



**THE PRESERVATION AND PROMOTION OF PHILIPPINE CULTURE
THROUGH ARNIS**

by

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ABSTRACT

This qualitative research investigates the intricate dynamics involved in safeguarding and advancing Philippine culture through the indigenous martial art of Arnis. Utilizing a purposive sampling approach, the study carefully selected ten key participants: five Arnisador and five coaches, whose personal experiences provided crucial insights into the phenomenon. Thematic analysis was



employed to thoroughly describe and interpret their perspectives and lived experiences.

Based on data collected through interviews and audio-visual recordings, the study reveals three primary areas of inquiry: (1) It sought to identify the factors that either hinder or promote Filipino youth participation in Arnis sports, and subsequently, how these elements can be reinforce/addressed to promote Arnis in Physical Education curricula. (2) The research examined the influence of Arnis sports involvement on students' sense of Arnis identity and their comprehension of Arnis as a significant emblem of Filipino heritage. (3) The study aimed to develop a comprehensive program for the successful incorporation of Arnis sports into educational environments, thereby ensuring the ongoing preservation and promotion of Arnis identity.

Key findings indicate that positioning Arnis as a source of cultural pride and national identity serves as a potent motivator for engagement. Conversely, persistent hindering factors include limited equipment, negative perceptions such as the risk of injury, and insufficient support from family members, coaches, and financial



backers. The study emphasizes the critical need to address these misconceptions. The proposed program is designed to systematically embed Arnis within educational settings and overcome identified obstacles, fostering a deeper appreciation for this national martial art and securing its enduring legacy as a cornerstone of Filipino heritage.

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1

CHAPTER I

The Problem and Review of Related Literature and Studies

Introduction

Physical education has long been a cornerstone in shaping the health and wellness of individuals. It has always been an important part of educational system, primarily aimed at improving physical fitness and promoting well-being. However, as the world becomes more connected and diverse, there is a growing understanding that PE should offer more than just traditional sports. It should be recognized as a key way to help students learn about culture, identity, and heritage. Physical education, once limited to conventional sports, however the world of education has evolved to include a broader array of activities that foster not only physical wellness but also cultural awareness. This shift encourages the inclusion of activities that are culturally meaningful and reflect the values and history of our sports and identity.

In recent years, there has been a growing recognition of the importance of cultural preservation and identity in

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GRADUATE SCHOOL

2

the realm of education. One sports activity is the National Martial Arts of the Filipino, **Arnis** that has existed for centuries. Rooted in the history of the Philippines, Arnis is a weapon-based fighting system that exemplifies the ingenuity, resilience, and spirit of the Filipino people. Arnis was also associated with fencing or esgrima in Spanish and eskrima in its Filipinized term which describes two individuals fighting using long-range weapons; and Kali, which means "to dig" or "to stab," originated from the Ilocano's. Historically, arnis came from the Spanish term arnés, which means weapon. (Wiley,2012).

This study aims to explore the role of Arnis in enhancing physical education, with a focus on its significance in preserving Filipino culture and promoting national pride through the lens of the Philippine educational system.

Review of Related Literature and Studies

The review of related literature and studies related to the approaches of Arnisadors use in fostering a supportive and nurturing connection to the sports Arnis which can help the researcher gain a deeper understanding of how these influence the youth to continue the preservation and promotion the Philippine Martial Arts.

Arnis Sports in Enchancing Physical Education

Arnis, the Philippines' national martial art, offers a unique and culturally rich approach to physical education. Its dynamic movements and techniques contribute to developing physical fitness components like agility, coordination, and strength. According to J. Barlis, D. S. Lipardo & D. Ernabel 2019, Arnis has been identified as a combative, full-contact sport in the context of the school's co-curricular activities, in which students may have acquired meaningful learning, skills, and physical well-being. Integrating Arnis into physical education curricula, educators can provide students with a culturally

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GRADUATE SCHOOL

4

relevant and engaging way to achieve their fitness goals. According to R.A 9850 requires that Arnis must be integrated into the Philippine school system, specifically in Physical Education subject and other sports clubs, as part of students' awareness of the national sport.

Arnis offers several physical and mental health benefits that make it a valuable addition to physical education (PE) curricula. Martial arts training has an advantage on physical, mental, and emotional well-being (Wilkinson 1996). Consistent training not only conditions the mind and body to have the strength and stamina to fight back in a violent situation, but it also aids the body in fighting disease and remaining flexible, strong, and active as people age. Martial arts offers stress relief and outlets for pent-up energy. Furthermore, martial arts principles, philosophy, and techniques have been successfully applied in a clinical setting to improve the physical well-being of physically challenged individuals and modify the attitudes, emotions, and behavior of troubled adults and teenagers (Cox 1993). According to

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GRADUATE SCHOOL

5

Origua et al. (2018), martial arts or any regular physical activity seem to have the potential to improve balance and cognitive functions that decline with age, which can lead to poorer health outcomes. When combined with a healthy diet, it provides people with a well-rounded regimen. People take charge of their health by being conscious of the changing situations they believe may impact them (Bendíková, 2014). According to the study of Burke et al. (2007), the therapeutic value of martial arts is increasingly being realized. Arnis, as a form of martial, teaches self-control and discipline. Arnis training works out the entire body. It aids in the enhancement of stamina, muscle tone, flexibility, balance, and strength. It promotes a healthy way of life. According to Villanueva (2019), practicing Arnis helps develop strength, coordination, flexibility, and endurance. Since it requires precise body movements, it enhances motor skills and reflexes, which can improve overall athletic performance in school curriculum and in Physical activities.

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GRADUATE SCHOOL

6

Arnis teaches students how to defend themselves, thereby promoting personal safety while simultaneously encouraging physical activity. One of the main advantages of integrating Arnis into PE is its ability to build cardiovascular health. Studies show that training in martial arts like Arnis can increase heart rate and provide an excellent cardiovascular workout (Pérez et al., 2017). The mental aspect of Arnis—such as learning strategy, focus, and discipline—provides cognitive benefits, encouraging students to engage their minds while exercising their bodies (Shaner, 2019). Despite its potential, there remains limited research on how Arnis can be effectively integrated into physical education programs, particularly in the context of its role in cultural preservation and identity-building. The athletic program for the school curriculum emphasized more the playing of western sports and coaching. According to Barba (2018), introducing Arnis in PE allows students to connect with their heritage, learn about the values of resilience and adaptability, and understand the significance of the art in Filipino history.

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GRADUATE SCHOOL

7

However, Physical Education in the Philippines has traditionally emphasized Western sports, leaving little room for the inclusion of indigenous Filipino sports such as Arnis. Arnis is an essential part of Philippine history and culture that deserves to be promoted consistently and vigorously through competitions and education, lest the long history of this Filipino martial art will be lost to future generations. Sanchez, D.T. and Sanchez, R.D. (2021).

Arnis Cultural Identity

Arnis has deep cultural and historical roots, dating back to the pre-colonial era when it was used as a means of self-defense and a strategic warfare technique. Arnis is an indigenous martial art founded by early Filipino aboriginals for self-preservation and physical development (Sanchez et al. 2021). When considering the fighting arts of the Philippines, what most often comes to mind are the classical and modern civilian defensive arts and sport forms. While these systems are representative of the

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8

contemporary practice of the Filipino martial arts, they do not offer a complete view of these arts in terms of how they were meant to be used on the battlefield in times of war. In R. E. Pacadaljen (2024) study of Philippine Culture Learning about Filipino martial arts and their historical background through Arnis and appreciating the historical context will gain insight into the cultural significance of movements in traditional dances allows for a deeper appreciation of the culture. In which they originate acquiring knowledge and awareness of Filipino martial arts, such as Arnis is crucial for understanding their historical background, techniques, and cultural significance. Understanding the historical and cultural context of each multi faceted art form, encompassing not just physical movements but also stories, traditions, and cultural elements.

In recent years, there has been an increasing effort to integrate Arnis into school curricula, with the goal of preserving this important cultural heritage. As Filipino society continues to evolve, it becomes crucial to

investigate how Arnis can contribute to the development of national identity, promote physical fitness, and serve as a tool for cultural education.

This study seeks to address this gap and provide valuable insights into how Arnis can be better utilized within the educational framework of the Philippines. By understanding its integration into school curricula and its impact on national identity, this research will shed light on the importance of Arnis in modern educational systems.

The Legacy of Arnis in Philippines Martial Arts Culture

Magellan met his untimely demise in the hands of LapuLapu. Lapu-Lapu, the native chieftain of Mactan and his men, overpowered the uninvited visitors using their primitive weapons and defeated them. The bolos and Arnis sticks of the native warriors won over the guns and canons of the supposed foreign invaders. Unfortunately, Magellan and his men underestimated the strength and power of the natives in Mactan (2001, The Death of Magellan, 1521)

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GRADUATE SCHOOL

10

During the American occupation, Filipinos were encouraged to practice their craft. The grand masters felt compelled to come out in the open to share their art with those interested. Several arnis groups of different styles exist today to keep the art alive for future generations.

Arnis de Mano is known for the weaponry and empty hand techniques that the Filipinos engaged with during the Spanish occupation. Jose Rizal, a national hero, according to Wiley (2012), was an Arnis de Mano practitioner. The style is thought to have originated in Luzon. Doce Pares Eskrima was founded by the Saavedra and Cañete families in 1933. The fighting system is a distinction of several arnis styles that these families aimed to preserve and promote.

The name Doce Pares which stands for "twelve pairs," was meant to honor the twelve individuals who formed the group. In history, it relates to the famous twelve bodyguards who have fought and killed hundreds of enemies in battles with French emperor Charlemagne (AD 768-814). Balintawak Eskrima was a club established by Venancio "Anciong" Bacon in Balintawak a former member of Doce Pares

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PHINMA EDUCATION NETWORK

GRADUATE SCHOOL

11

who was well-versed in various Eskrima styles and other self-defense techniques, because of his experience in these disciplines, he integrated them into his students. The style was given the name Balintawak at the time, after the street where it all started. Due to its precise and fast movements, Balintawak Eskrima is known to be a realistic and practical offensive and defensive single-stick fighting art. While the right hand executes quick and fatal stick strikes, the left free hand performs grabbing, punching, pushing, pulling, and other similar movements. With attorney Jose Villasin, Anciong improved his techniques by using a single stick as his primary weapon. The system's twelve basic strikes and blocks were established later due to Anciong's continuous teaching to Atty. Villasin. Other Balintawak groups known for promoting arnis and are still active at present are Nickelstick-Balintawak of Nick Elizar. World Original Balintawak Arnis Group was established and members became master instructors. Following the historic E.D.S.A. (Epifanio Delos Santos Avenue) revolution in 1986, the National Arnis Association

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GRADUATE SCHOOL

12

of the Philippines dominant Arnis organization founded by General Ver in 1975. The great Arnis Masters subsequently introduced another prominent group.

Over the years, many Hollywood productions have incorporated Arnis techniques to enhance their fight scenes, making them more dynamic and realistic. Hollywood's use of Arnis not only showcases its effectiveness in close-quarter combat but also highlights its cultural significance and the rich history of Filipino martial arts. The skill and grace involved in the martial art allow for highly intense and visually appealing combat sequences. Notably, films like The Bourne Supremacy and The Raid series have showcased Arnis-inspired techniques in their fight choreography, demonstrating the art's versatility in various cinematic contexts. Additionally, some action stars, such as Jason Statham and Keanu Reeves, have trained in Arnis to prepare for their roles, further popularizing its presence in mainstream Hollywood.

Filipinos and their Southeast Asian neighbors most likely share a common tradition and fighting techniques

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PHINMA EDUCATION NETWORK

GRADUATE SCHOOL

13

involving long weapons such as rattan sticks, swords, and the like (Sorilla, 2020). Arnis has been enthralled with AsianHollywood films. One was the 1973 martial arts thriller "Enter the Dragon." Bruce Lee, the founder of Jeet Kun Do, Vin Diesel and Jason Statham depicted a breath-taking arnis-inspired fighting scene using pipes in "Furious 7" (2015). Denzel Washington displayed remarkable Filipino Martial Arts hand-to-hand techniques in the movie "The Equalizer" (2014) and "The Book of Eli" (2010) where he showcased his mastery of blades as a warrior and post-apocalyptic survivor. Arnis was also prominently featured in Aaron Eckhart's battle scenes in the 2014 film "Frankenstein." The main characters in "Kick-Ass" (2010) used arnis canes and Filipino-inspired knife techniques.

They established the Philippine Arnis Federation, later renamed Arnis Philippines, Inc. to make arnis a cornerstone in martial arts and combat sports at Pulu Restaurant in Cubao, Quezon City, Manila Metro. In a short time, Arnis Philippines was recognized by the Philippines' official sports bodies. It was the solely accredited arms

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P H I N M A E D U C A T I O N N E T W O R K

GRADUATE SCHOOL

14

and arnis organization of the Philippine Olympic Committee (effective from January 1987 to 2019) and was the 33rd Olympic Committee member. The Philippine Sports Commission is the lead agency to implement the provisions of this Act. RA 9850 is expected to help propagate arnis as a modern martial art/sport that can compete with its popular foreign-originated brethren like taekwondo, karate, and judo. As per R.A. 9850, the official adoption of arnis as the national martial art and sport shall be promulgated by inscribing the symbol of arnis in the official seal of the Philippine Sports Commission.

Filipino martial art continues to thrive and still catches the attention in the world of sports and self-preservation to this day. Arnis had been the commoners' underground and hidden art that victoriously emerged as a sporting phenomenon in the modern arena of sports. Although arnis has been identified and practiced in several countries, the sport is most authentic in the Philippines. It is carried out with pride and dignity among clubs and

its integration into the school curriculum at all levels as mandated by the Republic Act 9850.

Despite the rich legacy of Arnis, research indicates limited exploration of its potential to enhance the physical education curriculum, as the educational system predominantly prioritizes Western sports. With this in mind, *The Role of Arnis Sports in Enhancing Physical Education; Preserving Culture and Promoting Philippines National Martial Arts Identity,*" examines various aspects of Filipino martial arts in the context of Filipino culture, both mainstream and minority.

Synthesis of Related Literature and Studies

The review of related literature and studies served as a critical foundation, enabling the researcher to synthesize prior findings, identify knowledge gaps, and shape the direction and scope of this study to align with the current understanding of the subject while also providing a framework for understanding how the topic has been previously investigated.

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P H I N M A E D U C A T I O N N E T W O R K

GRADUATE SCHOOL

16

The works of (Domenic T. Sanchez; Rafael D. Sanchez Tendero 2021) provided a solid background emphasized that Arnis is a vital component of Philippine heritage. He argued that consistent promotion through competitions and education is crucial to prevent the loss of this martial art's rich history to future generations. Several studies that were given in the review of related literature mentioned the effectiveness of an Authentic Filipino Art of Self-Preservation and Well-being through Arnis Sports.

The studies through the journey of Arnis in the history through the researchers (Federico Lazo.2008; History of Filipino Martial Arts, 2009; Warriors Eskrima-Worcestershire, 2009), pointed out the significance of Arnis incorporates techniques, making arnis an effective fighting system for its practitioners known as arnisadors or Arnisador. In the study, Arnis can be traced back to pre-Hispanic Filipino tribal wars which several theories studied that foreign merchants are not just here for business but also to know the movement and discipline of combative martial arts rich in culture. Guiding Principles

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P H I N M A E D U C A T I O N N E T W O R K

GRADUATE SCHOOL

17

in the Selection and Organization of Content is research by Filipino Fighting Arts: Theory and Practice by Wiley, Mark V. (2012). Aside from the rich history of Arnis martial arts several mental health and emotional health benefits will be gained through the sports. Research study by J. Barlis, D. S. Lipardo & D. Ernabel 2019, students may have acquired meaningful learning, skills, and physical well-being. By integrating Arnis into physical education curricula despite academic pressure, their participation in Arnis sport is equally meaningful and satisfying. They are raising the banner of Arnis, the national sport, martial arts, and the Philippines' culture, for the people and the world. Exploring The Lived Experiences Of Young Arnisadors: The Curricular & Co-Curricular (Domenic T. Sanchez,¹ Larry B. Peconcillo, Jr.,¹ Rumuela L. Wong,¹ Rennelie C. Panzo,¹ Maria Christina A. Flores,¹ Ofelia A. Labrado,¹ Julie Anne T. Godinez) These studies have helped the researcher to show how her work is related to previous efforts and how it expands to develop a deeper understanding of the concepts.

Conceptual Framework

Arnis provides a unique avenue for determining the impact of Arnis sports participation on students' athlete sense of national martial arts identity and their understanding of Arnis as a symbol of Filipino heritage. By studying arnis, students gain practical skills applicable to various physical activities, contributing to their overall well-being. This knowledge also emphasizes the importance of incorporating indigenous practices into modern educational frameworks.

Understanding its contribution helps in appreciating its historical significance. This knowledge fosters national pride and cultural identity among students. It also highlights the unique aspects of Filipino martial arts within the global context, showcasing its distinct techniques and philosophies.

The purpose of this material is to engage the understanding of connection between physical education and the broader cultural landscape of the Philippines in practicing their listening skills along with other macro

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PHINMA EDUCATION NETWORK

GRADUATE SCHOOL

19

skills so they can improve their academic performance and the practice of Arnis sports in physical educational influence the preservation, transmission of Filipino cultural values, and integration into modern education enriching their traditional narratives among students and coaches. Thus, Arnisador will be able to understand, analyze, and interpret the ideas.

The problems focused on understanding the Role of Arnisador culture in the Philippines and promote the sense of nationality.

The Paradigm of the Study

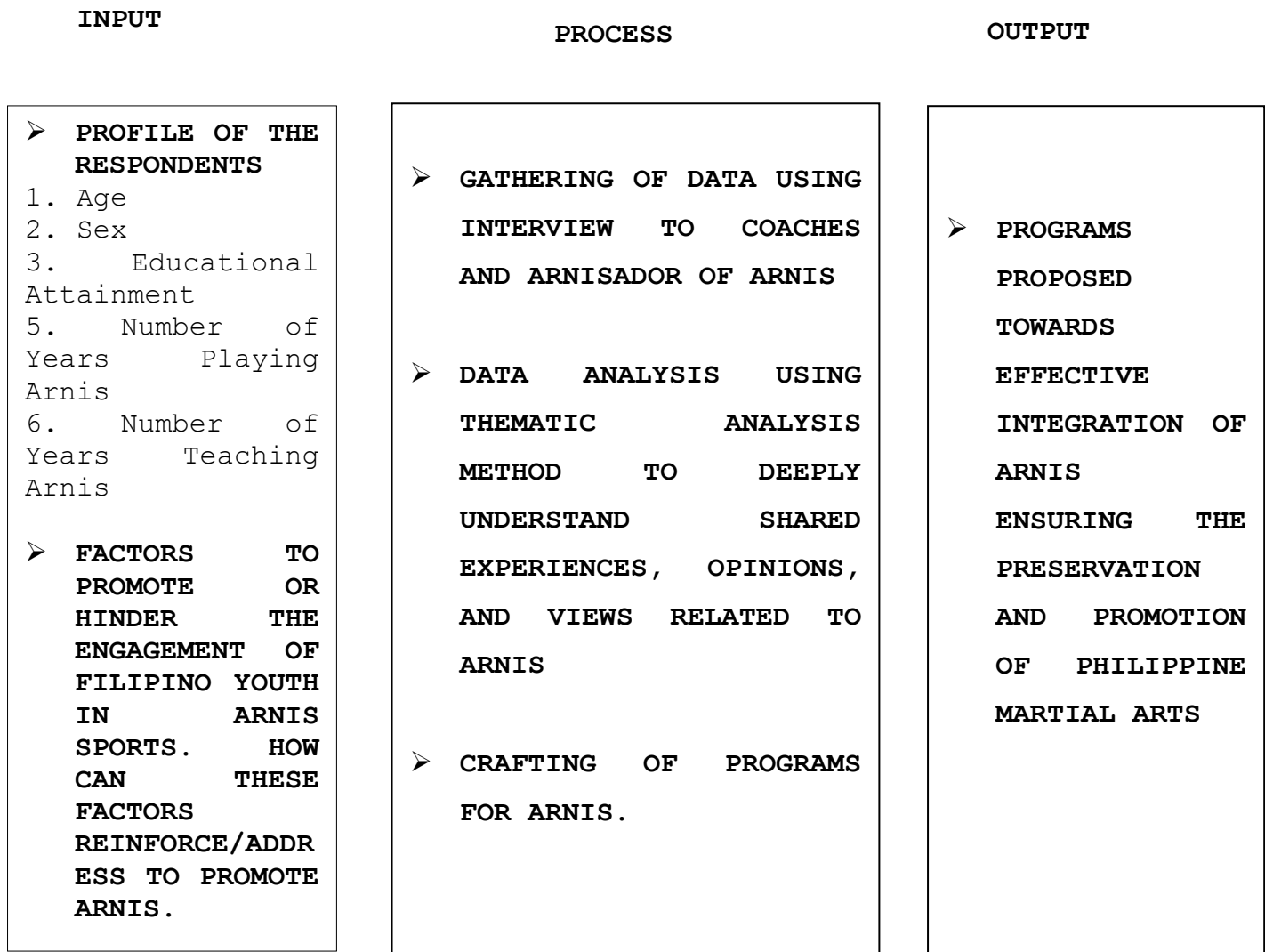


Figure 1.

The Research Paradigm

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GRADUATE SCHOOL

21

Definition of Terms

Arnis. Arnis is the national martial art of the Philippines officially recognized by Republic Act No. 9850 (2009). It is an indigenous Filipino martial art provides practical self-defense skills, weapon-based equipping students with techniques to protect themselves. Arnis emphasizes as fighting with weapons, primarily rattan or yantok sticks, but also includes bladed weapons, improvised tools and is often a mandatory component of physical education curricula.

Arnisador. A practitioner of Arnis. An arnisador is a practitioner of Arnis, the national martial art and sport of the Philippines. This term specifically refers to individuals who train in and apply the techniques of Arnis, which encompasses weapon-based fighting with sticks and bladed weapons, as well as unarmed combat. Arnisadors develop skills in striking, blocking, disarming, and various forms of self-defense. Arnisador are considered analogous to martial artists indicating someone dedicated to the study and mastery of Arnis.

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GRADUATE SCHOOL

22

Physical Education. academic subject focused on developing students' physical competence and knowledge of movement and safety. It aims to foster a physically active lifestyle by engaging students in various sports, exercises, and fitness activities. Students learn proper body mechanics, coordination, agility, and power, which are directly applied in executing Arnis strikes, blocks, and disarms. Beyond just physical skills, PE also teaches important values like teamwork, sportsmanship, and leadership.

Philippine Martial Arts. emphasis on weapon-based fighting, particularly with sticks, knives, and swords and encompasses a wide range of empty-hand techniques, grappling, and other combat skills. It is used for self-defense, sport, and cultural preservation. Additionally, used for self-defense, sports, and cultural preservation. A key principle is adaptability, allowing practitioners to utilize whatever tools are available.

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PHINMA EDUCATION NETWORK

GRADUATE SCHOOL

23

Cultural Preservation - The restoration of respect, value, and attitude one demonstrates towards a particular culture such as Arnis values, its beliefs and practices.

Kali. known as the "mother art" of Arnis, embodying the historical and tactical essence of Filipino combat. Emphasizing blade-based fighting. It signifies a comprehensive system encompassing various blade weapons embodying the historical and tactical essence of Filipino combat. The name Kali was derived from the pre-Hispanic Filipino term 'Kalis' which meant Blades and Fencing

Eskrima. This is a Filipinization of the Spanish word, "esgrima" that meant fencing.

Pugay. a fundamental and deeply ingrained gesture of respect. It serves as a formal salutation performed at the beginning and end of training sessions, demonstrations, or competitive matches, acknowledging instructors, opponents, and the art itself. This courtesy transcends mere politeness, reflecting the Filipino cultural values of deference and humility inherent in Arnis.

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PHINMA EDUCATION NETWORK

GRADUATE SCHOOL

24

Filipino Heritage. centuries of diverse cultural influences and a history of struggle for self-determination, a combative sport like Arnis, a living embodiment of the Filipino spirit of resilience, adaptability, and ingenuity. Its techniques, honed through generations of pre-colonial tribal warfare and resistance against foreign invaders, reflect the practical realities of survival and defense. Filipino heritage, connecting individuals to the martial traditions and the enduring legacy of Filipino strength and courage.

Philippine Culture. vibrant tapestry woven from indigenous traditions, colonial influences, and a strong sense of community, is deeply intertwined with combative sports like Arnis. Arnis embodies the cultural values of respect (paggalang) through its formal salutations and deference to instructors, and self-discipline (disiplina) evident in the rigorous training required.

Lakan. Male rank, equivalent to black belt in some systems.

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GRADUATE SCHOOL

25

Dayang. Female rank, equivalent to black belt in some systems.

Pangandam/Handa. Arnis styles that have strong roots in the Visayan regions of the Philippines. In a martial arts context signifies being prepared or on guard.

Student-Athlete. Individual who simultaneously pursues academic studies and actively participates in Arnis as a competitive sport or organized physical activity. This dual commitment requires exceptional discipline and time management to balance rigorous training schedules, competition demands, and academic responsibilities. By engaging in Arnis, these student-athletes not only develop physical prowess and self-defense skills but also cultivate mental resilience, cultural pride, and respect, all of which are valuable for both their athletic and academic success.

Anyo. refers to forms or choreographed routines. This is the core of the Arnis competition. It involves a pre-arranged sequence of offensive and defensive movements,

performed with bladed weapons. The performance aims to showcase the practitioner's skill, precision, grace, and understanding of Arnis techniques.

Statement of the Problem

This study aimed to determine the Role of Arnis Sports; Preserving Culture and Promoting Philippines National Martial Arts Identity.

Specifically, the study sought to answer the following questions:

1. How may the socio demographic profile of the Arnisador be described in terms of:

1.1 Age;

1.2 Sex;

1.3 Educational Attainment;

1.4 Number of Years Playing in Arnis and

1.5 Number of Years Teaching Arnis?

2. What factors either promote or hinder the engagement of Filipino youth in Arnis sports, and how can these factors

be reinforce/addressed to promote Arnis in Physical Education?

3. What is the impact of Arnis sports participation on students' sense of Arnis identity and their understanding of Arnis as a symbol of Filipino heritage?

4. Based on the research results, what Program can be proposed to effectively integrate Arnis Sports, thereby ensuring the preservation and promotion of Arnis identity?

Significance of the Study

The results of this study are hoped to be of great significance to the following:

Arnisador. The study will help them deepen their understanding and appreciation of Filipino cultural heritage, strengthening their national identity. They develop valuable life skills applicable beyond the martial art. They become active participants in preserving and promoting a vital aspect of Filipino culture.

Teachers. The result of this study serves as a basis of information for the Physical Education Teachers that

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GRADUATE SCHOOL

28

will help them gain expertise in preserving and transmitting Filipino heritage to students, fostering a stronger sense of national identity. This leads to increased professional credibility and provides a unique way to engage students, enriching their physical education skills with a culturally rich martial art.

Filipino Martial Arts Writers. The result of this study provides valuable source material, deepening their understanding of Arnis's practical and cultural impact. It offers insights into how Arnis is being integrated into modern education, enriching their narratives and analyses. This research validates the importance of preserving Filipino martial traditions, giving writers credible data to support their work and promote cultural awareness.

Arnis Martial Arts Coaches. Research results will give Arnisador coaches evidence-based methods to improve their training programs. Arnis effectively develops physical fitness within educational settings this knowledge will help them better preserve and promote Filipino martial arts culture.

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P H I N M A E D U C A T I O N N E T W O R K

GRADUATE SCHOOL

29

Administrators. can use data-driven insights from research on Arnis's function to enhance physical education programs and advance Filipino culture. The study offers proof for curriculum improvements, which could improve student involvement and the school's standing. The outcomes show a dedication to national heritage and support the deployment of resources for Arnis.

Researchers. The researchers are given a chance to involve themselves in the Arnisadors field they are interested in, and they will be more patient in doing research that is related to the improvement of Philippine Martial Arts.

Scope and Limitation of the Study

This study focused on the development and evaluation of the Role of Arnis Sports in Enchancing Physical Education; Preserving Culture and Promoting Philippines National Martial Arts.

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GRADUATE SCHOOL

30

Other variables and factors not mentioned in the study were its limitations, thus they were not covered in the study.

CHAPTER II

Methodology

Research Design

The descriptive method of research was employed in this study utilizing the techniques of interview, participant-observation and questionnaires. Descriptive method emphasizes the present status of the situation, a study employed the descriptive method of research in utilizing questionnaires as the primary source of data. According to Regoniel 2023 descriptive qualitative research method used to explore and understand the characteristics and qualities of a phenomenon. This method explores the descriptions details and open-ended questions.

The research contains questions that determine the type of approach necessary to complete an accurate assessment of the topic at hand. In this study, the descriptive method was applied in the development and evaluation of the questionnaire regarding Arnis Sports in connection to Preserving culture and to promote the Philippine Martial Arts education through Arnis Sports.

The Respondents

The participants involved in the study are the P.E Coaches and Gold medalist Arnisador of Arnis who represent the province of Nueva Ecija during CLRAA meet and excelled until Palarong Pambansa qualifiers. For a total of 10 respondents, the participants were chosen based on a non-probability purposive sampling method criteria in accordance to the objectives of the study. The participants were reasonably aware of the study's purpose and direction in general.

Furthermore, the anonymity and confidentiality of all participants were strictly maintained, with all identifying information, including names, being rigorously protected to build trust. According to Palinkas Hoagwood (2019), purposive sampling is widely used in qualitative research for the identification and selection of information-rich cases related to the phenomenon of interest.

Materials and Instruments

This qualitative descriptive study is a multi-faceted approach to data collection was employed to thoroughly explore the role of Arnis sports. The primary instrument was a researcher-made, semi-structured questionnaire, designed to elicit rich, descriptive narratives from participants. This questionnaire featured open-ended questions focused on evaluating Arnis impact on Cultural preservation of Arnis sports, and the promotion of Philippine national martial arts identity. Supplementing the questionnaire, face-to-face distribution of questionnaire tools allowing for deeper exploration of participant experiences and perspectives. These interviews provided the flexibility to delve into emergent themes and clarify responses, ensuring a comprehensive understanding of the research topic.

Sampling Procedure and Sampling Technique

A purposive sampling technique was employed to carefully select 10 respondents. This approach was chosen not only to align precisely with the study's specific objectives but also to ensure that participants met predetermined criteria essential for gathering relevant and rich data. The researchers to focus on individuals who possessed particular knowledge, experience, or characteristics vital for exploring the preservation and promotion of Arnis as the National Martial Arts. This strategic sampling method aimed to maximize the depth and quality of insights obtained, directly addressing the nuanced demands of the research questions.

Table 1: Distribution of Respondents

Category	Number of Respondents	Percentage
Coaches	5	50%
Arnisador	5	50%
Total	10	100%

Data Collection

To initiate data collection, participants were contacted via messenger to send a detailed explanation of the research objectives and were asked to provide informed consent. Opting for face-to-face interaction, questionnaire was implemented to Athletes and Coaches. The scheduled was convenient for both the researchers and the respondents as players and coaches are on adrenaline to fight for the Gold medal as a licensed to become Palarong Pambansa qualifiers, fostering a comfortable and open dialogue. To ensure the accurate documentation of the respondents the researcher uses mobile phone to record the data gathering interview process. An open-ended interview was used to gather rich, detailed information by allowing respondents to answer in their own words. It helped explore their full thoughts, feelings, and experiences on the topic.

Data Analysis

The researcher utilized thematic analysis to described the experiences. This allows researchers to deeply understand shared experiences, opinions, and views related to Arnis, which is crucial for insights into its Martial Arts preservation and promotion of Arnis Culture.

According to Caufield (2019), thematic analysis is a method of analyzing data based on interview transcripts. The researcher closely examines the data to identify common themes-topics, ideas, and patterns of meaning that come up repeatedly.

CHAPTER III

Presentation, Analysis and Interpretation of Results

Case 1: Arnisador A

Identified Information

Arnisador A is 15 year old female, grade 8 high school student from Palayan City National High School. She plays Arnis since elementary grade for 5 years and continuously competing through Division, Regional and recently won the Palarong Pambansa Arnis level. Training is part of his routine as a player making him part of the Junior Arnis player that also teaches Arnis Martial Arts to younger athletes.

Factors either promote or hinder the engagement of Filipino youth in Arnis Sports

According to Arnisador A, Athletes acknowledge the importance of motivation, their perspectives on what constitutes an effective reward system. For him tangible rewards diverge significantly, it creates an impact as a main motivation to excel more in the

field of Martial Arts competition and further exploration in promoting youth participation.

"The ₱10,000 per gold medal [po] serves as a motivator, even for young players, this reward encourages participation to us players striving for excellence to win more medals. *Arnis in terms of techniques [naman po] and strategies will help students with effective self-offense and for players personal growth."*

National Martial Arts identity and Understanding of Arnis as a symbol of Filipino heritage.

A deep sense of connection to arnis was strongly shared by Arnisador A which feeling significantly more connected to the history and traditions of Filipino martial arts since beginning Arnis practice.

"When I practice Arnis I feel much more connected to the history and traditions of Filipino martial arts than I did before. I believe that the movement techniques and equipment of Arnis strongly respect a unique and important part of Filipino culture and heritage. I am very likely to share my knowledge, and encourage others even non filipinos to learn about Arnis as a

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PHINMA EDUCATION NETWORK

GRADUATE SCHOOL

39

special and valuable part of Filipino History."

Arnis Sports Program proposed to effectively preserve and promote the National Martial Arts.

Arnisador A believes the government could significantly boost Arnis by establishing an "Arnis Day or Week" to instill pride in the national martial art. They also suggest inviting Arnis veterans as guest speakers to share their experiences, fostering a deeper connection to the art form. Furthermore, the Arnisadors hopes for government initiatives that promote Arnis as a cultural art within the community, rather than solely a sport. She emphasizes the importance of providing funding for athletes' equipment and proper nutrition during training, highlighting the practical support needed for athletes to excel.

"The government can create a celebration like Arnis day or week, making us feel proud to learn our national martial art. They can help bring in guest speakers, like old Arnis veterans, to share their stories with us. I hope they promote Arnis as a cultural art in our community, not just a sport.

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P H I N M A E D U C A T I O N N E T W O R K

GRADUATE SCHOOL

40

Fund the athletes equipment and proper food nutrition during trainings I hope they promote Arnis as a cultural art in our community, not just a sport.

Case 2: Coach A

Identified Information

Coach A is a 44 years old male, a Physical Education MAPEH Head teacher at Palayan City National High School. He recently obtained his Doctorate degree at Wesleyan University Philippines. Playing Arnis for 9 years and a former Arnis varsity player during his college prime. For 12 years he manages to build a team player of Arnisadors that compete internationally and locally.

Factors either promote or hinder the engagement of Filipino youth in Arnis Sports

Coach A sees Negative Perceptions and Safety Concerns their primary hindering factor for youth to become engage in Arnis. Another factor is the rise of digital technology and social media has shifted the interests of many Filipino youth role as guiding athletes through difficulties and

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P H I N M A E D U C A T I O N N E T W O R K

GRADUATE SCHOOL

41

fostering their self-belief. Also the failure when they join the team and did not win, but as a coach I teach them to acknowledge that setbacks which can often discourage players and lead to disengagement. However, Coach A reframes these failures as valuable opportunities for growth. While recognizing the frustration that arises from mistakes beyond their control, the coach remains optimistic, believing that a passion for Arnis will ultimately ensure its continued growth and success.

"As a coach, my role is to help athletes eliminate negative perceptions about Arnis as a hindering factor for youth to become engage in Arnis. Another factor is the rise of digital technology and social media has shifted the interests of many Arnisador. They are distracted during training because of Mobile Games. Also, Failures often leading to hinder to continue playing and disengagement but I like to tell them that losing is part of the journey as a player. There are mistakes that cannot be controlled by guidelines which is sometimes frustrating. Despite all these, the love for Arnis will continue and prosper. As I masters Arnis [noong nasa CLSU pa kami] I feel empowered to the recognition in my university. With each new skills I acquire, I gain confidence in promoting Arnis value and benefits I

can share personal learnings [din] about how Arnis impact my life , by showcasing Arnis unique techniques and strategies. I can demonstrate its relevance and importance in modern times."

National Martial Arts Identity and Understanding of Arnis as a symbol of Filipino heritage.

Coach A passionately articulates how Arnis transcends mere combat, revealing its profound connection to Filipino identity. He emphasizes that every aspect of Arnis is deeply rooted in Filipino traditions. This realization has inspired the Coach A to share these insights with friends and students alike, highlighting Arnis as a living testament to their cultural heritage. Furthermore, Coach A notes that the intense focus required during Arnis training, particularly in mastering every movement and instruction, has a practical benefit, Arnis enhancing his ability to pay attention and teach the History of Filipino National Sports, meticulous in detail.

"Arnis helped me realize that martial arts is more than just fighting—it's a part of our identity as Filipinos. The movements, the respect we show, and even

ARAULLO UNIVERSITY

PHINMA EDUCATION NETWORK

GRADUATE SCHOOL

43

the terminology come from deep-rooted traditions. I now talk about these with friends and to my students. During Arnis, I have to stay focused on every movement and instruction. That same focus helps me pay better attention in classes to teach History of Filipino National Sports which is Arnis, where understanding the details really matters."

Arnis Sports Program proposed to effectively preserve and promote the National Martial Arts.

According to Coach A Recognizing Arnis as a highly awarded sport in their city, promote Filipino culture by providing more equipment and training facilities for athletes. This support aims to sustain the identity of Arnis as a national sport, fostering cultural awareness among locals. Coach A suggests organizing an annual inter-school Arnis festival, where students can exhibit their skills through demonstrations and friendly competitions, specifically highlighting diverse regional styles to further enrich the cultural aspect of the sport.

"Our local government involved Arnis as their tourism campaign. Since Arnis is one of the most Awarded sports in our City, the LGU starts to take that as an opportunity to promote the Art of our

National Sports and Martial Arts. By giving more equipment and training facilities. In that way the locals will be aware of their cultural identity. [Sana magkaroon ng] annual inter-school Arnis festival where students can showcase their skills through demonstrations and friendly competitions [na din]."

Case 3: Arnisador B

Identified Information

Arnisador B is a 17-year-old male, a Grade 12 learner from the Accountancy, Business, and Management (ABM) Strand at Munoz Senior High School. For 7 years he practices Arnis Sports and compete in Palarong Pambansa twice. A junior Arnis instructor to his younger teammate for 3 years.

Factors either promote or hinder the engagement of Filipino youth in Arnis Sports

According Arnisador B the impact of Arnis reward helps to continue the discipline of playing Arnis, this reward is the Gold Medal. He believes, a strong sense of motivation driven by the understanding that her competitors are also working very hard. He realizes that to achieve her goal of

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PHINMA EDUCATION NETWORK

GRADUATE SCHOOL

45

winning in arnis, an intensify own training and focus on practice. It is a feeling of healthy competition and a recognition that success requires equivalent or greater effort. Prioritizes the development of intrinsic love for the sport and hard work as an Athlete. However, he is also considering failure as a foundation to keep learning from pain of losing. Arnisador B acknowledge his coach advise, the importance of corrective feedback and motivational encouragement. His perspective emphasizes the importance of understanding these nuanced viewpoints is essential to fully appreciate the multifaceted nature of learning within Arnis sports.

"Gold medal po. Sa Arnis hindi biro ang training namin, alam ko po na pinaghahandaan din kami ng aming mga kalaban, hindi man ito maging madali samin pero kakayanin po namin. But it is normal to experience failure din po. This where good athletes starts and pain from losing will give us lesson. Napapagalitan po ako ni Coach minsan dahil need ko ng disiplina at iwasan ang mobile Legends. Yung Coach ko po, trainers and seniors help us to improve from our mistakes po and told us to train hard so we can achieve Gold medals."

National Martial Arts Identity and Understanding of Arnis as a symbol of Filipino heritage.

Arnisador B believes that the national martial art is far more than just a system of self-defense but a profound embodiment of Filipino history, resilience, and cultural identity.

"Learning Arnis in school has taught me a lot about respect and discipline, which are important Filipino values. For example, I always show respect to our instructors and training partners. Lagi ko po ginagamit ang Pugay, similar to how we show respect to elders in Filipino culture by saying 'po' and 'opo' or doing mano. I try to carry that same respect when talking to family members or helping younger kids in our community. Through Arnis, I learned the importance of respect—especially and this has helped me in school when working on group projects as well. Incorporating the patience when I am collaborating with my classmates and showing them respect."

Arnis Sports Program proposed to effectively preserve and promote the National Martial Arts.

In order to spread awareness of Arnis in Nueva Ecija, Arnisador B plans to launch a thorough campaign that will

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PHINMA EDUCATION NETWORK

GRADUATE SCHOOL

47

use local grandmasters and practitioners to impart their expertise and highlight the sport's cultural relevance. For him, to reach a large audience social media and school talks spark students' interest and highlight the richness and beauty of the sport. He also suggest interactive Arnis workshops taught by accomplished instructors and well-known practitioners. In the end, Arnisador B thinks that funding from the local government is essential to motivating players and advancing Arnis in the neighborhood.

"Create a campaign featuring local Arnis Grandmasters and practitioners. Sa totoo lang po maraming Arnisador sa Nueva Ecija through social media, local TV, and school talks, pwede silang mag share ng stories and the cultural significance of Arnis sa amin. Conduct an Arnis workshops would let more students try Arnis din po, sparking their interest before they fully sign up and show the depth to the beauty of the Arnis Sports. Bringing in master instructors for workshops. Having renowned Arnis masters visit our school for special clinics. Yung local government financial support would inspire us to strive for more."

Case 4: Coach B

Identified Information

Coach B is a 35 years old male, an Elementary Teacher at Bishop Sofio Balce Shool in Palayan City and Head Coach at Palayan City National High School Arnis Team. He recently obtained his Masters degree at College of the Immaculate Conception. Playing Arnis for 15 years and a former SCUAA Gold medalist. For 12 years he manage to continue the legacy of Arnis and teaches young players in elementary and high school level.

Factors either promote or hinder the engagement of Filipino youth in Arnis Sports

Coach B sees failures and setbacks not as endings, but as valuable learning experiences that ultimately reward an athlete's hard work. He understands that losing or struggling can make athletes doubt themselves and lose motivation. However, his core philosophy is to reframe these moments. He believes that by viewing failures as stepping stones for improvement, athletes can build crucial qualities like resilience and perseverance. For Coach B, it's this process of overcoming challenges that truly

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PHINMA EDUCATION NETWORK

GRADUATE SCHOOL

49

strengthens an athlete's confidence and self-belief in Arnis, making all their effort worthwhile. He articulates a deeply personal yet strategically driven commitment to promoting Arnis.

"As an Arnis coach, I believe that words of appreciation and wisdom are enough to make a real difference for my athletes. I've seen firsthand how setbacks and failures in Arnis can really hit their self-efficacy and confidence. When my athletes experience losses or struggles, they might start to doubt their ability to succeed, and that can lead to a drop in motivation and even their involvement in the sport. But I always make sure to remind them, and myself, that we need to see these setbacks as opportunities for growth and learning. By reframing failures as stepping stones for improvement, I know my athletes can develop resilience and perseverance. And in the long run, that's what truly strengthens their confidence and self-efficacy in Arnis."

National Martial Arts Identity and Understanding of Arnis as a symbol of Filipino heritage.

Coach B's perspective on Arnis goes beyond just teaching physical skills; he sees it as a powerful vehicle for understanding of Arnis as a symbol of Filipino

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P H I N M A E D U C A T I O N N E T W O R K

GRADUATE SCHOOL

50

heritage. He believes Arnis naturally instills discipline and respect, values that extend from the training ground into daily life. For him, teaching Arnis in schools is a unique opportunity to cultivate cultural appreciation among students, helping them understand and embrace their Filipino heritage. He actively incorporates the bayanihan spirit (community cooperation) and respect for elders into his lessons, showcasing these values in cultural events to strengthen community bonds. Ultimately, Coach B views Arnis as a holistic discipline that not only benefits students academically through improved concentration, strategic thinking, self-control, and time management, but also serves as a rewarding way to share and preserve Filipino cultural identity.

"I've observe how our sport instills more than just physical skills but it also builds character. I focus on imparting respect and discipline within our training, which naturally extends into their daily lives. Arnis is also a powerful tool for my athletes to learn Arnis in school, it's not just about moves; it's about fostering a cultural appreciation for our heritage. I teach them about the bayanihan spirit, the importance of working together, and respect for elders, all through the lens of Arnis.

ARAULLO UNIVERSITY

PHINMA EDUCATION NETWORK

GRADUATE SCHOOL

51

We even get to showcase these values in cultural events, which truly brings our community together. I firmly believe that the discipline and principles learned through Arnis are incredibly beneficial for my student-athletes' academic pursuits. Arnis helps them develop skills like concentration, strategic thinking, self-control, and time management. It's truly rewarding to share and help them understand Filipino cultural values through the practice of Arnis."

Arnis Sports Program proposed to effectively preserve and promote the National Martial Arts.

Coach B's main focus is the holistic growth of his Arnis athletes, extending beyond just their physical skills to cultivate a deep love and appreciation for the sport. He believes, this is achieved by upholding Arnis's integrity, advocating for government-enforced curriculum standards developed with master practitioners, and ensuring Arnis is taught in schools with historical accuracy and cultural respect. He realizes the importance of continuous training and seminars for coaches to provide the best guidance. Furthermore, he envisions a future where Arnis is a core

part of the PE curriculum, supported by culturally appropriate materials.

"As a Coach for many years, my biggest concern is ensuring our athletes grow not just in skill, but also in their love and appreciation for Arnis. That's why I strongly believe the local government upholding the integrity of our sport. They need to help enforce curriculum standards that are developed hand-in-hand with our master practitioners. This way, we can guarantee Arnis is taught in schools with both historical accuracy and the profound cultural respect it deserves. Government supports proper training and seminars for us coaches. We need to stay sharp and continuously learn to give our athletes the best guidance. I envision a future where we collaborate with the Department of Education to make Arnis a core part of the PE curriculum. To truly foster that love, schools need to be equipped with culturally appropriate materials, like historical context and traditional forms, right alongside the physical training. It's about building a strong foundation for our athletes, ensuring their journey in Arnis is meaningful and enriching."

Case 5: Arnisador C

Identified Information

Arnisador C is a 16 year old female, grade 10 high school student from Palayan City National High School. She

plays Arnis since elementary grade for 8 years. She teaches young teammates for 3 years the basic sparring and proper hand grip.

Factors either promote or hinder the engagement of Filipino youth in Arnis Sports

Arnisador C is driven by the desire to win gold medals and make their parents proud, which serves as a powerful motivator to continue their Arnis journey. However, they possess a mature understanding that losing is an inevitable part of competition. Instead of being discouraged by setbacks, they embrace failures as opportunities for growth, maintaining a positive mindset and actively working on areas needing improvement. This resilience, coupled with the confidence gained through Arnis, has ignited a passion within them to advocate for the sport's importance to their community and to Filipino youth.

"The Gold medal rewards and my friends who encourage me to join Arnis motivates me to keep playing and make my parents proud of me. I know I won't win in every competition or tournament, and that's okay because I am still proud to

be part of promoting Arnis in our school. I actually consider my failures a part of my growth. When I don't win, I make sure to stay positive and focus on practicing what I need to improve. Sometimes one of the factor that stop me to keep playing is when I have injury because of Lack of equipments and safety matts. For months I need to stop training and didn't practice some cultural values such as Pugay, Saludo, at pagamit ng Kali. Learning Arnis has given me so much confidence and a real passion to promote it as an important sport for my community and for all Filipino youth."

National Martial Arts identity and Understanding of Arnis as a symbol of Filipino heritage.

Arnisador C's perspective on understanding of Arnis as a symbol of Filipino heritage. Initially, they acknowledge the difficulty of mastering Arnis, but found that persistence in "hardcore training" made it easier. They recognize a profound connection between Arnis strategies and Filipino culture, viewing the martial art as a reflection of shared routines and principles. Her involvement in summer camps where they teach younger children the basics of Arnis and self-defense ignites her passion for cultural preservation. This experience of

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P H I N M A E D U C A T I O N N E T W O R K

GRADUATE SCHOOL

55

passing down a Filipino tradition continuously brings them immense joy and pride. For Arnisador C, the challenge of learning Arnis is rewarded not just by personal skill development, but by the tangible act of ensuring that this important cultural heritage is kept alive and shared with the next generation of Filipino youth, fostering both confidence and a strong cultural connection.

"At first, I'll admit, Arnis was really hard. Some of the strategies felt impossible to practice, and I sometimes wondered if I'd ever get them right. But then, as I stuck with the hardcore training and nailed the basic strikes, it actually started to get easier. What really gets me excited is that even though we're young, we have these amazing summer camps where we get to teach younger kids. It's like I get to be a coach myself, showing them basic skills and self-defense. It makes me so happy and proud to pass down this Filipino tradition continuously. I truly believe that if more Filipino youth experience this, they'll discover the confidence and passion that Arnis has given me. The challenge of mastering the sport is real, but the rewards of cultural connection and self-empowerment are huge for us young people."

ARAULLO UNIVERSITY

P H I N M A E D U C A T I O N N E T W O R K

GRADUATE SCHOOL

56

Arnis Sports Program proposed to effectively preserve and promote the National Martial Arts.

Arnisador C's proposed program centers on authenticity and proper resources to truly elevate Arnis. He believes that the key to a meaningful Arnis experience lies in having actual Arnis masters, rather than just any P.E. teacher, conduct workshops. This emphasizes the importance of genuine expertise in teaching the sport. Furthermore, he highlights the critical need for schools to be equipped with appropriate Arnis gear, specifically proper sticks, moving beyond improvised or random equipment. To truly promote the sport and motivate athletes, Arnisador C advocates for funded local Arnis competitions that specifically highlight authentic forms and techniques, ensuring that the essence and integrity of Arnis are preserved and showcased.

"I think they can organize workshops where real Arnis masters teach us, not just any P.E. teacher. They should make sure our schools have the right equipment proper sticks, not just random ones. I'd love for them to fund local Arnis competitions that

ARAULLO UNIVERSITY

P H I N M A E D U C A T I O N N E T W O R K

GRADUATE SCHOOL

57

*actually showcase the true forms
and techniques."*

Case 6: Coach C

Identified Information

Coach C is a 46 years old, female. A master teacher at Palayan City National High School, she handles Junior Arnis team for 12 years. Furthermore, a former varsity Arnis player when she was in high school until college.

Factors either promote or hinder the engagement of Filipino youth in Arnis Sports.

Coach C believes that athletes who compete hard should get real rewards. This means things like awards, medals, and even money. He emphasized that medals are powerful motivators for athletes, especially when teachers offer incentives or there are direct cash rewards. These external rewards really push athletes to do their best. However, Coach C made it clear that while winning and getting rewards are good, his main focus is on developing the

ARAULLO UNIVERSITY

PHINMA EDUCATION NETWORK

GRADUATE SCHOOL

58

athletes as people. He wants them to become better Filipino youth and positive role models. This means instilling important values like respect, integrity, and kindness. Furthermore, Coach C believes in motivating Arnis athletes with tangible rewards like medals and money, but his ultimate and deeper goal is to shape them into well-rounded individuals with strong values who will positively influence future generations of Arnis players.

"It's clear that competitive sports like Arnis deserve to be recognized with tangible rewards like awards, medals, and even monetary incentives. Medals are incredible motivators for athletes. These symbols of achievement, especially when combined with incentives from teachers or direct cash rewards. Ofcourse, beyond the wins, my deeper concern is molding these athletes to become better Filipino youth, role models who embody good values such as respect, integrity, and kindness. While external rewards are important for motivation, the ultimate goal is to nurture well-rounded individuals who will positively impact the future generation of Arnisadors."

National Martial Arts Identity and Understanding of Arnis as a symbol of Filipino heritage.

ARAULLO UNIVERSITY

PHINMA EDUCATION NETWORK

GRADUATE SCHOOL

59

Coach C views Arnis as far more than just a martial art; it's a powerful way to connect with and share Filipino culture and heritage. He explains that Arnis embodies the awareness and resilience of his ancestors, and learning it helps students appreciate Filipino values like those seen in fiestas, kamayan meals, and respect for elders. For Coach C, every training session is a chance to deepen his own connection to Filipino martial arts and honor its pioneers. He emphasizes that the techniques are a living testament to Filipino history, adaptability, and resilience, making Arnis a unique and important part of their distinct heritage that he's eager to share with everyone.

"I remember when I was a player myself, explaining to a classmate how Arnis isn't just about sticks; it's about the awareness and resilience our ancestors honed for self-defense. That conversation made me sharing stories about our vibrant fiestas, kamayan meals, and the respect for elders that defines us. Arnis, is like a gateway for us to proudly unfurl the rich tapestry of our values to the world. As an Arnis coach, my heart swells with pride when I see how

ARAUULLO UNIVERSITY

P H I N M A E D U C A T I O N N E T W O R K

GRADUATE SCHOOL

60

this martial art transforms lives, especially in fostering a deep appreciation for our Filipino heritage. I've seen it firsthand, and it's a powerful thing. Every training session deepens my connection to the very soul of Filipino martial arts. With each strike and block, I feel the echoes of our past, gaining a appreciation for the rich heritage and cultural significance embedded in every movement. I tell my students about the pioneers and masters who sculpted Arnis into the formidable art it is today. Through Arnis, I've reconnected with my own Filipino roots, experiencing a powerful sense of pride. The techniques we practice are not just physical they're a living testament to our country's history, adaptability, and resilience. This unique martial art form is a beacon of our distinct heritage. And you can bet I'm going to share that knowledge with anyone and everyone, regardless of their background."

Arnis Sports Program proposed to effectively preserve and promote the National Martial Arts.

According to Coach C, he wants to make Arnis, our Filipino martial art, more popular and a bigger part of our culture. We can do this by making it easier for people to learn and practice. This means giving support like scholarships for uniforms and travel, recognizing students

ARAULLO UNIVERSITY

PHINMA EDUCATION NETWORK

GRADUATE SCHOOL

61

for their Arnis achievements, improving training facilities with government help, and most importantly, teaching Arnis in schools as part of PE. By doing these things, Arnis will become more accessible and a stronger part of our community and identity.

" I believe we can truly strengthen our Filipino martial arts identity and culture by making Arnis more accessible. Imagine if we offered scholarships or incentives to help with uniforms and transport, or even recognized our students academically - that would remove so many barriers. And with better equipment and dedicated training spaces, thanks to local government support, Arnis would become even more appealing. Most importantly, integrating Arnis into our physical education curriculum would naturally introduce every student to this vital part of our heritage. These steps would not only make Arnis more accessible but also deeply embed our unique martial arts into the heart of our community."

Case 7: Arnisador D

Identified Information

Athlete D, a 15-year-old female student at Palayan City National High School, is an Arnis player in grade 10. She began playing Arnis Anyo in elementary school, and

since then, she has been participating in the school's Arnis Martial Arts program consistently. After seven years of arduous training, she has been able to instruct elementary-level Arnisadors for the past two years.

Factors either promote or hinder the engagement of Filipino youth in Arnis Sports.

According to Arnisador D, she sees losing as a good thing because it makes them want to work even harder. When they lost a game, it pushed her to train more, get better at Arnis moves, and eventually win a gold medal. This experience showed them that if they keep practicing and improving, they can achieve their goals. As they become more skilled in Arnis, they feel a strong desire to share it with others. They want to make sure Arnis is recognized as an important sport, especially for young Filipinos. They also appreciate their coaches a lot, who help them learn and stay motivated. Because of their coaches, the athlete feels confident in promoting Arnis and keeping its traditions alive.

"Failure and setbacks as powerful motivators, I lost in a game and work hard to become stronger and won the Gold. They push me to train harder, refine my techniques, and ultimately achieve better results, like winning gold. The more I master Arnis, the more empowered I feel to advocate for its recognition. Promoting our national sport, I'm incredibly grateful for my coaches and trainers who are always there, guiding us, correcting our mistakes, and motivating us to improve. Their dedication has truly empowered us to become advocates and ensure the Arnis culture continues to thrive."

National Martial Arts identity and Understanding of Arnis as a symbol of Filipino heritage.

Arnis is more than simply a sport to Arnisador D, who views it as an integral aspect of their lives that, by perseverance and discipline, reflects Filipino culture and heritage. They feel a tremendous responsibility to continuing to practice and teach this martial art to new generations, highlighting its usefulness for self-defense and general physical fitness, because they are motivated by their predecessors' dedication to its preservation.

ARAULLO UNIVERSITY

PHINMA EDUCATION NETWORK

GRADUATE SCHOOL

64

Playing Arnis isn't just a hobby for me it's become an embodiment of Filipino Resilience and Warrior Spirit. The lessons of culture and heritage shine through in every bit of discipline and hard work I put in. Unlike martial arts from other countries, Arnis is uniquely Filipino so it is for us and mark Cultural Ownership. Arnis makes me truly believe in the passion and dedication of our ancestors who passed this amazing art down from generation to generation. Arnis trains me to develop discipline, respect, perseverance, and self-control. I'm committed to continuing to play Arnis and, even more importantly, to teach it to younger kids. For me, it's incredibly useful because it equips you to protect yourself in dangerous situations. Arnis is our very own Philippine martial art, and it offers so many techniques and strategies to learn, not just to improve your body and stay physically fit, but also to master the art of self-defense."

Arnis Sports Program proposed to effectively preserve and promote the National Martial Arts.

Arnis is very important to Arnisador D as a link to their Filipino culture, and they hope to spread awareness of its rich history and practices. They advocate for a uniform curriculum that respects the art's traditions and foresee interactive exhibits exhibiting Arnis equipment and

ARAULLO UNIVERSITY

P H I N M A E D U C A T I O N N E T W O R K

GRADUATE SCHOOL

65

cultural connections. They also hope that renowned Arnisadors will visit schools to inspire students and assist in documenting diverse regional forms.

"Playing Arnis has truly opened my eyes to the richness of our culture, and I often dream about how we can share that with everyone. I wish we could set up interactive exhibits at local museums, or in school libraries. Imagine seeing Arnis equipment up close, learning about its history, and understanding all its cultural connections. It would be amazing to have accomplished Arnisador visit our schools. Hearing their stories and seeing their skill would be so inspiring, showing us the incredible potential and pride that comes with learning our national martial art. I also hope they'd help document all the different regional Arnis styles before they're lost forever."

Case 8: Coach D

Identified Information

Coach D is a 50 years old, male. He studied Doctor in Physical Education and Sports at Philippine Normal University. A former Arnis varsity athlete during his college prime and been playing Arnis for 10 years.

Currently, a MAPEH teacher and Arnis Coach at Palayan City National High School for 18 years.

Factors either promote or hinder the engagement of Filipino youth in Arnis Sports.

Coach D believes that for more Filipino youth to get involved in Arnis, two main things are crucial: making it easily available to them (accessibility) and fostering a strong sense of cultural pride in the sport. He stresses that when good coaches are involved, they can show how Arnis is useful for self-defense and how it builds confidence, which also attracts young people. According to Coach D, the obstacle is the lack of widespread official support and visibility, especially in schools. Arnis often gets overlooked by more popular sports like basketball, making it seem less important to students.

"From my perspective as a senior Arnis coach, the biggest promoters of youth engagement in Arnis are accessibility and cultural pride, especially when coupled with effective coaching that highlights its practical self-defense and confidence-building aspects. However since not all coaches

are trained to know Arnis and was just task to become their coach, the lacking of training is what truly hinders institutional support and exposure, particularly in schools. Arnis sports often overshadowed by more mainstream sports like basketball, leading to limited awareness and a perception of Arnis as a niche or less exciting option, despite its rich heritage. Arnis can be promoted as cultural heritage of the country that developed Arnisador Physical and Mental Health"

National Martial Arts Identity and Understanding of Arnis as a symbol of Filipino heritage.

Coach D explained that each time he participates in Arnis training, his connection to the rich history and traditions of Filipino martial arts grows stronger. He expressed a deep sense of pride and ownership in understanding the contributions of the pioneers who developed Arnis into what it is today. For him, Arnis is far more than just a series of movements; it represents the resilience and adaptability of the Filipino nation. He emphasized his eagerness to share his knowledge of Arnis with everyone, regardless of their background, because he

ARAULLO UNIVERSITY

PHINMA EDUCATION NETWORK

GRADUATE SCHOOL

68

believes it is an effective tool for cultural exchange and for showcasing the unique heritage of the Philippines.

As an Arnis coach, every training session deepens my connection to our Filipino martial arts' rich history and traditions. Arnisadors learn to appreciate Arnis as an art form that reflects Filipino ingenuity and adaptability, which, in my opinion, has an impact on their sense of national martial arts, cultural expression, and artistry. The Arnis is a Global Ambassador for Filipino Culture because Arnis becomes more well-known worldwide and is displayed in international competitions and seminars, students come to understand its potential as a cultural ambassador. This contributes to the global awareness of Filipino history and cultivates a sense of pride that a Filipino martial art is valued and practiced around the world. Hopefully I can sustain the Art through New Generations by making Arnis accessible and engaging for students through sports participation, schools and organizations ensure a continuous flow of new practitioners.

Arnis Sports Program proposed to effectively preserve and promote the National Martial Arts.

ARAULLO UNIVERSITY

P H I N M A E D U C A T I O N N E T W O R K

GRADUATE SCHOOL

69

Coach D believes that offering free community workshops is a key strategy to significantly boost participation in Arnis. He emphasizes that these workshops should not just showcase Arnis as a sport, but also highlight its value as a practical, accessible, and culturally significant self-defense system that improves physical fitness. He further stresses that government support is essential for this growth. Coach D suggests that local tournaments would be a major way to promote Arnis, thereby enriching the educational experience for the next generation of practitioners.

"By providing free Arnis workshops, I think we can greatly increase Arnis participation. These should not only portray Arnis as a sport but also as a useful, approachable, and culturally relevant kind of self-defense improves their level of fitness. Support from the local government is essential. Arnis would be greatly promoted by local tournaments, and more importantly, bridging the knowledge gap between our traditional masters and formal school instruction would guarantee the correct transfer of historical context and knowledge, thereby enhancing the educational experience for the next generation."

Case 9: Arnisador E

Identified Information

Student E is a 20-year-old male athlete who is enrolled in Central Luzon State University's second year of the Bachelor of Science in Civil Engineering program. An SCUAA gold medalist and an alumnus of Palayan City National High School. As a player, he regularly travels to various parts of Luzon to represent the El Cabisera Palayan City Arnis Team. He has been going to young athletes' sparring sessions and anyo events for the past two years since college started.

Factors either promote or hinder the engagement of Filipino youth in Arnis Sports.

Arnisador E has been part of the El Cabisera Arnis Team for six years. Every practice helps him feel more connected to the history of Filipino martial arts. He said his family is his biggest support and gives him strength in

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P H I N M A E D U C A T I O N N E T W O R K

GRADUATE SCHOOL

71

competitions. He admitted that losing games can make him sad, but he learned that setbacks are normal. Arnisador E also noted that Arnis builds a strong community and offers benefits like physical health and discipline.

"Being a part of the El Cabisera Arnis Team for six years has been so much more than just learning movements and techniques but it is about understanding of how Arnis uniquely represents Filipino culture and heritage. Every single training session connects me to the rich history and traditions of our martial arts. But honestly, the true bedrock of my confidence and strength in every competition is my family. Their support is everything to me, and it's a huge part of why I cherish Arnis's unique historical roots and cultural symbolism those are my real rewards. Of course, losing a game can making me feel held back and sad, but I've learned that falling is just part of the journey. What truly matters is how you pick yourself up, and I always make sure I come back stronger, training even harder. I would genuinely be so happy to share my knowledge and encourage everyone, from any background, to learn about Arnis, because it's not just a sport; it's a living, breathing part of our Filipino tradition that we must preserve., supports the martial arts community by promoting the growing community of arnis, and it provides physical health and discipline."

National Martial Arts Identity and Understanding of Arnis as a symbol of Filipino heritage.

Arnisador E explains that even though they've been doing Arnis since elementary school, they're always learning new things and improving their skills. They emphasize that Arnis is much more than just a physical activity; it teaches them important values, discipline, and connects them to Filipino history, making it a crucial part of their identity. Arnis has also greatly boosted their confidence, helping them overcome nervousness in public speaking by teaching them to stay calm and trust their preparation, a skill they apply to all areas of their life, showing how the sport helps shape individuals beyond just being athletes.

"You know, I've been immersed in Arnis since elementary school, and honestly, it's still a journey of learning and mastering techniques for me. But with every training session, I don't just pick up new moves; I gain a deeper understanding of the values, discipline, and rich history that truly make Arnis unique. It's more than just a sport; it's a profound part of our

Filipino identity. Practicing Arnis, especially performing in front of others, has been a massive boost to my confidence. I used to get pretty anxious during oral presentations back in school, my heart racing and words stumbling. But now? I feel much more composed. It's just like in Arnis: I've learned to remind myself to breathe, stay calm, and trust in my preparation. That mental fortitude I've built through Arnis makes me directly learn about aspects of my life, and it's a testament to show how martial art shapes not just athletes, but well-rounded individuals."

Arnis Sports Program proposed to effectively preserve and promote the National Martial Arts.

Arnisador E found learning Arnis in school to be very beneficial. It taught him physical skills and helped him understand Filipino values like respect and bravery. These lessons were reinforced through stories, traditions, and teamwork. He hopes there will be free Arnis workshops to make the art available to everyone. Additionally, He also believes that providing good, safe equipment would help more people participate. Most importantly, scholarships,

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PHINMA EDUCATION NETWORK

GRADUATE SCHOOL

74

would encourage serious study of Arnis, nurturing talent and preserving this cultural heritage.

"Learning Arnis in school has been incredible, not just for the physical skills, but because it really helped me understand and share Filipino values like respect and bravery. We learned through stories, traditions, and especially through teamwork, which made those lessons stick. I deeply hope they'll offer free, introductory Arnis workshops—that would make this amazing art accessible to everyone. Also, having good quality, safe equipment and protective gear readily available means everyone can participate effectively without worrying about costs. But most of all, financial assistance for athletes, maybe through scholarships, would be a game-changer for those who truly want to dedicate themselves to seriously studying Arnis. It would nurture so much talent and help preserve this vital part of our heritage."

Case 10: Coach E

Identified Information

Coach E, a 49-year-old alumnus of Ateneo Manila, offers Arnis a distinct viewpoint because she was a competitive athlete for four years. However, a training

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PHINMA EDUCATION NETWORK

GRADUATE SCHOOL

75

injury she sustained in college ended her playing career. Her love for Arnis never wavered in spite of this setback. She has devoted the last seven years to instructing Arnis at Palayan City National High School, passing on her knowledge and passion for the game to the next generation.

Factors either promote or hinder the engagement of Filipino youth in Arnis Sports.

Arnisador E feels a strong personal connection to Arnis, especially when performing in the "Anyo" contests using blades. For him, every movement in Arnis is a tribute to their bravery and a symbol of national protection. He enjoys the speed of the blades and the simple handle motions, viewing them as a way to preserve Filipino culture. He considers it an honor to share his knowledge and skills with younger teammates, recognizing that they are all part of the Philippine National Sports Legacy.

"Playing Arnis has always struck a deep chord with me, particularly in the bladed "Anyo" contests. There is a

strong link to our past and the Katipunero Arnisadors who gave their lives to defend our independence. Every action they make is more than simply a tactic; it's a monument to their bravery and the defense of our nation. I adore the blades' speed and the straightforward yet effective handle motions; they both allude to a cultural preservation that is ingrained in me. Knowing that we are all a part of the Philippine National Sports Legacy makes it an amazing honor to share this with my younger colleagues and teach them skills and tactics. This is our heritage, alive in our hands; it's more than just a sport."

National Martial Arts identity and Understanding of Arnis as a symbol of Filipino heritage.

Coach E explained that even after many years, she is still learning new ways to train her athletes. She focuses on teaching them to love Arnis before they even start practicing. She feels Arnis is more than a sport; it's about protecting traditional knowledge and keeping Filipino traditions alive. Coach E is always ready to share her knowledge and encourage anyone to learn Arnis. She believes

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PHINMA EDUCATION NETWORK

GRADUATE SCHOOL

77

it helps preserve heritage, strengthens the martial arts community, and provides physical health and discipline.

"Even after all these years, I'm still learning new ways to train my athletes, teaching them love for the game before they even pick up a stick. Now that I'm coaching the next generation of Arnis practitioners, I truly believe we're preserving our culture and strengthening their bond with Filipino martial arts traditions. Every session, for both my athletes and me, deepens our connection to the rich history and heritage of Arnis. It's more than just a sport; it's about safeguarding traditional knowledge and keeping Filipino traditions alive. I'm always eager to share what I know and encourage anyone to learn Arnis because it not only preserves our heritage but also strengthens the martial arts community and offers incredible benefits like physical health and discipline."

Arnis Sports Program proposed to effectively preserve and promote the National Martial Arts.

Arnis, in Coach E's opinion, teaches more than just self-defense. She clarified that pugay, a fundamental Filipino virtue, is demonstrated by deeds such as bowing to

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P H I N M A E D U C A T I O N N E T W O R K

GRADUATE SCHOOL

78

an adversary. Respect and discipline are also taught by adhering to safety regulations. According to her, the Arnis movements stand for significant Filipino ideals like honor, discipline, and respect. Young people retain these teachings long after their instruction is over. Promoting Arnis, in Coach E's opinion, entails spreading these important life skills to the following generation.

"From the bottom of my heart, what I truly want to convey about Arnis is that its lessons go far beyond mere self-defense techniques. Take, for instance, the simple act of bowing to your opponent; it's not just a formality, it's about treating them with honor, embodying our Filipino value of pugay - deep respect. Following safety rules isn't just about avoiding injury; it's about discipline and mutual regard. These aren't just movements; they're the embodiment of Filipino values, subtly teaching our youth about respect, discipline, and honor in a profound way that stays with them long after they leave the training mat. Promoting Arnis means promoting these invaluable life lessons, which are so crucial for our next generation."

ARAULLO UNIVERSITY

PHINMA EDUCATION NETWORK

GRADUATE SCHOOL

79

Synthesis of Cases

Case	Profile	Factors either promote or hinder the engagement of Filipino youth in Arnis Sports.	National Martial Arts identity and Understanding of Arnis as a symbol of Filipino heritage.
Case 1: ARNISADOR A	Arnisador A is 15 year old female, grade 8 high school student from Palayan City National High School. She plays Arnis since elementary grade for 5 years and continuously competing through Division, Regional and recently won the Palarong Pambansa Arnis level. Training is part of his routine as a player making him part of the Junior Arnis player that also teaches Arnis Martial Arts to younger athletes.	"The ₱10,000 per gold medal [po] serves as a motivator, even for young players, this reward encourages participation to us players striving for excellence to win more medals. <i>Arnis in terms of techniques [naman po] and strategies will help students with effective self-offense and for players personal growth.</i> "	"When I practice Arnis I feel much more connected to the history and traditions of Filipino martial arts than I did before. I believe that the movement techniques and equipment of Arnis strongly respect a unique and important part of Filipino culture and heritage. I am very likely to share my knowledge, and encourage others even non filipinos to learn about Arnis as a special and valuable part of Filipino History."
Case 2: Coach A	Coach A is a 44 years old male, a Physical Education MAPEH Head teacher at Palayan City National High School. He recently obtained his Doctorate degree at Wesleyan	As a coach, my role is to help athletes eliminate negative perceptions about Arnis as a hindering factor for youth to become engage in Arnis. Another factor is the rise of digital technology and social media has shifted the interests of many Arnisador. They are	"Arnis helped me realize that martial arts is more than just fighting—it's a part of our identity as Filipinos. The movements, the respect we show, and even the terminology come from deep-rooted traditions. I now talk about these with friends and to my students. During Arnis, I have to stay

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PHINMA EDUCATION NETWORK

GRADUATE SCHOOL

80

	<p>University Philippines. Playing Arnis for 9 years and a former Arnis varsity player during his college prime. For 12 years he manage to build a team players of Arnisadors that compete internationally and locally.</p>	<p>distracted during training because of Mobile Games. Also, Failures often leading to hinder to continue playing and disengagement but I like to tell them that losing is part of the journey as a player. There are mistakes that cannot be controlled by guidelines which is sometimes frustrating. Despite all these, the love for Arnis will continue and prosper. As I masters Arnis [noong nasa CLSU pa kami] I feel empowered to the recognition in my university. With each new skills I acquire, I gain confidence in promoting Arnis value and benefits I can share personal learnings [din] about how Arnis impact my life , by showcasing Arnis unique techniques and strategies. I can demonstrate its relevance and importance in modern times</p>	<p>focused on every movement and instruction. That same focus helps me pay better attention in classes to teach History of Filipino National Sports which is Arnis, where understanding the details really matters."</p>
<p>Case 3 ARNISADO R B</p>	<p>Arnisador B is a 17-year-old male, a Grade 12 learner from the Accountancy, Business, and Management (ABM) Strand at Munoz Senior High School. For 7 years he practice Arnis Sports and compete in Palarong Pambansa twice. A junior Arnis instructor to his younger teammate for 3</p>	<p>"Gold medal po. Sa Arnis hindi biro ang training namin, alam ko po na pinagahandaan din kami ng aming mga kalaban, hindi man ito maging madali samin pero kakayanin po namin. But it is normal to experience failure din po. This where good athletes starts and pain from losing will give us lesson. Yung Coach ko po, trainers and seniors help us to improve from our mistakes po and told us to train hard so we can achieve Gold medals."</p>	<p>"Learning Arnis in school has taught me a lot about respect and discipline, which are important Filipino values. For example, I always show respect to our instructors and training partners. Lagi ko po ginagamit ang Pugay, similar to how we show respect to elders in Filipino culture by saying 'po' and 'opo' or doing mano. I try to carry that same respect when talking to family members or helping younger kids in our community. Through Arnis, I learned the importance of respect-</p>

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PHINMA EDUCATION NETWORK

GRADUATE SCHOOL

81

	years.		especially and this has helped me in school when working on group projects as well. Incorporating the patience when I am collaborating with my classmates and showing them respect."
Case 4: Coach B	Coach B is a 35 years old male, an Elementary Teacher at Bishop Sofio Balce Shool in Palayan City and Head Coach at Palayan City National High School Arnis Team. He recently obtained his Masters degree at College of the Immaculate Conception. Playing Arnis for 15 years and a former SCUAA Gold medalist. For 12 years he manage to continue the legacy of Arnis and teaches young players in elementary and high school level.	"As an Arnis coach, I believe that words of appreciation and wisdom are enough to make a real difference for my athletes. I've seen firsthand how setbacks and failures in Arnis can really hit their self-efficacy and confidence. When my athletes experience losses or struggles, they might start to doubt their ability to succeed, and that can lead to a drop in motivation and even their involvement in the sport. But I always make sure to remind them, and myself, that we need to see these setbacks as opportunities for growth and learning. By reframing failures as stepping stones for improvement, I know my athletes can develop resilience and perseverance. And in the long run, that's what truly strengthens their confidence and self-efficacy in Arnis."	"I've observe how our sport instills more than just physical skills but it also builds character. I focus on imparting respect and discipline within our training, which naturally extends into their daily lives. Arnis is also a powerful tool for my athletes to learn Arnis in school, it's not just about moves; it's about fostering a cultural appreciation for our heritage. I teach them about the bayanihan spirit, the importance of working together, and respect for elders, all through the lens of Arnis. We even get to showcase these values in cultural events, which truly brings our community together. I firmly believe that the discipline and principles learned through Arnis are incredibly beneficial for my Arnisadors' academic pursuits. It's truly rewarding to share and help them understand Filipino cultural values through the practice of Arnis."
Case 5: ARNISADOR C	Arnisador C is a 16 year old female, grade 10 high school student from Palayan City National High	"The Gold medal rewards and my friends who encourage me to join Arnis motivates me to keep playing and make my parents proud of me. I know I won't win in	"At first, I'll admit, Arnis was really hard. Some of the strategies felt impossible to practice, and I sometimes wondered if I'd ever get them right. But then, as I

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PHINMA EDUCATION NETWORK

GRADUATE SCHOOL

82

	<p>School. She plays Arnis since elementary grade for 8 years. She teaches young teammates for 3 years the basic sparring and proper hand grip.</p>	<p>every competition or tournament, and that's okay because I am still proud to be part of promoting Arnis in our school. I actually consider my failures a part of my growth. When I don't win, I make sure to stay positive and focus on practicing what I need to improve. Sometimes one of the factor that stop me to keep playing is when I have injury because of Lack of equipments and safety matts. For months I need to stop training and didn't practice some cultural values such as Pugay, Saludo, at pagamit ng Kali. Learning Arnis has given me so much confidence and a real passion to promote it as an important sport for my community and for all Filipino youth."</p>	<p>stuck with the hardcore training and nailed the basic strikes, it actually started to get easier. What really gets me excited is that even though we're young, we have these amazing summer camps where we get to teach younger kids. It's like I get to be a coach myself, showing them basic skills and self-defense. It makes me so happy and proud to pass down this Filipino tradition continuously. I truly believe that if more Filipino youth experience this, they'll discover the confidence and passion that Arnis has given me. The challenge of mastering the sport is real, but the rewards of cultural connection and self-empowerment are huge for us young people."</p>
<p>Case 6: Coach C</p>	<p>Coach C is a 46 years old, female. A master teacher at Palayan City National High School, she handles Junior Arnis team for 12 years. Furthermore, a former varsity Arnis player when she was in high school until college.</p>	<p>"It's clear that competitive sports like Arnis deserve to be recognized with tangible rewards like awards, medals, and even monetary incentives. Medals are incredible motivators for athletes. These symbols of achievement, especially when combined with incentives from teachers or direct cash rewards. Ofcourse, beyond the wins, my deeper concern is molding these athletes to become better Filipino youth, role models who embody good values such as respect, integrity, and kindness. While external</p>	<p>"I remember when I was a player myself, explaining to a classmate how Arnis isn't just about sticks; it's about the awareness and resilience our ancestors honed for self-defense. That conversation made me sharing stories about our vibrant fiestas, kamayan meals, and the respect for elders that defines us. Arnis, is like a gateway for us to proudly unfurl the rich tapestry of our values to the world. As an Arnis coach, my heart swells with pride when I see how this martial art transforms lives, especially in fostering a</p>

ARAULLO UNIVERSITY

PHINMA EDUCATION NETWORK

GRADUATE SCHOOL

83

		rewards are important for motivation, the ultimate goal is to nurture well-rounded individuals who will positively impact the future generation of Arnisadors."	deep appreciation for our Filipino heritage. I've seen it firsthand, and it's a powerful thing. Every training session deepens my connection to the very soul of Filipino martial arts. With each strike and block, I feel the echoes of our past, gaining a appreciation for the rich heritage and cultural significance embedded in every movement. I tell my students about the pioneers and masters who sculpted Arnis into the formidable art it is today. Through Arnis, I've reconnected with my own Filipino roots, experiencing a powerful sense of pride. The techniques we practice are not just physical they're a living testament to our country's history, adaptability, and resilience. This unique martial art form is a beacon of our distinct heritage. And you can bet I'm going to share that knowledge with anyone and everyone, regardless of their background."
Case 7 ARNISADOR D	Athlete D, a 15-year-old female student at Palayan City National High School, is an Arnis player in grade 10. She began playing Arnis Anyo in elementary school, and since then, she has been participating in the school's	"Failure and setbacks as powerful motivators, I lost in a game and work hard to become stronger and won the Gold. They push me to train harder, refine my techniques, and ultimately achieve better results, like winning gold. The more I master Arnis, the more empowered I feel to advocate for its recognition. Promoting our national sport, I'm incredibly grateful for	Playing Arnis isn't just a hobby for me it's become an embodiment of Filipino Resilience and Warrior Spirit. The lessons of culture and heritage shine through in every bit of discipline and hard work I put in. Unlike martial arts from other countries, Arnis is uniquely Filipino so it is for us and mark Cultural Ownership. Arnis makes me truly believe in the passion and dedication of our ancestors who

ARAULLO UNIVERSITY

PHINMA EDUCATION NETWORK

GRADUATE SCHOOL

84

	<p>Arnis Martial Arts program consistently. After seven years of arduous training, she has been able to instruct elementary-level Arnisadors for the past two years.</p>	<p>my coaches and trainers who are always there, guiding us, correcting our mistakes, and motivating us to improve. Their dedication has truly empowered us to become advocates and ensure the Arnis culture continues to thrive."</p>	<p>passed this amazing art down from generation to generation. Arnis trains me to develop discipline, respect, perseverance, and self-control. I'm committed to continuing to play Arnis and, even more importantly, to teach it to younger kids. For me, it's incredibly useful because it equips you to protect yourself in dangerous situations. Arnis is our very own Philippine martial art, and it offers so many techniques and strategies to learn, not just to improve your body and stay physically fit, but also to master the art of self-defense."</p>
<p>Case 8: Coach D</p>	<p>Coach D is a 50 years old, male. He studied Doctor in Physical Education and Sports at Philippine Normal University. A former Arnis varsity athlete during his college prime and been playing Arnis for 10 years. Currently, a MAPEH teacher and Arnis Coach at Palayan City National High School for 18 years.</p>	<p>"From my perspective as a senior Arnis coach, the biggest promoters of youth engagement in Arnis are accessibility and cultural pride, especially when coupled with effective coaching that highlights its practical self-defense and confidence-building aspects. However since not all coaches are trained to know Arnis and was just task to become their coach, the lacking of training is what truly hinders institutional support and exposure, particularly in schools. Arnis sports often overshadowed by more mainstream sports like basketball, leading to limited awareness and a perception of Arnis as a niche or less exciting option, despite its rich</p>	<p>As an Arnis coach, every training session deepens my connection to our Filipino martial arts' rich history and traditions. I feel a strong sense of pride and ownership in knowing the pioneers who shaped Arnis. This isn't just about movements; it's about our nation's resilience and adaptability embodied in each technique. I'm always eager to share this knowledge with anyone, regardless of their background, because Arnis is a powerful way to promote cultural exchange and showcase the unique heritage of the Philippines.</p>

ARAULLO UNIVERSITY

PHINMA EDUCATION NETWORK

GRADUATE SCHOOL

85

		heritage. Arnis can be promoted as cultural heritage of the country that developed Arnisador Physical and Mental Health"	
Case 9 ARNISADOR E	Student E is a 20-year-old male athlete who is enrolled in Central Luzon State University's second year of the Bachelor of Science in Civil Engineering program. An SCUAA gold medalist and an alumnus of Palayan City National High School. As a player, he regularly travels to various parts of Luzon to represent the El Cabisera Palayan City Arnis Team. He has been going to young athletes' sparring sessions and anyo events for the past two years since college started.	"Being a part of the El Cabisera Arnis Team for six years has been so much more than just learning movements and techniques but it is about understanding of how Arnis uniquely represents Filipino culture and heritage. Every single training session connects me to the rich history and traditions of our martial arts. But honestly, the true bedrock of my confidence and strength in every competition is my family. Their support is everything to me, and it's a huge part of why I cherish Arnis's unique historical roots and cultural symbolism those are my real rewards. Of course, losing a game can making me feel held back and sad, but I've learned that falling is just part of the journey. What truly matters is how you pick yourself up, and I always make sure I come back stronger, training even harder. I would genuinely be so happy to share my knowledge and encourage everyone, from any background, to learn about Arnis, because it's not just a sport; it's a living, breathing part of our Filipino tradition that we must preserve., supports the	"You know, I've been immersed in Arnis since elementary school, and honestly, it's still a journey of learning and mastering techniques for me. But with every training session, I don't just pick up new moves; I gain a deeper understanding of the values, discipline, and rich history that truly make Arnis unique. It's more than just a sport; it's a profound part of our Filipino identity. Practicing Arnis, especially performing in front of others, has been a massive boost to my confidence. I used to get pretty anxious during oral presentations back in school, my heart racing and words stumbling. But now? I feel much more composed. It's just like in Arnis: I've learned to remind myself to breathe, stay calm, and trust in my preparation. That mental fortitude I've built through Arnis makes me directly learn about aspects of my life, and it's a testament to show how martial art shapes not just athletes, but well-rounded individuals."

ARAUULLO UNIVERSITY

PHINMA EDUCATION NETWORK

GRADUATE SCHOOL

86

		martial arts community by promoting the growing community of arnis, and it provides physical health and discipline."	
Case 10: Coach E	Coach E, a 49-year-old alumnus of Ateneo Manila, offers Arnis a distinct viewpoint because she was a competitive athlete for four years. However, a training injury she sustained in college ended her playing career. Her love for Arnis never wavered in spite of this setback. She has devoted the last seven years to instructing Arnis at Palayan City National High School, passing on her knowledge and passion for the game to the next generation.	"Playing Arnis has always struck a deep chord with me, particularly in the bladed "Anyo" contests. There is a strong link to our past and the Katipunero Arnisadors who gave their lives to defend our independence. Every action they make is more than simply a tactic; it's a monument to their bravery and the defense of our nation. I adore the blades' speed and the straightforward yet effective handle motions; they both allude to a cultural preservation that is ingrained in me. Knowing that we are all a part of the Philippine National Sports	Even after all these years, I'm still learning new ways to train my athletes, teaching them love for the game before they even pick up a stick. Now that I'm coaching the next generation of Arnis practitioners, I truly believe we're preserving our culture and strengthening their bond with Filipino martial arts traditions. Every session, for both my athletes and me, deepens our connection to the rich history and heritage of Arnis. It's more than just a sport; it's about safeguarding traditional knowledge and keeping Filipino traditions alive. I'm always eager to share what I know and encourage anyone to learn Arnis because it not only preserves our heritage but also strengthens the martial arts community and offers incredible benefits like physical health and discipline.

Profile of the Arnisadors and Coaches of Arnis Martial Arts.

The distribution of years involved in Arnis is fairly spread out, with a notable proportion of participants

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P H I N M A E D U C A T I O N N E T W O R K

GRADUATE SCHOOL

87

having 0-3 years and 12-14 years of experience. This suggests a balance between newcomers and moderately experienced members, though there are fewer very long-term participants. This spread could be indicative of retention rates and the appeal of Arnis over different stages of involvement.

The data indicate that majority of Arnisador fall within the 15-20 age range appropriate because they are in high school to college with well experience competition from regional meet to nationals in plaring Arnis. The next largest groups are those aged 35-54, suggesting that Arnisador coaches are well experienced coaches for several years. The strong gender disparity with females being more than twice as numerous as males.

In the educational attainment phase among participants exhibits considerable variation, with the majority being high school student and 1 college Arnisador. While a significant portion are coaches, 2 respondents completed completed graduate school as Masters and another 2 respondents with Doctorate level. 1 respondents have

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P H I N M A E D U C A T I O N N E T W O R K

GRADUATE SCHOOL

88

graduated with a Baccalaureate degree. The length of involvement in playing Arnis among respondents varies widely. The distribution of years involved in Arnis is fairly spread out, with a notable proportion of participants having 0-3 years and 12-14 years of experience. This suggests a balance between newcomers and experienced members. According to Lipardo et al., 2022, the inclusion of individuals who may new to Arnis as a therapeutic exercise, alongside those who may have prior extensive, experience with the martial art creates a dynamic where experienced practitioners and newcomers coexist. Also, a coach's learning process often begins when they are still an athlete. Previous athletic experience serves as a foundational element in a coach's future career. It shapes their perspectives, beliefs, and behaviors that they will later utilize in interactions with athletes (Cushion, Armour, & Jones, 2003).

Factors either promote or hinder the engagement of Filipino youth in Arnis sports, and how can these factors be reinforce/addressed to promote Arnis in Physical Education.

The statement of Arnisador and Coaches suggest factors that either promote or hinder participation. Several elements foster a natural inclination among young Filipinos to embrace this traditional discipline. The Youth engagement in Arnis reveals promoting factors tap into deeper aspects based on the interview such as cultural identity, social dynamics, personal growth, and tangible rewards, making Arnis an appealing pursuit for many aspiring athletes.

The Cultural Pride and Identity of Arnis serve as a powerful catalyst as the national martial art, Arnis offers a unique avenue for youth to connect with their heritage and express patriotism, fostering a sense of belonging and cultural appreciation. Based on the related study, a strong sense of cultural pride and national identity is a key factor that promotes the engagement of Filipino youth in

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P H I N M A E D U C A T I O N N E T W O R K

GRADUATE SCHOOL

90

Arnis, as the sport is a tangible link to their heritage and history (DepEd, 2011; Panela, 2018).

Secondly, Peer Influence and Social Connection, as young people are often drawn to activities their friends participate in, and the communal nature of Arnis training builds strong bonds and a supportive environment. As research consistently shows that friendships and a sense of belonging are powerful motivators for youth participation and continued engagement in sports (Fredricks & Eccles, 2006). In the evolving landscape of best practices in youth sports, peer connection and friendship are increasingly recognized as crucial elements for promoting participation. This is evident in the growing framework surrounding summer leagues, traveling teams, and youth sport camps, where athletes often engage with previously unknown teammates. This dynamic allows for the development of new social bonds, and it appears that a combination of relatively high peer acceptance and a trend toward high friendship quality can provide a buffer against negative motivational consequences, such as lower perceptions of competence and

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P H I N M A E D U C A T I O N N E T W O R K

GRADUATE SCHOOL

91

increased feelings of worry (Cox & Ullrich-French, 2010). Additionally, Strand, B., Johnson, S., & Piercy, M. (2021) highlights that Peer connection influences youth athletes in terms of motivation, burnout rates, and athlete behaviors. Moreover, Peers in addition to adults, are important contributors in creating a motivational climate in sport settings. Peers' roles are centered on friendship, teamwork, and upholding the group's norms and values. Barbosa, A. C. (2003) peers interacting with each other as part of their recreation, socialization, and relaxation, the idea that culturally relevant games are integral to community life and can be promoted for recreation and social interaction.

Physical and Mental Health Benefits are undeniable; Arnis provides a training workout that enhances physical fitness, agility, and coordination, while also cultivating mental discipline, focus, and stress reduction. According to the study by Gella (2020), Arnis provides a training workout that enhances physical fitness, agility, and coordination, while also cultivating mental discipline,

ARAULLO UNIVERSITY

PHINMA EDUCATION NETWORK

GRADUATE SCHOOL

92

focus, and stress reduction. Lastly, Incentives or the Reward per medal, opportunities for scholarships, recognition in school sports programs like Palarong Pambansa and potential for national or international competition, significantly motivate young individuals to commit to Promote Arnis. According to research on youth sports engagement and athlete motivation, extrinsic rewards such as scholarships and public recognition are powerful incentives that can significantly motivate young individuals to commit to and excel in a sport like Arnis Patterson, J. (2023). These incentives create tangible goals that go beyond the intrinsic satisfaction of the sport itself, reinforcing participation and promoting the sports.

It is essential to reinforce Arnis' many advantages, which go beyond simple physical exercise, in order to fully realize its potential. Highlighting the advantages for both physical and mental health from better cardiovascular fitness and coordination to increased attention, discipline, and stress reduction will can impact a larger

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P H I N M A E D U C A T I O N N E T W O R K

GRADUATE SCHOOL

93

aspiring Arnisador to pursue. Arnis is essential for developing cultural pride and identity at the same time since, the sport links practitioners to the Philippines' rich legacy, which in turn creates a strong sense of ownership and a desire to preserve this live example of the country's tenacity. By utilizing social connections and peer influence within Arnis communities, supportive environments can be established that promote long-term participation, raise self-esteem, and enable a potent cultural exchange, guaranteeing that Arnis will continue to be a vibrant and treasured aspect of Filipino society for many years to come.

Another impact is the challenges in mastering techniques from different regions, but consistent training instills Arnis cultural values, confidence, discipline, and a deep appreciation for the art. The ability to teach younger generations, much like a coach, reinforces their pride in passing down this Filipino tradition, fostering a belief that widespread youth engagement in Arnis can cultivate confidence and passion. Arnis becomes a significant part of

ARAULLO UNIVERSITY

P H I N M A E D U C A T I O N N E T W O R K

GRADUATE SCHOOL

94

their lives, embodying the passion and dedication of ancestors. Similarly to the study of Sanchez & Peconcillo, L. B. (2021) study reveal that "Integrating Arnis into the students training can built confidence, discipline, and community involvement, thereby strengthening their cultural identity and reinforcing Arnis as a powerful symbol of Filipino identity." The sport is seen as incredibly useful for self-defense and physical fitness, offering continuous learning and mastery of techniques.

Despite these compelling advantages, several obstacles actively hinder the widespread engagement of Filipino youth in Arnis. These challenges often stem from systemic issues, prevailing societal perceptions, and the evolving interests of the younger generation. For coaches, a significant barrier is the Lack of Resources such as funds and equipment to safeguard the Arnisador. Due to the limit resources of equipment Arnisador limits the time to practice or quit. The problem hinders the Arnisador potential to keep training because they need to prioritize others as well to use the equipment. These factors leading

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P H I N M A E D U C A T I O N N E T W O R K

GRADUATE SCHOOL

95

them to tardiness and quitting in Arnis and slowly forgotten the Regional Technique, Arnis Cultural values and the Historical origin of Arnis. According to Peralta, S. C. (2025) when equipment is shared or scarce, it inherently limits individual practice time. Limited resources in an educational setting can naturally lead to decreased engagement and participation, which can manifest as students reducing their practice time or dropping out if the environment doesn't support consistent training.

Another factor to hinder Arnisador is the often compounding negative Perceptions about Arnis, which include concerns about hard training, the risk of injury due to its weapon-based nature, and general safety issues, hindering both potential participants and their parents. According to a research sports study, Potential athletes' and their parents' participation is frequently hampered by unfavorable opinions about Arnis, such as worries about rigorous training, the possibility of injury because it is weapon-based, and general safety concerns (De Castro & Mendoza, 2020). Most critically, physical education

ARAULLO UNIVERSITY

P H I N M A E D U C A T I O N N E T W O R K

GRADUATE SCHOOL

96

teachers or coaches with specialized training in Arnis. Trained Instructors that teaches authentic regional Arnis technique, as many schools and communities lack seminars and training programs to preserve the Arnis authenticity. Furthermore, the influence of Distractions from Mobile Games and and other digital entertainment often pulls youth away from traditional physical activities, including Arnis, as screen time competes heavily for their attention. A study in BMC Public Health noted that the increased use of media devices has led to a major shift in children's leisure time toward more sedentary activities, reducing time available for active pursuits (John Roderick M. 2013). Furthermore, the Fear of Losing in the Game can be a subtle but potent demotivator, especially in a competitive environment where young athletes might shy away from participation if they perceive a high risk of failure or public embarrassment. The academic study of in sport psychology of Sagar, S., Lavallee, D., & Spray, C. M. (2007) stated that Fear of public shame, embarrassment, or negative social evaluation for young athletes, it often

ARAUULLO UNIVERSITY

P H I N M A E D U C A T I O N N E T W O R K

GRADUATE SCHOOL

97

involves a fear of experiencing shame and embarrassment, which can subsequently lead to withdrawal from the sport to avoid these aversive social consequences.

To effectively Address these hindering factors, a multi-faceted approach is necessary. To combat the lack of resources and trained instructors, government agencies like Department of Education (DepEd) and National Commission for Culture and the Arts (NCCA), in collaboration with Arnis federations, should prioritize comprehensive training programs for P.E. teachers, coupled with funding for essential equipment and safe training facilities. Negative perceptions can be mitigated through public awareness campaigns that highlight the safety protocols, character-building aspects, and health benefits of modern Arnis, perhaps featuring successful Arnisadors. To counter the allure of mobile games, Arnis programs should incorporate engaging, gamified training methods and leverage digital platforms for learning and community building, making the sport more interactive and appealing. Lastly, addressing the fear of losing involves fostering a supportive and

inclusive training environment that emphasizes personal growth, skill development, and sportsmanship over solely competitive outcomes, encouraging participation regardless of immediate success.

By strategically reinforcing the intrinsic Arnis values and benefits of Arnis while proactively addressing the practical and perceptual barriers, stakeholders can cultivate a more fertile ground for youth engagement. This concerted effort will not only ensure the continuity and evolution of Arnis as a combative sport but also strengthen Filipino cultural identity and holistic youth development.

Impact of Arnis sports participation on students' sense of National Martial Arts Identity and their understanding of Arnis as a symbol of Filipino Heritage

Based on the Coaches and Arnisadors provided suggestions, Athletes strongly connect Arnis' techniques and equipment to a unique and important part of Filipino

ARAULLO UNIVERSITY

P H I N M A E D U C A T I O N N E T W O R K

GRADUATE SCHOOL

99

culture, feeling empowered to share this knowledge and encourage others.

One of the impact of Arnis participation is the training session. The used of Arnis values such as Pugay, Saludo and the technique movements from different regions deepens their own connection to Arnis's rich history and traditions. Arnisador feeling a strong sense of pride and ownership in safeguarding this Cultural knowledge. They view Arnis not just as a sport, but as a living testament to the nation's resilience and adaptability, eager to share this cultural exchange with the next generation. Arnisadors are intrinsically linked to the goal preservation and promotion of Arnis culture. According to Clemente, I. A. (2023) study highlights that Arnis is deeply rooted in Filipino culture and history and is considered a national treasure. By learning Arnis, Generation Z learners can develop an appreciation for their cultural heritage and identity. This can help learners develop a sense of pride and connection to their culture

ARAULLO UNIVERSITY

P H I N M A E D U C A T I O N N E T W O R K

GRADUATE SCHOOL

100

and contribute to promoting cultural diversity and inclusion.

Student involvement solidifies Filipino Cultural Ownership and Uniqueness. Arnisadors expressed immense pride in knowing that Arnis is a distinct martial art, born from the ingenuity and resourcefulness of their own ancestors. According to Peralta, J. R., & Sunga, R. L. (2024) the significance of Arnis as a culturally relevant educational tool that bridges traditional practices with unique contemporary fitness education blending cultural significance, historical value, and practical self-defense techniques. Originating from indigenous Filipino communities. This sense of ownership empowers students to champion Arnis as an irreplaceable part of their national identity, differentiating it from other martial arts traditions. This strong connection to its indigenous roots encourages students to actively protect and advocate for Arnis, ensuring its authenticity and preventing its dilution, thus solidifying its unique place as a cornerstone of Filipino heritage for generations to come.

ARAULLO UNIVERSITY

P H I N M A E D U C A T I O N N E T W O R K

GRADUATE SCHOOL

101

Additionally, Based on Peralta, J. R., & Sunga, R. L. (2024) study a sense of cultural ownership in students directly translates into active measures for Arnis's preservation and promotion. It moves beyond passive appreciation to active guardianship, ensuring the longevity and integrity of this vital aspect of Filipino heritage.

The Arnis participation positions students as Global Ambassadors for Filipino Culture. Coaches and arnisadors highlighted how students, through their involvement in local and international competitions and demonstrations, showcase Arnis to a global audience. This exposure not only elevates the martial art's international profile but also sparks curiosity about the Philippines, its history, and its people. By embodying the Arnis discipline, Cultural styles skill, and artistry of Arnis form from regional techniques on a global stage it will become a living testaments to Filipino cultural richness, actively promoting and preserving the art by expanding its reach and attracting new enthusiasts worldwide. According to Dacanay M. T. (2025) Arnis education transcends physical

ARAUULLO UNIVERSITY

P H I N M A E D U C A T I O N N E T W O R K

GRADUATE SCHOOL

102

instruction, fostering cultural pride, resilience, and personal growth among educators and students reinforcing Arnis as a symbol of Filipino identity. Students understand Arnis as a Living History Tradition. Another study supporting this statement, Sunga, R. L. (2024) Arnis education transcends physical instruction, fostering cultural pride, resilience, and personal growth among educators and students reinforcing Arnis as a symbol of Filipino identity around the Globe.

Interviewees emphasized that the movements and techniques of Arnis are not merely physical exercises but are imbued with historical narratives and ancestral knowledge. For Coaches and Arnisador the impact of Learning Arnis is a stepping into a dynamic history lesson, where each strike and block connects them to the struggles and triumphs of their forebears. This direct, embodied connection ensures that the historical significance of Arnis its role in self-defense and resistance against colonial powers is not forgotten but is actively preserved, thereby preserving the authenticity and profound heritage

ARAULLO UNIVERSITY

P H I N M A E D U C A T I O N N E T W O R K

GRADUATE SCHOOL

103

embedded within the art. According to Sanchez, D. T., & Sanchez, R. D. (2021) originating as an indigenous art of self-preservation, Arnis martial arts are a symbol of the Philippines' rich cultural legacy from pre-colonial to post-colonial ages. They are associated with commoner conflicts that forms technique originated for Filipino warriors that is preserve through time. Therefore, appreciation to the Regional styles authenticity helps promote and preserve the longevity of Arnis Identity.

The data also reveals the impact of practicing “Anyo” fosters an appreciation for Cultural Expression and Artistry. Many Arnisadors described the inherent beauty and fluid grace of Arnis during the Anyo, often comparing its intricate footwork and rhythmic movements to a dance. Coaches actively encourage students to explore this artistic dimension, recognizing that it transforms Arnis from a purely combative sport into a vibrant cultural performance. By nurturing this artistic aspect, students develop a deeper emotional connection to the art, ensuring its preservation not just as a martial discipline but as a

ARAULLO UNIVERSITY

P H I N M A E D U C A T I O N N E T W O R K

GRADUATE SCHOOL

104

unique and captivating form of Filipino cultural expression.

Engaging in Arnis cultivates the Embodiment of Filipino Resilience and Warrior Spirit. Coaches consistently noted how Arnis training instills mental fortitude, perseverance, and adaptability in students, mirroring the enduring spirit of the Filipino people. The physical and mental challenges inherent in mastering Arnis techniques teach students to face adversity with courage and determination. This personal development reinforces a strong sense of national character, as students internalize the historical resilience of their ancestors, thereby promoting and preserving these core Filipino values through their own lived experience and dedication to the art.

Generally, Arnis instills core Filipino values such as respect and discipline, evident in how athletes interact with instructors and apply these principles in daily life, like showing respect to elders or collaborating in school. A study of Peralta et al. (2023) supports this statement highlight that Arnis education transcends mere physical

ARAULLO UNIVERSITY

P H I N M A E D U C A T I O N N E T W O R K

GRADUATE SCHOOL

105

instruction, actively fostering cultural pride, resilience, and personal growth among students. They actively instill respect, discipline of "Anyo & Pugay" and the "bayanihan spirit" through Arnis training, emphasizing teamwork and reverence for elders. This goes beyond physical skills, fostering a deep cultural appreciation to athletes that Arnis movements, and principles are rooted in Filipino traditions. The explicit inclusion of anyo in the curriculum and its detailed explanation in educational materials underscore its role in systematically preserving and transmitting the vast array of Arnis techniques and movements. Beyond competitive scoring, anyo preserves the historical and cultural "flow" of Arnis, acting as a living archive of techniques that might otherwise be lost. Clemente, I. A. (2022). Coaches find it immensely rewarding to share these cultural values, showcasing them in community events and personal anecdotes, which strengthens both individual pride and community bonds.

ARAUULLO UNIVERSITY

PHINMA EDUCATION NETWORK

GRADUATE SCHOOL

106

Arnis Program proposed to effectively integrate Arnis Sports ensuring the preservation and promotion of the National Martial Arts.

Table 3. Program Proposed Plan

OBJECTIVES	ACTIVITIES/ STRATEGIES	PERSONEL INVOLVED	TIME FRAME	SUCCESS INDICATORS
1. Boost Arnis's Public Presence & Cultural Importance to the School, community and social platforms to reach wider audience.	- Create an "Arnis Day or Week." Bring in veteran Arnisadors to school to share experiences. School museum exhibits the native arnis weapons. Launch campaigns in the community setting featuring Grandmasters. On social media platforms such as Tiktok, Facebook, Youtube or develop interactive Advertisement that exhibits the historical relevance of Arnis and techniques.	Coaches, Arnis Athletes, Veteran Arnisadors, Grandmasters, Schools, Museums, School Social Media	Cultural ; Events Sports Week Long-term (Cultural Integration)	Increased public awareness of Arnis; Higher participation in "Arnis Day/Week"; Positive media coverage; Establishment of interactive exhibits; Increased school engagement.
2.Ensure Availability of Quality & Safe Equipment to reach larger number of participants . Equipments include	Provide proper Arnis equipment to schools. Ensure readily available, good quality, and safe equipment and protective gear for all practitioners.	Schools, Funding Bodies, Equipment Suppliers, Coaches	Starting of school year, checking of maintenance equipment.	All participating schools equipped with proper gear; Reduction in training-related injuries; Increased

ARAUULLO UNIVERSITY

PHINMA EDUCATION NETWORK

GRADUATE SCHOOL

107

historical weapons to contentiously preserve and Promote Arnis Sports				participation due to enhanced safety.
3. Conduct Free Workshops by Master Instructor targets the Regional Arnis technique rooted from the history to revive the authenticity of Filipino Arnis style and preserve to pass down to the next Generation	Organize and conduct free workshops led by master Arnis instructors.	Master Instructor s, Coaches, Arnis Athletes, Schools, Workshop Organizers	Seminars Annual/Regular	Number of workshops successfully conducted; High attendance rates at workshops; Measurable skill improvement among participants.
4. Fund Local Competitions for Youth Cultural Arnis Engagement highlights the different Regional Arnis Style to promote Cultural Values and unlocked new skills.	Secure funding for local Arnis competitions specifically designed to engage young people.	Funding Bodies, Local Government Units, Sports Organizations, Schools, Coaches, Young Athletes	Annual/Regular	Number of local competitions held annually; High youth participation rates in competitions; Identification of new talent through competitions.
5. Document & Preserve Diverse	Initiate projects to document diverse regional Arnis	Researchers, Historians	Regular/Urgent	Creation of comprehensive archival

ARAUULLO UNIVERSITY

PHINMA EDUCATION NETWORK

GRADUATE SCHOOL

108

Regional Arnis Styles	styles before they disappear.	, Arnis Grandmasters, Cultural Preservation Organizations, Academics		records; Publication of research on regional styles; Development of digital databases for Arnis styles.
6.Cultural Arnis Program that offer Scholarships & Incentives to Arnisadors.	Systematically offer scholarships and various incentives to attract and retain dedicated Arnis athletes for keeping Cultural sports alive.	Coaches, Schools, Sports Organizations, Funding Bodies	Ongoing	Increase in the number of athletes receiving scholarships/incentives; Improved athlete retention rates in Arnis programs.
7. Instill Filipino Values Through Arnis Training aside from Physical makesure to familiarize with Arnis terms and origin.	Emphasize and embed Arnis's profound lessons of respect, discipline, and honor into the next generation through its teaching. Leverage the existing curriculum to instill Filipino values like respect and bravery.	Coaches, Teachers, Schools, Arnis Practitioners	Ongoing, Inherent in Teaching Process	Observable demonstration of Filipino values such as respect, discipline, bravery by students; Positive behavioral changes reported by teachers/parents; Anecdotal evidence of character development.

The program contains Objectives, Activities & Strategies, Personnel Involved, Time Frame and Success Indicator. There are 7 Activities which were suggested to

ARAUULLO UNIVERSITY

P H I N M A E D U C A T I O N N E T W O R K

GRADUATE SCHOOL

109

be implemented so that the Philippine Arnis Identity will be preserve and promote. Arnis, the indigenous martial art of the Philippines, is far more than just a system of self-defense. It is a living repository of the nation's history, values, and enduring spirit. To ensure its vibrant future, a comprehensive program has been designed with the overarching goal of preserving and promoting Philippine culture through Arnis. This programs initiative recognizes that Arnis is not merely a physical discipline but a dynamic cultural artifact, each movement imbued with ancestral knowledge and historical narratives.

The first two programs focus on expanding Arnis's reach and accessibility. "Boost Arnis's Public Presence & Cultural Importance" aims to elevate the art's visibility within schools, local communities, and digital platforms. This involves creating engaging content, organizing public demonstrations, and leveraging social media to showcase Arnis not just as a sport, but as a profound cultural expression. According to Catacutan, M. L. M. (2025) Arnis education transcends physical instruction, fostering

ARAULLO UNIVERSITY

P H I N M A E D U C A T I O N N E T W O R K

GRADUATE SCHOOL

110

cultural pride, resilience, and personal growth among educators and students. It can be integrated into physical education courses to align with global health and fitness standards.

Concurrently, "Ensure Availability of Quality & Safe Equipment" addresses a practical yet crucial need. By providing participants with proper and safe training gear, including replicas of historical weapons, the program removes barriers to entry and allows for authentic engagement with the art's historical context. This dual approach ensures that more individuals can safely and effectively participate, fostering a wider appreciation and understanding of Arnis. Based on the study of McLatchie, G., & Morris, T. (2020). Providing quality and safe equipment, even replicas, removes a financial or logistical barrier for potential participants, thereby increasing accessibility and encouraging broader participation in the art. Complete access to equipments and weapons such as Kali allows practitioners to experience the art more authentically. It connects them to the roots of the

ARAULLO UNIVERSITY

P H I N M A E D U C A T I O N N E T W O R K

GRADUATE SCHOOL

111

discipline, fostering a deeper appreciation and engagement that goes beyond mere physical exercise. The Sanchez & Sanchez (2021) paper discusses the historical development of Arnis, mentioning its origins with "bladed weapons and their fearsome Arnis abilities" used by early Filipinos. Preserving these historical roots, even if through contemporary, safer replicas for sport, is a key theme in promoting the cultural identity of the art. The notion that Arnis maintained a strong Spanish influence "not only in the names and titles used in training, but in the impact it has had on Filipino culture" reinforces the controversial preservation of its combative and historical aspects within a sporting context.

The third and fourth programs delve into the authentic transmission and celebration of Arnis. "Conduct Free Workshops by Master Instructors" is critical for reviving and preserving the diverse regional Arnis techniques. These workshops, led by seasoned masters, ensure that the nuanced and historically rooted styles are accurately taught and passed down, safeguarding the authenticity of Filipino

ARAULLO UNIVERSITY

P H I N M A E D U C A T I O N N E T W O R K

GRADUATE SCHOOL

112

Arnis for future generations. Complementing this, "Fund Local Competitions for Youth Cultural Arnis Engagement" provides a vital platform for young practitioners. These competitions are designed not only to highlight different regional Arnis styles but also to instill cultural values, encourage camaraderie, and allow youth to unlock new skills, fostering a sense of pride and connection to their heritage. This aligns with the study of Sanchez & Sanchez (2021) by recognizing the immense cultural value Arnisadors provide, offering scholarships and incentives directly reinforces the value placed on their dedication and role. The act of preserving a traditional art through generations, often outside formal institutions, implies the need for sustained dedication and support. If Arnisadors are indeed the custodians, then anything that prevents them from pursuing mastery like financial constraints directly threatens this cultural preservation. Furthermore, the "Cultural Arnis Program that offers Scholarships & Incentives to Arnisadors" directly supports dedicated practitioners, ensuring that financial constraints do not

ARAULLO UNIVERSITY

PHINMA EDUCATION NETWORK

GRADUATE SCHOOL

113

hinder the pursuit of mastery. This investment in Arnisadors reinforces the value placed on their role as cultural custodians.

The other programs solidify the long-term preservation and cultural integration of Arnis. "Document & Preserve Diverse Regional Arnis Styles" is a crucial academic and cultural undertaking. This involves systematically recording the unique techniques, histories, and philosophies of various regional Arnis styles, creating an invaluable archive for research, education, and future instruction. According to Liu, M., Xie, R., Wang, W., & Lee, H. S. (2017). Arnis Documentation is an intangible part of cultural heritage, digital archives can preserve Arnis cultural values and teaching and studied remotely due to the impact of modern culture, the inheritance of various martial arts is threatened. Based on Balay-as, C. I. C., et al. (2023) study directly investigates the implementation of indigenous Filipino games within the educational system, indicates that traditional sports strengthen foundational values and facilitate socialization. Engaging with the

ARAULLO UNIVERSITY

P H I N M A E D U C A T I O N N E T W O R K

GRADUATE SCHOOL

114

cultural context and values associated documented its context, including its origins and traditional grounds, helps to make the sport more tangible and accessible, reinforcing their cultural roots and encouraging participation. Additionally, another study from Mabborang et al. (2016) subtly advocates for younger generations to be able to access and comprehend traditional games. The research further highlights that playing these games enhances the intellectual domain, physical domain, and some Filipino values of the players. It suggests that by presenting the Arnis sport in a new way, they can offer "a renewed outlook" on Philippine culture and environment consequently helps in preserving this important facet of Filipino daily lives. This process inherently involves documentation such rules, history, playing methods and values teaching, such as fostering teamwork, respect, and other Filipino values often embedded in these games.

The program "Instill Filipino Values Through Arnis Training" goes beyond physical techniques, emphasizing the ethical and philosophical underpinnings of the art. By

ARAULLO UNIVERSITY

P H I N M A E D U C A T I O N N E T W O R K

GRADUATE SCHOOL

115

familiarizing students with Arnis terms and origins, the program ensures that practitioners understand the cultural significance of their movements, thereby internalizing Filipino values like respect, discipline, and perseverance, which are inherently woven into the practice of Arnis. A study from Collectivism Cena, F., et al. (2021) stated with Pakikipagkapwa core Filipino value of shared identity and relationship standing as an example that allows athlete to work smoothly as part of a group. Incorporating this and other values like malasakit or concern for others, or bayanihan or community spirit into training, language and scenarios could foster better teamwork and engagement.

The Program offers a holistic approach to the preservation and promotion of Philippine culture through Arnis. By increasing public awareness, ensuring accessibility, fostering authentic transmission, celebrating diverse styles, documenting historical knowledge, supporting practitioners, and instilling core Filipino values, the initiative ensures that Arnis remains a vibrant and cherished part of the nation's identity. It

ARAULLO UNIVERSITY

P H I N M A E D U C A T I O N N E T W O R K

GRADUATE SCHOOL

116

transforms the practice of Arnis into an active, embodied history lesson, connecting new generations to the struggles and triumphs of their forebears and safeguarding this invaluable cultural heritage for centuries to come.

Chapter IV

Summary, Conclusions and Recommendations

Summary of Findings

Personal Information of the Respondents

The data indicates that Arnisadors are predominantly young adults to middle-aged, with a prominent group of younger practitioners and a strong contingent of seasoned coaches. The data shows that of the 10 respondents in the study, 5 were coaches and 5 were athletes. A strong gender disparity with females being more than twice as numerous as males. In terms of Educational Attainment indicates a blend of active students and highly educated instructors. Years of Playing Arnis, participants exhibit a wide range of playing experience. A balanced representation of new, moderately experienced, and highly experienced practitioners. Furthermore, the data underscores a strong focus on formal Arnis instruction based on the number of years teaching Arnis. Extensive teaching experience of 0-3 and 5-15 years. This distribution highlights a significant

number of participants with substantial formal teaching roles in Arnis.

Factors either promote or hinder the engagement of Filipino youth in Arnis Sports

Athletes are mainly motivated by tangible rewards like money and medals, seeing them as direct proof of their hard work and competitive success in Arnis. While coaches also value these external rewards, they equally stress the importance of loving the sport and developing good character. Both groups see failure as a key part of growth, acknowledging that losses can cause self-doubt but ultimately provide valuable lessons and build resilience for athletes.

When it comes to learning Arnis, coaches focus on its cultural and character-building aspects, promoting it as a national heritage. On the other hand, athletes prioritize direct coaching support and guidance to improve their skills, overcome challenges, and win competitions.

National Martial Arts Identity and Understanding of Arnis as a symbol of Filipino heritage.

Arnis, the national martial art of the Philippines, is deeply connected to Filipino history, tradition, and culture for both its coaches and athletes. They see Arnis not just as a sport, but as a living piece of their heritage. The movements, techniques, and even the training challenges reflect important aspects of Filipino culture, teaching lessons like discipline and resilience.

Athletes feel a strong personal bond to Arnis, viewing its practice as a way to embody their cultural roots. They actively help pass down Arnis knowledge and self-defense skills to younger generations, ensuring that this ancestral legacy continues. This shows that Arnis is more than just a physical activity; it's a vital part of their lives that teaches them about their heritage.

Participating in Arnis helps students develop a stronger Filipino identity and a deeper appreciation for their heritage. Both coaches and athletes are eager to share Arnis with everyone, showing how it acts as a

powerful tool for cultural exchange and helps preserve this unique and valuable part of Filipino history.

Arnis Sports Program proposed to effectively preserve and promote the National Martial Arts.

Coaches and athletes alike propose Local Government funded scholarships or incentives to remove participation barriers, along with improved equipment and dedicated training facilities. The integration of Arnis into the physical education curriculum is also a consistently highlighted recommendation, ensuring widespread exposure to the sport. Furthermore, both groups advocate for LGU-sponsored local tournaments and festivals, which would not only promote the sport but also celebrate its cultural significance and attract new participants.

The importance of cultural preservation and awareness is a significant theme. Coaches and athletes desire LGU initiatives that go beyond mere sports promotion, including campaigns featuring Arnis Grandmasters, workshops led by master instructors, and the creation of interactive

exhibits. They emphasize the need to document and preserve various regional Arnis styles and to establish a standardized curriculum that respects its historical and cultural context. The idea of an "Arnis Day or Week" and promoting Arnis as a cultural art, not just a sport, further underscores their desire for a deeper integration of Arnis into the national identity. Finally, the role of LGUs in fostering partnerships, such as collaborating with the Department of Education and bridging the gap between traditional masters and school instruction, is seen as crucial for ensuring the accurate and respectful teaching of Arnis.

Conclusions

In line with the findings of the study, the following conclusions were drawn:

1. The Arnis community is a diverse group, mostly young to middle-aged adults, including both up-and-coming athletes and seasoned coaches. They represent a wide range of educational backgrounds, from current students to highly

ARAULLO UNIVERSITY

P H I N M A E D U C A T I O N N E T W O R K

GRADUATE SCHOOL

122

educated instructors, showing a deep commitment to both learning and teaching Arnis. With varying levels of experience, from beginners to veterans, the community strongly emphasizes formal Arnis instruction to ensure the sport continues to grow and thrive.

2. Engaging youth in Arnis needs a balanced approach. Young athletes aiming for goals and practical coaching, while coaches focus on passion and building character. Both need strong financial and practical support, like scholarships, good equipment, and easy access to training. For Arnis to thrive and pass on Filipino values, it must be promoting to school programs and program actively created that aims to preserve a Arnis cultural heritage.

3. Engaging in Arnis strengthens participants' Arnis national martial arts identity and understands it as a powerful symbol of Filipino heritage. Both coaches and athletes deeply connect with its techniques from different regions of the Philippines, recognizing them as a living embodiment of Filipino history, culture, and resilience. This active participation in passing down traditional

knowledge and self-defense skills ensures the continuous transmission of this unique aspect of Filipino heritage across generations.

4. Athletes and coaches frequently highlight LGU-funded scholarships and incentives to break down obstacles to participation, as well as improved gear and training facilities that support initiatives aimed at promoting Arnis culture. It strongly conclude that Arnis be incorporated into the physical education curriculum in order to preserve both the national sport and cultural values. Promoting Arnis and honoring its rich cultural heritage through Arnis Week and local competitions is essential to drawing in new fans. Its ongoing promotion and the genuine preservation of its varied regional styles depend on collaborations with staff members engaged in the enhancement of educational facilities and programs.

Reccommendations

1. To elevate Arnis as a national martial art, we should focus on engaging youth and optimizing the knowledge within the Arnis community. For teenagers aged 13-19, establishing more school and community Arnis leagues and festivals will foster healthy competition and teamwork. Additionally, mentorship programs connecting experienced coaches and student-teachers with younger high school players will build a strong foundation for the future of Arnis. To address the gender gap, particularly among female participants, it's crucial to showcase successful female Arnisadores through social media and events, ensuring all promotional efforts are gender-inclusive and highlight the benefits of Arnis for everyone.

To further develop Arnis, we must leverage the expertise of current practitioners. This involves utilizing highly educated instructors to create a standardized Arnis curriculum that incorporates its rich history and cultural significance. Regular training and seminars should be provided for coaches and PE teachers, while new students

ARAULLO UNIVERSITY

P H I N M A E D U C A T I O N N E T W O R K

GRADUATE SCHOOL

125

can benefit from mentorship with experienced practitioners. For seasoned Arnisadores, advanced training and masterclasses will help them refine their skills. Crucially, establishing Master Instructor Certification Programs and facilitating direct knowledge transfer from traditional masters to school instructors will ensure the authentic history and techniques of Arnis are preserved and accurately passed down through generations.

2. To foster dedicated and resilient Arnis athletes, programs should combine tangible rewards like financial incentives and medals with cultivating an intrinsic love for the game, emphasizing respect and integrity. Coaches are key in promoting a growth mindset, reframing failures as learning opportunities and building confidence to view setbacks as "stepping stones for improvement. Additionally, the learning experience should be comprehensive, blending practical skill development with an appreciation for Arnis's cultural, historical, and character-building aspects to ensure its continued preservation and promotion.

3. Reinforcing Arnis as a Cornerstone of Filipino Identity given that Arnis participation profoundly strengthens Filipino national martial arts identity and cultural appreciation among both athletes and coaches, this study recommends integrating Arnis more deeply into national cultural and educational frameworks. This would involve formalizing its role in school curricula, supporting community-based programs that highlight its cultural heritage, and leveraging the enthusiasm of current practitioners to ensure its continuous transmission across generations, thereby solidifying Arnis as a living embodiment of Filipino history, resilience, and identity.

4. Collaboration with educational institutions and Arnis federations, prioritize and expand the systematic integration of Arnis into youth development programs and school curricula. This should be supported by comprehensive resource allocation for training, equipment, and cultural preservation initiatives, ensuring the sustained

ARAULLO UNIVERSITY

P H I N M A E D U C A T I O N N E T W O R K

GRADUATE SCHOOL

127

transmission of Arnis's historical and cultural significance across generations and fostering its continued role as a powerful symbol of Filipino heritage.

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131

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132

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Appendix A

THE PRESERVATION AND PROMOTION OF PHILIPPINE CULTURE THROUGH ARNIS

Sample Questionnaire

Part I - Name: (optional) _____

Age: _____

Sex: _____ Male

_____ Female

Highest Educational Attainment:

_____ Undergraduate

_____ Baccalaureate Degree

_____ With MA Units

_____ MA Graduate

_____ With Doctoral Units

_____ PhD/EdD

Number of Trainings teaching Arnis: _____ years

Number of Years Involved in Playing Arnis: _____ years

PART II- Factors either promote or hinder the engagement of Filipino youth in Arnis Sports to reinforce/address in terms of:

1.What specific types of rewards offered to Arnis athletes would be most effective in motivating you and your peers to dedicate more time and effort to the sport?

2.Do you think this Reward would be most effective in fostering long-term engagement among Filipino youth like yourself?

3.Considering your experiences with failure in Arnis, how have these setbacks influenced your self-efficacy and confidence, leading you to doubt your ability to succeed or effectively guide others in Arnis, thus hindering your continued involvement?

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135

4.The journey of mastering Arnis techniques and strategies, how do these learning experiences empower you to advocate for the inclusion and recognition of Arnis as a significant sport within your community and among Filipino youth?

PART III- The Impact of Arnis sports participation on students' sense of national martial arts identity and their understanding of Arnis as a symbol of Filipino heritage.

1.When you participate in Arnis training and practice, how much more connected do you feel to the history and traditions of Filipino martial arts compared to before you started?

2.Think about the movements, techniques, and even the equipment used in Arnis. To what extent do you believe these elements represent a unique and significant part of Filipino culture and heritage in your mind?

3.Considering what you know about Arnis, how likely are you to share your knowledge or encourage others, especially those who are not Filipino, to learn about Arnis as a distinct and valuable aspect of Filipino heritage?

PART IV- Arnis Sports Program proposed to effectively preserve and promote the National Martial Arts.

1.What kind of awareness campaigns could the local government initiate to promote Arnis in your school and the wider community?

2.In what ways do you believe local government support could encourage more students in your school to learn Arnis?

3.What role do you see the local government playing in ensuring the cultural accuracy and respectful teaching of Arnis in schools?

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136

Appendix B

Sample Letters of Request for the Conduct of the Study

April 27, 2025

MARLOU ABELLERA
School Head Sports Coordinator
Palayan City National High School
Palayan City, Nueva Ecija

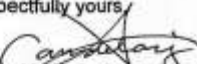
Sir:


This is to respectfully request permission to distribute questionnaires to the Faculty of selected public elementary schools in the District of Palayan City in relation to my thesis entitled: *Preservation and Promotion of Philippine Culture and Martial Arts Identity through Arnis*

The proposal has been approved and endorsed by the thesis committee of the Graduate School of PHINMA Araullo University Cabanatuan City as partial fulfillment of the requirements for the Master of Arts major in Guidance and Counseling.

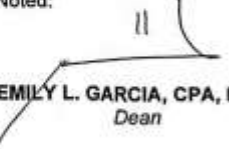
Thank you for your kind consideration to this request.

Respectfully yours,

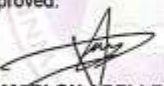

AIRA JADE A. CANDELARIA
Researcher



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Noted:


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Dean

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137

**PHINMA ARAULLO UNIVERSITY
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LANGUAGE EDITING CERTIFICATION**

This is to certify that the Manuscript of Mr./Ms. AIRA JADE A. CANDELARIA
with the title THE PRESERVATION AND PROMOTION OF PHILIPPINE CULTURE
THROUGH ARNIS

Has undergone Language editing and is certified free of any Language grammar error.

Name of Language Editor : John Eric G. Aguilar

Contact Number : 0916-757-6327

Signature : 

Date Received from the Writer : August 5, 2025

Date Returned to Dean's Office: _____ (5 days only)

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138



CERTIFICATE

To Whom It May Concern:

This is to certify that the manuscript of **CANDELARIA, AIRA JADE A.** has been checked using Google Classroom (Copy of the originality report attached) and adheres to the guidelines specified in the School of Graduate of Professional Studies Manual. As per checking, the similarity index is **12%** which PASSED the 15% threshold.


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139



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