

Las Positas College
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Course Outline for KIN ETD2
ESKRIMA - TENIO DECUERDAS 2
Effective: Fall 2018

I. CATALOG DESCRIPTION:

KIN ETD2 — ESKRIMA - TENIO DECUERDAS 2 — 1.00 - 2.00 units

A second semester course of the Filipino martial art system of Tenio DeCuerdas Eskrima. The course will focus on history of the head of the system, concepts of rhythms and beats, proper footwork, defenses against daga, daga versus daga, and how to receive techniques safely.

1.00 - 2.00 Units Lab

Strongly Recommended

KIN ETD1 - Eskrima - Tenio DeCuerdas 1
 with a minimum grade of C

Grading Methods:

Letter or P/NP

Discipline:

- Martial Arts/Self-Defense

Family: Kinesiology Tenio DeCuerdas Eskrima

	MIN	MAX
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:

Before entering this course, it is strongly recommended that the student should be able to:

A. KINETD1

1. Display proper martial arts etiquette
2. Perform low level receiving techniques
3. Demonstrate proper warm-ups and stretching
4. Perform open hand techniques and drills employing parrying and sweeping.
5. Perform proper leg movements involving pivoting.
6. Perform proper feeding drills, and introductory level earth to earth concepts.

IV. MEASURABLE OBJECTIVES:

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

- A. Explain the history of the current head, and masters, of the systems.
- B. Demonstrate medium level receiving techniques
- C. Perform open hand techniques and drills employing striking combinations
- D. Perform proper leg movement using the master's circle.
- E. Perform introductory level heaven to heaven, and second level earth to earth concepts.
- F. Discuss the use of rhythms and beats in self defense.

V. CONTENT:

- A. History
 1. Headmaster
 2. Master instructors
- B. Receiving techniques
 1. Standing side fall
 2. Standing front fall
- C. Hands
 1. Pure boxing
 - a. Combinations
 2. Defense against daga
 - a. Strike with the force
 - b. Strike against the force

- 3. Rhythms and beats
 - a. Two beat
- D. Legs
 - 1. Master's circle
- E. Daga
 - 1. Heaven to heaven
 - a. Numerado
 - 2. Earth to earth
 - a. Largo outside
 - b. Outside parry
 - c. Outside hook
 - d. Outside hook to inside
 - e. Roof block and double poke
- F. Martial concepts
 - 1. Rhythms and beats

VI. METHODS OF INSTRUCTION:

- A. **Lecture** - Explain concepts, principles, tactics, and history of techniques and the system
- 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 medium level receiving techniques
- C. Participate in drills and technique
- D. Demonstrate a defense against a double 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. Lewis, Peter. *Filipino Martial Arts: Exploring the Depths*. 1st ed., Crowood Press, 2016.
- 2. *The Filipino Martial Arts as taught by Dan Inosanto*. 1st ed., Know Now Publishing Company, 1980.
- 3. Latosa, Rene, and Bill Newman. *Escrima: The Art of Filipino Stick Fighting: An Essential Guide to FIGHTING with WEAPONS*. 1st ed., Rising Sun Books, 2017.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Wooden or metal training knife.