



Republic of the Philippines
Region VII, Central Visayas
SCHOOLS DIVISION OF NEGROS ORIENTAL
www.depednegor.net

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October 14, 2014

MEMORANDUM

TO : Education Program Supervisors/Coordinators
District Supervisors/In-Charge
School Heads, Elementary and Secondary

Please be informed that PhilSilat Sports Association Inc., Negros Oriental Chapter is inviting MAPEH teachers in every district to attend the Five-Day Live-in Coaching and Officiating Seminar Workshop on PencaK Silat Sport on October 18-22, 2014 in the basement of Governor Mariana Perdices Memorial Coliseum Convention Center, Dumaguete City.

District Supervisors/In-charge are requested to send five (5) participants for their district.


DepED participants shall attend this workshop on October 18-19 only.

For details, please refer to the attached communication.

Wide dissemination of this Memorandum is desired.

GOD BLESS!

For the Schools Division Superintendent:


LIDA P. SARMIENTO
Administrative Officer V
Office In-Charge

STJ/LPS/bing

"EFA 2015: Karapatan ng Lahat, Pananagutan ng Lahat"

14 OCT 2014



PhilSilat Sports Association Inc.
Region VII, Central Visayas
Negros Oriental Chapter
Main Office: Zamboanguita, Negros Oriental
Contact Number: 09173201246

October 11, 2014

Dr. SALUSTIANO T. JIMENEZ LI.B.
Schools Division Superintendent
Division of Negros Oriental
Dumaguete City, Philippines

Sir:

Greetings!

In line with the proposed **Five-Day Live-in Coaching and Officiating Seminar Workshop on Pencak Silat Sport**, this coming Saturday-Wednesday, October 18-22, 2014, we would like to appeal that the DepEd participants will only be until Sunday, October 19, 2014. On this note they will still receive the certificate as Coach in Pencak Silat.

We will be looking forward to your very considerable action. Thank you very much.

God bless and all the best!

Truly yours,

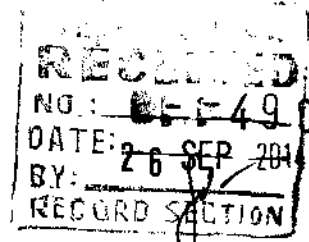

ROBRIEN F. ELNAR
PhilSilat, Representative



PhilSilat Sports Association Inc.
Region VII, Central Visayas
Negros Oriental Chapter
Main Office: Zamboanguita, Negros Oriental
Contact Number: 09173201246

September 22, 2014

SALUSTIANO T. JIMENEZ U.B.
Schools Division Superintendent
Division of Negros Oriental
Dumaguete City, Philippines



Sir:

Greetings!

The Provincial Government through the Negros Oriental Sports Development Program (NOSDEP) Office of the Governor in partnership with the Negros Oriental Sports Confederation NorSports composed of 20 active local sports club will culminate the Governor's Sports Festival sporting event series, this coming October, 2014's Buglasan Festival Celebration.

In this line, the PhilSilat Sports Association Inc. Negros Oriental Chapter invites you to send **five MAPEH public school teachers in every district** in your division **both elementary and secondary** aging 21-45 years old and are physically fit for the **Five-Day Live-in Coaching and Officiating Seminar Workshop on Pencak Silat Sport** this coming Saturday-Wednesday, October 18-22, 2014 in the basement of Gov. Mariano Perdicés Memorial Coliseum Convention Center, Dumaguete City.

We guarantee to share the newest and latest Sports Science Fitness and Physical Conditioning Routine applicable to all sports.

The registration fee is 200Php only per participant without free meals. To those participants who are far from the heart of Dumaguete City, we provide free billeting quarters just bring personal sleeping paraphernalia.

Attached are the course outline and matrix of activities.


We will be looking forward to your very considerable action. Thank you very much.

God bless and all the best!

Truly yours,


ROBRIEN P. ELNAR
PhilSilat, Representative

Noted by:


PAULTOM Y. PARAS
Sports Development Officer
NOSDEP Coordinator

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PencakSilat Coaching and Officiating Seminar Workshop

Negros Oriental

October 18-22, 2014

Course Outline

Skills Training (Physical Conditioning)

By: Alexius Marline Patano/LinoBaldevarona

- I. Athlete Assessment**
 - a. Rolling Patterns**
 - b. Squatting**
 - c. Rotation**
- II. Dynamic Movement (15-20 m distance)**
 - a. A" walk**
 - b. Lateral walk**
 - c. Knee hug walk**
 - d. A" Skip**
 - e. Power skip**
 - f. Side shuffle**
 - g. Carioca (1 & 2)**
 - h. Standing horizontal leg front pull**
 - i. Standing lateral leg back pull 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 out leg stretch**
 - s. Out in leg stretch**
 - t. Side leg stretch**
 - u. Back leg stretch**
- III. Body Conditioning**
 - a. Upper Extremities**
 - 1. Pushup**
 - 2. Diving pushup**
 - 3. Chair/Stair deep**
 - 4. Floor bridge (glute activation)**
 - 5. Quadrupe (lower back)**

6. Front Pillar (abdominals)
7. Side Pillar (Side abdominals)
8. Crunches (front & side)
9. Superman
10. Thumbs up
- b. Lower Extremities
 1. Front Lunge
 2. Side lunge
 3. Back lunge
 4. Scissor jump 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. 1 stretch on the world
10. Partner massage

Skills Training (Basic Forms)

By: Lino Baldevaron & Alexius Martin Q. Patano

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

Skills Training (Techniques)

By: Robrien P. Einar

& Lino Baldevarona

- i. Basic Blackings
- ii. Basic Hands Strikes
- iii. Basic Leg Strikes
- IV. Basic Falling
- V. Basic Swiping
- VI. Basic Catching

Province-Wide Seminar Workshop
Negros Oriental
 October 18-22, 2014

TIME	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
4:30 AM		Wake up Call	Wake up Call	Wake up Call	Wake up Call
5:00-6:00AM		Morning Exercises	Morning Exercises	Morning Exercises	Morning Exercises
6:00-7:00AM	Preparation	Breakfast	Breakfast	Breakfast	Breakfast
7:30-8:30AM	Registration	Tanding Lecture	Practical Exam	Tournament	Tournament
9:00-10:00AM	Opening Program		Break Time		
10:00-10:30AM			Break Time		
10:30-12:00AM		Tanding demonstration	Practical Exam		
12:00-1:00PM	Lunch	Lunch	Lunch	Lunch	Lunch
1:00-3:00PM	Athlete Assessment	Tanding Dfficiating Drills	Wrapping up of the day activity	Tournament	
3:00-3:30PM	Snacks	Break Time	Break Time		Break Time
3:30-5:30PM	Dynamic Movement	PencakSilat Game Management Lecture and Practicum	Written Exam		Closing Program
5:30-6:00PM	Body Conditioning	Wrapping up of the day activity	Wrapping up of the day activity		Home Sweet Home
6:30-7:00PM	Static Exercises	Dinner			Dinner

Methods of delivery:

- Lecture
- Demonstration and participation
- Mind mapping
- Practical Examination
- Written Examination

Resource Persons:

- Dr. Celia H. Kiram (President)
- DatuAbdelnasirKiram (International Referee/Jury, Head Coach Nat'l Team)
- Alexius Patano (Persilat Referee/Judge, Coach National Team)
- LinoBaldevarona (Persilat Referee/Judge, Vice Pres. Phil. PencakSilatAsso. for Visayas)
- RobrienElnar (National Referee/Jury, regional Director)

Equipment and Supplies:

- 2 sets of PencakSilat Tournament Equipments
- Hand outs
- Training Kit
- LCD projector
- Laptop computers
- Other audio visual equipment
- 100 pieces rubber mats


 Prepared by: ROBRIEN P. ELNAR