

Las Positas College
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Course Outline for KIN TDE1

TENIO DECUERDAS ESKRIMA 1

Effective: Spring 2017

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: a complete system combining 18 styles of eskrima, kali, and arnis. The course will focus on history of the system, basic movement and striking, increasing hand speed, defenses against daga, daga versus daga, and how to receive techniques safely.

1.00 - 2.00 Units Lab

Grading Methods:

Letter or P/NP

Discipline:

Family: Kinesiology Tenio DeCuerdas Eskrima

	<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. Explain the history and the development of system.
- B. Display proper martial arts etiquette
- C. Perform low level receiving techniques
- D. Demonstrate proper warm-ups and stretching
- E. Perform open hand techniques and drills employing parrying and sweeping.
- F. Perform proper leg movements involving pivoting.
- G. Perform proper feeding drills, and introductory level earth to earth concepts.
- H. 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
- E. Hands
 1. Pure boxing
 - a. Hands
 2. Defense against daga
 - a. Parry with the force
 - b. Sweep against the force
 3. Rhythms and beats
 - a. Four beat
 4. Sumbrada
 - a. Lock flow one
- F. Legs
 1. Pivot
- G. Daga
 1. Angles of attack
 2. Earth to earth
 - a. Hook
 - b. Block-roll

- c. Live hand
- d. Under over
- e. Weave under
- H. Styles of Filipino martial arts
 - 1. Kali
 - 2. Arnis
 - 3. Eskrima

VI. METHODS OF INSTRUCTION:

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

VII. TYPICAL ASSIGNMENTS:

- A. Participate in warm-ups
- B. Perform low level receiving techniques
- C. Participate in drills and techniques
- D. Demonstrate a defense against a punch

VIII. EVALUATION:

- A. **Methods**
 - 1. Class Participation
 - 2. Class Performance
- B. **Frequency**
 - 1. Class Participation
 - a. Daily
 - 2. Class Performance
 - a. 2-4 per semester

IX. TYPICAL TEXTS:

- 1. *Modern Arnis: The Filipino Art of Stick Fighting*. Digital ed., Kindle, 2014.
- 2. *The Filipino Martial Arts as taught by Dan Inosanto*. 1st ed., Know Now Publishing Company, 1980.
- 3. *Mastering Eskrima Disarms*. 1st ed., Tambuli Media, 2013.
- 4. Ellgen, Pamela. *Psoas Strength and Flexibility: Core Workouts to Increase Mobility, Reduce Injuries & End Back Pain*. 1st ed., Ulysses Press, 2015.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Wooden or metal training knife.