

ADVISORY No. 109, s. 2023

August 7, 2023

In compliance with DepEd Order (DO) No. 8, s. 2013
This advisory is issued not for endorsement per DO 28, S. 2001,
but only for the information of DepEd officials,
Personnel/staff, as well as the concerned public.
(visit www.deped.gov.ph)

INVITATION TO THE SEMINAR-WORKSHOP ENTITLED “ARNIS SPORT COACHING COURSE”

The World Empire of Sphinx Martial Arts and Kick-Arnis 63 Generals Federation International, YMCA of the City of Baguio Chapter will conduct a Seminar-Workshop entitled “Arnis Sports Coaching Course” for teachers, Coaches, and MAPEH teachers who wish to learn Arnis and be a certified coach on August 31 to September 3, 2023 from 8:00 AM to 7:00 PM in YMCA Baguio Gym, Post office Loop, Upper Session Road, Baguio City.

A registration fee of One Thousand Three Hundred Pesos (₱1,300.00) from each participant shall be collected for the donation/rental of venue, arnis live stick, handouts, certificates, honorarium and accommodations of the trainers and other incidental expenses related to the course.

A separate registration fee of One Thousand Three Hundred Pesos (₱1,200.00) inclusive of membership fee, promotion fee, rank certificate and belt shall be collected **only** from participants interested to be promoted from their current belt rank.

Participation on said activity is **personal and on voluntary basis** and shall be subject to the non-disruption-of-classes stipulated in DepEd Order No. 9, s. 2005 titled “Instituting Measures to Increase Engaged Time-on-Task and Ensuring Compliance Therewith.”

For more information, interested participants may contact **Mr. Leonardo Cariño**, Head instructor of YMCA Sphinx Martial Arts, at his mobile number **09154467348**.

ESSD/jpe/Arnis sports coaching course
RECORDS-RC-23-856

9/11



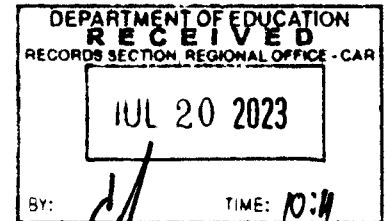
YMCA OF THE CITY OF BAGUIO
World Empire of Sphinx Martial Arts and
Kick-Arnis 63 Generals Federation International
YMCA of Baguio Chapter
Baguio City, Northern Luzon Philippines



July 18, 2023

ESTELA LEON-CARIÑO, Ed. D., CESO III
 Director IV/Regional Director
 Department of Education Cordillera Administrative Region

THRU: EDGAR MADLAING, Ed. D.
 Regional Sports Officer



Dear Madame,

Warmest greetings from the *World Empire of Sphinx Martial Arts and Kick-Arnis 63 Generals Federation International, YMCA of the City of Baguio Chapter.*

In line of the propagation of Sport Arnis in the country, the aforementioned Federation will conduct a Seminar-Workshop entitled “**Arnis Sport Coaching Course**” for Teachers, Coaches, and MAPEH Teachers who wish to learn Arnis and to be a certified coach on August 31-September 3, 2023 from 8:00 AM to 7:00 PM in YMCA of Baguio Gym, Post Office Loop, Upper Session Rd, Baguio City. **The first schedule of this event on August 8-12, 2023 was moved to September 1-3, 2023.**

The program aims to:

1. propagate Arnis as National Sport and Martial Art of the Philippines by virtue of Republic Act 9850.
2. enhance the skills and knowledge of the participants in the field of Arnis as part of the physical education curriculum and school sport;
3. upgrade the participants regarding the mechanics of teaching and coaching Arnis in the school/club;
4. guide participants to officiate Arnis sport games, and encourage them to join for the membership of local and national Arnis organizations;
5. award a promotion of rank/belt and certificate to participants who can complete the required hours of training and pass the practical examination to qualify them as Certified Arnis Coach particularly in the Department of Education Sports and National Sports Association program’s qualification. However, the rank promotion is only **optional** for the interested participants who are willing to earn an Arnis Rank/Belt.

A minimal registration fee of One Thousand Three Hundred Pesos (P1,300.00) from each participant shall be collected to defray for the donation/rental of venue, arnis live stick, handouts, certificates, honorarium and accommodations of the trainers and other incidental expenses related to the course. However, participants shall responsible for their own accommodation but participants outside Baguio City can request to YMCA Dormitory for billeting and pay an additional of Two Hundred Pesos (P200.00) per head per day (50% discount). This program is limited to sixty (60) participants only.

— The expected participants of this event are interested Teachers, Coaches, MAPEH, Martial Arts Instructors and BPED students in North-Central Luzon. There shall be a separate promotional fee for those who are interested participants to undergo the promotion that will be collected by the

Federation of One Thousand Two Hundred Pesos (P1,200.00) to cover the membership and promotion fee, rank certificate and belt. They are also encouraged to join the additional hours of training based on club style. In addition, participants must wear a playing attire such as rubber shoes, jogging pants and t-shirt during the training.

The following Resource Persons ready to impart their knowledge and skills for the course and to facilitate rank/belt promotions for the YMCA Sphinx Instructors and Students, and the Participants who are interested to undergo for the promotion:

1. **Grand Master Jimmy Galez II**, Chairman of the World Empire of Sphinx Martial Arts and Kick-Arnis 63 Generals Federation International, from General Santos City,
2. **Grand Master Marino Densing**, Secretary General of the World Empire of Sphinx Martial Arts and Kick-Arnis 63 Generals Federation International, from National Capital Region,
3. **Grand Master Nilo Galez**, Pioneer and Promotion Examiner of Sphinx from General Santos City,
4. **Jimmy Galez III**, Karate & Arnis Instructor of Sphinx Martial Arts in General Santos City.
5. **Joel S. Cabanilla, Phd**, Professor of Saint Louis University & Expert in Sport Science.
6. **Leonardo Carino**, Head Instructor, YMCA of Baguio Sphinx Martial Arts
7. **Luis Sismundo**, Asst Instructor, YMCA of Baguio Sphinx Martial Arts

Rest assured that the participants of this event will learn a lot from the instructors and be a certified coach in the field of Arnis Sport.


The proceeds of the event will be used to purchase 2 sets of Padded Stick and 1 set of Live Stick Arnis Equipment to be used for the next and succeeding Arnis competitions to be conducted in the Region such as District/Municipal Meet, Division Meet, Local and invitational Arnis competitions.

Relative to this, the undersigned humbly request to your good office if you can disseminate the program to the interested teachers in the Department of Education, Cordillera Administrative Region.

Attached hereto the training matrix of the program.

Thank you very much in advance for your support and favorable consideration of our sport program.

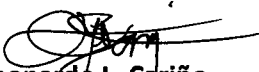
Respectfully yours,


MR. LEONARDO L. CARIÑO
Head Instructor, YMCA Sphinx Martial Arts
Certified Arnis Instructor & Coach
Phil Eskrima Kali Arnis Federation (PEKAF) Accredited
Event Organizer
09154467348

TRAINING MATRIX

DAYS	TIME	ACTIVITIES
DAY 1 August 31	1:00 PM-5:00 PM	Arrival and Registration of Participants c/o YMCA of Baguio Office
DAY 2 September 1	7:30 AM-8:00 AM	Continuation of Registration
	8:00 AM-8:30 AM	Opening Program
	8:30 AM-12:00 PM	PLENARY SESSION: c. Sports Science in Relation to Coaching Arnis, Skills and Attitudes during the Training & Competition d. Qualities of a successful Arnis Coach
		Basic Skills
	12:00 PM-1:00 PM	Lunch Break
	1:00 PM-5:00 PM	Methodos of Sphinx Arnis Style (preparation in creating Anyo)
	5:00 PM-7:00 PM	Full Contact Padded Stick/Bladed Concept Competition Drills
DAY 3 September 2	8:00 AM-10:00 AM	Lecture on the Rules of the Game
	10:00 AM-10:30 AM	Break
	10:30 AM-12:00 PM	Patterns & Techniques in Creating Anyo
	12:00 PM-1:00 PM	Lunch Break
	1:00 PM-3:00 PM	Anyo Single Weapon
	3:00 PM-3:15 PM	Break
	3:15 PM-5:00 PM	Double Weapon Drills
	5:00 PM-7:00 PM	Full Contact Live Stick Concept Competition Drills
DAY 4 September 3	8:00 AM-10:00 AM	Creating Anyo Double Weapon
	10:00 AM-10:30 AM	Break
	10:30 AM-12:00 PM	Creating Sword and Dagger
	12:00 PM-1:00 PM	Lunch Break
	1:00 PM-3:00 PM	Assessment
	3:00 PM-3:15 PM	Break
	3:15 PM-5:00 PM	Practicum, promotion, awarding & Closing

Prepared by:


Leonardo L. Cariño
 Certified Arnis Coach & Instructor/Trainer
 International Referee Judge
 PEKAF-NSA Accredited National Technical Official