

# Young Usa Handbook

(E-Book Edition)

*“There are lots to learn in Scouting. There are lots to enjoy. There are lots of adventure. There are lots of fun. There are lots of magic. There are lots of useful things. There are lots to give you. This is Scouting.”*

This Handbook serves as a guide to both KAB Scouts (boys ages 6 to 9 years old) and Kawan Leaders. The **Young Usa Trail** is just the beginning of the happy times ahead of these young boys' Scouting experience.

This digitized copy of *Young Usa Handbook* was created by **Bong Saculles**  
for the **Boy Scouts of the Philippines**.

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## **Your Young Usa Handbook**

This is your Young Usa Handbook. For your reference, get the following information and write them on a clean sheet of paper:

Your Color Group

Your Kawan Number

Name of your Institution/School

Your Kawan Leader

Your Assistant Kawan Leader

Your Chief Usa

Your Flag Bearer

## **Letter to the Kawan Leader**

Dear Kawan Leader,

Hello!

The 'boys in your Kawan are all eager in the fun and adventure awaiting them in KAB Scouting. You can make it a reality for them. They are lucky in having you as their Kawan Leader.

The Young Usa Trail is just the beginning of the happy times ahead for them. Many opportunities and meaningful experiences have been planned for them. Help them! As their Kawan Leader you are expected to do your best. Their success will depend on the extent of help and guidance you will give them. They will be our center of attention in the Scouting Movement. Their advancement lies in your hands.

Good luck!

Secretary General

## Letter to the Parent

Dear Parents,

What is the most precious gift God has given you?

I know you will agree with me. It is your child. For this reason, you wish to give the best to him, especially. today when life is more challenging and complex.

Times Change, needs change. Our society changes rapidly. We need to do something to build youth who will be able to cope with our changing society. We need youth who are more value-oriented individuals.

It is at this point in time that the Boy Scouts of the Philippines offers you its services. It is more concerned with the welfare of our youth. Opportunities and activities towards development of desirable values on self-reliance, discipline, honesty, thrift, and industry will be provided for them.

Of course, we need your help and cooperation. You will be a part of our training. We will be great partners in giving the best for the most precious God-gift you have received.

Congratulations!

Your Kawan Leader

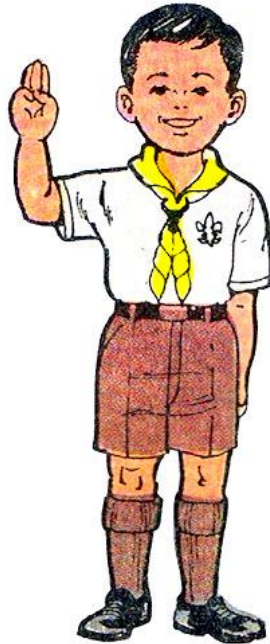
# Scouting

There are lots to learn in Scouting.

There are lots to enjoy.

There are lots of adventure.

There are lots of.



There are lots of magic.

There are lots of useful things

There are lots to give you.

This is Scouting.

## The Entry Requirements

*(1) Recite and explain: the KAB Scout Promise, the KAB Scout Law, the KAB Scout Motto, and the KAB Scout Slogan.*

Recite and explain the KAB Scout Promise:

### **ANG PANGAKO NG KAB SCOUT:**

*Ako'y nangangakong gagawin ang makakaya,  
upang Mahalin ang Diyos at ang aking bayan;*

*Gumawa ng mabuti araw-araw;  
At sumunod sa Batas ng KAB Scout.*

### **THE KAB SCOUT PROMISE:**

I promise to do my best  
To love God and my country;  
To do a good turn everyday; and  
To obey the KAB Scout Law.

Promise means:

**Do what you say you will do.**

Do my best means:

**Do the best you can.**

Duty to God means:

**Love God above all.**

**Do what He wants you to do.**



Duty to Country means:

**Love your country.**

**Be a good young citizen.**

**Be proud you are a Filipino.**



Duty to others means:

**Love other people.**

**Help them whenever you can.**

**Make them happy.**

Obey the KAB Scout Law means:

**Do things a KAB Scout must do.**

**Be a good KAB Scout always.**

Recite and explain the KAB Scout Law:

**ANG BATAS NG KAB SCOUT:**

*Aug KAB Scout ay sumusunod sa nakatatanda;*

*Ang KAB Scout ay tumutulong sa pagsulong ng Kawan;*

*Ang KAB Scout ay nagsisikap upang maging kapaki-pakinabang.*

**THE KAB SCOUT LAW:**

The KAB Scout follows his elders;

The KAB Scout helps his Kawan;

The KAB Scout makes himself useful.

Explain the KAB Scout Motto:

**KAB SCOUT MOTTO:**

*“LAGING HANDA”*

(“Be Prepared”)

Explain the KAB Scout Slogan.

**KAB SCOUT SLOGAN:**

*“GAWIN ANG MAKAKAYA”*

(“Do Your Best”)

*(2) Show the KAB Scout Sign, Salute, AND Handshake.*



The KAB Scout Sign

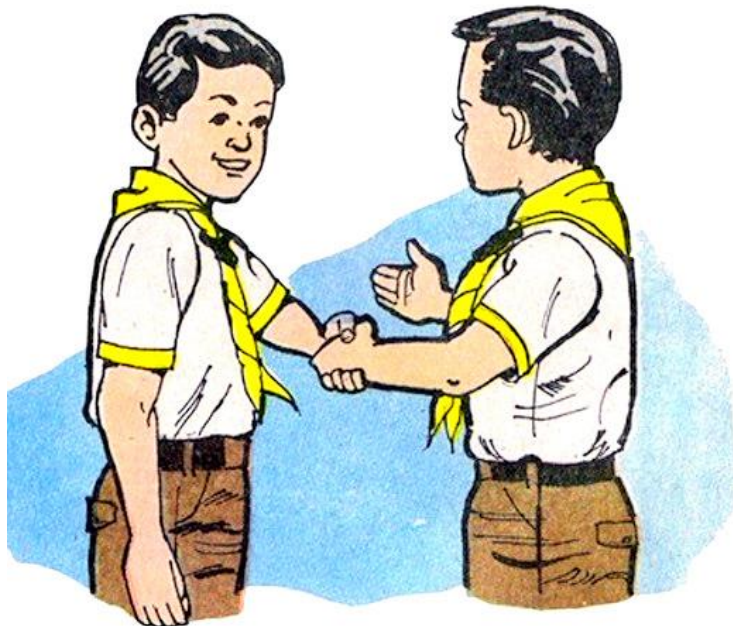




The KAB Scout Salute  
(on bare head)



The KAB Scout Salute  
(when wearing cap)



## The KAB Scout Handshake

Explain when to use them.

*(3) Sing our Pambansang Awit and recite the Panunumpa sa Watawat.*

Filipinos are good singers. You are a Filipino. Sing our Pambansang Awit.

### **PAMBANSANG AWIT**

*Bayang magiliw,*

*Perlas ng Silanganan,*

*Alab ng puso*

*Sa dibdib mo'y buhay.*

*Lupang hinirang,*

*Duyan ka ng migiting,*

*Sa manlulupig*

*Di ka pasisiil.*

*Sa dagat at bundok,*

*Sa simoy at sa langit mong bughaw*

*May dilag ang tula*

*At awit sa paglayang minamahal.*

*Ang kislap ng watawat mo'y'*

*Tagumpay na nagniningning;*

*Ang bituin at araw niya*

*Kailanpa ma 'y di magdidilim.*

*Lupa ng araw ng luwalhati't pagsinta,*

*Buhay ay langit sa piling mo;*

*Aming ligaya na pag may mang-aapi*

*Ang mamatay nang dahil sa iyo.*

### **PANUNUMPA SA WATAWAT**

*Ako'y nangangakong magtatapat sa watawat ng Pilipinas*

*at sa Republikang kanyang kinakatawan;*

*Isang bansang pinapatnubayan ng Diyos, buo at di mahahati;*

*na may kalayaan at katarungan para sa lahat.*

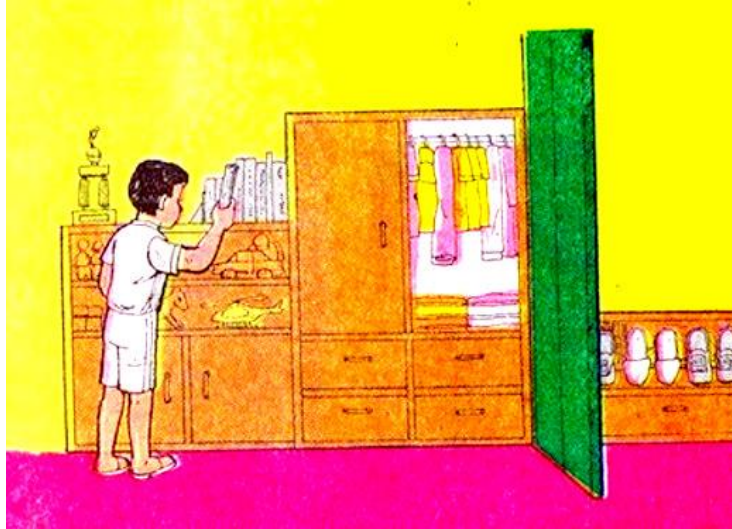


**(4) *Keep your personal things at home in order.***

Father and mother like you to be clean.

They like you to be orderly.

Help at home.



***(5) Tell why you want to become a KAB Scout.***

There are many KAB Scouts in the world.

You want to become one.

Why do you like to be a KAB Scout?



*(6) Now join the KAB Scout Investiture Ceremony.*



Very good!

You did well.

You are now a KAB Scout!

## The Young Usa Trail

Now you have your **Membership Badge**. You are now ready to go on the Young Usa trail.

There are requirements for you to work on. Your Kawan Leader will help you. Your father and mother will help you, too. You will work on your duties to God, Country, Others, and Self.



Finish all the requirements in this book. Let your father, mother, or leader attest that you have finished each.

Then you will receive a badge. This is your **Young Usa Badge**. You will get it during an Advancement Ceremony.

You may work for extra badges, too. These are called **Achievement Badges**. You can select them. Select those which interest you.

Welcome to the exciting world of KAB Scouting!

Remember your slogan:

**“GAWIN ANG MAKAKAYA!”**

READY...

Follow the Young Usa Trail...

## ***DUTY TO GOD***

Look around you. There are trees, mountains, rivers, and seas. There are the sun, moon, and stars. There are many things to see. Who made them all? God made them all. Yes, He made them for you. He loves you. He wants the best for you.

I hope you love Him, too.

Show you love Him.

Happy Scouting!

**(1) Go to religious services regularly with your family.**

Filipinos are religious.

We are God-loving people.



**(2) Recite daily prayers at home with your family.**

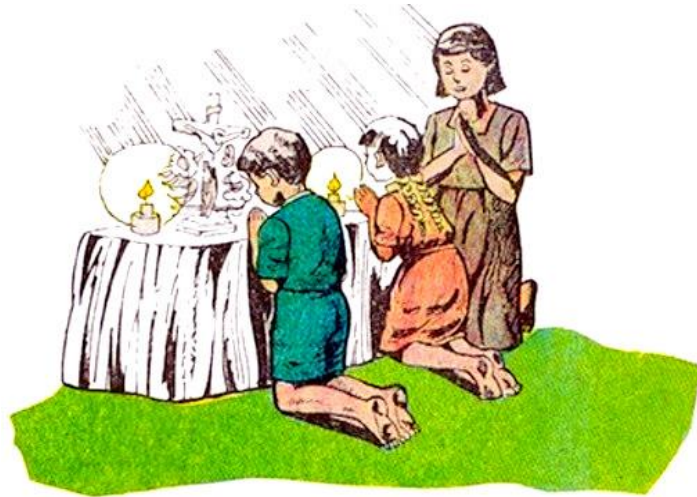


Morning Prayers



Prayers Before and After Meals





Evening Prayers



Bedtime

**(3) Use “po” and “opo” and other words of respect when talking to elders.**



**(4) Earn the BE GOOD, BE HAPPY Achievement Badge.**

Follow rules

Greet elders

Give goodwill

Help others



Good! You have done well. You have shown your love for God. Doing your Duty to God is loving Him. Be a God-loving KAB Scout.

These are the things you did.

(1) Religious services

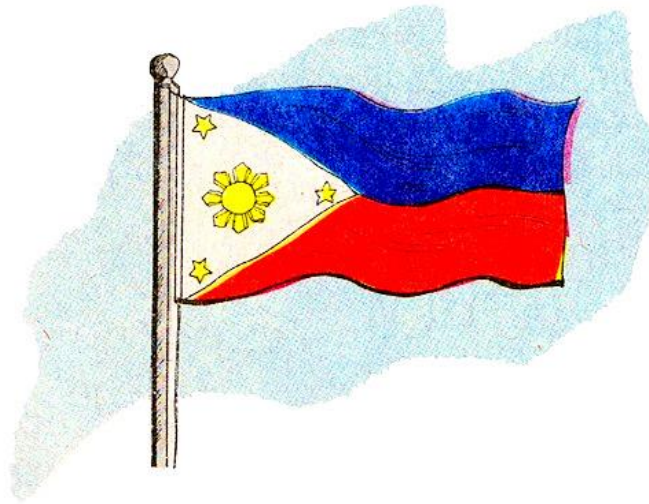
(2) Prayers

(3) Politeness

(4) BE GOOD, BE HAPPY Achievement Badge

### ***DUTY TO COUNTRY***

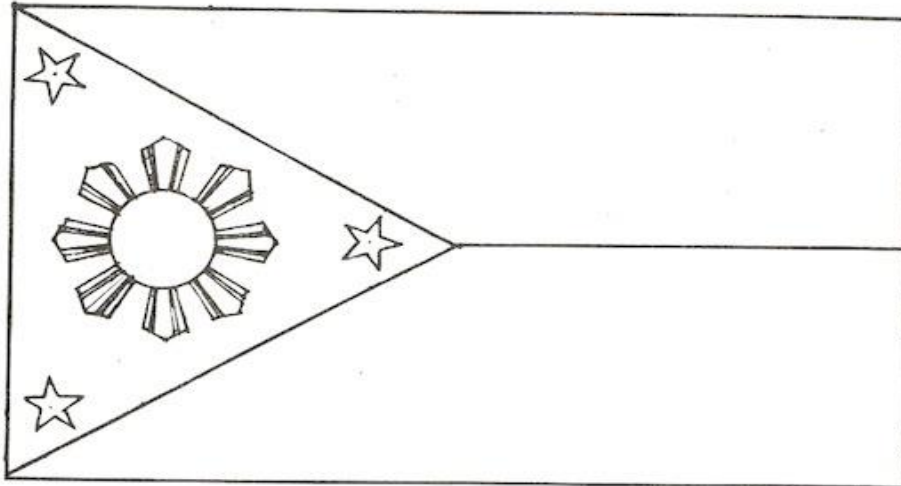
This is our flag. It is flying alone and freely. We are a free country. Look at the sun. Look at the stars. See the colors of our flag.



What are the colors of our flag? How many stars are there? How many sun?

#### **(1) Color the flag**

Copy this outline of our flag on a clean sheet of paper. Color it. Show your work to your Kawan Leader.



**(2) Learn About Our National Hero**

Our national hero is Dr. Jose P. Rizal. Learn about him from your parent or leader.



### **(3) Have Friends in the Color Group**

You have friends in the Color Group.

Do you know them? Call them by names. Let them write their names on a clean sheet of paper.

Who are your leaders?

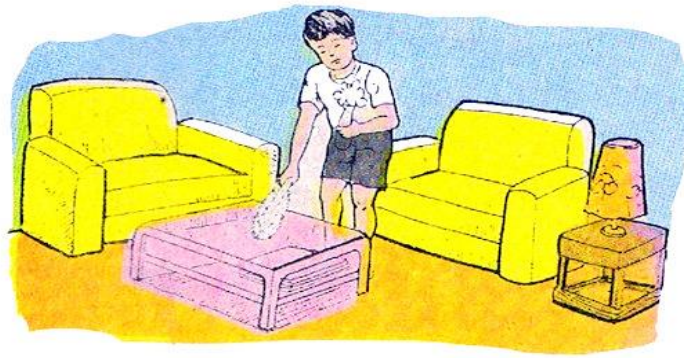
Let them write their names on a clean sheet of paper:

1. Your Kawan Leader
2. Your Assistant Kawan Leader
3. Your Chief Usa
4. Your Flag Bearer

### **(4) Tell the different parts of your house**

Say what you do in each room.

Help keep your house clean and orderly.



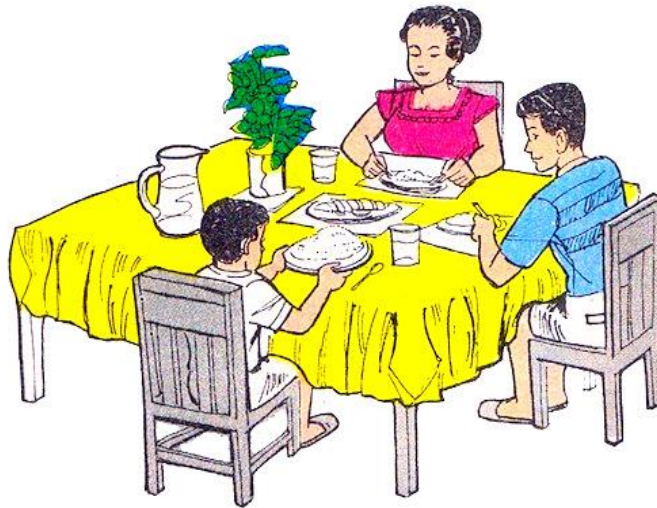
Living Room



Bedroom

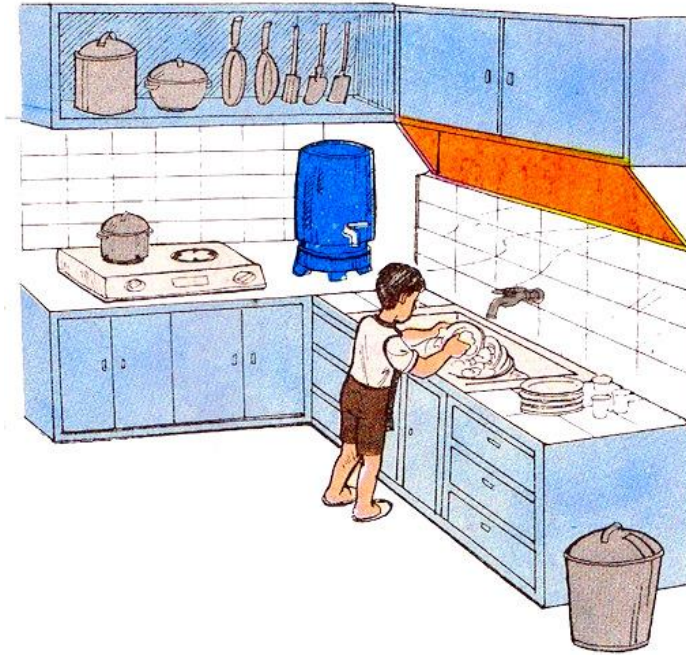


Bathroom



Dining Room





Kitchen

**(5) Play Native Games**

Playing will make you strong and healthy.

Play native games with your family.

You will also have fun playing with them.



*Sungka*



*Sipa*



*Luksong Tinik*

**(6) Earn the GOOD CITIZENSHIP Achievement Badge**

Visit the *barangay* hall

Visit the police station

Get help

Help and obey the law

Know signs in the community

Buy native products

You did your best.

You did simple things for your country.

You showed you are a good young citizen.

You are a true Filipino.

## Congratulations!

These are the things you did:

Flag

Jose Rizal

Color Group members

House

Native games

GOOD CITIZENSHIP Achievement Badge

### ***DUTY TO OTHERS***

Every KAB Scout wants to be good.



A good KAB Scout helps others at all times.

He does things for others.

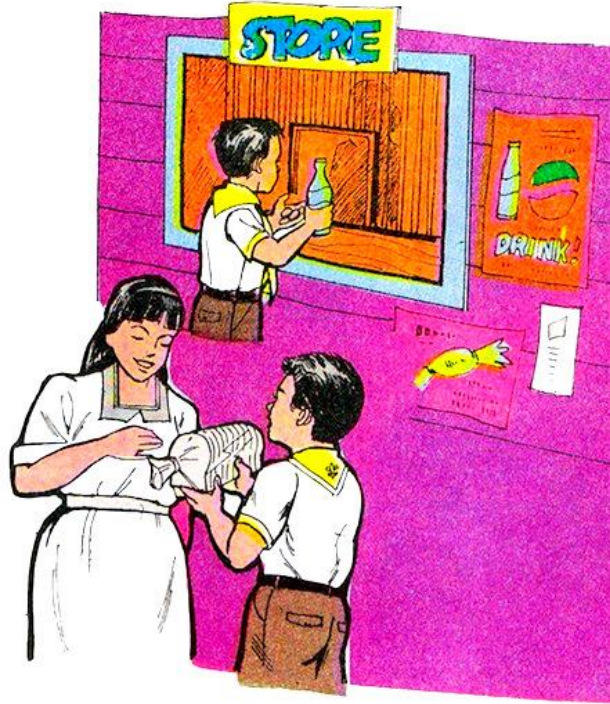
He helps in school, at home, and in the community.



**(1) Show how you welcome visitors at home**



**(2) Run errands for father, mother, or elders**



You will help them.

You will make them happy.



You are really a good KAB Scout.

You know how to help others.

You did little things for father, mother, and elders.

They are proud of you

**(3) Earn one Achievement Badge from the Duty to Others Group**

Check which of the following you did.

Help at Home

First Aid

Outdoor Fun and Adventure

Secret Codes are Fun

Let Me Entertain You



Our Community  
Backyard Camping  
Family Safety  
What's Cooking  
Give Goodwill  
Fix It

These are the things you did:

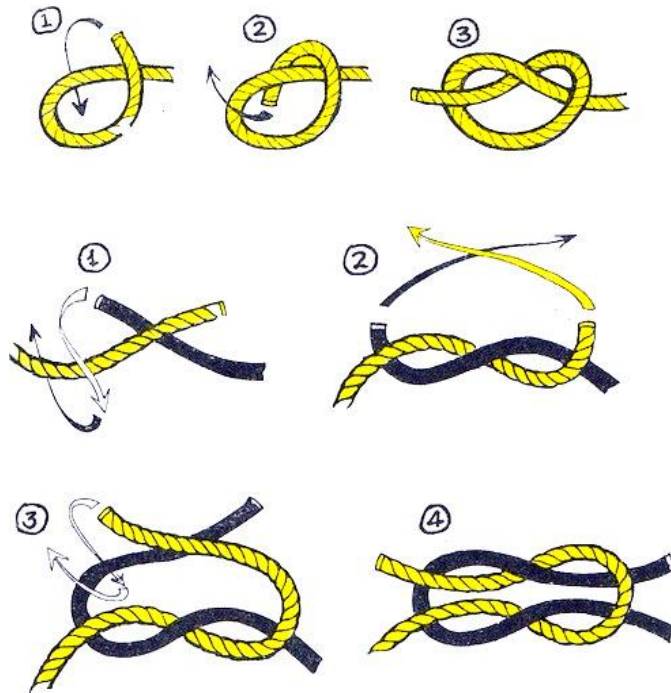
Welcoming visitors  
Running errands  
Achievement Badge from Duty to Others group

### ***DUTY TO SELF***

There are many things to learn.  
There are many fun things to do.  
There are lots of adventure, too.  
Learn by doing them.  
They will be useful to you.  
You will enjoy doing them.



**(1) Learn to tie an overhand knot and a square knot**



Tie your shoelaces.

Use a square bow in tying them.



**(2) Do some magic**

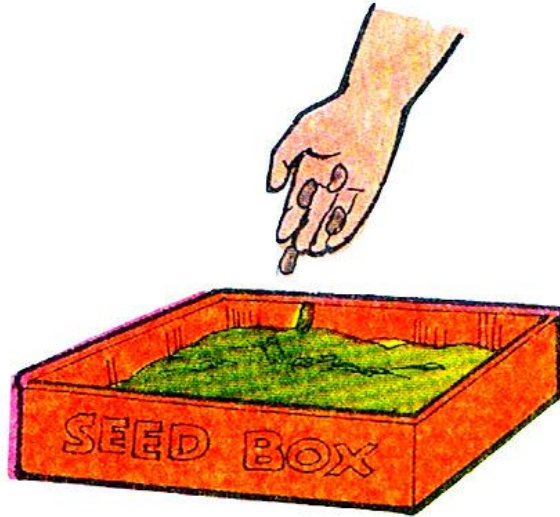
Try them with your hands.

Plant vegetables.

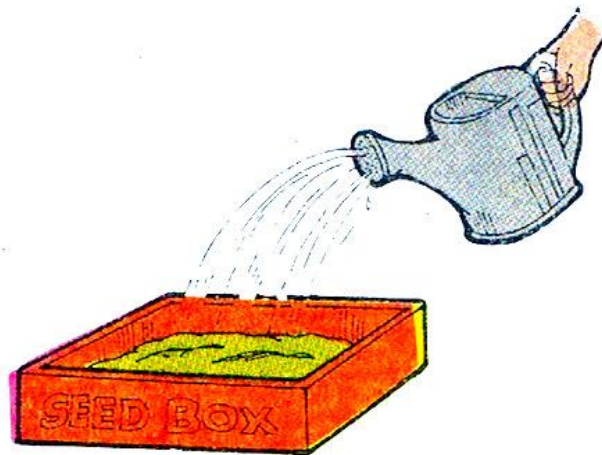


## HOW TO RAISE VEGETABLES

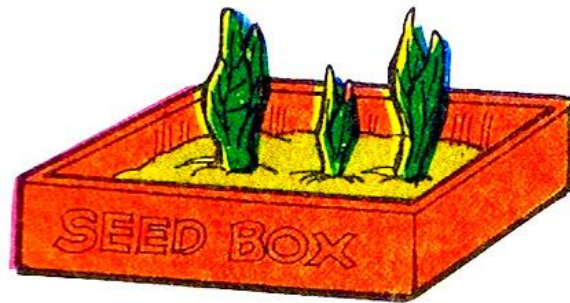
a. Get some tiny seeds (pechay, mustard, or radish)



b. Put these tiny seeds in a seed box



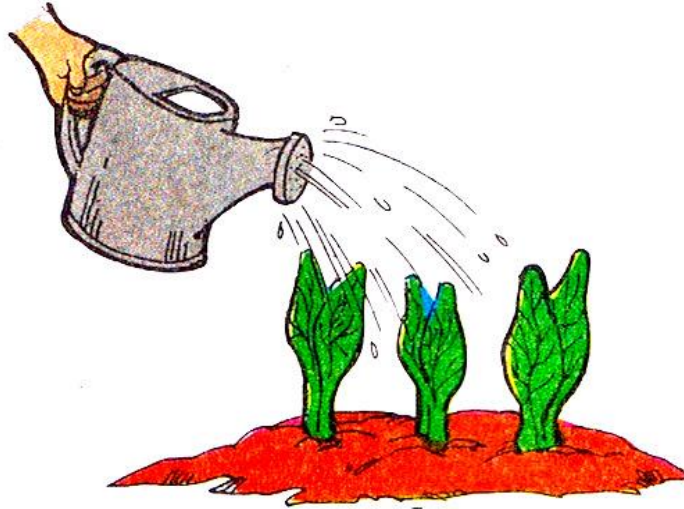
c. Water them everyday. Let them get enough sunshine



d. After a few days, small plants will come out



e. Transfer these seedlings to the ground or in cans. Water them. Put fertilizer.



f. Take care of them properly. Water them. Fertilize them.



g. At last, your hands did magic!

**(3) Go on a picnic or an outing**

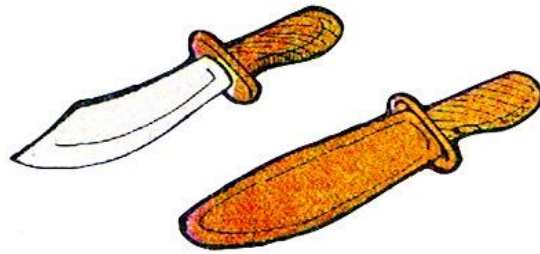
You enjoyed playing games with your family. Now go on a picnic or an outing.

You will also enjoy it.



**(4) Name some pointed objects**

Show how you will handle them safely.

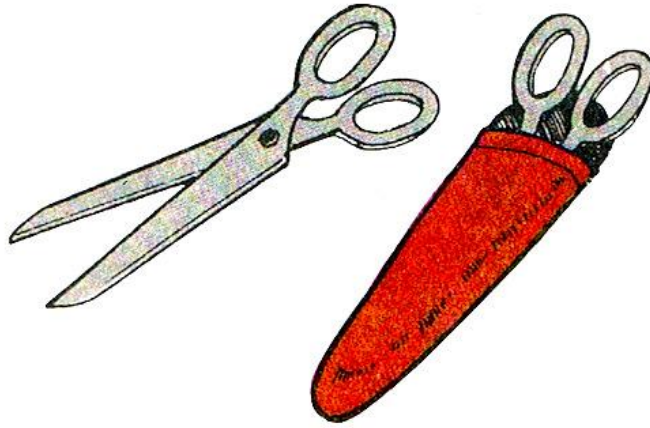


Knife

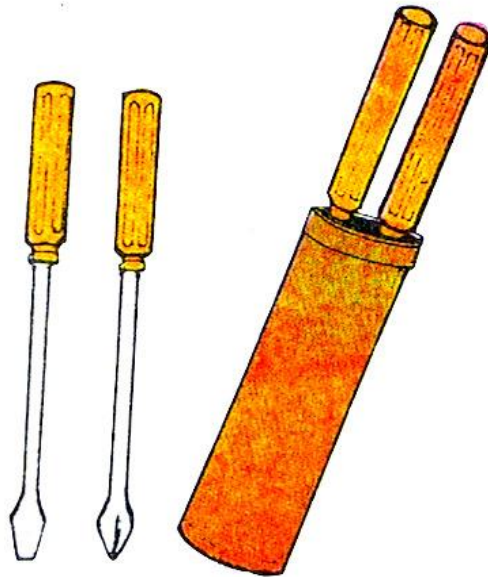


Pencil





Scissors

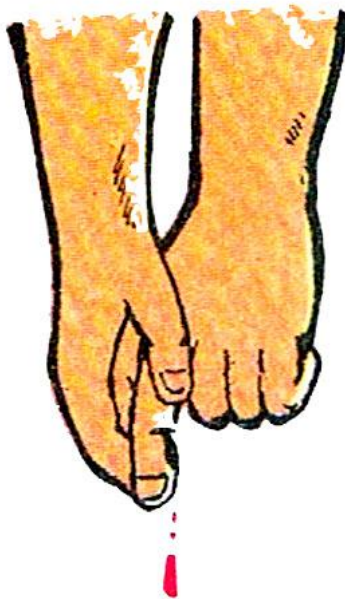


Screw Drivers

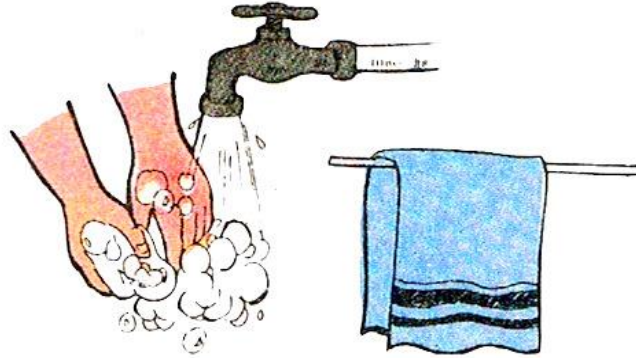
**(5) Wash small cuts and scratches with soap and water**



Show the cut or scratch  
to elders



Let the cut bleed a little  
if it is dirty



Soap the cut or scratch well.  
Wash it with clean water.  
Dry it with a clean towel.



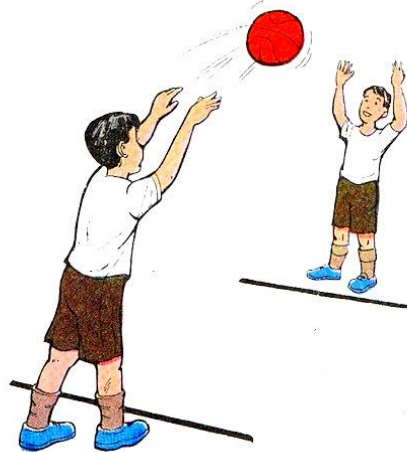
Get a stick-on bandage  
to cover it.

Get help fast  
if it is a big cut.



**(6) Play catching and throwing a ball**

Play it with a friend or a family member.



Start from 6 meters.

See how much farther you can do it.

## **(7) Save Some Money**

Mother gives you daily allowance.

Save part of it.



How much is your savings after one week?

After one month?

## **(8) Earn the BE HEALTHY Achievement Badge**

You will do these:

Be neat and clean

Practice good personal health

Have physical check-up

Have dental check-up

Eat properly

Stop colds

**Bravo!**

You have done all the requirements.

You did useful things for yourself.

You learned to work for yourself.

People around you are happy.

They like you for doing all of them.

These are the things you did:

Knot-tying

Planting vegetables

Family

Handling pointed objects

First aid for cuts and scratches

Catching and throwing

Saving money

**BE HEALTHY Achievement Badge**

Congratulations!

You have done all your duties.

You are now a Young Usa.

Your parents and leaders are proud of you.

You are now ready to receive your Young Usa Badge.

If you have time, work on other achievement badges.

You will find them interesting, too.

Go on with these side trails.

### **My Achievement Badge Record**

BE GOOD, BE HAPPY

GOOD CITIZENSHIP

One from Duty to Others Group

BE HEALTHY

Record the dates when you started and finished each of them.

## **APPENDICES**

### **Appendix A**

(FOR THE LEADER)

**DR. JOSE P. RIZAL**



Dr. Jose Rizal was the greatest Filipino patriot. He was a noted nationalist, propagandist, and reformist; a poet, writer, and linguist. He was also a famous physician, sculptor and educator.

Rizal was the seventh child of Francisco Mercado and Teodora Alonzo. As a child, he was frail and sickly. He became healthy and strong because his parents helped him. He learned to read when he was three years old. His first teacher was his mother.

Rizal hated so much the cruelties of the Spaniards. It was during his studies that his mother was imprisoned. She was accused of helping a friend, Don Jose Alberto, kill his wife. It was not true. The Spaniards got angry because they didn't give fodder to feed the former's horses.

Paciano, Rizal's brother, told Rizal to continue his studies. He sent Rizal to the Ateneo de Manila. While there, he found out that his family had been driven away. Their hacienda was occupied by the Spaniards because his father didn't give them some turkeys. Their sugarmill and crops were taken away. He realized that Filipinos were afraid. They were afraid of the powerful Spanish friars. He was so disgusted he decided to leave the country.

Rizal left the Philippines in February 1888. He went to China, Japan, the United States, and England. He founded the *La Liga Filipina*. He was accused of planning a rebellion because of this. On July 7, 1892, he was exiled to Dapitan. In Dapitan, Rizal put up a school. He also put up a hospital. At this time, the *Katipunan* was organized. The Spaniards became more cruel.

Andres Bonifacio sent Dr. Valenzuela to see Rizal. Bonifacio offered Rizal the leadership of the *Katipunan*. Rizal told Bonifacio they were not yet ready for the rebellion.

When the Cuban rebellion broke out, Rizal applied as a Spanish surgeon. Later he sailed to Singapore. While in Singapore, the *Katipunan* was discovered. The Spaniards believed he was the leader of the movement, so when he arrived in Spain, he was imprisoned. Later he was shipped to Fort Santiago. He was charged with rebellion.

Rizal was condemned to die on December 30, 1896. He was shot to death by firing squad: On the eve of his execution, he wrote his famous poem "My Last Farewell."

To the Spaniards, Rizal was a traitor. To the Filipinos, he was a great patriot.



## *Appendix B*

(FOR THE LEADER AND PARENTS)

### **Native Games**



### ***SUNGKA***

**Players** : Two boys

**Materials:** Sungkaan, 49 shells (or pebbles, *sigay* shells, tamarind seeds, *dapdap* seeds, marbles, etc.) for each player

The two boys sit opposite each other.

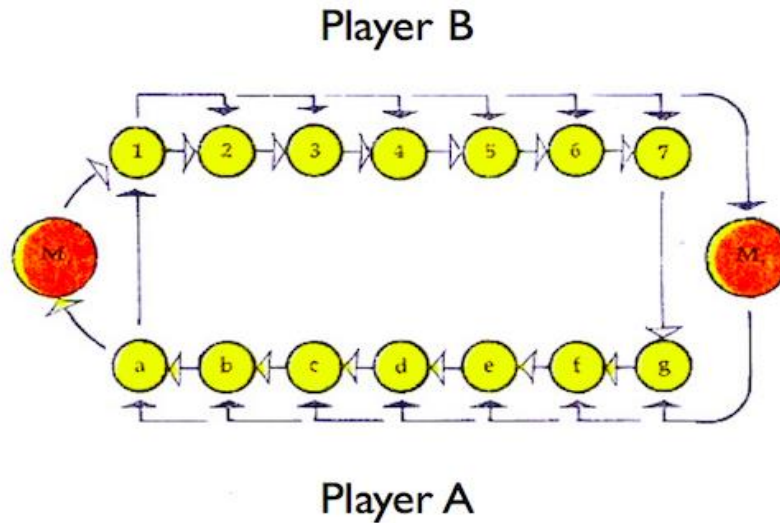
The holes (“houses”) nearest a player and the big hole (*Kamalig* or granary) at his left belong to him while the other row of small holes (left of the opponent) belongs to the other player.

To find out who plays first, one player picks up a token and transfers it repeatedly from his left to his right hand behind his back. He then brings down his closed fist in front of the other player, asking the latter to guess which fist contains the token. If the guess is correct, the guesser takes his turn first and the one holding the token takes his turn next.

**Objective:** To have more tokens in his *Kamalig* than his opponent.

**Rules:**

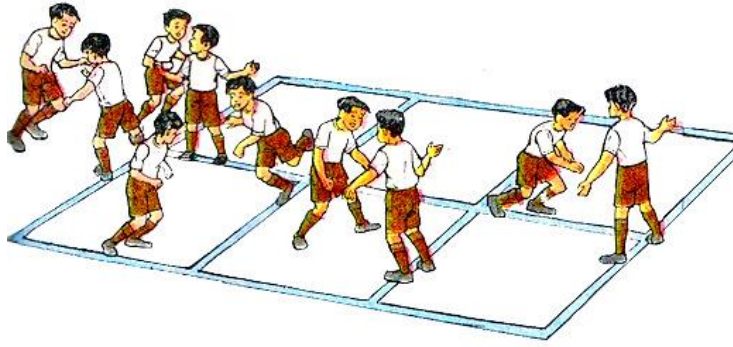
1. A player must drop one shell at a time into every “house” and into his own *Kamalig*.
2. He must not drop any shell into his opponent's *Kamalig* or in any “burnt house” (an empty hole). If he drops a shell in a “burnt house” this shell "becomes his opponents The “burnt house” can be refilled in the next game when a complete set of shells are accumulated in the owner's *Kamalig*.
3. The last shell of a player:
  - a. can be dropped in an opponent's “burnt house”; then the player is “dead” and he stops playing.
  - b. can be dropped in a filled hole; then all the shells are scooped out and dropped around again.
  - c. can be dropped in his own “burnt house”; if the opposite hole of the opponent has shells, the player “eats” them up (he scoops them and puts them together with his last shell, in his *Kamalig*).
  - d. If the last shell is dropped in the player's own *Kamalig*, he can pick up any lone shell in his first house (for player B, hole7; for player A, hole a) and drop it into his *Kamalig* before “advancing” (*subi*). He continues to pick up his shells and to distribute them as before.



**Movements:**

1. The first player picks up all the shells in any of his own seven (holes) “houses” and drops them, one in each little house, except his opponent's *Kamalig*.
2. If the player's last shell ends up in a “burnt house” (empty hole) in his own side, he gets all his opponent's shells in the opposite hole and puts them in his Own *Kamalig*, together with his last shell. It is now his opponent's turn to play. If the player's last shell falls in his own *Kamalig*, he gets another turn. If the last shell falls in the opponent’s “burnt house,” the player “dies.” He leaves his shell where it landed.
3. The game is over when all the holes on one side is empty.
4. The player with the most tokens in the *Kamalig* wins.

~o0o~



## **PATINTERO**

Color Group or Kawan Game

To start the game, the leader of each group plays *Jack en Poy*. The losers become the taggers.

The taggers stand on lines 1, 2, and 3. The leader mans line 1 and is called *patoto* (leader). Only the *patoto* can man the middle line (perpendicular to all the parallel lines), stand guard on the first line, and can come to the rescue of any of his players on any line.

### **Objective:**

Runners: To get through all the lines and back without being tagged;

Taggers: To block and tag the runners as they try to cross the lines.

(1) When the leader of the team on base shouts “Game!” the taggers stretch their hands, ready to tag any member of the other team. The opponents try to distract and confuse the taggers on each line.

(2) When a runner crosses line 3, he turns around and tries to return without being tagged and out through line 1. If the runner is successful, his team earns a point. The successful runner shouts “*Tubig!*” or “Home!”

(3) If the runner is tagged while trying to cross a line, the runners become the taggers.

### **Penalty:**

The winning team forms a line with their legs spread apart. The losers crawl back and forth between the legs of the winners.

~o0o~



***KADANG-KADANG***  
(Coconut Stilts Race)

To make coconut stilts, bore a hole into one of the “eyes” of half a coconut shell. String a rope (one or two meters long) through the “eye” and tie a knot at the bottom end inside the shell so the rope will not slip out of the shell. Caps can also substitute for coconut shells. A pair of stilts is needed by each player.

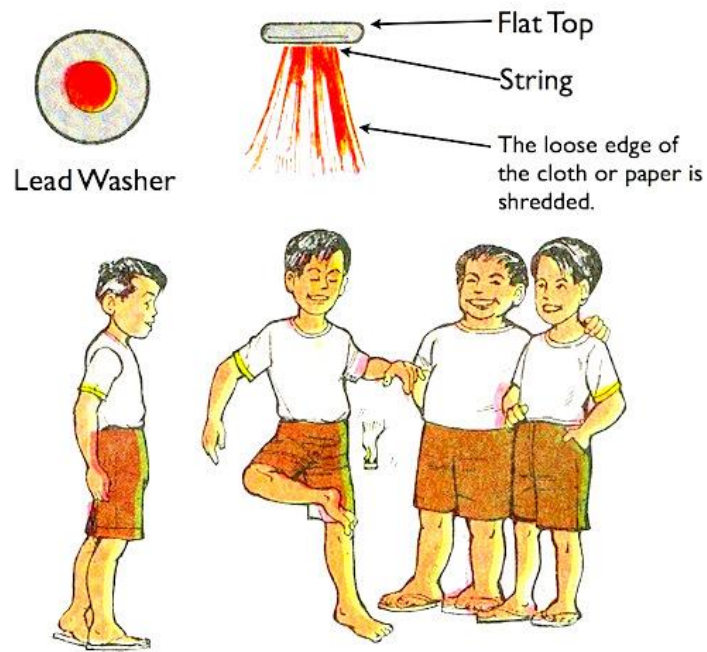
Mark the Starting line and the finish line 10 meters apart.

Each boy stands on his coconut stilts by keeping the ropes between his toes. He holds the free ends of the ropes with his hands.

Two players stand side by side on the starting line. At a signal, the two players walk with their coconut stilts toward the finish line, turn around, and return to the starting line. The first player who reaches the starting line wins.

This can also be played by Color Groups.

~o0o~



### ***SIPA (TAKYAN)***

The players take turns. Each player tries to kick the *sipa* continuously until he misses and drops it. The first player who makes 20 kicks (or any number agreed upon) wins the game. The player who does not reach the score becomes the IT.

As a punishment, the IT tosses the *sipa* to each winner who kicks the sipa as hard as he could. The IT tries to catch the *sipa* by likewise kicking it. The punishment of the IT ends when he is able to kick and catch the *sipa*.

~oOo~



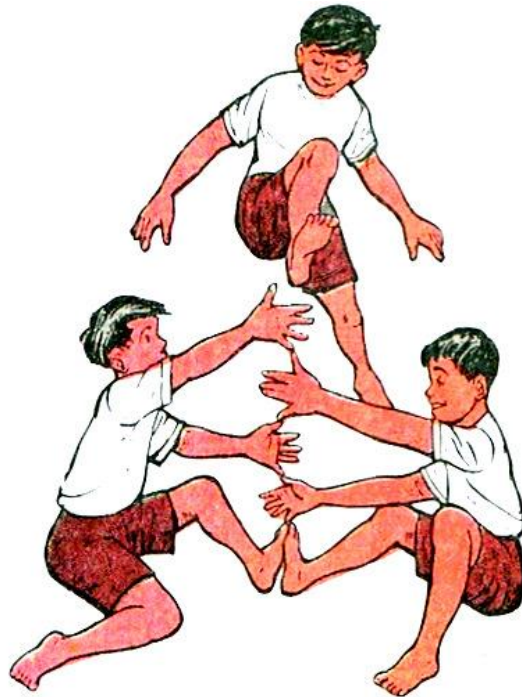
### ***GINTU-GINTO***

Draw two parallel lines 15 - 20 meters apart. One is the starting line and the other the goal line.

The boys stand on the Starting line, facing the Goal line. They put their hands behind their backs with their palms open. The Chief Usa holds a pebble (the “gold”) and goes through the motion of putting the pebble on each KAB Scout's palm. He drops the pebble on one KAB Scout's palm unknown to the others.

When the Chief Usa cries out “*Takbo 'ng may ginto*” everybody runs to the goal line, trying to tag each other in the hope of tagging the one who has the “gold.” If the KAB Scout with the “gold” is tagged before reaching the goal line, everybody returns to the starting line and the game is started again. If, however, the boy with the “gold” succeeds in reaching the goal line without being tagged, he has the privilege of calling two boys to carry him sitting on their arms forming a square seat for him.

~o0o~



### ***LUKSONG TINIK***

This is a Color Group game. To determine who are the jumpers and the two "boys who shall be IT, the leaders play *Jack en Poy*.

The two boys who are IT sit on the ground facing each other. They extend their opposing feet forward with their soles touching. The jumpers jump over the feet of the IT. When all the jumpers have hurdled this, one IT places his open palm on his foot with his small finger touching his toes. The jumpers again jump over this. The other IT now adds one of his hands to make the hurdle higher.

The object of the game is for the jumpers to go over the hurdle without touching it. The IT, in turn, try to make the hurdle higher by alternately adding their hands, keeping their toes, small fingers and thumbs always touching.



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