



## Session 10

**C-PE 3 (3 units)**

**PATHFIT 3 – *The Blocking Techniques***

**Fall Semester 2024**



## Session 10

### 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.



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# Objectives of Blocking Techniques in Arnis

1. To block various strikes from the opponent.
2. The order of the blocking techniques is patterned from the striking techniques.



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## The Six (6) Blocking Techniques



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### 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.*



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



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## 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

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



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## Blocking Technique #3

### *Left Sideward- Downward Block*

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



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



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## Blocking Technique #4

### *Right Sideward- Downward Block*

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

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



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## 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



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



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## 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.



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

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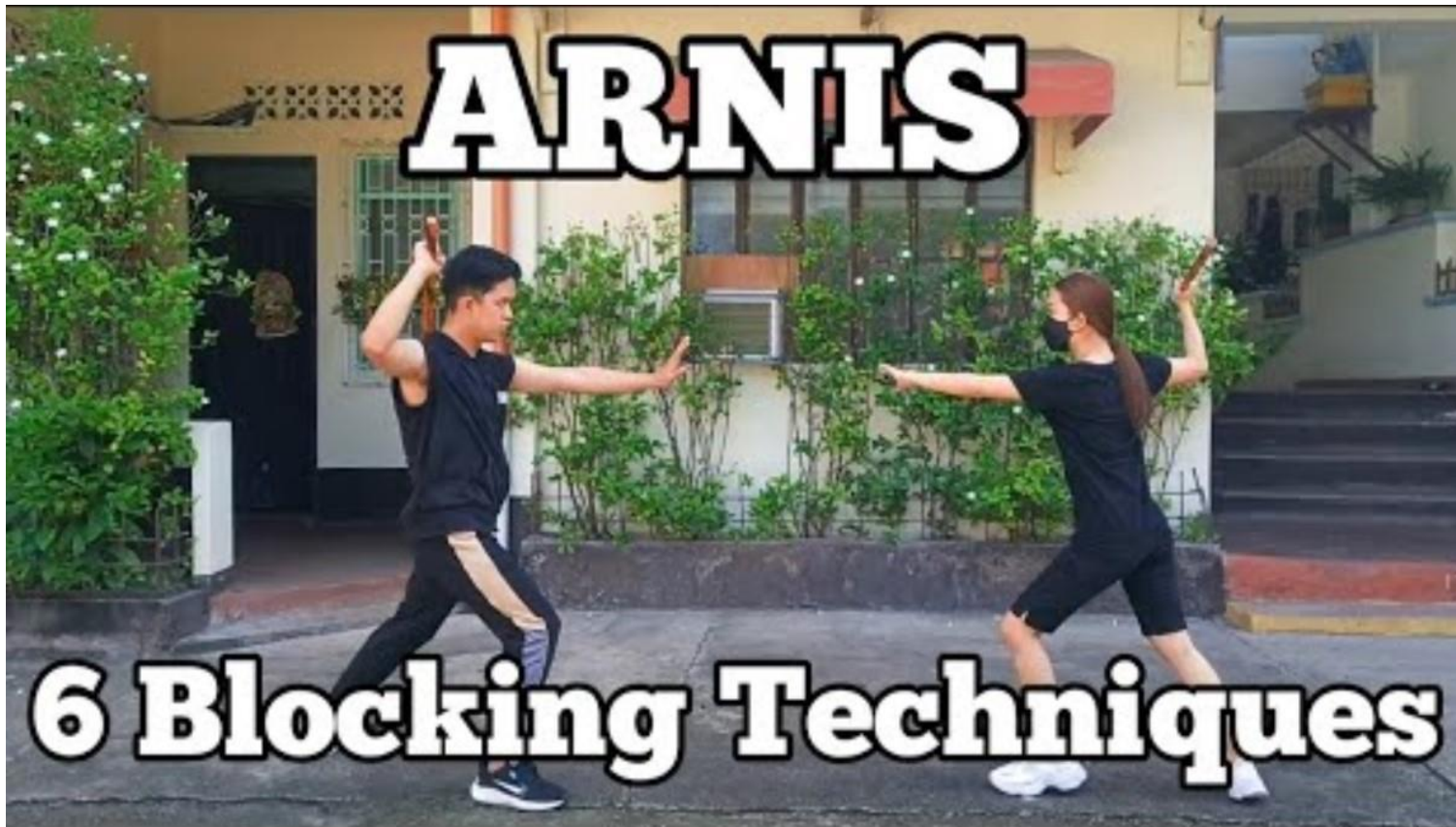


Figure 7: Arnis/ 6 Blocking Techniques / Tutorial  
(Source: Delumen, J. 2022.:Online)

Video link:

[https://www.youtube.com/watch?v=I\\_E\\_KCJW-Jo](https://www.youtube.com/watch?v=I_E_KCJW-Jo)

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Video link:

[ARNIS | 6 Blocking Techniques | TUTORIAL](#)

Figure 8: Arnis/ 6 Blocking Techniques / Tutorial  
(Source: Delumen, J. 2022.:Online)

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Figure 9: Arnis (Basic Skills)  
(Source: Madam Coach YT. 2022.:Online)

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



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## Sample Scoring Rubric for Performance Test



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### Performance Test on Blocking Techniques

#### Scoring Rubric (1)

**BT#1 – Left Sideward-Upward Block**

Needs Improvement ← 1 2 3 4 5 → Proficient

**BT#2 – Right Sideward-Upward Block**

Needs Improvement ← 1 2 3 4 5 → Proficient

**BT#3 – Left Sideward-Downward Block**

Needs Improvement ← 1 2 3 4 5 → Proficient

**BT#4 – Right Sideward-Downward Block**

Needs Improvement ← 1 2 3 4 5 → Proficient

**BT#5 – Vertical Block**

Needs Improvement ← 1 2 3 4 5 → Proficient

**BT#6 – Rising Block**

Needs Improvement ← 1 2 3 4 5 → Proficient



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

Skills Demonstrated	Firmness of grip	Sharpness of movement	Accuracy of movement	Deployment	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					



# C-PE3: Physical Activities Toward Health and Fitness 3

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**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					





# C-PE3: Physical Activities

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Performance Test on Striking Techniques  
Scoring Rubric (1)

<b>Left Temple</b> Needs Improvement		Proficient
<b>Right Temple</b> Needs Improvement		Proficient
<b>Left Shoulder</b> Needs Improvement		Proficient
<b>Right Shoulder</b> Needs Improvement		Proficient
<b>Stomach Thrust</b> Needs Improvement		Proficient
<b>Left Chest</b> Needs Improvement		Proficient
<b>Right Chest</b> Needs Improvement		Proficient
<b>Right Lower leg</b> Needs Improvement		Proficient
<b>Left Lower leg</b> Needs Improvement		Proficient
<b>Crown /Corona</b> Needs Improvement		Proficient



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**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					





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

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



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### **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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