



Session 12

Lecturer:

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

C-PE 3 (3 units)

PATHFIT 3 – *Creative Anyo*

Fall Semester 2024



Session 12

Lecturer:

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

Session Objectives:

- Review the basic / foundational skills in Anyo.
- Showcase School-based and higher competition Anyo performances from different parts of the country.
- Present different types of assessment and evaluation guide for PE Anyo performances.



Session 12

What is Arnis Anyo?

- It is a form of demonstration of Arnis skills with the use of Arnis weapons.
- Showcases different movement skills that requires proper timing, coordination, agility, transition, balance and perfect flow of movements.
- May or may not use music accompaniment.



Session 12

What are expected to see in Arnis Anyo?

1. Showcase of various combination of complex movements that challenges an individual's **muscular and cardiovascular endurance**, **muscle strength and flexibility** and individual's core fitness components like **balance, agility and the sense of reaction**.
2. Manifested behaviors from performers like: ***self-confidence, respect, discipline.***



Session 12

What Arnis Anyo can offer to Students' Development?

Character - Refinement of character over winning the match.

Sincerity – The Art of Arnis is a way gentle fighting not to intentionally harm the Opponent.
Anyo is a demonstration activity.

Discipline – Practice and Competition are an opportunity to improve oneself.

Self-control – Attitude, behavior and Character (ABCs) of Arnis specially during competition.

Etiquette – Sportsmanship is the baseboard of etiquette and humanity.

Student's loyalty – Traitor attitude is not the name of the game.



Session 12

Benefits from Engaging to Arnis Anyo

Physical Aspect

- **Improves Over-all Fitness**
- **Gain Self-Defense Skills**
- **Develop a tone mesomorphic body**



Session 12

Benefits from Engaging to Arnis Anyo

Mental Aspect

- **Improves Cognitive Skills**
- **Alertness of Mind**
- **Improve Decision-making Skills**
- **Discipline and Self-Control**



Session 12

Benefits from Engaging to Arnis Anyo

Emotional Aspect

- **Improves Emotional Expression**
- **Self-empowerment**
- **Recognize others' perspective**
- **Stress reliever**
- **Increase sense of purpose**



Session 12

Benefits from Engaging to Arnis Anyo

Social Aspect

- **Develop ability to socialize**
- **Boost Self-confidence and belongingness**



Session 12

Lecturer:

May S. Flores, LPT, Ed.D.

Professor, School of Education

University of the Assumption

The Philippines

Review of the Developmental Skills for Arnis Anyo



Session 12

Lecturer:

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



Single Sinawali with Footwork

Figure 1: Single Sinawali with Footwork (Source: Madam Coach YT Channel. 2024. Online)

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

Session 12

Lecturer:

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

Single Sinawali with Partner

Figure 2: Single Sinawali with Footwork (Source: Madam Coach YT Channel. 2024. Online)



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

Session 12

Lecturer:

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



Single Sinawali with Footwork-Partner Stroke

Figure 3: Single Sinawali with Footwork-Partner Stroke
(Source: Madam Coach YT Channel. 2024. Online)

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



Session 12

Lecturer:

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



Double Sinawali

Figure 4: Double Sinawali (Source: Madam Coach YT Channel. 2024. Online)

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



Session 12

Lecturer:

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



Figure 5: Redonda Basic Tutorial / Arnis (Source: MATTI San Juan Official YT Channel. 2021. Online)

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



Session 12

Lecturer:

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



Figure 6: Double Sinawali (Source: Madam Coach YT Channel. 2024. Online)

Link: https://www.youtube.com/watch?v=f_9sSNjGig8



Session 12

Lecturer:

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

***Creative Anyo by PE Student
for
Final Performance Test***



Session 12

Lecturer:

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



Figure 7: Creative Anyo-Model PE Student (Source: Madam Coach YT Channel. 2024. Online)

Link: https://www.youtube.com/watch?v=NkRWZt9g_4s



Session 12

Lecturer:

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

***Anyo Demonstration of Selected Arnisador
for
Grade Schoolers***



Session



Figure 8: Arnis- Synchronized LIKHA ANYO solo baston by krizzha bolaño, alexa Adriatico, Aiza Lorio (Source: Life in Province YT Channel. 2009. Online)



Session 12

Lecturer:

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

***Arnis Anyo Competition
In
Different Categories***

Session 12

Lecturer:

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



Figure 9: Arnis- Synchronized LIKHA ANYO solo baston by krizzha bolaño, alexa Adriatico, Aiza Lorio. Life in Province YT Channel. 2024. Online)

Link: <https://www.youtube.com/watch?v=vlj8eDOB6hE>

Session 12

Lecturer:

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



Figure 10: Arnis- [Gold medalist Solo baston individual boys Elementary Provincial meet 2024](#). Bangkag TV YT Channel. 2024. Online)

Link: <https://www.youtube.com/watch?v=T5Jpj94z2fk>



Session 12

Lecturer:

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



Figure 11: Arnis Anyo / Team Solo Baston / palarong Pambansa 2024. . Tycoon TV YT Channel. 2024. Online)

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

Session 12

Lecturer:

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



Figure 12Tea. Synchronized Espada y Daga Boys All Performance. Ka Troopa YT Channel. 2024. Online)

Link: <https://www.youtube.com/watch?v=Njxx7FzoETw>

Session 12

Lecturer:

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



Figure 13. Team Philippines Non-Traditional Anyo Arnis in SEAGames 2023. Coach Ronalds YT Channel. 2023. Online)

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



Session 12

***Sample Assessment and Evaluation
for
PE Students' Anyo Performance***



Session 12

Lecturer:

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

Single Sinawali Grading Rubric Group Performance

Mastery	5 points
Execution	5 points
Synchronization	5 points
PE Attire	5 points
Department	<u>5 points</u>
TOTAL	25 points



Session 12

Double Sinawali Grading Rubric *Performance Assessment*

	No Error	Minimal Errors	Needs Improvement
Stroke Order			
Stroke Transition			
Execution			
Department			
Appropriate attire			



Session 12

Double Sinawali Grading Rubric Grading Rubric

	Very Satisfactory = (5 points)	Satisfactory (3 points)	Fair (1 point)
Stroke Order			
Stroke Transition			
Execution			
Department			
Appropriate attire			
TOTAL (25 points)			



Session 12

Lecturer:

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

UNIVERSITY of the ASSUMPTION
City of San Fernando Pampanga

Final Examination in PathFit III
CREATIVE ANYO - ARNIS

Performing Group	Execution (5 points)	Energy level (5 points)	Synchronization (5 points)	Mastery of the routine (5 points)	Choreography (5 points)	Department (5 points)	Total (30 points)	Rank
1								
2								
3								
4								
5								

Rank 1 = 100
Rank 2 = 95
Rank 1 = 90
Rank 1 = 85
Rank 1 = 80



Session 12

Lecturer:

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

UNIVERSITY of the ASSUMPTION
City of San Fernando Pampanga

Final Examination in PathFit III
CREATIVE ANYO - DANCE

Performing Group	Execution (grace of movement) (5 points)	Energy level (5 points)	Synchronization (including transition) (5 points)	Mastery of the routine (5 points)	Choreography (dance movement factor) (5 points)	Costume (5 points)	Department (from entrance to exit) (5 points)	Total (35 points)	Rank
1									
2									
3									
4									
5									

- Rank 1 = 100
- Rank 2 = 95
- Rank 1 = 90
- Rank 1 = 85
- Rank 1 = 80



Session 12

UNIVERSITY of the ASSUMPTION
City of San Fernando Pampanga

Final Examination in PathFit III
CREATIVE ANYO - ARNIS

CRITERIA	POINTS			
	5	3	2	1
Creativity (based on the skills learned)	Variation of all the required skills are evident in the performance.	Many variations are evident in the performance.	Few variations are evident in the performances.	No variation were made at all.
Synchronization (timing to music and coordination of movements)	Movements of each performer go along with the group and with the music.	Movements of each performer most of the time go along with the group and with the music.	Movements of each performer sometimes go along with the group and with the music.	Movements of each performer do not go along with the group and with the music.
Execution (posture and precision of movements)	Performers' position and movements are proper and precise.	Several performers' position and movements are proper and precise.	A number of performers' position and movements are proper and precise.	Performers' position and movements are not improper and not precise.
Totality (over-all impact of the performance)	The performance shows a great impact to the viewers.	The performance show quite an impact to the viewers.	The performance does not show an impact to the viewers.	

Note: Points earned will be transmuted based on the grading table of the school.



Session 12

Conclusion:

In teaching Arnis in school, it is best that we provide time for culminating activity where students can showcase their talent in creating Arnis skills routine. This will enable students to develop or enhance learning in many ways like physical, mental, emotional and social aspects of their being. This Anyo as a demonstration activity will provide an opportunity for the students to gain valuable experience and self-confidence.



Session 12

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

Bangkag TV YT Channel. (2024). Gold medalist Solo baston individual boys Elementary Provincial meet 2024. [Online Video] [Accessed on November 7, 2024] [Gold medalist Solo baston individual boys Elementary Provincial meet 2024 #aurora #arnis](#)

Coach Ronald YT Channel. (2023) Team Philippines Non-Traditional Anyo Arnis in SEAGames 2023. . [Online Video] [Accessed on November 7, 2024] [Team Philippines Non-Traditional Anyo Arnis in SEAGames 2023](#)

Ka Troopa YT Channel. (2024). Synchronized Espada y Daga Boys All Performance. [Online Video] [Accessed on November 7, 2024] [Team Synchronized Espada Y Daga Boys All Performance](#)

Madam Coach YT Channel. (2022). Single Sinawali with Footwork [Online Video] [Accessed on November 7, 2024] <https://www.youtube.com/watch?v=9q92rnyZDqM>



Session 12

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 –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>
- Madam Coach YT Channel. (2022). Arnis Basic Skills for Anyo[Online Video] [Accessed on November 7, 2024] https://www.youtube.com/watch?v=f_9sSNjGig8
- Madam Coach YT Channel. (2022). Creative Anyo-Model PE Students[Online Video] [Accessed on November 11, 2024] https://www.youtube.com/watch?v=NkRWZt9g_4s
- Malabanan, R. (N.D.). Arnis Filipino Martial Arts and Sport. [Online Article] [Accessed on October 19, 2024] <https://www.scribd.com/presentation/517636008/History-of-Arnis>



Session 12

Lecturer:

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

References:

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

Life in Province YT Channel. (2019) Arnis- Synchronized LIKHA ANYO solo baston by krizzha bolaño, alexa Adriatico, Aiza Lorio. | ARNIS. [Online Video] [Accessed on November 7, 2024] [With monday.com, you customize your work management process to fit however you choose to work.](#)

Presas, R. (2022). Modern Arnis Cardinal Rules or Principles in Arnis. [Online Article] [Accessed on October 19, 2024] <https://modernarnis.com/cardinal-principles>

Sports TVM YT Channel. (2022) Anyo demonstration for Grade Schoolers [Online Video] [Accessed on November 11, 2024] [Anyo demonstration for Grade Schoolers](#)

Tycoon TV. (2024). Arnis Anyo / Team Solo Baston / Palarong Pambansa 2024. Schoolers [Online Video] [Accessed on November 11, 2024] [Arnis Anyo | Team Solo Baston | Palarong Pambansa 2024](#)
[#arnisatinto](#) [#arnisanyo](#) [#arnis](#) [#pekaf](#)