

THE APPLICATION OF TEN GUIDING PRINCIPLES AND INSTRUCTIONAL STRATEGIES OF MARTIAL ARTS: ITS EFFECT IN TEACHING SELF-DEFENSE TACTICS AND PHYSICAL EDUCATION

MANUEL B. CABUG, PH. D.

Masbate Colleges
Graduate Studies and Research
Rosero St., Masbate City

ABSTRACT

The study sought to evaluate the application of the guiding principles and instructional strategies of martial arts on its effect in teaching Self-Defense Tactics and Physical Education of the College of Criminology of Masbate Colleges for the school year 2017-2018. The study targeted the students of Self-Defense Tactics and Physical Education. There were (90) students who were trained in learning martial arts defense techniques for almost two-semester 2017-2018. In the year 2017, there was an advised from the Commission on Higher Education (CHED) that students enrolled in the College of Criminology their Physical Education should be at the same time their Self-Defense Tactics, meaning the two subjects are integrated into one subject and the students will be learning the Self-Defense Tactics and Physical Education in one schedule and one session a week. In this study, there were three martial arts defense techniques used in teaching Self-Defense Tactics and Physical Education, which were the Karate Defense Techniques, Taekwondo Defense Techniques, and Arnis de Mano Defense Techniques. Karate is a Japanese martial arts and while Taekwondo Defense Techniques is a Korean martial arts and Arnis de Mano is a Filipino martial art. This study conceptualized ten guiding principles in motivating students on how to be interested in learning by focusing their attention on the subject matter. While the other ten instructional strategies of martial arts is intended in improving the skill of the students in defense tactics demonstrated by the instructor and the student emulates the execution of the movements and must master it during the class session. These instructional strategies are composed of combative techniques which are the Karate defense and counter-attack techniques, Tae Kwon Do blocking, punching and kicking techniques and twelve striking and blocking techniques of Arnis de Mano. Thus, enhanced the learning habits of the students through the application of the guiding principles and improved their skill in defense tactics through the application of instructional strategies of martial arts, hence the presentation of their martial art in the field demonstrations during sports fest and foundation day anniversary in the school were well done.

Keywords- martial arts, defense techniques, guiding principles, instructional strategies, and students of Self-Defense Tactic/Physical Education of College of Criminology of Masbate Colleges, Masbate City, Masbate, Philippines.