Script for a 3-4 Minute Vlog on Arnis

**[Opening Scene]**

Nasa bahay ako

**JB**:

“Good Morning, Good Afternoon, and Good Evening sainyo! We are group 4 and kung napapansin niyo di ko pa kasama mga kagroup ko no but I’ll get there in a minute.

So Today, we’re diving into something that is familiar for most Filipinos and that is —Arnis, the Philippines’ national martial art and sport.

Kapag nakasama ko na mga kagroup ko, we’ll explore its rich history, techniques, and why you should give it a try. So wala nang patumpik-tumpik pa, Let’s get started!” (cut to sa Sta. Ines)

Sta. Ines

**[Segment 1: Brief History & Cultural Significance]**

Show clips of Arnis sticks, practitioners, or historical photos.

**JB**:

Andito na tayo sa meeting place namin and eto nga pala si Vaughn, so Vaughn pwede mo bang discuss samin kung ano yung Arnis?

**VAUGHN**(voiceover or on-screen): **{**

“So yung Arnis, also known as Eskrima or Kali, ay isang traditional Filipino martial art that dates back centuries.

“Originally ginagamit ito for self-defense during colonial times, blend ito ng weapon-based and hand-to-hand combat techniques.”

“Noong 2009, Arnis was officially declared na national martial art and sport of the Philippines.”

Insert footage of a cultural festival or competition.

**VAUGHN:**

“Ang Arnis ay di lang basta para sa labanan—it’s a celebration of Filipino heritage, resilience, and adaptability.”

**}**

**[Segment 2: Demonstration & Techniques]**

Cut to a practitioner demonstrating moves.

**ALLEN**: **{**

“So para mabigyan kayo ng idea kung ano itsura ng Arnis in action, eto yung mga basic techniques.”

**ALLEN along with KERBY perform Six Striking Techniques.**

**ALLEN** (voiceover):

“Eto yung mga Six Strking Techniques.(perform six strking techniques) Pansinin niyo na tinatamaan ko yung mga temple, tuhod, ulo at yung tiyan niya para effective yung mga techniques kung sa totoong laban ito.”

**}**

**Kerby and Allen performs basic skills next. {**

**KERBY**:

“Next naman is yung mga basic skills tulad ng pagpugay na walang sandata, may isang sandata, at may dalawang sandata”

**Kerby ends demonstration.**

**KERBY**:

“Ilan lang yung sa mga techniques at skills na inoofer yung arnis no. So kung interesado kayo, pwede niyo praktisin”

**}**

**[Segment 3: Why You Should Try Arnis]**

Host speaking directly to the camera.

**MATTHEW**: **{**

“So bakit niyo kailangang subukan mag-Arnis? For starters, isang siyang full-body workout na iniimprove yung agility, coordination, at focus. Binuboost rin nito yung self-confidence and discipline while keeping you connected to Filipino culture.”

Cut to footage of beginners practicing together.

Host (voiceover):

**MATTHEW**:

“Arnis is for everyone—kids, adults, and seniors. All you need is a pair of sticks and some space to start.”

**}**

**[Closing Scene: Call-to-Action]**

Host in the original setting, smiling at the camera.

**JUSTIN**: **{**

“Kung interesado kayo matuto ng Arnis, check niyo yung mga local clubs or workshops na malapit sainyo. Magandang paraan ang Arnis para maging active lagi, makakilala ng ibang tao, and maembrace ang ating Filipino heritage.”

**JUSTIN**:

“Thanks for watching! Don’t forget to like this video, share niyo ito sa mga kaibigan niyo and Until next time

**}**

**EVERYONE**:

—paalam!”