

THE IMPORTANCE OF TEACHING ARNIS TO GENERATION Z LEARNERS

by:

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Arnis, also known as Kali or Eskrima, is a Filipino martial art that utilizes sticks, blades, and empty hands. It is a versatile and practical fighting system that has been used by Filipinos for self-defense for centuries. With the rise of Generation Z learners, teaching Arnis has become more important than ever. Below is the importance of teaching Arnis to Generation Z learners and how it can benefit them in their personal and professional lives.

PHYSICAL FITNESS

Arnis is a great way to promote physical fitness and healthy lifestyles. In today's world, where sedentary lifestyles and unhealthy habits are on the rise, introducing Arnis to Generation Z learners can help them develop good habits that promote physical activity and exercise. Arnis involves a lot of movement and coordination, which can help learners develop their strength, agility, and endurance. According to Ferrer et al. (2018), found that Arnis training can improve cardiovascular fitness, muscular endurance, and body composition in young adults. The authors concluded that Arnis can be an effective alternative to traditional physical activities for promoting physical fitness and health. Additionally, regular practice of Arnis can help learners maintain a healthy weight, reduce the risk of chronic diseases, and improve their overall physical and mental health.

LIFE SKILLS

Arnis teaches essential life skills that are valuable today. As an art that emphasizes self-defense, Arnis helps learners develop a sense of confidence, discipline, and responsibility. It teaches them to be aware of their surroundings, how to assess and react to potential threats, and how to protect themselves and others in dangerous situations. These skills can be applied not only in physical self-defense situations but also in everyday life, such as dealing with bullies, navigating conflicts, and making responsible decisions.

CULTURAL AWARENESS AND APPRECIATION

Arnis promotes cultural awareness and appreciation. 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. They can also learn about the values, beliefs, and traditions that underpin Filipino society, such as respect for elders, community solidarity, and Bayanihan (the spirit of communal unity and cooperation). This can help learners develop a sense of pride and connection to their culture and contribute to promoting cultural diversity and inclusion. Chua et al. (2020), found that Arnis training can promote cultural awareness and appreciation among young people in Singapore. The authors suggest that Arnis can help learners develop a deeper understanding of Filipino culture and identity and contribute to promoting cultural diversity and inclusion in multicultural societies.

PERSONAL GROWTH AND DEVELOPMENT

Arnis provides opportunities for personal growth and development. As a martial art, Arnis requires learners to constantly challenge themselves and strive for improvement. It teaches them to set goals, work hard, and persevere in the face of challenges. Additionally, Arnis fosters a sense of camaraderie and social connection among learners, which can help them develop meaningful relationships and support networks. These experiences can help learners develop self-esteem, resilience, and a sense of purpose, which are important for personal growth and well-being.

PROFESSIONAL LIVES

Arnis can benefit Generation Z learners in their professional lives. The skills and values that learners develop through Arnis can be applied in various settings, such as the workplace, school, and community. For instance, the discipline and focus required in Arnis can help learners develop good study habits and excel academically. The teamwork and communication skills developed in Arnis can help learners collaborate effectively with others and contribute to group projects. Additionally, the confidence and leadership skills developed in Arnis can help learners excel in their careers and take on leadership roles in their communities.

Teaching Arnis to Generation Z learners is important for promoting physical fitness, life skills, cultural awareness, personal growth, and professional development. Arnis is a practical and versatile martial art that can benefit learners in various aspects of their lives. By introducing Arnis to Generation Z learners, we can help them develop the skills and values they need to succeed today and contribute to building a better future for themselves and their communities.

References:

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