



Session 8

Lecturer:

May S. Flores, LPT, Ed.D.
Professor, School of Education
University of the Assumption
The Philippines

C-PE 3 (3 units)

PATHFIT 3 – *Baston grip, Salutation and Stances*

Fall Semester 2024



Session 8

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.



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Session Objectives:

- Deliver the value of salutation or pagpugay.
- Demonstrate the different types of Arnis Stances that are used as defense and offense attack.



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Baston Grip

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Baston Grip

Baston or Arnis Sticks

- Made of rattan
- Padded sticks

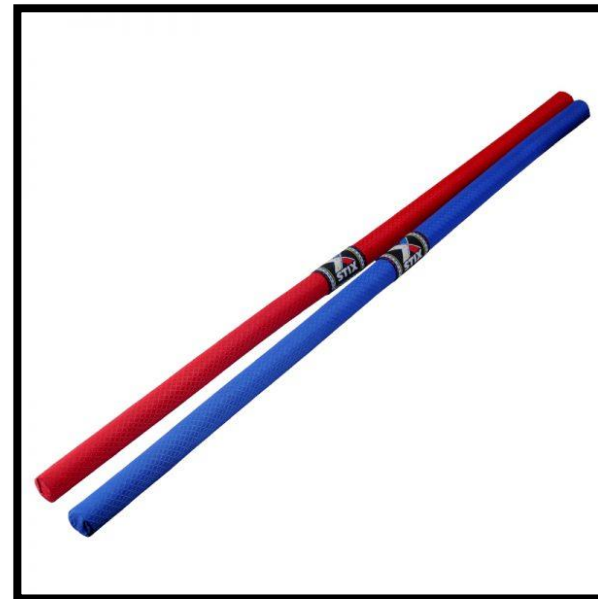


Figure 2: Padded Arnis Sticks (Source: SportZtrack, N.D. Online)



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

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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)

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How to Properly hold the Baston?

1. Maintain the maximum surface area of the fingers & palm and likewise the hand & arm to ensure stability during execution of required movements.
2. Do the same process on the other hand when using two (2) bastons.



Figure 4: Grip and Exercises for Eskrima- Kali Arnis Escrima (Source: Kali Center, 2021. Online)



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Salutation or Pagpugay



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Salutation

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



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Salutation

Types of Salutation (Pagpupugay)

1. Standing salutation
2. Kneeling salutation

- Salutation to the Master of the Class
- Strength, humility, and respect.

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Salutation (*Pagpupugay*)



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



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Figure 7: Arnis Basic Skills for Anyo (Source: Madam Coach Youtube, 2020. Online)

Types of Salutation (Pagpupugay)



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Stance in Arnis

- ✓ 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.



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Stance in Arnis

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.



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Stances

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

*** Apply the Fundamental of Movements – locomotor, non-locomotor and manipulative movements.**

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

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

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Stand with legs open at
about shoulder width apart.



Figure 9-11: Grip and Exercises for Eskrima- Kali Arnis Eskrima (Source: Kali Center, 2021. Online)

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- From the ready stance, spread legs with foot at about 2 feet away.
- Bend knees on almost halfway keeping the toes pointing forward.

Figure 12: Grip and Exercises for Eskrima- Kali Arnis Escrima (Source: Kali Center, 2021. Online)

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Front and side view of
Straddle Stance

Figure 13 & 14: Grip and Exercises for Eskrima- Kali Arnis Escrima
(Source: Kali Center, 2021. Online)

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Figure 15: Grip and Exercises for Eskrima- Kali Arnis Eskrima (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.

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Front and side view of Forward Stance

Figure 16 & 17: Grip and Exercises for Eskrima- Kali Arnis Escrima
(Source: Kali Center, 2021. Online)

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Figure 18: Grip and Exercises for Eskrima- Kali Arnis Escrima (Source: Kali Center, 2021. Online)

- 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.

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Figure 19-21: Grip and Exercises for Eskrima- Kali Arnis Escrima
(Source: Kali Center, 2021. Online)

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Figure 22: 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.

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Front and side view of Oblique Forward Stance

Figure 23-24: Grip and Exercises for Eskrima- Kali Arnis Escrima
(Source: Kali Center, 2021. Online)

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

90% - rear leg
10 % - front leg

Figure 25: Grip and Exercises for Eskrima- Kali Arnis Escrima (Source: Kali Center, 2021. Online)

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Front and side view of Cat Stance

Figure 26-27: Grip and Exercises for Eskrima- Kali Arnis Escrima
(Source: Kali Center, 2021. Online)



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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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