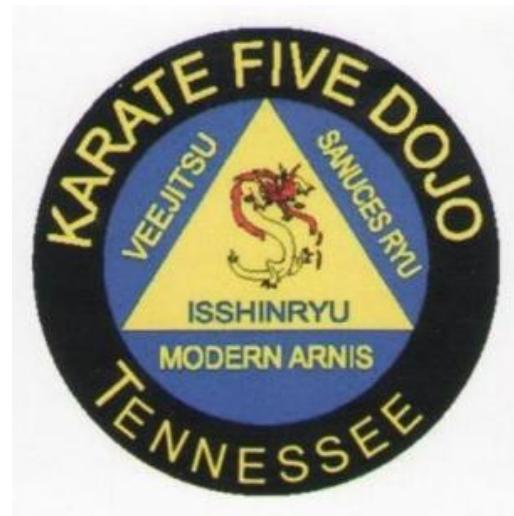
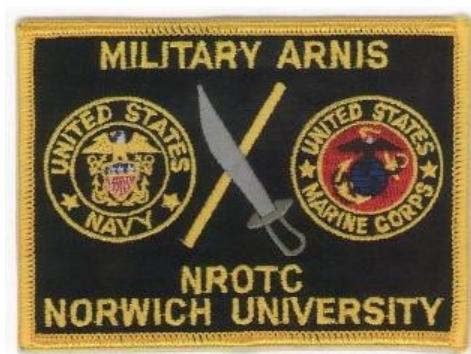




Karate Five Association and Dojo  
Logo



Isshinryu is the heart of Karate Five's martial arts history cross training alliance to other martial arts systems



Karate Five—Official Military  
Arnis Affiliate

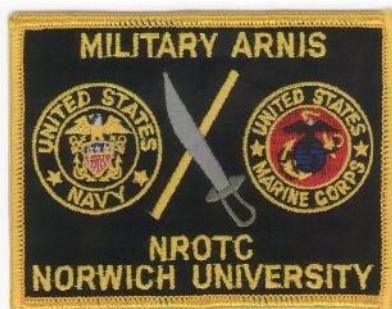
Karate Five's Grandmaster Wilson Introduces  
MODERN ARNIS AND MILITARY ARNIS to Karate Five Dojo  
2002



(L-R) Grandmaster Jeff Delaney and Professor Lisa Manus

In 2002, Grandmaster Wilson has taught hundreds of students in Isshinryu while promoting cross training in other systems such as Jiu Jitsu and Modern Arnis. In 2002 he introduced the Modern Arnis system to Karate Five after he began studying under Grandmaster Jeff Delaney and Professor Lisa McManus. Grandmaster Delaney is Professor Remy A. Presas' successor, the founder of Modern Arnis.

In 2006, the Board of Directors of the Martial Leadership Institute issued a decision to align its organization with its “first and only civilian martial arts school,” Karate Five Dojo as an official Military Arnis affiliate.



# MILITARY ARNIS LEADERSHIP PROGRAM



Expect Challenge. Achieve Distinction.

MILITARY COLLEGE OF VERMONT

**NORWICH UNIVERSITY**

May 01, 2007

## MILITARY ARNIS LEADERSHIP TEAM

NROTC Norwich University

2006-2007

Commanding Officer - Colonel Stephen Pomeroy, USMC

Executive Officer - Commander Patrick Gardner, USN

Program Coordinator - Captain William Lennon, USMC

Staff Instructor - Professor Lisa McManus, USMC

Executive Assistant - Dr. Laurie Farrell

MA Commanding Officer - Daniel Spagone, USMC

MA Executive Officer - Michael Iaquinto, USMC

Team Liaison - Robert Bacon, USMC

Assistant Instructor - Glenn Shea, USMC



**(Above)** Grandmaster Melbert Lee Sr. shown with Professor Lisa McManus' Son **(Right)** Karate 5 2008 Military Arnis Camp

Professor Lis McManus have performed workshops for Karate Five Association in Morristown and Knoxville, TN. Whenever possible, it is important to Karate Five Dojo to participate in out-of-state Arnis workshops. Grandmaster Jeff Delaney has dozen of Masters under his teachings.



Karate Five 2005 Military Arnis



2007 Military Arnis Camp demonstration performed in Karate 5 Dojo by Grandmaster Willie Wilson (L-R) and Master Fredrick Brabson Sr. Both are first-generation black belts under the Grandmaster Harold Long.

Karate Five has benefited from the the Modern Arnis and Military Arnis demonstrations and workshops presented by Grandmaster Jeff Delaney and Professor Lisa McManus at various events over the years. Modern and Military Arnis are systems Karate Five has embraced and been proud to add to its cross-training systems at the Karate Five Dojo.



Karate Five Association  
Of Tennessee April 2007

Professor McManus, USMC and Lieutenant Iaquinto, USMC take our Art of Military Arnis to Tennessee to work with the students of Grandmaster Willie Wilson of the Karate Five Association. Grandmaster Wilson and his team became official affiliates with Military Arnis in 2006 but have been training with Professor McManus and our team for several years.

# KARATE 5 ASSOCIATION

OF TENNESSEE

PRESENTS ITS

## 8TH ANNUAL ARNIS SEMINAR/CAMP/EVENT

APRIL 17-18, 2009

Featuring



**Grandmaster Lisa McManus, Founder of  
Military Arnis, and Staff Instructor, NROTC,  
Norwich Vermont - trains Marine and Navy  
officer candidates**

At the

**TALLEY-WARD RECREATION CENTER  
324 S. JAMES ST., - MORRISTOWN, TN**

**FRIDAY, APRIL 17 - 6:00 P.M. TILL 9:00 P.M.**

**SATURDAY, APRIL 18 - 8:30 A.M. TILL 7:00 P.M.**

**Registration fee - \$100.00 per participant**

**\*\*Isshinryu Cross-training Alliance (ICA) members admitted free to this event\*\***

**For registration form and/or information go to:**

**[www.karatefive.com](http://www.karatefive.com)**

**or contact:**

**Grandmaster Willie Garfield Wilson - 865-719-2513**

**Master William Mason - 423-586-1853**



KARATE FIVE MILIARY ARNIS EVENT AND GRANDMASTER  
JEFF DELANEY



(Pictured Above) Grandmaster Melbert Lee Sr. and Grandmaster Maurice Msarsa at a Karate 5 2008 Arnis Camp



(Pictured Above) Grandmaster Jeff Delaney performs a demonstration with Military Arnis participant at a Military Arnis Event



Self-defense has never been more important than it is today in America. We now realize that we need to take personal responsibility to insure our safety. Professor McManus has developed an easy to learn curriculum to assist you in dealing with the most common attacks. You don't have to be athletic, just motivated.

Grandmaster Remy Presas'  
Modern Arnis  
**SELF-DEFENSE**

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*Learn Lifesaving Techniques*  
"Knowledge is Power"  
"Confidence is Power"  
Empower yourself with the techniques of Modern Arnis as taught by Lisa McManus.



These pictures represent only a small fraction of our Karate Five Modern and Military Arnis picture archives—there are so many we are unable to share all of them. Karate 5 is proud of its alliance with Modern and Military Arnis through the dedication and hard work of Grandmaster Jeff Delaney and Professor Lisa McManus to perfect this system.

Modern and Military Arnis was introduced in 2002 to Grandmaster Willie Wilson and has evolved into an integral part of Karate Five's martial arts system and programs.