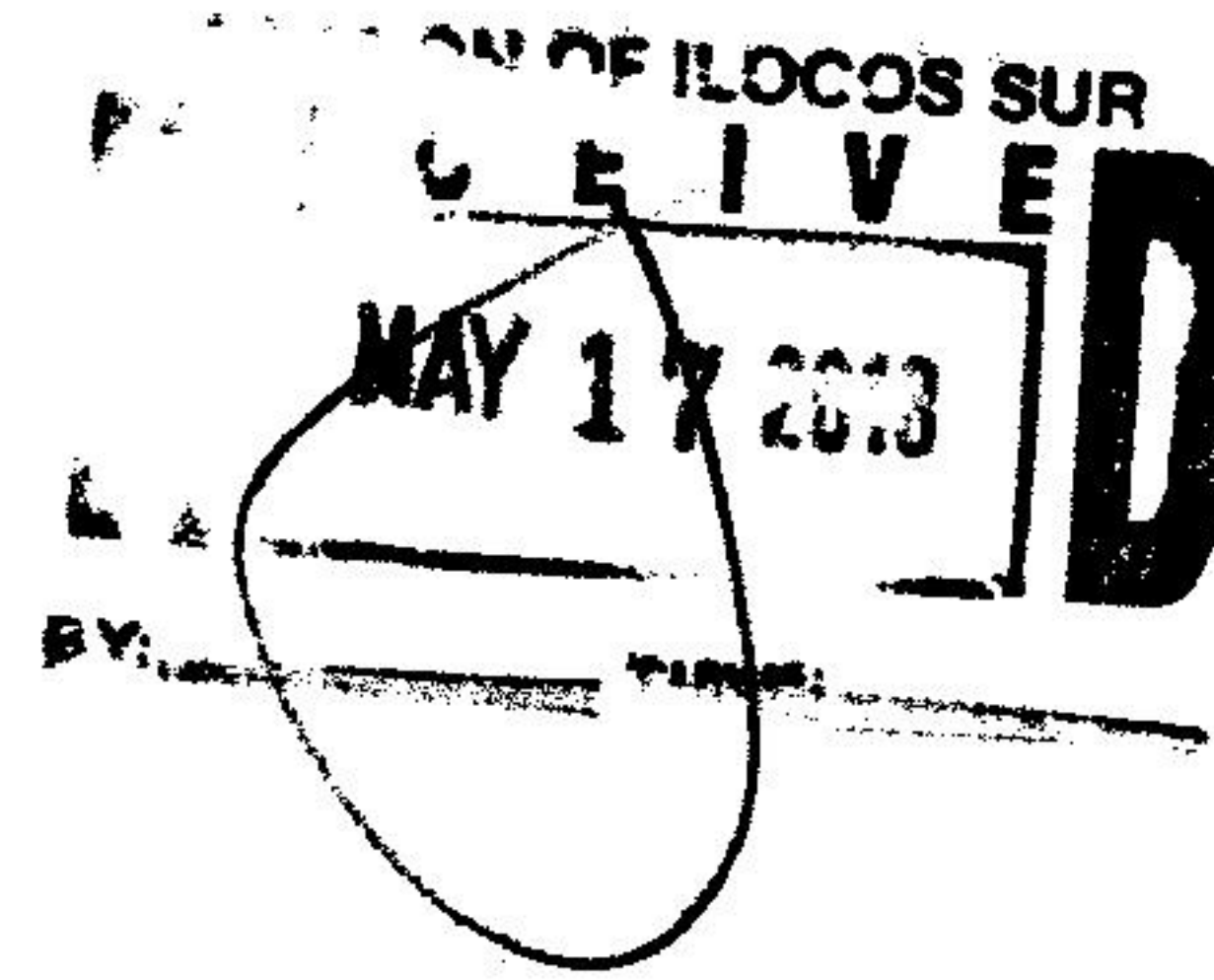


WORLD ESKRIMA KALI ARNIS FEDERATION (WEKAF)
North & Central Luzon Chapter

May 11, 2019

JOSE BUENO JR.
Education Program Supervisor
Schools Division Office – Ilocos Sur



Dear Sir,

Greetings from the World Eskrima Kali Arnis Federation (WEKAF)-North & Central Luzon Chapter!

The World Eskrima Kali Arnis Federation (WEKAF) North & Central Luzon Chapter will be hosting a seminar –workshop concerning **Strategic Management in Coaching and Officiating Sport Arnis** on May 23-26, 2019 at Villasis Auditorium, Villasis Pangasinan. Participants of the four (4) day Arnis training are the interested Arnis Enthusiasts, Coaches, Officiating Officials, MAPEH Teachers, Physical Education Instructors and martial arts clubs in the country. The program aims to enhance the participants on the new techniques of coaching, teaching and officiating for the event and to upgrade their knowledge on how to create proper anyo for competition, padded stick and live stick concept sparring techniques. This program also helps Arnis Coaches and Trainers in preparing their athletes for the Division and Regional meets and other National Competitions such as Palarong Pambansa, Batang Pinoy, Philippine National Games and National Martial Arts Festival.

In addition, participants on this program are encouraged to file their membership for the World Eskrima Kali Arnis Federation (WEKAF) and Philippine Eskrima Kali Arnis Federation National Sports Association (PEKAF-NSA) as part of their sport organization membership to qualify them to coach Arnis.

A registration fee of One Thousand Two Hundred Pesos (Php 1200.00) from each participant shall be collected to defray expenses for the said training (certificates, hand-outs, stick, gym rental, and school billeting donation), accommodation and honorarium of the expert trainers from the World Eskrima Kali Arnis Federation (WEKAF) and other expenses relevant to the course. However, participants are advised to bring their own beddings for the billeting school, wear training attire (rubber shoes, jogging pants and t-shirt) and shoulder their own meals, snacks and transportation.

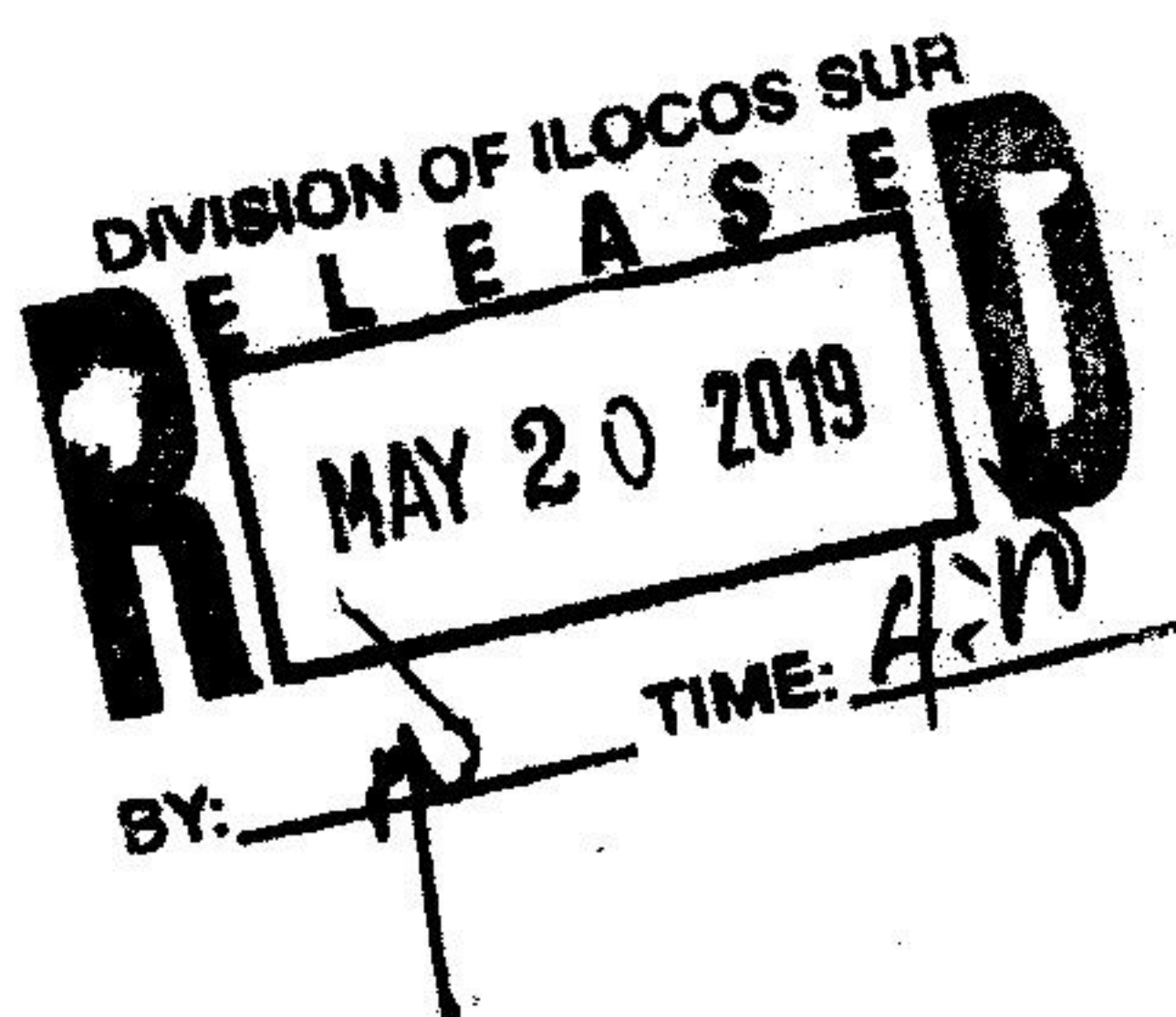
The following are the invited expert trainers from National Sports Association (NSA):



Department of Education
Region I
SCHOOLS DIVISION OF ILOCOS SUR
Bantay, Ilocos Sur



May 20, 2019



To: School Heads, Public and Private Elementary and Secondary Schools
Arnis Enthusiasts, Coaches and Officiating Officials
MAPEH Teachers

Interested participants shall attend on official time only.
For information and guidance.

GEMMA Q. TACUYCUIY, CESO V
Schools Division Superintendent

To be indicated in the Perpetual Index
under the following subjects:
Arnis

School Sports

Training of Coaches/Officials

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"SMILE AND SERVE WITH A HAPPY HEART"

1. Grand Master Richardson Gialogo, Ph.D.

Executive Board of PEKAF

PEKAF Vice President for NCR

WEKAF - Officer

Chairman, Rules and Regulations of Arnis Sport (PEKAF Rules)

Head Coach, Arnis Philippine Team

Consultant, Arnis Palarong Pambansa

2. Senior Master Reggie Sanchez, Philippine Army

Asst Coach, Arnis Philippine Team

Gold Medalist, World Arnis Championship (Anyo, Padded Stick and Live Stick Concept)

Gold Medalist, Arnis SEA Games (Anyo, Padded Stick and Live Stick Concept)

In view thereto, the organizers respectfully request to your good office if our endeavour could possibly endorse to the MAPEH Teachers, Arnis Coaches, Technical Officials and all Arnis enthusiasts in the division to attend the said training.

Attached hereto is the training matrix of the program.

For more queries and reservation, please contact the organizers at CP # 09178456036/09393554464.

Thank you very much in advance for your favourable response regarding the Arnis Sport program.

Respectfully yours,

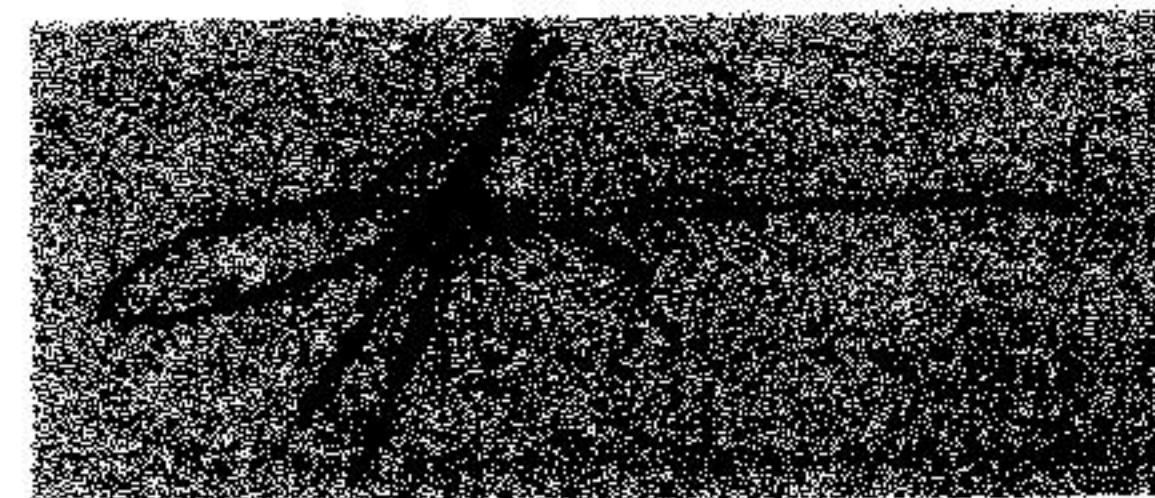


LEONARDO L. CARIÑO,

Event Organizer

Cordillera Administrative Region Representative

CP#: 09393554464



AMADO R. MACAYAN, Ed.D.

Event Organizer

Region 1 Representative

CP# 09178456036



COACHING ARNIS SEMINAR/WORKSHOP TRAINING MATRIX

DATE	TIME	MORNING SESSION	TIME	AFTERNOON SESSION
May 23, 2019			2:00-6:00PM	Registration
May 24, 2019	7:30 – 8:30	➤ Opening Program	1:00-3:00	➤ Drills and Techniques of Padded Stick Concept
	8:30 -9:00	➤ Orientation		
	9:00-10:00	➤ Lecture on the Strategic Management of Coaching Arnis	3:00-3:30	Break
	10:00-10:15	Break	3:30-5:30	➤ Techniques and Pattern of Creating Anyo Single Weapon
	10:15-12:00	➤ Basic Skills	5:30 – 6:30	➤ Flexibility, Conditioning & Strengthening Drills
	12:00-1:00	Lunch Break		
May 25, 2019	7:30-9:45	➤ Drills, Correct Movements, Attack for Live Stick Concept	1:00-3:00	➤ Techniques and Pattern of Creating Anyo Double Weapon
	9:45- 10:00	Break	3:15-3:30	Break
	10:00-12:00	➤ Lecture on the Rules of the Game	3:30-5:00	➤ Advance Padded Stick & Live Stick Concept Drills
	12:00-1:00	Lunch Break	5:00-7:00	➤ Padded and Live Stick Officiating
May 26, 2019	7:30-9:45	➤ Techniques and Pattern of Creating Anyo Sword and Dagger	1:00-3:00	➤ Techniques and Pattern of Creating Synchronize Anyo Single, Double & Sword and Dagger
	9:45-10:00	Break	3:00-4:00	➤ Open Forum
	10:00-12:00	➤ Continuation on the Rules of the Game	4:00-5:00	➤ Closing Program
	12:00-1:00	Break		

Prepared by:

LEONARDO L. CARINO
Event Organizer
Cordillera Administrative Region Representative

AMADO R. MACAYAN, Ed.D.
Event Organizer
Region 1 Representative