

Basic Arnis Terminology

Numbers (Counting)				
Tatalog	English		Tatalog	English
Isa	One		Pito	Seven
Dalawa	Two		Walo	Eight
Tatlo	Three		Siyam	Nine
Apat	Four		Sampo	Ten
Lima	Five		Labing Isa	Eleven
Anim	Six		Labing Dalawa	Twelve

Actions & Techniques				
Tatalog	English		Tatalog	English
Sinawali	Weaving		Banda y banda	Back & forth
Corto	Short		Abanico	Fan
Crossada	Cross		Tulok	Push
Hirada	Forward		Mano - Mano	Man to Man
Doblada	Double Movement		Rompida	Up & Down
Redonda	X-Movement		Largo	Long
Palis Palis	Sweep Stroke		De Cadena	Give & Take
Tusok	Poke/Jab		Sungkiti	Thrust
Abiniko Doblata	Double Fan		Anyo	Form (Kata)

Weapons				
Tatalog	English		Tatalog	English
Espada	Sword		Baston	Cane
Solo Baston	Single Cane		Doble Baston	Double Cane
Punyal	Knife		Punyo	Sword/Cane Butt
Daga	Dagger		Espada y Daga	Sword & Dagger

Misc				
Tatalog	English		Tatalog	English
Lakan	Male		Dayang	Female
Guro	Teacher			