
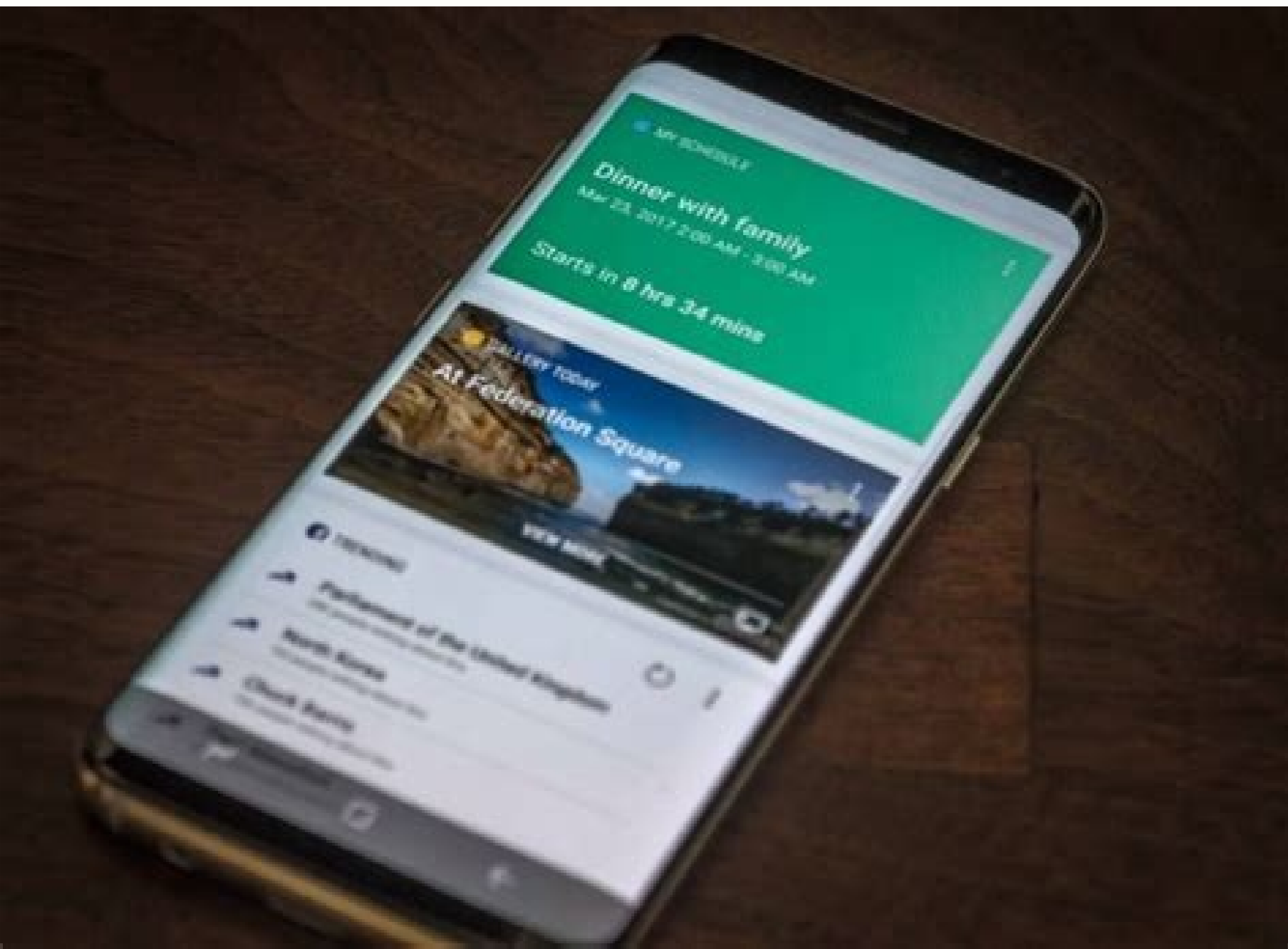


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Bolo: a knife/sword similar to a machete Pinuti: a type of sword from Cebu blade shaped similar to a Sundang but elongated. Since the weapon is seen as simply an extension of the body, the same angles and footwork are used either with or without a weapon. Lines of the Playing Area All lines of the playing surface are 5.08 cm. This excludes interruptions such as injury, changing of broken padded stick. Both body protectors and groin protectors shall be color coded to match the color of the player. Kamagong (ironwood or ebony) and bahi (heart of the palm) are sometimes used after being charred and hardened. Largo mano yantok: longer stick ranging from twenty-eight to thirty-six inches Dulo y dulo: short stick about four to seven inches in length, held in the palm of the hand Bankaw: six-foot pole. The free zone distance measuring 2.0 meters are drawn outside of the playing area. Both shin & forearms guards must be color coded to match the color of the player. Male and female player must both wear body protector and groin protector. The horizontal match lines are drawn 3 meters from the boundary lines that run perpendicularly to the official's table, and 3.5 meters from the boundary line that run parallel to the official's table. Some modern schools also use sticks made out of aluminium or other metals, or modern high-impact plastics. Match Lines Two lines of 1.0 meter long and 2.0 meters apart mark the horizontal match line. The participants are skilled enough to parry and counterstrike, showing respect in not intentionally hitting the training partner. Impact weapons Baston, olisi, yantok: stick ranging from twenty-four to twenty-eight inches long. In modern times, many Arnis practitioners have also come to wear head and hand protection while sparring with rattan sticks, or otherwise use padded bastons. (1 1/2 inch) and length of 76.20 cm (30 inches for men and women). Barong: wide flat leaf shaped blade commonly used by women. Both padded stick shall be color-coded, one red and the other blue. Edged weapons Traditional bolos from the Visayas islands (ginunting on the left, and three talibongs) Baraw is a Cebuano term used in eskrima that means knife or dagger. They are typically constructed from rattan, an inexpensive stem from a type of Southeast Asian vine. Body Protector Refers to a pair of protective body protector, properly cushioned, the specifications of which shall be in accordance with the i-ARNIS standard. Most systems of Arnis apply a single set of techniques for the stick, knife, and empty hands, a concept sometimes referred to as motion grouping. Itak or sundang: a farm or house hold bladed implement, its blade has a pronounced belly, chisel ground edge with the handle angled down. Arnis students start their instruction by learning to fight with weapons, and only advance to empty-hand training once the stick and knife techniques have been sufficiently mastered. These hardwoods are generally not used for sparring, however, as they are dense enough to cause serious injury, but traditional sparring does not include weapon to body contact. Flags Two sets of red and blue flags, the size of which is 30 cm by 25 cm, are used by the judges in declaring decisions or asking for consultations. Each padded stick shall be properly foam-cushioned and shall have a maximum grip diameter of not more than 3.81 cm. For example, one stick may strike the head while the other hits the arm. Competition Area Shall refer to the area by which the conduct of the competition shall be set or held including the free zone around it. The length of padded stick shall be 27 inches for boys and girls. The "fall" at the end of the lash is a single piece of leather 10-30 inches (250-760 mm) in length.[57] Improvised weapons: Belt, bandana, handkerchiefs, shirts, towels/socks with hard soap bars/rocks, ropes, power cables, etc. The reason for this is probably historical, because tribal warriors went into battle armed and only resorted to bare-handed fighting after losing their weapons. Weapons The padded stick shall be the official weapon of the player. The terms Baraw and Daga can be used either as Solo Baraw or Solo Daga associated with single knife fighting and defense systems. Doble Baraw or Doble Daga associated with the double knife fighting systems or even with a combination of long and short weapons e.g. stick and dagger fighting systems Olisi Baraw or sword and dagger fighting systems Espada y Daga. Many systems begin training with two weapons, either a pair of sticks or a stick and a wooden knife. The specifications shall be in accordance with i-ARNIS standard. Binakoko: long blade named after a porgy fish Dinahong palay: has a very narrow blade shape similar to a rice leaf. Two score boards per contest area shall be placed at diagonally opposite corners outside the playing area, inside the competition area within the free zone, right where the judges are positioned. Other Equipment Stopwatch is use to keep the two-minutes per round. Boundary Lines Four lines mark the boundary of the playing area. Page 4 of Group 2 Facilities and Equipment Kalis or Kris: Indo-Malay dagger, often given a wavy blade, it is most commonly used in the southern provinces Kampilan: fork-tipped sword, popular in the southern Philippines Sibat: spear Improvised weapons: Icepicks, box cutters, screwdrivers, scissors, broken bottles, pens, car keys (using the push knife grip) Flexible weapons Sarong: a length of fabric wrapped around the waist Ekut: handkerchief Tabak-toyok: chained sticks/flail or nunchaku Latigo (Spanish for whip): consisting of a handle between 8 and 12 inches (200 and 300 mm), and a lash composed of a braided thong 3-20 ft (0.91-6.10 m) long. Hard and durable yet lightweight, it shreds only under the worst abuse and does not splinter like wood, making it a safer training tool. Daga/Cuchillo (Spanish for dagger and knife) or Baraw/Pisaw: daggers or knives of different shapes and sizes Balisong: fan knife or butterfly knife from Barrio Balisong in Batangas province. The term Baraw is more commonly used on the Cebu Island in the Visayan region whereas other islands and regions more commonly use the term Daga but both terms are often interchangeable within the Filipino martial arts community. A gong and mallet or other similar audible substitutes such as whistle, bell or buzzer shall be provided for the Timer to indicate the start and end of the round. Page 6 of Group 2 Facilities and Equipment Forearm and shin guards are compulsory. A table shall be provided for the Timer and Recorder which shall be situated one (1) meter in front of the playing area so that time signals are audible enough to both players and referee. No other similar material will be allowed to be used in any local, national or international competitions, for timer's use to signal the start and the end of each round and to declare a time-out and resumption of the game. Such training develops the ability to use both limbs independently, a valuable skill, even when working with a single weapon. Page 1 of Group 2 Facilities and Equipment Facilities and Equipment The game is played by using prescribed padded stick in delivering artistic and legal blows, strikes, thrusts, and disarming the opponent to gain scores. These styles emphasize keeping both hands full and never moving them in the same direction, and trains practitioners to become ambidextrous. One yellow flag, size 30 cm by 25 cm. Page 5 of Group 2 Facilities and Equipment Dimensions The playing area is a square measuring 8.0 meters by 8.0 meters with a two (2) meters minimum free zone around it, and a clear space without any obstruction up to a height of not less than 5 meters from the playing surface. This aspect makes it useful in defense against blades. Baston A pair of rattan bastons The most basic and common weapon in Arnis is the baston or yantok. Both headgears must be color-coded, one red and the other blue, to match the padded stick of the player. The specifications of which shall be in accordance with the i-ARNIS standard. This is in contrast to most other well-known Asian martial arts but it is justified by the principle that bare-handed moves are acquired naturally through the same exercises as the weapon techniques, making muscle memory an important aspect of the teaching. Even when as a practitioner wields only one weapon, the extra hand is used to control, trap or disarm an Page 2 of Group 2 Facilities and Equipment opponent's weapon and to aid in blocking, joint locking and manipulation of the opponent or other simultaneous motions such as bicep destruction with the live hand. Scoreboards A pair of scoreboards, either manually or electronically operated, the specifications of which shall be in accordance with the i-ARNIS standards. Karambit: claw-shaped Indo-Malay blade held by inserting the finger into a hole at the top of the handle. Head Protector Refers to a pair of protective head gear to include an impact-worthy face mask, the specifications of which shall be in accordance with the i-ARNIS standard. It is also based on the obvious fact that an armed person who is trained has the advantage over a trained unarmed person, and serves to condition students to fight against armed assailants. The handle is two-piece and attaches to a swivel that folds to enclose the blade when shut. A core concept and distinct feature of Filipino martial arts is the Live Hand. (2 inches) and must be of different color from that of the floor and other lines previously drawn for other purposes. Body protectors and groin protectors specifications shall be in accordance with the i-ARNIS standard. Staves can be used to practice sword techniques Wooden dagger measuring 12 to 14 inches (300 to 360 mm) Panangga: shield Page 3 of Group 2 Facilities and Equipment Improvised weapons: Wood planks, steel pipes, umbrellas, flashlights, rolled-up magazines/ newspapers, books, cellular phones, tennis rackets, but of billiards cue, bottles, coffee mugs, chair legs, tree branches or twigs, etc.

DM No. 029 s. 2022 - Schedule of Coordination Meetings and Trainings on Futsal, Badminton, Dancesports, Basketball, Taekwando and Arnis; AD No. 008 s. 2022 - to Division Memorandum No. 502 s. 2021 (Division Training Workshop on Multimedia Production for Television and Video-Based Instruction) - Training-Workshop for Batch 2 Depreciation on the equipment is P60,000 a year. If production is ... , tons of product during the current year. The manufacturing capacity of Davao's facilities is 3, tons of product. Consider each question's situation separately. Sales P900, Variable ... Download Save. X04 Cost Volume Profit Relationships. Course: Bachelor of ... Increasing Bed Capacity of a Hospital: La Union Medical Center with an Upgrade of Services, Facilities and Professional Health Care, ... Risk Reduction and Preparedness Equipment Protection Act 2012-12-04: 10345: Increasing Bed Capacity of a Hospital 2012-12-04: 10346: Converting an Extension Office into a Regular Office (LTO) 2012 ...

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