

## Basic Arnis Terminology

<b>Numbers (Counting)</b>				
<b>Tatalog</b>	<b>English</b>		<b>Tatalog</b>	<b>English</b>
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

<b>Actions &amp; Techniques</b>				
<b>Tatalog</b>	<b>English</b>		<b>Tatalog</b>	<b>English</b>
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)

<b>Weapons</b>				
<b>Tatalog</b>	<b>English</b>		<b>Tatalog</b>	<b>English</b>
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

<b>Misc</b>				
<b>Tatalog</b>	<b>English</b>		<b>Tatalog</b>	<b>English</b>
Lakan	Male		Dayang	Female
Guro	Teacher			