

11th ASEAN Council of Physical Education and Sport (ACPES) International Conference 2025



Contribution ID: 9 Contribution code: **Inn-01**

Type: **not specified**

CRAFTING MASTERY: DEVELOPMENT OF ARNIS BROCHURE FOR BEGINNERS

Wednesday, October 1, 2025 4:00 PM (15 minutes)

Arnis, the national martial art of the Philippines, embodies discipline, skill, and tradition. Developing a brochure dedicated to beginner practitioners requires careful planning, ensuring clarity, engagement, and accessibility.

A well-crafted Arnis brochure must begin with an introduction to its origins, highlighting its deep cultural roots and importance in Filipino heritage. This section should briefly discuss its evolution from traditional combat techniques to a recognized sport and self-defense system.

Next, the brochure should outline essential equipment, including rattan sticks, protective gear, and training attire. Visual aids illustrating correct grip, stance, and movement can enhance understanding, especially for those new to the practice.

Fundamental techniques such as blocking, striking, and footwork must be clearly explained, with step-by-step instructions and simple terminology to ensure ease of learning. Incorporating QR codes or links to instructional videos can provide additional learning resources.

The safety section is crucial—emphasizing proper handling of weapons, awareness of training space, and respect for fellow practitioners. By instilling safety measures early, beginners develop a responsible and disciplined mindset.

Finally, the brochure should promote local Arnis clubs and training centers, encouraging community engagement and continuous learning. A brief guide on progression and available certification programs can motivate practitioners to advance their skills.

By structuring the brochure effectively, beginners gain a strong foundation in Arnis, fostering confidence and appreciation for this dynamic martial art. A well-designed and informative guide ensures that mastery begins with understanding and proper training.

Author: Prof. SUMANDO, Griffter (Mindanao State University-Iligan Institute of Technology)

Presenter: Prof. SUMANDO, Griffter (Mindanao State University-Iligan Institute of Technology)

Session Classification: Physical Activity, Health, and Well-being

Track Classification: Physical Education: Innovation and Pedagogy