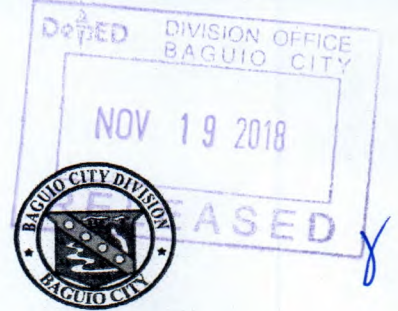




Department of Education
Cordillera Administrative Region
DIVISION OF BAGUIO CITY
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OFFICE OF THE SCHOOLS DIVISION SUPERINTENDENT
DIVISION MEMORANDUM No. 570 s. 2018

DIVISION SEMINAR-WORKSHOP ON COACHING AND OFFICIATING PENCAK SILAT

To : Public School Supervisors
Public/Private Secondary School Heads
Public Elementary School Heads
District Sports Coordinator
Coaches

1. This is to inform the field that the schedule of Division Seminar-Workshop on Coaching and Officiating Pencak Silat will be on ~~November~~ 23-24 2018 at Mil-an National High School, Loakan Proper, Baguio City.
2. School Heads are requested to excuse their Teachers/Coaches to the Seminar-Workshop on Coaching and Officiating Pencak Silat.
3. Attached are the list of participants. However, for interested teachers/coaches/ whose names are not in the list of participants are very much welcome to attend.
4. Service credit will be given to the participants for the Saturday-Sunday schedule of the seminar, provided that they have completed the requirement to gain such service credit.
5. Copy of the matrix is hereby attached.
6. A minimum contribution of two hundred pesos (200) will be collected from the participants to cover the seminar handout, certificates, and other operational expenses. The participants will shoulder their own food.
7. For further queries, please contact Rhea May R. Parayao through her cellphone number 0948 069 3683.
8. Wide and immediate dissemination of this memorandum to all concerned is desired.


FEDERICO P. MARTIN, Ed. D., CEEd, CESO V
Schools Division Superintendent



**Republic of the Philippines
Department of Education
Cordillera Administrative Region
Division of Baguio City**

MATRIX OF ACTIVITIES

TIME/DATE	ACTIVITIES
<p>November 24, 2108 8:00 -9:00 A.M. 9:00- 9:30 A.M.</p> <p>9:30- 9:40 A.M. 9:00-12:00 A.M</p> <p>12:00-1:00 Noon</p> <p>1:00-2:00 P.M. 2:00- 3:00 P.M. 3:00- 3:20 P.M. 3:20- 5:00 P.M.</p>	<p style="text-align: center;">Day 1</p> <p>A. Registration B. Opening Program C. Pencak Silat Demonstration D. Health Break E. Speakers' Lecture/Topic</p> <ul style="list-style-type: none"> • Introduction on Pencak Silat as a Martial Arts and Sports <p style="text-align: center;">Lunch Break</p> <p>F. Skills Training (Basic Form) G. Stances H. Health Break I. Foot Stance (Chalamangka) J. Step Pattern (Pola Langka)</p>
<p>November 25, 2018 8:00 -9:30 A.M. 9:30- 9:40 A.M. 9:40- 10:30 A.M. 10:30-12:00 A.M.</p> <p>12:00-1:00 Noon</p> <p>1:00-3:00 P.M.</p> <p>3:00-3:20 P.M. 3:20-5:00 P.M.</p>	<p style="text-align: center;">Day 2</p> <p>A. Continuation on the Basic Forms B. Health Break C. Introduction to Game Rules and Regulation D. Lecture on Pencak Silat Judging/Refereeing</p> <p style="text-align: center;">Lunch Break</p> <p>E. Continuation of Lecture on Pencak Silat Judging/ Refereeing F. Health Break G. Demonstration of Pencak Silat Judging/Refereeing</p>
<p>November 26, 2018 8:00 -10:00 A.M.</p> <p>10:00-10:15</p> <p>10:15- 12:00 P.M</p> <p>12:00-1:00 NOON</p> <p>1:00-4:00 P.M.</p> <p>4:00 -5:00 P.M.</p>	<p style="text-align: center;">Day 3</p> <p>A. Application of Judging/ Refereeing on Pencak Silat as officiating officials during the Palarong Panlungsod elimination bouts with the assistance of the Technical Committee for Palarong Panlungsod</p> <p>B. Health Break</p> <p>C. Application of Judging/ Refereeing on Pencak Silat as officiating officials during the Palarong Panlungsod elimination bouts with the assistance of the Technical Committee for Palarong Panlungsod</p> <p style="text-align: center;">Lunch Break</p> <p>D. Application of Judging/ Refereeing on Pencak Silat as officiating officials during the Palarong Panlungsod championship bouts with the assistance of the Technical Committee for Palarong Panlungsod</p> <p>E. Awarding and Closing Ceremony</p>



**Republic of the Philippines
Department of Education
Cordillera Administrative Region
Division of Baguio City**

DIVISION SEMINAR-WORKSHOP ON COACHING AND OFFICIATING PENCAK SILAT

LIST OF PARTICIPANTS

NAME	SCHOOL
Alexander Gaano	Guisad Valley National High School
Sunshine Malateo	Pinget National High School
Jonalyn Cornel	Magsaysay National High School
Kevin Esteban	Saint Luis of School Pacdal Inc.
Clyneton Jan M. Gabol	Saint Luis of School Pacdal Inc.
Cecile Kelly	Hillside Annex
John Parayao	Lucban Elementary School
Jayvie Espada	Easter College
Arthur S. Pecay Jr	Roxas National High School
Marjorie A. Sumakey	Roxas National High School
Eneroso S. Palpeg	Roxas National High School
Arnold Cayso	Pinget National High School
Jaime Pundo	Baguio City National High School
Faissel T. Fontanilla	Mil-an National High School
Martin Diwag	San Vicente National High School
Vilma Panayon	Mil-an National High School
Annie B. Balinquit	Mil-an National High School
Marilyn Tafaleng	Baguio Central School
Francis Wangag	Happy Hollow National High
Leo Carino	Saint Luis University
Dominga Abellen	Mil-an National High School
Carla Fatit	Guisad Valley National High School
Chester Madongit	Pinget Elementary School
Avello Z. Dondo Jr.	Mil-an National High School
Lily Joy Torres	Irisan National High School
Nicodemus Gam-ad	Irisan National High School
Maria Ruzzel Rogel	University of the Cordilleras
Rowena E. Domingo	Pines City National High School
Antonio Siblagn	Rizal Elementary School
Marilyn Galaus	Lindawan National High School
Lorna P. Tiago	Sto. Tomas National High School