

# Caraga Bags Bronze in Arnis Competition, Edging Out NCR in Intense Anyo Showdown

Glaiza A. Lloren

**C**aptivating the audience with their intricate and flawlessly executed Arnis routines at the Palarong Pambansa 2023, Airielle Ashley C. Lape and Daryl A. Arnopia of Caraga Arnis Team secured victory in the Mixed Double Category - Elementary Level during the Anyo Competition.

Their performance was a mesmerizing display of the traditional Filipino martial art, featuring a seamless blend of intricate footwork, precise strikes, and coordinated movements. With focused expressions and unwavering concentration, Lape and Arnopia demonstrated a deep understanding of Arnis techniques, highlighting their years of dedicated training.

"Anyo" in Arnis is a choreographed sequence of movements represen-



Photo: Domingo C. Nollora

*Mixed Duo Lape and Arnopia performing Arnis form with precision and fierce, securing the first bronze medal for Caraga Region*

ting Filipino martial arts techniques. It showcases offensive and defensive maneuvers using sticks or empty hands, emphasizing precision and synchronization. Anyo carries cultural significance and is a way for practitioners to demonstrate their skills. In events like Palarong Pambansa, it becomes a platform for athletes to display mastery, connecting them to their heritage while highlighting skill and creativity.

In a dramatic twist, the Caraga Arnis Team found themselves in a tie with the formidable NCR region. Both teams were asked to perform once more, adding an extra layer of suspense to the competition. Undeterred by the pressure, the Caraga duo took the stage once again, delivering a performance that left a lasting im-

pression on judges and spectators alike. Their synchronized movements, expertly timed strikes, and unwavering confidence set them apart, resulting in a narrow victory by just a few crucial points.

Behind this impressive achievement were the tireless efforts of their coaches, Eldridge Troy D. Go and Eleiane E. Arota. Their guidance and expertise undoubtedly played a pivotal role in honing the skills and talents of Lape and Arnopia, shaping them into the champions they have become.

The Caraga region now rejoices in the success of their Arnis prodigies, celebrating not only their victory but also their dedication to the preservation and promotion of this rich Filipino cultural heritage.



*In the photo: Ashley C. Lape (left) and Daryl A. Arnopia (right)*

# RAIN MATTERS

**T**he Palarong Pambansa is a product of brain-cracking endless coordination meetings and meticulous plans between DepEd officials, partners, and stakeholders, whose main purpose is to hone learners' skills in the larger arena of sports and life. However, this edition seems like Mother Nature has her plans, testing the will and determination of the participants and organizers alike.

To begin with, the decision to proceed with the Palarong Pambansa amidst the rain in Marikina is beyond question. Everything is there to gain with the games as scheduled.

Moreover, Marikina does not easily bow down to the ravages of calamities, natural or man-made. The City has faced severe adversities, but the people stand tall and remain strong amidst a natural phenomenon that threatens our lives and properties.

One of the most significant lessons the athletes learn from competing in the rain is adaptability. The unpredictability of the weather can propel them to recalibrate their actions and plans.

Moreover, conducting the Palarong Pambansa despite the rain sends a powerful message about the importance of embracing the unpredictable nature of the environment, underscoring the need for environmental consciousness and highlighting our responsibility for natural resources.

The decision to hold the annual games in the rain exhibits the organizers' commitment to ensuring the safety and well-being of participants. They have provided

medical staff, stringent environmental protocols, and well-maintained playing fields are essential elements in safeguarding the athletes' welfare.

Some may argue that, given the inclement weather, postponing the games is safer and more prudent. While their worries are justified, we must remember that the Palarong Pambansa is about more than just winning gold; it is also about cultivating a competitive spirit and developing a sense of national unity. We uphold the ambitions and aspirations of these young athletes who have worked hard and sacrificed much to reach this renowned event by allowing the games to continue.

Furthermore, the rain-soaked Palarong Pambansa prods the government and private sectors to reevaluate their commitment to

sports development, ensuring that all aspiring athletes have access to quality facilities, coaching, and opportunities regardless of their geographical location.

Thus, hosting the drenched Palarong Pambansa in Marikina reflects the resilience and adaptability that define the Filipino spirit. It showcases the power of sports to instill life skills, foster camaraderie, and promote environmental consciousness. As the rain pours down on the fields of Marikina, let us celebrate the triumph of the human spirit and embrace the timeless value of sportsmanship that knows no bounds, no matter what the rain brings.

By: Pedro A. Tecson



# Caraga's Boxing Stars: Tesoro and Amper Secure Victory at Palarong Pambansa 2023

Honey Grace Buyan



*In the photo: Caraga's Amparo (Blue Corner) dominates the bout winning over split decision*

**M**ARIKINA CITY, August 2, 2023 – A crowd of spectators witnessed a thrilling day of boxing bouts at the Palarong Pambansa 2023. Two stellar young fighters from the CARAGA Region emerged victorious in the keenly contested matches at 2 pm.

In the School Boys Pin (44-46kg) category, Lance Alexander Sumayao of the National Capital Region (NCR) faced off against Mike Clifford Tesoro from the CARAGA Region. After several rounds of intense action, Tesoro outmatched his opponent from NCR, earning a victory via a split decision.

The Youth Boys Bantam (51-54kg) bout saw Carl Boholst from Region 10 pitted against CARAGA's Jerald Amper. The crowd roared as Amper matched his adversary blow for blow, ultimately securing another win for CARAGA through a split decision.

Tesoro and Amper's victories have enabled them to qualify for the elimination round, assuring them at least a bronze medal each. The

anticipation surrounding these athletes is reaching a fever pitch, with their impressive performances in today's matches making them hot favorites for further victories.

The Palarong Pambansa 2023 continues to deliver exciting contests that embody the spirit of the Filipino youth and the promise of Philippine sports. As the country's most significant youth sporting event, it has once again proven its ability to unite different regions in a shared celebration of athletic excellence. The victories claimed by CARAGA today have added to the drama and excitement unfolding at the Marikina City Hall.

The event continues tomorrow, with the elimination rounds promising even more nail-biting bouts. Whether Tesoro and Amper can turn their assured bronze into silver or gold remains to be seen. One thing is sure: the spirit of competitive boxing is alive and thriving at the Palarong Pambansa 2023.



*In the photo: The proud father, Michael S. Tesoro (left) and Mike Clifford Tesoro (right)*

# Breaking Barriers: Maghilum Empowers Women through Palarong Pambansa Wushu Win

Rodrigo H. Madelo Jr.



*In photo: Referee raises Jenica Mae Maghilum's hand in winning victory*

**T**he Palarong Pambansa 2023 Wushu Competition witnessed a display of exceptional skill and determination as Jenica Mae Maghilum, representing the Caraga Region, secured a remarkable victory against BARMM in Category A 48kg, becoming a shining example of dedication, empowerment, and the pursuit of excellence.

In a heartfelt interview after her victory, Maghilum expressed her gratitude not only to her supportive family but also to her trainers and coaches, acknowledging that their expertise, mentorship, and belief in

her abilities played a vital role in her success. The collaborative effort and strong bond between her and her team have been a source of strength, motivating her to strive for excellence and become the best version of herself.

But her aspirations extend beyond personal triumphs. Maghilum aims to be a role model for aspiring female athletes across the country, especially those interested in self-defense disciplines like Wushu. "I want to be an inspiration to women everywhere," she stated. "Through Wushu, I hope to empower women and promote the importance of self-defense."

Her dedication to empowering women is a commendable endeavor. In a world where women continue to break barriers and shatter stereotypes, Maghilum stands tall as a symbol of empowerment and determination. By excelling in a martial art that emphasizes both physical prowess and mental fortitude, she exemplifies the strength and capabilities of women in sports.

As her name resonates in the world of Wushu, Maghilum's story will undoubtedly inspire a new generation of female athletes to follow their dreams relentlessly. The spirit she demonstrated during the Palarong Pambansa 2023 will remain etched in the memories of those who witnessed her triumph, and her legacy will undoubtedly serve as a guiding light for aspiring athletes in the future.

With her victory, Maghilum has etched her name into the history of the Palarong Pambansa and has become an inspiration to all young athletes striving to make a mark in the world of sports. Her unwavering determination, supported by her loving family, trainers, and coaches, showcases the importance of perseverance and the invaluable role that mentors play in nurturing young talents.

As the Palarong Pambansa 2023 continues to unfold, we can be certain that the story of Maghilum will serve as a reminder that with hard work, dedication, and a strong support system, the sky is the limit for those who dare to dream. Congratulations to Jenica Mae Maghilum, a true champion both in the world of Wushu and in inspiring empowerment among women!

# Victory Beyond Loss

Frengie G. Botoy

**A**s I stepped into the boxing venue at Palarong Pambansa 2023, my heart brimmed with excitement and pride as a delegate from Caraga here to support our athletes, especially our young boxers. The energy in the air was electric, and I was ready to cheer them on with all my might. But as the bouts commenced, my enthusiasm was met with a rollercoaster of emotions. Every punch that landed on our boxers felt like a personal blow to my heart. My cheers turned into desperate shouts, somehow hoping my voice could augment their strength.

I could feel the pain they endured with every hit, and my heart couldn't bear the sight of them being knocked down and counted by the referee. I looked around and saw my fellow delegates, equally invested in the matches, their frustration palpable with every challenging round. Despite our collective support, we couldn't shield our boxers from the hard-hitting reality of the sport. As their cheers transformed into silent

prayers, it was evident that we all shared the same heartfelt desire to see our athletes succeed.

In those trying moments, I couldn't help but reflect on the importance of proper training and the values we must instill in these young fighters. It became clear that the Palarong Pambansa was not just about winning medals but about nurturing these athletes' character and resilience. Patience, obedience, and the right attitude towards training were essential elements that could elevate their skills and help them rise above defeat.

Though witnessing their losses was gut-wrenching, it also opened my eyes to the true essence of sportsmanship. The defeat was never a failure; it was a stepping stone, a chance for these boxers to learn and grow. They were experiencing a once-in-a-lifetime opportunity, and every moment, win or lose, contributed to their personal development.

During the opening ceremony, President Ferdinand Marcos Jr.

reminded us that merely representing their communities with pride and honor already made them winners. I couldn't agree more, for our young boxers displayed incredible courage, determination, and the Caraganon spirit throughout the competition. Their journey was not just about the medals or accolades; it was about their grit, their passion, and the never-ending support they received from our community.

As a delegate, I felt a profound responsibility to stand by them, cheer them on, and help create an environment that fosters their growth as athletes and individuals. With this, I hope to share the unforgettable moments we experienced as delegates at Palarong Pambansa 2023. It is a tribute to the undying spirit of Caraga, our athletes, and the profound impact sports can have on shaping the future of our region. With each setback, our young boxers proved that they are more than winners; they are symbols of strength and inspiration for coming generations.





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MARIKINA 2023  
PALARONG PAMBANSA

## CARAGOLD EDITORIAL STAFF

*Editor In-Chief* | Pedro A. Tecson

*Associate Editors* | Honey Grace Buyan, Glaisa A. Lloren,

Rodrigo H. Madelo Jr., Domingo C. Nollora

*Contributor* | Frengie G. Botoy

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