



Session 9

C-PE 3 (3 units)

**PATHFIT 3 – *Ten (10) Striking
Techniques***

Fall Semester 2024



Session 9

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.



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Session Objectives:

- 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.



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The Ten Striking Techniques

***There are different striking combinations in
Arnis like:***

- 8 Striking techniques
- 10 Striking techniques
- 12 Striking techniques



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The Ten Striking Techniques

1st strike – Left temple

2nd strike – Right temple

3rd strike – Left arm/shoulder

4th strike – Right arm/shoulder

5th strike – Thrust to the stomach

6th strike – Left chest

7th strike – Right chest

8th strike – Left lower leg

9th strike – Right lower leg

10th strike – Crown/top of the head



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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.



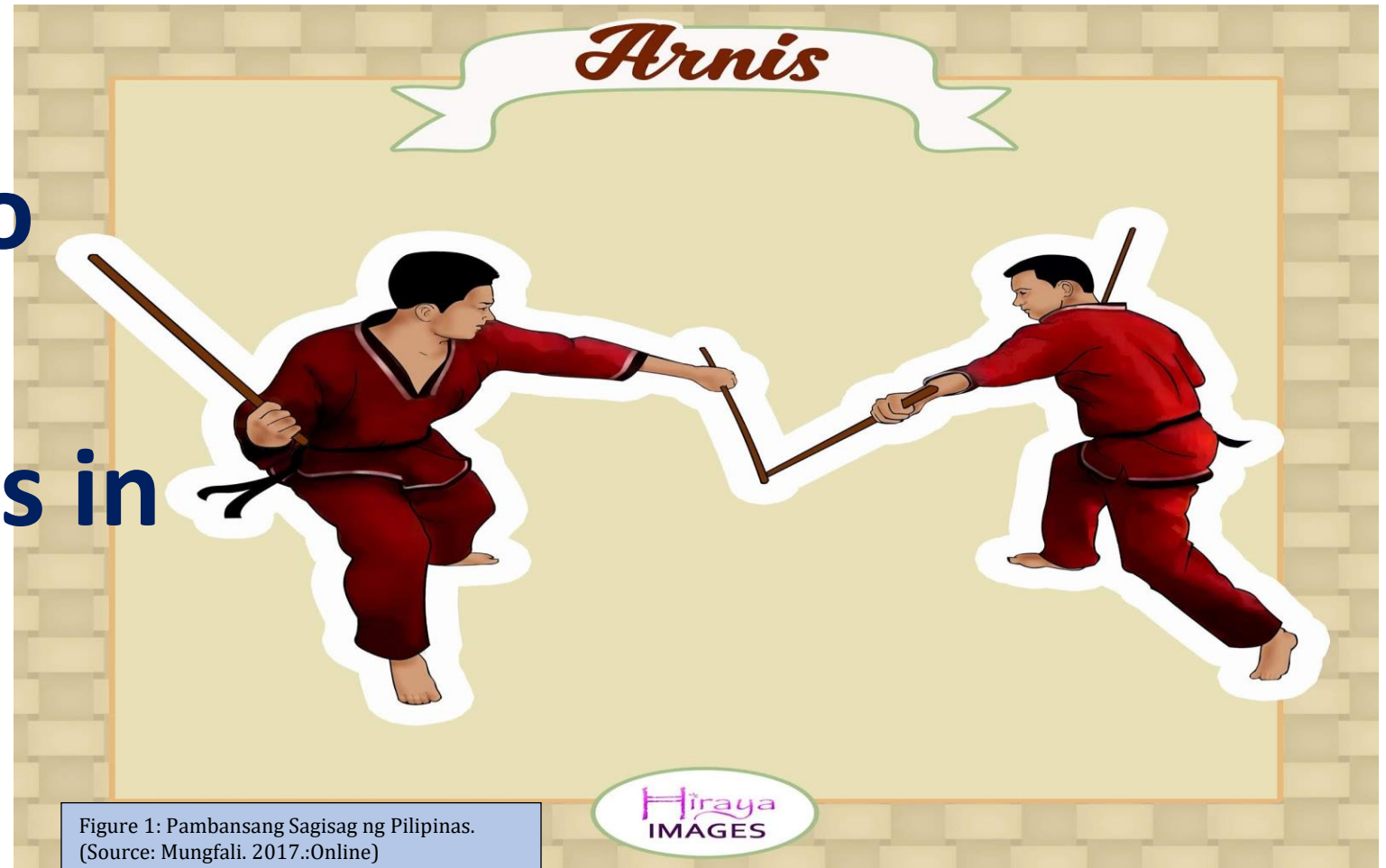
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COMMON MOVEMENTS IN STRIKING TECHNIQUES

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

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**What we need to
know about
learning the skills in
Arnis?**





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1. Footwork skills

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



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2. Blocking Skills

- defend from incoming attacks
- opportunities for counterattacks.



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3. Striking Skills

- Opportunity for offensive attack
- Deliver strikes, thrust wisely



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4. Demobilization

- **disarm the opponent**
- **immobilize the opponent**



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The Ten (10) Striking Techniques

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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)

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2. Right Temple

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



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

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3. Left Shoulder

- Striking technique
towards the left shoulder.



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

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4. Right Shoulder

- Striking technique
towards the left shoulder.



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

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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)

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6. Left Chest Stab

- From the fighting stance, the arm is extended towards the left chest of the opponent with the palm facing outward and the elbows are kept at about the level of the chest.

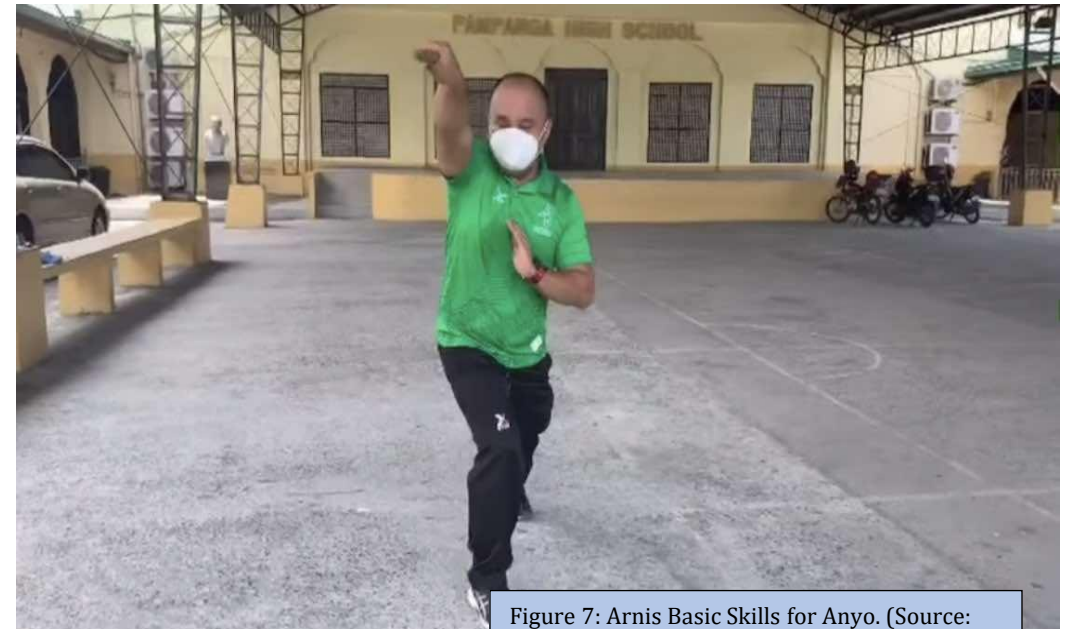


Figure 7: Arnis Basic Skills for Anyo. (Source: Madam Coach YT Chanel 2020.:Online)

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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 body.



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

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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 2020.:Online)

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9. Right Lower Leg

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



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

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The Ten (10) Striking Techniques

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)



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Demonstration Video of the *The Ten (10) Striking Techniques*



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Figure 12: Arnis Basic Skills for Anyo. (Source: Madam Coach YT Chanel 2020.:Online)

Video link:

[\(56\) Arnis Basic Skills for ANYO - YouTube](#)

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Figure 13: Arnis (Basic Skills). (Source: Madam Coach YT Chanel 2020.:Online)

Video link:

[ARNIS \(Basic Skills\)](#)



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Video link:

<https://www.youtube.com/watch?v=OMXVzeyo0TI>

Figure 14 Ten (10) Striking & Six (6) Blocking Techniques. (Source: JMF-sports YT Chanel . 2024.:Online)



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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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