

Session 10

The Blocking Techniques

A. Introduction

Arnis blocking 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 blocking techniques. The following are the six (6) blocking techniques that we are going to tackle in this session.

B. Session Objectives

- Identify the different types and directions of blocking strokes.
- Relate the different vital striking points of the human body to specific blocking stroke.
- Apply proper stances, body movements and apply the different strokes of cane and blocking techniques in various directions.
- Assess performances using structured scoring rubrics.

C. Session Content

1. Topic 1 The Six (6) Blocking Techniques

Blocking technique #1

Left Sideward-Upward Block

- Start with an Open Leg Stance, step right foot forward and twist the trunk to face obliquely left with the stick held vertically pointing upwards.
- Left hand with open palm is placed near the middle of the baston to cushion the impact of the strike delivered by the opponent.
- *This blocks the strikes #s 1,3 and 6.*



Figure 1: Arnis/ 6 Blocking Techniques / Tutorial
(Source: Delumen, J. 2022.:Online)

Block Technique #2

Right Sideward-Upward Block

- The same movement is the same as the BT #1 in the opposite direction
- This blocks the strikes #s 2,4 and 7



Figure 2: Arnis/ 6 Blocking Techniques / Tutorial
(Source: Delumen, J. 2022.:Online)

Blocking Technique #3

Left Sideward- Downward Block

- This block is performed by striking forcefully as if to strike the left knee of the opponent.



Figure 3: Arnis/ 6 Blocking Techniques / Tutorial
(Source: Delumen, J. 2022.:Online)

Blocking Technique #4

Right Sideward- Downward Block

- This block is the opposite movement of BT No.3 in reverse direction of movements.



Figure 4: Arnis/ 6 Blocking Techniques / Tutorial
(Source: Delumen, J. 2022.:Online)

Blocking Technique #5

Vertical Block

- From Open Leg Stance, step right foot forward and simultaneously pivot on the right foot.
- Twist trunk or the torso towards the left side
- Move the arms with elbows bent in front of the chest with the baston pointing downwards
- This blocks the strikes #s 8 and 9



Figure 5: Arnis/ 6 Blocking Techniques / Tutorial
(Source: Delumen, J. 2022.:Online)

Blocking Technique #6

Rising Block

- Execute the rising block by raising the baston with two (2) hands.
- Palm facing upward to support the baston from slipping out of the hands.

Figure 6: Arnis/ 6 Blocking Techniques / Tutorial
(Source: Delumen, J. 2022.:Online)



Figure 6: Arnis/ 6 Blocking Techniques / Tutorial
(Source: Delumen, J. 2022.:Online)

2. Topic 2 Sample Scoring Rubric for Assessing Students' Performance

Performance Test on Blocking Techniques

Scoring Rubric (1)

BT#1 – Left Sideward-Upward Block	← 1 — 2 — 3 — 4 — 5 →	
Needs Improvement		Proficient
BT#2 – Right Sideward-Upward Block	← 1 — 2 — 3 — 4 — 5 →	
Needs Improvement		Proficient
BT#3 – Left Sideward-Downward Block	← 1 — 2 — 3 — 4 — 5 →	
Needs Improvement		Proficient
BT#4 – Right Sideward-Downward Block	← 1 — 2 — 3 — 4 — 5 →	
Needs Improvement		Proficient
BT#5 – Vertical Block	← 1 — 2 — 3 — 4 — 5 →	
Needs Improvement		Proficient
BT#6 – Rising Block	← 1 — 2 — 3 — 4 — 5 →	
Needs Improvement		Proficient

Performance Test on Blocking Techniques Scoring Rubric (2)

Skills Demonstrated	Firmness of grip	Sharpness of movement	Accuracy of movement	Department	Total Points
BT#1 – Left Sideward-Upward Block					
BT#2 – Right Sideward-Upward Block					
BT#3 – Left Sideward-Downward Block					
BT#4 – Right Sideward-Downward Block					
BT#5 – Vertical Block					
BT#6 – Rising Block					

**Performance Test on Blocking 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)
BT#1 – Left Sideward- Upward Block					
BT#2 – Right Sideward- Upward Block					
BT#3 – Left Sideward- Downward Block					
BT#4 – Right Sideward- Downward Block					
BT#5 – Vertical Block					
BT#6 – Rising Block					

D. Conclusion

The significance of mastering the blocking techniques of arnis is to prevent you from getting hurt from the striking attacks of the opponents. Basically blocking techniques is a defensive act that requires proper and firm baston grip to avoid being demobilized by the opponent.

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