



Republic of the Philippines
Department of Education
National Capital Region
DIVISION OF CITY SCHOOLS
QUEZON CITY
Nueva Ecija St., Bago Bantay, Quezon City



August 17, 2012

MEMORANDUM TO:

Assistant Schools Division Superintendents
Division/District Supervisors
Principals, Head Teachers and Officers In-Charge
(Public and Private Elementary and Secondary Schools)

School of Arnis Professionals

Attached is Regional Letter No. 214 dated August 6, 2012 from Dr. Luz S. Almeda, CESO IV, Director IV, DepEd-NCR, re: **“Basic Lessons in Arnis for Physical Education teachers and students”**, contents of which are self – explanatory for the information and guidance of all concerned.

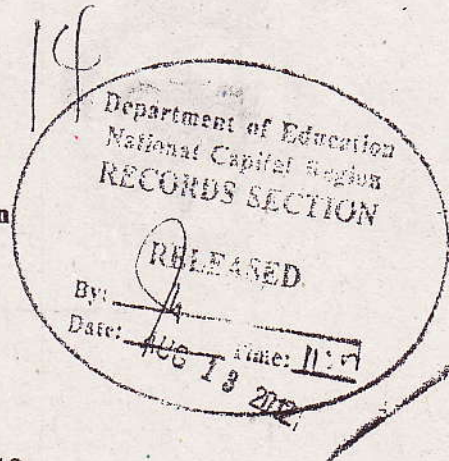
Immediate and wide dissemination of this Memorandum is desired.

CORAZON C. RUBIO, CESO VI
Schools Division Superintendent

cdd/supervisor



Republika ng Pilipinas
(Republic of the Philippines)
KAGAWARAN NG EDUKASYON
(DEPARTMENT OF EDUCATION)
PAMBANSANG PUNONG REHIYON
(NATIONAL CAPITAL REGION)
Daang Misamis, Bago Bantay, Lungsod Quezon
(Misamis St., Bago Bantay, Quezon City)



DCS-QUEZON CITY
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RECORDS SECTION

August 6, 2012


To: Schools Division Superintendents

Dear Sir/Madam:

The School of Arnis Professionals under the Sports Specialization Program of Integrated College of Physical Education (formerly National College of Physical Education NCPE) a prestigious institution for Physical Education is inviting teachers in the Public and Private Elementary and Secondary levels for School Year 2012-2013.

Enclosed is the course description and the proposed Basic Lessons in Arnis for Physical Education teachers and students. Interested schools may contact Professor Armando C. Soteco, Director of Arnis Professionals at cellphone nos. 0919-3212379/0915-938080/0932-6050972.

Immediate dissemination of this memorandum is desired.


DR. LUZ S. ALMEDA, CESO IV
Director IV

Regional Letter No. 214

DAY 1 . . . Sunday, August (-----), 2012

8:00 a.m – 5:00 pm

- a. Different Stances
- b. Eight (8) Angles of Footwork
- c. Hand Exercises: Covering the different striking, blocking and twirling
- d. Single Sinawali
- e. Double Sinawali
- f. X' Movement or "Redonda "

DAY 2 . . . Sunday, August (-----), 2012

8:00 a.m – 5:00 p.m

- a. Eight (8) Basic Striking Techniques
- b. Eight (8) Striking Maneuvers or Stratagem
- c. Six (6) Blocking Techniques
- d. Basic Application of the Eight (8) Striking Techniques with Six (6) Blocking Techniques
- e. Basic ANYO or Form
- f. Basic Defense / Offense Techniques

DAY 3 . . . Sunday, August (-----), 2012

8:00 a.m – 5:00 p.m

- a. Sport Arnis: Covering the DepED Rules of the game, Officiating and playing strategies.
 - b. Practium activities:
 - 1. Sport Arnis competition of participants
 - 2. Actual Officiating of participants
-



COURSE DESCRIPTION:

The course is designed to prepare P.E. Teachers and Professional Arnis Instructors by providing scientific knowledge the necessary basic skills of Arnis fundamentals applicable to Physical Education students and novice. It provides also the skills of coaching, officiating, playing strategies and managing of Sport Arnis competition.

OBJECTIVES: At the end of the course, the participant's adept to:

1. Teach the basic skills of Arnis from simple to complex in the form of exercises, but unconsciously the students learned how to play Arnis, both in Cultural aspect, Sport and Martial Art;
2. Teach the skills in different variations with or without sticks as to aerobic movements, dance and other artistic execution;
3. Know the four (4) areas of teaching Arnis:
 - (1.) **BASIC:** Foundation of skills for P.E. Teachers and beginners.
 - (2.) **CULTURAL:** Anyo Standard, Creative and Classical Anyo
 - (3.) **SPORT:** Rules and Officiating, Mechanics and Strategies for Competitions
 - (4.) **MARTIAL ART:** Defense and Offense Techniques
4. Learn the basic motor skills of different Arnis fundamentals.

Prepared by:  **Prof. Armando C. Soteco**
Director, S.A.P.

NOTE:

For Arnis Training/Seminar, contact this nos.:
0919-3212379/0915-383080/0932-6050972

SKILL 3:

HAND EXERCISES (Bare hands or with Stick)

Aerobic or Dance Execution of the following Skills

NOTE : The following hand exercises can be performed or teach: 1. Individually

2. With partner or in group

3. Bare hand or with stick

4. Aerobic or any variations you wish to do

1. Circular (Windmill) – Block, Support and Thrust

Position: * Bended Arms

Motion: * Right & Left Sideward phasing
* Forward-Backward Circular motion of arms

Repetitive drills for mastery in any directions

2. Wrist Rotation for Stick Twirling

Position: * Bended Arms

Motion: * Outward & Inward wrist rotation
* Right & Left Sideward phasing

Repetitive drills for mastery

3. Shoulder Arm Rotation for Stick Twirling

Position: * Place Hands with stick on shoulder level

Motion: * Shoulder Rotation
* Outward- downward stick twirling
* Inward- upward twirling

Repetitive drills for mastery

4. Rainbow (Umbrella Blocking)

Position: * Stick in vertical position in front of the body

Motion: * Right & Left hands alternately in horizontal upward blocking,
as if you are making a rainbow movement

Repetitive drills for mastery

9. Thrusting: Forehand & Backhand

- Position:** * Partner facing each other bended arms
(fighting position)
- Motion:** * Execute simultaneously, or applying the eight (8)
angles of footwork.
* Right & Left foot alternately stepping forward-
backward
* Forehand-Backhand upper thrust to Right & Left chest
* Straight forehand thrust to stomach

Repetitive drills for mastery

10. Vertical Strike (Rompida) Frontal or Overhead Circular Motion

- Position:** * Partner facing each other
* Hand in vertical position in front of the body
- Motion:** * In vertical hand position, execute a
snap strike to head, or
* Hand encircle overhead and strike to head

Repetitive drills for mastery

11. Cross Strike : (From Upper to Lower Movement)

- Position:** * Partner facing each other bended arms
(in fighting position)
- Motion:** * Forehand strike from upper to lower, arms swing,
passing across the body going downward to left side
* Backhand strike from left side upper to lower, arms
swing, passing across the body going downward right
* Backhand Right & Left lower strike

Repetitive drills for mastery

SKILL 5: DOUBLE SINAWALI

- Position:** * Same with Single Sinawali
 * Hands in right over left position
- Motion:** * Right hand strike to Left temple
 * Left hand strike to Left knee
 * Right hand strike to Right temple
 * Left hand strike to Right temple
 * Right hand strike to Right knee
 * Left hand strike to Left temple
 * In four (4) -drills:
 1. Stationary position
 2. Forward and backward movement
 3. Clockwise & counterclockwise
 4. Random directions

Repetitive drills for mastery

SKILL 6: REDONDA or X MOVEMENT

- Position:** * Same with Single and Double Sinawali
- Motion:** * Hand movements in crisscross motion facing to
 Left and Right side similar to Double Sinawali,
 the target of the strike is all in the head

Repetitive drills for mastery and in any direction

SKILL 9: *SIX (6) BLOCKING TECHNIQUES*

Position: * Attention or formal stance

Motion: * In two (2) drills

1. R & L foot alternately step obliquely to right and left side.
2. Forward movement, or on going step forward starting with the right foot.

1. Outward-upper block, to left side
2. Inward-upper block, to right side
3. Downward-outward block, to left side
4. Downward-inward block, to right side
5. Vertical block
6. Rising block

Repetitive drills for mastery

**SKILL 10: *BASIC APPLICATION of EIGHT (8) STRIKING
with SIX (6) BLOCKING TECHNIQUES***

Position: * Partners facing each other, One striker and the other is blocker and do it alternately

Motion: * With 2 – drills: (basic and with counter attack)

1. Striking and blocking drills
2. With counter attack

SKILL 11: *BASIC ANYO (SELF CREATION)*

Position: * Attention or formal stance

Motion: * Anyo is a self-creation and pre-arranged. The skills applied or used in making or creating different kinds of ANYO either standard, cultural or classical interpretation of movements procure from various striking • blocking , footwork, stances, stick twirling, artistic body movements and shifting.



Republic of the Philippines
Department of Education
National Capital Region
DIVISION OF CITY SCHOOLS
Quezon City

Nueva Ecija St., Bago Bantay, Quezon City



August 24, 2012

MEMORANDUM TO:


Assistant Schools Division Superintendents
Division/District Supervisors/Coordinators
Elementary/Secondary Principals
Officers In-Charge

For the information and guidance of the field, this office is reiterating the request in the Memorandum dated January 30, 2012 the submission of updated certified true xerox copy of leave cards and service credits earned by permanent teachers and non-teaching personnel of this Division for encoding in the HRIS web application in compliance of the partial implementation of Human Resource Information Systems (HRIS) of the Department of Education.

The leave card should be submitted in a folder and arranged according to the following age group. To determine the teachers' age, a list of employees indicating the date of birth is hereby requested. Deadline of submission will be on September 15, 2012.

- | | |
|--------------------------|-----------------|
| 1 st Priority | - ages 60-65 |
| 2 nd Priority | - ages 50-59 |
| 3 rd Priority | - ages 40-49 |
| 4 th Priority | - ages 25- 39 |
| 5 th Priority | - ages 24 below |

Immediate dissemination and strict compliance of this Memorandum is desired.


CORAZON C. RUBIO, CESO VI
Schools Division Superintendent

SKILL 12: MARTIAL ARTS (Basic Disarming Techniques)

- Position:** * With partner
- Motion:** * One striker the other one is blocker and vise-versa
1. Left side strike defense
 - a. UPPER
 - 1) One hand circle
 - 2) "X" block
 - b. LOWER
 - 1) Under wrist block
 2. Right side strike defense
 - a. UPPER
 - 1) Wrist strike
 - 2) Butt release
 - b. LOWER
 - 1) Stick strike
 3. Head or Crown strike defense
 - a. Umbrella block & wrist butting
 - b. Umbrella block with finger press

END OF THE LESSONS

"RESPECT your MENTOR with EQUITY and all ARNISADORS in their OWN PRINCIPLES, IDEAS and SYSTEMS and GRANT RECOGNITION to WHERE CREDIT is DUE, FOR CAMARADERIE and SOLIDARITY. ARMANDO C. SOTECO"

REFERENCE:

" A PRACTICAL INTRODUCTION TO ARNIS IN 12-EASY LESSON"

by: **PROF. ARMANDO C. SOTECO**

Contact No: 0919-3212379
0932-6050972

Email: aacsoteco@yahoo.com

SKILL 7:

***EIGHT (8) BASIC STRIKING TECHNIQUES
TO THE VITAL POINTS OF THE BODY***

Position:

- * Attention or formal stance

Motion:

- * Forehand and backhand strike
- * In three (3) Drills
 - a. Stationary, in right forward stance
 - b. Right & Left Foot Alternate, starting with the right foot.
 - c. Forward movement, or on going step forward, starting with the right foot.

1. Left temple, neck and shoulder,
2. Right temple, neck and shoulder
3. Left knee
4. Right knee
5. Stomach, lower ribs and groin
6. Left eye or chest thrust
7. Right eye or chest thrust
8. Head, L & R clavicle

Repetitive drills for mastery in any directions

SKILL 8:

EIGHT (8) STRIKING MANUEVERS or STRATAGEM

Position:

- * Right or Left forward stance or fighting stance

Motion:

- * Forehand and backhand strike
- * Applying the eight (8) basic striking techniques in a free arranged striking and thrusting motion in any vital points of the body.
- * From strike no. 8 to strike no. 1 or in any order of succession.

Repetitive drills for mastery in any directions

12. Figure 8 : (From Lower to Upper Movement)

Position: * Right & Left forward stance

Motion: * The execution is similar to cross strike, only the movement is mostly in circular motion as if you are making a figure of eight (8) and the striking point (forehand strike) starts from lower to upper and reversed backhand strike from lower to upper in circular motion.

Repetitive drills for mastery

SKILL 4: SINGLE SINAWALI (Forehand and Backhand Movement)

Position: * Partners facing each other and hands in right over left position

Motion: * Execute forehand – backhand strike
* In four (4) drills

1. Stationary position
2. Forward and backward movement
3. Clockwise & counterclockwise
4. Random direction

* Right hand – strike to left temple and right knee (count 1 & 2)
* Left hand – strike to right temple and left knee (count 3 & 4)
* Do it alternately

Repetitive drills for mastery

5. Horizontal (Banda Y Banda)

- Position:** * Bended arms (fighting position)
- Motion:** * Forehand – Backhand Wrist arm twisting, L to R side
* Swinging of arms Right to Left sideward and reverse
* Stick swinging straight forward, left to right side
from slow to fast movement

Repetitive drills for mastery

6. Fanning (Abanico Corto & Largo) Left & Right Side Twisting of Wrist

- Position:** * Bended arms (fighting position)
- Motion:** * Wrist twisting in front of the body, |L to R side
* In short, medium and long distance
(Corto , & Largo)
* For **ABANICO LARGO** (long)
(Body swing to the right and left side. point of the
stick touching the floor)

Repetitive drills for mastery

7. Right & Left Hand, Forehand-Backhand Strikes: (Upper, Middle and Lower)

- Position:** * Partner facing each other
* Bended arms (fighting position)
- Motion:** * Forehand – backhand Strike
* Right & Left foot alternately stepping
* Upper Right & Left sideward strike, to temple
* Middle Right & Left sideward strike, to hip
* Lower Right & Left sideward strike, to knee

Repetitive drills for mastery

8. Strike and Block (Up and Down, Forward & Backward)

- Position:** * Striking and blocking position with partner
- Motion:** * Striker : Forehand strike to the head
* Blocker : Applied Rising Block
* Striker and Blocker stepping forward and
Backward alternately or applying the eight (8)
Angles of foot work.

Repetitive drills for mastery



School of Arnis Professionals

INTEGRATED COLLEGE OF PHYSICAL EDUCATION AND SPORTS

(Former: National College of Physical Education)

PBSP Building, Magallanes Street corner Real Street,

Intramuros, Manila, Philippines

Email Address: acsoteco@yahoo.com



BASIC ARNIS LESSON for PHYSICAL EDUCATION

by : Prof ARMANDO C. SOTECO

SKILL 1:

DIFFERENT STANCES:

Motion:

1. Attention or formal stance
2. Open Leg Stance
3. Straddle Stance
4. Right & Left Forward Stance (fighting stance)
5. Right & Left Backward Stance
6. Right & Left Cat Stance

Repetitive drills for mastery in any directions

SKILL 2:

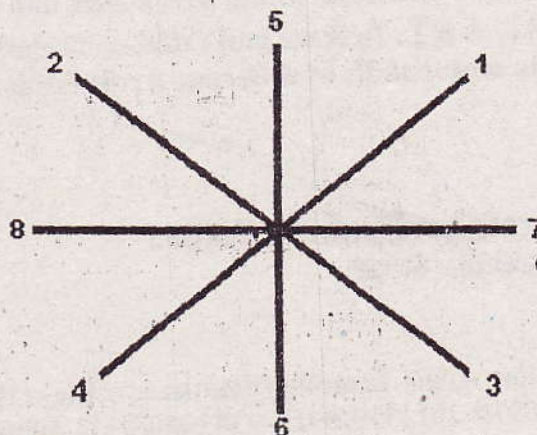
FOOTWORK EXERCISES: (Body Shifting)

(Applying the eight (8) Angles of Steps)

Motion:

- | | |
|------------------------------|-----------|
| 1. Step in V-shape | No. 1 & 2 |
| 2. Inverted V - shape . . . | No. 3 & 4 |
| 3. Forward Step/Slide . . . | No. 5 |
| 4. Backward Step/Slide . . | No. 6 |
| 5. Step/Slide sideward R. . | No. 7 |
| 6. Step/Slide sideward L. . | No. 8 |

Repetitive drills for mastery in any directions



BASIC ARNIS LESSON for PHYSICAL EDUCATION

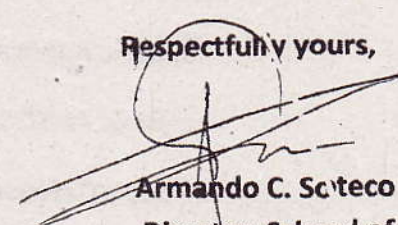
Our association have core competence and network to conduct seminars for the following reasons :

1. We have competent and professional Arnis Instructors, mostly Physical Education teachers, experienced trainers and practitioners ;
2. We teach P.E. teachers and students, the skills concepts and values system of Arnis in order to fast track and widen the implementation of R.A 9850 ;
3. We have the experience and management system to install, monitor and evaluate the effectiveness of our project ; and
4. We have prepared Arnis teaching curriculum applicable for both the Elementary and Secondary students including the sport aspect of Arnis .

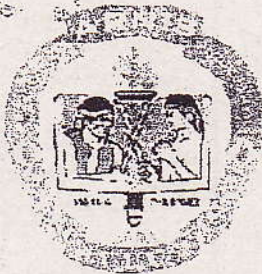
Attach herewith also our prepared curriculum for the seminar.

We are most willing to discuss this proposal at your most convenient time. You may contact me at: 0919-3212379 / 0915-9383080 / 0932-6050972

Respectfully yours,



Armando C. Scateco
Director, School of
Arnis Professionals



School of Arnis Professionals

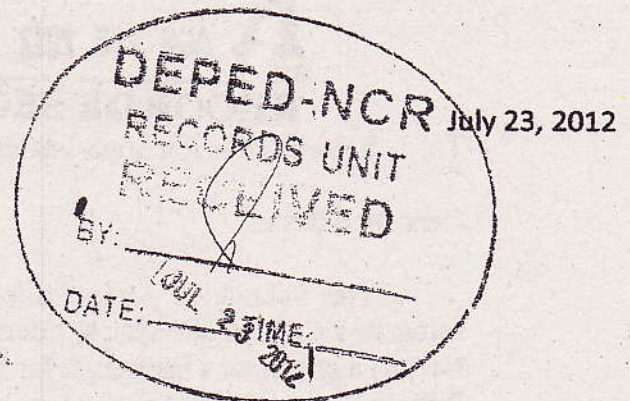
INTEGRATED COLLEGE OF PHYSICAL EDUCATION AND SPORTS

(Former: National College of Physical Education)

PBSP Building, Magallanes Street corner Real Street,

Intramuros, Manila, Philippines

Email Address: acsoteco@yahoo.com



Dr. Luz S. Almeda, CESO IV
Director IV
Misamis Street, Bago Bantay
Quezon City

Dear Dr .Almeda,

The School of Arnis Professionals , under the Sport Specialization Program of the Intergrated College of the Physical Education and Sports, formerly the National College of Physical Education (NCPE), a prestigious institution for Physical Education major and Mast er in Physical Education and Sport and the Mataw Guro Association in Arnis de Mano ,an Associa tion of academic professionals and Arnis experts who have been long involved in the teaching, preservation and development of Arnis de Mano , as a cultural legacy .

We have partly worked for the passage of R.A 9850 which declared Arnis as the " Philippine Martial and Sport on December 11, 2009

In this connection, we believed that the most effective way to propagate Arnis de Mano is to teach the art among students as part of Physical Education activity and likewise to teach its fundamental skills with uniformity and standard lessons among all P.E. students concern, that will conform and meet the Department Education's objectives in Physical Education .

With this concern , our association is applying to your office to give us a chance to prove it's worth by conducting a three (3) day Arnis Sêminar to your P.E. teachers every Sunday or any days convenient to the participants, covering the following activities which is applicable to both Elementary and Secondary levels, the skills to learn are :