

COURSE OUTLINE

OXNARD COLLEGE

- I. Course Identification and Justification:
- A. Proposed course id: PE R134A
Banner title: Escrima/Filipino Martial Arts
Full title: Escrima/Filipino Martial Arts

Previous course id: PE R134A
Banner title: Escrima/Filipino Martial Arts
Full title: Escrima/Filipino Martial Arts
 - B. Reason(s) course is offered:
To meet and respond to student demands and community interest, and to expand the curriculum of the physical education program
 - C. Reason(s) for current outline revision:
Five year update
 - D. C-ID:
 - 1. C-ID Descriptor:
 - 2. C-ID Status:
 - E. Co-listed as:
Current: None
Previous:
- II. Catalog Information:
- A. Units:
Current: 1.00
Previous: 1.00
 - B. Course Hours:
 - 1. In-Class Contact Hours:
Lecture: 0 Activity: 0 Lab: 52.5
 - 2. Total In-Class Contact Hours: 52.5
 - 3. Total Outside-of-Class Hours: 0
 - 4. Total Student Learning Hours: 52.5
 - C. Prerequisites, Corequisites, Advisories, and Limitations on Enrollment:
 - 1. Prerequisites
Current:
Previous:
 - 2. Corequisites
Current:
Previous:

3. Advisories:

Current:

Previous:

4. Limitations on Enrollment:

Current:

Previous:

D. Catalog description:

Current:

Escrima is an ancient martial art system which evolved in the Philippines around the 9th century during the T'ang dynasty. It was outlawed during the Spanish conquest in the 16th century, yet preserved by the Filipinos who hid the art in dance. Escrima employs empty-hand techniques as well as traditional weapons. The course will focus on the artistic aspect of the art as well as its application in contemporary self-defense situations.

Previous, if different:

Escrima is an ancient martial art system which evolved in the Philippines around the 9th century during the T'ang dynasty. It was outlawed during the Spanish conquest in the 16th century, yet preserved by the Filipinos who hid the art in dance. Today, Escrima continues to be the most popular martial arts in the Philippines. Escrima employs empty-hand techniques as well as traditional weapons such as rattan sticks, swords and daggers. The course will focus on the artistic aspect of the art as well as its application in contemporary self-defense situations.

E. Fees:

Current: \$ None

Previous, if different: \$

F. Field trips:

Current:

Will be required: []

May be required: []

Will not be required: [X]

Previous, if different:

Will be required: []

May be required: []

Will not be required: []

G. Repeatability:

Current:

A - Not designed as repeatable

Previous:

1 -

H. Credit basis:

Current:

Letter Graded Only []

Pass/No Pass []

Student Option [X]

Previous, if different:

Letter Graded Only []

Pass/No Pass []
Student Option []

- I. Credit by exam:
Current:
Petitions may be granted: []
Petitions will not be granted: [X]

Previous, if different:
Petitions may be granted: []
Petitions will not be granted: []

III. Course Objectives:

Upon successful completion of this course, the student should be able to:

- A. Demonstrate an increase in left/right hand coordination
- B. Demonstrate knowledge of safety rules and etiquette while training with traditional weapons
- C. Apply basic locks with the rattan stick
- D. Explain the history escrima
- E. Explain the concept of "judicious use of lethal force."
- F. Demonstrate proper warm up exercises utilizing the rattan stick.
- G. Defend against an armed attacker
- H. Execute basic disarming techniques

IV. Student Learning Outcomes:

- A. Demonstrate five basic angles of attack and how to defend against them empty handed and with a single stick.
- B. Demonstrate three six-count patterns with double sticks: heaven, standard and earth.
- C. Articulate the judicious use of lethal force along with the civil implications.

V. Course Content:

Topics to be covered include, but are not limited to:

- A. History of Escrima
 - 1. Impact of the Sri Vishaya on the development of the Filipino culture during the 5th century
 - 2. Impact of Chinese immigration to the Philippines during the 12th century
 - 3. Impact of Arab occupation during the 15th century—creation of the Madjapahit empire
 - 4. Impact of the Spanish conquest during the 16th century on the Filipino culture and its martial arts
- B. Psychology of self defense
 - 1. Fight or flight
 - 2. Finding an anchor
 - 3. Fear management
- C. Mental principles
 - 1. Pre-assault assessment
 - 2. Assault assessment
 - 3. Post assault assessment
 - 4. Judicious use of lethal force
 - 5. Force continuum
 - 6. Escalation of force

7. Legal and civil aspects of self-defense
8. Disparity of force
- D. Tactical principles
 1. The elements of power
 2. Breaking the vertical plane
 3. Controlling the center line
 4. The "live" hand
 5. Weapon retention
 6. Disarming
 7. Locks
 8. Take down and control
 9. "Defanging" the snake
- E. Preparation for training with sticks
 1. Stretching techniques
 2. Calisthenics
 3. Conditioning exercises
 4. Coordination drills with rattan sticks
- F. Footwork
 1. Ascending triangle
 2. Descending triangle
 3. Diamond diagram
 4. Pendulum shuffle
 5. Step and slide
- G. Tactical positioning
 1. Stance
 2. Footwork
 3. Zoning
- H. Angles of attack
 1. Angle 1: Diagonal strike to right side of neck
 2. Angle 2: Diagonal strike to left side of neck
 3. Angle 3: Horizontal strike to right side of the midsection
 4. Angle 4: Horizontal backhand strike to left side of midsection
 5. Angle 5: Thrust to the abdominal region
- I. Striking effectively
 1. Grip
 2. Stance
 3. Foot positioning
 4. Elements of power
 5. Correct tool application
 6. Striking to nerve points
- J. Ranges
 1. Long
 2. Intermediate
 3. Close quarter
 4. Grappling
- K. Defenses against the stick
 1. Inside deflection
 2. Outside deflection
 3. Umbrella block
 4. Roof block
 5. Low wing
 6. High wing
 7. Inside block
 8. Outside block
- L. Disarms
 1. Snakes

2. Vines
 3. Quick releases
 4. Strips
 5. Locks
- M. Locks
1. Arm bar
 2. Figure 4
 3. Hammer locks
- N. Target identification:
1. Brachial plexus origin
 2. Jugular notch
 3. Clavicle bone
 4. Brachial plexus tie-in
 5. Radial nerve
 6. Triceps tendon
 7. Common peroneal nerve
 8. Inner thigh
 9. Groin
- O. Tool identification
1. Head
 2. Palm heel
 3. Elbow
 4. Knees
 5. Shin
 6. Feet
- P. Sinawali: Double stick drills
1. Left/right side of the body coordination
 2. Conditioning
 3. Angles
 4. Speed
 5. Accuracy
- Q. Improvised weapons against impact or edged weapons
1. Home implements
 2. Environmental objects

VI. Lab Content:

- A. History of Escrima
1. Impact of the Sri Vishaya on the development of the Filipino culture during the 5th century
 2. Impact of Chinese immigration to the Philippines during the 12th century
 3. Impact of Arab occupation during the 15th century—creation of the Majapahit empire
 4. Impact of the Spanish conquest during the 16th century on the Filipino culture and its martial arts
- B. Psychology of self defense
1. Fight or flight
 2. Finding an anchor
 3. Fear management
- C. Mental principles
1. Pre-assault assessment
 2. Assault assessment
 3. Post assault assessment
 4. Judicious use of lethal force

5. Force continuum
 6. Escalation of force
 7. Legal and civil aspects of self-defense
 8. Disparity of force
- D. Tactical principles
1. The elements of power
 2. Breaking the vertical plane
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 2. Angle 2: Diagonal strike to left side of neck
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- J. Ranges
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 6. High wing
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- L. Disarms

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1. Home implements
 2. Environmental objects

VII. Methods of Instruction:

Methods may include, but are not limited to:

- A. Physical demonstration of exercises and drills by the instructor for eventual emulation by student
- B. The instructor will give group and individual feedback necessary to help student develop the ability to defend against a variety of attacks

VIII. Methods of Evaluation and Assignments:

- A. Methods of evaluation for degree-applicable courses:
 Essays []
 Problem-Solving Assignments (Examples: Math-like problems, diagnosis & repair) []
 Physical Skills Demonstrations (Examples: Performing arts, equipment operation) [X]

For any course, if "Essays" above is not checked, explain why.

1. This is a physical activity course with evaluation that will be primarily based on physical demonstration of achievement of learning objectives based on a three (3) point rubric.
- B. Typical graded assignments (methods of evaluation):
This is a physical activity course with evaluation that will be primarily based on physical demonstration of achievement of learning objectives based on a three (3) point rubric.
1. Students will be required to demonstrate basic single stick counters, disarms, locks, take down and control tactics
 2. Students will be required to demonstrate double stick combinations
 3. Students will be required to demonstrate basic empty hand techniques
 4. Students will be required to demonstrate basic footwork
- C. Typical outside of classroom assignments:
1. Reading
 - a. Physical activity lab course, not applicable
 2. Writing
 - a. Physical activity lab course with no lecture component, not applicable
 3. Other
 - a. Practice drills learned in class
- IX. Textbooks and Instructional Materials:
- A. Textbooks/Resources:
 - B. Other instructional materials:
- X. Minimum Qualifications and Additional Certifications:
- A. Minimum qualifications:
 1. Martial Arts/Self-Defense
 - B. Additional certifications:
 1. Description of certification requirement:
 2. Name of statute, regulation, or licensing/certification organization requiring this certification:
- XI. Approval Dates
Curriculum Committee Approval Date: 11/08/2017
Board of Trustees Approval Date: 11/08/2017
State Approval Date:
Catalog Start Date: Fall 2018
- XII. Distance Learning Appendix
- A. Methods of Instruction
Methods may include, but are not limited to:
 1. This is not a DE course.
 - B. Information Transfer
Methods may include, but are not limited to:
 1. Other

