

Session 9

Ten (10) Striking Techniques

A. Introduction

Arnis striking techniques are vital skills that need to be learned by students taking up Arnis in their PATHFIT or PE class. The life of Arnis exhibition and combat sports rely on the basic skills such as striking techniques. The following are the ten (10) striking techniques that we are going to tackle in this session.

B. Session Objectives

- Identify the vital points of the body that are the primary target of striking techniques.
- Execute the striking techniques with accuracy of movements.
- Demonstrate coordination of body movements in executing the striking drills.
- Exhibit the value of self-discipline in performing the striking techniques.
- Express enthusiasm in class participation by confidently sharing insights and related experiences in the activity.

C. Session Content

1. Topic 1 Purpose of Striking Techniques

- Targeting the vital points for defense in case of danger.
- Information of the target points should be learned:
 - a). for defense b). for sports competition
- Movement skills depends on the target vital points

Common Movements in Striking Techniques

- Striking (hitting with baston)
- Thrusting
- Parrying (blocking)

What do we need to know about learning Arnis skills?



1. Footwork skills

- Vital for effective movement
- Allows preparation for attacks and counter attacks
- Stability

2. Blocking Skills

- defend from incoming attacks
- opportunities for counterattacks.

3. Striking Skills

- Opportunity for offensive attack
- Deliver strikes, thrust wisely

4. Demobilization

- disarm the opponent
- immobilize the opponent

2. Topic 2 The Ten (10) Striking Techniques

1. Left Temple

- From fighting stance position, execute hitting action diagonally towards the left temple.

Figure 2: Arnis Basic Skills for Anyo. (Source: Madam Coach YT Chanel 2020.:Online)



2. Right Temple

- From fighting stance position, execute hitting action diagonally towards the right temple.

Figure 3: Arnis Basic Skills for Anyo. (Source: Madam Coach YT Chanel 2020.:Online)



3. Left Shoulder

- Striking technique towards the left shoulder.

Figure 4: Arnis Basic Skills for Anyo. (Source: Madam Coach YT Chanel 2020.:Online)



4. Right Shoulder

- Striking technique towards the right shoulder.

Figure 5: Arnis Basic Skills for Anyo. (Source: Madam Coach YT Chanel 2020.:Online)



5. Stomach Thrust

- Place the baston on the waist level and parallel to the ground with a firm grip.
- Forcefully bring the baston a little diagonally upward towards the stomach of the opponent.



Figure 6: Arnis Basic Skills for Anyo. (Source: Madam Coach YT Chanel 2020.:Online)



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

7. Right Chest Stab

- From fighting stance, make a scooping action /movement towards the right chest of the opponent.
- The elbow is elevated inferior to the chest bringing the active hand on the other side of the



Figure 8: Arnis Basic Skills for Anyo. (Source: Madam Coach YT Chanel 2020.:Online)

8. Left Lower Leg

- execute a forceful hit on the lower left leg targeting the knee.

Figure 9: Arnis Basic Skills for Anyo. (Source: Madam Coach YT Chanel)



9. Right Lower Leg

- execute a forceful hit on the lower right leg targeting the knee.

Figure 10: Arnis Basic Skills for Anyo. (Source: Madam Coach YT Chanel 2020.:Online)



10. Strike to the crown/top of head.

- An overhead downward swing of the arms towards the crown or corona part of the head.



Figure 11: Arnis Basic Skills for Anyo. (Source: Madam Coach YT Chanel 2020.:Online)

3. Topic 3 Schedule of Matches

**Performance Test on Striking Techniques
 Scoring Rubric (1)**

Left Temple

Needs Improvement ← 1 2 3 4 5 → Proficient

Right Temple

Needs Improvement ← 1 2 3 4 5 → Proficient

Left Shoulder

Needs Improvement ← 1 2 3 4 5 → Proficient

Right Shoulder

Needs Improvement	← 1 2 3 4 5 →	Proficient
Stomach Thrust		
Needs Improvement	← 1 2 3 4 5 →	Proficient
Left Chest		
Needs Improvement	← 1 2 3 4 5 →	Proficient
Right Chest		
Needs Improvement	← 1 2 3 4 5 →	Proficient
Right Lower leg		
Needs Improvement	← 1 2 3 4 5 →	Proficient
Left Lower leg		
Needs Improvement	← 1 2 3 4 5 →	Proficient
Crown /Corona		
Needs Improvement	← 1 2 3 4 5 →	Proficient

**Performance Test on Striking Techniques
 Scoring Rubric (2)**

Skills Demonstrated	Firmness of grip	Sharpness of movement	Accuracy of movement	Department	Total Points
Left temple					
Right temple					
Left shoulder					
Right shoulder					
Stomach thrust					
Left Chest					
Right Chest					
Right lower leg					
Left lower leg					
Crown /Corona					

**Performance Test on Striking Techniques
 Scoring Rubric (3)**

Skills Demonstrated	Firmness of grip (5 points)	Sharpness of movement (5 points)	Accuracy of movement (5 points)	Department (5 points)	Total Points (20 points)
Left temple					
Right temple					
Left shoulder					
Right shoulder					
Stomach thrust					
Left Chest					
Right Chest					
Right lower leg					
Left lower leg					
Crown /Corona					

D. Conclusion

Striking techniques in Arnis as an offensive attack can be as deadly as possible. It can also break the target parts of the body. In PATHFIT classes as we teach the basic striking skills, we likewise instill values formation so the idea of intentionally harming others through Arnis skills can be avoided. Consider all the learning skills as part of fitness development.

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