

ARNIS

The Way of the Sticks

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Arnis Fighting Stance

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The Way of the Stick: Arnis Training

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An Arnis fight clipart

{ Introduction

The guidelines written in this module are written as a supplementary aid for the training workshop on Arnis to have a 360 degrees learning experience. This module will NOT be a replacement for the trainer who will be talking in front but instead, it will give you the overview of the contents of the training and be used for a self-study tool. This module is distributed on print and online so those who are interested can have a copy .

This module is made for those who are beginner to the discipline of Arnis both in techniques and its rules as sports. Skills discussed in this module are fundamental skills for those trainees who want to continue to learn the discipline even after the training.

**“Any expert in
any field was
once a beginner
“.**

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OBJECTIVES and OUTLINE

Objectives:

Psychomotor

To demonstrate 3 out 5 Arnis techniques at least satisfying 75% of the accuracy implementation criteria set by the trainer in areas of quality of strike, speed, and stiffness.

To block attacks from a partner and the trainer with at least 75% accuracy of the criteria set in the areas of speed, timing, stiffness of stance and footwork.

Cognitive


To assess legalities and consequences of a move by providing at least 1 explanation of the legalities with precision and high sensitivity as per DepEd ground rules for Arnis in Palarong Pambansa.

To correctly officiate an arnis match as indicated by at least 80% of the trainer's set criteria covering the criteria of correct scoring, giving correct rulings and calls during the match and decide the winner.

Affective

To integrate Arnis techniques into self defense routine that passes at least 80% of the trainer's set criteria of speed, quality of stroke which comprises the grip, stiffness, control and power, correct application of techniques' hit points and correct blocking stances.

Outline:

- I. History
 - II. Warm-up
 - III. Stances and Equipments
 - IV. Techniques
 - V. Rules
- 

HISTORY

Arnis/Kali/Escrima was originally developed by the people native to the islands using simple impact and edged weapons such as kampilan, rattan, swords, daggers, spears and other assorted weaponry for combat and self defense. These weapons were also sometimes used as farm implements.

Timeline:

- Dates back even from pre-colonial area
- April 27, 1521, Lapu-lapu and his men defeated Magellan (first recorded use of Kali)
- 1564, Miguel Lopez de Legazpi first witnessed demos of Kali
- 1764, Spanish banned the practice and use of the native martial arts. Even after banned, natives still continue to practice in secret.
- Renamed as “Escrima” due to Spanish influence
- Development of the use of stick rather than knives.
- Continue practice in secret
- 1873, Renamed as Arnis from the word “Arnes”, a colorful trappings of defensive armors of Moros.
- Used by Guerillas in WWII
- 1975, NARAPHIL (National Arnis Association of the Philippines) was established to unite all Arnis groups in the country but failed.
- 1986, ARPHI (Arnis Philippines) was established with same vision as NARAPHIL
- Known as Martial Arts of the Philippines
- Practiced by AFP and recognized as a Cultural Heritage
- 2009, Declared as National Martial Art and Sport under R.A 9850 and making it a required subject in students for their physical education.



Arnis Postal Stamp as National Sport



WARM UP AND COOL DOWN

1. Inhale and exhale for 16 counts.
2. Turn head up and down then left and right
3. Move your shoulders forward and backward in a circular motion.
4. Stretch arms in both left and right and rotate in circular motion slowly.
5. Hold your arm and start rotating your wrists.
6. Hold your fingers and stretch in and out your palms.
7. Twist your wrist gently.
8. Now put your hands on your waist and push your hips forward and pull backward.
9. Bend and try to reach your toes.
10. Hold and lift one leg in air then twist inward and outward.
11. Rotate ankles while lifting it.
12. Hold the sticks and raise your arm while holding it in the middle and do the figure of eight with it in both arms.
13. Shake your arms, legs and body to loosen up.
14. Inhale and exhale for 16 counts.





STANCES

Stances are the different body positions to maintain balance and proper manner of distributing the body's weight to your legs.

Bowing/Ready Stance (Handa).

- A. stand straight with feet at 45 degrees
- B. Hold sticks with both hands
- C. Bow your head forward.
- D. Place right arm on chest with the stick pointing upward
- E. Back to stance.



GRIP

- 1. Hold the stick about 3 inches from its end.
- 2. Press your thumb over your forefinger .





STANCES

Fighting Stances

These fighting stances are used to prepare striking the opponents and as well as blocking their attacks.

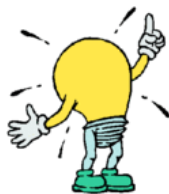
Forward stance

- A. hold stick firmly with the correct grip
- B. Step dominant foot forward
- C. Hold free hand firmly




Backward stance

- A. Hold stick firmly with the correct grip
- B. Step non-dominant foot backward
- C. Hold free hand firmly to improve blocking



Exercise!

1. Practice the proper grip of Arnis.
 2. Practice the stances discussed.
 3. The Trainer will ask you to perform each stance.
- 

EQUIPMENTS

Wooden Sticks



Padded Sticks



Sticks used in Arnis are either wooden sticks or padded sticks.

In school setting and local tournaments, Arnis matches and sparring requires a full-body armor just like in the photo in right.

Full-body Armor

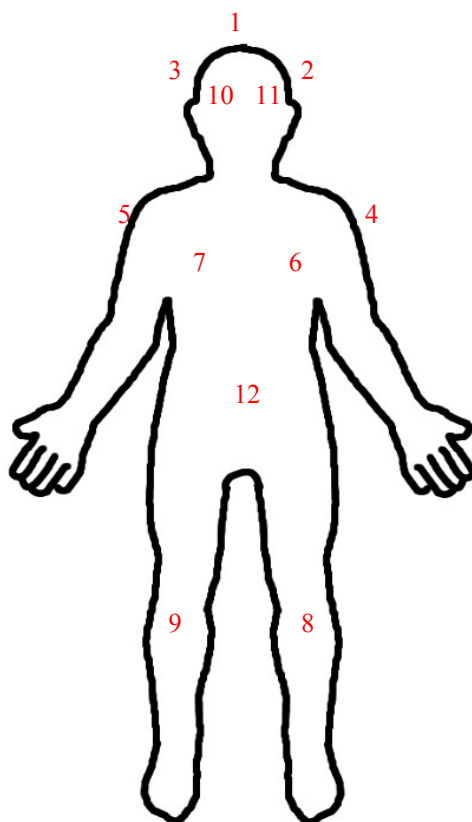


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12-STRIKING SPOTS

In Arnis there are spots that are vital spots where you can hit your opponent to get a high score in competition. This target points are also helpful when some people want to inflict harm to anyone. These spots will slow them down and even stop from doing harm.



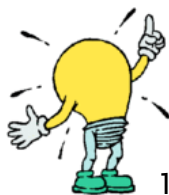
These vitals spots as aforementioned are the parts in the human body that if hit with enough power, it will immobilize the person which basically why it is given more credit during competitions. These parts are specifically the head, temple, shoulders/neck, chest, knees and stomach/crotch.

BLOCKING

Just like striking and attacking, blocking plays a big role in Arnis. Defending one's self is also the primary goal of Arnis. Counter-attacks are also made from this stand point in many matches.

Six Fundamental Blocks

1. **Outside Blocking**– bringing the cane forward supported by the other hand on the other side of the stick to make a firm hold.
2. **Inside Block**– a block down by swinging the hand that holds the stick and confronting the enemy attack that come from the same side.
3. **Downward-inside Block**- swinging the stick from above the shoulder and intercepting the opponent attack by swinging the stick downward.
4. **Downward-outside Block**– swinging the stick from the side that is opposite to the side that holds the stick then swinging it downward to intercept opponent attacks.
5. **Rising Block**– raising the stick above the head while the other end is supported by the other hand and flexing a knee to support.
6. **Vertical block**—performed by raising or putting the elbows down to position the stick vertically putting the free hand as support.



Exercise!

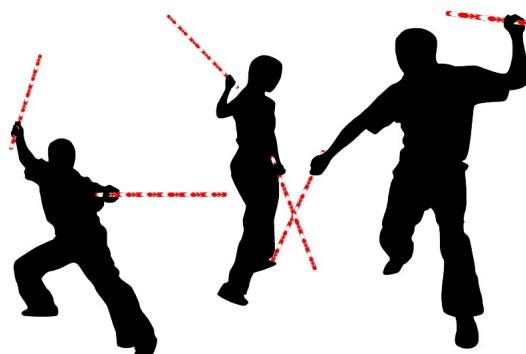
1. Find a partner.
2. Identify the 12 strike points by attacking your partner.
3. Perform the six fundamental blocks while your partner/trainer strikes.



TECHNIQUES

Fundamentals Principles

- Speed
- Snappy swinging and striking
- Calmness and Concentration
- Fast and Efficient Decision Making
- Anticipation



Note!

Many hits and blocks are executed and to be simultaneously done before and during the disarming sequence to be more effective.

Disarming

Snake Disarm- gets its name from the movement of your left arm to hold the attacking arm and then attacking with a blow enough to knock the weapon away.

Vine Disarm- inserting the stick between the opponents stick and his wrist forming an "A" then levering out the stick out of his hand.

Eject - using the edge of the stick that is near to your hand, cut across the opponents stick and his palm/wrist and twisting it to lose his grip.



TECHNIQUE

Stick Twirling— done by twirling the sticks before and after you strike an attack. This technique not only improves the mobility of your strikes but also confuses your enemy as well.

Figure of Eight— a technique used for both defensive and attacking purpose. As its name says, this method requires the combination of two diagonal slash attacks in his hands while forming the figure of “8”.

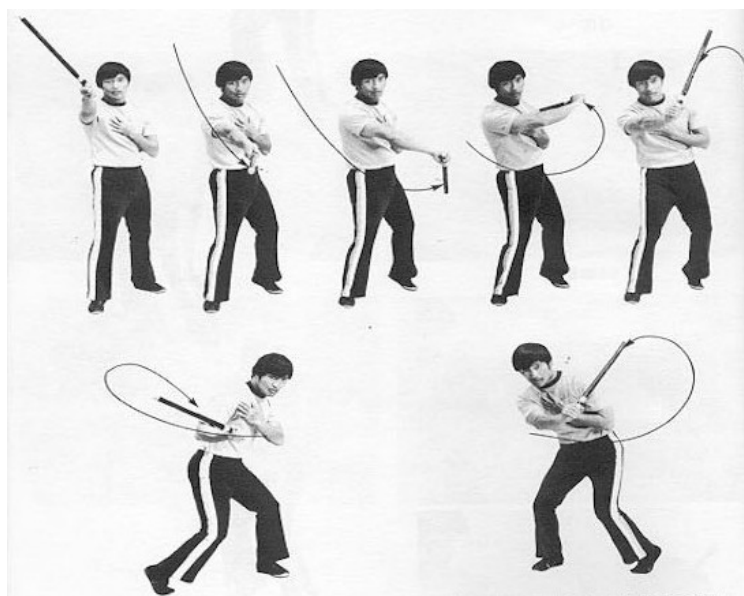


Figure of 8 demonstration



TECHNIQUES

SINAWALI

A double-stick technique in Arnis that uses a pattern of crisscrossing movements or attacks. Practicing this method as an exercise/drill will help the individual in developing a fast reaction time, good hand coordination and arm strength. The most basic types of sinawali is the single sinawali and double sinawali.

Single Sinawali— starts with both stick on the shoulders. Characterized by a right forehand hit to the temple and then a low right backhand hit to the knee. This pattern is then repeated on the left side. This drill needs a partner to practice.

Double Sinawali— starts with a right stick on right shoulder and left stick tucked on right waist. This sinawali style requires faster reaction to be more effective. Characterized by a hit and retract pattern of the two sticks hitting the head and lower parts of the body of the opponents.



Exercise!

Perform the at least 3 techniques mentioned with a partner.

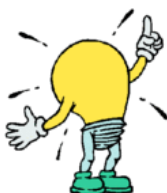


RULES AS SPORT



Don'ts

- Strike to the groin/ crotch.
- Blocking with the use of arm
- Pushing of any act using head, hand, stick, legs, arms and body or any similar movements
- Holding the opponent's stick. However to hold stick in split second to attempt a disarm is allowed.
- Intentional hitting the back part of the player, unless the opponent intentionally turns back.
- Multiple strikes or thrust to one body part/point.
- Striking using both hands.
- Kicking, kneeing, elbowing, boxing and other actions that may lead to injury.
- Disruptive acts or behaviors of the player which breaks the spirit of sportsmanship.
- Non-combativeness for 10 seconds.



Exercise!

The trainer will demonstrate some strikes and blocks. On the sheet provided, determine if the following is foul/illegal or legal as far as arnis as a sport is concerned without looking at this module.

RULES AS SPORT

Scoring

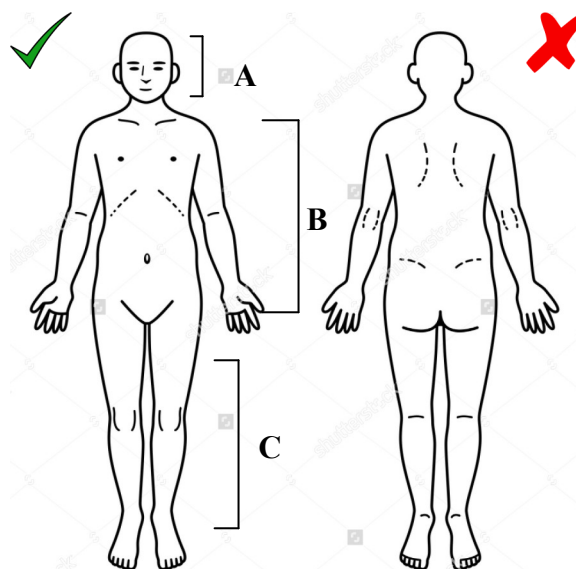
Not all parts of the body that is hit is given a point, strike it the head area, torso, arms and legs are allowed. A strike to be score should be clean, with power, with speed, right timing, intent and distance. All strikes should be targeted in front or on the side of the body, no point is given to the strikes on the back part of the body.

Body Strike Points

A. Head and neck

B. Shoulder, arms, chest, waist and hands.

C. Full length of legs including feet.



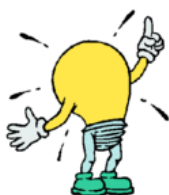
Deduction and Sanctions

- Stepping out of the playing arena will give a deduction of two(2) points.
- A disarm of weapon will give a deduction of five(5) points every.
- Failure to do the bow(pugay) before or after the match is a deduction of five(5) points.
- The player who gets 3 fouls automatically declared loser.
- The player who gets disarm twice automatically declared a loser.
- The player who successfully disarms his opponents gets awarded by a point.

RULES AS SPORT

How to win the game?

- Having more points than the opponent.
- Disarming the opponent twice.
- Inducing three(3) fouls to the opponent
- In case of tie, a player can win through the following conditions:
 - I. One who has less **FOULS** wins
 - II. One who has less **DISARM PENALTY** wins
 - III. If both status is identical, then declaration of winner shall be based on superiority in the ring, techniques used and artistic delivery of blows.



Exercise!

1. The trainer will demonstrate movements that requires sanctions or calls. Indicate the right ruling or call for each actions in the sheet of paper given.
2. Watch the video the trainer will present about an arnis match, decide who will be the winner and explain why should they win.

— Fin —



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Thank you for Participating this Arnis Training.

