

Filipino Martial Arts

Digest

Special Edition
2008

A Practical Introduction To

ARNIS



Professor Armando C. Soteco



Publisher

Steven K. Dowd

Contributing Writers

Armando C. Soteco

Contents

From the Publishers Desk

Pamantasan ng Lungsod ng Maynila

Professor Armando C. Soteco

Values in Arnis

Recommended Methodology

School of Arnis Professional

Theoretical

Teachers

Practicum

Basic Arnis

Anyo

Master Frank Aycocho

SSS - Soteco Singing System

Rules/Officiating, Mechanics and Strategies

Tapi-Tapi

Classical Anyo

Arnis Terminology

Comments About the Course

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The FMA Digest is published quarterly. Each issue features practitioners of martial arts and other internal arts of the Philippines. Other features include historical, theoretical and technical articles; reflections, Filipino martial arts, healing arts and other related subjects.

The ideas and opinions expressed in this digest are those of the authors or instructors being interviewed and are not necessarily the views of the publisher or editor.

We solicit comments and/or suggestions. Articles are also welcome.

The authors and publisher of this digest are not responsible for any injury, which may result from following the instructions contained in the digest. Before embarking on any of the physical activities described in the digest, the reader should consult his or her physician for advice regarding their individual suitability for performing such activity.

From the Publishers Desk

Kumusta

You always hear about the Filipino martial arts or another martial art being taught in college, university, etc. However this is the first course that I have heard that just not only teaches the Filipino martial arts for credit as some others do. This course has it all, mental and physical.

Professor Armando C. Soteco and Dr. Alejandro L. Dagdag have covered all the bases, and put together one of the best courses in learning the Filipino martial arts, and it is accredited. The student gets to experience and learn: Theoretical Subjects - Sports Science (bio-mechanics), Physiology of Exercises and Physical Fitness, Traumatology (first aid), Sports Psychology, Organization and Managing Competition, and Nutrition. Then on to the physical aspect: Basic (Foundation of skills for beginners), Cultural (Standard Anyo, Traditional or Classical Anyo and Creative Anyo), Sport (Rules/Officiating, Mechanics and Strategies), Martial Arts (Tapi-Tapi Defense/Offense Techniques and guest styles and systems).

On the physical aspect guest instructors (Grandmasters, Masters, and Instructors) are invited to share their aspects and training. This is so the student will definitely get a fully rounded experience not just on the theory of the Filipino martial arts, but on the physical aspects.

So really all I can say is if you are going to be in the Philippines check with Professor Soteco or Dr. Dagdag and if the course is going to be going on, attend and learn and get the credit and certificate of completion.

Maraming Salamat Po



Pamantasan ng Lungsod ng Maynila
(University of the City of Manila)



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Pamantasan ng Lungsod ng Maynila

The National College of Physical Education began as a professional class in physical education for principals and supervisors at the Teacher's Camp in Baguio City in 1932.



Mr. Serafin Aquino

In 1935 Mr. Serafin Aquino, then Superintendent in Physical Education of the Bureau of Education, organized classes for teachers in physical education at the Philippine School of Arts and Trades, now the Technological University of the Philippines on an experimental basis. These classes, being experimental, did not have the approval of the Director of Education and were, therefore, not given credit until 1937, when physical education was included in the curriculum of Public Schools.

Mr. Serafin Aquino was finally authorized to conduct classes on condition that the government would be free of any financing. So he and his supervisors gave free services and even spent for their own transportation.

Teachers from the various provinces came to the city for summer training and were charged P5.00 each for the purchase of equipment to be used in the classes.

In 1938, arrangement with Dr. Regino Ylanan, Executive Secretary Treasurer of the Philippine Amateur Athletic Federation, for the use of the facilities in the Rizal Memorial Stadium with minimum rental.

In joint efforts, the PAAF and the Bureau of Education took charge of the dual responsibilities of holding formal training in Physical Education. Each one had its own function. The PAAF was responsible in providing the needed equipment, facilities and the services of its personnel, while the Bureau of Education took charge of the supervision, instruction and encouragement of teachers to take up Physical Education. These combined efforts gave birth to the National College of Physical Education. To give more incentive to teachers, the Director of Education sought authority from the Secretary of Public Instruction to award a Certificate to students who have completed the requirement of 28 units.

By 1941 the enrollment soared to 963. The Japanese occupation disrupted the classes, but in 1947, they were reopened and were held at the war torn buildings of the Philippine School of Arts and Trades.

Enthusiasm over the Summer School made the Honorable Jorge Vargas invite and secure the services of foreign leaders in physical education to teach during the summer term. Elise N. Nelsen of Sargents College, Boston, USA was the first foreign instructor to teach at the NCPE. Other foreign instructors came after Elise Nelsen.

In 1960, due to strong demands of teachers, a Master of Arts in Physical Education was offered.

The NCPE became the Marcos Sports Academy under the Ministry of Youth and Sports Development in 1979. In 1986 it became the Philippine Institute of Physical Education and Sports. And in 1993, the said institution was transferred to Pamantasan ng Lungsod ng Maynila (University of the City of Manila), a state university, thru the efforts of Dr. Alejandro L. Dagdag, Jr., the Executive-Director and restore the original name, National College of Physical Education.



Pamantasan ng Lungsod ng Maynila
(University of the City of Manila)

Professor Armando C. Soteco

It was in the mid of 1971 when Professor Armando C. Soteco, met Grandmaster Remy A. Presas, the “Father of Modern Arnis” at San Beda College, Mendiola, Manila, Philippines.

Sometimes, all it takes is a chance encounter between two people to impact on each other’s lives. The lessons they learn from each other are lasting remembrances that they surely makes one beautiful story of friendship and benefits the other way.

In their spare time, especially during week ends, Grandmaster Remy Presas, personally taught Professor Armando C. Soteco the art of Arnis, from the most basic to the most complex.

But, there was a passing of touch of some sorts when Grandmaster Remy Presas migrated to the United States in 1975. He left to him the responsibility of propagating all the more the art of Arnis while he was doing his part of introducing the Filipino version of Martial Arts in the United States and other European countries. When he appointed him as President of the Modern Arnis from 1975 to 1977, he also passed to Professor Armando C. Soteco his teaching load at the National College of Physical Education, wherein Arnis is a required subject for teachers taking up P.E. major, the teaching at the Armed Forces of the Philippines where Military Police took Arnis lessons and Police Officers around the country.



Grandmaster Remy Presas

He is also instrumental in the inclusion of Arnis in Physical Education curriculum in High School students and supported the addition of Arnis in the College program when he participated in the 1989 Consultative Seminar Workshop of then Department of Education Culture and Sports (DECS), Bureau of Physical Education and School Sports (BPES), whose aim is to make definite and concrete P.E. activities for P.E. 1, 2, 3, and 4. The BPES officials approved that Arnis be included in P.E. 3, with course description as Individual/Dual Sport.

Because the seed of love for Arnis, that planted in his heart as insatiable, he thinks of the growth and development of Arnis. Thus, in 2003, he organized and put a School of Arnis Professionals at the National College of Physical Education, Pamantasan ng Lungsod ng Maynila (University of the City of Manila) in Intramuros, Manila, Philippines.

He was designated as Director of this seminar type course by Dr. Alejandro L. Dagdag, Jr., the Executive-Director of NCPE.

The program was designed to prepare professional Arnis Instructors and P.E. teachers by providing scientific know-how in teaching/coaching and managing Arnis competitions. Included in the Arnis Professional Course are some theoretical subjects like:

- Sport Science (Biomechanics)
- Physiology of Exercise and Physical Fitness
- Traumatology ((First Aid)
- Sports Psychology (Teaching Methodology)
- Nutrition and Drugs
- Sports and Recreation Management

The Arnis specialization subjects included:

Arnis 1 - **Basic:** Foundation of skills for beginners and P.E. teachers

Arnis 2 - **Cultural:** Anyo Standard, Creative, and Classical or Traditional

Arnis 3 - **Sport:** Rules/Officiating, Mechanics and Strategies for Competition

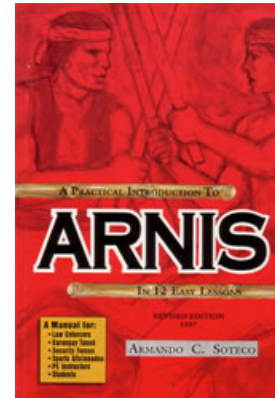
Arnis 4 - **Martial Art:** Defense/Offense techniques (with and without sticks)

Admission requirements for this course are any Bachelors Degree holder or Undergraduate, P.E. teachers, with basic knowledge in Arnis, Arnis trainers/instructors and Arnis practitioners. This is a one week course that runs from 8:00 a.m. to 5:00 p.m. After taking the course, participants are given Certification as Professional Arnis Instructor (Teaching/Coaching Arnis).

To know him well, Professor Armando C. Soteco is a retired Professor of San Beda College (1967-2002) and Centro Escolar University, (1972-01) Manila, Philippines. He is a degree holder of Master of Arts in Physical Education and Sports (MPES), Bachelor of Science and Education (BSE) and Course in Physical Education (CPE). From 1972 up to present he is teaching Arnis for P.E. major and master subjects at the NCPE-PLM (University of the City of Manila), Philippines, for P.E. teachers from both public and private schools.

Has written and published 3 books in Arnis:

1. A Practical Introduction To Arnis in 12-Easy Lessons, 1995
2. Revised Edition, 1997, A Practical Introduction to Arnis, in 12-Easy Lessons
3. Physical Education 3, Individual/Dual Sport: ARNIS, 1998 (Exclusive use of Centro Escolar University, Manila, Makati City and Malolos, Bulacan Branches)



Some of his achievements in Arnis to add are:

- **1980 to 1989** - Chief of Staff, Department of Education, Culture and Sports (DECS), Bureau of Physical Education and School Sports (BPSS), for National Arnis Seminars.
- **April 20, 1989** - Recognized as MASTER in Arnis by Grandmaster Ernesto A. Presas, founder/President, International Pilipino Martial Art Federation, at the University of Sto. Tomas (UST), Manila, Philippines during the IPMAF 1st World Arnis Congress.
- **January 23, 2000** - Confirmed MASTER in Arnis, by Grandmaster Remy Presas, “Father of Modern Arnis” at the Dept. of Tourism Seminar.
- **May 2001** - Introduced to IMAFP the 4-Modules of teaching Arnis:
 1. Basic
 2. Cultural
 3. Sport
 4. Martial Art
- **2001 to present** - Chairman, IMAFP Promotion Board.
- **2001-2004** - Elected Vice-President (Internal), International Modern Arnis Federation, Philippines.
- **April 2003 to present** - Appointed as Director of the School of Arnis Professionals, National College of Physical Education - Pamantasan ng Lungsod ng Maynila (University of the City of Manila).
- **2004 to present** - Member Board of Trustees, IMAFP, Rules, Standard and Ethics.
- **July 21, 2006** - Recipient of LAPU-LAPU Award, highest award in Modern Arnis given at Heritage Hotel, during the Gala Night of the 3rd World FMA Festival.
- **July 11-21, 2006** - One of the organizer of the 3rd World FMA, held in Tagaytay International Convention Center, Tagaytay City, Philippines.
- **October 13, 2007** - Introduced to Filipino martial arts the SSS (Singsing Soteco System), an alternative to Arnis stick for a defense techniques.

His unquenchable love for Arnis and his belief that traditional Martial Arts would become a National Sport of the Philippines would not be in vain.

Values in Arnis

What are some of the contributions of Arnis to the development of the individual? Like other forms of martial arts, Arnis contributes to the development of physical fitness. The execution of the various skills of Arnis involves vigorous movements of the arms, shoulders, trunk, the abdomen and the lower extremities-the legs and feet. And since these movements are performed continuously and rhythmically, they provide excellent training for muscular strength, flexibility and cardio-respiratory endurance which are the three basic health-related components of physical fitness. In addition to this, the skill-related components of physical fitness, namely agility, balance, reaction time, and coordination are also developed through Arnis.

As a sport, Arnis develops special abilities. Emphasis is placed on quickness and coordination, and in the perfect execution of the skills. Individuals whose physical attributes and capabilities are limited can find in Arnis the satisfaction provided by competition and the thrill of accomplishment in skillful physical activity. A special physical benefit gained by Arnis practitioners is the training of the less dominant arm. Since Arnis employs the use of two sticks, the less dominant arm is exercised and developed, making one almost ambidextrous, and therefore more efficient in the use of the upper extremities.

In addition to the physical benefits, Arnis also develops mental qualities such as alertness, daringness and precision.

Many techniques call for quick thinking, and split-second timing is necessary.

Desirable character traits such as self-confidence, fortitude, and self-discipline are developed in the practice of Arnis. Students of Arnis who practice long and hard in order to make progress will also develop the virtue of perseverance to the highest degree. Self-discipline is necessary to master self-confidence. The acquisition of skills and desirable traits rest on the individual himself, for Arnis is a self-testing activity, and the student will progress at his or her own rate.

Creative ability has unlimited potential in Arnis. This is because the putting together of various possible combinations to come up with an Anyo form or sparring routines require imaginative and creative talent. Through this experience, the Arnis enthusiast develops understanding of symmetry, continuity, coordination, balance, and timing in the execution of striking and blocking maneuvers. Quickness and fluidity in maneuvering the body; split-second timing in the wielding of the stick are the ingredients for creative effort in Arnis. And from which one can experience the grace, beauty, and essence of this martial art.



Just as Judo and Taekwondo are associated with the Japanese and Koreans, respectively, one word that distinctly has reference to the Philippines and the Filipinos is the word “Arnis.” This is because Arnis is a genuine component of our cultural heritage. It is possible that the Filipino who will take up Arnis will find an answer to what an eminent Filipino scholar termed, “the search for national identity.”

Recommended Methodology

Area

Open area, field, or gymnasium

Equipment

A pair of rattan sticks for each student

- 24 inches long, and not more than one inch in diameter for elementary school children
- 28 inches long, and not more than one inch in diameter for high school and college students



Methodology

1. Before going into the lesson proper, have the students or practitioners go through a warm-up utilizing exercises illustrated in the Manual.



Warm-up exercises

2. In line formation, have the student's pair up.
3. Each lesson should be preceded with an instruction on what the students will do. Each technique to be learned must be explained and demonstrated carefully. Give pointers to facilitate learning and proper execution of the skill to be learned.
4. There are two commands: the preparatory command and the command of execution. Explain this to the students. For example:
 - Preparatory Command: "Eight striking techniques. Ready!"
 - Command of Execution: "Move!"
5. Students or practitioners must be attentive at all times. They must be told not to "anticipate" or execute the movement ahead of the command of execution. This is to ensure discipline and order in the class.



Demonstration

Verbal instructions should always be accompanied or followed with actual demonstration of the technique to be learned, in order that students can follow or imitate the movement performed by the teacher.



Time for practice



The students or practitioners should be given adequate time and opportunity to practice the skills they have learned. Some of the time devoted to formal instructions should allow the students and the practitioners to create or choreograph movements which incorporate the skills they have learned in previous lessons.

Growth and development

The Arnis teacher must be patient. Do not force students to learn or execute techniques which are beyond their present capability. Encourage them to move and perform within their present skill level.

Accidents could occur if the teacher's expectation is too high. However, the teacher should encourage and not discourage the students to promote learning and acquisition of higher skills.

Safety

Safety awareness is part of martial arts discipline. Hence, the following safety measures should be considered:

1. Be familiar with school policy relating to accidents. Have a ready first aid kit during all sessions.
2. Formulate safety rules with students' participation on the proper use of the Arnis stick. The Arnis stick should never be used as an implement for horseplay.
3. Modify activities for those who have just returned to class after an illness; or for those who are disabled.



FMA Digest Note: So an understanding can be formulated about the course, recently the National College of Physical Education had a class and this is what went on and was taught.

School of Arnis Professionals
National College of Physical Education
Pamantasan ng Lungsod ng Maynila
(University of the City of Manila)
April 5, 6, 12, 13, 19 and 20 2008
Saturday and Sunday classes only
8:00 a.m. to 5:00 p.m.

All academics subject are conducted at the NCPE-PLM classroom and the practicum subject arnis are being held at the Department of Tourism quadrangle.

The program is designed to prepare professional Arnis Instructors and Physical Education Teachers by providing scientific knowledge and skills in teaching, Coaching and Managing competition.

The areas of disciplines are the following with corresponding instructors:

Theoretical Subjects

Sports Science (bio-mechanics)	Dr. Elizer Samia
Physiology of Exercises and Physical Fitness	Dr. Alejandro Dagdag Professor Reggie Esguerra
Traumatology (first aid)	Dr. Manuel Mortera
Sports Psychology	Dr. Claudette Mayuga
Organization and Managing Competition	Atty. Salvador Demaisip Professor Benjamin Calma
Nutrition	Professor Susan Mercado

Practicum (Arnis)

Arnis 1... Basic	(Foundation of skills for beginners) Professor Armando C. Soteco
Arnis 2... Cultural	(Standard Anyo, Traditional or Classical Anyo and Creative Anyo (dance) Senior Guro Nonoy Poblacion Master Frank Aycocho Grandmaster Garitony Nicolas , respectively
Arnis 3... Sport	(Rules/Officiating, Mechanics and Strategies) Senior Guro Jimson Dearos

Arnis 4... Martial Arts (Tapi-Tapi Defense/Offense Techniques)

Master Rico Acosta
Senior Master Samuel Dulay
Senior Master Godofredo Fajardo
Senior Guro Paolo Motita

Theoretical Subjects:



Dr. Elizer Samia
Sport Science



Dr. Alejandro Dagdag
Physical Fitness Science



Professor Reggie Esguerra
Physical Fitness Science



Dr. Manuel Mortera
Traumatology (First Aid)



Dr. Claudette Mayuga
Sports Psychology



Professor Susan Mercado
Nutrition



Attorney. Salvador Demaisip
Organization and Managing
Competition



Professor Benjamin Calma
Organization and Managing
Competition

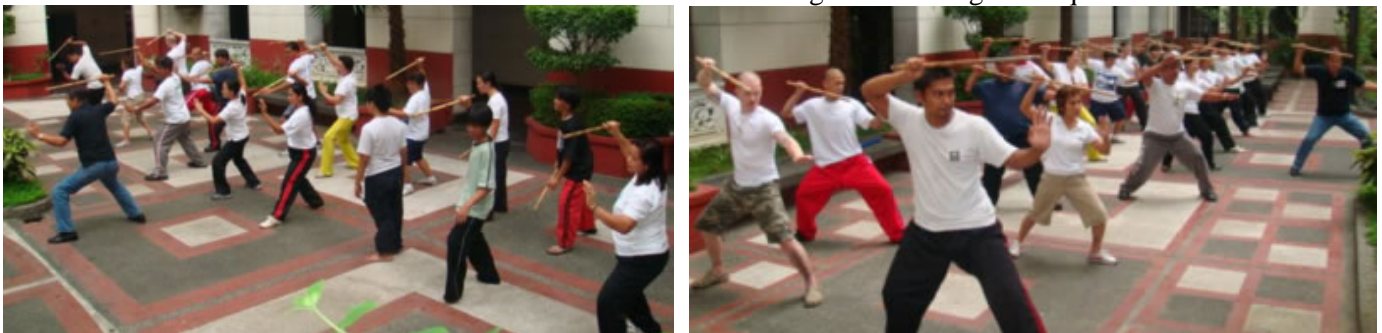
Practicum (Arnis):



Professor Soteco lectures on the Basic Arnis lessons.



Professor Soteco demonstrates the basic striking and blocking techniques.



Professor Soteco demonstrating the thrusting techniques.



Professor Soteco teaches the basic blocking techniques.

Professor Soteco checked the right blocking technique.



Correcting the blocking techniques of participants - Simon Lear and Mark Trokti.



Defensive technique (the X-block and disarming).



Instructors Senior Guro Nonoy Polacion, Senior Guro Paolo Motita, and Master Godofredo Fajardo.

Creative Anyo dance as part of the cultural lessons of Arnis.



Senior Guro Poblacion teaches the Anyo standard to participants.



Anyo standard 1 to 4 sequence.



Demonstrating the basic steps with turtle shield for defense.

Master Frank Aycocho

Professor Armando C. Soteco of Pamantasan Lungsod ng Manila the organizer of Professional Arnis Instructors Course, Class 2008 5th Batch graduate Bachelor of Science Education. Fifteen teachers of different Universities taking up majors in physical education attended.

The course titled Professional Arnis Instructor entitles individual registered teachers a diploma and a certificate for under graduate with 18 accredited units in college physical education. Master Frank Aycocho 7th Degree Red, White and Blue Belt of Kuntaw “The Filipino Ancient Martial Art of Hand and Foot Fighting” and an expert in Kali and Silat of linear and circular motion technical offense and defense, taught the students martial arts philosophy, first aid and safety awareness in sports injuries during exercise and in competition.

Master Aycocho also instructed traditional anyo and dwelo in technical winning of points in competition, basic anatomy of human body for vital and fatal nerve pressure points, and target spots that merit points in competition with proper execution of technique balance and focus. He continued with the self defense aspect of Silat empty open hand techniques.



Professor Soteco and Master Frank Aycocho





Master Aycocho was assisted by his students Jojo Velvis, Ron Belda and Mr. Ryan from Iloilo.



Master Aycocho had Professor Soteco introduce his art SSS (Soteco Singing System), a short metal stuff defense weapon against aggressor armed with bladed and non bladed weapons. SSS is a pen size weapon in length, with a non-pointed edge and a rotating attachment connected to a ring made of metal or fiber. Similar techniques and philosophy applies to master frank Aycocho with middle finger knuckle punch and using college ring for offensive blocking and striking to the vulnerable fatal and pressure nerve spots of human body.





Master Aycocho remarked that it was fun teaching martial arts to a group of intelligent college graduates who understand the philosophy of the fighting arts.

Master Aycocho has studied the martial arts of Kuntaw, Arnis, and Silat for the past 40 years and each art is noted and considered deadly and effective fighting arts through out the world. Some think for survival on how to defend ones self or to take advantage to robbers who are assaulting the person, and yet others as a profession to earn money.

Master Frank Aycocho found a new concept and explained before starting the lesson, “teaching my style is to keep alive the Filipino tradition and culture in form of cultural dance and sports Through teaching the martial arts Master Aycocho has found a way to educate people to prevent violence and also learn to exercise the proper way to help prolong life in a healthy way and of course to defend and save life.



Center in Kuntaw full uniform Master Frank Aycocho left Professor Armando Soteco. Registered participating teachers corner left Mr. Simon of U.K. besides Master Garitony Nicolas President and Founder of Modern Arnis Mano-Mano Filipino Martial Arts the resource person of the class teaching cultural arnis mano-mano and anyo.

Senior Guro Jimson Dearos; Rules/Officiating, Mechanics and Strategies



Senior Master Samuel Dulay lectures on the aspects of Tapi-Tapi.



Senior Master Samuel Dulay demonstrates the basics of Tapi-Tapi.



Senior Master Dulay and Adelaida Floresca in their Tapi-Tapi and clocking techniques.



Adelaida Floresca and Laarni Genecila, demonstrating the stick locking techniques of Tapi-Tapi with stick.



Master Fajardo teaches the classical Anyo in another form.

Arnis Terminology

Abanico Corto and Abanico Largo: Are striking techniques which consist of moving the stick in front of the body in a fanning-like movement, hence the term “Abanico” which is a Spanish word for fan.

Anyo: A combination of pre-arranged or choreographed striking, blocking and body shifting movements which is equivalent to the “Kata” of other martial arts.

Arnis: It is supposed to have been derived from the Spanish word “arnes” which is the equivalent of the English word “harness,” and refers to the colorful appendages and trappings worn by medieval soldiers.



Abanico Corto



Bandy Y Banda

Bandy Y Banda: A striking technique which consists of pointing the stick forward and moving it rapidly and horizontally from left to right in front of the body.

Cross Strike: An upward-downward strike with counter strike horizontally to the right and left alternately across the body.

Doble Zero: A right downward strike to upward strike with a combination of encircling the stick overhead to strike diagonally across the body with downward-outward motion.

Doblete: A right downward strike diagonally and twisting the forearm to make a circling movement overhead and to strike again forward in a horizontal motion.

Espada Y Daga (sword and dagger): A form of fighting wherein one long stick and one short stick are used.

Kali: Is an ancient Malay word which refers to a long bladed weapon. It is derived from the word “tjakalele” which is an Indonesian traditional form of fencing.

Larga Muton or Labanang Totohanan: This refers to a free form of Arnis sparring which is supposed to show and test the skills of the Arnis practitioners.

Rainbow Strike: The movement in the execution of this striking technique is like the rainbow and it is done in this manner. Pivoting on the left and right feet to face left, with the arm and elbow almost straight at shoulder level, simultaneously swing the arm upward and at the end of the downward movement, twist the elbow to point the butt of the stick upward to strike downward to the right side, describing the curve of a rainbow.

Redonda: Wherein all the blows are directed to the head or crown. It involves synchronized movements of the shoulders, arms, wrists, and truck.



Rompida

Rompida: A striking technique which consists of circling the stick in front of the head prior to each up and down striking movement in front of the body.

Sangga at Patama: A pre-arranged or choreographed form of play consisting of striking, thrusting, and parrying.

Sinawali: An intricate technique of striking using two sticks wherein the movements resemble the woven pattern of the sinawali or split-bamboo mattings.

Up and Down: A striking technique which is similar to the *Rompida*, except that the stick is not encircled in front of the body prior to each up and down movement.

Vertical Strike: This striking technique is also similar to *Rompida* except that the stick swings overhead in a circular movement.



Redonda



Sinawali

Comments About the Course: from students and Instructors

Individuals engaged in Arnis, utilizes their natural abilities, learn different types of “*anyo*”, other techniques and develop their self-esteem. These individuals who can believe in themselves can often accomplish the impossible.

Self-esteem of “*Arnisadors*” has been positively linked to a wide range of behaviors, including mastery in performances and achievement in their goals.

High self-esteem is pride in oneself in which one Arnisador becomes aware and accepting of one’s imperfection while cherishing one’s inherent strengths and positive qualities. This individual with high self-esteem feels pride when he can take responsibility for producing a socially valued outcome. He can sustain himself in the face of adversity because he is convinced that his actions will eventually make a difference.

When an athlete performs well or feels successful, he or she can feel good about him or herself. However, the opposite is also true: despair and low self-esteem results when this person does not perform well or view him or herself as a failure. Even if they have the skills in Arnis yet are low in self-esteem feel shame or simply lacking self-confidence and have feelings of apprehensions and wrongly determine their self-worth by how successful they feel about their sport.

Self-esteem of an Arnisador should be based on who he is as a person instead of how well he can perform in his sport or how high he could go in a sporting career.

Mary Grace P. Penamayor
PE Coordinator
Guinayangan National High School
Guinayangan, Quezon

In Arnis ProfessionalL, one of my favorite subject in Theoretical Aspect, is Sports Science, I learned in this discussion, the application of scientific principles and techniques with the aim of improving sporting performance. I also learned different Filipino martial arts techniques and the effective alternative weaponry of Professor Armando Soteco, which is the SSS (Singsing Soteco System) also known as "dulo-dulo".

Anthony A. Gatchalian
Arnis Instructor
Modern Arnis Mano-Mano Filipino martial arts
Computer Programmer

"During my 3 weekends (Saturday and Sunday) stay or studying at Arnis Professional with Prof. Soteco, I learned many things not only in the art of Arnis itself but also other Filipino Martial Arts Techniques. Also, I learned the Different Anyo's /Form's of Different Filipino Martial Arts Clubs and the Cultural Aspect of Filipino Martial Arts."

Ronald Regalado
Arnis Instructor
Modern Arnis Mano-Mano Filipino martial arts

The Seminar for Arnis Professional Course was indeed a very successful and enjoyable one. The P.E. teachers were able to acquire knowledge on the basic skills and different techniques using arnis. We the participants were able to enhance knowledge and be more creative in teaching the different phases of Anyo. The trainers especially Mr. Soteco, our organizer in the said seminar was patiently taught arnis not only its basic skills but its physiological aspects of it. We were taught its values, when & where to use it. Thank you very much Sir Soteco for making us knowledgeable in arnis. More power and God bless you always.

Nazarene Trinidad

Faculty Member

(Centro Escolar University Manila Philippines)

P.E. Department

Arnis said to be the Martial Arts of Filipino's. Also love and enjoyed by other Nations now a days.

When I enrolled in National College of Physical Education at Pamantasan ng Lungsod ng Maynila, I encounter the Arnis as one of my subjects. I'm really curious about it, but when Mr. Arman C. Soteco introduced us to Arnis and taught us how to handle the stick and execute the techniques, I decided to continue and gain the skills.

Sir Arman C. Soteco offered us to undergo seminar of "Arnis Professional" for six sessions which was scheduled on Saturday and Sundays. I learned a lot from the different instructors, who shared their knowledge and skills in Arnis. We learned different styles of Arnis like the Mano-Mano style, Kuntaw Silat Kali, Traditional Arnis, Modern arnis, Tapi-Tapi and Sports Arnis.

So with this different style we learned from them, I can now teach my students in Marikina Heights High School the different styles of Arnis. I will share the knowledge and skills that I received from Sir Soteco and the other Masters.

I am very thankful to Mr. Arman Soteco for giving us a chance to enroll in this Arnis Professional course, he is a good Master. Also we thank Dr. Alejandro Dagdag for allowing this Arnis Professional course as part of NCPE.

We enjoyed the seminar and I can share all the skills I learned not only to my students but to other people.

Amelia A. Deguzman

Physical Education Teacher

Marikina Heights High School

Marikina City

I would like to congratulate Professor Soteco for having a successful Arnis Professional course in this 5th batch. As a resource speaker for 3 consecutive years at National College of Physical Education it is honor for me to share my system to the students of Arnis Professional. I would like to thank Professor Soteco for trusting me to do the demonstration for the graduating students of this course.

Mabuhay po kayo!!!

Grandmaster Garitony Nicolas

Founder President

Modern Arnis Mano Mano Filipino Martial Arts
Pasay City Manila Philippines

Sport Psychology in the Professional Arnis Instructor course focus on the concept of cognition and perception or the cognitive and perpetual processes involved in learning and performing. Prospective arnis instructors are provided insights to best create a positive instructional climate that can maintain or increase the level of interests of their students. The nature of the learner and mental process involved in motor development of stick fighting is given emphasis. Discussions are backed-up with significant literatures from related researches and studies.

I admire the initiatives of the management and administrators of the School of Arnis Professionals for their commitment to improve the quality of instruction in Arnis and for keeping the historical value of this Filipino martial art.

Professor Claudette A. Mayuga

Resource person; Sport Psychology
Athletic Director, PLM
(University of the City of Manila)
Manila Philippines

My congratulations to all the people behind the summer course Arnis Professional under the headship of Prof. Soteco.

Their integrity, their knowledge and skills in teaching Arnis is unquestionable, they are all masters in their own areas. All the resource persons are all generous in sharing their expertise in Arnis. Be it competitive, sports, teaching arnis & self defense. I gain lots of additional information in this course.

But what singsing Soteco System, I'm more than willing to enroll and explore this new field mainly for self defense.

Hurray and more power Sirs, my you flourish even more.

Aida O. Floresca

PE Professor
Centro Escolar University
Mendiola, Manila

As we finished our class in Arnis Professionals a lot of interesting knowledge we get, especially in learning the Anyo dance. We combined arnis step to the tune of “Bayan Ko” one of the favorite song of the Filipinos, and it was so great the results is a one exciting performance for us and we are excited to perform that in our graduation on May 22, 2008.

The lecture in theoretical subjects every Saturday is great also because all of our lecturers are very respectful and well equipped with knowledge in their own areas of discipline. Thanks for our Director Prof. Armando A. Soteco for encouraging us to join the advance Arnis course this summer.

More power to the Arnis Martial Arts in the Philippines.

Ernesto P. Lima

Faculty Member

P.E. Department

Pamantasan ng Lungsod ng Pasay

(University of the City of Pasay)

Pasay City, Philippines

Professional advance arnis really was a great summer activity since it wont only tackled about the arnis itself but also dealt with the different lessons and subjects which indeed of a great help in learning arnis.

The course was divided into two categories one was lecture on different academic subject and the other was the practicum in arnis. It was thought for three consecutive Saturdays and three Sundays which started last April 5, 6,12,13,19 and 20 from 8:00 a.m. to 5:00 p.m.

During the lecture we had the organization and managing competition, sports management which really helped us on how to manage arnis competition. Then we have also the health and safety lessons, Physical fitness, sports psychology, sports science which dealt in bio mechanics, Traumatology (first aid lessons) and nutrition which really gave us insight of a physically fit person.

The lectures were thought by professors who are known in their own field of discipline. The senior Guro, Master and Grandmaster of different arnis martial arts organization taught us the various forms of arnis such as the Kuntaw Silat Kali System, the anyo forms, the creative and cultural arnis, Sports arnis, and the tapi-tapi as martial arts subject. Indeed it was really a great summer activity for us.

Mary Jane D. Rosco

P.E. Faculty

Maximo L. Gatlabayan Memorial

National High School

Antipolo City, Philippines

National College of Physical Education
NCPE - Pamantasan ng Lungsod ng Maynila
Intramuros, Manila
School of Arnis Professionals

Course Descriptions of the Theoretical Subjects in the School of Arnis Professionals

1. **Sports Science** - A systematic approach to the understanding of the interrelationship of physical and mechanical self-applied to training. It includes the study of the Law of Inertia, Law of Acceleration and the Newton's Law.
2. **Physiology of Exercises and Physical Fitness** - A thorough discussion of the latest fitness concepts, gadgets and training techniques. A study of Physiological mechanisms underlying physical activity, the comprehensive delivery of treatment services, improvement, maintenance of health and fitness, sports training and human adaptability to acute and chronic exercise.
3. **Traumatology (First Aid)** - discussion of the common injuries in contact sports and the prevention, rehabilitation as well as management of said injuries.
4. **Sport Psychology (Teaching Methodology)** - This area of study deals on how psychological factors affect behaviors on sports and athletics and how participation in these activities affect the athletes. Coverage of this includes social perception, motivation, group dynamics, development of motor skills, leadership, aggression essential to working with teams and individual athletes.
5. **Nutrition** - Introduce the nutritional program of athletes during training, competition and off season training with emphasis on Filipino and foreign diets.
6. **Sports and Recreation Management** - Focuses on the management, theories and principles applied to sports competition.

Offered: Professional Sports Specialization Program.

Title: Certificate of Teaching / Coaching Arnis.

Description: The program is designed to prepare professional Arnis Instructors and or Physical Education Teachers by providing scientific knowledge and skills in teaching, coaching and managing competitions.

Course Offered / Subject: (with units credited to each subject for P.E. major (CPE) and MPES students of NCPE).

Theoretical:

1. Sport Science (Bio-Mechanics)
2. Physiology of Exercise and Physical Fitness
3. Traumatology (First Aid)
4. Sports Psychology (Teaching Methodology)
5. Sports and Recreation Management
6. Nutrition and Drugs

Practicum:

Arnis1 - Basic: Foundation of Skills for Beginners and Physical Education Teachers

Arnis2 - Cultural: Anyo Standard, Creative and Classical or traditional

Arnis3 - Sport: Rules/Officiating, Mechanics and Strategies for competitions.

Arnis4 - Martial Art: Defense/Offense techniques (with and without sticks)

Admission Requirements:

1. Any Bachelor's degree holder or undergraduate and/or:
2. P.E. Teachers
3. With Basic knowledge in Arnis
4. Arnis Trainers/Instructors

Class Venue: Pamantasan ng Lungsod ng Maynila Intramuros, Manila and Department of Tourism (Quadrangle) T. M. Kalaw Street, Manila, Philippines

Contact Person: Professor Armando C. Soteco
Director, S.A.P.

Dr. Alejandro L. Dagdag
Executive Director, NCPE

Contact Number: (0919) 321-2379

Email: acsoteco@yahoo.com

Year Round Schedule for Local, National and International:

Every April 1-6, 8:00 to 5:00 p.m.

Dr. Alejandro C. Dagdag, D.E.M.

August 1-6, 8:00 to 5:00p.m.

Executive Director

December 1-6, 8:00a.m. to 5:00p.m.

National College of Physical Education, PLM

or by Special Arrangement

Cell# (0927) 943-7559

Email: dnaoe@yahoo.com

For enrollment fees, class schedule and venue contact:

Professor Armando C. Soteco

37 Kagitingan St.

Muzdn, Malabon City

Metro Manila, Philippines 1479

63 (0919) 321-2379

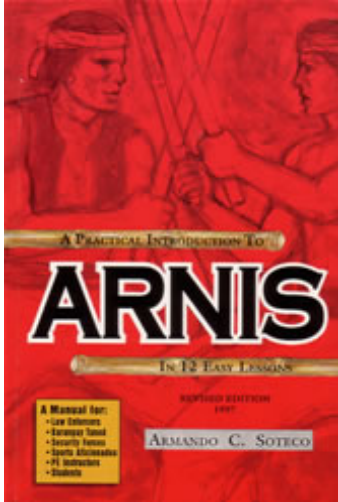
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Graduates of the Professional Arnis Instructors Course Batch 3 - Bahaghari 2006



Graduates of the Professional Arnis Instructors Course Batch 4 - Kamagong 2007,
with Prof. Armando C. Soteco and Grandmaster Roland Dantes.



**A Practical Introduction to
Arnis
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A book used at the School of Arnis Professionals at the National College of Physical Education – Pamantasan ng Lungsod ng Maynila (University of the City of Manila), Intramuros, Manila, Philippines.

In the course Professional Sports Specialization program which upon graduation the student earns a certificate of Professional Arnis Instructor.

The program is designed to prepare professional arnis instructors and P.E. teachers by providing scientific knowledge and skills in teaching, coaching and managing competitions.

To order the book contact:

Professor Armando C. Soteco
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Muzdn, Malabon City
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What is SSS?

S - Singsing or Siningsing (Ring)

S - Soteco

S - System

- **SSS** is an alternative to Arnis stick for defense techniques in the 6-angles of strikes.
- **SSS** is a multi-purpose defense system in Arnis introduced by Professor Armando Soteco, used for blocking sticks and other deadly instruments by applying the Tapi-Tapi, Dulo-Dulo and Dikitan Style of Filipino martial arts for self-defense. It is also effective in blocking any kind of Kicks.



How to grip the Singsing: Insert your middle finger on the ring and close your fingers around it. The Singsing will be impossible to be taken away from you.

Also available in: Bronze, Aluminum, Hard Wood.



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Material: Stainless Steel

Ring Diameter: 0.5"

Price: USD 35.00 (inclusive of shipping charges).



Dimension: Length - 6.5"/6.75"

Material: Hard Fiber (Fibra)

Ring Diameter: 0.5"

Price: USD 30.00 (inclusive of shipping charges).

For further details, contact:

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Local Sales Please contact:

Danilo M. Naoe

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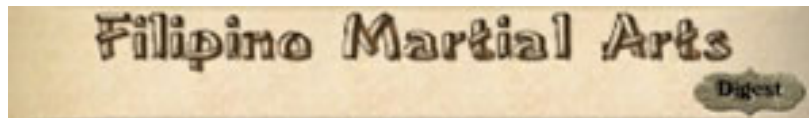
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