

Filipino Martial Arts Terminology

This list is by no means a complete list of the terminology found within the martial arts of the Philippines but will, hopefully give some understanding of many of the terms found.

The systems and styles of the FMA are as diverse and numerous as the Islands that make up the Philippine Islands (1,500 +) and most of these Islands have developed their own indigenous languages and dialects. The Philippine Islands of the North and Central regions were ruled by the Spanish for a period of 333 years, so some Spanish and Spanish type terminology is also found in many systems, especially those from the Northern regions.

This huge diversity goes some way in explaining why there is no unifying terminology to describe many of the techniques, concepts and principles of the FMA and why many modern day schools resort to the use of English as a simple generic terminology.

Abang	to wait defensively
Abanico	fan; also spelled "abaniko"
Abanico sa Itaas	upper flywheel
Abecedario	"ABC's"; the basics
Abierta	open position
Agaw	to grab, seize, disarm or take away
Agaw-Sandata	disarming & retrieval of the weapon
Aldabis	diagonal cut, strike or uppercut
Alpabeto	alphabet; the basics
Anim	six
Anino	shadow
Antas	level or degree
Antaw	long range
Apat	four
Araw	sun or day
Arnis	harness; northern philippine martial art
Arnisador	stick fighter
Arnis de Mano	"Armor of the Hand"; system
Atras	retreat or backward
Avante	forward
Babag	worry; trouble
Bago	new or before
Bagong-Pasok	entry level student
Bagsak	to drop; overhead strike with down weighing
Baguhan	beginner
Bahi	a Philippine hardwood used for sticks
Baitang	level or stages
Bakbakan	a rumble or free-for-all fight
Balaraw	dagger
Baligtad	reverse or inside out
Bali	break
Balik	return or retreat
Balisong	"butterfly knife"
Balitok	tumble
Banatan	full-contact fighting
Bansay-bansay	training or drills
Bantay	guard or watch

Bantay-Kamay	support or "alive" hand
Bara-bara	wild or formless technique
Baraw	dagger
Bartikal	vertical cut/strike
Basag	broken
Baston	stick
Bati-Bati	using the butt of the stick
Batikan	noteworthy; certified expert
Baywang	the hip
Bigay	to give
Bigay-bali	lock release technique
Bigay-galang	salutation
Bihasa	expert
Binahagi	cut into parts
Binali	break or reverse
Binti	trip
Bisig	the arm
Bothan	Martial Arts school
Braso	the arm
Buah	combination of footwork and form; application of technique
Buhat	from or lift
Buhat Araw	an overhead strike
Bukas	open position
Buklis	upward figure 8
Bulusok	powerful overhead or diagonal strike
Buno	takedown or throws
Bunot	to draw a sword; to pluck out
Bunot Kaluban	an upward slash followed by a downward Slash; a drawing and slashing technique
Caballero	techniques from Grandmaster Caballero
Carera	cycling movement or spin
Cadena de Mano	chain of hands
Centro	center
Centro Baston	holding the stick in the middle
Cerrada	close; closed fighting position
Cinco	five
Cinco Teros	"5 strikes"
Contra	counter
Contrada	opposite or counter
Corto	close range
Cruzada	cross-block and strike
Crossada	to cross
Cuatro	four
Daga	dagger or short stick
Dakop	to catch
Dakot	to scoop
Dalawa	two
Dalawampu	twenty
Dalawampu't Isa	twenty-one
Dalawang	double
Dakip	capture
Dakip-Diwa	mind-set
Damdám	feel or sensitivity
Damdám-Diwa	sensitivity; being aware

de Cadena	"the chain"
de Cuerdas	"to chord"; system
Defundo	stationary
Delikado	dangerous
Depensa	defense; person taking defensive role in training
Dib-dib	the chest
Diin	to put pressure on
Dikitan	very close or close quarters
Diwa	mind
Djuru	form
Doble	double
Doble Baston	double stick training
Doblete	double or repeat
Doce Pares	"12 pairs or 12 strikes"; system
Dos	two
Dos Labahas	two blades
Dos Manos	two hands
Dos Manos Largos	two hands with long stick
Dukop	to catch
Dukot	to snatch or seize unexpectedly
Dukot	to reach out
Dulo	the tip of the stick
Dumog	filipino grappling art
Dungab	to strike with the fist
Dungab	"heaven" or "hammer" grip
Duslak	thrust
Elastico	"rubber band art"; system
Enganyo	fake or feint
Entrada	entry
Equis	"X" or "X" shaped strike
Eskrima	"skirmish"; filipino martial art
Eskrimador	stick fighter
Espada	sword or long stick
Espada y Daga	sword & dagger or long & short stick
Estrilla	star
Floreti	twirling of the stick
Frail	stickfighting
Galang	respect
Galing	skillfull
Gantihan	exchange of blows
Garote	stick; usually flat to simulate a blade
Garote'ng itak	flat stick
Gitna	center
Gunting	"scissors" or passing block with a limb destruction
Guro	teacher
Habang	while; in the meantime
Hagad-Hubad	strikes & counters
Hagis	to throw; a throwing technique
Hagibis	whirlwind; throwing & grappling techniques
Hakbang	to step; footwork

Hakbang-Paiwas	full side step/step to avoid strike
Halo-Halo	combination; free flow sparring
Hanay	row or line
Han-ay	form
Handa	"Get ready !"
Hapos	strike or slash
Hapsanay	free sparring
Hatak	to pull
Hataw	a full power strike
Hawak	to hold
Hawak-Gitna	holding the stick in the middle
Hawak-Pakal	reverse or ice-pick grip
Hawak-Punyo	regular hold on weapon with punyo
Hawak-Sagad	regular grip with no punyo
Hawak-Saksak	regular or hammer grip
Hawak-Sandata	methods of holding a weapon
Hawak-Susi	reverse grip; holding at tip of stick
Higot	to tie
Hindi	no or negative
Hintay	wait or pause
Hiwa	to slash or cut
Hubad	to untie or undress; name of a flow drill
Hulagpos	to escape from capture or restraint

Ibaba	down or below
Ibabaw	above or on-top
Ikot	turn or about-face
Ikot-Hantaw	spinning strike
Ilag	to evade
Ilalim	under or underneath
Ilustrisimo	techniques from Grandmaster Anotio
Insayo'ng	training
Ipit	to lock, trap or jam
Ipit-Hagis	a sacrifice throwing technique
Isang	single
Itaas	above, upper or to the front
Itak	long sword or bolo
Isa	one
Isa-pa	once more; again; one more time
Iwas	to avoid, dodge or duck

Juego Todo	anything goes or free-for-all fight
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Kaayusan	order or organisation
Kabakas	partner or assistant
Kadena	chain or series of movements
Kadyot	a shallow, snap thrust
Kalahati	half
Kalas	disengage, release or disarm
Kalas-Sandata	disarming technique
Kalasag	to shield
Kali	a southern Philippine martial art
Kalis	oldest of the Philippino style kris swords
Kaliwa	left side

Kamagoong	Philippine iron wood
Kamay	the hand
Kamayan	empty-hand training
Kamot	to punch; hand
Kanan	right side
Kapatid	brother
Kasa	to cock or chamber; to accept a challenge
Kasama	companion/friends
Karunungan	knowledge
Katapatan	loyalty
Katawan	body or torso
Katipunan	organisation, association or brotherhood
Kenkoy	derogatory term used for unrealistic or Impractical fighting style
Kilat	"Lightning Blow"
Kilos	movement
Kilos-Paa	footwork
Kina-Iya	natural
Kris	serpentine blade knife or sword
Kunsi	grappling techniques
Kuntao	"fist way"; system
Labaha	blade
Labahas	blades
Laban	to fight
Laban-Handa	ready-stance
Laban-Laro	combat drills or "play fights"
Labanang	to fight
Labanang-Dikitan	close quarters combat
Labanang-Malapitan	medium range combat
Labanang-Malayuan	long range combat
Laban-Paluan	free-fighting
Laban-Sanay	combat-skills training
Labas	the outside
Labing-Isa	eleven
Labo-labo	anything-goes fight
La Contra	to meet a strike
Lakan	an instructor rank equivalent to black belt
Langka	footwork
Lansi	to confuse or misdirect
Lansing-Tadyak	spinning thrust kick
Lansing-Sikad	spinning snap kick
Largo	long
Largo Mano	long range
Largos	long
Laro	to play
Laro-laro	give and take drills or training
Larong	to play
La Seguida	to follow a strike
Laslas	to cut to shreds
Lastiko	a style of arnis that emphasizes bobbing & weaving to avoid strikes
Lengua de Fuego	a fast series of thrust & slash techniques
Lihim	secret
Lihis	to the side or side-step
Likos	twirl
Lima	five

Liyad	to lean away
Lock & Block	training drill from Serrada Eskrima
Loob	the inside
Lubud	to blend
Luma	old
Lusob	attack or partner taking offensive role
Lutangto	float; the unique forward and backward footwork of the Ilustrisimo system
Mabilis	fast or speedy
Magaling	highly skilled
Magisa	alone
Mag-Olisi	one who practices stick-fighting
Magulang	parents; shrewd or sly
Mahina	weak or of poor skills
Maharlika	noble or nobility
Mahusay	skillful
Malakas	strong, powerful or influential
Malapitan	near or close
Malayuan	far or distant
Mandirigma	warrior
Mano	hand
Mano y Mano	hand to hand
Marami	many or numerous
Maraming Salamat Po	"Many thanks"
Marunong	knowledgeable
Masipag	earnest or hard working
Masugid	dedicated or loyal
Matibay	strong, durable or lasting
Matira	to be left or to be the last
Matira Matibay	survival of the Fittest
Matulis	sharply pointed; a style of bolo
Mayto	have
May-Alam	to possess the seeds of knowledge
Medio	medium range
Meteorica	meteoric strike from Grandmaster Caballero
Mukha	the face
Muli	again or one more time
Nakahanda	ready
Naka-Upo	seated
Nakaw	to steal
Ng	of
Olisi	stick
Olisi-hay	sparring with sticks
Opo	respectful form of saying "yes"
Oracion	a prayer for protection
Ordabis	backhand strike
Paa	foot
Paayon	going with the force
Paawas	to parry

Pababa	downward
Pag-Galang	salutation or show of respect
Pagsasanay	training
Pagsilang	birth or sunrise
Pagsisisi	atonement or repentance
Pahimsug	exercises or calisthenics
Pahisa	a slashing motion
Paikot	rotate
Paikot	circular strike
Paiwas	to avoid
Paka	"ice pick" grip
Palad	palm of the hand
Palakas	strengthening
Palakas-Pulso	wrist-strengthening exercises
Palis	sweep or sweeping parry
Palis-Patid	a sweeping throw
Palisut	to scoop
Palisut-sut	skipping strike
Palit	change or exchange
Palit-Kamay	change or exchange grip
Palitan	alternating
Palo	to strike
Paluan	exchange of strikes
Palusut	to pass through; technique of evading and Passing through
Pama-a	footwork
Panabas	ax style weapon
Panandata	study of the weapons of the Philippines
Panastas	to slash
Panata	a devotion
Pangamot	empty-hand defense
Pangandam	on-guard or ready position
Pang-Ikyas	evasion or dodge
Pangilog	disarming
Pang-Olisi	stick fighting
Pang-Ubot	hold or grip
Panibago	new or a revival
Pani-il	footwork
Panimban	balance
Panipis	to skim or cut thinly
Panukad	fighting stance
Parusa	punishment
Pasada de Contra	pass and hit
Pasok	to enter, inside or on target
Pasulong	forward
Pasungkit	to thrust upward
Pataas	upward
Patalim	dagger or blade weapon
Patalon	jumping or multi-level strikes
Patibong	to trap
Patid	to trip
Patusok	in a thrusting motion
Paulit-ulit	repetitive
Pa-upo	half side step/sitting down
Pauyon	go-with-the force technique
Payong	umbrella
Payong sa Itaas	upper umbrella block

Pekiti	close range
Piga	to squeeze or wring
Piglas	to struggle or resist
Pikon	one who is easily upset
Piktos	a snap strike
Pilay	sprain or dislocation; lame or crippled at the legs
Pinahandog	diagonal downward strike
Pinatag	horizontal strike
Pinasaka	diagonal upward strike
Pinasaka Tuhod	rising knee strike
Pinatindog	vertical downward strike
Pingga	a long staff fighting system
Pinid	closed position
Pintok	a wrist snap strike
Pinuti	long Visayan sword
Pito	seven
Planchada	a horizontal strike
Plansada	horizontal cut/strike
Pluma	pen
Po	a suffix denoting respect
Prakcion	to react faster than the opponent
Pukpok	to hammer or pummel
Pulso	pulse or wrist
Puluhan	handle or butt
Punong Guro	head teacher & founder of system
Punyo	butt of stick or any weapon
Redonda	continuous double stick technique
Redondo	circular power strike
Retirada	to retreat
Rompida	an upward and downward slash
Ronda	circular movement of the hands or weapon
Ropillon	a double stick technique or movement
Sa	to or of
Sabayan	simultaneous; to attack or counter at the same time
Sablay	incomplete or imperfect; a low right to left horizontal strike
Saboy	to throw or scatter; an upward right to left diagonal strike
Sadang	reverse position
Sagang	defence
Sagasa	to charge or to overrun
Sakay	to ride or go with the force
Sakay-Salag	eskrima sticky hands; to follow the motion of the blocked/ checked weapon or attack
Sakong	heel
Sakong-Palad	palm-heel
Saksak	to thrust
Sasak Hatak	a technique using fast withdrawal and twisting of the weapon to inflict a cut on the opponents checking or blocking hand
Salag	block or parry

Salagba	downward block
Salagbas	outside dodging and parrying
Salag-Bisig	forearm block
Salagsok	inside dodging and parrying
Salagtas	upward block
Salakay	to charge or attack
Salamat	to thank
Salamin	mirror or reaction drill
Salisi	opposing or opposite direction
Salok	an upward strike with the edge or point
Saltik	a snap strike
Salubong	to meet head-on
Sama	to join or go with
Sambut	combination of footwork & form; application of technique
Sampu	ten
Sanay	training or exposure
Sandata	weapon
Sangga	to block
Saplet	quick disarm
Sawali	interwoven slats of wood use for walls
Serada	closed
Serrada	close quarters or "closing"
Sibat	staff
Sibog	retreat or backward
Sikad	side kick
Sikad-Gilid	side snap kick
Sikad-Hataw	snap roundhouse kick
Sikad-Sungkite	snap hook kick
Sikad-Tusok	front snap kick
Sikaran	a Philippine martial art emphasizing kicking
Siklod	to kiss the hand of an elder; a wrist lock
Siklod Bangga	a wrist lock that uses the shoulder as a leverage point
Sikmura	solar plexus
Siko	the elbow
Sikot	push kick
Sikwat	to pry; an upward strike with the punyo
Sikwat-Siko	a come-along lock with the elbow as the primary lock or center of pressure
Silat	to outmaneuver or overpower; an Indonesian Malaysian & Southern Philippine martial art
Silak	open-hand system used against a blade (Sayoc Kali)
Sinawalli	to weave; a continuous double stick technique
Sinigurato	make doubly sure; a follow-up trapping or jamming technique (Lameco Eskrima)
Sipa	to kick; also a game
Sipalit	a training drill for alternating kicks
Sipang-Hataw	roundhouse kick
Siyam	nine
Sogo	finger-tip thrust
Solo	single
Songab	finger jab
Songkiti	a hooking movement used to parry or thrust
Suklian	an exchange of strikes
Suko	to surrender or give-up

Sulod	to enter
Sulong	to go forward or go ahead
Suliwa	pass or deflect
Sumbalik	counter
Sumbrada	upper umbrella block; name of a flow drill
Sumpa	a vow or oath
Sungkite	a technique that emphasizes thrusts
Sundot	a jab or quick thrust
Suntok	to punch
Suplete	quick disarm
Suwag	head-butt
Suyop	a go with the force technique
Tabas Talahib	a horizontal strike
Tabak-Toyok	nunchaku
Tadtad	full of or multiples of
Tadyak	thrust kick
Tadyak-Gilid	side thrust kick
Tadyak-Sakong	back thrust kick
Tadyak-Tusok	front thrust kick
Taga	to strike or cut
Tagang Alanganin	an outwards horizontal strike aimed at the upper torso region
Tagang Buhat Araw	an overhead strike aimed at the top of the head
Tagang Pasumala	primarily a parry, a sweeping upward diagonal strike used to deflect a weapon
Tagang San Miguel	a diagonal downward and inward strike aimed at the upper torso
Tagapagsanay	trainer or assistant instructor
Tagapagturo	senior assistant instructor
Tala	star
Talang Bartikal	vertical block
Talas	sharp or to sharpen
Talas Damdam	sensitivity training
Tapa	to step on the foot
Tapi	to parry or deflect
Tapik	to nudge, deflect or parry
Tapi-on	to block, parry, deflect or check
Tapi-Tapi	checking; a series of parries & blocks
Tapos	finished or the end
Tatlo	three
Tatlumpu	thirty
Tatlumpu't Isa	thirty one
Tatsulok	triangle
Taub	facing downward
Tayo	stance
Teka	wait, halt or pause
Tiempo	timing
Tigil	stop or cease
Tigpas	a horizontal strike directed at the knees
Tihaya	facing upward
Tiniklink	footwork drill
Tisod	to stumble
Totsada	to thrust
Totsar	to thrust
Trancada	to lock or locks
Tuhod	the knee

Tulisan	the knife-fighting art of Kali Illustrisimo
Tuloy-tuloy	continuous
Tunga-tunga	medium range
Tuo	to the right
Tusok	to thrust
Tuyok	cycling movement or to spin
Ulo	the head
Upo	seat
Wala	to the left; nothing; lost
Walis	to sweep
Walo	eight
Warwok	a weapon hand capture that rebounds the weapon into the attackers body
Witik	wrist snap strike
Yabag	the sound of footsteps
Yabang	show-off
Yakap	hug, hold, embrace or clinch
Yantoc	rattan stick
Yukbo	salutation
Yuko	to duck or bow