



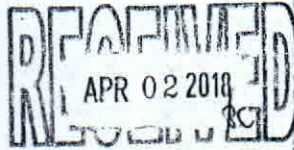
DEPARTMENT OF EDUCATION ARNIS ASSOCIATION OF THE PHILIPPINES
CORDILLERA ADMINISTRATIVE REGION (DEAAP-CAR), INC.
Company Reg. No. CN201631138



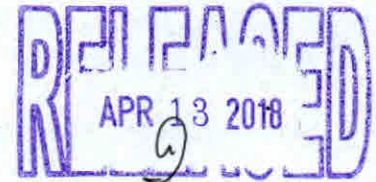
In Partnership with the
DEPARTMENT OF EDUCATION
CORDILLERA ADMINISTRATIVE REGION

April 2, 2018

MAY B. ECLAR, Ph. D., CESO V
Officer-in-Charge
Office of the Regional Director
Department of Education CAR
Wangal, La Trinidad, Benguet



DEPED-CAR Time: _____



DEPED-CAR Time: _____

Dear Madame,

Greetings of peace and success thru sports!

The Department of Education Arnis Association of the Philippines-Cordillera Administrative Region (DEAAP-CAR) Chapter in partnership with the Department of Education Cordillera Administrative Region will conduct a Ten (10) Day **Regional Arnis Training and Ranking** for Teachers, Coaches and Officiating Officials in the region on April 30 to May 9, 2018 from 8:00 AM to 5:00 PM in Lucban Elementary School, Magsaysay Avenue, Baguio City. Other venues will be announced later in case the original venue is not available in the other days. This is to request Arnis Coaches and Officiating Officials from the different Divisions in our Region to upgrade their arnis skills and need to be ranked as part of qualification in the Department of Education Sports Program and other Arnis competitions. This training will consider as Regional Accreditation for coaches and officiating officials in the region.

This program aims to:

1. Enhance, train, and develop the teachers, coaches and officiating officials in the field of arnis in preparation for the sports program in the Department of Education from lower meets to Palarong Pambansa and other sports arnis competitions.
2. Promote the participants in accordance with rank or belt as one requirement to coach and officiate in any Arnis competitions like Department of Education sports program, invitational and national games..
3. Update the coaches and officiating officials regarding the new rules of the game, new drills for full contact using padded stick and live stick, traditional and non-traditional anyo.
4. Guide MAPEH teachers on how to teach arnis skills as part of the Physical Education curriculum.
5. Update the participants' association (DEAAP-CAR) membership.

A registration/training fee of Two Thousand Pesos (Php 2,000.00) shall be collected from each participant to defray for the accommodation and honorarium of trainers, rank promotion fee, ID, t-shirt, arnis sticks, hand-outs, certificates, rental of the venue and other expenses relevant to the



Republic of the Philippines
Department of Education
Cordillera Administrative Region
Wangal, La Trinidad, Benguet



ADVISORY

April 10, 2018

TO: **SCHOOLS DIVISION SUPERINTENDENTS
ALL DIVISIONS
ALL CONCERNED**

For information and dissemination. In compliance with **DepEd Order No. 9, s. 2005** entitled "*Instituting measures to increase engaged time-on-task and ensuring compliance therewith*".

MAY B. ECLAR, Ph.D., CESO V
Office of the Regional Director

//ORD/lyn

TRAINING MATRIX

DAY	MORNING ACTIVITIES (8:00 AM-12:00 Nn)	AFTERNOON ACTIVITIES (1:00 -5:00 PM)
DAY 1-	Registration Opening Program Plenary Session: Qualities of a Successful Coach Qualities of a Successful Officiating Official	Arnis Basic Skills 6 Strikes & 6 Blocks 12 Strikes & 12 Blocks Striking 1-12 Cycle of Strikes
DAY 2	Review of the Day 1 Activities Patterns & Steps to Create Anyo Traditional Anyo	Traditional Anyo Full Contact Padded Stick Drill
DAY 3	Lecture on the Full Contact Padded Stick Rules Lecture on the Full Contact Live Stick Rule	Traditional Anyo Drills for None traditional Anyo Single Weapon Full Contact Padded Stick Drill
DAY 4	Lecture on Anyo Event Rules Training Program	None Traditional Single Weapon Anyo Full Contact Padded Stick Drill
DAY 5	Non Traditional Single Weapon Anyo Sports Arnis Conditioning Exercises	Anyo Double Weapon Drills Non Traditional Double Weapon Anyo Rolling Kicking
DAY 6	Full Contact Drills (Padded Stick and Live Stick) Traditional Anyo	Non Traditional Anyo Double Weapon
DAY 7	Drills on Live Stick Rule Sword and Dagger Drills	Drills on Live Stick Rule Non Traditional Sword & Dagger Anyo
DAY 8	Non Traditional Sword & Dagger Anyo Hand Signals and Gestures	Review all the finished activities from Day 1 to Day 7 Evaluation Open Forum
DAY 9	Written Examination Practicum for officiating	Advance Drills for Padded Stick Rule Advance Drills for Live Stick Rule Disarming Technique Self-Defense: Stick vs. Stick Stick vs. Knife and Sword Empty hand vs. Stick Empty hand vs. Dagger Empty hand vs. Sword
DAY 10	Practical Test for Promotion	Belting, Awarding and Closing Program

NOTE: The training schedule is flexible.