

Las Positas College
3000 Campus Hill Drive
Livermore, CA 94551-7650
(925) 424-1000
(925) 443-0742 (Fax)

Course Outline for KIN ETD4
ESKRIMA - TENIO DECUERDAS 4
Effective: Fall 2018

I. CATALOG DESCRIPTION:

KIN ETD4 — ESKRIMA - TENIO DECUERDAS 4 — 1.00 - 2.00 units

A fourth semester course of the Filipino martial art system of Tenio DeCuerdas Eskrima. The course will focus on concepts of the third arm, proper leg evasions, and advanced open hand and daga versus daga techniques.

1.00 - 2.00 Units Lab

Strongly Recommended

KIN ETD3 - Eskrima - Tenio DeCuerdas 3
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. KINETD3

1. Demonstrate advanced level receiving techniques
2. Perform open hand techniques and drills employing trapping and locking.
3. Perform proper leg movement using the rooster steps.
4. Perform heaven to heaven with daga and earth to earth techniques involving daga versus daga concepts.
5. Discuss the use of sectoring in self defense.

IV. MEASURABLE OBJECTIVES:

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

- A. Perform open hand applications of earth to earth techniques and chaining lock flows.
- B. Perform proper leg evasions.
- C. Perform advanced level heaven to heaven and earth to earth techniques involving multiple attack evasion and sumbrada concepts.
- D. Discuss the concept of the third arm in self defense.

V. CONTENT:

A. Hands

1. Defense against daga
 - a. Earth to earth open hand applications
 - b. Numerado striking
2. Rhythms and beats
 - a. Three beat
3. Sumbrada
 - a. Lock flow four
 - b. Chaining lock flows
4. Mugging scenarios

B. Legs

1. Leg evasions

C. Daga

1. Heaven to heaven
 - a. Multiple attack evasion
 - b. Sumbrada with the force

- 2. Earth to earth
 - a. Hook - upward block-cut
 - b. Hook - live hand
 - c. Hook - outside parry
 - d. Hook - grab-poke
 - e. Hook - inside double reverse
 - f. Hook - evasion
- D. Martial concepts
 - 1. The third arm

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 intermediate level receiving techniques to the class
- C. Demonstrate drills and technique to the class
- D. Perform a defense against a mugger with a weapon

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. *The Filipino Martial Arts as taught by Dan Inosanto*. 1st ed., Know Now Publishing Company, 1980.
- 2. Lewis, Peter. *Filipino Martial Arts: Exploring the Depths*. 1st ed., Crowood Press, 2016.
- 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.