



Republic of the Philippines
DEPARTMENT OF EDUCATION
NEGROS ISLAND REGION
SCHOOLS DIVISION OF NEGROS ORIENTAL
Capitol Area, Dumaguete City



March 3, 2016

DIVISION MEMORANDUM

No. 163 s. 2016

To: *District Supervisors/District In-Charge*
Elementary & Secondary School Heads

1. Herewith is **DepEd NIR Advisory No. 18, s. 2016**, announcing the **Pencak Silat Coaching and Officiating Seminar and 3rd Sultan's Cup Pencak Silat Tournament on April 6-10, 2016, to be conducted by Philsilat Sports Association, Inc.**
2. The field is hereby informed that attendance to this activity is **ON OFFICIAL TIME ONLY.**
3. Interested participants shall seek endorsement from the District Supervisor, before this office can issue a Travel Order.
4. For more details, see attached communication.
5. For the information, guidance and strict compliance of all concerned.


LELANIE T. CABRERA, CESE
Assistant Schools Division Superintendent
Officer In-Charge
03/03/16 



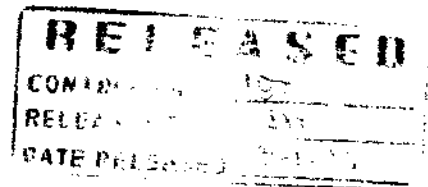
REPUBLIC OF THE PHILIPPINES
DEPARTMENT OF EDUCATION
NEGROS ISLAND REGION



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Advisory No. 18, s. 2016

February 26, 2016



**TO : Schools Division Superintendents
Hheads of Elementary and Secondary schools (Public and Private)**

The Phisilat Sports Association, Inc. will conduct the Pencak Silat Coaching and Officiating Seminar and 3rd Sultan's Cup Pencak Silat Tournament on April 6-10, 2016 at ABC Hall and at Kabankalan City Cultural Sports Center. The participants to this seminar are P. E. teachers, professors, instructors, sports directors/coordinators and martial arts practitioners.

There will be a registration fee of one thousand pesos only (Php1,000.00) per participant to cover seminar expenses without meal. Participants are requested to be in sports attire during the conduct of the seminar.

For details and further information, you may contact Mr. Robrien Elmer at mobile phone 09173201246 or at email Other details are specified in the attached communication.


GILBERT T. SADSAD
Director-III
Officer-in-charge



PHILSILAT SPORTS ASSOCIATION, INC.

Philsilat Central Gym, Rizal Memorial Sports Complex

Pablo Ocampo St. Marikina, Manila

Email Address: cekiram@yahoo.com

Tele/Fax No. 833/5491 SEC REG. NO. CN201413292

February 19, 2016

DR. GILBERT T. SADSAD, CESO V

Regional Director

Negros Island Region



Subject: **Pencak Silat Coaching and Officiating Seminar And
3rd Sultan's Cup Pencak Silat Tournament, Visayas Leg**

Dear Dr. Sadsad:

The Philsilat Sports Association will conduct the Pencak Silat Coaching and Officiating seminar and 3rd Sultan's Cup Pencak Silat Tournament on April 8-10, 2016 in ARC Hall and in Kabankalan City Cultural Sports Center. The seminar is for P.E. teachers, professors, instructors, sport directors/coordinators and martial art practitioners. The lessons learned as referee/jury in the seminar will be applied in the tournament to be participated by the Pencak Silat players in the high school (for the Junior category) and in college level for the (Senior category) in the different schools, Colleges and Universities in the Visayas Region. Our objective is to promote, propagate and develop the sport of Pencak Silat.

Pencak Silat is an artistic, traditional and cultural Malay martial art common in the Muslim Mindanao, Brunei, Indonesia, Malaysia, Singapore, and in Southern Thailand. This is one of the regular sport events in the Southeast Asian Games since 1984, Pencak Silat World Championship, Asian Indoor Martial Art Competition, Asian Beach Games and soon in the 2018 Asian Games. Locally, Pencak Silat is a regular event in the POC/PSC Philippine National Games (PNG), Batang Pinoy (a POC, PSC, DepEd and LGU grass root program), Women's Martial Art Festival, State Colleges and Universities Athletic Association (SCUAA) and now in the ARMM Regional Games.

The Philsilat Sports Association is the governing National Sport Association (NSA) in charge of the promotion, propagation and development of Pencak Silat sport in the Philippines. It is a regular member of the Philippine Olympic Committee (POC), recognized and supported by the Philippine Sports Commission (PSC) and accredited by the International Federation of Pencak Silat.

In line with this, may we request your recommendation and endorsement for participation in the seminar of the P.E. Teachers and Sport Directors in all the public and private secondary schools in the Negros Island Region. Registration fee is P1,000Php only per participants without meal to cover the seminar expenses. Participants are requested to be in their sports attire. Should you need further details on this matter you may contact Robrien Einar, Philsilat Regional Director, Visayas at 0917 320 1246 or email me at cekiram@yahoo.com.

Attached are the course outline and matrix of activities.

We thank you for your favorable consideration and immediate action on this matter.

Sincerely yours,

Cesia H. Kiram
Cesia H. Kiram, DBA, CESO IV
President



Pencak Silat Coaching and Officiating Seminar Workshop

NORPSA

Course Outline

Skills Training (Physical Conditioning)

By: Alexis Marlene Patarayano Badoyvarona

- i. Athlete Assessment
 - a. Rolling Patterns
 - b. Squatting
 - c. Rotation
- ii. Dynamic Movement (1 to 20 m distance)
 - a. All walk
 - b. Lateral walk
 - c. Shuffling walk
 - d. All Skip
 - e. Power skip
 - f. Side shuffle
 - g. Canoe (1 & 2)
 - h. Standing horizontal leg front out
 - i. Standing lateral leg back out w/ hand stretch upward
 - j. Lunges (1,2)
 - k. Lunges & twisting (1,2 & 3)
 - l. Moving deep ankle
 - m. Mountain climbing
 - n. Pushup Head to knee
 - o. Single back leg balance
 - p. Single lateral leg balance
 - q. Front leg stretch
 - r. In side leg stretch
 - s. Out side leg stretch
 - t. Side leg stretch
 - u. Back leg stretch
- iii. Body Conditioning
 - a. Upper Extremities
 1. Pushup
 2. Diving pushup
 3. Chair/Star deep
 4. Floor bridge (glute activation)
 5. Quadruped (lower back)
 6. Front Pillar (abdominals)
 7. Side Pillar (side abdominals)
 8. Trunklines (front & side)

9. Superman
10. Thumbs up
- b. Lower Extremities
 1. Front lunge
 2. Side lunge
 3. Back lunge
 4. Scissor lunge/lunge
 5. Squatting
- iv. Static Exercises
 1. Butterfly Push down
 2. Butterfly head to toe
 3. Setting front leg stretch
 4. Setting side leg stretch
 5. Open legs head to knee L & R
 6. Open legs front stretch
 7. Setting knee hug L & R
 8. Back stretch
 9. Full stretch on the wall
 10. Partner massage

Skills Training (Basic Forms)

Bv. Lina Baldevaron & Alexis Martin Q. Patano

- i. Step Patterns (Pola Langkah)
- ii. Sikap Pasang Jajan

Skills Training (Techniques)

9c. Robrien P. Binar

& Lina Baldevaron

- i. Basic Blockings
- ii. Basic Hands Strikes
- iii. Basic Leg Strikes
- iv. Basic Kicking
- v. Basic Swiping
- vi. Basic Catching

TRAINING MATRIX

Time	Day 1	Day 2	Day 3	Day 4	Day 5
8:00 -9:30	Registration Host	Rules of the Tanding Event by Prof. LinoBaldevarona	Basic Conditioning Activities Prof. Lino& Coach Alex	Tanding Drills By Prof. Lino& Coach Alex	Finale activities
		9:30-9:45	Snack	and	Break
9:30 – 11:45	Opening Program Host	Rules of Seni Event By Coach Alexis Martin Patano	Basic Conditioning Activities Prof. Lino& Coach Alex	Tanding Drills By Prof. Lino& Coach Alex	Evaluation