**1. Introduction**

Scene: Group members energetically introduce themselves.

Dialogue: (**Kristan and Jade**)  
*"Hello everyone! Welcome to our vlog, where we will show you something cultural from the Philippines—Arnis! Hindi lang ito basta isang martial art, ito ay ATING martial art!*

*"We’re here to motivate YOU to pick up a pair of sticks and learn this cultural art form of ours. Whether you’re looking to stay fit, connect with your roots, or gusto mo lang makapagsimula ng bagong Gawain.*

*Baka Arnis na ang iyong ninanais.*

*"And maniwala ka man o sa hindi, hindi ito mahirap.*

*Stay tuned dahil pagkatapos ng video na ito, you’ll be ready to start your Arnis journey!"*

**2. History and Cultural Significance**

Scene: Narrator speaks while showing historical clips, animations, or team members demonstrating slow-motion moves. (**Rendel**)

Dialogue:  
*"Arnis isn’t just a martial art—it’s part of our Filipino identity. Dating back to pre-colonial times, our ancestors used Arnis to protect their communities. Hindi lamang ito patungkol sa pakikipag-laban; para ito sa kaligtasan at pagtutulungan.*

*"Over time, Arnis evolved into a formal discipline, combining beauty and power. It was even banned during the Spanish colonization because it was so effective in combat. But guess what? Our ancestors secretly kept practicing, ensuring Arnis would never die!" Hindi tumigil ang ating mga ninuno sa pagsasanay at pag eensayo ng Arnis kahit ito’y patago!*

*"In 2009, nadelara ang Arnis bilang National Martial Art and Sport of the Philippines. Ngayon, it’s practiced worldwide, recognized for its efficiency and elegance. Hollywood action stars even train in Arnis for movies—so every time you pick up those sticks, you’re stepping into a world of heritage and global recognition."*

**3. Demonstration**

Scene: Group members take turns explaining and showing moves.

Basic Strikes: **(JK)**  
*"Let’s start with the foundation of Arnis. From basic salutes and stances following the 6 basic strikes of Arnis. Wag kayo magalala, Madali lang to. Just Watch and Learn.*

*(Lead and all members; Lead ung nagsasalita then ung mga members ung nagpeperform)*

*(Lead – JK)*

* **(Jade)** Here are some of the basic stances of Arnis. We have Formal stance, Open Leg Stance and Straddle Stance.

(**Athena**) We also have Fighting stance. Under fighting stances we have right and left forward stance right and left backward stance, oblique right and left forward stance, and oblique right and left backward stance.

(**Rendel**) Meron din tayong mga stance kung saan tayo’y naglalakad paalis ng pwesto. Ito ay ang Guererro at Retirada

* **(ILIPAT ANG PHONE KAY KRISTAN as Lead)**
* Now we’ll proceed on how do we show courtesy with and without the canes.

(Pugay No Cane; Pugay with 1 Cane; Pugay with 2 Canes by **JK**)

* Now, **Jared** will demonstrate the Six Striking Techniques:

Remember: *Keep your movements controlled but powerful!"*

* Strike 1 – Left Temple; Strike 2 – Right Temple; Strike 3 – Left Knee; Strike 4 – Right Knee;

Strike 5 – Crown; Strike 6 – Abdomen (**Jared**)

Partner Drills:

**(ILIPAT KAY JADE ANG PHONE)**  
***(Jade)****"Arnis is even more fun with a partner. This drill helps improve timing and coordination as we can see from our members displaying their skills.*

* Show members doing a simple back-and-forth drill.

**4. Benefits of Arnis**

Scene: Group members casually talk to the camera while doing simple Arnis moves in the background.

Dialogue:  
*"Why should you learn Arnis? Let us tell you!"* ***(Jade)***

* Member 1: *"First, it keeps you active. Whether you’re practicing strikes or drills, Arnis is an amazing workout for your whole body."* ***(Rendel)***
* Member 2: *"Second, it builds confidence. You’re learning how to defend yourself and move with purpose."* ***(Athena)***
* Member 3: *" Next is Arnis teaches discipline and focus. Every move requires precision and practice. Magagamit mo to sa maraming aspeto ng ating buhay."* ***(JK)***
* Member 4: *"And the best part? Arnis connects us to our Filipino roots. When you practice Arnis, you’re not just learning a sport—hindi natin kinakalimutan ang ating kultura."* ***(Jared)***

**5. Call to Action**

Dialogue: **(Athena and Jared)**  
*"So what’s stopping you? Find yourself some friends, also a pair of sticks and start learning Arnis today!"*

*"There are tons of resources online, or you can check out local Arnis classes in your* **area***. You don’t need to be a pro to start—praktis lang at wag kalimutang magsaya!"*

*"And if you’re already practicing Arnis, share your journey with us! Post your videos and tag us along with it.*

**6. Outro**

Dialogue:  
*"Thank you for joining us today! We hope this video inspired you to try Arnis and discover its beauty and strength for yourself."* ***(Kristan)***

*"Don’t forget to like this video and share it with your friends, See you next time, and remember..."* ***(Jade)***

*Group shout*: *"Mabuhay ang Arnis!"*