

PHYE 232 – Martial Arts

Basic Arnis Terminology

General Vocabulary

Filipino	English
Abanico	lit. “fan,” lateral (side to side) motions performed with a straightened arm as a blocking maneuver,
Arko	Series of circular strikes, also referred as sirkulo
Arnis	Lit. “harness,” terms used in the Northern Phillipines for FMA, synonymous with the middle- Phiilipines term, “escrima,” or the southern term, “kali”
Banda y Banda	Back & Forth. side to side slashes or strikes.
Baston	Stick or baton used in FMA
Bolo	A type of machete (usually with a leaf shaped blade) used throughout the Phillipines.
Cardena	Lit. “chaining,” linking one technique with another in rapid succession.
Corto Kurbada	Close range sparring applying kurbada strikes & counter attacks
Crossada	“Crossing”; maneuver used to block an incoming attack by forming an X- pattern with ones baton, arms, or bladed weapon.
Daga.	Knife or dagger Doble – “double;” two strikes delivered in rapid succession
Doce Pares	Twelve Pairs
Dos-ekis	2 reverse butterflies
Dulo- Dulo	Palm stick (dulo), spoken twice to indicate style of fighting with said weapon.
Dumog	“Grappling,” either in a clinch or on the ground. Escrima – (alt. eskrima) – synonymous with arnis (above).

General Vocabulary (continued)

Filipino	English
Ekis	X- strikes
Eskrido	The term Eskrido has been derived from three martial arts: Eskrima, Jiu-Jitsu and Judo. The most common self-defense techniques can be used in Eskrido such as: stances, hand & arm holds, leg locks, foot sweep, leg reaping, arm, shoulder & hip throws, disarms, hand strikes, arm strikes, elbow strikes, finger thrust, palm heel strikes, wrist twist, pushing & pulling methods (for balance breaking), finger grips, olisi hooks, olisi thrust, butt strikes, punches and takedowns. (reference: Eskrido book, 2004)
Espada y Daga	Sword (espada) and dagger (daga) used together. Sometimes also connotes the use of baton and knife in tandem.
Flywheel	Series of backhand arkos
Garrote	Another name for olisi
Kuntaw (alt. Kuntao)	(Chinese) “fist way,” a system of Kung- Fu adopted by Filipinos and shared in common with Indonesia.
Kurbada	Curving strikes such as pronating or supinating strikes
Labai	Cross arm throw
Langka	“Footwork”
Largo	Long distance
Mano y Mano	“Hand to hand” combat
Medio	Medium range
Olisi	Baston, Cebuano term for stick
Olisi y baraw	Is another term for espada y daga or punta y daga

General Vocabulary (continued)

Filipino	English
Pangagaw	Referring to disarming techniques
Pangamot	Is a complete bare-handed defense system. The Cebuano term which was derived from the word “kamot”, meaning hand. "Pangamot" calls for the full coordinated & rhythmic movements of the defender's hands, arms, body, shoulders, leg and feet mainly to bring about the opponent's defeat through disarms as well as throws. (reference: Pangamot, the Bare-Handed Defense System)
Pangandam	On guard or ready. Handa in Tagalog.
Panukad	Stance. Tayo in Tagalog.
Plancha	Back & forward horizontal strikes to midsection
Puk-pok or punyo	Applying butt strikes
Punyo	“Pommel” of a sword, knife, or baton.
Redonda	Continuous drill employing two batons continuously.
Redondo	A circular power- strike.
Rompida	And upward and downward slash or strike delivered in an x pattern.
Salamat.	A greeting derived from the Muslim “salaam” (or peace) and connoting gratitude
Saludo	Salutation
Serrada	Close quarters combat executed at corto (close) range. Also a style of escrima, popularized in the U.S. by Angel Cabales.
Sikaran	Generally “sticking with the legs.”
Sinulog	Form or dance, traditionally dedicated to the Infant Jesus.
Sirkulo	Series of curving strikes such as witik, abanico, media, arko, bartikal redouble etc.
Sungkiti	Hooking thrust.

General Vocabulary (continued)

Filipino	English
Sinawali	Lit. “to weave,” connoting the continuous weaving motion that one uses with two batons, knives, or hands to couple simultaneous strikes and blocks. Also, like redonda or hubud- lubud, a drill pattern.
Sumbrada	An upward, oblique “umbrella” block.
Tapi	Parry; deflect
Tapi-tapi-on	Series of parries and blocks.
Tigbas	powerful horizontal strike to body or head, apply forehand or backhand
Tunga-tunga	Medium range. Medio in other systems.
Tuyok	Spinning movement.
Witik	Short curving snap strike from the wrist that creates a whip-like motion
Yukbo	Salutation. Saludo in other systems.

Counting

Filipino	English	Numbers
Isa	One	1
Dalawa	Two	2
Tatlo	Three	3
Apat	Four	4
Lima	Five	5
Anim	Six	6
Pito	Seven	7
Walo	Eight	8
Siyam	Nine	9
Sampo	Ten	10