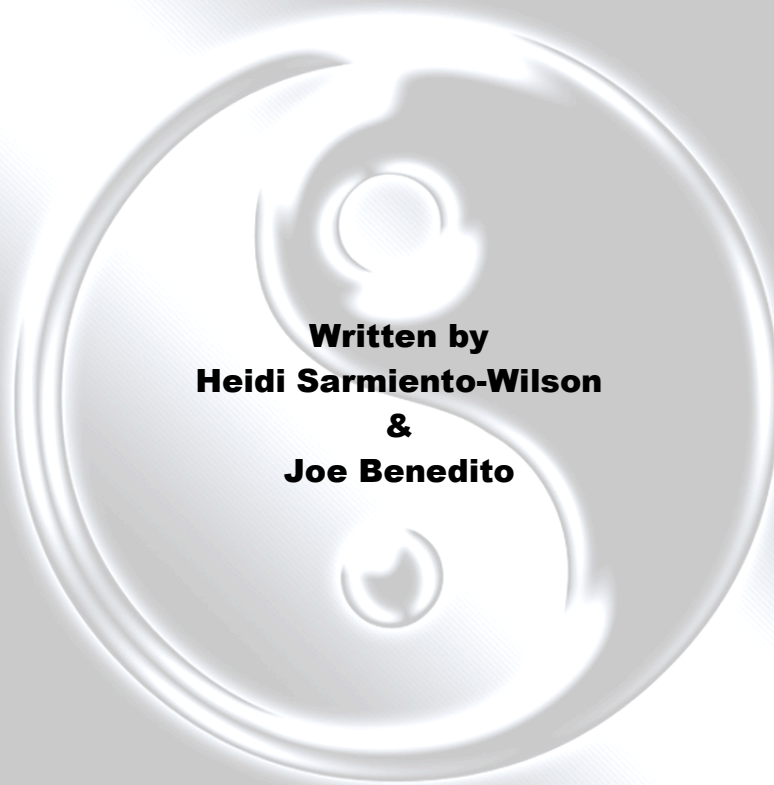


EXSC 148 - Martial Arts Training Manual

Summer 2015 Edition



**Written by
Heidi Sarmiento-Wilson
&
Joe Benedito**

Reference video available on EXSC 148 unofficial website

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INTRODUCTION

The EXSC 148 – Martial Arts course is designed for students with an interest in martial arts. This course is geared toward Tae Kwon Do and Arnis de Mano with phrases and terms from other styles for general informational usage. Emphasis is placed on the fundamentals of martial arts, including martial arts safety skills and etiquette, punches, blocks, strikes, kicks, stances, vital points, terminology, numbers, and kata & forms (Poomse). Kick/strike analysis, flexibility, conditioning and endurance are stressed in the progression of the class. Students must demonstrate increased proficiency and skill attainment with each repetition. This course may be taken four times for credit. (FT). Associate Degree Credit & transfer to CSU. UC Transfer Course List.

EXSC 148 – Martial Arts is a Korean Martial Arts and Philippine Martial Arts based course. This course teaches a variety of martial arts styles to train students in self-defense and martial arts. The main martial arts styles taught are: Tae Kwon Do & Hapkido (Korean martial arts); and Arnis De Mano & Mano-Mano (Philippine martial arts).

This manual is a training aid and NOT a mandatory requirement book. It has extensive reference materials for the EXSC 148 – Martial Arts course. They are supplemental readings for students to optimize student potential in the EXSC 148 - Martial Arts course.

Participation in all sports and physical education activities involves certain inherent risk. Risks may include, but not limited to, neck and spinal injuries that may result in paralysis or brain injury, injury to bones, joints, bruising, ligaments, muscles, tendons, and other aspects of the muscular skeleton system; and serious injury, impairment, to other aspects of the body and general health, including death. The San Diego Community College District, its officers, agents, and employees are not responsible for the inherent risks associated with participation in physical education classes and intercollegiate classes.

This is an unofficial training manual used for reference purposes only. Content provided does not reflect the views or opinions of the San Diego Community College District, City College or Mesa College. Comments about the content in this manual should be directed to Joe Benedito at: jbenedit@sdccd.edu.

Student Learning Outcomes

Upon successful completion of the course the student will be able to:

- 1) Demonstrate Self-Defense by the physical, spiritual, and philosophical aspects it encompasses.
- 2) Demonstrate self-confidence, internal strength, flexibility, and stamina needed for everyday challenges.
- 3) Demonstrate common sense measures to reduce the probability of becoming a victim of crime.
- 4) Demonstrate an assertive, alert and confident attitude.
- 5) Illustrate and explain the five (5) basic components of physical fitness and how they impact an individual's well being.
- 6) Identify the formalities of Taekwondo, Hapkido, and Philippine Martial Arts.
- 7) Apply eight (8) basic self-defense technique applications that can be used in a sparring situation.
- 8) Demonstrate the basic offense and defense of Taekwondo.
- 9) Perform five (5) self-defense applications of Hapkido.
- 10) Demonstrate the six (6) Arnis angles for both offense and defense.
- 11) Demonstrate one (1) Basic Taekwondo Form (Keecho Poomse Ilboo).

Grading Policy & Evaluation Process

Grade assessment is based on completion of assigned work and acceptable participation:

- Grading:
- 1) Attendance
 - 2) Effort and Attitude
 - 3) Performance Exam
 - 4) Physical Technique
 - 5) Fitness Pre- and Post- Test

One exam is administered at the end of the semester.

- Exams: Performance Exam is given at the end of the term to evaluate the proper execution of technique in the areas of:

- a) Accuracy
- b) Balance
- c) Breathing
- d) Control
- e) Coordination
- f) Poise
- g) Power
- h) Rhythm
- i) Timing

You must test to receive the highest grade.

Course Requirements

Attire: T-Shirts and shorts; Warm-up pants (sweats). Preferred color for attire is black. Clothing displaying offensive material is not acceptable. Martial Arts Gee preferable.

Shoes: Tennis, boxing, or wrestling shoes are acceptable. NO SHOES ALLOWED ON MATS.

Equipment: Gloves.

 Arnis Baston (stick) - (1) Available for purchase from instructor. \$10.00.

 Sports safety glasses Available for purchase from instructor. \$8.00.

Attendance Policy

Attendance in activity classes at San Diego City College implies active participation. A student may be administratively dropped from class upon accumulating more than three (3) absences. Tardiness is strongly discouraged. Absences can be made up in Coach Sarmiento-Wilson's sections of EXSC 147 - Kickboxing classes; or completion of optional assignments. Make ups must be approved by the instructor.

It is the responsibility of the student to withdraw from the course by the scheduled withdrawal deadline date. No drops will be accepted after this date.

Tardiness: Being late to class once or twice is understandable; however, it should not become a habit. Constant tardiness will not be tolerated. Students will be given a warning and if he or she continues to be tardy, then each tardy will be counted as an absence.

Leaving Class Early: Leaving class early once or twice is understandable but it should not be done so as to be discourteous and disruptive to class. If a student continues to leave class early more than twice during the semester, it will count as an absence.

Classroom Behavior & Student Code of Conduct

Students are expected to respect and obey the standards of conduct while in class. The Student Code of Conduct and Rights and Responsibilities can be found in the college catalog. Students are expected to show appropriate classroom behavior and decorum and respect other student's rights to speak on issues. Private conversations are disturbing to students who are trying to listen to the discussion.

Accommodations for Disability

Students with disabilities who need academic or other accommodations should discuss options with the Professor within the first 2 weeks of class and contact the DSPS office at Mesa College.

Rules for Participation

- 1) All students must arrive on time. If a student is tardy, the students must warm-up individually. Students must execute a 50 push-up assessment for being tardy then ask permission from the instructor to join class. Those with physical limitations may modify the technique of the push ups.
- 2) All students must obtain permission from the instructor, if it is necessary to leave class early.
- 3) Report all injuries to the instructor before or after class.
- 4) Demonstrate patience and be respectful to others inside and outside of class.
- 5) No jewelry is to be worn during training (class) for safety reasons.
- 6) Hair longer than shoulder-length should be tied back.
- 7) Demonstration of good hygiene will be expected at all times.
- 8) **NO** horseplay or roughhousing is allowed at any time.
- 9) **NO** training under the influence of drugs or alcohol is permitted.
- 10) Remember: Safety First!

TURN OFF ALL CELL PHONES DURING CLASS!

Disclaimer

Participation in all sports and physical education activities involves certain inherent risk. Risks may include, but not limited to, neck and spinal injuries that may result in paralysis or brain injury, injury to bones, joints, bruising, ligaments, muscles, tendons, and other aspects of the muscular skeleton system; and serious injury, impairment, to other aspects of the body and general health, including death. The San Diego Community College District, its officers, agents, and employees are not responsible for the inherent risks associated with participation in physical education classes and intercollegiate classes.

About EXSC 148 - Martial Arts

In Spring 2005, Coach Jim Colbert, Professor of Health and Physical Education, at San Diego City College, founded the Martial Arts & Self Defense Program with start of the PHYE 232 - Martial Arts course. The program encompasses both the Kickboxing & Martial Arts courses. The PHYE 233 - Kickboxing course began at San Diego City College in Fall 2001 by Coach Colbert. He was the Senior Professor managing the Martial Arts and Self-Defense Program within the Health and Physical Education Department at San Diego City College.

In Fall 2005, Joe Benedito enrolled in the PHYE 233 - Kickboxing at San Diego Mesa College taught by Coach Heidi Sarmiento-Wilson.

In Fall 2007, Joe Benedito enrolled in the PHYE 232 - Martial Arts class at San Diego City College taught by Coach Jim Colbert. In the class description that the course stated that it included Eskrima. The same system of Eskrima that Joe Benedito trained in and was a certified instructor. Joe Benedito helped Coach Colbert's with the PHYE 232 - Martial Arts course as an Assistant Coach until Coach Colbert's retirement after Spring 2013 semester.

In late January 2010, ready for the Spring 2010 semester, the expanded and renovated Physical Education Complex, the "P" building, at San Diego City College opened. Coach Jim Colbert was instrumental in creating a start-of-the-art Martial Arts workout room, P-101, as part of the renovations. The equipment available in this room is comparable to those found in Martial Arts schools outside of SD City College. The P Bldg renovation project started May 12, 2008 and was completed in early January 2010.

In Fall 2012, Coach Heidi Sarmiento-Wilson was recruited by Coach Jim Colbert to teach both the PHYE 232 - Martial Arts & the PHYE 233 - Kickboxing courses at SD City College. Coach Colbert already knew Coach Sarmiento-Wilson as a Physical Education & Health instructor from SD Mesa, SD Miramar, Grossmont College, and Cuyamaca College. Coach Heidi Sarmiento-Wilson started the PHYE 233 - Kickboxing courses at SD Miramar & SD Mesa College in Fall 2004. She is an Adjunct Professor of Health & Physical Education at SD Mesa College. She was highly recommended to Coach Jim Colbert by his long time assistant in the PHYE 232 - Martial Arts course, Asst. Coach Joe Benedito. After Spring 2013 semester, Jim Colbert retired from teaching at SD City College.

From Fall 2013 - Spring 2014, Coach Heidi Sarmiento-Wilson instructed for the Martial Arts and Self-Defense Program for both the PHYE 232 - Martial Arts & PHYE 233 - Kickboxing courses at San Diego City College. Asst. Coach Joe Benedito co-taught the PHYE 232 - Martial Arts course specializing in Philippine Martial Arts with Coach Sarmiento-Wilson as Lead Instructor specializing in Tae Kwon Do & Hapkido.

In Fall 2014, Coach Heidi Sarmiento-Wilson developed and founded the Martial Arts and Self-Defense Program at SD Mesa College. Also, the designation for the Kickboxing course changed from PHYE 233 (Physical Education) to EXSC 147 (Exercise Science) and the Martial Arts course changed from PHYE 232 to EXSC 148.

In Spring 2015, she started the EXSC 148 - Martial Arts course at SD Mesa College, thus establishing the Martial Arts and Self-Defense Program at SD Mesa College. Asst. Coach Benedito joined Coach Sarmiento-Wilson to SD Mesa College to help with EXSC 148 - Martial Arts course.

Following Coach Jim Colbert's example, Coach Heidi Sarmiento became involved with the planning and development of the Exercise Science Center at San Diego Mesa College. The Exercise Science Center will be a two-story, 27,200 square feet steel structure to be occupied by the Mesa College Athletics Department. Program elements included in the Mesa College Exercise Science Center are an aerobics studio, weight training room, spinning room, free weight training lab, athletic training room, a 'wet lab' with whirlpools and icing stations to treat injuries, cardio fitness training lab, and an office suite. Coach Sarmiento is striving for the creation of a start-of-the-art Martial Arts workout room, similar to the one at SD City College, with comparable equipment. Construction began on the Exercise Science Center in June 2014 and is scheduled for completion in June 2015.

A Tribute to the Late Coach Jim Colbert



Jim Colbert
November 26, 1939 - September 18, 2013

M.A. Health and Physical Education
Adams State College

B.A Health and Physical Education
Adams State College

Sandan Sensei
3rd Degree Black Belt
Okinawan Goju Ryu
Martial Arts America
International Okinawan Gōjū-Ryū Karate-dō
Federation (IOGKF)

Professor
Health and Physical Education
San Diego City College
(2001 - Spring 2013)

Founder
Martial Arts and Self Defense
San Diego City College
(Spring 2005)

Coach Jim Colbert

Jim Colbert - COACH, EDUCATOR, MENTOR, and FRIEND. He is well respected and supported within the martial arts community and holds the rank of 3rd Degree Black Belt and title of Sandan Sensei in Okinawan Goju-Ryu Karate under 6th Degree Shihan (Master) Miko Peled, Martial Arts America, Coronado, CA. In the martial arts community, Jim Colbert was also known as the godfather of the San Diego City College Martial Arts & Self Defense Program at San Diego, City College.

He has a B.A. in Health and Physical Education, and a M.A. in Health and Physical Education from Adams State College, Alamosa, Colorado. Coach Colbert was a Professor of Health and Exercise Science at San Diego City College.

From 1990 - May 2013, he was a Professor of Health and Exercise Science at San Diego City College.

In 2005, the Martial Arts & Self Defense program was founded at San Diego City College, with the start of the EXSC 148 - Martial Arts course in Spring 2005. Coach Colbert was the Senior Professor managing the Martial Arts and Self-Defense Program within the Health and Exercise Science Department at San Diego City College. The Martial Arts & Self Defense program also includes the PHYE 233 - Kickboxing course that started first in Fall 2001.

A Tribute to the Late Coach Jim Colbert

In 2012, Jim Colbert earned his 3rd Degree Black Belt in Okinawan Goju-Ryu Karate under IOGKF Chief Instructor USA, 6th Dan Shihan Miko Peled. Sandan Sensei Jim Colbert trained at Martial Arts America, Coronado, CA. He also has trained in Arnis via Master Jo Jo Abueg, Cepeda-Abueg Martial Arts, La Mesa, CA; & Jujitsu through Odie Neto, Neto Academy of Brazilian Jiu Jitsu, San Diego, CA.

After over 23 years of teaching at SD City College, Jim Colbert retired after the Spring 2013 semester.

As a mentor, Jim Colbert has taken many young men & women under his wing and guided those individuals as a father figure. Many of them crossed his path through the Martial Arts Program at SD City College. From Fall 2007 to Spring 2013, Coach Colbert mentored Asst. Coach Joe Benedito in helping him with the EXSC 148 - Martial Arts course.

From Fall 2007 to Spring 2013, Coach Colbert mentored Asst. Coach Joe Benedito in helping him with the PHYE 232 - Martial Arts course. In Fall 2012, he recruited Coach Heidi Wilson to teach PHYE 232 - Martial Arts starting in Fall 2013.

On September 18, 2013, Jim Colbert passed away from brain cancer.

His teachings and legacy will continue on through San Diego City College Martial Arts & Self Defense Program; those that he has taught; and those that he has mentored.



Meet Your Instructors

Each of the PHYE 232 - Martial Arts instructors has years of experience in both training and teaching in the martial arts. They are constantly working to improve both their individual skills in teaching and training, and to improve the program and quality of instruction to the students. The PHYE 232 - Martial Arts instructors are dedicated to what they do!



**Southwestern Association of
Martial Arts**



Gajo Martial Arts Bothoan



ATA Black Belt Academy



Lead Instructor
Heidi Sarmiento-Wilson

Tae Kwon Do & Hapkido



Instructor
Joe Benedito

Tae Kwon Do & Hapkido



Asst. Instructor
Rachael Rippon

Songahm Tae Kwon Do &
Hapkido

Meet Your Instructor



M.S. Exercise and Nutritional Sciences

M.S. Public Health

San Diego State University

B.S. Nutrition

San Diego State University

Instructor

2nd Degree Black Belt

Tae Kwon Do

Southwestern Association of Martial Arts

World Tae Kwon Do Federation

Coach Heidi Sarmiento-Wilson

Heidi Sarmiento-Wilson holds the rank of 2nd Dan (Degree) Black Belt and title of Instructor in Tae Kwon Do under 9th Dan Grand Master James Wilson. She also has trained in Kajukenbo under 9th Dan Grandmaster Allen Abad, (San Diego, CA) and boxing in the Archie Moore system.

She also has trained in:

Kajukenbo under 9th Dan Grandmaster Allen Abad (San Diego, CA);

Hapkido under 9th Dan Hapkido Grandmaster James A. Wilson (Spring Valley, CA);

Arnis de Mano under Master Jo Jo Abueg, Cepeda-Abueg Martial Arts (San Diego, CA);

Boxing under Archie Moore trained Golden Gloves Boxer James A. Wilson (Spring Valley, CA).

She has a B.S. in Nutrition, Masters in Exercise and Nutritional Sciences, and Masters in Public Health (MS/MPH) from San Diego State University.

Coach Sarmiento-Wilson is an adjunct professor of Health & Physical Education at SD City College, SD Mesa College, SD Miramar College; Grossmont College (El Cajon, CA), Cuyamaca College (Rancho San Diego, CA); and the University of San Diego.

From August 1997 – Present, as an Adjunct Professor of Health & Physical Education, she teaches:

HED-202 - Health Professions & Org., Cuyamaca College

ES-299 - Kickboxing, Cuyamaca College

EDRC 111 - Women's Self Defense, University of San Diego

HEAL 101 - Health and Lifestyle, SD Mesa College

PHYE 232 - Martial Arts, SD City College

PHYE 233 - Kickboxing, SD City College, SD Miramar College, SD Mesa College

Meet Your Instructor

Coach Heidi Sarmiento-Wilson

In Fall 2004, she started the PHYE 233 - Kickboxing course at both San Diego Miramar & San Diego Mesa College. During this time, she also established the ES-299 - Kickboxing course at Cuyamaca College.

From January 2009 – August 2010, she was the Facilitator/Missionary Program Director at the Optimum Health Institute (Lemon Grove, CA). Facilitated 38 mind, body, and spirit classes at a holistic wellness institute that served those with chronic, debilitating, and/or terminal illnesses. Directed a missionary/volunteer program that served to assist guests/clients to achieve wellness. Hired, trained, developed, and housed 15 - 20 missionaries who served to implement the organizations mission.

From August 2010 – December 2010, she was a Nutritionist for the UCLA Fitwell Program (Los Angeles, CA). Plans, develops, and instructs all nutrition classes for the Bruin Health Improvement Program (BHIP). Teaches faculty, staff, and medical personnel a comprehensive nutrition curriculum that she developed. Provides nutrition consultations for the above in the areas of weight loss, sports nutrition, and chronic disease management.

From January 2011 – Present, she has been a Nutritionist for Nutritionist619 (San Diego, CA). Providing nutrition consultations in the areas of weight loss, sports nutrition, chronic disease management, eating for energy & increasing immunity, vegan, and raw food lifestyle. Develops personalized diet programs so clients can effectively reach their goals within agreed upon times. Provides personal fitness and self defense training to individuals and groups.

In Fall 2012, Coach Heidi Sarmiento-Wilson was recruited by Coach Jim Colbert; founder of the Martial Arts & Self Defense Program at SD City College, to teach the EXSC 148 - Martial Arts course after his retirement. Coach Colbert knew Coach Sarmiento-Wilson as a Physical Education & Health instructor from San Diego Mesa & Miramar Colleges; and Grossmont & Cuyamaca Colleges. She was highly recommended to Coach Colbert by his long time assistant in the EXSC 148 - Martial Arts course, Asst. Coach Joe Benedito.

From Fall 2013 - Spring 2014, she was as an instructor for the Martial Arts and Self-Defense Program both the PHYE 232 - Martial Arts & PHYE 233 - Kickboxing courses at San Diego City College. From Summer 2013 - Present, she has been a trainer at BODY BY DISCIPLINE in Lemon Grove, CA.

In Fall 2014, Coach Heidi Sarmiento-Wilson developed and founded the Martial Arts and Self-Defense Program at SD Mesa College. Creating a sister program to the one already at SD City College.

In Spring 2015, she started the EXSC 148 - Martial Arts course at SD Mesa College. The Kickboxing course was already started at SD Mesa College by Coach Sarmiento-Wilson in Fall 2004. Thus establishing the Martial Arts and Self-Defense Program at SD Mesa College. Asst. Coach Benedito followed Coach Sarmiento-Wilson to SD Mesa College to help with EXSC 148 - Martial Arts course.

Meet Your Instructor



Assistant Coach

PHYE 232 - Martial Arts
San Diego City College
(Fall 2007 - Present)

Assistant Coach

EXSC 148 - Martial Arts
San Diego Mesa College
(Spring 2015 – Present)

Maestro

Instructor
Philippine Martial Arts
Gajo Martial Arts Bothoan

Asst. Coach Joe Benedito

Joe Benedito holds the rank and title of Maestro in Philippine Martial Arts under Senior Guro Mario Gajo, Gajo Martial Arts Bothoan (San Diego, CA). The rank of Maestro is equivalent to a Black Belt in other martial arts. The system of Arnis de Mano that he studied was Babao Arnis System developed by Late Grand Master Narrie Babao.

He also trained in:

Black Tiger Muay Thai, under Ajarn Vince Soberano & 6th Kahn Kru Mario Gajo;

Babao Arnis, under 10th Grade GM Narrie Babao, Babao Arnis Academy (Paradise Hills, CA);

Babao Arnis, under 8th Grade Master Narrison Babao, Babao Arnis Academy (Paradise Hills, CA);

Tae Kwon Do & Self Defense, under 6th Dan Master Michael Pasag, United Martial Arts College;

Tae Kwon Do & Kick Boxing, under 2nd Dan Instructor Heidi Sarmiento-Wilson, San Diego Mesa College;

Martial Arts & Self Defense, Okinawan Goju Ryu Karate-Do, and Judo/Jiu Jitsu,

under 3rd Dan Sandan Sensei Jim Colbert, San Diego City College;

American Tang Soo Do, under 7th Dan Master Irving Hoffman, Unified Martial Arts (Chula Vista, CA).

Asst. Coach Benedito was mentored by Late Coach Jim Colbert, Professor Health and Exercise Science, San Diego City College; San Dan Sensei (3rd Degree Black Belt) Instructor, Okinawan Goju - Ryu Karate from Fall 2007 - Spring 2013; helping Coach Colbert with the PHYE 232 - Martial Arts course at SD City College. Since Fall 2013, he has been assisting Coach Heidi Sarmiento-Wilson, MS MPH; Professor Health and Exercise Science, San Diego City College; Instructor (2nd Degree Black Belt), Tae Kwon Do; with the PHYE 232 - Martial Arts course.

Meet Your Instructor

Asst. Coach Joe Benedito

In Fall 2005, Asst. Coach Benedito enrolled in a the PHYE 233-Kickboxing at San Diego Mesa College. It was a inexpensive way of getting a work out and enjoyed the anonymity of being a student without having to worry about the responsibilities of being the instructor. The course was taught by Coach Heidi Sarmiento-Wilson and introduced him to Coach Wilson's high energy style of teaching and conditioning methods. It reminded Asst. coach Benedito of the way that Guro Mario Gajo taught him. Guro Gajo and Coach Wilson also had similar teaching philosophies.

In Fall 2007, Asst. Coach Benedito enrolled in the PHYE 232-Martial Arts class at San Diego City College taught by Coach Jim Colbert. In the class description that the course included Eskrima. The first day during the introductions Coach Colbert said that had instruction in Eskrima from Cepeda-Abueg Martial Arts; which happened to be a martial arts school that also teaches Babao Arnis. The Phillipine Martial Arts system that Asst. Coach Benedito trained in. Coincidentally, Coach Colbert happen to hand Joe Benedito an Eskrima stick out of the entire class of around 50 students. Another coincidence was that Maestro Benedito was the only certified Eskrima instructor in the style Coach Colbert trained in. It was at that point that Maestro Benedito decided to introduce himself to Coach Colbert after class and reveal his status as a Eskrima instructor in the style that Coach Colbert studied. From that point on, Joe Benedito helped Coach Colbert's with the PHYE 232 - Martial Arts course until Coach Colbert's retirement after Spring 2013 semester.

In Fall 2013, Coach Heidi Sarmiento-Wilson started teaching the PHYE 232-Martial Arts class at San Diego City College. Coach Wilson was recruited by Coach Jim Colbert per Asst. Coach Benedito's recommendation. He previously to Coach Wilson's PHYE 233-Kickboxing course at SD Mesa College in Fall 2005 which was instrumental in his recommendation of Coach Sarmiento-Wilson to Coach Colbert. Coach Colbert told Asst. Coach Benedito that he was looking for a woman with a Master's in Exercise Science & Nutrition and a martial arts instructor to teach the the PHYE 232-Martial Arts course. There was no other person that fit the profile better than Coach Sarmiento-Wilson. In addition, she was already was a Physical Education & Health instructor for the San Diego Community College District and Grossmont-Cuyamaca Community College District for almost 20 years. Coincidentally, Coach Wilson's younger sister studied Phillipine Martial Arts under Guro Mario Gajo with Asst. Coach Benedito. Also, her cousin, Jo Jo Abueg, is a Master under the Babao Arnis System and was the owner of Cepeda-Abueg Martial Arts.

From Fall 2007 - Spring 2014, Asst. Coach Benedito assisted with PHYE 232 - Martial Arts course at SD City College. First under Coach Jim Colbert from Fall 2007 - Spring 2013; then co-taught under Coach Heidi Sarmiento-Wilson from Fall 2013 - Spring 2014.

Currently, Asst. Coach Benedito assists with EXSC 148 - Martial Arts course at San Diego Mesa College under Coach Sarmiento-Wilson.

Meet Your Instructor



Assistant Coach

EXSC 147 - Kickboxing
EXSC 148 - Martial Arts
Martial Arts & Self Defense Program
San Diego Mesa College
(Spring 2015 - Present)

Instructor

2nd Degree Black Belt
Songahm Tae Kwon Do
Defuniak Springs ATA Black Belt Academy
American Taekwondo Association

Asst. Coach Rachael Rippon

Rachael Rippon holds the rank of 2nd Degree Black Belt and title of Instructor in Songahm Taekwondo under 4th Degree Black Belt Songahm Taekwondo Instructor Thomas James Miller, Defuniak Springs ATA Black Belt Academy (Defuniak Springs,FL), American Taekwondo Association (ATA). Songahm Taekwondo is the style of martial arts practiced at ATA affiliated schools.

She has also trained in:

Martial Arts & Self Defense, under 2nd Dan Instructor Heidi Sarmiento-Wilson, Martial Arts and Self-Defense, San Diego City College;

Martial Arts & Self Defense, under Maestro Joe Benedito, Martial Arts and Self-Defense, San Diego City College;

Arnis de Mano under Guro Mario Gajo, Gajo Martial Arts Bothoan (San Diego, CA);

Arnis de Mano under Maestro Joe Benedito, Gajo Martial Arts Bothoan (San Diego, CA);

Kick Boxing, under Coach Heidi Sarmiento-Wilson, San Diego Mesa College; &

Brazilian Jiu Jitsu

In 2004, Rachael Rippon started training in Songahm Taekwondo at Defuniak Springs ATA Black Belt Academy (Defuniak Springs,FL) under 4th Degree Black Belt Thomas James Miller.

In 2006, she achieved the rank of 1st Degree Black Belt and title of Instructor, Songahm Taekwondo under 4th Degree Black Belt Thomas James Miller. The test was also conducted by 6th Degree Master Songahm Taekwondo Darrin Palmer, American Taekwondo Association.

In May 2008, she achieved the rank of 2nd Degree Black Belt and title of Instructor, Songahm Taekwondo. Testing under Songahm Taekwondo 4th Degree Black Belt Thomas James Miller and 6th Dan Master Palmer, American Taekwondo Association.

Meet Your Instructor

Asst. Coach Joe Benedito

On June 24 2008, Instructor Rippon won a World Championship in Girls, Black Belt, 14-16 Year Old Sparring Division at the 2008 Songahm Taekwondo World Championships (June 24 -29, 2008) in Little Rock, Arkansas.

In Fall 2013, Instructor Rippon enrolled in the PHYE 232 - Martial Arts class at San Diego City College taught by Coach Heidi Sarmiento-Wilson & Asst. Coach Joe Benedito; as a means of getting a work out and refreshing her martial arts skills. The first day during the introductions Coach Wilson asks students if they have experience in martial arts and if so what kind. Instructor Rippon obliged and told Coach Wilson that she was a 2nd Degree Black Belt Songahm Taekwondo Instructor under the ATA. She also was gracious enough to assist with training the students in the PHYE 232 - Martial Arts class.

From February 2014 - April 2014, Instructor Rippon had intensive training in Arnis de Mano with Guro Mario Gajo & Maestro Joe Benedito to compete in the 2014 San Diego Grand Internationals Tournament (SDGI). On May 3, 2014, she competed in the SDGI Stick Fighting Division. Even though she did not win the tournament, Rachael Rippon was the only woman competitor fighting against all men much larger than herself. She was the youngest and least experience competitor in her group. Some of the competitors were even active duty police officers and members of the SWAT team. She still trains in Philippine Martial Arts.

In February 2015, Rachael Rippon started training in Brazilian Jiu Jitsu to further add to her martial arts resume.

In Spring 2015, Rachael Rippon was recruited by Coach Heidi Sarmiento-Wilson & Asst. Coach Joe Benedito to assist with both the EXSC 148 - Martial Arts & the EXSC 147 - Kickboxing courses at SD Mesa College. Coach Sarmiento-Wilson & Asst. Coach Benedito knew Rachael Rippon previously as a student from the PHYE 232 - Martial Arts course at San Diego City College and as a 2nd Degree Songahm Taekwondo instructor in her own right. Thus following their lead in coming from the Martial Arts and Self-Defense Program at SD City College to the Martial Arts and Self-Defense Program at SD Mesa College.

Currently, Asst. Coach Rippon assists with EXSC 148 - Martial Arts course at San Diego Mesa College under Coach Sarmiento-Wilson.

Martial Arts of EXSC 148

EXSC 148 – Martial Arts is a Tae Kwon Do and Philippine Martial Arts based course.

This course teaches a variety of martial arts styles to train students in self-defense and martial arts. The main martial arts styles taught are: Tae Kwon Do & Hapkido (Korean martial arts); and Arnis de Mano & Mano-Mano (Philippine martial arts) with elements from Okinawan Goju-Ryu Karate-Do..



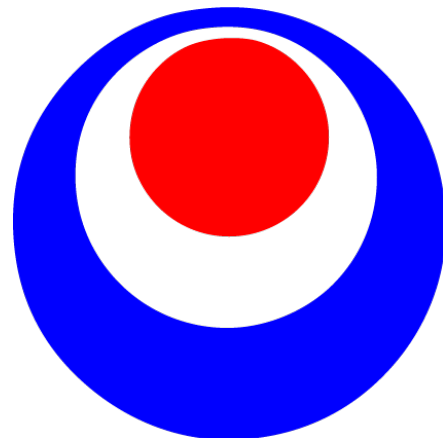
Korean Martial Arts



Philippine Martial Arts



Okinawan Goju Ryu



Tae Kwon Do & Hapkido

The Tae Kwon Do & Hapkido for this course is based on Grandmaster James Wilson's Tae Kwon Do & Hapkido style from the Southwestern Association of Martial Arts. There is some crossover in technic and terminology with the Goju Ryu and Tae Kwon Do used in the course.

Taekwondo is a martial art that originates from Korea. It combines combat techniques, self-defense, sport, exercise, and in some cases meditation and philosophy. The art in general emphasizes kicks thrown from a mobile stance, employing the leg's greater reach and power (compared to the arm). Taekwondo training generally includes a system of blocks, kicks, punches, and open-handed strikes and may also include various take-downs or sweeps, throws, and joint locks.

In Korean, **TAE** means "to strike or break with foot"; **KWON** means "to strike or break with fist"; and **DO** means "way", "method", or "path". Thus, taekwondo may be loosely translated as "the way of the hand and the foot."

Hapkido (also spelled hap ki do or hapki-do) is a dynamic and also eclectic Korean martial art. It is a form of self-defense that employs joint locks, techniques of other martial arts, as well as kicks, punches, and other striking attacks. There is also the use of traditional weapons, including a sword, rope, jool bong (nunchaku), cane, short stick (dan bong), and staff (bong, gun, b!) which vary in emphasis depending on the particular tradition examined. A loose translation of Hapkido is "the way of the circle."

Hapkido may be generally defined as "the way of the circle."

Hapkido contains both long and close range fighting techniques, utilizing jumping kicks and percussive hand strikes at longer ranges and pressure point strikes, joint locks, or throws at closer fighting distances. Hapkido emphasizes circular motion, non-resisting movements, and control of the opponent. Practitioners seek to gain advantage through footwork and body positioning to incorporate the use of leverage, avoiding the use of strength against strength.

跆拳道	태	TAE	means "Foot", "Leg", or "to step on"	HAP	합	Coordination, Harmony
	권	KWON	means "Fist" or "Fight"	KI	기	Power, Energy
	도	DO	means "Way" or "Discipline"	DO	도	Way

Arnis - Eskrima - Kali

The **Arnis** for this course is Arnis Batangas Baston based on the Babao Arnis System, founded by Late Grandmaster Narrie Babao, and style from Gajo Martial Arts Bothoan, founded by Guro Mario Gajo. There will also be elements of empty hand techniques based on Arnis Batangas known as Mano-Mano.

Philippine Martial Arts or "PMA" is an umbrella term for the traditional martial arts of the Philippines; also known as "**Filipino Martial Arts**," or **FMA**. It emphasizes weapon-based fighting with sticks, knives and other bladed weapons, and various improvised weapons. Philippine Martial Arts also includes hand-to-hand combat and weapon disarming techniques. It also refers to ancient and newer fighting methods devised in the Philippines, the most popular of which are known as Arnis, Eskrima, Kali. For the purpose of convenience, this course will use the term Arnis throughout.

Both the terms **Eskrima** and **Arnis** are derived from Spanish.

Arnis comes from arnes, Old Spanish for armor. Arnis de Mano is a term used on the island of Luzon; the northern region of the Philippines. "Arnis de Mano" means "harness of the hand." The term came from the Spanish soldiers' description of the wrist guards worn by the Philippine Martial Artist when they practiced. Arnis is generally associated with Philippine Martial Arts originating from the northern region of the Philippines.

Eskrima is a Philippine version of the Spanish word for fencing (esgrima) or means "to skirmish". The Philippine spelling of eskrima is usually spelled with a "k" instead of a "c" because there is no "c" in the Tagalog alphabet. The Abakada alphabet is an indigenized Latin alphabet of the Tagalog language of the Philippines. Eskrima is generally associated with Philippine Martial Arts originating from the central region of the Philippines.

Kali has many theories existing on the origin of term. For the most part, it is another generic term used to refer to Philippine Martial Arts. Kali is generally associated with Philippine Martial Arts originating from the southern region of the Philippines.

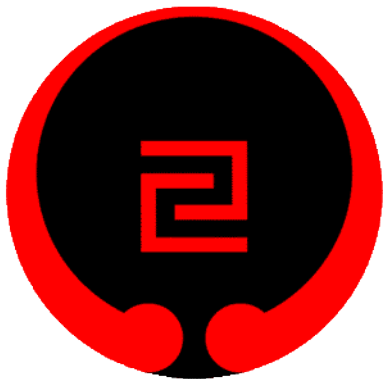
Another term generally referring to Philippine Martial Arts originating from the southern region of the Philippines is **Silat**. It is usually associated with Muslim bladed arts.

Mano Mano is the empty-hand component of Philippine martial arts. The term translates as "hands" or "hand to hand" and comes from the Spanish word mano (hand). It is known as suntukan or panununtukan in Luzon and pangamot in the Visayas. American colonists referred to it as "combat judo". Mano mano includes kicking, punching, locking, throwing and dumog (grappling). Philippine martial artists regard the empty hands as another weapon and all the movements of mano mano are directly based on weapon techniques. In eskrima, weapons are seen as an extension of the body so training with weapons naturally leads to proficiency in bare-handed combat. For this reason, mano mano is generally taught in the higher levels of eskrima because advanced students are expected to be able to apply their experience with weapons to unarmed fighting.

Okinawan Goju Ryu

The Karate for this class is based on Coach Jim Colbert's Okinawan Goju Ryu Karate and Tae Kwon Do. There is some crossover in technic and terminology with the Goju Ryu and Tae Kwon Do used in the course.

Goju-ryu, Japanese for "hard-soft style" is one of the main traditional Okinawan styles of karate, featuring a combination of hard and soft techniques. GO, which means hard, refers to closed hand techniques or straight linear attacks; JU, which means soft, refers to open hand techniques and circular movements. Goju-ryu incorporates both circular and linear movements into its curriculum, combining hard striking attacks such as kicks and close hand punches with softer open hand circular techniques for attacking, blocking, and controlling the opponent, including locks, grappling, takedowns and throws. Chojun Miyagi founded Okinawan Goju Ryu circa 1930.



MartialArts
AMERICA
Coronado, California



Test Requirements – EXSC 148

Performance Exam is given at the end of the term to evaluate the proper execution of technique in the areas of:

- a) Accuracy
- b) Balance
- c) Breathing
- d) Control
- e) Coordination
- f) Poise
- g) Power
- h) Rhythm
- i) Timing

You must test to receive the highest grade.

Stress is placed on kick/strike analysis, flexibility, conditioning and endurance in the progression of the class. Students must demonstrate increased proficiency and skill attainment with each repetition.

In addition to the performance test at the end of the semester there is also a Fitness Post- Test that students must perform.

Test Requirements - Tae Kwon Do

Salutation

Bowing:

Stances

Junbi Position:	Attention stance or Ready position.
Cat Stance:	70% rear leg, 30% front leg. Legs are at 90° angle, front leg on ball of front foot
Back Stance:	70% rear leg, 30% front leg. Legs are at 90° angle, both knees are bent. Knees over ankles.
Forward Stance:	60% front leg, 40% rear leg. Front leg bent. Knee over ankle. Back leg locked in straight.
Balanced Stance:	50% front leg, 50% rear leg. Both knees are bent. Knees over ankles. Both feet parallel, one shoulder widths apart.
Straddle Stance:	50% right leg, 50% left leg. Both knees are bent. Knees over ankles. Both feet parallel, two shoulder widths apart.

Strikes

High Punch:	Head
Middle Punch:	Body
Low Punch:	Groin
Reverse Punch:	
Double Punch:	
Palm Heel Strike:	
Spearhand Attack:	
Rising Elbow:	
Crossing Elbow:	

Kicks

Front Kick:	Standing, sliding, stepping, flying
Round Kick:	Standing, sliding, spinning
Side Kick:	Standing, sliding, spinning
Outside Crescent:	Standing, sliding, stepping
Inside Crescent:	Standing, sliding, stepping
Axe Kick:	Standing, sliding, stepping
Back Kick:	Standing, sliding, spinning
Knee Strike:	Standing, sliding, stepping, flying

Defense

Low Block:	
High Block:	
Knife Hand Block:	
Outside Block:	
Inside Block:	

Test Requirements - Tae Kwon Do

Forms:

Geicho Hyung Il bu (Basic Form #1)

Power Drills Using Targets:

Power drills performed with big shields & focus pads using hands or kicks to demonstrate power & accuracy.

Test Requirements - Hapkido

Defense:

Defense 1-6

1. Right Parry
2. Left Parry
3. Right Trap
4. Left Trap
5. Low X-Block
6. High X-Block

Counters:

After defensive technique:

Takedowns:

After counters:

Rolls:

Forward:

Backward:

Breakfalls:

Sidefall: Left and right sides.

Frontfall:

Backfall:

Partnered Exercise:

Hapkido Defense 1-6

Flow drills

Counters

Takedowns

Takedowns with Counter on command

Used for self-defense drills. Choreographed two-person exercise where one person is the aggressor and the other is the defender. The aggressor provides an attack to which the defender practices a set of techniques to counter that form of attack.

Test Requirements – Arnis de Mano

Salutation

Eskrima Salute: Arm across chest with Baston in front of left shoulder pointing up.

Grip

Baston Grip:

1. Keep fist firmly closed around baston at all times to prevent the weapon from being knocked out of hand
2. Bottom of fist should be 1" – 4" (inches) from end of baston

Stances

Ready Position: Attention

Listening Position: 50% right leg, 50% left leg; Shoulder length apart; Baston tucked under left armpit

Parada Stance: 70% rear leg, 30% front leg; Cat stance

Estoka Stance: 60% front leg, 40% rear leg; Forward stance, Back stance

Balanced Stance: 50% front leg, 50% rear leg

Strikes

Angles 1-6

1. Step into a RIGHT estoka
 - a. Downward 45-degree diagonal strike from RIGHT side to opponent's upper LEFT side
 - b. TARGET: Head, Neck, Collarbone;
 - c. Power strike; Through target
2. Still in a RIGHT estoka
 - a. Upward 45-degree diagonal strike from LEFT side
 - b. TARGET: Leg, Knee, Groin;
 - c. Finesse strike; Retract back from target; like a jab
3. Step into a LEFT estoka
 - a. Downward 45-degree diagonal strike from LEFT side to opponent's upper LEFT side
 - b. TARGET: Head, Neck, Collarbone;
 - c. Power strike; Through target
4. Still in a LEFT estoka
 - a. Upward 45-degree diagonal strike from RIGHT side
 - b. TARGET: Leg, Knee, Groin;
 - c. Finesse strike; Retract back from target; like a jab
5. Step into a RIGHT estoka
 - a. Downward Vertical strike from RIGHT side
 - b. TARGET: Head, face, Collarbone
 - c. Power strike; Through target
6. Shuffle into a RIGHT estoka
 - a. Lunge with Baston angled up and in; Palm down;
 - b. Horizontal strike from RIGHT side; stab
 - c. TARGET: Body, Chest; Power strike; Through target

Test Requirements – Arnis de Mano

Twirling

Up & Down:	2 Twirls Up, 2 Twirls Down
Butterfly:	Figure 8
Abaniko:	Fan (horizontal)
Bayaw:	Fan (vertical)

Footwork

Angles 1-6

Offensive:

Defensive:

Triangular:

1. The goal of triangular footwork is to avoid or evade
2. Used in conjunction with blocking and checking hand techniques reduces the effectiveness of an opponent's attack
3. Triangular footwork can be performed to the right or left, as well as, forward or backward
4. The footwork pattern usually involves the movement of the right or left foot followed by the movement of the remaining foot to complete the triangle (ex: right foot / left foot)
5. A key application of triangular footwork is to avoid a full power attack by the opponent

Defense

Angles 1-6

Blocks:

Checking: The checking hand is also referred to as the “alive” or “live hand”

Block & Check:

Block, Check & 1-Counter:

Block, Check & 3-Counters:

Knife:

Forms:

EXSC 148 Unang Sayaw Baston	(Basic Form #1)	[optional]
EXSC 148 Unang Sayaw Mano Mano	(Basic Form #2)	[optional]
Moro-Moro	(Freestyle Form)	[optional]

Partnered Exercise:

Angles 1-6

Flow drills

Offense

Defense

Counters

Used for self-defense drills. Choreographed two-person exercise where one person is the aggressor and the other is the defender. The aggressor provides an attack to which the defender practices a set of techniques to counter that form of attack.

Test Requirements – Mano-Mano

Strikes

Angles 1-6

1. Right Hook
2. Left Upper Cut
3. Left Hook
4. Right Upper Cut
5. Jab, Vertical Punch, Hammerfist
6. Front Kick

Footwork

Angles 1-6

Offensive:

Defensive:

Triangular:

Defense

Angles 1-6

Blocks: Slap Block

1. The slap block is the primary “hand-to-hand” or “mano-mano” method of defending against an attack
2. Slap blocks are extensively in Philippine Martial Arts
3. Slap blocks are faster than traditional hard style blocking movements
4. They are performed with a quick slapping motion targeting the opponent’s wrist or forearm
5. They should be relaxed, simple, reflexive, and efficient
6. The blocking hand should be committed to the block for as short a time as possible and then brought back in close to the centerline to prepare for additional blocks or strikes

Checking:

Block & Check:

Block, Check & 1-Counter:

Block, Check & 3-Counters:

Knife:

Partnered Exercise:

Angles 1-6

Flow drills

Offense

Defense

Counters

Used for self-defense drills. Choreographed two-person exercise where one person is the aggressor and the other is the defender. The aggressor provides an attack to which the defender practices a set of techniques to counter that form of attack.

Test Requirements – Daga

Grip

Knife Grip:

1. Forward
2. Reverse

Strikes

Angles 1-6

1. Step into a RIGHT estoka
 - a. Downward 45-degree diagonal strike from RIGHT side to opponent's upper LEFT side
 - b. TARGET: Head, Neck, Collarbone;
 - c. Power strike; Through target
2. Still in a RIGHT estoka
 - d. Upward 45-degree diagonal strike from LEFT side
 - e. TARGET: Leg, Knee, Groin;
 - f. Finesse strike; Retract back from target; like a jab
3. Step into a LEFT estoka
 - g. Downward 45-degree diagonal strike from LEFT side to opponent's upper LEFT side
 - h. TARGET: Head, Neck, Collarbone;
 - i. Power strike; Through target
4. Still in a LEFT estoka
 - j. Upward 45-degree diagonal strike from RIGHT side
 - k. TARGET: Leg, Knee, Groin;
 - l. Finesse strike; Retract back from target; like a jab
5. Step into a RIGHT estoka
 - m. Downward Vertical strike from RIGHT side
 - n. TARGET: Head, face, Collarbone
 - o. Power strike; Through target
6. Shuffle into a RIGHT estoka
 - p. Lunge with Baston angled up and in; Palm down;
 - q. Horizontal strike from RIGHT side; stab
 - r. TARGET: Body, Chest; Power strike; Through target

Footwork

Offensive: Stepping forward

Defensive: Stepping back

Defense

Angles 1-6

Blocks:

Block & Check:

Block, Check & 1-Counter:

Block, Check & 3-Counters:

Blocks: Slap Block

Partnered Exercise:

Angles 1-6
Flow drills
Offense
Defense
Counters

Used for self-defense drills. Choreographed two-person exercise where one person is the aggressor and the other is the defender. The aggressor provides an attack to which the defender practices a set of techniques to counter that form of attack.

Test Requirements – Okinawan Goju Ryu

Stances

Kiyotsuke Position:	Attention
Mokuso Position:	Meditation
Shugo Position:	Line Up

Strikes

Basic Hand Strike 1-4

1. Backfist
2. Spearhand
3. Palm Heel Strike
4. Eagle claw

Combination Requirements:

Basic Hand Techniques 1-10

From the Horse Stance & hands chambered

1. Left-Middle Punch, then-Right Middle Punch. [KIA]
2. Left- High Punch, Right Middle Punch, Left-Low Punch. [KIA]
3. Right High Block, Left High Block. [KIA]
4. Right Inside Block, Left Inside Block. [KIA]
5. Right Outside Block, Left Outside Block. [KIA]
6. Right Grab, Left Grab. [KIA]
7. Right Palm Heel Strike, Left Palm Heel Strike to nose. [KIA]
8. Right Chop, Left Chop Strike to neck. [KIA]
9. Right Spearhand Strike, Left Spearhand Strike to eyes. [KIA]
10. Right Low Block, Left Low Block. [KIA]

Glossary

These terminologies are optional and are not required to complete the course. They are suggested terminology to share with students to enhance and expand the student experience in exploring the EXSC 148 - Martial Arts course.



Korean Martial Arts



Philippine Martial Arts



Basic Korean Terminology

Hand Positions

Korean	English
sahnkal	knifehand
sahnkal jecho	knifehand with palm up
sahnkal deung	ridgehand (also " <i>oppun sahnkal</i> ")
sahn bahtong	palm heel (also " <i>bahtong sahn</i> ")
sahn deung	back hand (also " <i>deung sahn</i> ")
galkwi sahn	ripping (or raking) hand
jipke sahn	pincers hand
joomok	fist
deung joomuk	back fist
yup joomuk	side fist
me joomuk	hammer-fist
doo bam joomuk	two-knuckle fist
pyun joomuk	flat (or open) fist
kwan soo	spearhand (also " <i>pyun sahnkeut</i> ")

Basic Korean Terminology

Hand Strikes - Punches

Korean	English
Pyungsul	Palm / ki strike
Montong Jirugi	Center punch
Ap Jirugi	Front punch
Bandae Jirugi	Reverse punch
Sudo	Knife hand strike
Phalkkumchi	Elbow strike
Kwansul	Spear hand
Maedupjupoh Jirugi	Upper punch
Kagkwon	Back fist strike

Foot Strikes - Kicking

Korean	English
Ap Chaolligi	Front rising kick
Ap Chagi	Front kick
Bandal Chagi	Crescent kick
Dollyo Chagi	Turning kick
Bandae Dollyo Chagi	Reverse Turning kick
Yop Chagi	Side kick
Dwit Chagi	Back kick
Naeryo Chagi	Axe kick
Kagkwon	Back fist strike

Basic Korean Terminology

Defense - Blocking

Korean	English
Arae Makgi	Low block
Olgool Makgi	High block
Pal Montong Makgi	Outward middle block
Anpal Montong Makgi	Inward middle block
Sangsu Makgi	X block
Nuluh Makgi	Downward palm block

Stances

Korean	English
Junbi	Ready stance
Masogi	Fighting / L stance
Kimasogi	Horse stance
Apsogi	Front stance
Dwitsogi	Back stance
Dwit Bal Sogi	Cat stance / Tiger stance

Basic Korean Terminology

Counting

Korean	English	Numbers
Hanah	One	1
Dool	Two	2
Set	Three	3
Net	Four	4
Dasot	Five	5
Yasot	Six	6
Ilgop	Seven	7
Yadol	Eight	8
Ahop	Nine	9
Yool	Ten	10

The stress in "*hanah*", "*dasot*", and "*yasot*" is on the first syllable, in "*ilgop*", "*yadol*", and "*ahop*" on the second. In counting cadence in TaeKwonDo, this is so emphasized that the other syllable frequently almost disappears (e.g., "*han*", "*das*", "*yos*", "*lgop*", "*hop*", etc.).

Arnis - Eskrima - Kali**Basic Philippine Terminology****General Vocabulary**

Philippine	English
Abanico	lit. "fan," lateral (side to side) motions performed with a straightened arm as a blocking maneuver,
Arko	Series of circular strikes, also referred as sirkulo
Arnis	Lit. "harness," terms used in the Northern Phillipines for FMA, synonymous with the middle- Phillipines term, "escrima," or the southern term, "kali"
Banda y Banda	Back & Forth. side to side slashes or strikes.
Baston	Stick or baton used in FMA
Bolo	A type of machete (usually with a leaf shaped blade) used throughout the Phillipines.
Cardena	Lit. "chaining," linking one technique with another in rapid succession.
Corto Kurbada	Close range sparring applying kurbada strikes & counter attacks
Crossada	"Crossing"; maneuver used to block an incoming attack by forming an X- pattern with ones baton, arms, or bladed weapon.
Daga.	Knife or dagger Doble – "double;" two strikes delivered in rapid succession
Doce Pares	Twelve Pairs
Dos-ekis	2 reverse butterflies
Dulo- Dulo	Palm stick (dulo), spoken twice to indicate style of fighting with said weapon.

Basic Philippine Terminology

General Vocabulary (continued)

Philippine	English
Dumog	“Grappling,” either in a clinch or on the ground. Eskrima – (alt. eskrima) – synonymous with arnis (above).
Ekis	X- strikes
Eskrido	The term Eskrido has been derived from three martial arts: Eskrima, Jiu-Jitsu and Judo. The most common self-defense techniques can be used in Eskrido such as: stances, hand & arm holds, leg locks, foot sweep, leg reaping, arm, shoulder & hip throws, disarms, hand strikes, arm strikes, elbow strikes, finger thrust, palm heel strikes, wrist twist, pushing & pulling methods (for balance breaking), finger grips, olisi hooks, olisi thrust, butt strikes, punches and takedowns. (reference: Eskrido book, 2004)
Espada y Daga	Sword (espada) and dagger (daga) used together. Sometimes also connotes the use of baton and knife in tandem.
Flywheel	Series of backhand arkos
Garrote	Another name for olisi
Kuntaw (alt. Kuntao)	(Chinese) “fist way,” a system of Kung- Fu adopted by Filipinos and shared in common with Indonesia.
Kurbada	Curving strikes such as pronating or supinating strikes
Labai	Cross arm throw
Langka	“Footwork”
Largo	Long distance
Mano y Mano	“Hand to hand” combat
Medio	Medium range
Olisi	Baston, Cebuano term for stick
Olisi y baraw	Is another term for espada y daga or punta y daga

Basic Philippine Terminology

General Vocabulary (continued)

Philippine	English
Pangagaw	Referring to disarming techniques
Pangamot	Is a complete bare-handed defense system. The Cebuano term which was derived from the word “kamot”, meaning hand. "Pangamot" calls for the full coordinated & rhythmic movements of the defender's hands, arms, body, shoulders, leg and feet mainly to bring about the opponent's defeat through disarms as well as throws. (reference: Pangamot, the Bare-Handed Defense System)
Pangandam	On guard or ready. Handa in Tagalog.
Panukad	Stance. Tayo in Tagalog.
Plancha	Back & forward horizontal strikes to midsection
Puk-pok or punyo	Applying butt strikes
Punyo	“Pommel” of a sword, knife, or baton.
Redonda	Continuous drill employing two batons continuously.
Redondo	A circular power- strike.
Rompida	And upward and downward slash or strike delivered in an x pattern.
Salamat.	A greeting derived from the Muslim “salaam” (or peace) and connoting gratitude
Saludo	Salutation
Serrada	Close quarters combat executed at corto (close) range. Also a style of escrima, popularized in the U.S. by Angel Cabales.
Sikaran	Generally “sticking with the legs.”
Sinulog	Form or dance, traditionally dedicated to the Infant Jesus.
Sirkulo	Series of curving strikes such as witik, abanico, media, arko, bartikal redouble etc.
Sungkiti	Hooking thrust.

Basic Philippine Terminology

General Vocabulary (continued)

Philippine	English
Sinawali	Lit. "to weave," connoting the continuous weaving motion that one uses with two batons, knives, or hands to couple simultaneous strikes and blocks. Also, like redonda or hubud- lubud, a drill pattern.
Sumbrada	An upward, oblique "umbrella" block.
Tapi	Parry; deflect
Tapi-tapi-on	Series of parries and blocks.
Tigbas	powerful horizontal strike to body or head, apply forehand or backhand
Tunga-tunga	Medium range. Medio in other systems.
Tuyok	Spinning movement.
Witik	Short curving snap strike from the wrist that creates a whip-like motion
Yukbo	Salutation. Saludo in other systems.

Basic Philippine Terminology

Counting

Philippine	English	Numbers
Isa	One	1
Dalawa	Two	2
Tatlo	Three	3
Apat	Four	4
Lima	Five	5
Anim	Six	6
Pito	Seven	7
Walo	Eight	8
Siyam	Nine	9
Sampo	Ten	10