Contribution ID: **163**   Type: **Oral**

Developing a Distinct MSU-IIT Model for Modern Arnis Basic Anyo: Enhancing Fundamental Skills for Beginner Filipino Martial Arts Practitioners

Thursday, October 2, 2025 11:00 AM (15 minutes)

Abstract

This study aims to develop a distinct MSU-IIT Model for Modern Arnis Basic Anyo, a Filipino martial art that emphasizes skills such as striking, blocking, footwork, and weapon handling. The research addresses the current limited structured training models at MSU-IIT and in Iligan City, and the challenges beginners face in executing fundamental techniques. This study successfully developed and validated a distinct MSU-IIT Model for Modern Arnis Basic Anyo, a Filipino martial art emphasizing fundamental skills like striking, blocking, footwork, and weapon handling. The research addressed a significant gap in structured training models for Modern Arnis in both the MSU-IIT community and Iligan City. Employing a qualitative research design anchored in the Input-Process-Output (IPO) model, the study gathered rich insights from a select group of three Arnis coaches and two experienced players through one-on-one interviews. The collected data underwent a thorough thematic analysis, which guided the creation of a culturally responsive and pedagogically sound instructional model. The final output is a comprehensive guide designed to improve coordination, balance, and muscle memory, serving as a foundational reference for beginner practitioners in the MSU-IIT community.

Keywords

Modern Arnis , Filipino Martial Arts, Physical Education, Instructional Model, IPO Model

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Session Classification: Cultural Perspectives in Physical Activity and Sports

Track Classification: Cultural Perspectives in Physical Activity and Sport