

Nature and Background of Arnis

Arnis is regarded as a traditional Filipino Martial Art. However, its origin in the Philippine culture and history is still not yet discovered.

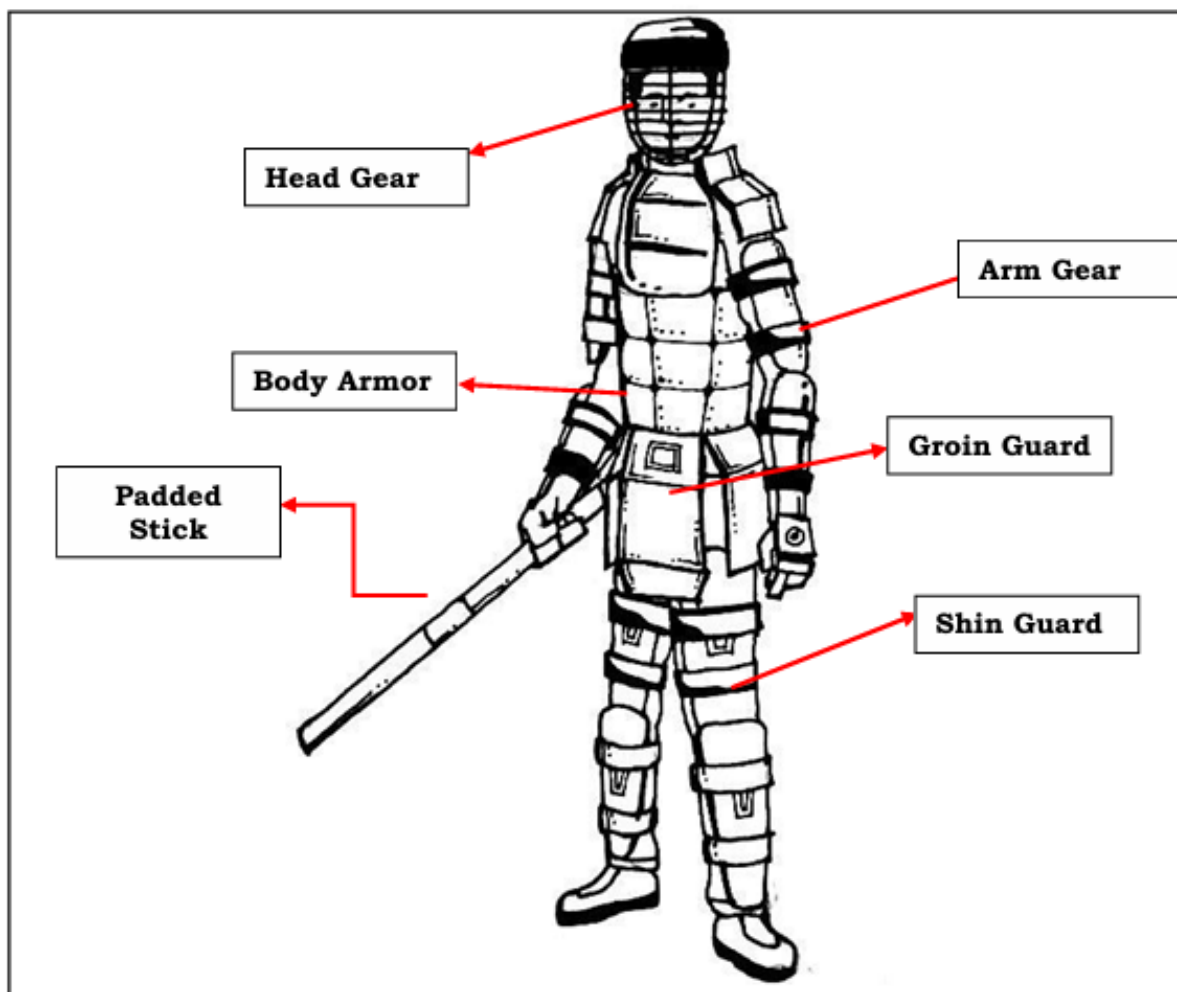
This sport shows fighting with weapons such as knives, bladed weapons, sticks, or other improvised weapons. It also includes grappling, pacifying of weapons, and hand combat. The main purpose of Arnis is for self-defense. On December 11, 2009, Arnis was declared as the Philippine



National Martial Art and Sport through Republic Act 9850 signed by President Gloria Macapagal Arroyo.

Lapu-Lapu was considered the first Master of Arnis for fighting Magellan. Even though the Spaniards used strong weapons such as swords and guns, Lapu-Lapu and his men used wooden instruments, spears, and bolos. The use of these kinds of weapons did not hinder them from winning the fight against the Spaniards. Thus, Magellan died during the battle between him and Lapu-Lapu.

Pieces of Equipment in Arnis



Proper Grip in Arnis

In using the Arnis, hold it with your four fingers with the palm blade 2-3 inches away from the stick or baton. Your thumb should be over the forefinger. You must hold the baston or baton firmly when striking it. The Arnis stick should be made of rattan stick which is called a cane or baston (baton). The usual size of it is 28 inches in length.

Basic Stances in Arnis The following basic stances in Arnis are essential in learning the 12 striking techniques (patamaan) of it.

Stance is the way someone stands, or the proper posture required in a specific event.

Courtesy bow is an important part and ritual of this sport. This is showing respect to the opponent or partner in Arnis and is a preparatory position.

Steps:



1. Stand straight, feet slightly apart. Hold the stick in both ends.



2. Feet together, put your right hand on your left chest. Cane upright.



3. Bow only with your head.

Fighting Stance

- Steps:**
1. Place your right foot in front with your weapon on one hand.
 2. Position the other foot at the back.
 3. Put a distance between your feet and bend slightly.
 4. Your toes should be facing forward.

*The weight of your body must be distributed on both feet.

Forward Stance

- Steps:**
1. Make 5 steps distance between your feet.
 2. Be sure your left back leg is straight
 3. The other leg must be positioned at a 45 degrees angle.
 4. The front knee must be bent.
 5. Your weight must be held at both feet.

Backward Stance

- Steps:**
1. Make at least 4 steps between both feet.
 2. Both knees should be bent slightly.
 3. The right foot must be held at 90 degrees angle.
 4. Your weight must distribute 60% from the rear foot and 40% at the front foot.



Fighting Stance



Forward Stance



Backward Stance

This part of our lesson is about the 12 striking techniques in Arnis. These striking techniques are used as offensive skills in both sport, martial art, and self-defense.

A. Twelve Basic Striking Techniques in Arnis (Patamaan)

Strike No. 1- Left Temple Strike

- Steps:
1. Hold your body in a fighting position.
 2. From the position, hold the stick with your right hand pointing at 1 o'clock position hitting towards left of the head of your opponent.
 3. Your left hand should be facing your chest while doing the strike.

Strike No. 2- Right Temple Strike

- Steps:
1. Hold your body in a fighting position.
 2. From the position, hold the stick with your right hand pointing at eleven o'clock position hitting towards right of the head of your opponent.
 3. Your left hand should be facing your chest while doing the strike.

No. 3- Left Side of the Shoulder Strike

- Steps:
1. Extend your right arm weapon hand.
 2. Hold your stick at the left side of your body.
 3. Strike any part of your body between shoulder and hips.
- *Slash against the outer part of the trunk.



Strike No. 1

Strike No. 2

Strike No. 3

Strike No. 4- Right Side of the Shoulder Strike

- Steps:
1. Extend your right arm weapon hand.
 2. Hold your stick at right side of the body.
 3. Strike any part of your body between shoulder and hips.
- *Slash against the outer part of the trunk.

Strike No. 5- Abdomen Thrust

- Steps:
- Using your stick, thrust or push the abdomen of the person using either right or left hand then follow through with upward movement.

Strike No. 6- Left Chest Thrust

- Steps:
- In a fighting stance position, put your right hand with a weapon and your palm facing outward.
- *Your right elbow should be kept downward.



Strike No. 4



Strike No. 5



Strike No. 6

Strike No. 7- Right Chest Thrust

- Steps:
1. Position in a fighting stance.
 2. Hold the weapon using your right hand; your left palm should be facing outward.
- *Your right elbow should be kept upward.

Strike No. 8- Left Lower Leg Strike

- Steps:
1. Bend your body with the right foot forward and left foot backward.
 2. Extend your right hand with a stick to hit the part of the opponent's left leg between knee and ankle joint.
- *Your left palm should be facing upward

Strike No. 9- Right Lower Leg Strike

- Steps:
1. Bend your body with the right foot forward and left foot backward.
 2. Extend your right hand with a stick to hit the part of the opponent's right leg between knee and ankle joint.
- *Your right palm should be facing downward



Strike No. 7



Strike No. 8



Strike No. 9

Strike No. 10- Left Eye Poke

Steps: In a fighting position stance, position your right-hand forward stabbing towards the opponent's left eye with a weapon/stick.

*Your right palm must be facing outward with elbow down.

Strike No. 11- Right Eye Poke

Steps: In a fighting position stance, position your right-hand forward stabbing towards the opponent's right eye with a weapon/stick.

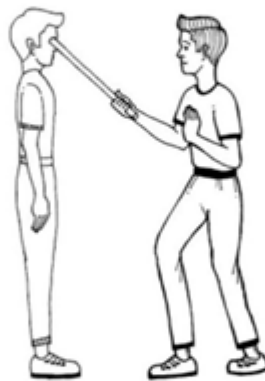
*Your right palm must be facing outward with elbow up.

Strike No. 12- Crown Strike

Steps: 1. Stand in a fighting position.
2. Your stick should be held pointing at the opponent's head with slashing action.



Strike No. 10



Strike No. 11



Strike No. 12

B. Six blocking techniques in Arnis

All blocking techniques can be done in any stance (fighting, forward, or back).

Block no. 1 upper left block

From your right shoulder, block a strike moving your arm to the left side of your body. Maintain a vertical position of the cane. Position your left palm at the middle of the cane to support your blocking. This is best in blocking the following: Right temple strike, Right eye, Right shoulder strike, and Right chest strike.



Preparatory position



Person on the right: block no. 1

Block no. 2 upper right block

From your left shoulder, block a strike moving your arm to the right side of your body. Maintain a vertical position of the cane. Position your right palm at the middle of the cane to support your blocking. *This is best in blocking the following: Left Temple strike, Left eye, Left shoulder strike, and Left chest strike.*



Preparatory position



Person on the right: block no. 2

Block no. 3 Lower Left block

From your right shoulder, block a strike moving your arm (as if slashing) to the lower left side of your body. Do this strike as if you are doing a leg strike. *This is best in blocking the Right Leg strike.*



Preparatory position



Person on the right: block no. 3

Block no. 4 Lower Right block

From your left shoulder, block a strike moving your arm (as if slashing) to the lower right side of your body. Do this strike as if you are doing a leg strike. *This is best in blocking the Left Leg strike.*



Preparatory position



Person on the right: block no. 4

Block no. 5 Stomach thrust block

Position your hand behind. Move your hand to your right side while twisting your body to the right. Position your right palm at the middle of the cane to support your blocking, cane pointing downward at all times. *This is best in blocking the Stomach thrust strike*



Preparatory position



Person on the right: block no. 5

Block no. 6 Rising block

From your left leg, move the cane above your head slightly diagonal forward. The cane should be positioned slightly diagonal as to make a roof over your head. Position your right palm starting from your left leg until the cane is positioned overhead to support your blocking. *This is best in blocking the Crown strike.*



Preparatory position



Person on the right: block no. 6

The origin of the game badminton is complex and unclear. However, the general assumption, badminton has its origins in ancient civilizations in Europe and Asia. The ancient game known as battledore (bat or paddle) and shuttlecock probably originated more than 2000 years ago.

In the 1600s, battledore and shuttlecock was an upper-class pastime in England and many European countries. In this game, two people had to hit a shuttlecock backwards and forwards with a simple bat as many times as they could without allowing it to hit the ground.

Modern badminton can be traced to mid-19th century British India. It was created by British military officers stationed there. A net was added to the traditional English game of battledore and shuttlecock. As it was popular in the British garrison town of Poona, the game came to be known as "Poona" or "*Poonai*." Initially, woolen balls were preferred by the upper classes in windy or wet conditions, but ultimately, shuttlecocks took over the role of a "ball." This game was taken by retired officers who got back to England. It was introduced as a game for the guests of the Duke of Beaufort at his stately home 'Badminton' in Gloucestershire, England where it became popular. Hence, the origin of the name "Badminton."

In March 1898, the first Open Tournament was held at Guildford and the first 'All England' Championships were held the following year.



What is It

Badminton

A racket sport played indoor on a court by two opposing players (singles) or two opposing pairs of players (doubles), in which a shuttlecock is volleyed over a net and the competitions are presided by an umpire in British English and a referee in American English.

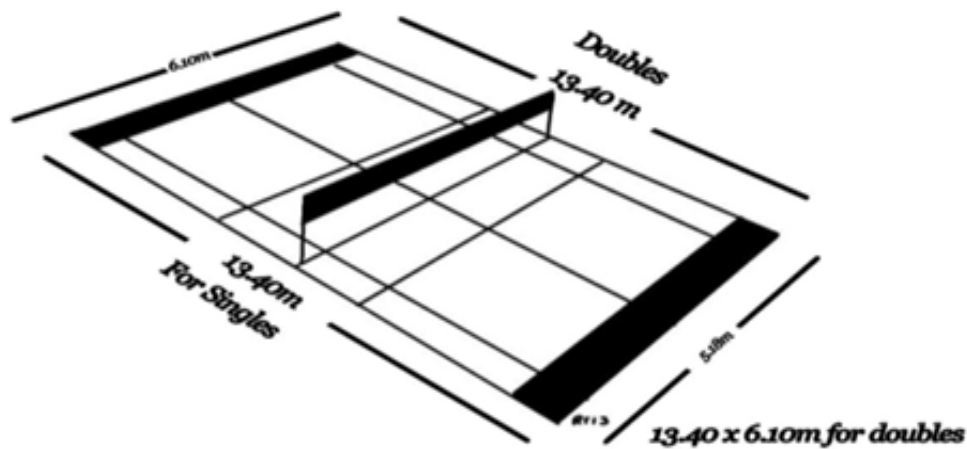
1. Game

The five main categories of badminton play are men's singles, women's singles, men's doubles, women's doubles, and mixed doubles. To play badminton, opposing singles players or doubles teams stand on either side of a badminton

net. Players rally one shuttlecock over the net using a racket. Rally is the badminton term for volleying a shuttlecock across the net until it hits the ground. The goal is to land the shuttlecock in the marked boundaries on the opposing side of the net. One point is earned by the side that wins the rally. A badminton game consists of the best of 3 games of 21 points each game. At the beginning of the badminton game and whenever the server's score is an even number, servers serve the shuttle over the net to the opposing player from the right side of the court. Servers serve the shuttle over the net from the left side of the court when their score is an odd number. Servers serve from the opposite side of their court when they win a rally and a point. Doubles badminton play observe the same serving rules as singles badminton play with the exception of passing the serve. Serves pass consecutively to players opposite each other on the badminton court.

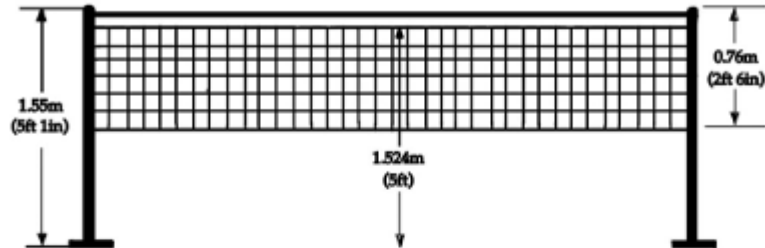
2. Court

The court is a 13.40m x 5.18m rectangle for singles and a 13.40m x 6.10m rectangle for doubles. The same court is used for Singles and Doubles contests; only the line marks differ. The court is divided into two equal parts by a net attached to the posts at a height of 1.55m.



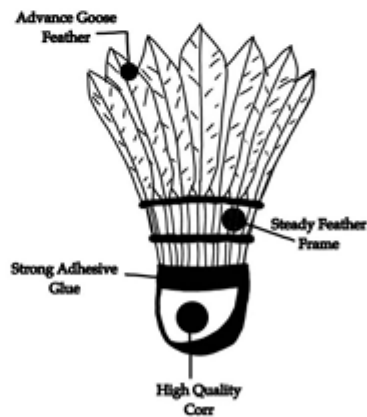
3. Net

A badminton net is 2 1/2-feet deep and is raised 5 feet high across the center of the badminton court, over the net line. Often made from vinyl mesh, most nets have a leather or cotton top.



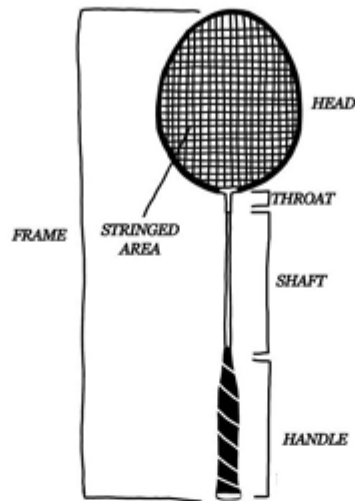
4. Shuttles

The shuttlecock is made of a semi-spherical piece of cork coated with leather. On it are attached 16 real goose feathers forming a cone. A shuttlecock must weigh between 4.74g and 5.5g.



5. Rackets

Badminton rackets are made from lightweight materials that are known for durability such as aluminum, steel, and carbon fiber. The overall length limit of a badminton racket is 26.77 inches. Standard badminton rackets must not be wider than 9.06 inches. The strings on the racket must range from .03 inches thick. The overall weight of the racket cannot exceed 3.2 oz.



6. Badminton Uniform

Badminton athletes wear shorts/skirts and short sleeved shirts and any combination of colors is permissible. In doubles, both players must wear the same clothing, which has their names on the back of the shirts. Shoes are usually flat but there are no official standards or specifications.



Badminton, like other sports, is an activity that requires physical actions at a certain level of skill and ability where players compete under a set of rules. Whereas, it is necessary to learn the basic of badminton in order to properly play the game. Nonetheless, understanding how the game is played is most essential. Basic badminton skills and rules are as follows:

1. Grip

You will want to learn how to hold your racket with the forehand to hit shuttles on that side of your body and backhand to hit on the opposite side. You will use a forehand grip to hit above your head as well. You can hit the shuttle using a backhand grip with your elbow up or down. It is good to practice hitting with these grips to improve your skills.

Basic Ways of Gripping the Racket

A. Forehand

This grip is used to hit shots that are on the hand facing the direction of the stroke and around the head shots.



B. Backhand Grip

This grip is used to hit shots that are on the back of the hand facing the direction of the stroke, with the arm across the body.



2. Footwork

Your footwork can bring more success to your game if you learn the basics of moving on the court and practice them. Your ready position should include standing in the center of the court if you are playing singles and bending your knees with your body relaxed and waiting for play. Move your feet by shuffling them or gliding from left to right and stepping or lunging forward. To move backward, go fast enough that you get behind the shuttle to hit it hard enough.

3. Serving Fundamental Skills

Four types of badminton serves include: 1) the high serve to move your opponent to the back of his or her side of the court; 2) the low serve to make your opponent have to get under the shuttle; 3) the flick serve that is used occasionally to confuse your opponent who thinks you are going to hit a low serve; and, 4) the drive serve where you hit the shuttle low, fast and to the rear of the receiver's court as a strategy move that will result in a missed hit.

4. Scoring

A match is the best of three games. The winner of each game is the first player(s) to reach 21, by two clear points. At 20-all, the side which scores two consecutive points shall win that game. At 29-all, the side scoring the 30th point shall win that game. A point is scored by winning a rally. Points are scored regardless of who is serving and the side who wins the point serves the next point. The side winning a game serves first in the next game. Simple badminton rules include a scoring system where you play until you score 21 points.

5. Singles

To begin a singles game of badminton you will serve from the right side of the court. After the initial serve, the position depends on the server's score. If your score is even, you serve from the right and if it is odd you serve from the left. In addition, if the server wins the rally he will continue to serve, and if the receiver wins, the next serve goes to the receiver.

6. Doubles

In doubles play, serving goes back and forth between partners. The serving side is the same as in singles play in terms of even score serves from right and odd score from left. The serving partner alternates court sides if he/she continues to score during a rally and will serve until a rally is lost. When the serve comes back to the team, the partner will serve next.

7. Sports Terminologies

- **Ace:** An outright point from a serve that is not even touched by the receiver.
- **Lift:** A shot played from beneath the height of the net, normally played high to the back of the court.
- **Smash:** A hard, overhead shot, hit directly down into the opposition's court.
- **Clear:** A shot hit deep into the opponent's court.

8. Additional Rules

The Badminton World Federation rules state that there is a 60-second interval when the winning team scores the 11th point. In addition, two-minute intervals are taken between games. If a match reaches three games, there is a change of ends when the winning side scores 11 points.

PRINCIPLES OF TRAINING

- Fundamental guidelines that form the basis for the development of an exercise training program
- Training is a long-term process that is progressive to meet the individual level of fitness and conditioning.
- Training uses both general and event specific exercises to develop individuals for their sports. Training is a cyclical process: tear down, recovery, super compensation and build up (adaptation)

Six Principles of Training:

- 1. Overload principle-** is the most basic of all physical activity principles, this principle indicates that “doing more than normal” is necessary.

Example:

- In order for a muscle to get stronger, it must be overloaded, working against a load greater than normal.
- To increase flexibility, a muscle must be stretched longer than its normal. By stretching it more than normal it can adapt and can be stretched gradually to that point if needed.
- Can do 10 rounds in track oval. To increase muscular endurance, muscles must be exposed to sustained exercise for a long period of time.

- 2. Progression principle-** Indicates that overload should not be increased too slowly or too rapidly if benefits are to result. The corollary of the overload principle that indicates the need to gradually increase overload to achieve optimal benefits.

Example:

- Do not double the load, if you can do 5 laps at the track oval, don't overload it with 10 laps immediately. Increasing the load gradually adds half a round first.
- In dieting, don't stop eating right away. You can practice your stomach by eating small amounts of food, gradually minimizing the food you eat.

3. **Specificity**- The training principle that the body adapts to the particular type and amount of stress placed on it.

Example:

- Designing your warm-ups, workout, cooldown programs for specific activities. Training is most effective when it closely resembles the activity for which you are preparing.
- Some gymnasts have a good upper body development but poor leg development. They used more on their upper extremities.
- Swimmers, they also have stronger upper extremities than their lower, specially fliers, athletes.

4. **Dose response**- A term adopted from medicine. With medicine it is important to know what response(benefit) will occur from taking a specific dose.

Example:

- If you work your cardio, your cardio will be developed. If you focus more on muscular strength it will develop
- What you want what you get
- Higher workout higher benefits

5. **Reversibility**- The benefits achieved from overload last as long as overload continues.

Example:

- Before I was very active, I did training, 2 times a day and it was nothing for me. Now that I'm not that active, whenever I do training, I cannot do what I could do before.

6. **Diminishing return**- This indicates that, as you get fitter and fitter, you may not get as big a benefit for each additional amount of activity that you perform.

Example:

- Keep increasing physical activity by equal increments, each additional