



Session 11

C-PE 3 (3 units)

**PATHFIT 3 – *Striking and Blocking
Techniques***

Fall Semester 2024



Session 11

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.

Session 11

Arnis in School

- Its status in the academic inclusion
- Students' participation
- Teachers' training
- Skills development



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



Session 11

Lecturer:

May S. Flores, LPT, Ed.D.
Professor, School of Education
University of the Assumption
The Philippines

Skills Development as Foundational Skills

Session 11

Lecturer:

May S. Flores, LPT, Ed.D.
Professor, School of Education
University of the Assumption
The Philippines

Striking Techniques

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



Link: <https://www.youtube.com/watch?v=5x1LQ0rXG8>

Session 11

Lecturer:

May S. Flores, LPT, Ed.D.
Professor, School of Education
University of the Assumption
The Philippines

Striking Techniques with Footworks

Figure 3: Striking Techniques
(Source: JMF-sports YT Channel. 2024.
Online)



[Link: https://www.youtube.com/watch?v=b1wb0WTg3z0](https://www.youtube.com/watch?v=b1wb0WTg3z0)



Session 11

Lecturer:

May S. Flores, LPT, Ed.D.
Professor, School of Education
University of the Assumption
The Philippines

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:		





Session 11

SCORING RUBRIC IN ARNIS STRIKING TECHNIQUES

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

Proper Skill Demonstration			
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

Session 11

Lecturer:

May S. Flores, LPT, Ed.D.
Professor, School of Education
University of the Assumption
The Philippines

Blocking Techniques

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

Link: <https://www.youtube.com/watch?v=jYR3b4hDzU0>



Session 11

Lecturer:

May S. Flores, LPT, Ed.D.
Professor, School of Education
University of the Assumption
The Philippines

Blocking Techniques with Footwork

Figure 5: Blocking Techniques with Footworks
(Source: JMF-sports YT Channel. 2024. Online)

Link: <https://www.youtube.com/watch?v=YZJnY5KQbqc>





Session 11

Lecturer:

May S. Flores, LPT, Ed.D.
Professor, School of Education
University of the Assumption
The Philippines

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:		



Session 11

SCORING RUBRIC IN ARNIS BLOCKING TECHNIQUES

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

Proper Skill Demonstration			
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		

Session 11

Lecturer:

May S. Flores, LPT, Ed.D.
Professor, School of Education
University of the Assumption
The Philippines

Striking and Blocking techniques

Figure 6: Striking and Blocking Techniques
(Source: JMF-sports YT Channel. 2024. Online)



Link: <https://www.youtube.com/watch?v=4JpD6OMZ-c>



Session 11

Lecturer:

May S. Flores, LPT, Ed.D.

Professor, School of Education

University of the Assumption

The Philippines

Traditional Striking **Developmental Skills**

Session 11

Lecturer:

May S. Flores, LPT, Ed.D.
Professor, School of Education
University of the Assumption
The Philippines

Payong (Umbrella)

Figure 7: Payong
(Source: JMF-sports YT Channel. 2024. Online)



Link: <https://www.youtube.com/watch?v=VIQ-KIA7bsM>



Session



Figure 8: Filipino Martial Arts /Payong
Technique /Arnis Kali Eskrima
(Source: JLUBDMA YT Shorts. N.D. Online)

Link: https://www.youtube.com/shorts/aUy6b_ovfTs

Session 11

Lecturer:

May S. Flores, LPT, Ed.D.
Professor, School of Education
University of the Assumption
The Philippines

Banda y Banda

Figure 9: Banda y Banda
(Source: JMF-sports YT Channel. 2024. Online)



Link: <https://www.youtube.com/watch?v=QStPIXXg5aM>



Session 11

Lecturer:

May S. Flores, LPT, Ed.D.
Professor, School of Education
University of the Assumption
The Philippines



Banda Y Banda with 8 Angles of Steps

Figure 10: Banda y Banda with 8 Angles of Steps
(Source: Sir Angel YT Channel. 2022. Online)

Link: <https://www.youtube.com/watch?v=4mkqtIQY7-4>

Session 11

Lecturer:

May S. Flores, LPT, Ed.D.
Professor, School of Education
University of the Assumption
The Philippines

Rompida

Figure 11: Rompida
(Source: JMF-sports YT Channel. 2024. Online)



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



Session 11

Lecturer:

May S. Flores, LPT, Ed.D.
Professor, School of Education
University of the Assumption
The Philippines



Figure 12: L47 Rompida
(Source: Fajardo, G. YT Channel. 2022. Online)

[Link: https://www.youtube.com/watch?v=h_8J_mHTZWI](https://www.youtube.com/watch?v=h_8J_mHTZWI)

Session 11

Lecturer:

May S. Flores, LPT, Ed.D.
Professor, School of Education
University of the Assumption
The Philippines

Abanico Corto Abanico Largo

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



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

Session 11

Lecturer:

May S. Flores, LPT, Ed.D.
Professor, School of Education
University of the Assumption
The Philippines

Figure 14: ARNIS (Basic Skills) (Source: Madam Coach YT Channel. 2022. Online)



Link: <https://www.youtube.com/watch?v=434Wsg6KxuE>



Session 11

Lecturer:

May S. Flores, LPT, Ed.D.

Professor, School of Education

University of the Assumption

The Philippines

***Preparatory Skills for
ANYO***

Session 11

Lecturer:

May S. Flores, LPT, Ed.D.
Professor, School of Education
University of the Assumption
The Philippines



Single Sinawali with Footwork

Figure 15: Single Sinawali with Footwork (Source: Madam Coach YT Channel. 2024. Online)

Link: https://www.youtube.com/watch?v=liMEgkxh_0U

Session 11

Lecturer:

May S. Flores, LPT, Ed.D.
Professor, School of Education
University of the Assumption
The Philippines

Single Sinawali with Partner

Figure 16: Single Sinawali with Footwork (Source: Madam Coach YT Channel. 2024. Online)



Link: <https://www.youtube.com/watch?v=9q92rnyZDgM>

Session 11

Lecturer:

May S. Flores, LPT, Ed.D.
Professor, School of Education
University of the Assumption
The Philippines



Single Sinawali with Footwork-Partner Stroke

Figure 17: Single Sinawali with Footwork-Partner Stroke
(Source: Madam Coach YT Channel. 2024. Online)

Link: <https://www.youtube.com/watch?v=Mz4qt7eY8y4>



Session 11

Lecturer:

May S. Flores, LPT, Ed.D.
Professor, School of Education
University of the Assumption
The Philippines



Double Sinawali

Figure 18: Double Sinawali (Source: Madam Coach YT Channel. 2024. Online)

Link: <https://www.youtube.com/watch?v=oeOK30h8ULg>

Session 11

Lecturer:

May S. Flores, LPT, Ed.D.
Professor, School of Education
University of the Assumption
The Philippines



Figure 19: Redonda Basic Tutorial / Arnis(Source: MATTI San Juan Official YT Channel. 2021. Online)

Link: <https://www.youtube.com/watch?v=fQZi26BFF1k>



Session 11

Lecturer:

May S. Flores, LPT, Ed.D.
Professor, School of Education
University of the Assumption
The Philippines

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.



Session 11

Lecturer:

May S. Flores, LPT, Ed.D.
Professor, School of Education
University of the Assumption
The Philippines

References:

Anajao, J.D. (2019). *Arnis Philippine Martial Art and Sport: A guide for Teachers and Students*. Quezon City, Philippines

Cebu Insights. (N.D.). Philippine Martial Arts: The History of Arnis in Cebu. [Online Image] [Accessed on November 7, 2024] <https://cebuinsights.com/travel/activities/filipino-martial-arts-history-of-arnis/>

Fajardo, G. YT Channel (2020) L47 Rompida. [Online Video] [Accessed on November 7, 2024] https://www.youtube.com/watch?v=h_8J_mHTZWI

JMF-sports YT Channel. (2024). Rompida. [Online Video] [Accessed on November 7, 2024] [ROMPIDA](#)

JMF-sports YT Channel. (2024). Striking Techniques. [Online Video] [Accessed on November 7, 2024] <https://www.youtube.com/watch?v=5x1LQOrXG8>

JMF-sports YT Channel. (2024). Striking Techniques with Footwork. [Online Video] [Accessed on November 7, 2024] <https://www.youtube.com/watch?v=b1wb0WTg3z0>



Session 11

Lecturer:

May S. Flores, LPT, Ed.D.
Professor, School of Education
University of the Assumption
The Philippines

References:

- JMF-sports YT Channel. (2024). Striking Techniques with Footwork. [Online Video] [Accessed on November 7, 2024] <https://www.youtube.com/watch?v=b1wb0WTg3z0>
- JMF-sports YT Channel. (2024). Blocking Techniques with Footwork. [Online Video] [Accessed on November 7, 2024] <https://www.youtube.com/watch?v=jYR3b4hDzU0>
- JMF-sports YT Channel. (2024). Blocking Techniques with Footwork. [Online Video] [Accessed on November 7, 2024] <https://www.youtube.com/watch?v=YZJnY5KQbqc>
- JMF-sports YT Channel. (2024). Striking Blocking Techniques with Footwork. [Online Video] [Accessed on November 7, 2024] <https://www.youtube.com/watch?v=4JpD60MZ-c>
- JMF-sports YT Channel. (2024). Payong. [Online Video] [Accessed on November 7, 2024] <https://www.youtube.com/watch?v=VIQ-KIA7bsM>
- JMF-sports YT Channel. (2024). Banda y Banda [Online Video] [Accessed on November 7, 2024] <https://www.youtube.com/watch?v=QStPIXXg5aM>



Session 11

Lecturer:

May S. Flores, LPT, Ed.D.
Professor, School of Education
University of the Assumption
The Philippines

References:

JMF-sports YT Channel. (2024). Rompida [Online Video] [Accessed on November 7, 2024] [MF Sports
https://www.youtube.com/watch?v=WorHOLWEhFU](https://www.youtube.com/watch?v=WorHOLWEhFU)

LUBDMA Youtube shorts (N.D.). Filipino Martial Arts / Payong Technique/Arnis Kali Eskrima[Online Video] [Accessed on November 7, 2024] https://www.youtube.com/shorts/aUy6b_ovfTs

MATTI San Juan Official YT Channel (2021). REDONDA BASIC TUTORIAL | ARNIS. [Online Video] [Accessed on November 7, 2024] [REDONDA BASIC TUTORIAL | ARNIS](#)

Madam Coach YT Channel. (2022). ARNIS (Basic Skills) [Online Video] [Accessed on November 7, 2024] <https://www.youtube.com/watch?v=434Wsg6KxuE>

Madam Coach YT Channel. (2022). Single Sinawali [Online Video] [Accessed on November 7, 2024] https://www.youtube.com/watch?v=liMEgkxh_OU



Session 11

Lecturer:

May S. Flores, LPT, Ed.D.
Professor, School of Education
University of the Assumption
The Philippines

References:

- Madam Coach YT Channel. (2022). Single Sinawali with Footwork [Online Video] [Accessed on November 7, 2024] <https://www.youtube.com/watch?v=9q92rnyZDgM>
- Madam Coach YT Channel. (2022). Single Sinawali with Footwork –Partner Stroke [Online Video] [Accessed on November 7, 2024] <https://www.youtube.com/watch?v=Mz4qt7eY8y4>
- Madam Coach YT Channel. (2022). Double Sinawali with Footwork [Online Video] [Accessed on November 7, 2024] <https://www.youtube.com/watch?v=oeOK30h8ULg>
- Sir Angel YT Channel. (2022). Banda Y Banda with 8 Angels of Steps. [Online Video] [Accessed on November 7, 2024] <https://www.youtube.com/watch?v=4mkqtIQY7-4>
- [Sports TVM YT Channel. \(2022\) Abanico corto x Abanico Largo](https://www.youtube.com/watch?v=oejnPWtMOog) [Online Video] [Accessed on November 7, 2024] <https://www.youtube.com/watch?v=oejnPWtMOog>