The concept of pointing the gamefowl by stress management and energy boosting

*Powerpointing*

By

We don’t leave luck to chance

*RB SUGBO*  
GAMEFOWL TECHNOLOGY
About RB Sugbo

Gamefowl Technology

(Visit rbscal.webs.com)

“Measured against the eternity, our time on earth is just a blink of an eye. But the consequence of it will last forever. The deeds of this life are destiny of the next” — Rick Warren in his book The Purpose Driven Life.

The above quotation is in dedication to a friend who passed away a few years ago. Ernesto “Erning” Panuncillo. To us, who had known him well, he was more than just a dedicated sabungero. Ever helpful to anybody who needed his expertise; he was extremely honest; and selfless, almost to a fault, he was indeed an epitome of a Filipino cocker.

We called each other “Sanga” (partner in Cebuano). We were more than just cocking buddies. We were life-long friends — like brothers indeed.

He was always helping me in my cocking ventures. When I decided to go full blast with breeding some years back, he helped me sourced out top breeding materials.

It was because of him that I was able to acquire the patriarch of all the RB Sugbo ponkan lines — my favorite brood cock “Ponkan,” an EDL/Excellence sweater, who at the time was otherwise, definitely not for sale in the hands of his brother Arthur, proprietor of the cockers and agrivet product distribution chain, Pacific Barato.

Most of all, he was the one who first mentioned my name to publisher Manny Berbano. It led to my writing for Pit Games and Llammado magazines, an opportunity I cherished most.

Because of my knowing Manny I was able to acquire more top-quality imported and local materials; and, met in person, distinguished breeders, and legends of our time. And, because of Pit Games and Llammado, I gained new friends and customers from as far as the Ilocos regions in the north, and Basilan in the south, not to mention the many others outside the country. These things, I owed to Sanga.

Erning was also instrumental to the mission - vision of RB Sugbo chicken venture. Sanga had repeatedly told me: “Breed for the common sabungeros, the ordinary cockers and small time breeders who have neither the access nor the means to acquire expensive fowl. And, don’t just sell them chickens, also afford them technology.”

His idea was that we will not just breed and sell fowl but also take active part in technology transfer, thus the name RB Sugbo Gamefowl Technology.

On our part, with right technology, we could produce more good chickens at much lower cost. Therefore, we could priced our fowl at a level affordable to the common sabungeros.

Now, RB Sugbo Gamefowl Technology is committed to helping the common sabungeros.

RB Sugbo breeds quality fowl affordable to the common sabungero. It is also engaged in the transfer of gamefowl technology, for as economically as possible. RB Sugbo GT has been doing this since 2003. RB Sugbo is constantly into research on the different aspects of cockfighting such as selection, handling, conditioning, pointing, and effective knife designs.

Since 2007, RB Sugbo GT has been totally committed to helping Masang Nagmamanok (MANA) Inc., a nationwide movement championing the cause of the common sabungeros.

Sugbo bloodlines such as the Ponkans and Sugbo Lemons, priced well within the reach of the common sabungero, are holding their own against respectable opposition.

RB Sugbo publications are also well circulated among the common sabungeros, mainly through MANA. It also conducts seminars, trainings and at-farm-hands-on and/or on-line technology transfer.

RB Sugbo GT is also technical and marketing consultant to a number of upstart breeders in the Philippines. Founder Rey Bajenting is also founder of MANA, writer in Pit Games and Llammado Magazines, Editor of Dyaryo Larga and founding director of Central Visayas Breeders Association (CVBA).
Enhancing the performance of the gamefowl
From a study by
RB Sugbo Gamefowl Technology
published on Cockfights Live magazine
(Visit rbscal.webs.com)

Masang Nagmamanok (MANA) Inc., is always looking forward to helping ordinary chicken raisers. Thus, MANA, in partnership with RB Sugbo Gamefowl Technology, undertakes studies on effective methods in gamefowl management that are affordable to most of us.

One such study promotes enhancing the performance of the gamefowl without administering Performance Enhancing Drugs (PED), though it accepts the use of nutritional supplements such as B12/Bcomplex, MVE’s, glucose and the likes for these substances are not classified as PEDs but dietary supplements.

Without doubt, with the kind of evolution gamefowl breeding has undergone in the Philippines, the aspect of gamefowl conditioning has assumed a much greater role in the outcome of a cockfight. Whereas, sometime ago it was rather breeding or quality of the gamefowl that almost always told the difference between winning and losing, now, the situation could be a different story.

In the 1960’s when the American gamefowl, then called Texas by Filipinos, started coming in from the US, they were so dominating that they virtually wiped our native fighting chickens—the Bisaya or Tagalog, Balulang or Batangas, the Bolinao and the rest—out from the face of the earth.

A couple of decades later, the Negros breeders, most of whom were rich hacienderos and as such had access to expensive breeds from the US, took over and dominated the cocking scene. Who knows; if it was due to their having superior knowledge in gamefowl genetics, or sheer advantage in bloodline and chicken quality?

Another couple of decades later, the situation had change. Imported materials had become accessible and available even to the not-so-rich and to the growing number of US based Filipinos. More and more Filipino gamefowl fanciers had got hold of imported trios, broodcocks and hens. Subsequently the offspring of these imported materials found their way to relatives, friends and buyers. Thousands of Filipinos then was in possession of high caliber fowl.

Now it seems, at top level competition, gamefowl are already created about equal. Therefore, some emphasis should shift toward discovering superior conditioning methods.

For answers, many look up to performance enhancing drugs—steroids, hormones, stimulants—available in the market, may they be manufactured for human or for chickens. Some, like us at RB Sugbo Gamefowl Technology, go as far as exploring non-drug Performance Enhancing Factors (PEFs), many of which are quiet natural and inherent in gamefowl physiology. Note that vitamin supplements such as b12 and b complex, multi vitamins and minerals, glucose and the likes are not classified as drug but as nutritional supplements.

One of these non-drug PEFs, is the concept of stress management in pointing the gamefowl. It is anchored on the principle that stress triggers adrenaline rush and adrenaline rush could do wonders if experienced at the right moment. Yes, very natural indeed.

In face of danger, the body has a natural defense mechanism. When faced with stressful and threatening situations, the body secretes the hormone adrenaline otherwise known as epinephrine. It will activate all the mechanism and instinct of survival in animals. It prepares the body for war. Secretion of adrenaline, or the so-called adrenaline rush, enhances production of energy, activates and alerts all the sensory processes and shuts down less important functions of the organs. It leads to high blood sugar levels, faster heart rate and higher blood pressure. It triggers energy production. It drives the body to optimum levels of energy to achieve greater-than-normal levels of physical capability.

How Epinephrine works
Epinephrine triggers the activation of a war machine in the body. Once epinephrine is secreted by the body in the endocrine glands, it flows in the blood stream reaching various organ centers. It starts its operation by activating some strategically placed receptors in the body. One by one, it activates the receptors which in turn trigger buttons for initiating many chain reaction processes.

When epinephrine reaches the liver cells, it activates a receptor there which initializes a chain reaction that culminates into breaking down of glycogen, releasing glucose into the blood stream. At the same time, accelerates glucose production.

Other receptors present in the muscles when activated by epinephrine cause the widening of blood vessels so that more blood can reach the muscles for efficient operation. The trigger also causes an increase in the heart pumping rate. This is how naturally produced adrenaline or epinephrine revs up the body engine, for enhanced performance.

The major physiologic triggers of adrenaline release center upon stresses such as physical threat, excitement, noise, bright lights, and high ambient temperature. All of these stimuli are familiar to the atmosphere in the cockpit. So, in the cockpit, there is no way we can avoid our fowl getting stressed at one point or another. We might as well make stress work to our advantage by managing it to occur at the right moment.
Stress can help us get work done but the tension it builds in our body can lead to fatigue. Stress causes our body to produce adrenaline and tenses our muscles. It’s important to realize that engaging in activities that cause a release of adrenaline could cause fatigue afterward. In the short term, adrenaline makes you feel more alert. But in the long term, you become tired. Thus, the concept of stress management is introduced. We time stress to happen at the right time, not before, because if adrenaline rush happens early the rooster is tired when fight time comes. It is known to us cockers as the off syndrome.

**Factor in stress management**

How does one manage stress in order for it to happen at the right time?

Foremost, there is the question of proper handling on the day of the fight. From travelling to arrival in the cockpit to the hours leading to actual fight, pitfalls abound. Mistakes in handling are waiting to happen that will cause premature stress and thus causing off syndrome. Too much heat during travel; too much anxiety of the roosters upon arrival; poor cockhouse management may all lead to premature stress. Finally care should be taken during the limbering, heeling and the heating up in the pit.

Then there is the matter of actual physical conditioning of the fowl. A physically fit fowl has the better chance of coping with stress and turning the subsequent adrenaline rush to advantage. A poorly conditioned rooster will not be able to sustain the physical metamorphosis that will take place during the resulting adrenaline rush. For these some supplement such as the protein creatine and sugar ribose will be helpful, as well as vitamins and minerals. Ample reserves of glycogen and glucose in the blood are also necessary.

Ribose, is a unique, sugar that occurs naturally in all living cells. It forms the carbohydrate portion of DNA and RNA, the building blocks of life. Ribose is also the sugar that begins the metabolic process for production of adenosine triphosphate (or ATP). ATP is the major source of energy used by cells including muscle tissue for normal function. In this regard ribose works in partnership with creatine. The reason Ribose and Creatine are so closely related is the way in which they do their thing. There is also a well defined synergy between the two.

Training exercise too is a must. "Regular physical exercise is a simple and effective means of preparing the rooster’s body to cope with stress and react positively. Exercise accustoms the rooster’s body to releasing natural chemicals such as adrenaline. Proper exercises also tone the muscles to efficiency necessary in doing battle.

When we rely on the wonder of adrenaline, or the flight or fight hormone, to propel our warriors to above normal physical capability, then it is incumbent upon us to do everything to equip our fowl with adequate physical and mental foundation. After all, we are banking on something very natural to achieve more than natural heights of physical activities.

Yet, there is no guarantee of what we can achieve. That is the beauty in cockfighting. No matter what we do, we cannot be assured of the outcome of the fight. Thus, good cockers aim for victory but they readily accept defeat. *(For more about this topic and other aspects of gamefowl management log on the web page of RB Sugbo Gamefowl Technology, rbscal.webs.com)*

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**Power Pointing**

(First published 2009)

Pointing is the final stage in the gamefowl’s conditioning for the actual fight. If conditioning is to prepare a cock for battle, pointing is to prepare the cock for the day, and even, for the moment of battle. Lately, pointing has become a specific stage of the gamefowl’s preparation specialized by some higher masters of the game. It is not uncommon nowadays that the pre-conditioning and conditioning stages are handled by assistants handlers and feeders. But, most of the time it is the chief conditioner who will take care of pointing. It is the culmination of all the time, effort and knowledge put into the gamefowl being prepared for the fight. Here, in this final act, there would be no room for mistakes.

The ability to point the gamefowl properly has grown in proportion as far as influence in the outcome of the fight is concerned. At, top level competitions it seems that chickens are now created about equal. The best bloodlines are now available to hundreds if not thousands of Filipino breeders, who know the right breeding methods and are affluent enough to provide the right environment for the gamefowl. A look at the results of the numerous stag derbies held annually during the stag season tend to support such contention.
Conditioning then may be logically looked upon as the factor that might tilt the balance. Yet, within that spectrum is another important factor—the ability to point a well-conditioned chicken. The best conditioning will go down the drain if not coupled with proper pointing.

With this hypothesis in mind, RB Sugbo Gamefowl Technology devoted some time to the research and study of the science of pointing, premised on the characteristic of Filipino sabong. The study was placed in the perspective of the fact that Filipino slasher fighting is fast and furious. “Isang tama ka lang”

Thus, RB Sugbo came up with a concept of pointing based on the principle of stress management with a view to timely adrenaline rush. We call the method Power Pointing.

In a nutshell: The modern concept of Power Pointing

Powerpointing is a system of pointing the gamecock designed by RB Sugbo Gamefowl Technology. It is based on the concept of stress management. The principle is that stress triggers adrenaline rush and the hormone adrenaline enables the body to achieve extra ordinary physical and mental conditions as part of natural defense mechanism. We know what wonders adrenaline rush could do. During emergency, one can lift objects too heavy under normal circumstances, or jump long or leap high. These phenomenon is due to the surge of adrenaline.

The whole idea of power pointing is to aim for adrenaline rush to transpire in time for, or during the actual fight, and to provide the body and muscle with the right kind of energy and power necessary to support such surge.

To ensure adequate reserves of energy necessary to support adrenaline rush, the concept avails of quick power and energy boosting substances, namely: creatine; ribose; bcomplex and iron; b15 (pangamic acid); and glucose. Creatine and ribose are necessary for the burst of energy during the initial stage of the fight. B complex and iron condition the blood and help in the distribution of oxygen to the brain and other parts of the body. Pangamic acid, being a vasodilator, expands the blood vessels to allow effective blood flow. Glucose is the purest form of instant energy.

These natural substances constitute a potent combination that serves well during both the initial stages and the later part of the fight.

Quick energy loading, not carboloading

The system does not require the usual 2-3 day carboloading used by most other pointing methods, particularly those advocated by the old school influenced by practices of American cockers. It should be pointed out that American gaff and short knife require stamina and endurance, which are not the top priority in slasher knife fighting. In the Filipino slasher fighting, the cock should rely more on sharp cutting ability, timing and quickness.

Carboloading benefits endurance athletes but not sprinters. It is more appropriate for American cockfighting than in Filipino sabong.

Instead, the focus of RB Sugbo’s Power Pointing is on energy boosting on the day of the fight, based on the ATP-CP energy pathway principle. ATP-CP pathway is the initial source of energy that muscles utilize in the burst of speed and power necessary in the first few buckles.

In the first burst of activity, the muscles rely on the ATP-CP (Adenosine Triphosphate – Creatine Phosphate) energy pathway which is anaerobic. After a few seconds, the muscles draw energy from glycolysis, which is common to anaerobic and aerobic pathways. The end product of glycolysis, pyruvate, represents a fork in the catabolic (breaking down) process. Pyruvate could be committed to the anaerobic pathway or to the mitochondria leading to the Krebs cycle and the electron transport chain, both of which are aerobic in nature.

When the contest drags on, the body will have to rely on energy on these two aerobic pathways. Cockfighting, however, is more of a sprint event than a marathon. Focus should be on anaerobic energy pathway.

Quick Energy: Creatine Ribose

When the muscle contracts the initial fuel it utilizes is adenosine triphosphate, or ATP. “ATP releases one of its phosphate molecules to provide energy for muscle contraction and other functions. Once ATP releases a phosphate molecule, it becomes a different compound called ADP (Adenosine Diphosphate). Unfortunately, there is only enough ATP to provide energy for a few seconds, so for this energy system to continue, ATP must be produced.

Creatine Phosphate (CP) comes to the rescue by giving up its phosphate molecule to ADP, recreating ATP. This ATP can then be burned again as fuel for more muscle contraction. The bottom line is that the ability to regenerate ATP largely depends on the supply of creatine. The more creatine in muscles, the more ATP you can remake.” (Dave Tuttle; User’s Guide to Sports Nutrients)

Otherwise the body will be forced to rely on another energy pathway, glycolysis. The pathway has a by-product that irritates the muscles, causes pain, and interferes with biochemical reactions necessary for muscles to do the job, thus fatigue sets in. So, the
earlier the body relies on glycolysis for energy, the earlier it gets tired. The other pathways—the Krebs cycle and the electron transport chain—are aerobic or employ oxygen. Aerobic conversion takes over when the activity is prolonged but less intense or less than maximal effort. This seldom happens in cockfights.

Most important in Filipino cockfights is the initial bursts of energy. We have learned that the body can achieve maximum amount of energy if the muscles have enough supply of ATP. And, creatine is what enables the resynthesis of ATP to take place. But during heavy exertion of effort as what transpires in the first few buckle of a cockfight, creatine cannot resynthesize ATP fast enough. Fortunately, ribose can help speed up the process.

Ribose is a sugar that can be converted into energy molecule pyruvate, which, in turn, allows ATP to be produced. The delay in ATP recovery occurs primarily because of lack of a compound called PRPP. Glucose provides PRPP but much slower than ribose. Ribose supplementation speeds up the process.

With creatine-ribose combination, supply and resynthesis of ATP are assured. The chicken will have enough ATP to produce energy necessary for the initial bursts of combat activity. It will also delay the muscles’ early switch to glycolysis, an inefficient source of energy.

**Blood Conditioners and Oxygen Distribution**

Aerobic conversion of energy requires oxygen. And, the primary carrier of oxygen to the cells is the red blood cells, hemoglobin, in particular. Vitamins B1, B2 and B3 help in energy production. B12 helps in increasing red blood cells. Red blood cells contain the protein hemoglobin. Hemoglobin with the help of iron loads oxygen in the lungs and unloads it in other parts of the body and all the cells including those in the brain. Lack of oxygen in the brain cells could cause what we cockers call “passing out.” B complex, B12 in particular, and iron are a potent combination for blood conditioning.

In addition to good blood condition, an efficient network for its delivery is also necessary—a strong heart to pump blood and wide passageways. A strong heart is needed to efficiently pump blood throughout the body. Fortunately science has identified several substances that help boost heart strength. Omega 3 and Omega 6, alpa lipoic acid (ALA), L-carnitine and obiquinone (CoQ10) are examples.

On the other hand, B15 or Pangamic acid acts as vasodilator. A vasodilator increases the diameter of blood vessels. When this occurs, a more efficient blood circulation takes place. Also the expanded superficial blood vessels allow the transfer of more heat to the environment, thus, lowering the cock’s body temperature.

This combination of heat muscle boosters and vasodilator will complement the blood conditioners in the delivery of oxygen to the cells.

**Easy to adopt**

Power pointing is applicable to chickens both for derbies and hackfights. Any good and adequately conditioned cock can be placed on Power Pointing program. The program requires a period of just 1 week before the fight.

Although best, in conjunction with RB Sugbo Pyramid Conditioning method, Power Pointing is compatible with most other sound conditioning programs. It is easy to adopt as it does not interfer with your usual practices and feeding programs.

*(Conditioning pyramid and power pointing are explained fully, in detail, and in Pilipino in “Manwal ng Mana sa Makabagong Pamamaraan ng Pagpili at Pagkundishyon.” For inquiries email rbsugbo@yahoo.com.)*
# Powerpointing Chart

<table>
<thead>
<tr>
<th>Days Before Fight</th>
<th>Activities &amp; Feeds</th>
<th>Supplement (AM)</th>
<th>Supplement (PM)</th>
</tr>
</thead>
<tbody>
<tr>
<td>7</td>
<td>Your usual activities and feeds</td>
<td></td>
<td>Inject 0.3 ml b complex with liver extract (or with iron) for blood conditioning</td>
</tr>
<tr>
<td>6</td>
<td>Your usual activities and feeds</td>
<td>Respigen 15. <em>(Available in capgel form, oral drops or injectable.)</em> Give 1 capgel; or 7 direct oral drops if using drops; or 0.3 ml if using the injectable. For blood vessel conditioning.</td>
<td>Reload Plus. Mix 2-3 drops with afternoon feeds or give 2-3 oral drops after afternoon feeding. For quick energy</td>
</tr>
<tr>
<td>5</td>
<td>Spar for final evaluation. Your usual feeds but give extra cracked corn to replenish energy lost through sparring</td>
<td>Voltplex KQ. 1 capsule. To replenish creatine and ATP lost in the sparring.</td>
<td>Reload Plus. 2-3 drops oral or mixed with water or feeds. To replenish energy and ribose lost through sparring.</td>
</tr>
<tr>
<td>4</td>
<td>Ligo. Your usual feeds Your usual light activities.</td>
<td></td>
<td>Respigen 15. <em>(Available in capgel form, oral drops or injectable.)</em> Give 1 capgel; or 7 direct oral drops if using drops; or 0.3 ml if using the injectable.</td>
</tr>
<tr>
<td>3</td>
<td>Your usual activities and feeds</td>
<td></td>
<td>Inject 0.3 ml b complex with liver extract (or with iron) for blood conditioning</td>
</tr>
<tr>
<td>2</td>
<td>Your usual light activities and feeds</td>
<td>Voltplex KQ. Give 1 capsule after morning feeding. For reserved creatine, ubiquinone necessary for production of ATP and quick energy. Reload Plus. 2-3 drops oral or mixed with water or feeds. For reserved ribose necessary for production of ATP and quick energy.</td>
<td>Reload Plus. 2-3 drops oral or mixed with water or feeds. For reserved ribose necessary for production of ATP and quick energy.</td>
</tr>
<tr>
<td>1</td>
<td>Your usual rest activities and feeds</td>
<td>Voltplex KQ. Give 1 capsule after morning feeding. For reserved creatine, ubiquinone necessary for production of ATP and quick energy. Reload Plus. 2-3 drops oral or mixed with water or feeds. For reserved ribose necessary for production of ATP and quick energy.</td>
<td>Respigen 15. Give 1 capgel; or 7 drops; or 0.3 ml injection Reload Plus. 2-3 drops oral or mixed with water or feeds. For reserved ribose necessary for production of ATP and quick energy</td>
</tr>
<tr>
<td>Day of Fight</td>
<td>Rest. Pointing feed. <em>(Suggested pointing feeds is more on fine corn for high glycemic value or glucose.)</em></td>
<td>Voltplex KQ. Give 1 capsule after morning feeding. For reserved creatine, ubiquinone necessary for production of ATP and quick energy. Reload Plus. 2-3 drops oral or mixed with water or feeds.</td>
<td>Reload Plus. 2-3 drops oral or mixed with water or feeds. For reserved ribose necessary for production of ATP and quick energy.</td>
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