



Department of Education  
Region X-Northern Mindanao  
DIVISION OF MALAYBALAY CITY  
Purok 6, Casisang, Malaybalay City

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### DIVISION ADVISORY

2015-11-304  
DepEd-MALAYBALAY CITY DIVISION  
**RELEASED**  
Date: NOV 24 2015 Time: 3:34  
By: [Signature]

To : Chief Education Supervisors, CID and SGOD  
Education Program Supervisors  
Public Schools District Supervisors  
Public/Private Elementary and Secondary School Heads  
This Division

From : *[Signature]*  
EDILBERTO L. OPLENARIA, CESO VI  
Schools Division Superintendent

Date : November 24, 2015

Subject : REGIONAL TRAINING WORKSHOP ON ARNIS AND PUÑADA  
SELF-DEFENCE for MAPEH/P.E. ARNIS TEACHERS & COACHES

1. For information and guidance of all concerned, enclosed are copies of Regional Advisory No. 83 dated November 10, 2015 and Regional Advisory No. 71 dated October 7, 2015 re Regional Training Workshop on Arnis and Puñada Self-defence for MAPEH/P.E. Arnis Teachers and Coaches on December 4 - 6, 2015 at South Central School, Cagayan de Oro City which is self-explanatory.
2. Participation to this activity is in accordance to established policies and guidelines of this department.
3. Interested MAPEH teachers/coaches shall submit letter of intent, attached recommendation of school heads, Attention: *LOU-ANN J. CULTURA, EPS in MAPEH* on or before December 2, 2015.
4. Immediate dissemination of this Advisory is hereby desired.



Republic of the Philippines  
Department of Education



**REGION X-NORTHERN MINDANAO**

Father Mastersons Avenue  
Zone 1 Upper Bahulang  
Cagayan de Oro City

**Regional Advisory**

No. 73 s. 2015

**TO : SCHOOLS DIVISION SUPERINTENDENTS**  
This Region

**FROM: ATTY. SHIRLEY D. CHATTO**  
Chief Administrative Officer  
OIC- Regional Director

**Date:** November 10, 2015

**Subject: CORRIGENDUM TO THE REGIONAL TRAINING WORKSHOP ON ARNIS**  
**AND PUÑADA Self –defense for MAPEH/PE Arnis Teachers and**  
**Coaches**

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Please be informed that Regional Advisory No. 71, s. 2015, re: **Regional Training Workshop on Arnis and Puñada Self defense for MAPEH /P.E. Arnis Teachers and Coaches** is moved to Dec.4-6, 2015 at South Central School, Cagayan de Oro City.

For appropriate action.



Republic of the Philippines  
Department of Education  
REGION X- NORTHERN MINDANAO  
Fr. Masterson Avenue, Zone 1, Upper Balulang  
Cagayan de Oro City

**DepED**  
Department of Education

DepED-X  
Cagayan de Oro City

03 NOV 2015

6260  
**RELEASED**

**Regional Advisory**  
No. 71 s. 2015

**TO:           SCHOOLS DIVISION SUPERINTENDENTS**  
This Region

**FROM:       ATTY. SHIRLEY O. CHATTO**  
*juwaw*  
Chief Administrative Officer  
OIC Regional Director

**DATE:       October 27, 2015**

**SUBJECT:   REGIONAL TRAINING WORKSHOP ON ARNIS AND PUÑADA Self-defense**  
**For MAPEH /P.E. Arnis Teachers and Coaches**

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Enclosed is the letter of **ERNESTO "NESTEE" M. LUIS, JR.**, Founder /Director of Puñada Martial Arts International (PMAI) –an Arnis and Self-defense organization, re: **REGIONAL TRAINING WORKSHOP ON ARNIS AND PUÑADA Self-defense for MAPEH/P.E. ARNIS Teachers and Coaches** on November 11 15, 2015 at Cagayan de Oro City. Exact venue will be announced later.

For appropriate action.



## PUÑADA MARTIAL ARTS INTERNATIONAL

Holy Trinity Church Compound R.T. Lim Boulevard  
Zamboanga City  
CP No.: 0917-461-9930

Division Office  
Cagayan de Oro City

October 5, 2015

**Atty. Shirley O. Chatto**  
Regional Director  
DepEd RO- X  
Masterson Avenue  
Zone 1, Upper Bulalang  
Cagayan de Oro City

OCT 5 2015

RECEIVED

*RE: Regional Training Workshop on Arnis and Puñada Self-defense for MAPEH/P.E. Arnis Teachers and Coaches*

### I. Proposal

To hold (a) five (5) days training workshops for MAPEH/P.E. Arnis teachers and coaches by the professional staff of **Puñada Martial Arts International (PMAI)**-an Arnis and Self-defense organization.

### II. Rationale

Arnis is touted as a martial arts quintessentially Filipino, and has become part of the Physical Education curriculum in our primary and secondary schools. With the approval of Congress (2007-10). "Republic Act No. 9850: An Act declaring Arnis as the national martial art and sport of the Philippines." Metro Manila: 14th Congress of the Philippines, Third regular session, 2009.

*EXECUTIVE SUMMARY: Republic Act No. 9850, approved on 11 December 2009, defines the indigenous Filipino martial art of Arnis and declares it as the "Philippine National Martial Art and Sport." The Act then orders the Department of Education, the National Commission for Culture and the Arts, and the Philippine Sports Commission to promulgate the rules and regulations necessary to carry out its provisions., this Pinoy sports made its debut in the SEA Games in Manila, Philippines 2005.*

Unfortunately, though taught in school and already our national sports, Arnis begs professionalism in its teaching and development, and promotion as a martial arts significantly Pinoy. It has yet to be deeply ingrained in our culture like jujitsu to the Japanese, Taekwondo to the Koreans and Kung Fu to the Chinese. Arnis as Pinoy sports and martial arts needs a highly professional outfit to supplement the infrastructures and personnel of the Department of Education, competent and able hands to groom Dep-Ed's P.E. teachers to teach and promote the sports, in continuous year-round strings of training workshops and regional and national tournaments. Not only to raise Arnis-disciplined champs for the SEA Games, but sturdy, healthy, law-abiding citizens quick on their reflexes, sharp on their minds.

An Arnis organization of professional competence in the martial arts and extensive experience in handling training workshops and tournaments like **Puñada Martial Arts International (PMAI), Inc.** fits this need to a tee.

### III. Objectives

1. To equip all MAPEH/P.E. Arnis teachers on the fundamentals of Arnis as a martial arts.
2. To lay the groundwork for the development and promotion of Arnis as a national sport through the DepEd division and regional competitions.
3. To foster professionalism in the teaching of Arnis by making accessible supplies like books and Arnis sticks as well as training workshops and periodic tournaments.
4. To equip teaches and students in basic Puñada self defense.

#### IV. Profile of Puñada Martial Arts International (PMAI), Inc.

Puñada Martial Arts International started in 1992 and was incorporated and registered with the Securities and Exchange Commission in 2007. But as far back as 2002, PMAI has already become a member of Arnis Philippines, (NSA, Member POC & PSC) where PMAI Founder and Director Ernesto "Nestee" M. Luis, Jr. has been a commissioner for 5 consecutive years, Arnis Officiating Official during SEA Games 2005.

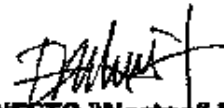
The school has a population of more than 30,000 students, including members of the U.S. Joint Special Operations Task Force-Philippines, under the "*Balikatan Exercises*," like the Army Special Forces and Navy Seals. Since its inception, the school has been conducting martial arts tournaments and has successfully participated in Arnis Philippines (NSA) national competitions. The outfit has also conducted training workshops even outside Zamboanga City, (Region 7 and Region 9).

#### V. Requirements for Participants

1. Participants must be young MAPEH/P.E. teachers, Arnis coach or aficionados of the sports in elementary and secondary both public and private schools.
2. Participants must each pay a registration fee of P 2,000.00 for the five-days training workshop to cover Arnis sticks with cases, T-Shirts, and reading materials.
3. Participants must be in Sports attire during the training.

I may submit if require our Memorandum of Agreement with your organization, renewable every three years, to ensure an uninterrupted implementation of this continuous program for the training, Officiating, development and promotion of Arnis as national sports and martial arts. May you find this proposal comprehensive and favorable. God blesses us all.

Very truly yours,



**ERNESTO "Nestee" M. LUIS, JR.**  
Founder/Director

#### Attached:

Puñada Magazine  
Matrix and Modules  
Credentials



**PUÑADA MARTIAL ARTS INTERNATIONAL**  
 Holy Spirit Church Compound, R.T. Lim Boulevard, Zamboanga City  
 Cell Phone# 0917-461-9930

**Training Matrix on the Sports of Arnis & the Self-defense of Puñada**

| DAY         | 1st       |  |                                    |
|-------------|-----------|--|------------------------------------|
| FROM (Time) | TO (Time) | MODULE   | Chief Instructor                   |
| 07:00 AM    | 10:00 AM  | Registration   |                                    |
| 10:01 AM    | 12:00 AM  | Opening Ceremony   | Puñada Martial Arts Training Staff |
| 12:01 AM    | 01:30 PM  | Lunch Break  | -do-                               |
| 01:31 PM    | 02:00 PM  | What is Arnis, Puñada Arnis & Puñada? (Power Point Orientation & Rules and Regulation of the Seminar)      |                                    |
| 02:01 PM    | 03:00 PM  | 1- Warm-up & Skill-related Physical Fitness Exercises<br>2- Arnis Double Stick Drills (Weaving Techniques) | -do-                               |
| 03:01 PM    | 03:15 PM  | Coffee Break   |                                    |
| 03:16 PM    | 04:30 PM  | Continuation on double Stick Drills (Weaving Techniques)   | -do-                               |

| DAY         | 2nd       |   |                                    |
|-------------|-----------|---|------------------------------------|
| FROM (Time) | TO (Time) | MODULE  | Chief Instructor                   |
| 08:00 AM    | 10:00 AM  | Continuation on double Stick Drills (Weaving Techniques)  | Puñada Martial Arts Training Staff |
| 10:01 AM    | 10:10 AM  | Coffee Break  |                                    |
| 10:11 AM    | 12:00 PM  | Continuation on double Stick Drills (Weaving Techniques)  | -do-                               |
| 12:01 PM    | 01:30 PM  | Lunch   |                                    |
| 01:31 PM    | 03:00 PM  | 3- Single Stick (Eight Basic Strikes/Blocking Techniques) | -do-                               |
| 03:01 PM    | 03:10 PM  | Coffee Break  |                                    |
| 03:11 PM    | 05:00 PM  | 4- Stick Fighting (Offense & Defense)                     | -do-                               |

| DAY         | 3rd       |  |                                    |
|-------------|-----------|--|------------------------------------|
| FROM (Time) | TO (Time) | MODULE   | Chief Instructor                   |
| 08:00 AM    | 10:00 AM  | 5- Raising & Mentoring a Good Arnis Player ( Warm-ups and exercises, different foot works, cardio and leg training ) | Puñada Martial Arts Training Staff |
| 10:01 AM    | 10:10 AM  | Coffee Break   |                                    |
| 10:11 AM    | 12:00 PM  | 6- Different Striking (Sports Arnis)   | -do-                               |
| 12:01 PM    | 01:30 PM  | Lunch  |                                    |
| 01:31 PM    | 03:00 PM  | 7- Sparring  | -do-                               |
| 03:01 PM    | 03:15 PM  | Coffee Break   |                                    |
| 03:16 PM    | 04:30 PM  | Sparring   | -do-                               |

| <b>DAY</b>             | <b>4th</b>           |  |                                       |
|------------------------|----------------------|--|---------------------------------------|
| <b>FROM<br/>(Time)</b> | <b>TO<br/>(Time)</b> | <b>MODULE</b>                                | <b>Chief Instructor</b>               |
| 08:00 AM               | 10:00 AM             | 8- Punching Techniques                       | Puñada Martial Arts<br>Training Staff |
| 10:01 AM               | 10:15 AM             | Coffee Break                                 |                                       |
| 10:16 AM               | 12:00 PM             | Same   | -do-                                  |
| 12:01 PM               | 01:30 PM             | Lunch  |                                       |
| 01:31 PM               | 03:00 PM             | 9- Weapon-disarming-Puñada Self-defense      | -do-                                  |
| 03:01 PM               | 03:15 PM             | Coffee Break                                 |                                       |
| 03:16 PM               | 04:30 PM             | 10- Arresting Techniques-Puñada Self-defense | -do-                                  |

| <b>DAY</b>             | <b>5th</b>           |  |                                       |
|------------------------|----------------------|--|---------------------------------------|
| <b>FROM<br/>(Time)</b> | <b>TO<br/>(Time)</b> | <b>MODULE</b>                                | <b>Chief Instructor</b>               |
| 08:00 AM               | 10:00 AM             | 11- Standard Arnis Forms ( Anyo/Sayaw/Baile) | Puñada Martial Arts<br>Training Staff |
| 10:01 AM               | 10:15 AM             | Coffee Break                                 |                                       |
| 10:16 AM               | 12:00 PM             | Same   | -do-                                  |
| 12:01 PM               | 01:30 PM             | Lunch  |                                       |
| 02:00 PM               | 04:30 PM             | Closing Ceremony (Awarding of Certificates)  | -do-                                  |