



Session 7

Lecturer:

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C-PE 3 (3 units)

PATHFIT 3 – *Nature and Development of Arnis*

Fall Semester 2024



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Session Objectives:

- Describe the nature of Arnis as a sport and as a means of self-defense.
- Trace the significant historical development of Arnis that is rooted from the culture of the Philippines.
- Reiterate the declaration of Arnis as Philippines' National Sport.



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The Nature of **ARNIS** as a Sport



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It is classified as an individual or group performance in the contest field:

1. Combative sport: This is played by two opposing individuals both use prescribed padded stick for a legal attack like strikes, thrust and in disarming the opponent.

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2. Performance-based Anyo: This refers to the fighting form of Arnis. It is a demonstration of a choreographed-artistic movement that displays offensive and defensive techniques with a sharpness of movements.

Categories: (Individual and Team)

- 1. Single weapon*
- 2. Double weapon*
- 3. Sword and dagger weapon*



Figure 1: Arnis: The Philippines' National Sport and Martial Arts.
(Source: Carroll, R. 2024.:Online)



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Historical Development of **ARNIS**



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- There were presumptions that the creation of Arnis was influenced by another martial arts from different countries.
- It was first called Kali before it was named Arnis. Kali means an art of fighting using bladed weapon. This is being practiced by noblemen and commoners which was *Bothoan*.
- ***What is the difference of Kali, Arnis and Eskrima?***
 - **Kali** – Souther Part of Philippines
 - **Arnis** – Northern Region of the Philippines
 - **Eskrima** – Visayas Islands



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Arnis in different dialects:

- | | | |
|--------------|---|--------------------------|
| Ibanags | - | pagkali-kali |
| Ilocanos | - | dadja or kabaraon |
| Pampangueños | - | sinawali |
| Pangasinense | - | kalirongan |
| Tagalog | - | panandata |
| Visayans | - | kaliradman or pagaradman |



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The ***origin of Arnis*** is based on the indigenous Filipino Martial Arts as a ***form of self-defense and a tribal warfare.***

This is a martial art and a sport characterized by swinging and twirling movements, accompanied by striking, thrusting and blocking techniques for defense and offense.



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- The Spaniards eventually took down the Kali because they believed that it was only used as an alibi for not working in the field but the practice of Arnis was secretly continued until it was again publicly practice by the Filipinos in aiming to gain independence during Philippine Revolution.
- Over the years, Arnis was recognized worldwide and became the Philippines' National Sport under RA 9850.



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Different types of weapons used in

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Shorts Sticks

It is hard but light-weight sticks that are usually use in training.

Figure 2: Filipino Martial Arts Weapon: A Complete List. (Source: Lim, L. 2019.:Online)

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Single Stick

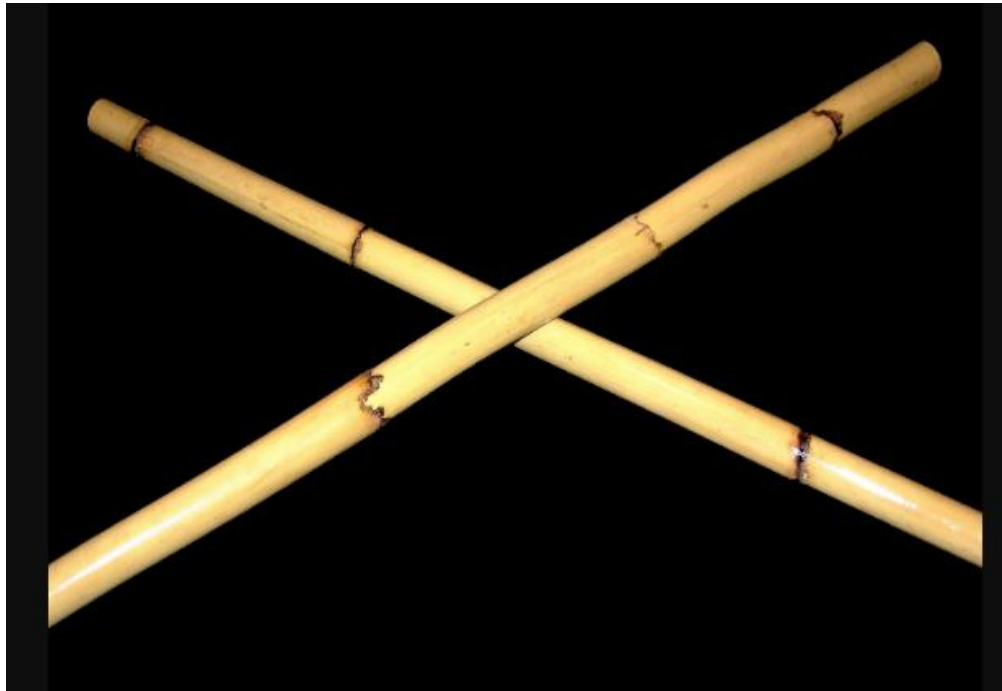
It is a rattan stick which is commonly used by beginners in learning the basic striking and blocking techniques

Figure 3: Filipino Martial Arts Weapon: A Complete List. (Source: Lim, L. 2019.:Online)

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Double Sticks

The strokes that can be demonstrated in these set of sticks are likewise the same as in the single stick. One distinct stroke that can be demonstrated in this is the sinwali that are common in some tribe in Pampanga

Figure 4: Filipino Martial Arts Weapon: A Complete List. (Source: Lim, L. 2019.:Online)



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There are also bladed weapons
that are used in **ARNIS**

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Fig. 5: Single Dagger



Fig. 6: Balisong

Figures 5-6: Filipino Martial Arts Weapon: A Complete List. (Source: Lim, L. 2019.:Online)

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Fig. 7: Double Dagger



Fig. 8: Kris

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Fig. 9: Sword



Fig.10: Kampilan

Figures 9-10: Filipino Martial Arts Weapon: A Complete List. (Source: Lim, L. 2019.:Online)

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Fig. 11: Sword Dagger



Fig.12: Sundang (Bolo)

Figures 11-12: Filipino Martial Arts Weapon: A
Complete List. (Source: Lim, L. 2019.:Online)

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Fig. 13: Barong



Fig. 14: Pinuti

Figures 13-14: Filipino Martial Arts Weapon: A Complete List. (Source: Lim, L. 2019.:Online)

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Fig.15: Golok

Figures 15: Filipino Martial Arts Weapon: A Complete List. (Source: Lim, L. 2019.:Online)



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ARNIS as Philippines' National Sport



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DECS Order No. 25, s. 1975: Allowed the exhibition and demonstration of **Arnis** in the Palarong Pambansa.



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DECS Order No. 58 (1990): Established guidelines for college physical education (PE), categorizing **Arnis** as a 'dual sport', that promotes its inclusion in higher education.



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DECS Memo No. 294, s. 1995: Issued training programs for physical education teachers to effectively teach Arnis in the education curriculum and instruction.



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NARAPHIL Formation (1975): Former President Ferdinand E. Marcos initiated the unification of various Arnis clubs/organizations and practitioners, leading to the formalization of Arnis in military and educational systems.



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Republic Act 9850: Former Gloria Macapagal-Arroyo declared Arnis as the National Martial Art and Sport of the Philippines integrating it into National Competitions.



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Arnis as part of the Philippine Education Curriculum



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Basic Education K-12 Program: Arnis is now part of the combative sports curriculum in Basic Education both for JH and SHS' Physical Education (PE), promoting physical fitness and cultural heritage.



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Tertiary Education: Inclusion in the tertiary Physical Education and in the Bachelor of Physical Education BPEd program.



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Conclusion:

It is interesting to note that the evolution of Arnis as a sport emanates from the historical influence of the Philippine culture. It may have different names from various parts of the country but it was recognized as the Philippines' National Sport and Martial Arts because of its rich developmental background.



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