

START THEM YOUNG: A SPORTS CLINIC EXPERIENCE

by:

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In today's fast-paced world, physical fitness and self-defense skills are invaluable assets for students. Recognizing this need, Bagac National High School-Parang recently organized an Arnis Sports Clinic aimed at equipping students with essential techniques and knowledge in the Filipino martial art. Held over two (2) days, the clinic witnessed participation from students across all age groups.

Arnis, also known as Eskrima or Kali, is a Filipino martial art that enhances physical, mental, and emotional well-being. It improves agility, strength, coordination, and self-defense skills. Mastering Arnis techniques fosters discipline and focus, which can be applied to academics and personal goals. The clinic promotes teamwork and sportsmanship through partner drills and sparring sessions. On the other hand, Arnis provides students with a comprehensive approach to enhancing their overall well-being.

Moreover, the Arnis Sports Clinic provided a variety of activities for students of varying skill levels. Beginners learned basic Arnis movements, while experienced participants learned intricate techniques and sparring strategies. Guest instructors shared their expertise, inspiring students with their passion for the art. The clinic concluded with exciting exhibition matches, where students competed in friendly matches to showcase their newly acquired skills.

The Arnis Sports Clinic was not just about mastering a martial art; it was about empowering students to become confident, disciplined, and physically fit individuals. Participants left the clinic with a sense of accomplishment and self-assurance, which will

serve them well in all aspects of life. Bagac National High School-Parang plans to continue promoting holistic development through sports and physical activities.

References:

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