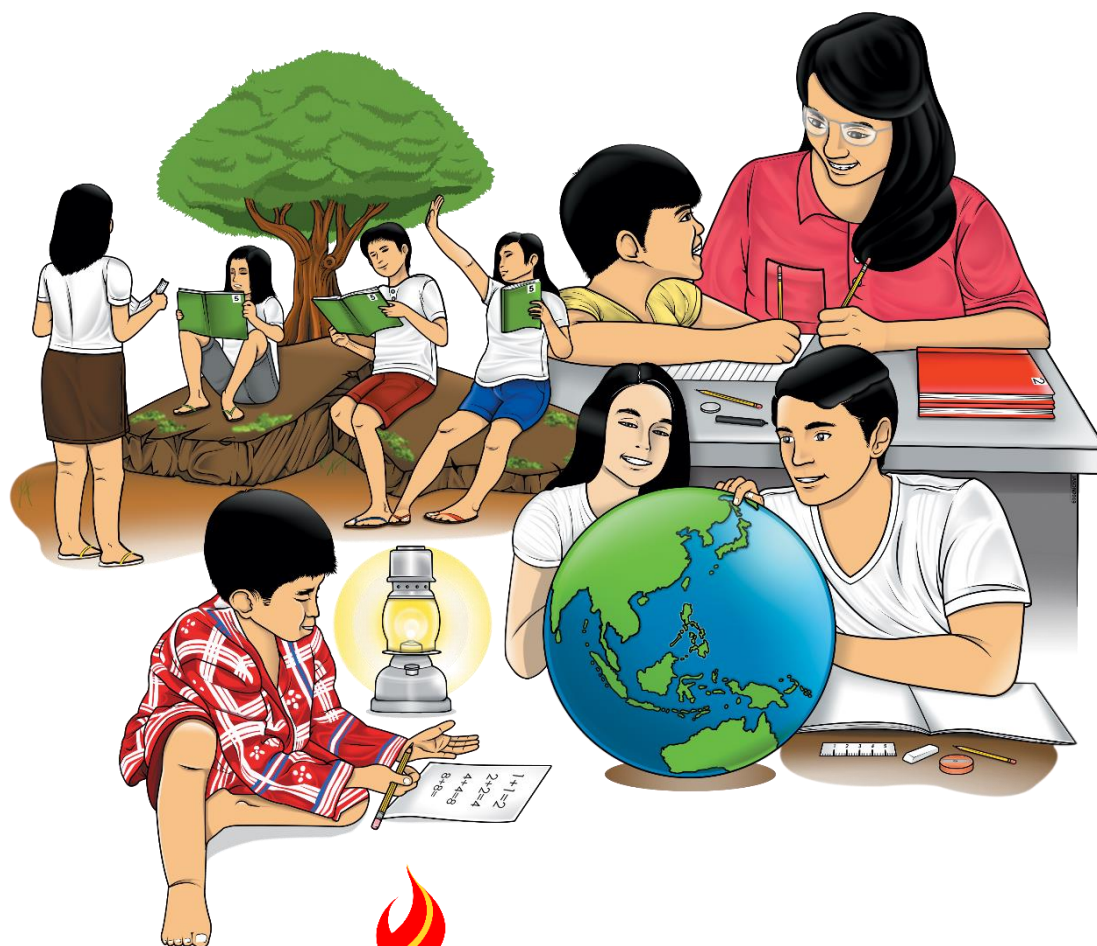


7

Physical Education

Quarter 2 – Module 3: Combative Sport - Arnis




ALTERNATIVE DELIVERY MODE
ADM

GOVERNMENT PROPERTY
NOT FOR SALE

Physical Education – Grade 7
Alternative Delivery Mode
Quarter 2 – Module 3: Combative Sport - Arnis
First Edition, 2020

Republic Act 8293, section 176 states that: No copyright shall subsist in any work of the Government of the Philippines. However, prior approval of the government agency or office wherein the work is created shall be necessary for exploitation of such work for profit. Such agency or office may, among other things, impose as a condition the payment of royalties.

Borrowed materials (i.e., songs, stories, poems, pictures, photos, brand names, trademarks, etc.) included in this module are owned by their respective copyright holders. Every effort has been exerted to locate and seek permission to use these materials from their respective copyright owners. The publisher and authors do not represent nor claim ownership over them.

Published by the Department of Education
Secretary: Leonor Magtolis Briones
Undersecretary: Diosdado M. San Antonio

Development Team of the Module

Writers: Zouie A. Barretto, Bryan Ed F. Guyo, Neilla L. Felipe

Editors:

Language: Leonora Privado, Pinky P. Del Valle, Florencio D. Muyo Jr.

Content: Mary Jane S. Dagohoy

Social Content: Maria Salvacion P. Villanueva

IPR Reviewer: Raizza Marie R. Buñag

Technical Reviewer: Ma. Rubynita T. Del Rosario

Reviewers:

Language: Leonora Q. Privado, Sheena Mae G. Galin

Content: Mary Jane S. Dagohoy, Christian I. Rotoni

Illustrator: June R. Laureta

Layout Artists: Ma. Rubynita T. Del Rosario, Joel F. Capus, Katherine O. Cordora,
Mark Roger A. Dacayanan

Management Team: Benjamin D. Paragas

Mariflor B. Musa,

Freddie Rey R. Ramirez

Danilo C. Padilla

Raquel P. Girao

Elizabeth T. Delas Alas

Ferdinand J. Gotoy

Printed in the Philippines by _____

Department of Education – MIMAROPA Region

Office Address: Ground Floor, Bonifacio Building, DepEd Complex Meralco Avenue,
Pasig City, Philippines 1600

Telefax: (02) 634 – 1072 or 634 – 1054, 631 – 4985

E-mail Address: blr.lrqad@deped.gov.ph * blr.lrpd@deped.gov.ph

7

Physical Education

**Quarter 2 – Module 3:
Combative Sport - Arnis**

Introductory Message

This Self-Learning Module (SLM) has been prepared for you so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

This SLM is composed of different parts. Each part will guide you step-by-step as you discover and understand the lesson prepared for you.

In this SLM, a pretest is provided to measure your prior knowledge on the lessons in it. The result of it will tell you if you need to proceed on completing the activities in it or if you need to ask your facilitator or your teacher's assistance for better understanding of the lessons in it. At the end of this SLM, you need to answer the posttest to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

Please use this SLM with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering any of the exercises and tests. And read the instructions carefully before performing each activity.

If you have any question in using this SLM or any difficulty in answering the activities in it, do not hesitate to consult your teacher or facilitator.

Thank you.



What I Need to Know

This module has been designed and written for you. It is to help you master the history and origin of the national sport/martial art, Arnis. The scope of it permits use of it in many different learning situations. The language used recognizes the diverse vocabulary levels of students like you. The lessons in it are arranged in a sequential order, but the order in which you read them can be changed to correspond with the textbook you are using.

This module is about:

- Lesson 1 – Basic Skills in Arnis
- Lesson 2 – 12 Striking Techniques of Arnis
- Lesson 3 – Application of Skills in Arnis

After going through this module, you are expected to:

- execute the skills involved in the sport (PE7GS-IIdh-28), and
- describe the nature and background of sport (PE7GS-IId-h-4).



What I Know

PRETEST

Directions: Read and answer the following questions. Write the letters of the best answers to these questions in your activity notebook.

1. The following pieces of equipment are used in playing Arnis, EXCEPT
 - A. Net
 - B. Baton
 - C. Head Gear
 - D. Body Armor
2. Who was considered as the first Master of Arnis in the Philippines?
 - A. Magellan
 - B. Lapu-Lapu
 - C. Andres Bonifacio
 - D. Emilio Aguinaldo
3. What should be the striking technique if the performer needs to position his/her stick at an eleven-o'clock position?
 - A. No. 10-Left Eye Poke
 - B. No. 11-Right Eye Poke
 - C. No. 1- Left Temple Strike
 - D. No. 2-Right Temple Strike
4. In this bow, you are standing straight with feet together, with hands holding the stick(s) in both ends doing a head bow forward, and putting your stick in front of your chest holding and pointing upward.
 - A. Courtesy Bow
 - B. Fighting Stance
 - C. Forward Stance
 - D. Backward Stance
5. What is the other name given to Arnis?
 - A. Bagto
 - B. Baton
 - C. Eskrima
 - D. Hampasan
6. What law was signed by President Gloria Macapagal Arroyo declaring Arnis as the Philippine National Martial Art and Sport.
 - A. Republic Act 9849
 - B. Republic Act 9850
 - C. Republic Act 9851
 - D. Republic Act 9852
7. In this stance, you will make at least 4 steps between the feet, and both knees should be bent slightly. The other foot must be held at 90 degrees angle.
 - A. Fighting Stance
 - B. Forward Stance
 - C. Courtesy Stance
 - D. Backward Stance

8. Jayson is playing Arnis in a tournament. He suddenly hits his opponent on the forehead. What striking technique does he apply?
 - A. No. 10: Left Eye Poke
 - B. No. 12: Crown Strike
 - C. No. 1: Left Temple Strike
 - D. No. 2: Right Temple Strike

9. How many players can play Arnis in a game?
 - A. 5
 - B. 4
 - C. 3
 - D. 2

10. In striking this part of the body of your opponent, you must be in a fighting position holding the stick, and it should be placed in a one o'clock with slashing position.
 - A. No. 10-Left Eye Poke
 - B. No. 11-Right Eye Poke
 - C. No. 1-Left Temple Strike
 - D. No. 2-Right Temple Strike

11. What is the preparatory position in Arnis?
 - A. Courtesy Bow
 - B. Fighting Stance
 - C. Forward Stance
 - D. Backward Stance

12. What is known as a traditional Filipino martial art?
 - A. Arnis
 - B. Boxing
 - C. Wrestling
 - D. Poomsae Taekwondo

13. In a right knee striking position, your palm must be facing downward while in left knee striking position, and your palm must be facing _____ direction.
 - A. Upward
 - B. Diagonal
 - C. Sideward
 - D. Downward

14. While playing in an Arnis tournament, you hit the stomach of your opponent. What striking technique did you use?
 - A. No. 12 -Crown Strike
 - B. No. 10 -Left Eye Poke
 - C. No. 11-Right Eye Poke
 - D. No. 5 -Abdomen Thrust

15. What is the usual length size of an Arnis stick?
 - A. 45 inches
 - B. 35 inches
 - C. 30 inches
 - D. 28 inches

Lesson

1

Basic Skills in Arnis

As a teenager, do you know any martial arts? Can you defend yourself from dangerous persons, lurking? It becomes more dangerous to live nowadays than in the past. In fact, there are more dangers outside the comfort of our home. In order to defend ourselves against bad person/s, it is a must to be skilled in martial arts or any self-defense mechanisms. One of the best martial arts to learn is Arnis. It is the national martial art of the Philippines that uses sticks and hands to defend and strike back. It is also the national sport of the Philippines by virtue of Republic Act 9850. In this lesson, you will be equipped with knowledge of Arnis that you can use in times of danger.



What's In

Activity: Tell Me your Sports!

Directions: Match the descriptions/definitions in Column A with their appropriate terms in Column B. Write the letters of your answers in your activity notebook.

COLUMN A

- ____ 1. It is a dual sport played on a regular court where opponents volley shuttlecock over a net using a racket.
- ____ 2. This grip in badminton is used to hit the shuttle on the non-dominant side of the body.
- ____ 3. This badminton shot is done with the stroke below the head about waist-level, the shuttle travelling up.
- ____ 4. This sport is also known as Ping-pong, a game similar in principle to lawn tennis and is played on a flat table divided into two equal courts.
- ____ 5. This table tennis grip is done by placing the thumb and pointing the finger on opposite sides of the blade, at the top of the handle. The rest of the fingers are wrapped around the handle.
- ____ 6. This refers to a table tennis strike that starts a rally which can be done either in the forehand or backhand side.

COLUMN B

- A. Badminton
 - B. Backhand grip
 - C. Drive
 - D. Drop
 - E. Forehand Grip
 - F. Lob
 - G. Serve
 - H. Shuttlecock
 - I. Smash Racquet
- Table tennis

- ____ 7. This means a stroke in table tennis wherein the racket is moved forward and upward at an angle, striking the ball to impart topspin.
- ____ 8. This refers to a badminton hit downward into the opponent's court with power and speed.
- ____ 9. It is a soft badminton shot performed in any part of the court.
- ____ 10. It is a high-drag projectile used in the sport of badminton.



What's New

Activity 1: Jargon Mumble

Before we proceed, let us check your knowledge on the subject matter.

Directions: Identify the jargons related to Arnis inside the box. Write your answers in your activity notebook.

spike	free throw	quick
dribbling	rebound	Kali
Sinawali	stick	receive
net ball	3-point shot	duel
strike	dunk	set

Have you identified the words related to Arnis inside the box? Let us learn more about Arnis from the succeeding activities.



What is It

Nature and Background of Arnis

Arnis is regarded as a traditional Filipino Martial Art. However, its origin in the Philippine culture and history is still not yet discovered.

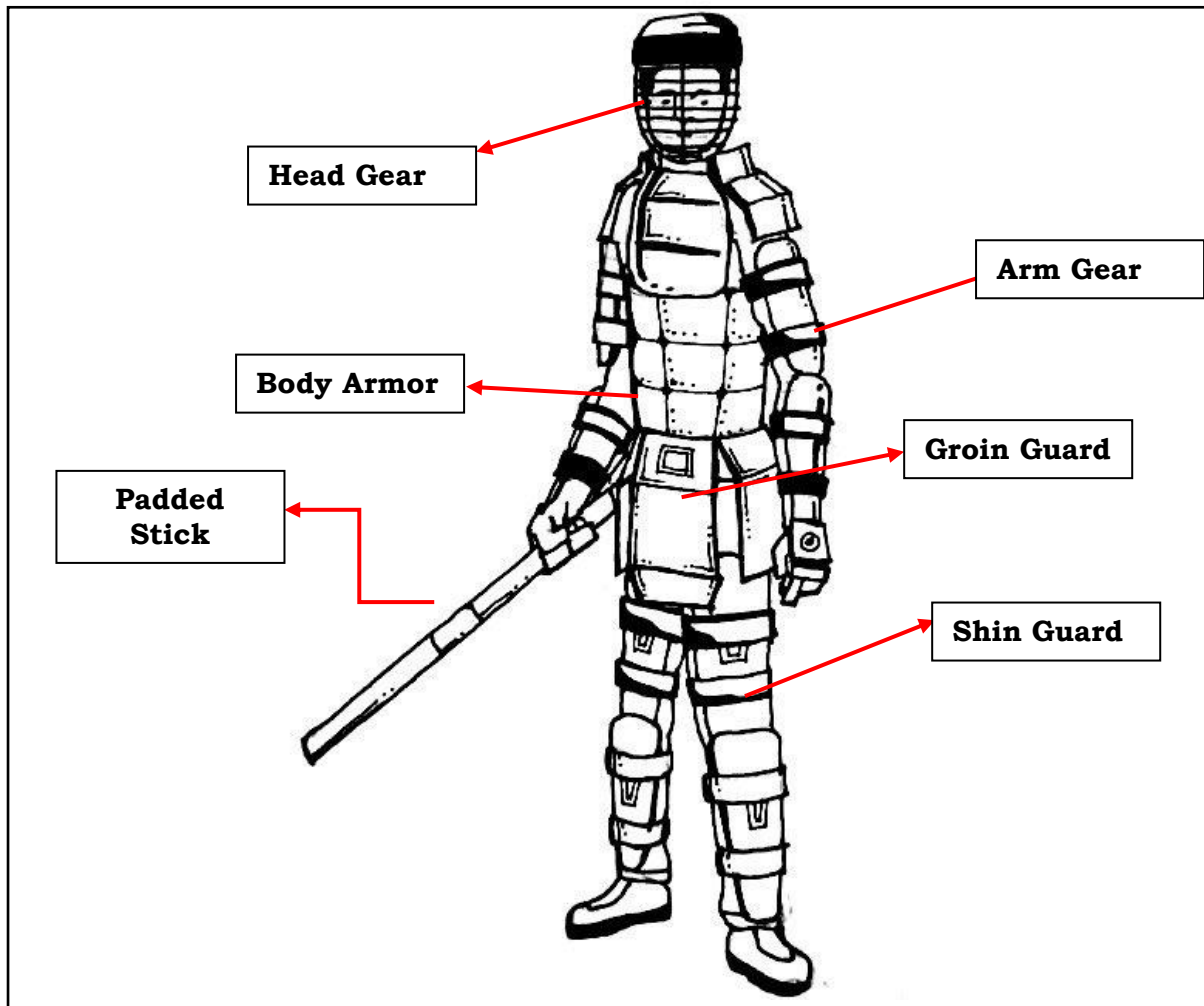
This sport shows fighting with weapons such as knives, bladed weapons, sticks, or other improvised weapons. It also includes grappling, pacifying of weapons, and hand combat. The main purpose of Arnis is for self-defense. On December 11, 2009, Arnis was declared as the Philippine



National Martial Art and Sport through Republic Act 9850 signed by President Gloria Macapagal Arroyo.

Lapu-Lapu was considered the first Master of Arnis for fighting Magellan. Even though the Spaniards used strong weapons such as swords and guns, Lapu-Lapu and his men used wooden instruments, spears, and bolos. The use of these kinds of weapons did not hinder them from winning the fight against the Spaniards. Thus, Magellan died during the battle between him and Lapu-Lapu.

Pieces of Equipment in Arnis



Proper Grip in Arnis

In using the Arnis, hold it with your four fingers with the palm blade 2-3 inches away from the stick or baton. Your thumb should be over the forefinger. You must hold the baston or baton firmly when striking it. The Arnis stick should be made of rattan stick which is called a cane or baston (baton). The usual size of it is 28 inches in length.

Basic Stances in Arnis

The following basic stances in Arnis are essential in learning the 12 striking techniques (patamaan) of it.

Stance is the way someone stands, or the proper posture required in a specific event.

Courtesy bow is an important part and ritual of this sport. This is showing respect to the opponent or partner in Arnis and is a preparatory position.

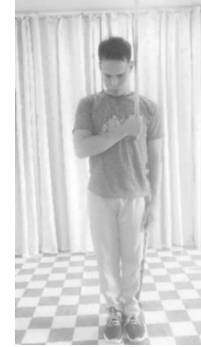
Steps:



1. Stand straight, feet slightly apart. Hold the stick in both ends.



2. Feet together, put your right hand on your left chest. Cane upright.



3. Bow only with your head.

Fighting Stance

- Steps:**
1. Place your right foot in front with your weapon on one hand.
 2. Position the other foot at the back.
 3. Put a distance between your feet and bend slightly.
 4. Your toes should be facing forward.

*The weight of your body must be distributed on both feet.

Forward Stance

- Steps:**
1. Make 5 steps distance between your feet.
 2. Be sure your left back leg is straight
 3. The other leg must be positioned at a 45 degrees angle.
 4. The front knee must be bent.
 5. Your weight must be held at both feet.

Backward Stance

- Steps:**
1. Make at least 4 steps between both feet.
 2. Both knees should be bent slightly.
 3. The right foot must be held at 90 degrees angle.
 4. Your weight must distribute 60% from the rear foot and 40% at the front foot.



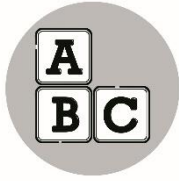
Fighting Stance



Forward Stance



Backward Stance



What's More

Activity 1: Preparation

Before doing any activity, we have to do warm-up exercises first so that we can avoid getting injured.

Directions: Follow the warm-up exercises below.

Primary Warm-up – these include exercises to prepare your body for the following activities.

- Neck stretch.* Stretch left (4 counts). Stretch right (4 counts).
Stretch forward (4 counts). Stretch back (4 counts).
- Shoulder roll.* Roll forward (4 counts). Roll backward (4 counts).
- Triceps stretch.* Right triceps (4 counts). Left triceps (4 counts).

Strike Warm-up – these include exercises that prepare your body to perform striking techniques.

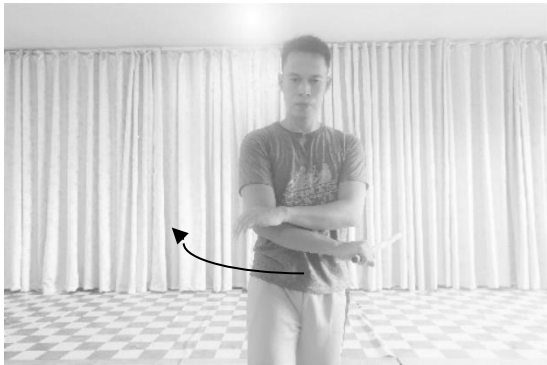
- Fan rotation.* Hold the end of baton, elbow to your side, baton is in upright position. Rotate your wrist right (4 counts) and left (4 counts) alternately as if making a figure of a fan. Repeat with your left hand.



- Forward arm swings.* Hold the end of baton, elbow forward, forearm upright. Swing baton forward slowly (4 counts) and back slowly (4 counts) alternately. Repeat with your left arm.



Side arm swings. Hold the end of baton. Swing the baton moving to you right trunk slowly (4 counts) and swing moving to your left trunk slowly (4 counts) alternately. Repeat with your left arm.



Leg warm-up – these include exercises that prepare your lower body for muscle pain.
Split step. Stand feet apart, right foot in front, with your heel raised slightly.

Bounce to your right foot and left foot 16 times alternately. Repeat this with your left foot in front.



Alternating split step. Stand feet apart, right foot in front, with your heel raised slightly. Bounce in your right foot, bounce in your left foot, bounce in your right foot, and jump switching your foot. Do this 4 times alternately.



Bounce with LEFT foot



Bounce with RIGHT foot



Bounce with LEFT foot

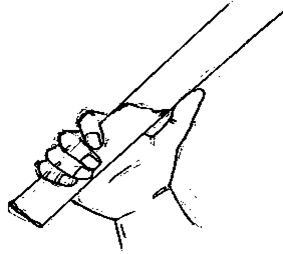


Switch foot

Activity 2: Pic A Word

Directions: Provided below are the pictures of equipment used in Arnis. Choose the name of each from the list inside the box. Write your answers in your activity notebook.

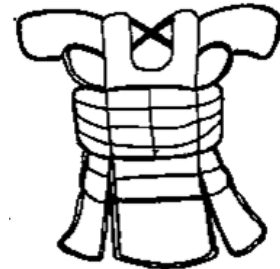
head gear	shin guard	body armor
padded stick	arm guard	groin guard



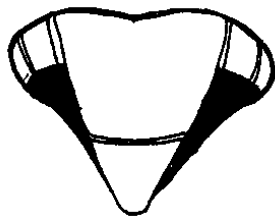
1. _____



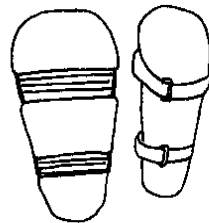
2. _____



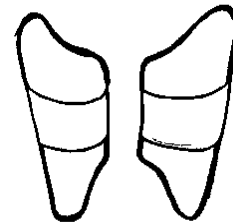
3. _____



4. _____



5. _____



6. _____

Activity 3: Fill in the Blanks

Directions: Give the missing words to complete the paragraph below. Write your answers in your activity notebook.

Arnis is said to be regarded only as a traditional Filipino (1) _____. It is a sport that shows fighting with weapons such as (2) ____, (3) ____, (4) ____, or other improvised weapons. It also includes (5) ____, pacifying of weapons, and (6) _____. The main purpose of it is for (7) _____. On December 11, 2009, it was declared as the Philippine National Martial Art and Sport through (8) _____ signed by President Gloria Macapagal Arroyo.

Using the Arnis, hold it with your (9) _____ fingers with the palm blade 2-3 inches away from the stick or (10) _____.

Additional Activity: Perform the Combined Stances

Directions: Perform the following basic stance combinations in Arnis.

Day 1: Courtesy Bow and Fighting Stance	16 times alternately
Day 2: Courtesy Bow and Forward Stance	16 times alternately
Day 3: Courtesy Bow and Backward Stance	16 times alternately
Day 4: Courtesy Bow, Fighting Stance and Forward Stance	24 times alternately
Day 5: Courtesy Bow, Fighting Stance and Backward Stance	24 times alternately
Day 6 and 7: Courtesy Bow: Fighting Stance, Forward and Backward Stances	16 times alternately

Lesson

2

12 Striking Techniques of Arnis

Arnis is the National Martial Art and Sport of the Philippines. It is often associated with the use of sticks. This art also features the use of swords, knives, and empty-handed technique. It is a good martial art to learn as self-defense system because you only need stick or sometimes even without weapon. In Arnis, as well as in other martial arts, we have different striking techniques (*also called patamaan*) that you need to learn to be able to apply it in certain scenarios.



What's In

Let's review what you have learned from our previous lesson about the Basic Skills in Arnis.

Directions: In your activity notebook, draw the following pieces of equipment used in Arnis.

1. Baton

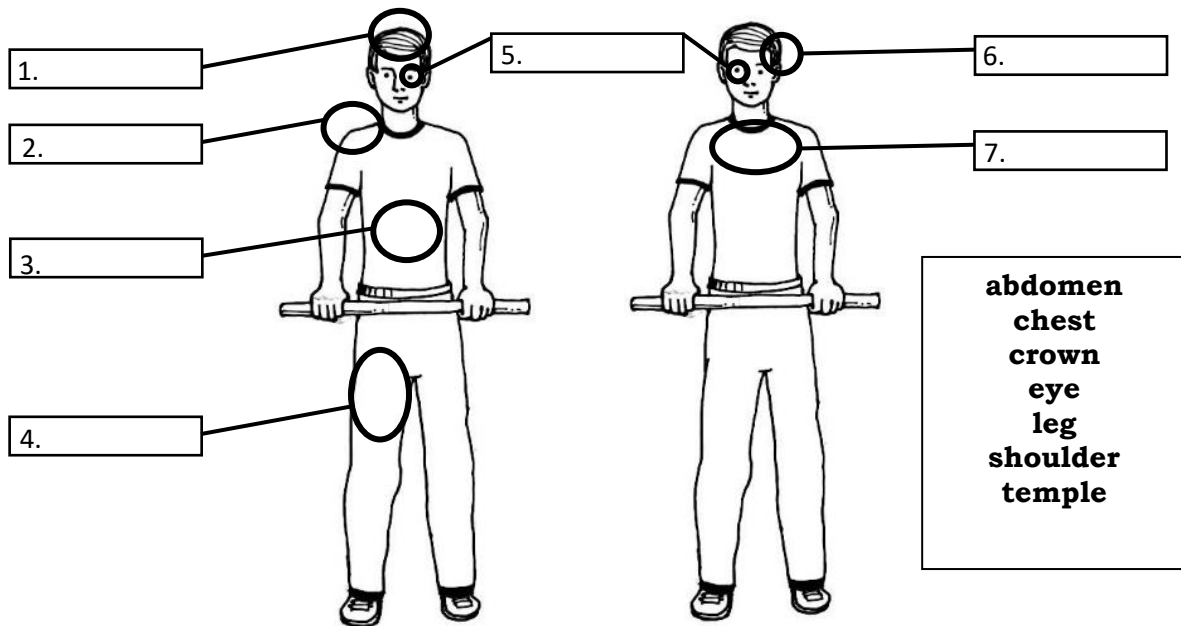
2. Head gear



What's New

Activity: Know the Parts of the Human Body

Directions: Identify the following parts of the human body. Write them in your activity notebook.



The illustrations above are essential parts of the human body in learning different striking techniques (patamaan) in Arnis. You may now proceed in learning the stances and striking techniques of it which will help you learn the art of Filipino self-defense.



What is It

This part of our lesson is about the 12 striking techniques in Arnis. These striking techniques are used as offensive skills in both sport, martial art, and self-defense.

A. Twelve Basic Striking Techniques in Arnis (Patamaan)

Strike No. 1- Left Temple Strike

Steps: 1. Hold your body in a fighting position.

2. From the position, hold the stick with your right hand pointing at 1 o'clock position hitting towards left of the head of your opponent.
3. Your left hand should be facing your chest while doing the strike.

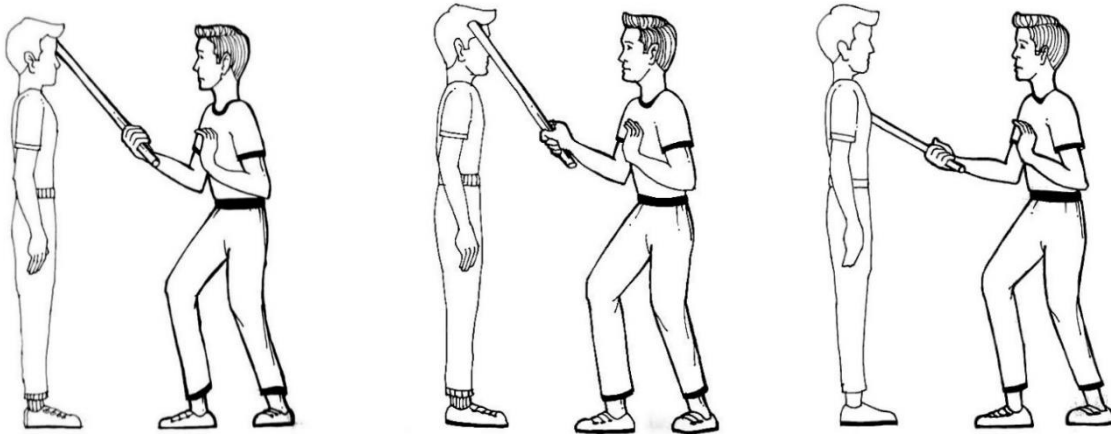
Strike No. 2- Right Temple Strike

- Steps:
1. Hold your body in a fighting position.
 2. From the position, hold the stick with your right hand pointing at eleven o'clock position hitting towards right of the head of your opponent.
 3. Your left hand should be facing your chest while doing the strike.

No. 3- Left Side of the Shoulder Strike

- Steps:
1. Extend your right arm weapon hand.
 2. Hold your stick at the left side of your body.
 3. Strike any part of your body between shoulder and hips.

*Slash against the outer part of the trunk.



Strike No. 1

Strike No. 2

Strike No. 3

Strike No. 4- Right Side of the Shoulder Strike

- Steps:
1. Extend your right arm weapon hand.
 2. Hold your stick at right side of the body.
 3. Strike any part of your body between shoulder and hips.

*Slash against the outer part of the trunk.

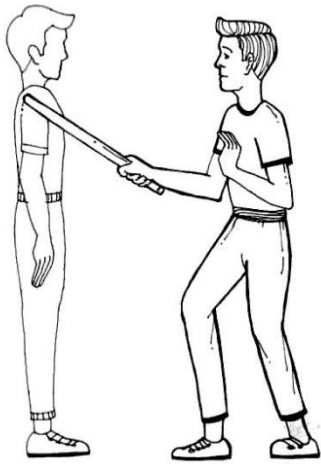
Strike No. 5- Abdomen Thrust

- Steps: Using your stick, thrust or push the abdomen of the person using either right or left hand then follow through with upward movement.

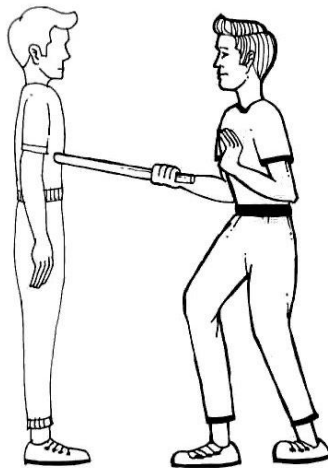
Strike No. 6- Left Chest Thrust

- Steps: In a fighting stance position, put your right hand with a weapon and your palm facing outward.

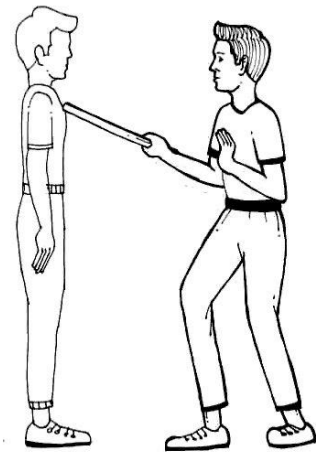
*Your right elbow should be kept downward.



Strike No. 4



Strike No. 5



Strike No. 6

Strike No. 7- Right Chest Thrust

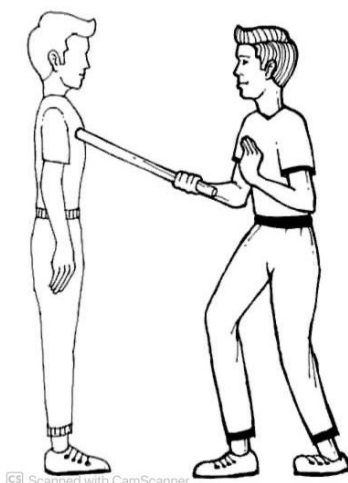
- Steps:
1. Position in a fighting stance.
 2. Hold the weapon using your right hand; your left palm should be facing outward.
- *Your right elbow should be kept upward.

Strike No. 8- Left Lower Leg Strike

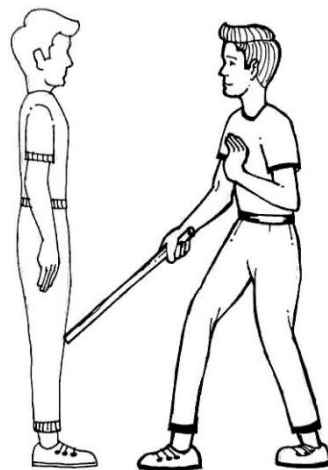
- Steps:
1. Bend your body with the right foot forward and left foot backward.
 2. Extend your right hand with a stick to hit the part of the opponent's left leg between knee and ankle joint.
- *Your left palm should be facing upward

Strike No. 9- Right Lower Leg Strike

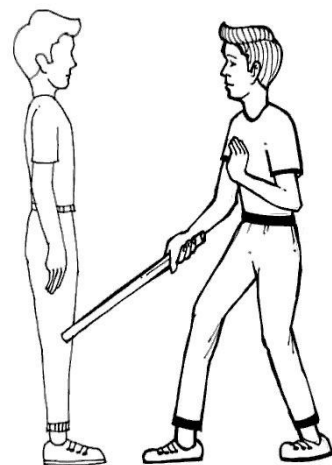
- Steps:
1. Bend your body with the right foot forward and left foot backward.
 2. Extend your right hand with a stick to hit the part of the opponent's right leg between knee and ankle joint.
- *Your right palm should be facing downward



Strike No. 7



Strike No. 8



Strike No. 9

Strike No. 10- Left Eye Poke

Steps: In a fighting position stance, position your right-hand forward stabbing towards the opponent's left eye with a weapon/stick.

*Your right palm must be facing outward with elbow down.

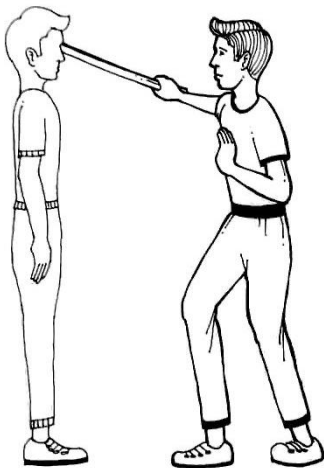
Strike No. 11- Right Eye Poke

Steps: In a fighting position stance, position your right-hand forward stabbing towards the opponent's right eye with a weapon/stick.

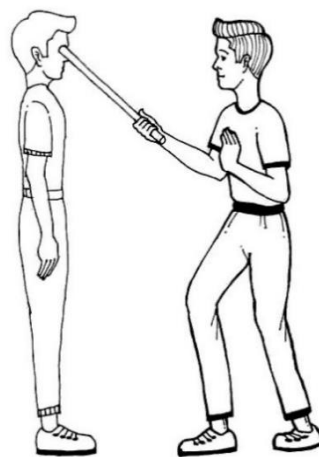
*Your right palm must be facing outward with elbow up.

Strike No. 12- Crown Strike

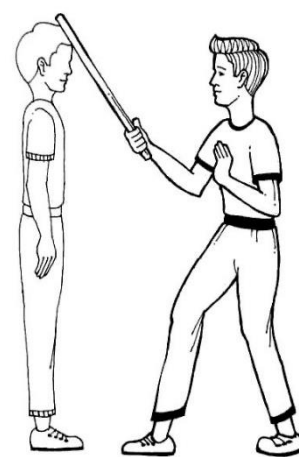
- Steps:
1. Stand in a fighting position.
 2. Your stick should be held pointing at the opponent's head with slashing action.



Strike No. 10



Strike No. 11



Strike No. 12

B. Six blocking techniques in Arnis

All blocking techniques can be done in any stance (fighting, forward, or back).

Block no. 1 upper left block

From your right shoulder, block a strike moving your arm to the left side of your body. Maintain a vertical position of the cane. Position your left palm at the middle of the cane to support your blocking. This is best in blocking the following: Right temple strike, Right eye, Right shoulder strike, and Right chest strike.



Preparatory position



Person on the right: block no. 1

Block no. 2 upper right block

From your left shoulder, block a strike moving your arm to the right side of your body. Maintain a vertical position of the cane. Position your right palm at the middle of the cane to support your blocking. *This is best in blocking the following: Left Temple strike, Left eye, Left shoulder strike, and Left chest strike.*



Preparatory position



Person on the right: block no. 2

Block no. 3 Lower Left block

From your right shoulder, block a strike moving your arm (as if slashing) to the lower left side of your body. Do this strike as if you are doing a leg strike. *This is best in blocking the Right Leg strike.*



Preparatory position



Person on the right: block no. 3

Block no. 4 Lower Right block

From your left shoulder, block a strike moving your arm (as if slashing) to the lower right side of your body. Do this strike as if you are doing a leg strike. *This is best in blocking the Left Leg strike.*



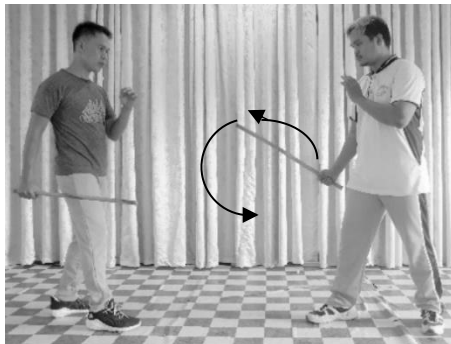
Preparatory position



Person on the right: block no. 4

Block no. 5 Stomach thrust block

Position your hand behind. Move your hand to your right side while twisting your body to the right. Position your right palm at the middle of the cane to support your blocking, cane pointing downward at all times. *This is best in blocking the Stomach thrust strike*



Preparatory position



Person on the right: block no. 5

Block no. 6 Rising block

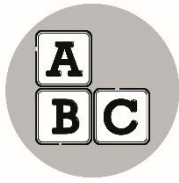
From your left leg, move the cane above your head slightly diagonal forward. The cane should be positioned slightly diagonal as to make a roof over your head. Position your right palm starting from your left leg until the cane is positioned overhead to support your blocking. *This is best in blocking the Crown strike.*



Preparatory position



Person on the right: block no. 6



What's More

After learning the different stances and striking techniques in Arnis, you are now ready to apply them. Let's go.

Activity 1: Fun to Warm up

Directions: Do **Lesson 1, Activity 1: Preparation** and answer the following questions based on the activities that you have done. Write your answers in your activity notebook.

1. Did you have fun warming up?

2. Share something you learned while doing warm-up.

Activity 2. Striking and Blocking Techniques

In this activity, we will check if you have learned all the striking techniques in Arnis.

Materials: baton, cell phone to take a video

Procedure:

1. Take a video of yourself while doing the 12 striking techniques and 6 blocking techniques.
2. Remember to always do the courtesy bow before and after doing all the 12 striking techniques and 6 blocking techniques.
3. Ask one of your family members to be your striking partner. This is to ensure that you hit the right body parts in each strike. Be careful not to hit your family member.

Note:

If the Internet is available, send the video to your teacher via Messenger or Email, or you can upload it on Facebook or YouTube.

If a gadget is available but no Internet connection, send the video to your teacher's cell phone via Bluetooth or Share-it.

If a gadget and the Internet are unavailable, your teacher will go to your barangay or house to assess you. Be sure to follow the health and safety protocols.

Rubrics:

The video must contain the following:

- 1 point for every correct hit of the 12 striking techniques (a total of 12 points);
- 1 point for every correct block of the 6 blocking techniques;

- 3 points for courtesy bow (Pugay) before starting and after the execution of the 12 striking techniques and 6 blocking techniques (a total of 6 points); and
- 1 point if you have a family member as your partner to join you.
- In all, there are 25 points for this activity.

Activity 3.1: Monitoring your progress

This activity will determine your heart rate before and after doing the twelve striking techniques in Arnis.

This will also test your honesty. Remember that God is always watching over us. Do this activity as if your teacher is watching over you. This will also serve as your daily exercise. Good luck!

Materials:

- Arnis stick (baton)
- timer/stopwatch

Procedure:

1. Make a copy of the table below on a separate sheet of paper.
2. Do the following activities on Day1, Day 2, and Day 3:
 - a. Know your resting heart rate and record it in the table.
 - b. Do some warm-up exercises to prevent injuries. You can execute the warm-up exercises provided in *Activity 1. Preparation*.
 - c. Perform the twelve striking techniques three times in slow, moderate, and fast pace.
 - d. After doing these strikes, check your active heart rate and record it in the table.

Heart Rate	Day 1	Day 2	Day 3
Resting heart rate			
Active Heart Rate			

Activity 3.2 Supporting Questions

Directions: Answer the following questions in your activity notebook.

1. Did you get a slower or faster heart rate from day 1 to day 2?

2. Did your muscles sore after doing the activity on day 1? Why?



Additional Activities

Follow the combinations of striking and blocking techniques to form a choreographed shadow fighting. Learn the combinations everyday so you can memorize them. You can also add your own combinations of techniques to the set.

Parry – is a term used to disarm an opponent using your freehand.

Day 1	Combo 1 – Rising block, parry, right shoulder strike Combo 2 – Upper right block, parry, right temple strike Combo 3 – Right temple strike, right temple strike, left temple strike
Day 2	Combo 4 – Right temple strike, right shoulder strike, left chest strike Combo 5 – Right shoulder strike, rising block, right temple strike Combo 6 – Rising block, parry, crown strike
Day 3	Combo 7 – Stomach thrust block, parry, right temple strike Combo 8 – Upper right block, parry, right leg strike Combo 9 – lower right block, left eye strike, rising block, crown strike
Day 4	Combo 10 – Stomach thrust block, parry, crown strike Combo 11 – Right chest strike, left chest strike, lower right block Combo 12 – Lower right block, parry, right shoulder strike
Day 5	All Combinations

Lesson

3

Application of Skills in Arnis

This lesson will give you knowledge about the skills in combative sports, specifically in Arnis.



What's In

Activity: Name-drop!

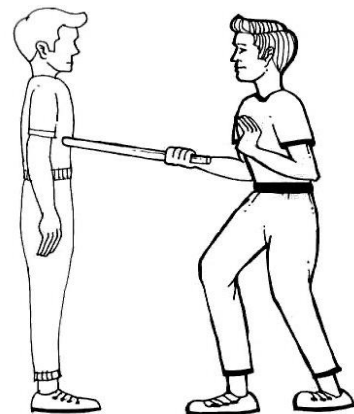
Directions: Identify the following basic stances and striking techniques in Arnis. Write your answers in your activity notebook.



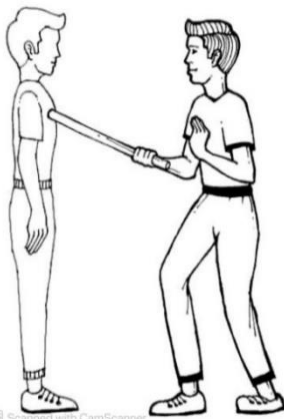
1. _____



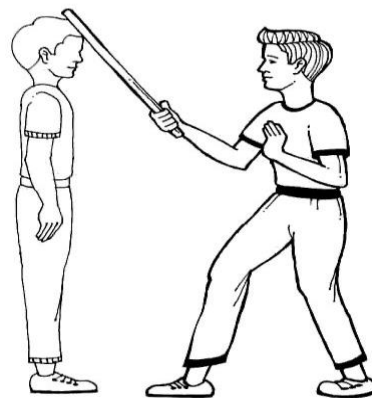
2. _____



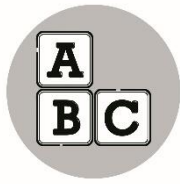
3. _____



4. _____



5. _____



What's More

Activity 1: Shadow Fighting

Now that you have learned different combinations of striking and blocking techniques from **Lesson 3 Additional Activities** and you already executed them every day, you are now ready for the application.

Directions:

1. Find a partner for this activity. Your partner can be any member of your family or your classmate from your barangay. Be sure to follow proper health and safety protocols.
2. Create two-to-five-minute video of you and your partner while doing the different striking and blocking techniques.
3. Use the striking and blocking combinations that you have learned and have executed every day from **Lesson 3 Additional Activities**.

In your video presentation, you are expected to accomplish the following tasks:

- a. Accuracy
 - Striking
 - Blocking
 - Stance and posture
- b. Coordination of movement
 - Arms and feet, arms and arms, arms and body
 - Proper coordination
 - Agility of the body to move in proper position
- c. Artistic Execution
 - Variety of techniques
 - Fluidity of the movements
 -

Note:

- If the Internet is available, send your video to your teacher via Messenger or Email, or you can upload it on Facebook or YouTube.
- If a gadget is available but no Internet connection, send your video to your teacher's cell phone via Bluetooth or Share-it.
- If a gadget and Internet are unavailable, your teacher will go to your barangay or house to assess you. Be sure to follow the health and safety protocols.

Your video performance will be graded/rated using the following rubrics.

- **Accuracy**
 - ❖ 5 points – no errors are observed and the performance is done with high confidence

- ❖ 4 points – 1 or 2 errors is/are observed in the performance but the routine is performed
- ❖ 3 points – 3 or 4 errors are observed in the performance but the presence of mind during this performance is maintained
- ❖ 2 points – 5 or 6 errors and impatience or frustration are observed in the performance
- ❖ 1 point – 7 or more errors are observed in the performance needing more time to practice
- **Coordination of movement**
 - ❖ 5 points – always performs movements with proper order
 - ❖ 4 points – frequently performs movements in proper order
 - ❖ 3 points – Rarely performs movements in proper order
 - ❖ 2 points – Lack performance in the proper order
 - ❖ 1 point – Never performs movements in the proper order
- **Artistic Execution**
 - ❖ 5 points – performance is excellent
 - ❖ 4 points – performance is good
 - ❖ 3 points – performance is satisfactory
 - ❖ 2 points – performance is fair
 - ❖ 1 point – performance needs improvement

	RATING					Total
	1	2	3	4	5	
Accuracy						
Coordination Movement						
Artistic Execution						



What I Have Learned

Directions: Identify the best blocking technique to use against a striking technique. Write your answers in your activity notebook.

- _____ 1. Strike no. 5
- _____ 2. Strike no. 2
- _____ 3. Strike no. 12
- _____ 4. Strike no. 8
- _____ 5. Strike no. 10



What I Can Do

Directions: In your activity notebook, write your answers to the following question:

In what real-life situations can you use the skills in Arnis?

1. _____
2. _____



Assessment

POSTTEST

Directions: In your activity notebook, write the letters of the best answers to the following questions:

1. Who was considered as the first Master of Arnis in the Philippines?
 - A. Juan Luna
 - B. Lapu-Lapu
 - C. Jose P. Rizal
 - D. Andres Bonifacio

2. In this bow, you are standing straight with feet together, with hands holding the stick(s) in both ends doing a head bow forward and putting your stick in front of your chest holding and pointing upward.
 - A. Courtesy Bow
 - B. Fighting Stance
 - C. Forward Stance
 - D. Backward Stance

3. What is the other name given to Arnis?
 - A. Bagto
 - B. Baton
 - C. Eskrima
 - D. Hampasan

4. What law was signed by President Gloria Macapagal Arroyo declaring Arnis as the Philippine National Martial Art and Sport.
 - A. Republic Act 9851
 - B. Republic Act 9852
 - C. Republic Act 9850
 - D. Republic Act 9849

5. What is the preparatory position in Arnis?
 - A. Courtesy Bow
 - B. Fighting Stance
 - C. Forward Stance
 - D. Backward Stance



Answer Key

- What I Know**
- 1. A 6. B 11. A
 - 2. B 7. C 12. A
 - 3. C 8. B 13. B
 - 4. B 9. D 14. D
 - 5. C 10. D 15. D

Lesson 5

- What is in?**
- 1. Badminton
 - 2. Backhand grip
 - 3. Lob
 - 4. Table tennis
 - 5. Forehand Grip
 - 6. Serve
 - 7. Drive
 - 8. Smash
 - 9. Drop
 - 10. Shuttlecock

- What's New**
- Arnis
 - Sinawali
 - Stick
 - Kali
 - Strike
 - Duel

- What's More**
- Activity 1**
- 1. Padded Stick
 - 2. Head Gear
 - 3. Body Armor
 - 4. Groin Guard
 - 5. Shin Guard
 - 6. Arm Guard

- Activity 2**
- 1. Martial Arts
 - 2. Knives
 - 3. Bladed weapons
 - 4. Sticks
 - 5. Grappling
 - 6. Hand combat
 - 7. Self-defense
 - 8. Republic Act 9850
 - 9. Four
 - 10. Baton

Lesson 6

- What's new**
- 1. crown
 - 2. shoulder
 - 3. abdomen
 - 4. leg
 - 5. eye
 - 6. temple
 - 7. chest

Lesson 7

- What's In**
- 1. Courtesy bow
 - 2. Fighting Stance
 - 3. Stomach thrust strike
 - 4. Left chest strike
 - 5. Crown strike

- What I Have Learned**
- 1. Block no. 5
 - 2. Block no. 1
 - 3. Block no. 6
 - 4. Block no. 4
 - 5. Block no. 2

- Assessment B**
- 1. B
 - 2. A
 - 3. C
 - 4. C
 - 5. A

References

Department of Education. *Physical Education and Health 7 Learner's Material*. Pasig City: Department of Education, 2017.

Department of Education. "*Physical Education Grade 7 Learner's Material*." Last Modified June 17, 2020. www.depedbataan.com/resources/12/lm_in_pe_grade_7_-_q1_q2.pdf

For inquiries or feedback, please write or call:

Department of Education - Bureau of Learning Resources (DepEd-BLR)

Ground Floor, Bonifacio Bldg., DepEd Complex
Meralco Avenue, Pasig City, Philippines 1600

Telefax: (632) 8634-1072; 8634-1054; 8631-4985

Email Address: blr.lrqad@deped.gov.ph * blr.lrpd@deped.gov.ph