

## Session 11

### Striking and Blocking Techniques

#### A. Introduction

Striking and blocking techniques in Arnis are the base form in creating Anyo routine. These are vital movements that needs smooth flow in transitioning from one (1) skill to the other. In this session, a review of the striking and blocking techniques will be covered and progressing to developmental skills for Anyo. Links for the video sources to support the skills being referred to are in the reference section.

#### B. Session Objectives

- Review the different types striking and blocking techniques.
- Apply the defensive and offensive striking and blocking techniques.
- Assess performances using structured formative assessment and evaluate performance using scoring rubrics.
- Demonstrate introductory activities for ANYO.

#### C. Session Content

##### 1. Topic 1 Arnis in Schools

Arnis as a sport is included in the list of school sports in the Philippine Education. Students are taught the basic skills and emphasized to them the value of Arnis in one's life in terms of cultural influence and in promoting physical fitness to students in addition to promoting the right values and attitude. Teachers are likewise trained and updated with the necessary skills in teaching Arnis in PE classes.



Figure 1: Filipino Martial Arts: The History of Arnis in Cebu (Source: Cebu insights. N.D.:Online)

**2. Topic 2 Foundational Skills in Performing Anyo**

1. Striking Techniques
2. Striking Techniques with Footworks
3. Blocking Techniques
4. Blocking Techniques with Footworks
5. Striking and Blocking Techniques with Partner

**SCORING RUBRIC IN ARNIS STRIKING TECHNIQUES**

**Direction: Perform the Ten (10) Striking Techniques in Arnis**  
**Formative Assessment for your performance:**

Proper Skill Demonstration			
Striking Techniques:	Didn't Perform	Performed the strokes but not Proper	Properly Executed
Left temple target			
Right temple target			
Left shoulder target			
Right shoulder target			
Stomach target			
Left chest target			
Right chest target			
Right knee-side target			
Left knee-side target			
Crown target			
Over-all performance (flow, mastery, execution)	Remarks:		

**SCORING RUBRIC IN ARNIS BLOCKING TECHNIQUES**

**Direction: Perform the Six (6) Blocking techniques in Arnis**  
**Formative Assessment for your performance:**

Proper Skill Demonstration			
Blocking Techniques:	Didn't Perform	Performed the blocking strokes but not Proper	Properly Executed
Inward block			
Outward block			
Vertical block			
Downward block left			
Downward block right			
Upward blocking			
Over-all performance (flow, mastery, execution)	Remarks:		

**SCORING RUBRIC IN ARNIS STRIKING TECHNIQUES**

**Direction: Perform the Ten (10) Striking Techniques in Arnis**  
**Scoring Rubric for your performance:**

<b>Proper Skill Demonstration</b>			
Striking Techniques:	Didn't Perform	Performed the strokes but not Proper	Properly Executed
Left temple target	0	1	2
Right temple target	0	1	2
Left shoulder target	0	1	2
Right shoulder target	0	1	2
Stomach target	0	1	2
Left chest target	0	1	2
Right chest target	0	1	2
Right knee-side target	0	1	2
Left knee-side target	0	1	2
Crown target	0	1	2
Over-all performance (flow, mastery, execution)	3 points		
<b>TOTAL</b>	15 points		

**SCORING RUBRIC IN ARNIS BLOCKING TECHNIQUES**

**Direction: Perform the Six (6) Blocking techniques in Arnis**  
**Scoring Rubric for your performance:**

<b>Proper Skill Demonstration</b>			
Blocking Techniques:	Didn't Perform	Performed the blocking strokes but not Proper	Properly Executed
Inward block	0	1	2
Outward block	0	1	2
Vertical block	0	1	2
Downward block left	0	1	2
Downward block right	0	1	2
Upward blocking	0	1	2
Over-all performance (flow, mastery, execution)	3 points		

**3. Topic 3 Traditional Striking and Blocking Techniques**

Traditional striking and blocking techniques are easy to learn as foundational skills for creative Anyo since these skills are rooted from

the individual skills performance for the striking and blocking techniques. In this session, the combination of all the learned skills will be delivered making it a progression of learning skills. The demonstration video links that are provided in the reference sections are supplemental source of information.

### 1. Payong

Figure 2: Payong  
(Source: JMF-sports YT Channel. 2024. Online)



### 2. Ban y Banda

Figure 3: Banda y Banda  
(Source: JMF-sports YT Channel. 2024. Online)



### 3. Rompida

Figure 4: Rompida  
(Source: JMF-sports YT Channel. 2024. Online)



### 4. Abanico Corto X Largo

Figure 13: Rompida  
(Source: Sports TVM YT Channel. 2022. Online)



## 4. Topic 4 Preparatory Skills for Anyo

This section is provides demonstration of complex Arnis movements that requires a mastery of the basic skills. These succeeding activities are not easy to execute unless there is a proper

way of doing it and a consistent practice under the supervision of a more knowledgeable one. These skills also are preparatory skills for Anyo performance. The following are suggested activities for PATHFIT (PE Class) in preparation for creating movement combinations for Anyo routine.

1. Single Sinawali
2. Single Sinawali with Footworks
3. Single Sinawali with Partner
4. Single Sinawali with Footworks and with Partner
5. Double Sinawali
6. Redonda

#### **D. Conclusion**

*The mastery of complex skills are rooted from the basic skills development which is develop progressively to a higher or more complex movement combination. In Arnis, it is not easy to perform such complex movement skills one must undergo practice on mastering the skills to efficiently deliver or perform well.*

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