

Las Positas College  
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**Course Outline for KIN TDE3  
TENIO DECUERDAS ESKRIMA 3  
Effective: Fall 2017**

**I. CATALOG DESCRIPTION:**

KIN TDE3 — TENIO DECUERDAS ESKRIMA 3 — 1.00 - 2.00 units

A third semester 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 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 ETD1 - Eskrima - Tenio DeCuerdas 1

KIN ETD2 - Eskrima - Tenio DeCuerdas 2

**Grading Methods:**

Letter or P/NP

**Discipline:**

**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. KINETD1
- B. KINETD2

**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
  - 3. Sumbrada
    - a. Lock flow three
- 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 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. *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. *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.