

Las Positas College  
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**Course Outline for KIN ETD3  
ESKRIMA - TENIO DECUERDAS 3  
Effective: Fall 2018**

**I. CATALOG DESCRIPTION:**

KIN ETD3 — ESKRIMA - TENIO DECUERDAS 3 — 1.00 - 2.00 units

A third semester course of the Filipino martial art system of Tenio DeCuerdas Eskrima. The course will focus on concepts of sectoring, advanced footwork, trapping and locking, intermediate daga versus daga concepts, and how to safely receive advanced techniques.

1.00 - 2.00 Units Lab

**Strongly Recommended**

KIN ETD2 - Eskrima - Tenio DeCuerdas 2  
with a minimum grade of C

**Grading Methods:**

Letter or P/NP

**Discipline:**

- Martial Arts/Self-Defense

**Family:** Kinesiology Tenio DeCuerdas Eskrima

	<b>MIN</b>	<b>MAX</b>
<b>Lab Hours:</b>	54.00	108.00
<b>Total Hours:</b>	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. KINETD2**

1. Demonstrate medium level receiving techniques
2. Perform open hand techniques and drills employing striking combinations
3. Perform proper leg movement using the master's circle.
4. Perform introductory level heaven to heaven, and second level earth to earth concepts.
5. Discuss the use of rhythms and beats in self defense.

**IV. MEASURABLE OBJECTIVES:**

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

- A. Demonstrate advanced level receiving techniques
- B. Perform open hand techniques and drills employing trapping and locking.
- C. Perform proper leg movement using the rooster steps.
- D. Perform heaven to heaven with daga and earth to earth techniques involving daga versus daga concepts.
- E. Discuss the use of sectoring in self defense.

**V. CONTENT:**

- A. Receiving techniques
  1. Standing sutemi
- B. Hands
  1. Defense against daga
    - a. Trapping
    - b. Locking
  2. Rhythms and beats
    - a. Two beat
- C. Legs
  1. Rooster steps
- D. Daga
  1. Heaven to heaven
    - a. Daga with the force
    - b. Daga against the force

- 2. Earth to earth
  - a. Hook - hook
  - b. Hook - cut up
  - c. Hook - poke down
  - d. Hook - block-cut
  - e. Hook - block and roll
- E. Martial concepts
  - 1. Sectoring

#### 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. Lead warm-ups
- B. Demonstrate beginning level receiving techniques to the rest of the class
- C. Participate in drills and technique
- D. Perform a defense against various striking combinations

#### 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.