

# Filipino Martial Arts (FMA) Glossary

(All terms in Tagalog, unless incated otherwise)

Abanico – lit. “fan,” lateral (side to side) motions performed with a straightened arm as a blocking maneuver,

Arnis – lit. “harness,” terms used in the Northern Phillipines for FMA, synonymous with the middle-Phillipines term, “escrima,” or the southern term, “kali”

Atias – “backwards,” the term used for retreating.

Baba Taaas – “up” & “down,” denoting vertical slashes or strikes delivered along the center-line of an opponent.

Banda y Banda – 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 – close range

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.

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).

Espada y Daga – sword (espada) and dagger (daga) used together. Sometimes also connotes the use of baton and knife in tandem.

**Guntig** – “scissors,” a technique also referred to as “de-fanging the snake,” which means wounding an opponents limb through a slapping motion as one attempts to block an incoming strike.

**Hubud** – “untie or undress,” when coupled with **lubud** (blend), a term that connotes a form of “flow” drill (see below).

**Hubud-Lubud** = “to tie and untie,” to engage and disengage, continuously as a drill in hand-to-hand combat.

**Itak** – a long sword or bolo

**Kuntaw** (alt. **Kuntao**) – (Chinese) “fist way,” a system of Kung-Fu adopted by Filipinos and shared in common with Indonesia.

**Lakan** – a belt-rank in Modern Arnis equivalent to black belt” or instructor (**guro**).

**Langka** – “footwork”

**Largo** – long distance

**Likas** – lower ranks (below black belt) in Modern Arnis

**Mano y Mano** – “hand to hand” combat

**Medio** – “medium” range fighting

**Pakal** – “ice pick” grip used in knife fighting

**Palis** – **Palis** – From palis (“sweeping;”) form of parrying and striking delivered with the elbow bent at a 45 degree angle.

**Punyo** – “pommel” of a sword, knife, or baton.

**Redondo** – a circular power-strike.

**Redonda** – continuous drill employing two batons continuously.

**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.

**Sero-Sero** – “zero-zero” circular strikes delivered one after another in a wide-ranging, circular fashion while advancing on an opponent.

**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.”

**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.

**Sunkite** – an upward jabbing thrust, sometimes followed by a lateral cut.

**Sumbrada** – an upward, oblique “umbrella” block.

**Tapi-Tapi** – a series of checking and counter-checking using parrying blocks and strikes; a general term for flow drills used in Modern Arnis used by Grandmaster Remy Presas Sr.

**Visidario** – a term meaning “transformative flow;” a continuous, graceful flowing from one technique to another, emphasized in Modern Arnis