$20 for 3-1/2 foot long hardwood Cyclone Stick or 3 foot long wooden Wizard Sword or hardwood Magical Cane.
CERTIFICATE:	Certificate of Participation will be provided.
FEE:	\$150.00 [One Hundred Fifty Dollars] for 2 days of training.
REGISTRATION:	Early registration is suggested to prepare for number of attendants, training equipment and printing of certificates.
CONTACT INFORMATION:	Sayamaji Deborah Kirkman, President ABA [AmericanBandoAssnPresident@gmail.com] Sayaji Trent Stevens, Camp Director [AmericanBandoAssnTreasurer@gmail.com]

France 2017

OPEN THAING

BANDO

SAMEDI 13 MAI

À PARTIR DE 10H30
HALLE CLÉMENCEAU

Lethwey
Bando
Naban
Banshay

+ D'infos www.bando.fr

Halle Clémenceau - 40, Boulevard Clémenceau - 38100 Grenoble





COMMISSION NATIONALE
DE BANDO ET BOXE BIRMANE
« Bando-Thaïng- Lethwei France »
De la FFKM-DA



OPEN INTERNATIONAL THAING BANDO 2017

AKA mains nues & avec armes
NABAN Lutte Contrôlée et Soumission
Boxe Birmane contrôlée
Boxe Birmane Plein Contact

A PARTIR DE 10H00

Samedi 13 MAI 2017 Halle Clemenceau à Grenoble



www.bando.fr
bando.competition@gmail.com



Commission de Bando et Boxe Birmane de la FFKM-DA
« Thaïng Bando Lethwei France »
4, rue de l'Oisans 38130 Echirolles
www.bando.fr
bando.competition@gmail.com

Hanthawaddy Yoga Camp

June 2, 3, and 4



Clinic will begin at 3:00 June 2nd and end at 12:00 on Sunday. This will be a great opportunity to experience the power of the Hanthawaddy Yoga System. This camp will focus on activating the muscles along the back of the spine to energize the chakras with prana, and how to develop the flow of the energy pathways in the body. Hanthawaddy Yoga has a unique breathing pattern, combined with specific body movements, as it flows from posture to posture. We will be using 4' & 6' staffs, 2 person stretches, and yoga with a rope to prepare the body for the postures and develop the alignment of the spine through the neck, in between the shoulder blades and the lower back.

Location

Spring Hanthawaddy Yoga Camp will be held in the beautiful lake setting of 17 Upper Penn Point, Oakland, MD, 21550 on Deep Creek Lake. We will have plenty of vegetarian food, cool interaction with nature, great group dynamics, excellent camping with showers and facilities, bonfire by the lake.

Training pavilion 30' x 40'

REGISTRATION

Preregistration: \$50 for Bando members paid in full, \$75 after May 29

Preregistration: \$75 for non-members, \$100 after May 29

For more information, www.deepcreekyoga.com

www.deepcreeklakeyoga.com/hanthawaddycamp.html

or call David Martin: 240-321-8890 Camping is free

Bando Calendar – Upcoming Spring/Summer/Fall Events 2017**					
EVENT	WHEN	CONTACT	WHERE	REQ'S	FEE
BANDO YOGA CLINIC	APRIL 22 ND - 23 RD	~ SAYAMA C. CESTA ~ cherylcesta@gmail.com	THE ARTS / WEST ATHENS, OH	CONTACT EVENT COORDINATOR	PRE-REG: \$50 – ABA DOOR: \$60 - ABA PRE-REG: \$75 NON-ABA DOOR: \$85 NON-ABA ~ SEE FLYER ~
BANDO UNDERBELT FORMS CAMP	APRIL 21 ST – 23 RD	~ SAYAJI F. BENASUTTI ~ fbenasutti@comcast.com	BENASUTTI FARM BEECH CREEK, PA	CONTACT EVENT COORDINATOR	ABA MEMBERS: \$60:00 NON-ABA: \$100.00 CAMPING FEE: \$10.00 ~ SEE FLYER ~
ABA BOD MEETING	MAY 19 TH	~ SAYAMAJI D. KIRKMAN ~ AmericanBandoAssnPresident@gmail.com	HAMPTON INN ATHENS, OH (8:00 PM)	BOD MEMBERS & OFFICERS	N/A
ABA BANDO BLACK BELT TESTING EVALUATION	MAY 19 TH – 20 TH	~ SAYA G. COCHRAN ~ 62gcochran@gmail.com	STROUDS RUN STATE PARK ATHENS, OH	2017 BLACKBELT CANDIDATES & INSTRUCTORS	N/A
ABA BANDO CYCLONE CAMP W/ GRANDMASTER DR. M. GYI	MAY 20 TH – 21 ST	~ SAYAJI T. STEVENS ~ AmericanBandoAssnTreasurer@gmail.com	STROUDS RUN STATE PARK ATHENS, OH	3.5' STICK BLACK UNIFORM (BLACK & BROWN BELTS)	CYCLONE CAMP: \$150.00 CYCLONE STICK: \$20.00 ~ SEE FLYER ~
ABA "SUPPORT OUR TROOPS" CARE PACKAGES DRIVE	MAY 20 TH	~ SAYAMAJI D. KIRKMAN ~ AmericanBandoAssnPresident@gmail.com	CYCLONE CAMP STROUDS RUN STATE PARK ATHENS, OH	CANNED FOODS, ETC. & DONATIONS	N/A
HANTHAWADDY YOGA CAMP	JUNE 2 ND – 4 TH	~ SAYA D. MARTIN ~ yogadave@gcnetmail.com	DEEP CREEK LAKE OAKLAND, MD	CONTACT EVENT COORDINATOR	PRE-REG: \$50 – ABA DOOR: \$75 - ABA PRE-REG: \$75 NON-ABA DOOR: \$100 NON-ABA ~ SEE FLYER ~
ABA BANDO WOMEN'S CAMP	JUNE 15 TH – 18 TH	~ Sayama Cheryl Cesta~ cherylcesta@gmail.com	London, Ontario Canada	CONTACT EVENT COORDINATOR	ABA MEMBERS: \$75:00 NON-ABA: \$100.00
ABA BOD MEETING	AUGUST 11 TH	~ SAYAMAJI D. KIRKMAN ~ AmericanBandoAssnPresident@gmail.com	HAMPTON INN ATHENS, OH (8:00 PM)	BOD MEMBERS & OFFICERS	N/A
ABA BANDO BLACK BELT TESTING	AUGUST 11 TH – 12 TH	~ SAYA G. COCHRAN ~ 62gcochran@gmail.com	STROUDS RUN STATE PARK ATHENS, OH	2017 BLACKBELT CANDIDATES & INSTRUCTORS	N/A
ABA BANDO MAGICAL CANE CAMP W/ GRANDMASTER DR. M. GYI	AUGUST 11 TH – 13 TH	~ SAYAJI T. STEVENS ~ AmericanBandoAssnTreasurer@gmail.com	STROUDS RUN STATE PARK ATHENS, OH	36' WOOD CANE / HAND WRAPS BLACK UNIFORM (BLACK & BROWN BELTS)	CANE CAMP: \$150.00 CANE: \$20.00 ~ SEE FLYER ~

****Items in Bold are ABA-Sanctioned Events**

Bando Calendar – Upcoming Spring/Summer/Fall Events 2017**					
EVENT	WHEN	CONTACT	WHERE	REQ'S	FEE
ABA "SUPPORT OUR TROOPS" CARE PACKAGES DRIVE	AUGUST 12 TH	~ SAYAMAJI D. KIRKMAN ~ AmericanBandoAssnPresident@gmail.com	MAGICAL CANE CAMP STROUDS RUN STATE PARK ATHENS, OH	CANNED FOODS, ETC. & DONATIONS	N/A
ABA BANDO KUKRI CAMP	SEPTEMBER 8 TH - 10 TH	~ SAYAJI F. BENASUTTI ~ fbenasutti@comcast.com	BENASUTTI FARM BEECHCREEK, PA	CONTACT EVENT COORDINATOR	ABA MEMBERS: \$60.00 NON-ABA: \$100.00 CAMPING \$10.00 ~ SEE FLYER ~
ABA BOD MEETING	NOVEMBER 10 TH	~ SAYAMAJI D. KIRKMAN ~ AmericanBandoAssnPresident@gmail.com	HAMPTON INN ATHENS, OH (8:00 PM)	BOD MEMBERS & OFFICERS	N/A
ABA "SUPPORT OUR TROOPS" CARE PACKAGES DRIVE	NOVEMBER 11 TH	~ SAYAMAJI D. KIRKMAN ~ AmericanBandoAssnPresident@gmail.com	STROUDS RUN STATE PARK ATHENS, OH	CANNED FOODS, ETC. & DONATIONS	N/A
ABA BANDO WIZARD DHA CAMP W/ GRANDMASTER DR. M. GYI	NOVEMBER 10 TH – 12 TH	~ SAYAJI T. STEVENS ~ AmericanBandoAssnTreasurer@gmail.com	WIZARD DHA CAMP STROUDS RUN STATE PARK ATHENS, OH	WOODEN DHA BLACK UNIFORM (BLACK & BROWN BELTS)	DHA CAMP: \$150.00 WOOD DHA: \$20.00 ~ SEE FLYER ~
2018 BANDO BLACK BELT TESTING APPLICATION & FEES DUE	DECEMBER 1 ST	~ SAYA G. COCHRAN ~ 62gcochran@gmail.com	N/A	CONTACT ABA BLACK BELT TESTING DIRECTOR	TBA

****Items in Bold are ABA-Sanctioned Events**

ABA Dues Renewal

ABA is working on updating our information technology infrastructure, including a more convenient, automated way to remind members about dues and to simplify payment. Before then, ABA encourages all members to renew early; your early payment of dues will extend your membership appropriately. To pay your dues, you have two choices:

1. Contact ABA Treasurer Trent Stevens (AmericanBandoAssnTreasurer@gmail.com) who can send you a PayPal invoice for convenient payment
2. Send your check or money order to Trent Stevens at the following address:

American Bando Association
C/O Trent Stevens, Treasurer
P.O. Box 1321
Holland OH 43528

Wish you could relive or share memories of the National Bando Demonstration Day?

DVDs with a video of the National Demonstration Day performances will be available at the Cyclone Stick Camp (May 20-21).

Photos of the event, taken by Michael Garcia, can be viewed here:

<https://goo.gl/photos/HxrFnNpRgd9Lk8Er5>

