

Las Positas College
 3000 Campus Hill Drive
 Livermore, CA 94551-7650
 (925) 424-1000
 (925) 443-0742 (Fax)

Course Outline for KIN TDE1

TENIO DECUERDAS ESKRIMA 1

Effective: Fall 2016

I. CATALOG DESCRIPTION:

KIN TDE1 — TENIO DECUERDAS ESKRIMA 1 — 1.00 - 2.00 units

An introductory course of the Filipino martial art system of Tenio DeCuerdas Eskrima. The course will focus on principles and history of the system, general aspects of Filipino martial arts, pure boxing, the 3 beat, heaven to heaven with and against the force single hand parrying, earth to earth defense 1 - 5, single baston using Serrada and largo mano against strikes 1 and 2, and how to receive techniques safely.

1.00 - 2.00 Units Lab

Grading Methods:

Letter or P/NP

Discipline:

	<u>MIN</u>	<u>MAX</u>
Lab Hours:	54.00	108.00
Total Hours:	54.00	108.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

Upon completion of this course, the student should be able to:

- A. Display proper martial arts etiquette
- B. Explain history and development of Tenio DeCuerdas Eskrima
- C. Demonstrate proper warm-ups and stretching
- D. Demonstrate basic receiving techniques
- E. Perform basic empty hand, daga versus daga, and single baston techniques and drills
- F. Compare different styles of Filipino martial arts

V. CONTENT:

- A. History
 1. Founder
 2. System
- B. Martial arts etiquette
- C. Warm-ups and stretching
- D. Receiving techniques
 1. Forward roll
 2. Backward roll
 3. Low/medium side fall
 4. Low front fall
 5. Low back fall
- E. Empty hand
 1. Pure boxing hand drills
 2. 3 beat
 3. Heaven to heaven
 - a. Single hand with the force
 - b. Single hand against the force
- F. Daga vs daga
 1. Earth to earth level 1 two person drills
 - a. Hook
 - b. Block-roll
 - c. Live hand
 - d. Under over
 - e. Weave under
- G. Single baston
 1. Striking angles
 2. Attitude 11
 - a. Numerado
 - b. Largo mano

3. Attitude 2
 - a. Basic Serrada against strikes 1-2
- H. Styles of Filipino martial arts
 1. Kali
 2. Arnis
 3. Eskrima

VI. METHODS OF INSTRUCTION:

- A. **Individualized Instruction** -
- B. **Demonstration** - techniques and drills
- C. Application of techniques, concepts, and drills
- D. **Lecture** - Explain history of the system, founder, and techniques. Explain martial concepts, principles, and tactics.
- E. Partner and individual practice

VII. TYPICAL ASSIGNMENTS:

- A. Participate in warm-ups
- B. Perform basic level receiving techniques
- C. Demonstrate a specific drill and/or technique
- D. Apply different techniques to strike angles 1 and 2
- E. Explain and demonstrate basics of attitudes 1 and 2

VIII. EVALUATION:

A. **Methods**

1. Exams/Tests
2. Papers
3. Class Participation
4. Class Performance

B. **Frequency**

1. Exams/Tests
 - a. 1-2 per semester
2. Paper
 - a. 1-2 per semester
3. Class Participation
 - a. Daily
4. Class Performance
 - a. 2-4 per semester

IX. TYPICAL TEXTS:

1. Inosanto, Dan, Gilbert Johnson, and George Foon. *The Filipino Martial Arts as taught by Dan Inosanto*. 1st ed., Know Now Publishing Company, 1980.
2. Wiley, Mark. *Mastering Eskrima Disarms*. 1st ed., Tambuli Media, 2013.
3. Presas, Remy. *Modern Arnis: The Filipino Art of Stick Fighting*. Digital ed., Kindle, 2014.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Rattan eskrima stick and a wooden or metal training knife.