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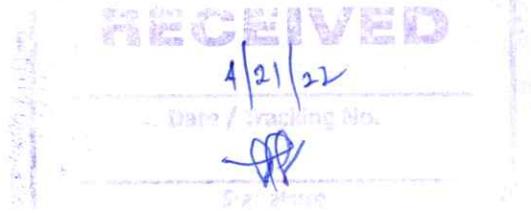
PALARONG PAMBANSA SECRETARIAT

Department of Education
Philippines Sports Commission
Department of Interior and Local Government



MEMORANDUM

**TO: REGIONAL DIRECTORS
REGIONAL SPORTS OFFICERS
SCHOOL DIVISIONS SUPERINTENDENTS
HEADS, PUBLIC ELEMENTARY AND SECONDARY SCHOOLS
MINISTERS, BASIC, HIGHER, AND TECHNICAL EDUCATION,
BARMM**



FROM: JOEL S. ERESTAIN, CSEE
Director III
Palarong Pambansa Secretariat



DATE: April 18, 2022

**SUBJECT: NATIONAL REFRESHER COURSE FOR DEPED WUSHU
COACHES**

1. All concerned is hereby informed, that the Department of Education (DepEd), through Palarong Pambansa Secretariat will conduct a **Three-day National Refresher Course for DepEd Wushu Coaches** on **April 25, 26, and 27, 2022** via Microsoft Teams.
2. The refresher course aims, to update and upgrade the knowledge and skills of our coaches in DepEd Wushu on the rules and guidelines of the Wushu international and DepEd rules, and to prepare officials and coaches for competition or tournament
3. Participants to this training are the **one** (1) coaches per Region and **one** (1) coaches in every division recommended by the Regional Sports Officers (RSOs) and the member of the Technical Working Group (TWG). List of participants can be submitted to Palarong Pambansa Secretariat via email at palarong.pambansa@deped.gov.ph.
4. Attached herewith is the copy of Training Matrix, member of the Technical Working Group (TWG), and the expected list of participants.

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5. For more information, inquiries, and clarifications, please contact Ms. Dani Kei Basilio, Wushu Sports Manager through email danikei.basilio@deped.gov.ph and contact no. 09308749007.

6. Immediate dissemination of this Memorandum is encouraged.

Enclosure 1:

3-day National Refresher Course for DepEd Wushu Coaching

April 25-27, 2022
Via Zoom Meeting

TRAINING MATRIX

National Wushu Coaching Course			
Training Matrix			
Date/Time	Day 1	Day 2	Day 3
Morning Session	Opening Program 8:30 to 9:30	MOL Nationalistic Song Prayer Energizer Recap 8:00 to 8:30	MOL Nationalistic Song Prayer Energizer Recap 8:00 to 8:30
	Sports Nutrition, Diet, Weight Cutting and Gaining Osias Cartagena 9:30 to 11:00	Wushu General Rules Competition Officials & Duties Permitted & Prohibited Methods, Scoring Standards & Penalties Mark Regan Decir 8:30 to 11:00	Wushu Ground Rules IATF Protocol for Sports Competition Romelyn Dalmacia 8:30 to 11:00
Afternoon Session	Sports Medicine Arjay Guzman 1:00 to 2:30	Calls & Hand Gestures of Platform Referee and Side Line Judges Christopher Lensig 1:00 - 3:00	Written Evaluation Video Training Submission Identifying Calls and Gestures 1:00 - 3:00
	Mental Health in Sports Roderick Gambong 2:30 to 5:00	Competition Area & Equipment Competition Arrangement & Recording Wushu Basic Training Dan Kei Basila 1:00 - 5:00	Closing Program 3:30 - 5:00

Enclosure 2:

LIST OF PARTICIPANTS

A. One (1) Coaches per region

B. One (1) Coaches in every divisions recommended by the Regional Sports Officers (RSOs)

C. Technical Working Group

1. Ma. Lerma Mangalindan
2. Robin David Perez
3. Nerisse Nicole Torres
4. Roderico Cayanan
5. Imelda Abarca
6. Adrian Almoneda
7. Osias Cartagena, Jr.
8. Reynaldo Noquera
9. Jenie Turda
10. Balsonn Cabato