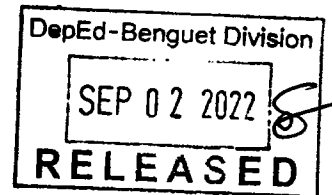




Republic of the Philippines  
Department of Education  
Cordillera Administrative Region  
**Schools Division of Benguet**



September 2, 2022

**DIVISION MEMORANDUM**  
NUMBER 274 S. 2022

**TO: SGOD AND CID CHIEFS  
PUBLIC SCHOOLS DISTRICT SUPERVISORS/COORDINATING PRINCIPALS  
PUBLIC SECONDARY SCHOOL HEADS  
DISTRICT AND SECONDARY SCHOOL SPORTS COORDINATORS  
ALL OTHERS CONCERNED**

**WUSHU – SANDA TRAINING FOR BENGUET SECONDARY COACHES**

1. The Benguet Division Wushu Club is sponsoring the conduct of a training in Wushu – Sanda to the technical officials and coaches of the secondary schools in the Division of Benguet on September 3, 10, 17, 24 & 25, 2022 at the Fit Works Gym/ Dojo Kaizen, Baguio City.
2. Participants to this training are the active members of the Benguet Wushu Club who had been organizing and training teams that have entries to the previous Provincial Sports Meet competitions (see list of participants).
3. Participants are required to bring along with them proper training/playing attires for the whole duration of the training. The opening Program is at 8:00 AM of September 3, 2022, at the above-mentioned venue.
4. Meals and snacks shall be borne by each participant, while actual round-trip fare can be charged to local funds subject to the usual accounting rules and regulations.
5. Travel Orders of trainers and participants must emanate from the school signed by their respective school heads.
6. Service Credits (SC) and or Compensatory Overtime Credits (COC) shall be given to the participants on the actual participation attendance.
7. Certificates of participation and recognition shall be given to the participants and speakers respectively care of the organizing committee.
8. For immediate information and guidance.

**GLORIA B. BUYA-AO**  
Schools Division Superintendent

cbl



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**TRAINING MATRIX**

**WUSHU-SANDA TRAINING FOR BENGUET SECONDARY COACHES**

<b>Day 1 September 3, 2022</b>	
8:30 - 10:00	a) Opening Prayer ..... Shyla Caweng b) Nationalistic Songs ..... AVP c) Welcome Remarks ..... Daniel Parantac d) Introduction of the Participants and trainers ... Minrod Balacay e) Statement of Purpose ..... Rhea Mae Parayao f) Message ..... Jake Massagan g) Orientation o the 5-Day activities. .... Bryan Olod
H e a l t h B r e a k	
10:00 – 12:00	Basic Wushu – Sanda Striking Skills ..... Minrod Balacay Bryan Olod
12:01 – 1:00	L u n c h B r e a k
1:00 – 5:00	Continuation of the Basic Wushu-Sanda Striking Skills. ....
<b>Day 2 September 10, 2022</b>	
8:00 – 8:30	MOL ..... Assigned Group
8:31 – 12:00	Basic Wushu-Sanda Wrestling Skills ..... Daniel Parantac Jake Massagan
12:01 – 1:00	L u n c h B r e a k
1:01 – 3:00	Continuation of Basic Wushu-Sanda Wrestling Skills. ....
3:01 – 5:00	Technical Rules ..... Rhea Mae Parayao
<b>Day 3 September 17, 2022</b>	
8:00 – 8:30	MOL ..... Assigned Group
8:31 – 12:00	Continuation of technical Rules ..... Rhea Mae Parayao
12:01 – 1:00	L u n c h B r e a k
1:01 – 5:00	Workshop Demo, Striking Skills and Wrestling Skills. ... Minrod Balacay Bryan Olod Jake Massagan Daniel Parantac
<b>Day 4 September 24, 2022</b>	
8:00 – 8:30	MOL ..... Assigned Group
8:31 – 12:00	Workshop Demo – Application of Rules, Scoring System. . Rhea Mae Parayao Minrod Balacay Bryan Olod Daniel Parantac Jake Massagan
12:01 – 1:00	L u n c h B r e a k
1:01 – 3:00	Review of Topic learned since Day 1 ..... Rhea Mae Parayao Minrod Balacay
3:01 – 5:00	Written Exam ..... Rhea Mae Parayao Minrod Balacay Bryan Olod
<b>Day 5 September 25, 2022</b>	
8:00 – 8:30	MOL, Reminders ..... Assigned Group
8:31 – 12:00	Announcement of Scores and Review of difficult items not answered correctly. Re Demo of Skills and application of rules and scoring system . . Participants Supervised by all the trainers above
12:01 – 1:00	L u n c h B r e a k
1:01 – 3:00	Continuation of re demo skills and application of rule and scoring system ..... Participants Supervised by all the trainers above
3:01 – 4:00	Closing Program (Closing Program to be prepared)