



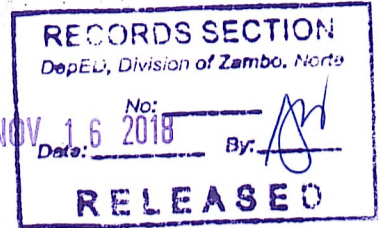
Republic of the Philippines
Department of Education
 Region IX, Zamboanga Peninsula
SCHOOLS DIVISION OF ZAMBOANGA DEL NORTE
 Dipolog City 7100



November 9, 2018

ADVISORY

**TO: PUBLIC SCHOOL DISTRICT SUPERVISOR
 ELEMENTARY AND SECONDARY SCHOOL HEADS**



FROM: PEDRO MELCHOR M. NATIVIDAD, CSEE
 Schools Division Superintendent

**SUBJECT: PHILIPPINE ESKRIMA KALI ARNIS FEDERATION (PEKAF)
 SEMINAR - WORKSHOP ON THE FUNDAMENTALS OF ARNIS AND
 ARNIS OFFICIATING**

- Attached herewith is a letter from Senator **JUAN MIGUEL F. ZUBIRI**, Chairman and President, Phillipine Eskrima Kali Arnis Federation (PEKAF), endorsing Grand Master **ERNESTO "NESTE" LUIS**, Region IX Director of PEKAF and the **Advisory** from the Office of the Region IX, Regional Director on the conduct of Seminar Workshop on the Fundamentals of Arnis and Arnis Officiating.

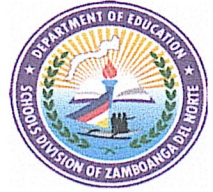
Schedule of training workshops:

DIVISION	VENUE	DATE
Pagadian City, Zamboanga del Sur, Dapitan City, Dipolog City and Zamboanga del Norte	Pagadian City Gymnasium	November 16-18, 2018

- For your information and guidance.



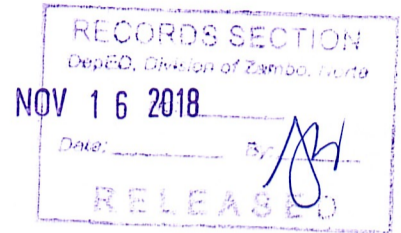
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Republic of the Philippines
DEPARTMENT OF EDUCATION
Regional Office IX, Zamboanga Peninsula

Airport Road, Tiguma, Pagadian City
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Office of the Regional Director

October 19, 2018

ADVISORY

TO: SCHOOLS DIVISION SUPERINTENDENTS

FROM: ~~DANILO E. DESPI, CESO V~~
Assistant Regional Director

SUBJECT: PHILIPPINE ESKRIMA KALI ARNIS FEDERATION (PEKAF)
SEMINAR WORKSHOP ON THE FUNDAMENTALS OF ARNIS AND ARNIS OFFICIATING

1. Attached herewith is a letter from *Senator Juan Miguel F. Zubiri*, Chairman and President, Philippine Eskrima Kali Arnis Federation (PEKAF), endorsing *Grand Master Ernesto "Nestee" Luis*, Region IX Director of PEKAF on the conduct of Seminar Workshop on the Fundamentals of Arnis and Arnis Officiating.

Schedule of training workshops:

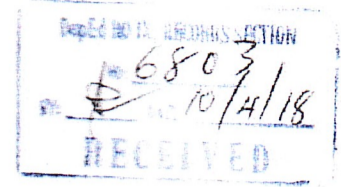
DIVISION	VENUE	DATE
Isabela City, Zamboanga City and Zamboanga Sibugay	Zamboanga City College of Marine and Sciences of Technology	November 9 - 11, 2018
Pagadian City, Zamboanga del Sur, Dapitan City, Dipolog City and Zamboanga del Norte	Pagadian City Gymnasium	November 16 -18, 2018

2. For your information and guidance.



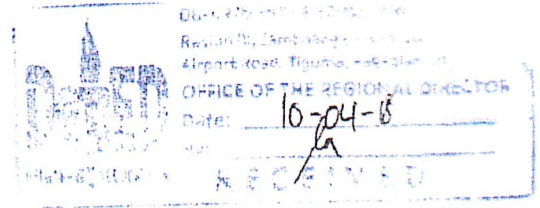
PEKAF
PHILIPPINE KALI ESKRIMA ARNIS
FEDERATION, INCORPORATED

EST 2017
UNIFYING ARNIS, KALI, ESKRIMA



01 October 2018

DR. ISABELITA M. BORRES, CESO III
Regional Director, Region IX
Department of Education
Zamboanga Peninsula



Dear Director Borres:


Greetings!

I am respectfully endorsing Grand Master Ernesto "Nestee" Luis to your office. GM Luis is the Region IX Director of Philippine Eskrima Kali Arnis Federation (PEKAF) - the unified national sport association of Arnis and technical partner of the Department of Education in the Palarong Pambansa.

To fulfill his duties as Director, he is available to provide technical cooperation and coordination with your office in the implementation of sports programs for Arnis. I hope he can be tapped as your partner in promoting Filipino Martial Arts to the Filipino Youth particularly in Region IX.

Thank you very much!

Very truly yours,


SENATOR JUAN MIGUEL F. ZUBIRI
Chairman and President



PUÑADA MARTIAL ARTS INTERNATIONAL
Member: Philippine Eskrima Kali Arnis Federation
Holy Trinity Compound
R.T. Lim Boulevard, Zamboanga City
Tel. # 062-955-9661
CP # 0917-461-9930
Email: gmnesteeluis@gmail.com
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October 5, 2018

DR. ISABELITA M. BORRES CESO III
Director
Department of Education
Region IX, Zamboanga Peninsula
Pagadian City

RE: Fundamentals of Arnis and DepEd/PEKAF Arnis Rules

I. Proposal

To hold seminar workshop on the fundamentals of Arnis, new PEKAF Sports Arnis rules for all MAPEH/P.E. teachers and Coaches.

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 arts 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 declare 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, Arnis as Pinoy sports 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, As newly appointed Regional Director of Philippine Eskrima Kali Arnis Federation (PEKAF) for Region IX, I am task to oversee all activities with regards to Arnis. We shall conduct continuous year-round string of trainings, workshops and City, Regional Tournaments to ensure that Region IX will not be left behind. Starting with our technical officials, then coaches and players. Not only to raise Arnis-disciplined champs for the Palarong Pambansa, but sturdy, healthy, law-abiding citizens quick on their reflexes, sharp on their minds.

III. Objective

1. To equip all MAPEH/P.E. teachers on the Fundamental of Arnis.
2. To equip all Mapeh/ P. E. teachers on the new PEKAF Arnis Rules.
3. To develop new breed of coaches.
4. To lay the ground work for the development and promotion of Arnis as a national sport through the Dep-Ed division and regional competitions.
5. To foster professionalism, friendship and camaraderie among teachers, coaches and instructors.

IV. Schedule of training workshops

DIVISION	VENUE	DATE	TYPE OF TRAINING
SIBUGAY PAGADIAN CITY ZAMBOANGA DEL SUR	TO BE DISCUSSED	November 16 - 18, 2018	FUNDAMENTALS of ARNIS & OFFICIATING
ISABELA CITY ZAMBOANGA CITY ZAMBOANGA SIBUGAY	TO BE DISCUSSED	November 23 - 25, 2018	FUNDAMENTALS of ARNIS & OFFICIATING
DAPITAN DIPOLOG CITY ZAMBOANGA DEL NORTE	TO BE DISCUSSED	November 30 - Dec. 2, 2018	FUNDAMENTALS of ARNIS & OFFICIATING

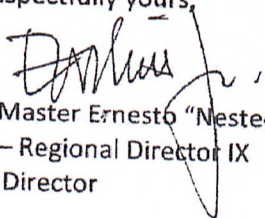
V. Requirement for Participants

1. Participants must be MAPEH/P.E. teachers, coaches or aficionados of the sports in elementary and secondary both public and private schools.
2. Participants must each pay a registration fee of Php. 1,000.00 for the three days training workshop to cover Certificate of Completion, DepEd Arnis Rule Book, a pair Arnis sticks, and reading materials.
3. Participants must be in sports attire during the training.
4. At least (4) four participants per school.
5. All expenses of the participants shall be charge to local funds.

May you find this proposal comprehensive and favorable, God blesses us all.

Thank you and more power!

Very respectfully yours,



Grand Master Ernesto "Nestee" M. Luis Jr.
PEKAF - Regional Director IX
PMAI - Director



PUÑADA MARTIAL ARTS INTERNATIONAL
 Holy Spirit Church Compound, R.T. Lim Boulevard, Zamboanga City
 Tel # 062-955-9661/ Cell Phone # 0917-461-9930

Training Matrix on the Fundamentals of Arnis & Arnis Officiating

DAY	1st		
FROM (Time)	TO (Time)	MODULE	Chief Instructor
07:00 AM	10:00 AM	Registration	Participants
10:01 AM	12:00 AM	Opening Ceremony	Puñada Martial Arts Training Staff
12:01 PM	1:25 PM	Lunch	
1:30 PM	2:00 PM	1-Warm-up & Skill-related Physical Fitness Exercises	-do -
2:01 PM	03:00 PM	2-Arnis Stick Drills -double Sticks(different Tejidos)	-do -
03:01 PM	03:15 PM	Coffee Break	
03:16 PM	05:00 PM	3- Continuation Arnis Stick Drills (different Tejidos)	-do -

DAY	2nd		
FROM (Time)	TO (Time)	MODULE	Chief Instructor
08:00 AM	10:00 AM	4- 8 basic strikes and blocking Single Sticks And different fundamental strikes (Solo Garrote)	Puñada Martial Arts Training Staff
10:01 AM	10:15 AM	Coffee Break	
10:16 AM	12:00 PM	5- Standard Anyo	-do -
12:01 PM	1:25 PM	Lunch	
01:30 PM	03:00 PM	6- Referee's Hand signaling	-do -
03:01 PM	03:15 PM	Coffee Break	

03:16PM	05:00 PM	7-Judges Flag Signaling	-do-
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DAY	3rd		
FROM (Time)	TO (Time)	MODULE	Chief Instructor
08:00 AM	10:00 AM	8- Hands on (officiating)	Puñada Martial Arts Training Staff
10:01 AM	10:15 AM	Coffee Break	
10:11 AM	12:00 PM	9- Conduct of Tournament (officiating)	-do -
12:01 PM	1:25 PM	Lunch	
01:30 PM	03:00 PM	10- Slide show on The Rules	-do -
03:01 PM	03:15 PM	Coffee Break	
03:16 PM	05:00 PM	Closing Ceremony	