

Las Positas College
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Course Outline for KIN TDE4

TENIO DECUERDAS ESKRIMA 4

Effective: Fall 2017

I. CATALOG DESCRIPTION:

KIN TDE4 — TENIO DECUERDAS ESKRIMA 4 — 1.00 - 2.00 units

A fourth 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 the third arm, proper leg evasions, and advanced open hand and daga versus daga techniques.

1.00 - 2.00 Units Lab

Strongly Recommended

KIN ETD1 - Eskrima - Tenio DeCuerdas 1

KIN ETD2 - Eskrima - Tenio DeCuerdas 2

KIN ETD3 - Eskrima - Tenio DeCuerdas 3

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
- B. KINETD2
- C. KINETD3

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 scenerios
- 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 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. *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.