

Leaping Usa Handbook

(E-Book Edition)

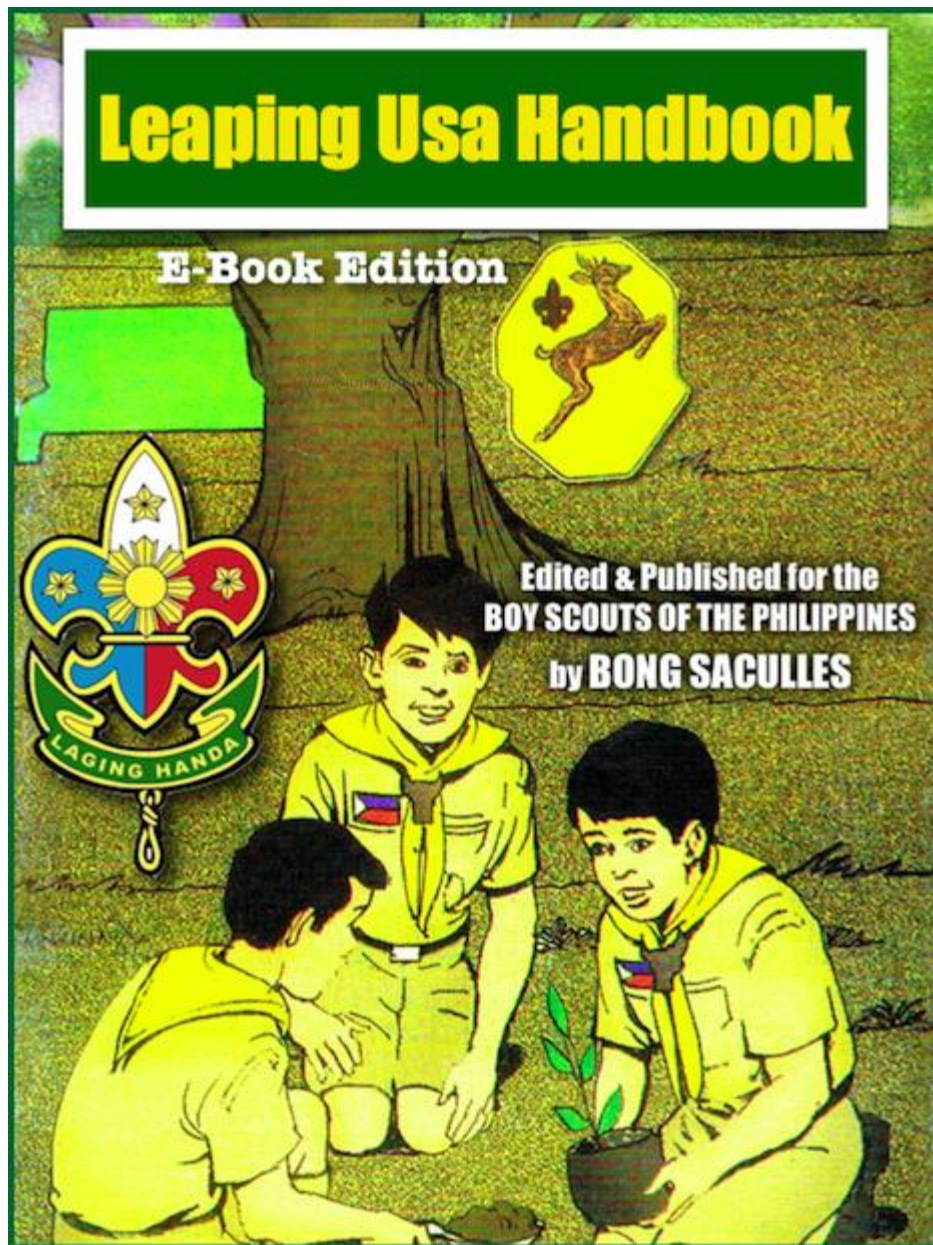
“As a KAB Scout you have been a Young Usa. You also became a Growing Usa. Now, this is your final challenge. There are many more things for you to do. They are more interesting, more exciting, and more challenging. Follow the trail of the Leaping Usa.”

This Handbook serves as a guide to both KAB Scouts (boys ages 6 to 9 years old) and Kawan Leaders. The **Leaping Usa Trail** is the last of the three stages of the KAB Scouting Program. It offers even more interesting and fun-filled activities and challenges for young scouts.

This e-book edition of *Leaping Usa Handbook* was created by **Bong Saculles**
for the **Boy Scouts of the Philippines**.

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Your Leaping Usa Handbook

This is your Leaping 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

Date you earned your Young Usa Badge

Name of your Kawan Leader

Name of your Assistant Kawan Leader

Name of your Chief Usa

Name of your Flag Bearer

Letter To The Kawan Leader

Dear Kawan Leader,

Hello!

Your love and concern for your KAB Scouts are shown in their advancement to the Leaping Usa Trail. You are really a good Kawan Leader! You have given them an opportunity to start on a new experience through KAB Scouting. Your undying Scouting Spirit has advanced your boys to this final trail and has given them a taste of Boy Scouting. Through these and with the consistent cooperation of their parents, you will certainly bring to fruition the ideals we are inculcating to the boys.

This Handbook will equip your boys with Scouting activities that will prepare them to a more exciting, challenging and thrilling Boy Scouting life. In this trail, your commitment to the boys is doubly needed as you journey with them in their advancement and development.

Congratulations and good luck!

Secretary General

Letter To The Parents



Dear Parents,

Hello!

Once again you have done your part as parents to your KAB Scouts. You have proven to them that they are really important in your life. That's great! Congratulations again!

Your sons are now ready to work on their final challenge – the Leaping Usa Badge. The Leaping Usa Badge Requirements are more interesting and challenging. Your sons will be given opportunities to show that they can be our leaders tomorrow as they work on this rank. Great is the desire of the Scouting Movement to produce future leaders. These leaders will be your sons. So give them the best! Continue giving them the assistance and inspiration they need as they work on their final challenge and on their entry requirements to Boy Scouting.

Thank you and MABUHAY!

THE LEAPING USA TRAIL

You have been a Young Usa. You also became a Growing Usa. Now, this is your final challenge. There are many more things for you to do. They are more interesting, more exciting, and more challenging.

Follow the trail of the Leaping Usa. You will work on your four duties. Remember them:

1. Duty to God
2. Duty to Country
3. Duty to Others
4. Duty to Self

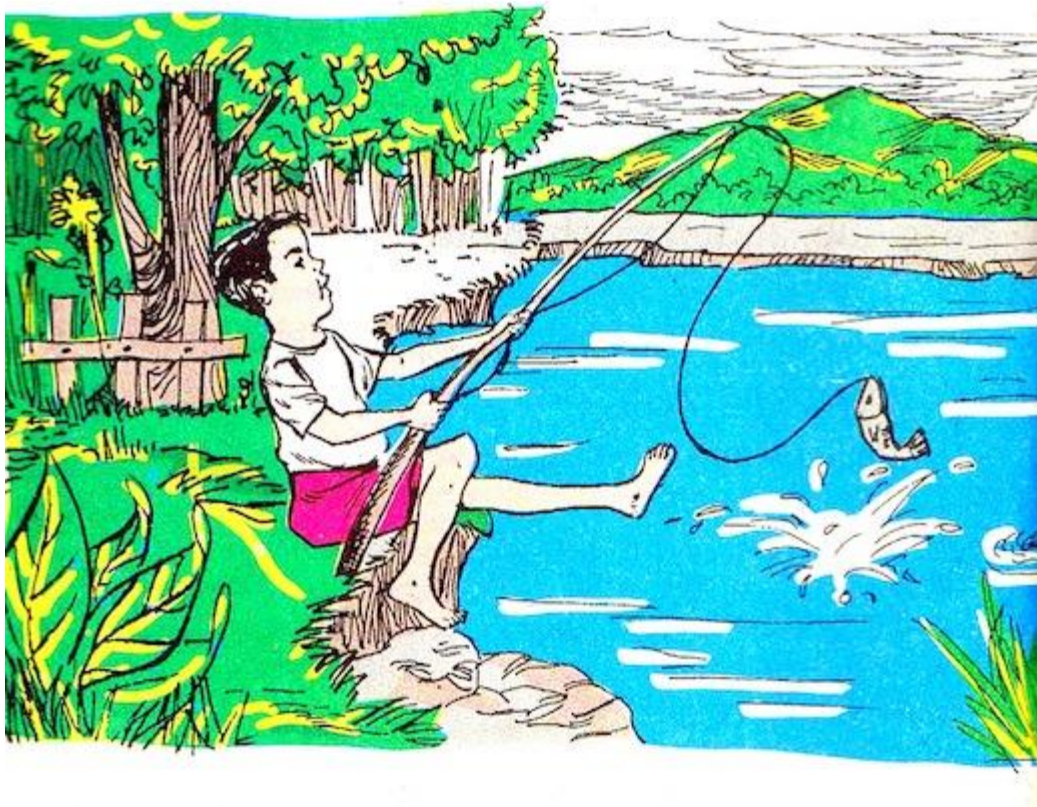
Your Kawan Leaders, parents, and friends will help you again. They are very willing to work with you. You can ask their help.

See you on this new trail of KAB. Scouting!

Follow the trail of your **Final Challenge**.

DUTY TO GOD

- 1. Learn more about God.***

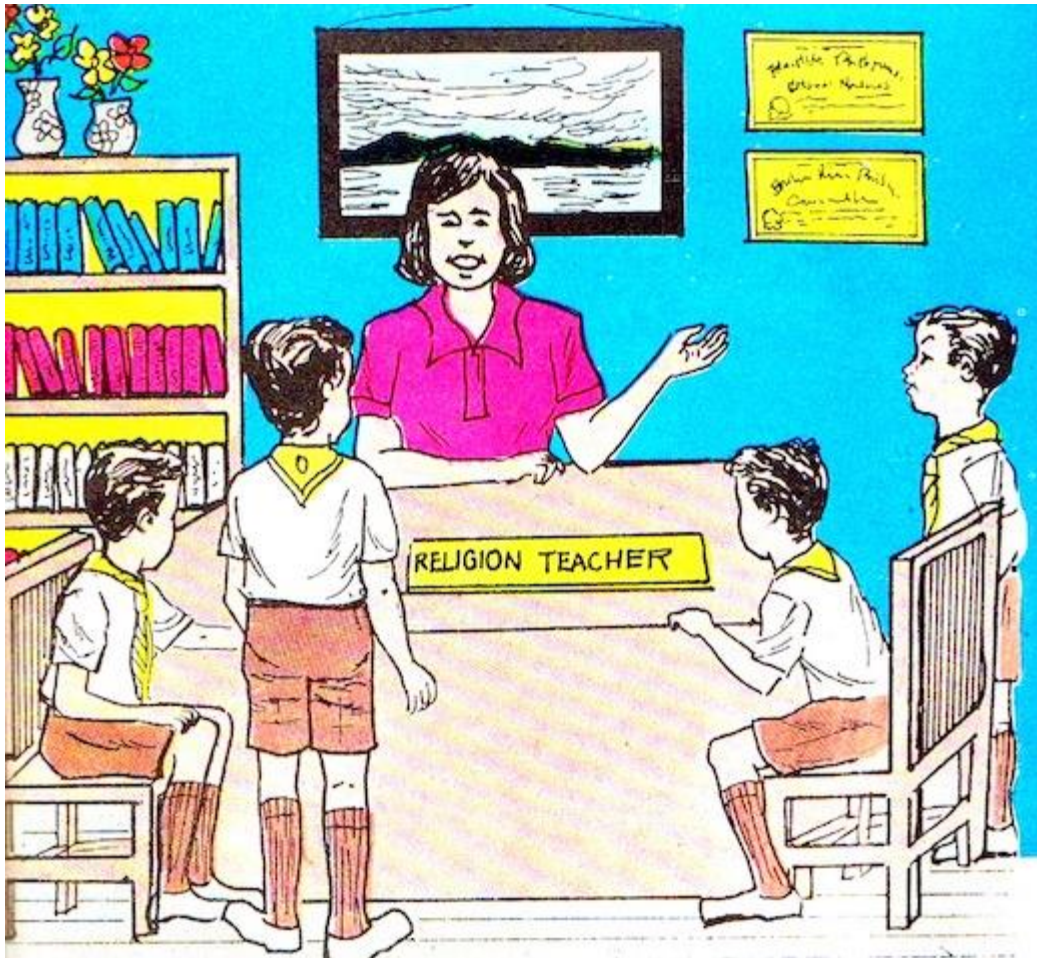


God is everywhere. He is with you anytime, anywhere. He sees you and other people. You can't see Him but He sees you. He sees wonderful things about you. He knows you are a good KAB Scout. You are doing what He wants you to do. He is most happy about this. That is really great!

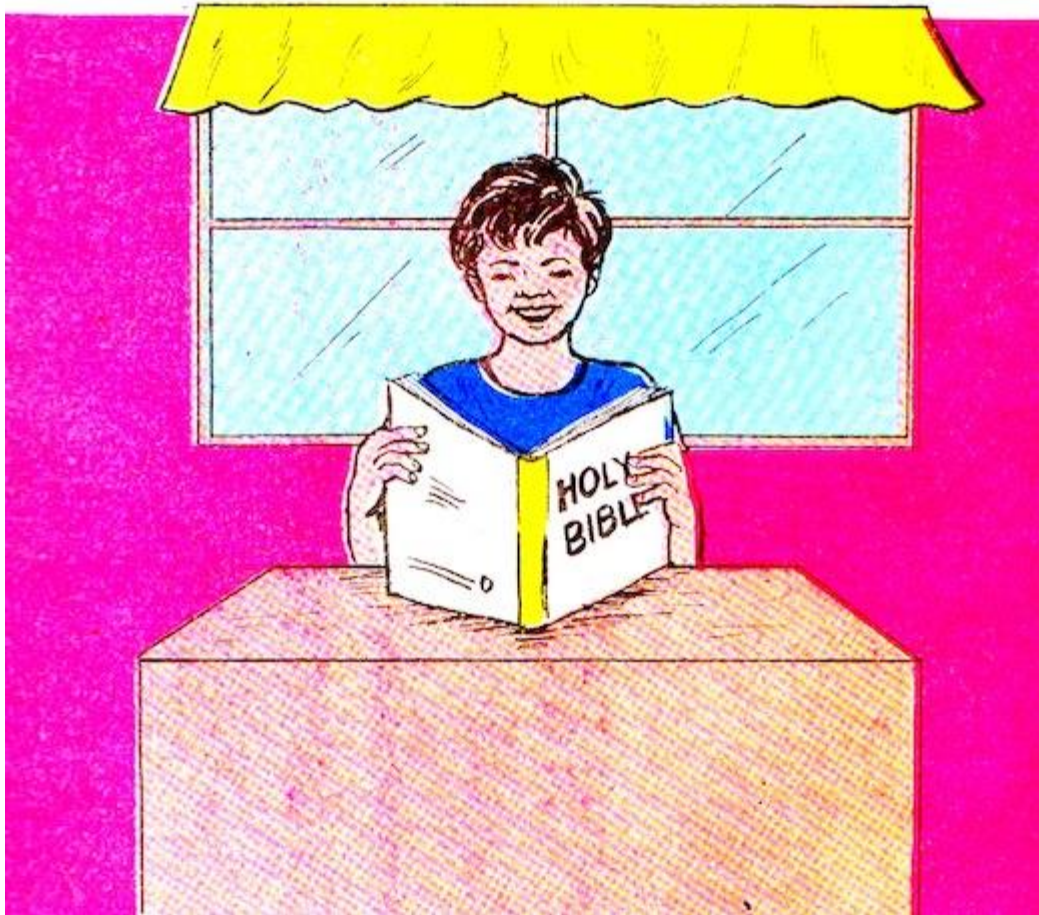
You have shown your love for God. You have been faithful in your religious duties. You have time for your religious activities. You are really a God-loving KAB Scout.

Do some more to show your love for Him.

a. Receive religious instructions.



b. Study His teachings. Read the Holy Book. Share what you have read and studied about Him. Share it during your Color Group or Kawan Meeting.



c. Attend special religious services or ceremonies. Your church/mosque have special occasions. Help in the event



d. You have recited and led prayers. Here are sample prayers. Use them during your Color Group or Kawan Meetings.

Dear Lord, Teach me to be good. Teach me to obey – So father and mother will be glad I am a good KAB Scout.

~o0o~

Allah, Our God, Thank you for this lovely day; For at all the things we have received. Help us to do good things regularly to keep others happy.

~o0o~

Oh, Lord, bless father and mother; Bless my brothers and sisters; Bless the

people around us. Give us Your blessings and Your care. Thank You, Lord.

e. Now write your own prayer on a clean sheet of paper.

2. Share some things.

What special day is coming soon? Is it Mother's/Father's birthday? Christmas time? Father's Day? Mother's Day? Your friend's birthday?



What can you do for them?

a. Make a greeting card. Give it to the celebrant.

MAKING A GREETING CARD FROM CUT-OUTS

Materials Needed

color paper

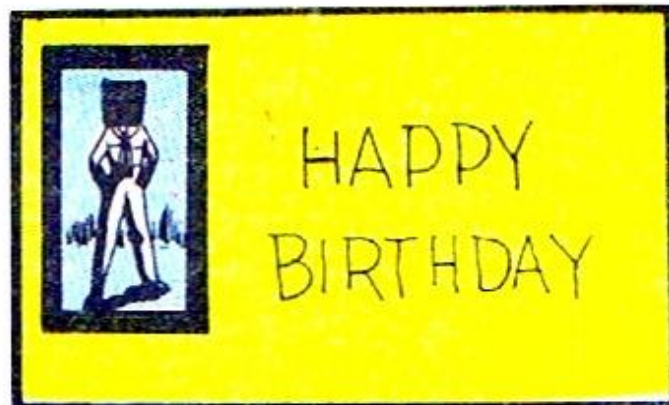
typewriting paper

paste

pair of scissors

pen

1. Plan the design of your card1



2. Cut the design out of colored paper. You may also use colored magazines.



3. Fold your typewriting paper into four.
4. Paste the cut-out according to your plan. Paste it on typewriting paper.
5. Write something on the inside part of the card.



~o0o~

GREETING CARD USING WATER COLOR

Materials Needed

- water color
- typewriting paper
- pen or pencil
- old newspaper

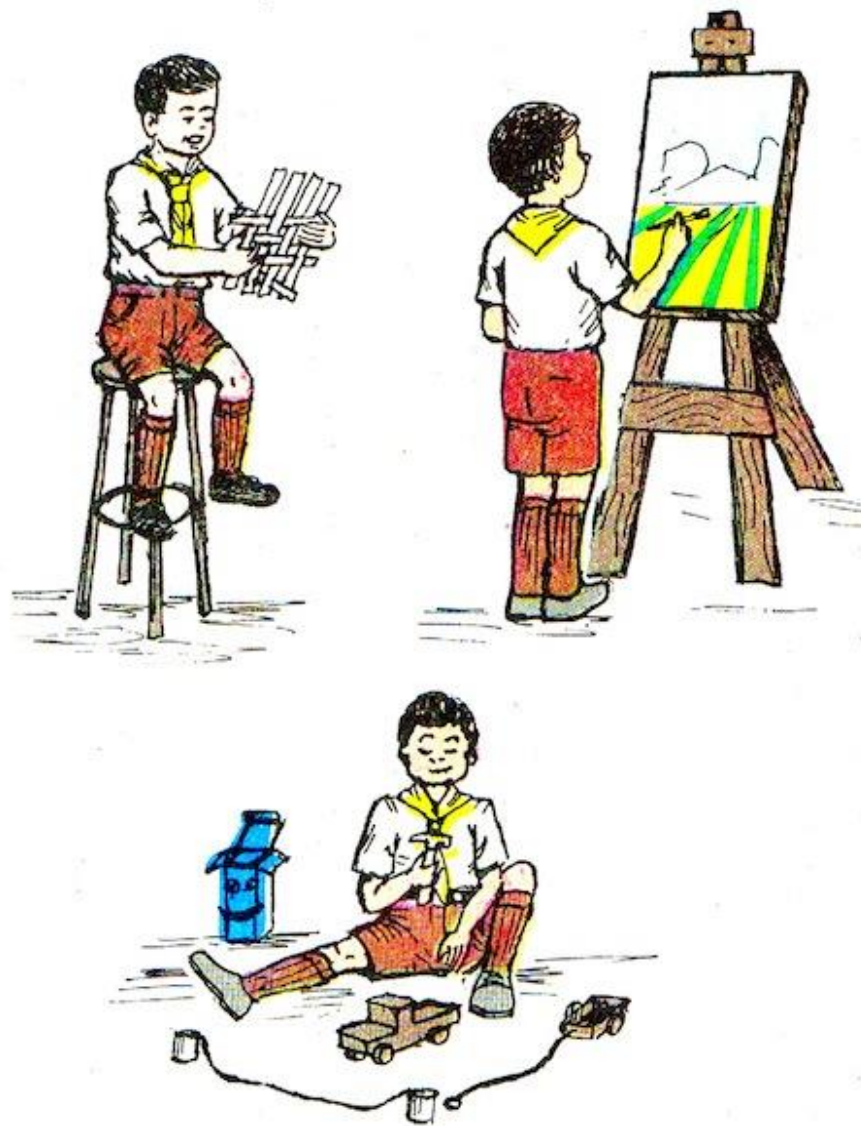
1. Plan a design of your own.
2. Draw your design using pencil.

3. Cover your working table with old newspaper.

4. Get your water color. Put some water. Use brush or cotton in coloring. Color your design.

5. Write a dedication inside the card.

b. Make a toy, handicraft, or artwork. Share your work.



~o0o~

PAPIER MACHE

Materials Needed

old newspaper

string or rope

shellac

paste

paint

1. Make paste out of starch.
2. Get three or more pages of old newspaper.
3. Soak in water.
4. Form the shape you want (Example: cat, snake, dog, etc.).
5. Tear more old newspapers 2 cm wide The length may be 2 meters or more.
6. Put some paste on the strips.
7. Wrap around the shape you formed.
8. Continue wrapping until you get the right form and size.
9. Let it dry for three or four days.
10. Paint your toy.

11. Put shellac to make it shine.



~oOo~

COLLAGE

Materials Needed

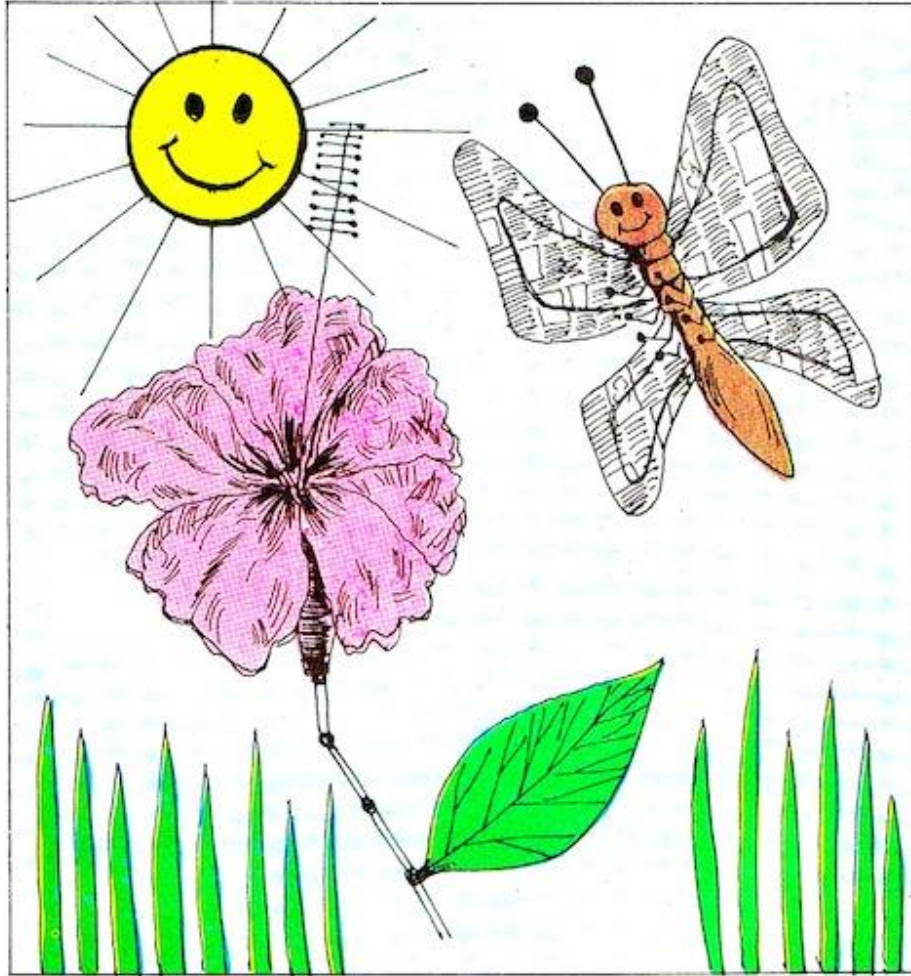
- pieces of cloth
- pieces of paper
- dried bark of banana plants
- coconut husk
- cartolina/carton

dried leaves

others

It is easy to make a collage.

1. Plan a design of your own. Be imaginative.
2. Get some bits of cloth, paper, etc. (You can use any materials here.)
3. Paste the materials according to your design.
4. There are no rules for making a collage.



3. Earn the TAKE CARE OF OUR WORLD Achievement Badge

- Collecting newspaper
- Collecting bottles
- Waste materials
- Saving electricity
- Saving water

- Cleaning up
- Planting

My dear KAB Scout, congratulations!

You are really great!

You did your duties to God faithfully and religiously. God always knows what you are doing.

We have seen you do your duties. These are the things that you have done:

Learn about God

Share some things

TAKE CARE OF OUR WORLD Achievement Badge

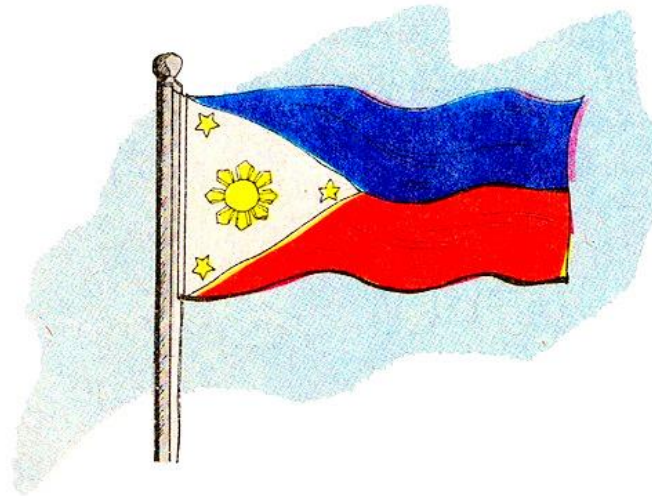
DUTY TO COUNTRY

1. Lead in a flag ceremony.

Every good citizen loves his country. You are a good young citizen of our country.



You do your part as a Filipino. You show your love for our country. You showed this as a Young Usa. You also showed this as a Growing Usa. Continue doing these things for your country. Do it now, my little hero.



This is our Philippine flag. This is the symbol of our country. Show respect to our flag. Honor it because it represents you. Honor it because it represents the Filipino people.

As a good KAB Scout, handle our flag with respect.

Here are things to remember:

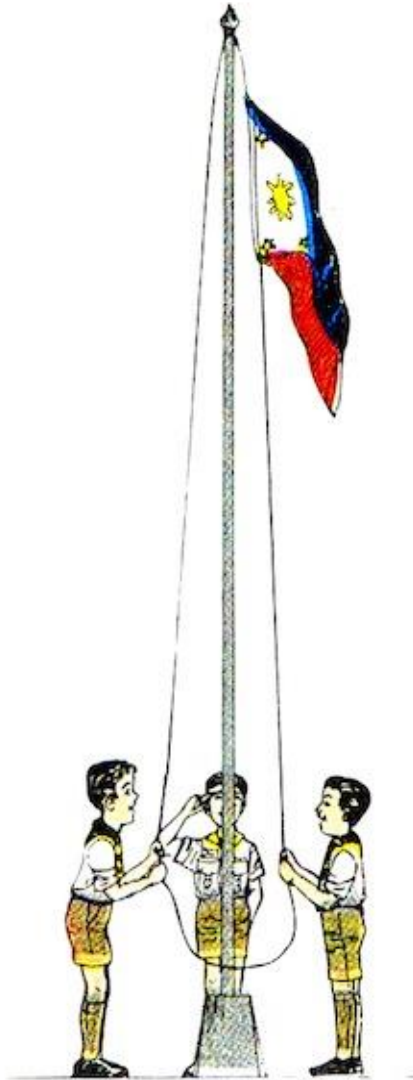
1. The flag should not touch the ground or floor at anytime.
2. It should not be used as decoration or covering.
3. It should not be used as costume, handkerchief, pillow, etc.

You can draw our Philippine flag. You can sing our *Pambansang Awit* properly. You can lead in singing it.

Now lead in a flag- raising ceremony. Lead in your school during flag ceremonies. Raise, lower, and fold the flag properly.

Raising the Flag

Raise the flag to the top of the flagpole. The flag should be at a prominent place. It should be higher than any other building in the place. It should be raised briskly. When raised, salute if you are in uniform.



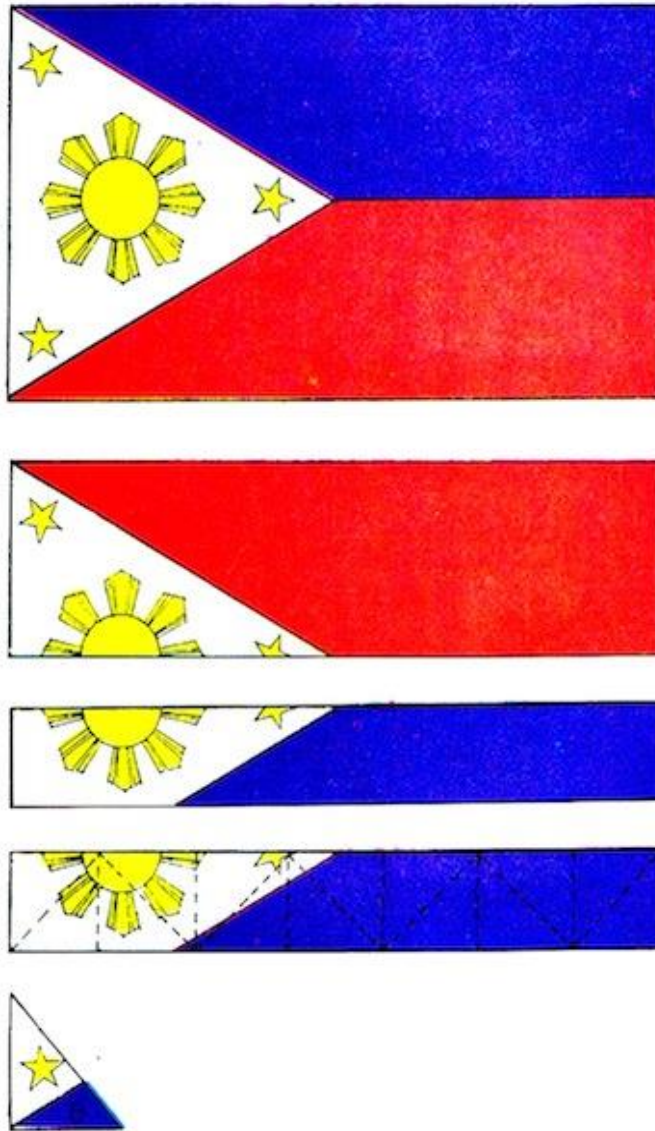
Sing the *Pambansang Awit* facing the flag. Stand at attention when singing. Take off your hat or cap while singing. Passers-by should stop.

Lowering the Flag

The flag should be lowered slowly. Sing the *Pambansang Awit*. Show the same respect as when raising it.



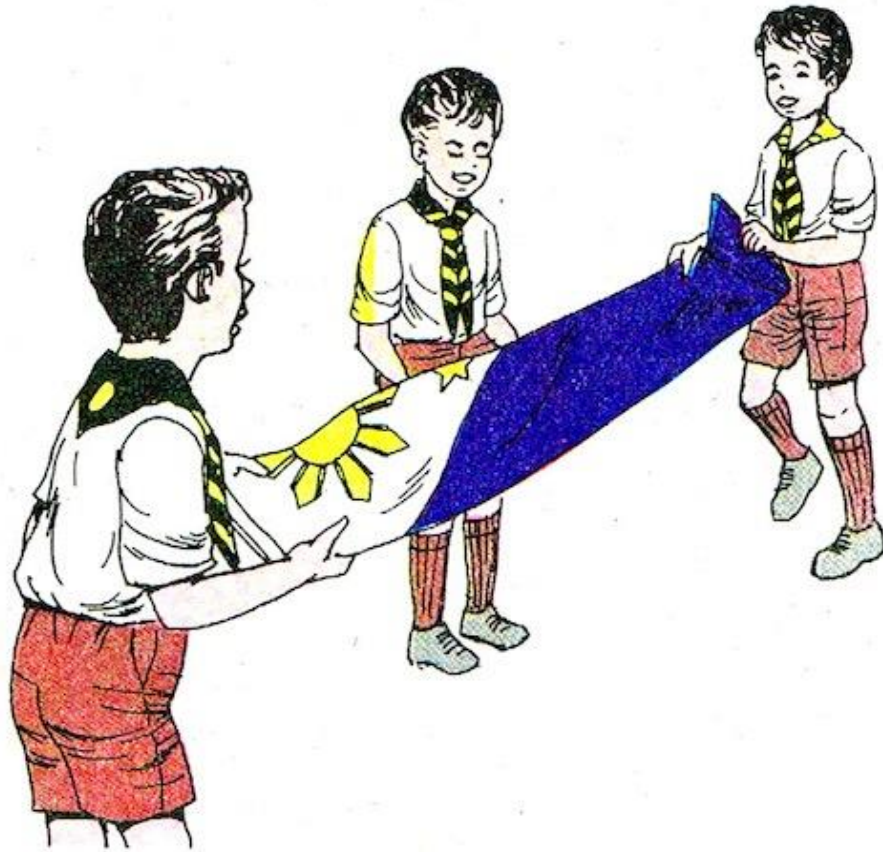
Folding the Flag



How to Fold the Flag:

- 1) Two boys hold the flag at the ends. Another may stand at the middle between the two with his hands under the flag.
- 2) Fold the flag with the red part up.
- 3) Fold again with the blue outside and the sun on top.

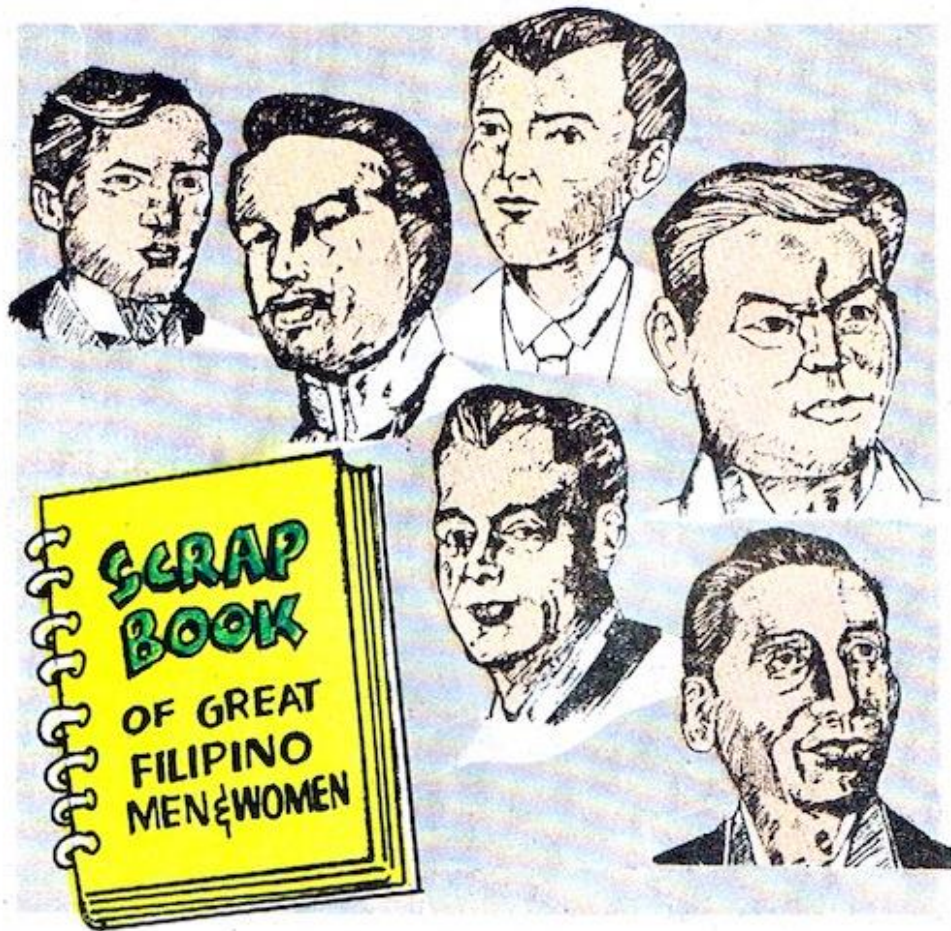
4) The boy near the ends folds the flag following the diagonal line of the flag forming a triangle.



2. Make a scrapbook of at least 10 great Filipino men and women.

Many Filipinos did good things for our country. They made sacrifices. They even died for our country, like Jose Rizal, Jose Abad Santos, Sultan Kudarat, and others.

Read something about them. Then collect their pictures.



Answer the following on a clean sheet of paper:

- 1) Leader of the Katipunan
- 2) Ilocano "Joan of Arc"
- 3) Hero of Tirad Pass
- 4) Great Painter or "Titan of the Brush"
- 5) "Mother of the Revolution"
- 6) Prince of Tagalog Poets
- 7) "Sublime Paralytic" or "Brain of the Revolution"
- 8) Founder of the Girl Scouts of the Philippines

3. Name your municipal/city officials. Tell what they do for the municipality/city.

There are people who work for your community. They are called the municipal/city officials. They do things for the municipality/city.

Study this *Loop the Word* puzzle (you may copy it on a clean sheet of paper if you wish). Look for the municipal/city officials in the puzzle. Encircle their names.

mayor

vice mayor

judge

treasurer

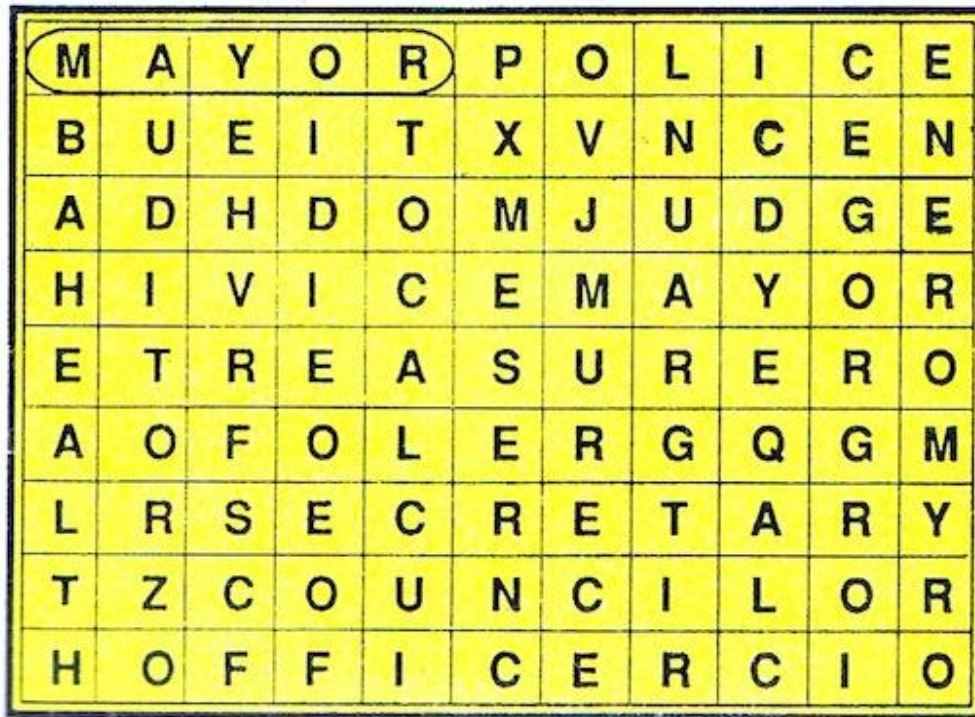
police

auditor

councilor

secretary

health officer



Did you find all of them?

Now get another clean sheet of paper. Copy the names of the following municipal/city official and write what they do for the community.

Mayor

Vice-mayor

Councilors

Secretary

Treasurer

Judge

Chief of Police

Health Officer

Chief of the Fire Department

4. Earn the COMMUNITY CHALLENGES Achievement Badge.

- Community problem
- Solving problems
- Writing a letter
- Community organizations

These are the things you did:

Flag Ceremony

Great Filipino Men and Women

Municipal/City Officials

COMMUNITY CHALLENGES Achievement Badge

DUTY TO OTHERS

You're liked very much by people around you. Do you know why? It's because you have done something for them. It means a lot to them. Do you know who those people are? They are your parents, brothers, sisters, leaders, and friends. They are also the people in your neighborhood. They are proud of you.



1. Help a new boy who wants to join the Kawan.

There are many boys around. They are smaller and younger than you are. They want to join the Kawan. Do something to make one happy. Help him earn the Membership Badge.

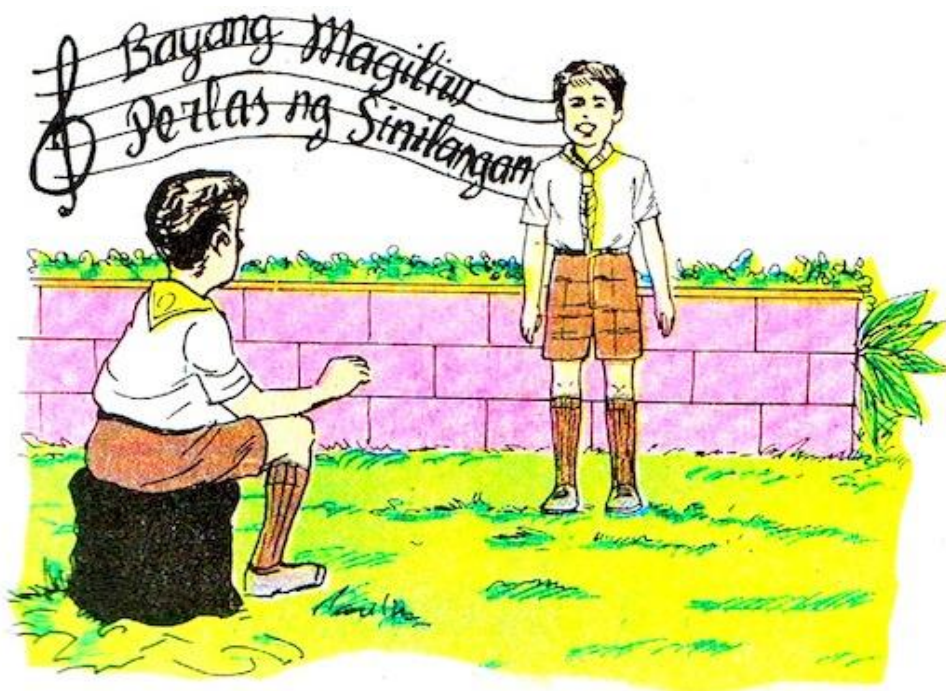
a. Help him explain the KAB Scout Promise and Law, Motto and Slogan. Help him to learn it by heart.



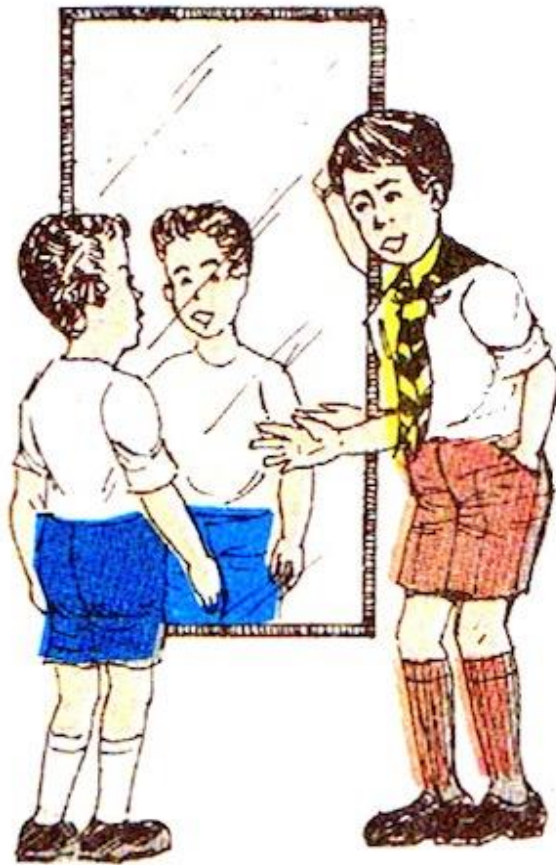
b. Help him do the Scout Sign, Salute, and Handshake properly.



c. Listen to him sing the Pambansang Awit. Help him recite the Panunumpa sa Watawat.



d. Show him how to be neat and clean. Tell him how to keep his personal things in order.



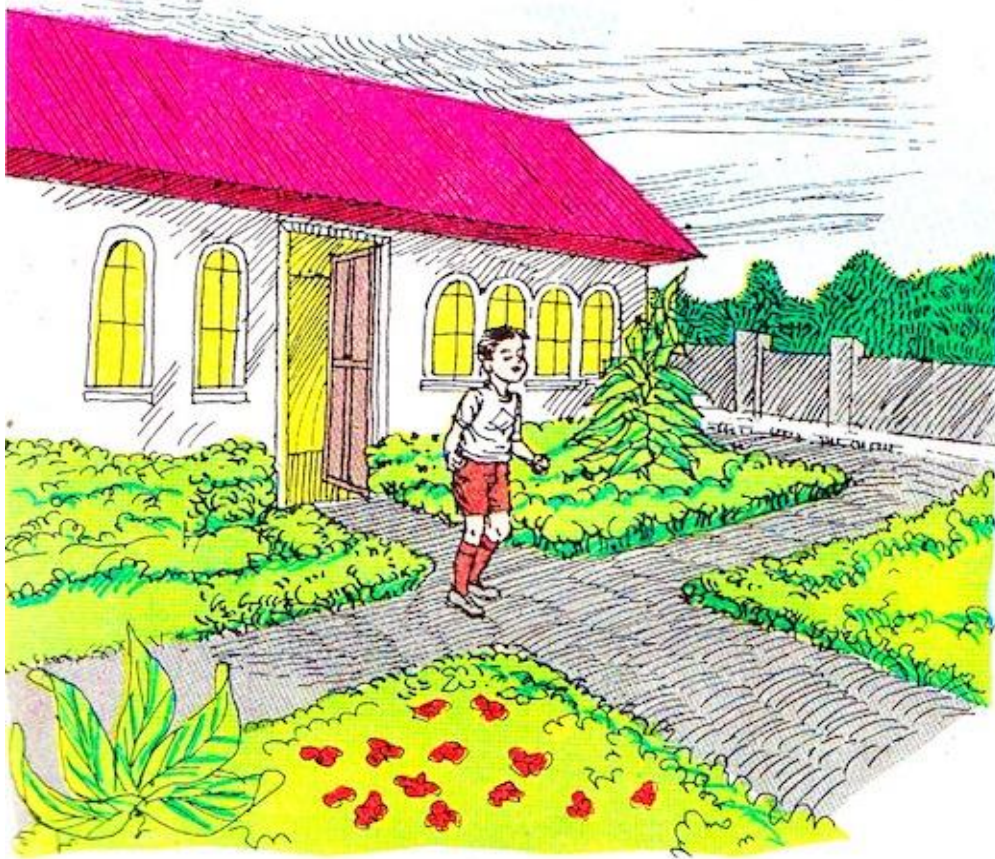
e. Ask him why he wants to become a KAB Scout. Make sure he joins the KAB Scout Investiture Ceremony.



Congratulate him for a job well done!

2. Maintain the cleanliness and orderliness of your surroundings.

Clean surroundings make us healthy. Clean surroundings make a place beautiful. Live in a clean and beautiful place. Maintain the cleanliness and the beauty of your surroundings.



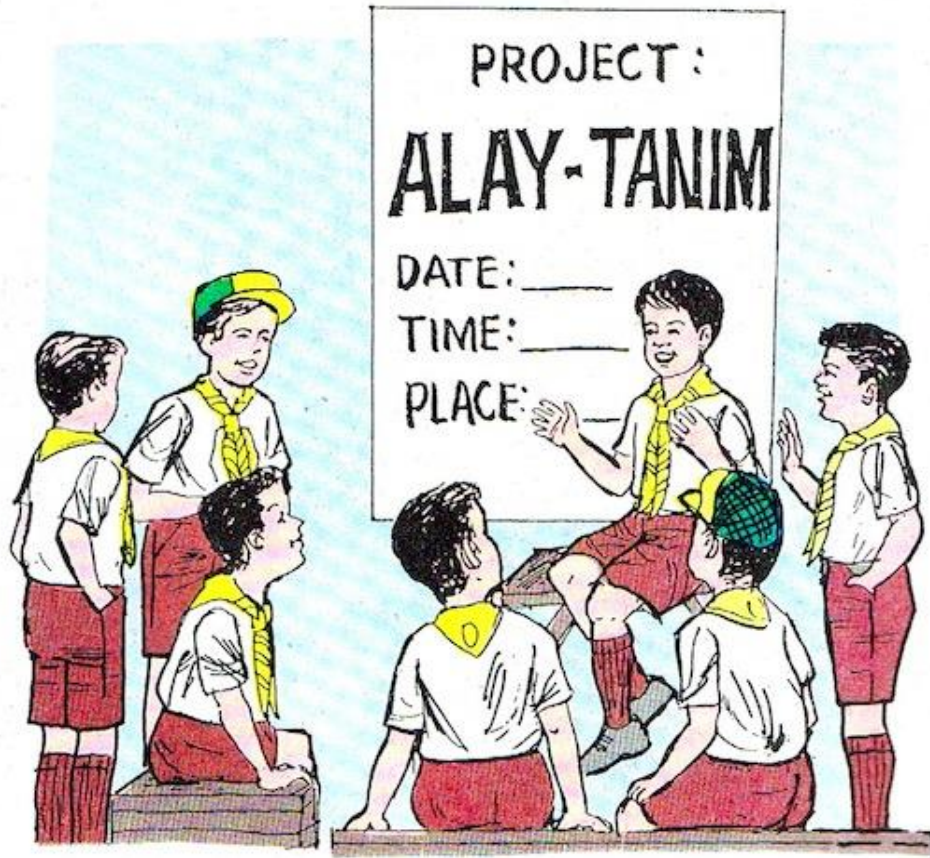
a. With your Color Group or Kawan, plan a beautification and cleanliness campaign.

Example: Arbor Day

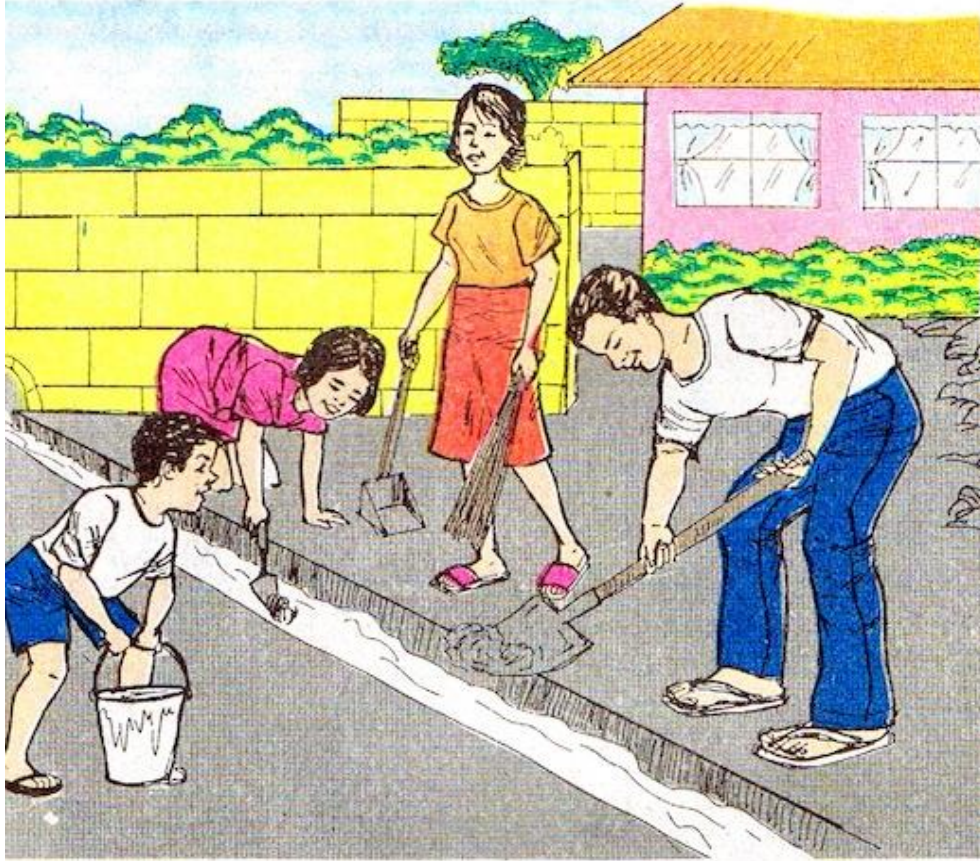
Anti-Littering Campaign

Alay Tanim

others



b. As a family, clean a ditch or canal near your house



3. Earn the FIRST AID and OUTDOOR A FUN AND ADVENTURE Achievement Badges.

FIRST AID

- First aid kit
- Minor injuries
- Bandaging
- Reporting an accident

OUTDOOR FUN AND ADVENTURE

- Outing
- Kawan Holiday
- Following directions

You have done your Duty to Others. These are the things you have done.

Helping a new KAB Scout

Cleanliness and orderliness

FIRST AID Achievement Badge

OUTDOOR FUN AND ADVENTURE Achievement Badge

DUTY TO SELF

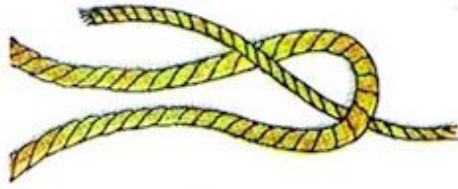
You learned many useful skills. You used them during your **Young Usa Trail**. You used them during your **Growing Usa Trail**. There are more skills to learn. These will help you a lot someday.

Do your best, my dear KAB Scout!



1. Demonstrate Sheet Bend and Bowline. Tell when to use each.

There are many ways of tying things. You have learned different knots. Learn the Sheet Bend and Bowline. Follow the steps in making them.



1



2

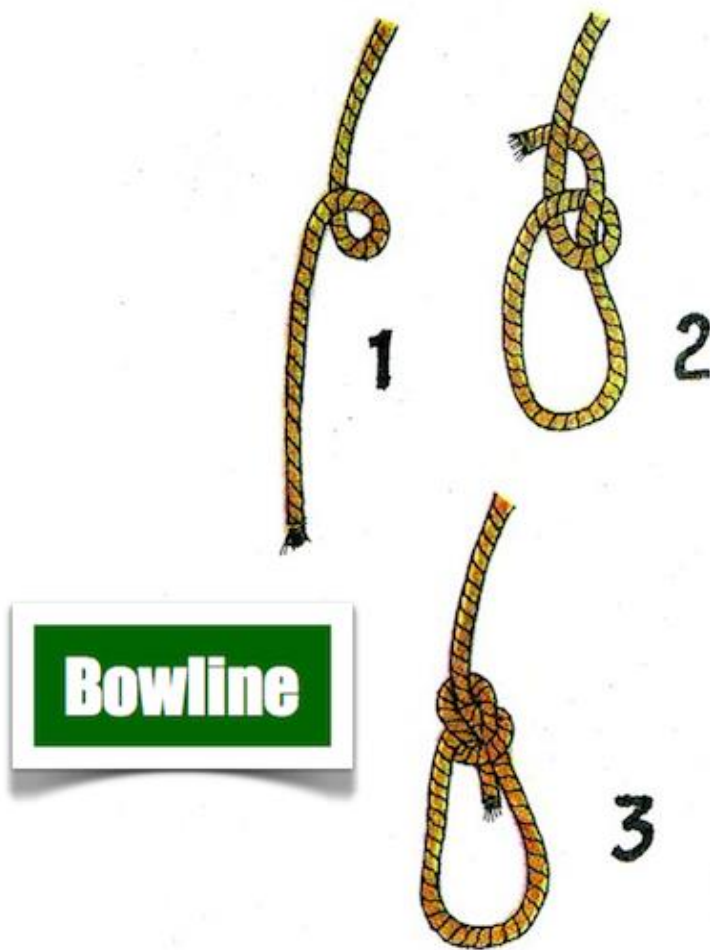


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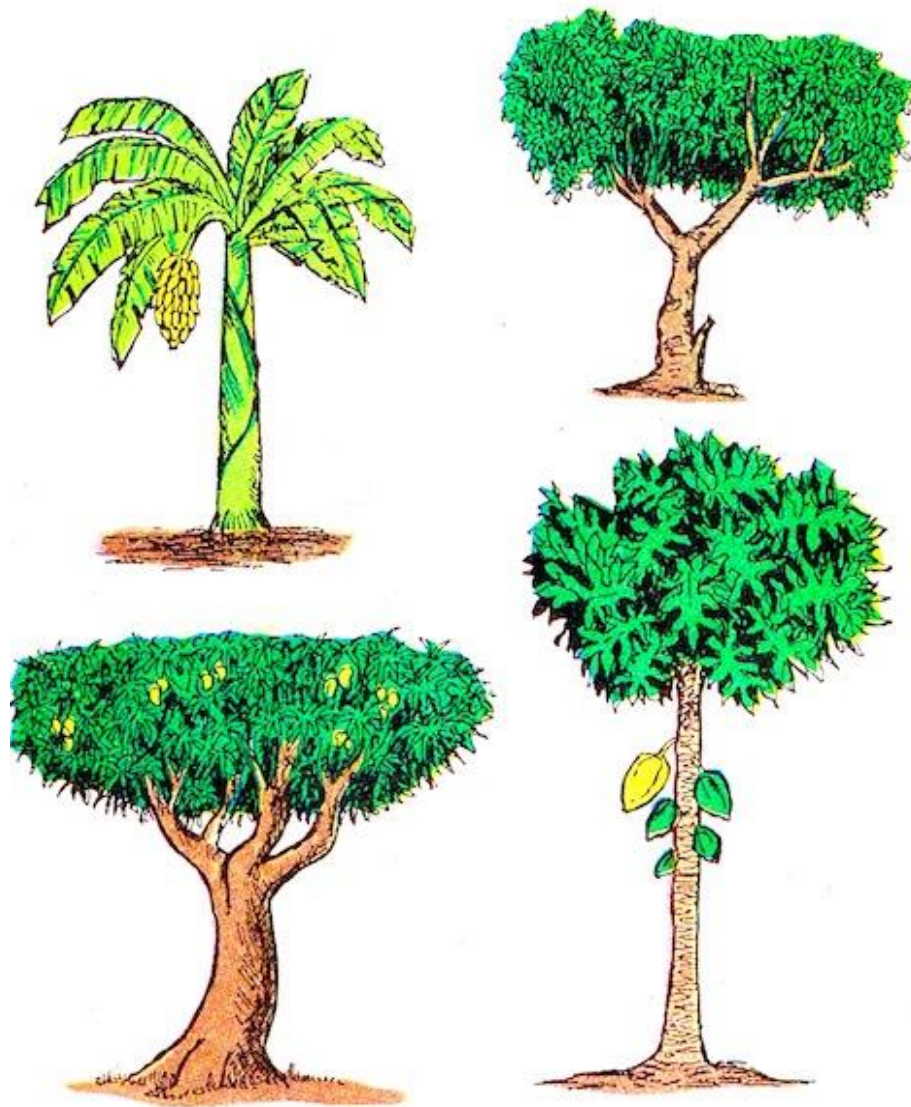
4

Sheet Bend



2. Plant and care for a fruit tree.

There are lots of Philippine trees. What is your favorite fruit? Is it among these?



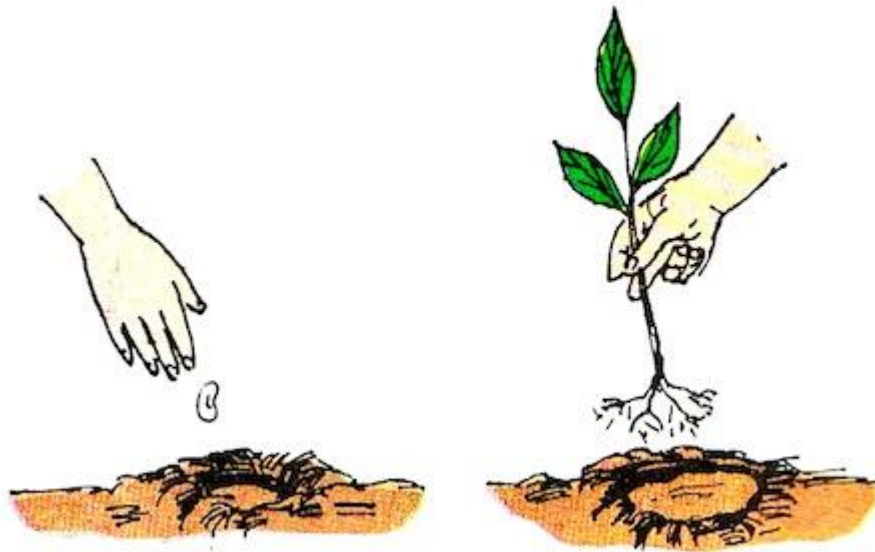
Do you know that you can eat fruits without buying them?

This is the secret. Plant and take care of a fruit tree. Follow the rules in planting a tree.

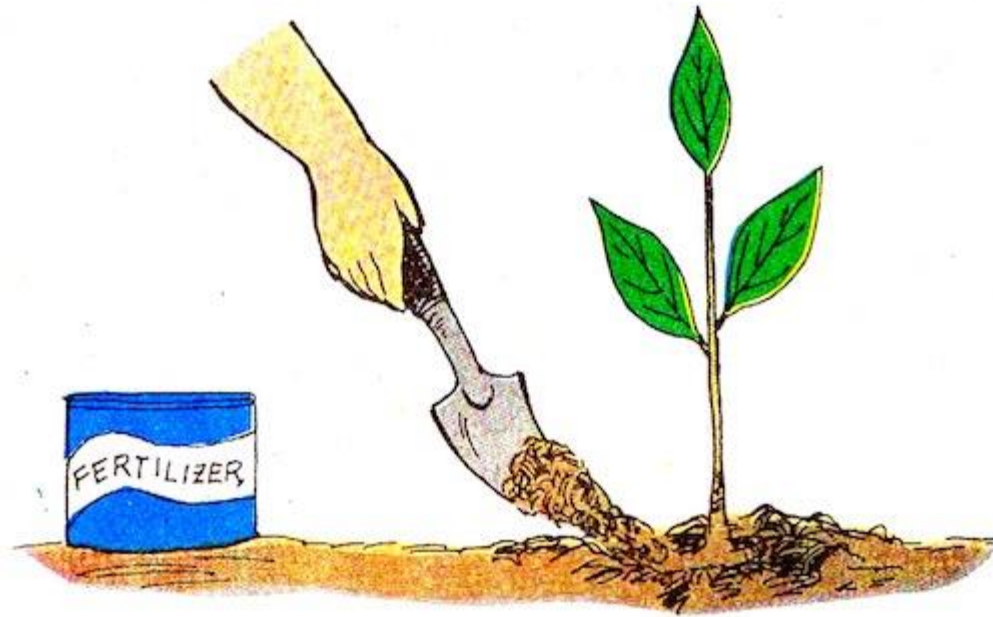
a. Get the seedling of a fruit tree. Dig a hole. The hole should be big and deep enough.



b. Put the seedling in the hole. Place the tree against it. The roots should be properly spread out.



c. Cover the roots with soil. If you have compost or fertilizer, mix it with the soil.



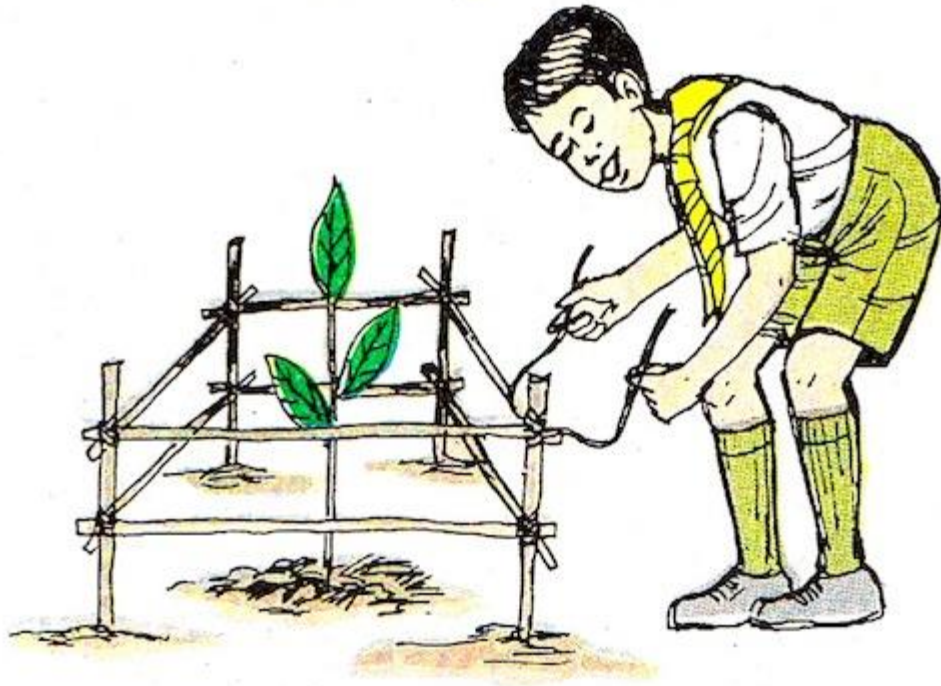
d. Press the soil firmly.



e. Water the soil around the transplanted seedling.



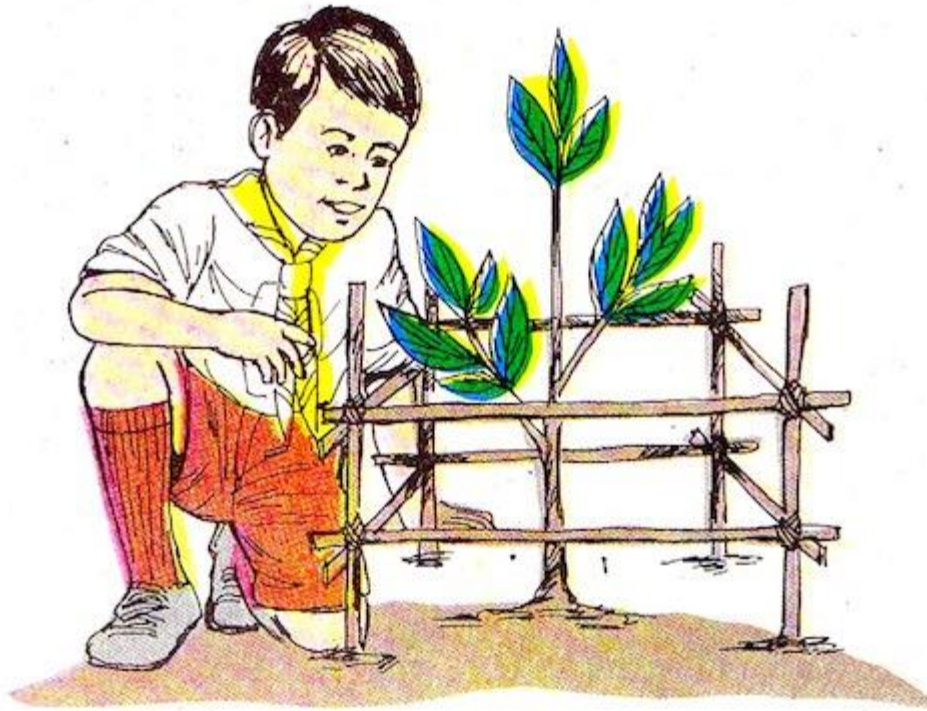
f. Put a tree guard. This will protect your plant.



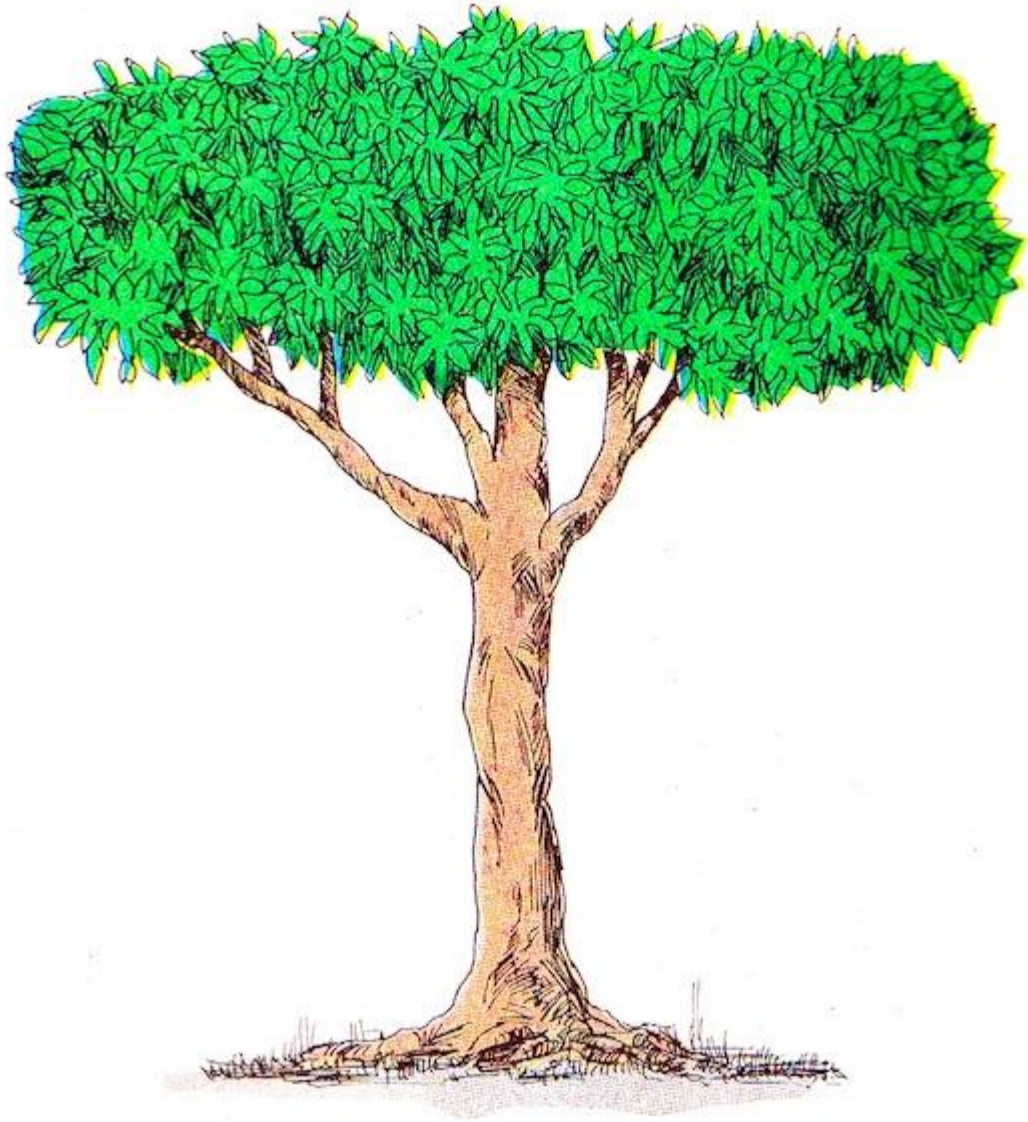
g. Water it everyday. Put fertilizer, too. Remove weeds when necessary.



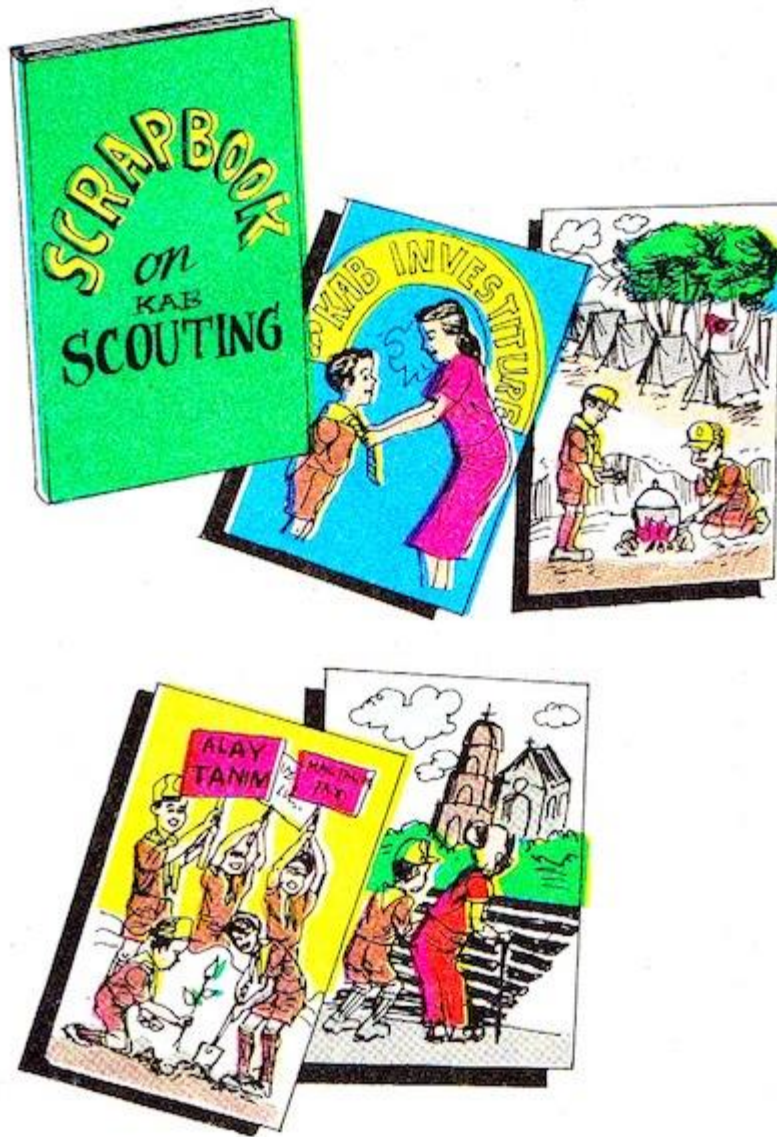
h. Look for harmful insects. Remove them.



Oh! Look at the tree be you planted. A few years from now it will bear fruits. You can eat them without buying them.



3. Make a scrapbook of your Scouting life.



4. Earn the MAKING CHOICES Achievement Badge.

- Wise choices
- Decisions

You are really a boy in a thousand. This means you are one of the best. You do good things. You make yourself useful, too. Doing things as a **Leaping Usa** makes you useful. Do what you have learned until you grow up.

Congratulations, my dear KAB Scout.



There are lots to remember in KAB Scouting. You have enjoyed many things. You have rich experiences. There are new trails in Scouting. Boy Scouting is waiting for you. There are more and more things to do.

5. Earn any Achievement Badge of your choice.

Working with Achievement Badges is exciting. There are many other Achievement Badges for you.

DUTY TO GOD Achievement Badges

- Teamwork

- Our Living World
- Pets are Fun
- Our Forest Friends
- Nature Study
- Grow Something
- Sky Watch

DUTY TO COUNTRY Achievement Badges

- Tell It the Filipino Way
- Let's Play the Filipino Way
- Let's Sing and Dance the Filipino Way
- Great Filipinos
- Making Friends Here and Around the World
- Looking Back
- Our Community
- Community Helpers

DUTY TO OTHERS Achievement Badges

- Secret Codes are Fun
- Let Me Entertain You
- Backyard Camping
- Family Safety
- What's Cooking
- Give Goodwill
- Fix It

DUTY TO SELF Achievement Badges

- Hobbies for Fun
- Listen Well, Speak Well
- Young Olympian
- Waterfun
- KAB Scout Artist
- KAB Scout Scientist
- Busy Hands at Work
- Tying Things Up
- Ducks and Chickens
- Toycraft
- Computers Fun
- Safety with Medicines
- The Sound of Music

6. Work on the Membership Badge requirements for Boy Scouts.

To be eligible you must be 10 years old.

Do the following:

- a. Recite and explain the Scout Oath and Law.
- b. Explain and use the Scout Sign, Salute, and Handshake.
- c. Explain the meaning of the Scout Motto and Slogan.

These are what you have done:

Knot tying

My fruit tree

MAKING CHOICES Achievement Badge

Boy Scouting

APPENDICES

Appendix A: Some Filipino Heroes

GEN. GREG ORIO DEL PILAR

Gen. Gregorio del Pilar was born on November 14, 1875 in San Jose, Bulacan. He was the youngest general of the Philippine Revolution. He was known as the “Hero of Tirad Pass.”



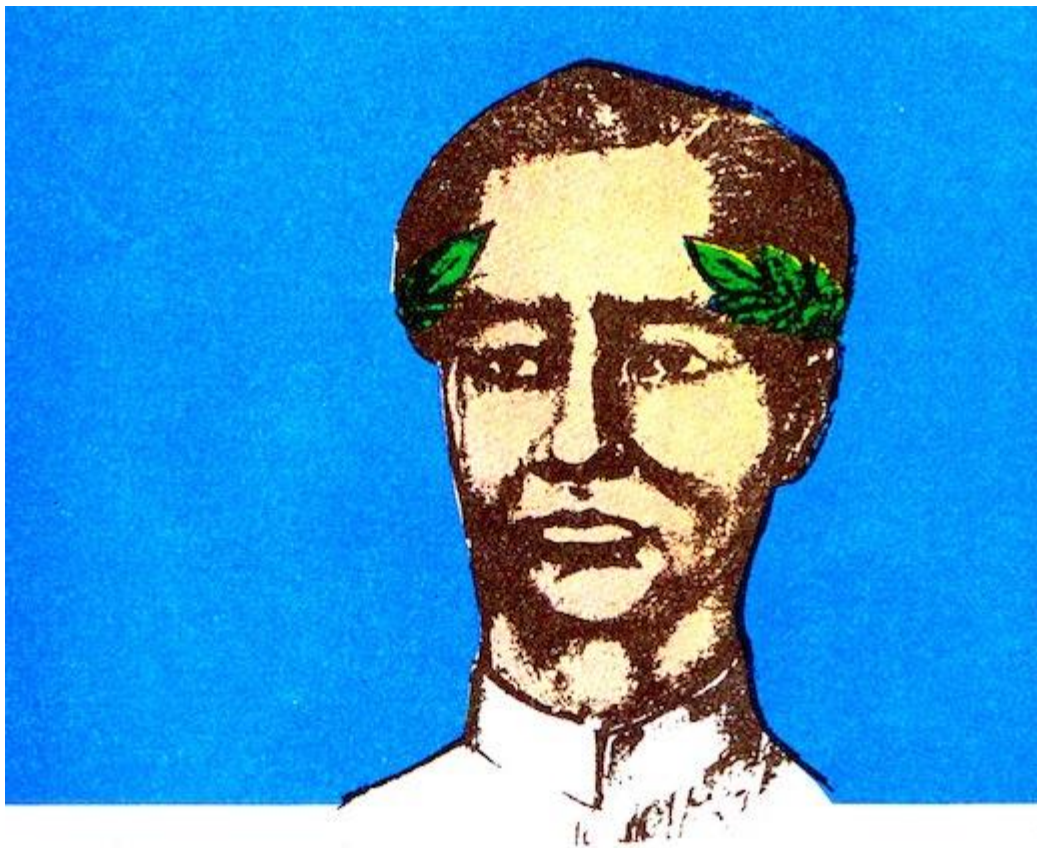
His father was the brother of Marcelo H. del Pilar. He finished his A.B. course at the

Ateneo de Manila and joined the *Katipunan* at the age of 17. He became a general at 21. He fought valiantly against Spaniards. Charged with conducting a rear guard action to protect Gen. Aguinaldo's retreat, he and his 60 soldiers battled a battalion of American soldiers at *Tirad Pass*. He died on December 2, 1899. The Americans so admired his bravery, patriotism, and courage that they gave him a heroes' burial.

~oOo~

FRANCISCO BALTAZAR

Francisco Baltazar was born on February 20, 1862 in Panginay, Bigaa, Bulacan. He was acclaimed the “Prince of Tagalog Poets.”

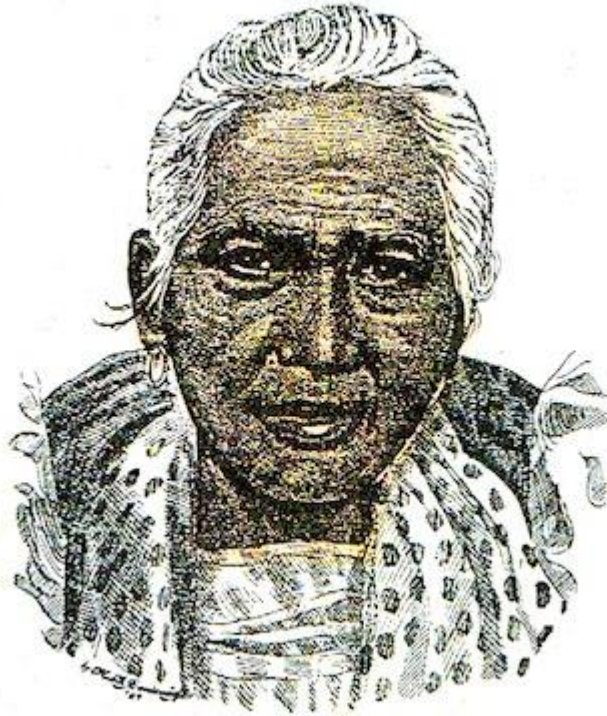


While studying in Pandacan in 1835, he met Maria Asuncion Rivera whom he called Celia in his poems. One of his rivals for Celia's love was a rich man, Mariano Capuli, who plotted to put him in prison. Like Victor Hugo, Cervantes, and Rizal, he wrote his greatest book, *Florante at Laura* behind prison bars. In 1840, he went to Udiong, Bataan, where he later married and lived the rest of his life.

~oOo~

MELCHORA AQUINO

Melchora Aquino is better known as “*Tandang Sora.*”



The heroine of the Revolution was born on January 6, 1812 in Banilad, Kalookan, Rizal. She fed the Katipuneros in Balintawak, giving all she had from her store. She was also nurse to the wounded *Katipuneros*. For her work, she was exiled to Guam in 1896 for 3 years. She died in the Philippines at the ripe old age of 107 on March 2, 1919.

Appendix B: Native Games

BATI-COBRA

Two bamboo sticks with unequal lengths are used in the game. The long piece is used for hitting.



The first player tosses the short stick and strikes it with a long piece. The other players, who are standing at a short distance from him, try to catch the flying stick. Whoever catches it will have the next turn.

In case no one catches the stick, one of the players picks up the stick. The first player then places the long stick on the ground and the holder of the short stick throws it and tries to hit the long stick on the ground. If he hits it, he becomes the next batter. If not, the same batter continues the game.

~o0o~

PRESOHAN

Color Group or Kawan Game

The objective of this game is to take and keep prisoners from the enemy team and to free any of its members who have been captured by the other team.



The Kawan Leader acts as the referee. The Color Group or Kawan is divided into two groups. Two parallel lines are drawn 10 to 20 meters apart.

Each group stands on a line facing the other. Both teams count off and player No. 1 of one team stands opposite player No.1 of the other (if there are 10 players); No. 2 opposite 4; 3 opposite 3, etc.

The Kawan Leader stands on one side equidistant from the two opposing teams.

1. One player from a team leaves his place in his line to serve as a decoy and immediately, the opposite 'player in the enemy line leaves his place and tries to tag him.

2. Any player who tags an opponent he is chasing makes him prisoner and brings him home to his own baseline. The prisoner is placed about 2 meters behind the chaser's line, with his arms stretched forward. (The prisoner remains in this position himself. Any rival player who successfully crosses the enemy line becomes a *patoto* and may remain in the enemy line obstructing the play of his enemies. Each team therefore tries very hard to stop the entrance of the would-be *patoto*.)

3. The team that captures more prisoners at the end of the game is the winner.

A player can only chase and tag the one he is supposed to and at the same time must

evade being tagged by his own chaser. Any player who succeeds in reaching his home base without being tagged by his chaser can be pursued only by an opponent who has returned to his own team's home line.

It is the responsibility of the Kawan Leader to:

- see that the player is chasing the runner he is supposed to, otherwise the tag does not count;
- know which player(s) reach(es) home base safely and who is *patoto*.

~o0o~

VIOLA

(Leap Frog)

Three to six players may take part. One player serves as the “back” and another as the leader. A line is drawn on the ground where the “back” stands, bending forward with his hands holding his knees or ankles. The other players form a line with the leader at the front.



The leader starts by jumping over the stooped figure of the “back” followed by the other players. The “back” moves one step farther away from the line. Different commands of the leader are performed by the other players until one of them touches some part of the “back's” body unknowingly. The player who commits this mistake becomes the “back.” The game continues until almost every one has become “back” or leader.

The following activities are among those performed:

1. **Biola Kick** - The player jumps over the “back” and rests his hands upon him and kicks him behind, lightly.
2. **Biola Sto. Cristo** - The player after jumping over the “back” stands straight and raises his arms sideward shoulder high. All other players do the same action, each remaining fixed in his place until all have jumped or someone has touched the “back” unknowingly.
3. **Biola, one hand** - The player uses only one hand for support as he jumps over the “back.”

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