



Republic of the Philippines  
**Department of Education**  
 REGION I

DEPARTMENT OF EDUCATION  
 REGION I  
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**SDO ALAMINOS**  
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**RECORDS UNIT**

Advisory No. 135, s. 2023  
 August 22, 2023

In compliance with DepEd Order (D.O) No. 8, s. 2013  
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**ARNIS SPORT COACHING AND BELTING COURSE**

The World Empire of Sphinx Martial Arts and Kick-Arnis 63 Generals Federation International, YMCA of the Baguio chapter will conduct a Seminar-Workshop titled "Arnis Sport Coaching and Belting Course" on September 1-3, 2023 to be held at YMCA of Baguio Gym, Post Office Loop, Upper Session Rd., Baguio City.

Participation of interested teachers and coaches from public and private schools shall be subject to the no-disruption-of classes policy stipulated in DepEd Order No. 9, s. 2005 titled *Instituting Measures to Increase Engaged Time-on-Task and Ensuring Compliance Therewith* and the policy on off-campus activities stated in DepEd Order No. 66, s. 2017.

Registration, accommodation and all other expenses incurred related to the said activity shall be shouldered by the participants.

For inquiries, contact Mr. Leonardo L. Cariño at mobile number (+63) 915-446-7348 or email at [lcariño@deped.gov.ph](mailto:lcariño@deped.gov.ph). Attached are the letter from the Federation and the schedule of activities.

For information and immediate dissemination.

ESSD/eps/ arnis\_sport\_coaching  
 August 22, 2023

*Handwritten signatures and initials:*  
 [Signature]  
 [Signature]  
 [Signature]



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Republic of the Philippines  
 Department of Education  
 REGION I  
 SCHOOLS DIVISION OFFICE OF ALAMINOS CITY

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Office of the Schools Division Superintendent

DIVISION MEMORANDUM  
 DM-2023-402

**TO :** Assistant Schools Division Superintendent  
 Chief Education Supervisor - CID  
 Chief Education Supervisor - SGOD  
 Heads of Public Elementary and Secondary Schools

**SUBJECT:** **ARNIS SPORT COACHING AND BELTING COURSE**

**FROM :** Office of the Schools Division Superintendent

**DATE :** August 29, 2023

For your information and guidance.

*[Signature]*  
**VIVIAN LUZ S. PAGATPATAN, CESO VI**  
 Assistant Schools Division Superintendent  
 Officer-in-Charge  
 Schools Division Superintendent  
 With hundred reasons to serve!

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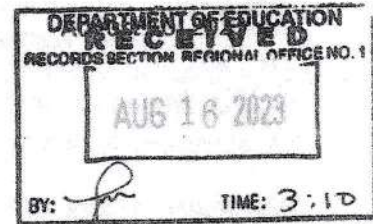


YMCA OF THE CITY OF BAGUIO  
World Empire of Sphinx Martial Arts and  
Kick-Arnis 63 Generals Federation International



**YMCA of Baguio Chapter**  
**Baguio City, Northern Luzon Philippines**

**TOLENTINO G. AQUINO, CESO IV**  
**Regional Director**  
**Department of Education Region I**



Dear Sir,

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 and Belting Course**" for Teachers, Coaches, and MAPEH Teachers who wish to learn Arnis and to be a certified coach on September 1-3, 2023 from 8:00 AM to 7:00 PM in YMCA of Baguio Gym, Post Office Loop, Upper Session Rd, Baguio City.

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 be responsible for their own accommodation and participants' outside Baguio City may reserve 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, and MAPEH Teachers. There shall be a separate promotional fee for those who are interested participants (**optional**) 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. Participants are also encouraged to join the additional hours of training based on club style. In addition, participants must wear a training attire such as rubber shoes, jogging pants and t-shirt.



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The following Resource Persons are ready to impart their knowledge and skills for the course and to facilitate rank/belt promotions for the participants who are interested to undergo 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

The proceeds of the event will be used to purchase 2 sets of Padded Stick and 2 sets of Live Stick Arnis Equipment to be used for the next and succeeding Arnis competitions to be conducted in North and Central Luzon.

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

For more queries, please contact at \_\_\_\_\_ or CP# 09154467348.

Attached hereto the training matrix of the program.

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

Respectfully yours,

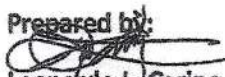


**MR. LEONARDO L. CARIÑO**  
Certified Arnis Instructor & Coach  
Phil Eskrima Kali Arnis Federation (PEKAF) Accredited  
Event Organizer  
09154467348/leokamagong@gmail.com



**COACHING & BELTING ARNIS TRAINING MATRIX**

<b>DAYS</b>	<b>TIME</b>	<b>ACTIVITIES</b>
<b>DAY 1</b> August 31	1:00 PM-5:00 PM	Arrival and Registration of Participants c/o YMCA of Baguio Office
<b>DAY 2</b> 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	<b>PLENARY SESSION:</b> a. Sports Science in Relation to Coaching Arnis, Skills and Attitudes during the Training & Competition- Dr. Joel S. Cabanilla b. Qualities of a successful Arnis Coach- Dr. Joel S. Cabanilla
		Arnis Fundamental Skills – GM Jimmy Galez II/ Leo Carino
	12:00 PM-1:00 PM	Lunch Break
	1:00 PM-5:00 PM	Methodos of Sphinx Arnis Style (preparation in creating Anyo) – GM Jimmy Galez II
	5:00 PM-7:00 PM	Full Contact Padded Stick/Bladed Concept Competition Drills- Sensie Luis Sismundo/Sensie Jimmy Galez III
<b>DAY 3</b> September 2	8:00 AM-10:00 AM	Lecture on the Rules of the Game- Leo Carino
	10:00 AM-10:30 AM	Break
	10:30 AM-12:00 PM	Patterns & Techniques in Creating Anyo – GM Jimmy Galez II/ GM Marino Densing/ GM Nilo Galez
	12:00 PM-1:00 PM	Lunch Break
	1:00 PM-3:00 PM	Anyo Single Weapon- GM Jimmy Galez II/ Leo Carino
	3:00 PM-3:15 PM	Break
	3:15 PM-5:00 PM	Double Weapon Drills- GM Jimmy Galez II/ Leo Carino
	5:00 PM-7:00 PM	Full Contact Live Stick Concept Competition Drills- Sensie Luis Sismundo/Sensie Jimmy Galez III
<b>DAY 4</b> September 3	8:00 AM-10:00 AM	Creating Anyo Double Weapon- GM Jimmy Galez II
	10:00 AM-10:30 AM	Break
	10:30 AM-12:00 PM	Creating Sword and Dagger- GM Jimmy Galez II/ Leo Carino
	12:00 PM-1:00 PM	Lunch Break
	1:00 PM-3:00 PM	Assessment- GM Jimmy Galez II, GM Marino Densing/ GM Nilo Galez
	3:00 PM-3:15 PM	Break
	3:15 PM-6:00 PM	Practicum, promotion, awarding- GM JIMMY GALEZ II, GM Marino Densing/ GM Nilo Galez Closing Program

Prepared by:  
  
 Leonardo L. Carino  
 Event Organizer