



REPUBLIKA NG PILIPINAS  
REPUBLIC OF THE PHILIPPINES  
KAGAWARAN NG EDUKASYON, KULTURA AT ISPORTS  
DEPARTMENT OF EDUCATION, CULTURE AND SPORTS  
UL Complex, Meralco Avenue  
Pasig, Metro Manila



*Sama-Sama  
sa DECS*

August 12, 1997

DECS MEMORANDUM  
No. 302, s. 1997

ARNIS DEVELOPMENT PROGRAM-PHASE II

To: Undersecretaries  
Assistant Secretaries  
Bureau/Regional Directors  
Schools Superintendents  
District Supervisors  
Private Elementary and Secondary School Principals

1. Arnis Development Program-Phase II is a continuation of the successful Arnis Development Program which started in 1995 through the joint efforts of the Department of Education, Culture and Sports and the Office of Senator Orlando S. Mercado. Senator Mercado serves as the inspiration and moving force in promoting arnis as symbol of national identity and unity.

2. Arnis Development Program-Phase II has three (3) projects/activities to operationalize it, namely:

- a. Upgrading of Arnis Instructors/Trainers rank;
- b. Arnis Instructors Training, Level I; and
- c. Arnis Module Development, Production and Distribution of Arnis Manual. Distribution of Arnis Cane, Mass Demonstration of students in different school divisions and actual school visitation by the trainers.

Project/Activity 1 - UPGRADING OF ARNIS INSTRUCTORS RANK

Participants are those who have attended the 1995 Level I Arnis Instructors Course held in Teachers Camp, Baguio City and Cebu City. The upgrading of Arnis Instructors Rank is a 6-day accreditation seminar-workshop which will be held at:

- a. Teachers Camp, Baguio City on October 6-11, 1997 for Luzon Group at the same time with Level I Arnis Instructors Training; and
- b. General Santos City High School for Visayas and Mindanao Group on November 10-15, 1997.

Participants are required to pre-register in their regional offices where they are to submit accomplishment report for CY 1995-1996. The report shall indicate the list of students trained, school and address and in case of the supervisors, the consolidated report of their respective areas of concern. Pictures and other documentation of accomplished project will be appreciated.

Project/Activity 2 - ARNIS INSTRUCTORS TRAINING LEVEL I

The training-workshop is designed for high school PE teachers who are 35 years old and below. In case of division supervisors, they are exempted from the age requirements. Participants are:

a.	2 Division Supervisors/Region	-	32
b.	1 Secondary PE Teacher/Division	-	138
c.	2 SK Representatives/Region	-	32
	T o t a l		202

The training shall be held in the following venues:

1. October 6-11, 1997 - Teachers Camp, Baguio City  
For Regions I, II, III, IV, V,  
CAR and NCR
2. November 10-15, 1997 - General Santos City  
For Regions VI, VII, VIII, IX  
X, XI, XII, ARMM, CARAGA

Project/Activity 3 - ARNIS MODULE DEVELOPMENT

This is a writing workshop and try-out to develop Arnis Manual as a supplementary instructional material in high school.

Participants shall be the trainers/lecturers from the Office of Senator Mercado and selected curriculum writers from DECS.


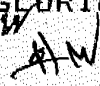
The project also include purchase, distribution and actual visitation of trainings and mass arnis exhibition during provincial/regional meets including the promotion of Arnis through Tri-Media. The Arnis Manual shall be ready on or before September 29, 1997. The Manual shall be tried-out and validated by the regions within the school year.

3. The Office of Senator Mercado shall designate the Master Arnis Instructors and Trainers who shall assist in the administration and evaluation of the project. Attached is the day to day program of activities for Arnis Instructor Course Level I.

4. The BPESS and the different Regional PESS Divisions shall coordinate and provide support staff to the implementation of the program.

5. Expenses for all the projects such as board and lodging, supplies, transportation and professional fees of the lecturers, consultants, and support staff shall be charged against the congressional initiative authored by Senator Mercado. Transportation of the participants shall be charged against local funds and shall be subject to the government accounting and auditing rules and regulations.

6. For dissemination and compliance of all concerned.

  
RICARDO T. GLORIA  
Secretary  


Incl.:

As stated

Reference:

DECS Memorandum: No. 294, s. 1995

Allotment: 1-3--(D.O. 50-97)

To be indicated in the Perpetual Index  
under the following subjects:

ATHLETICS  
OFFICIALS  
SEMINARS  
TRAINING PROGRAMS

**TEACHERS' BASIC ARNIS ORIENTATION COURSE  
COURSE OUTLINE - SYLLABUS**

DAY 0 - October 5	REGISTRATION
DAY 1 - October 6	DAY 2 - October 7
Opening	
Arnis Orientation and Introduction * History of Arnis * Why we study Arnis * Basic courtesy and Bowing (Pugay) without cane with one cane with two canes Equipment Orientation * Uses of different equipments in Arnis * Proper handling Introduction to Arnis exercises and Drills * Kinesiology and Physiologic Basis Introduction to Arnis Stances and Form * Without cane * With single cane * With double cane * Dulo-Dulo (Dos Puntas) * Mano-Mano Stationary and with movements Drills on stances	Proper Striking * Drills on proper striking 12 Striking Techniques * With single cane * With double cane * Espada Y Daga * Dulo-Dulo Mano-Mano Continuation of Striking Techniques * With proper stances and drills Continuation of drills on striking and applications Introduction to Blocking Techniques (Corto and Largo) * Single cane * Double cane * Espada Y Daga * Dulo-Dulo * Mano-Mano Drills on Blocking with proper stances Blocking Applications and Variations
DAY 3 - October 8	DAY 4 - October 9
Basic Arnis Movements * Double Sinawali * Reverse double Sinawali * Single Sinawali * Redonda * Old Forms Drills on Basic Arnis Movements with emphasis on Form and Stances Disarming Techniques * Disarming Techniques I-IV and Drills * Disarming Techniques V-VIII and drills * Disarming Techniques IX-XII and drills	Conduction of Arnis Tournaments, an overview * Anyo (Introduction), Sparring (Categories) * Rules * Safety Features * Equipments Putting up an Arnis Chapter * Echo * Affiliation * Continuing Education, Seminars, equipments * Potential Problems Review for Lessons in Day One, Two and Three
DAY 5 - October 10	DAY 6 - October 11
Review for all lessons	A.M. - Examinations P.M. - Preparation for Graduation Graduation

\* Sessions will be 8:00 AM to 5:00 PM  
Evening Sessions for review, socials, etc.