

Las Positas College
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Course Outline for KIN TDE2

TENIO DECUERDAS ESKRIMA 2

Effective: Spring 2017

I. CATALOG DESCRIPTION:

KIN TDE2 — TENIO DECUERDAS ESKRIMA 2 — 1.00 - 2.00 units

A second 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 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

Grading Methods:

Letter or P/NP

Discipline:

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

IV. MEASURABLE OBJECTIVES:

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

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

V. CONTENT:

- History
 - Headmaster
 - Master instructors
- Receiving techniques
 - Standing side fall
 - Rolling sutemi
- Hands
 - Pure boxing
 - Elbows
 - Defense against daga
 - Strike with the force
 - Strike against the force
 - Rhythms and beats
 - Two beat
 - Sumbrada
 - Lock flow two
- Legs
 - Master's circle
- Daga
 - 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. Application of techniques, concepts, and drills
- B. **Individualized Instruction** -
- C. **Lecture** - Explain concepts, principles tactics, and history of techniques and system.
- D. Partner and individual practice
- E. **Demonstration** - techniques and drills

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. *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.