

Session 8

Baston Grip, Salutation and Stance

A. Introduction

Arnis is combative in nature in which various skills need to be mastered. This sport requires speed-strength, muscle strength and endurance, suppleness of the muscles to execute with flexibility and balance and the alertness of mind. Just like any other Martial Arts, Arnis also inculcate the value of respect and other desirable characteristics that can be developed in getting involved in Arnis. This is likewise the Philippines' National Sport.

B. Session Objectives

- Identify the types of baston that are used in training by the beginners.
- Demonstrate the proper grip of the baston on a simplified step-by-step way.
- Demonstrate the different types and ways of salutations.
- Deliver the value of salutation or pagpugay.
- Demonstrate the different types of Arnis Stances that are used as defense and offense attack.

C. Session Content

1. Topic 1 The Baston Grip.

Baston or Arnis Sticks

- Made of rattan

Figure 1: Filipino Martial Arts Weapon: A Complete List. (Source: Lim, L. 2019.:Online)





Padded sticks

Figure 2: Padded Arnis Sticks
(Source: SportZtrack, N.D. Online)

How to Properly hold the Baston?

1. Practice baston grip by flexing your fingers towards your palm on the same hand. This is to ensure that the placement of the fingers are aligned to the baston grip.
2. Hold the baston on your dominant side of the hands. Pointing to either left or right hand.
3. Flex your fingers around the baston allowing you to have the right angle, to sustain stability of grip and the comfort.



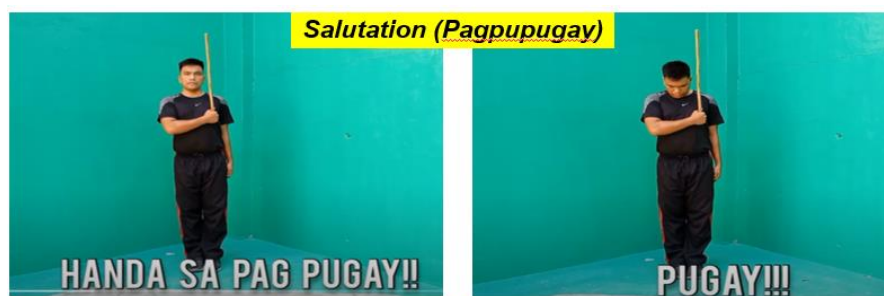
Figure 3: Grip and Exercises for Eskrima- Kali Arnis Escrima (Source: Kali Center, 2021. Online)

2. Topic 2 The Salutation or Pagpugay

Pagpupugay (salutation or bow) – is a form of respect to the opponent and to the entire technical officials.

Types of Salutation (Pagpupugay)

1. Standing salutation
2. Kneeling salutation
 - Salutation to the Master of the Class
 - Strength, humility, and respect.



Figures 5 & 6: Grip and Exercises for Eskrima- Kali Arnis Escrima
(Source: Kali Center, 2021. Online)

3. Topic 3 Arnis Basic Stance

- ✓ The stance must ensure stability in order to achieve efficient and powerful movement.
- ✓ The entire body must be properly aligned so the body can move comfortably allowing freedom of movement in any direction.
- ✓ Consider checking on the center of gravity to avoid wobbling during performance. Maintaining the desired balance depends on the movement of the body and on the center of gravity.

Types of Arnis Stance

1. Knees-straight stance – is better utilized as preparatory stance.
2. Knees-bent stance – a fighting stance or stance of execution.

FOOTWORK – is the movement process in changing directions, shifting of sides, progressing forward and backward.

The Fundamental of Movements like locomotor, non-locomotor and manipulative movements are the major bases of the dynamics of Arnis footwork.



In a standing position, feet must be placed at 45 degrees angle while the heels are placed closed together.

Figure 6: Grip and Exercises for Eskrima- Kali Arnis Escrima (Source: Kali Center, 2021. Online)



From the ready stance, spread legs with foot at about 2 feet away.

Bend knees on almost halfway keeping the toes pointing forward.

Figure 7: Grip and Exercises for Eskrima- Kali Arnis Escrima (Source: Kali Center, 2021. Online)



- From the ready stance, place one (1) foot forward.
- Knees and toes must be aligned with each other.
- The body should lean a little forward.
- This can also be done on the other leg.

Figure 8: Grip and Exercises for Eskrima- Kali Arnis Escrima (Source: Kali Center, 2021).



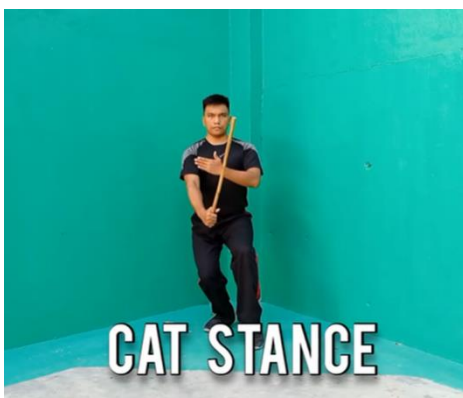
- From the ready stance, place one (1) foot at the back.
- The rear knee and toe must face laterally outward and the front foot and toe must face forward.
- The body should lean a little backward.
- This can also be done on the other leg.

Figure 9: Grip and Exercises for Eskrima- Kali Arnis Escrima (Source: Kali Center, 2021. Online)



- This stance starts again from the ready stance.
- Place one foot in 45 degrees angle until the toes and the knees are in line with each other.
- Your moving foot is called the lead foot.
- The body should move along with the lead foot. (maneuver)
- This can also be done with the other foot/leg.

Figure 10: Grip and Exercises for Eskrima- Kali Arnis Escrima (Source: Kali Center, 2021. Online)



This stance brings the body in 90:10% distribution of the weight.

90% - rear leg

10 % - front leg

Figure 11: Grip and Exercises for Eskrima- Kali Arnis Escrima (Source: Kali Center, 2021. Online)

D. Conclusion

Arnis as a self-defense sport requires the coordination of the mind and body. The alertness of mind is needed in order to execute the right movement powerfully. In addition, skills on the proper grip and proper stances help in performing at your best. Lastly, salutation or pagpugay reminds all the arnisador to become respectful to each involved in the Arnis competition or training.

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