



# AJKD

## Terminology and

## Vocabulary::

The following is not a complete list by any means, nor are you required to memorize EVERY word, but rather a reference list for you as you are studying and getting started.

Interestingly as you glance over the terms you may start to notice that even with in the language used in the different arts there are similarities in concepts.

For instance, almost every art has sensitivity mentioned in its language... Maybe there's a lesson in that somewhere...hmmm?

### **Origin: England (Boxing)**

Jab – quick, lead straight punch

Cross – rear straight punch

Hook – semi-circular punch

Uppercut - vertical, rising punch

Slip - Slipping rotates the body slightly passing an incoming punch beside the head.

Bob - Bobbing moves the head laterally and beneath an incoming punch

Weave – moving the head and body under a punch in a “U” shaped movement.

Parry/Block - use the hands or forearm as defensive tools to deflect incoming attacks.

Cover-Up – blocking strategy to avoid an incoming strike to the face or body.

The Clinch - a form of grappling when the distance between both fighters has closed and straight punches cannot be employed



### **Origin: Thailand (Muay Thai)**

Dtee Sawk – to hit with the elbow

Kao – Knee - Over-arm knee

Kao Kong - Jumping knee

Kao Loy Kao Drong - Frontal knee

Sawk – Elbow

Sawk Chieng – Diagonal Elbow

Sawk Hug - Levering Elbow

Sawk Klab - Reverse Elbow

Sawk Ku - Double Elbow

Sawk Sob - Chopping Elbow



Sawk Tad - Jab Elbow  
Sawk Tong - Smashing Down Elbow  
Teep – Thai front thrust kick

**Origin: Japan/Brazil (Brazilian Jiu-Jitsu)**

Hooks – [over and under] either using your arms or your legs to loop around your opponents' limbs in a hooking manner to manipulate the direction or stability of their body movement

Omaplata – rear armbar hammerlock or 'kimura' using your leg [or arm]

Shrimping – use of whole body moving it from flat to pike position and back to flat position again to create distance between you and opponent and to move out from underneath an opponent.

Turtling/Turtle - position when a person is on their hands and knees facing the mat

Upa – the thrusting of the hips while you are on your back

Guard – using your legs or knees to contain or manipulate your opponent while on your back



**Origin: China (primarily Wing Chun)**

Bai Jong – Ready or On-Guard position

Bil Gee – Finger Jab

Bil Sao – Thrusting hand block

Bong Sao – Raised Elbow deflection

Chi Sao – Sticky hand, or Energy hand, or Spirit hand

Chop Chuie – Knuckle fist

Chum Kil – Seeking to bridge the gap

Chung Chuie – Vertical fist

Chung Jeong – Centerline block

Da – Strike

Do - Way

Don Chi Sao – Single Sticky Hand

Dum Tek – Stomp Kick

Fon Sao – Trapping Hands

Fook Sao – Bent Arm elbow in block OR hooking hand block

Gin Chuie - Uppercut



Gin Tek – Upward snap kick

Goang Sao – Low outer wrist block OR low cutting arm block

Go da – Mid (body) hit

Gua Chuie – Back fist

Gua tek – Inverted hook kick

Gum Sao – Pinning hand

Ha Da – Low hit

Ha Pak – Low Slap Block

Hou – Rear

Hou Tek – Rear/Back Kick  
 Huen Sao – Circling Hand  
 Jang – Elbow  
 Jao Sao – Running Hand (or Circling Hand)  
 Joy – Left  
 Jeen – Lead  
 Jeet Gek – Jam with shin  
 Jeet Tek – Stop Kick / Intercepting Kick  
 Jeet Que – Intercepting Bridge  
 Jeet Kune – Intercepting Fist  
 Jik Chung Chuie – Straight Blast  
 Jik Jern – Straight Palm  
 Jik Tek – Straight/Snap kick  
 Jit Tek – Snap kick w/toe  
 Juk Tek – Side Kick  
 Jun Fan – Bruce Lee’s Cantonese name (means Return Again)  
 June Tek – Spin Kick  
 Jut Sao – Jerking hand  
 Kao Sao – scooping block  
 Kwoon – school  
 Lie Sao – Palm up pulling hand tan sao  
 Lin Sil Die Da – Simultaneous block and hit  
 Lop Sao – Pulling Hand, or outside grabbing hand  
 Loy – inside  
 Loy Pak Sao – Inside of the Arm Slapping hand  
 Noy Pak/Loy Da – Split entry  
 Nao Chuie – Hook Punch  
 Nao Tek – Hook kick  
 Pak Sao – Pushing hand, or Slapping hand block  
 Ping Chuie – Horizontal fist  
 Sifu – Instructor, or Teacher, or Father  
 Si Gung – Your instructors teacher, or founder  
 Si Hing – your senior in rank (male), or older brother  
 Si ja – your senior in rank (female), or older sister  
 Soe Gerk – foot sweep  
 Sut – knee  
 Saut Sao – chopping hand, or forearm strike  
 Tan Sao – Palm up block  
 Woang Jern – Side palm  
 Wu Sao – protecting hand

**Origin: Archipelagos Islands (Kali) a blend of several dialects:**

Abanico - Fan; also spelled ‘abaniko’  
 Abanico sa Itaas – upper flywheel  
 Abierta - open position  
 Agaw – to seize, disarm or take away  
 Agaw-Sandata – Disarming and retrieval of the weapon  
 Arnis – harness; northern Philippine martial art



Arnis de Mano – “armor of the hand”

Balaraw – dagger

Balisong – “Butterfly knife”

Banatan – full-contact fighting

Baraw – Knife Fighting

Baston – Stick

Bigay-Galang – salutation

Buno – takedown or throws

Centro Baston – holding the stick in the middle

Cerrada – close; closed fighting position

Cinco Teros – ‘5 strikes’

Corto – close range

Cruzada – cross-block and strike

Daga – dagger or short stick

Damdám – feel or sensitivity

Damdám-Diwa – sensitivity; being aware

Dikit – close, attached or short

Dikitan – very close or close quarters

Doble – double

Doble Baston – double stick training

Doce Peres – ‘12 pairs or 12 strikes’; system

Dos Labahas – two blades

Dos Manos – two hands

Dos Manos Largos – two hands with long stick

Dumog – Grappling

Dungab – to strike with the fist

Eskrima – ‘skirmish’; Filipino martial art

Espada – sword or long stick

Espada y Daga – sword and dagger or long and short stick

Garote – stick

Gunting – ‘scissors’ or passing block

Guro – teacher

Hagad-Hubad – strikes and counters

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

Hubad – to untie

Isang – single

Itak – long sword or bolo

Iwas – to avoid, dodge or duck

Kalas-Sandata – disarming technique

Kalasag – to shield

Kali – a southern Philippine martial art

Kamayán – empty-hand training



Kamot – to punch  
 Kungsi – grappling techniques  
 Kuntao – ‘fist way’; system  
 Labaha(s) – blade(s)  
 Labanang-Dikitan – close quarters combat  
 Labanang-Malapitan – medium range combat  
 Labanang-Malayuan – long range combat  
 La Contra – to meet a strike  
 Largo Mano – long range  
 Laro-Laro – give and take training  
 Lobtik – a swinging strike through the target  
 Lubud – to blend, to tie  
 Mano – hand  
 Mano y Mano – hand to hand  
 Olisi – stick  
 Olisi-hay – sparring with sticks  
 Paawas – to parry  
 Pangamot – empty-hand defense  
 Pangilog – disarming  
 Pasada de Contra – pass and hit  
 Payong – umbrella  
 Payong Sa Itas – upper umbrella block  
 Pekiti – close range  
 Punyo – butt of stick  
 Redonda – continuous double stick technique  
 Redondo – circular power strike  
 Sabayam – simultaneous; to block and counter at the same time  
 Sayak-Salag – eskrima sticky hands; to follow the motion of the blocked/checked weapon or attack  
 Saksak – to thrust  
 Siko – the elbow  
 Silat – to outmaneuver or overpower  
 Siniwali – “to weave” double sticks twirled in “weaving” pattern - term derives from the bamboo matting woven in the Philippines by the same name – typical 6 strike pattern used in ‘Heaven and Earth’ drill  
 Solo - single  
 Solo Baston – Single Stick  
 Sumbrada – upper umbrella block  
 Tabak-Toyok – nunchaku  
 Talas Damdam – sensitivity training  
 Tapa – to step on the foot  
 Tapi – to parry or deflect  
 Tapi-Tapi – checking; a series of parries and blocks  
 Wetik/Witik – wrist snap strike  
 Yakap – hug, hold, or clinch  
 Yantoc – rattan stick  
 Yukbo - salutation

