

KSK Martial Arts Terminology

Non-English Terms Commonly used in Class

Filipino (Fil.) / Indonesian (Indo.) / Chinese (Chi.) / Japanese (Jap.)

TRAPPING MECHANICS:

Hand..... Sao (Cantonese) / Sho (Mandarin)

Trapping Hands..... Fune-Sao

Slapping Trap..... Pak Sao (Cantonese) / Pi Sho (Mandarin)

Pulling Hand..... Lop Sao (Cantonese)

High Reference Point Hand Jong Sao (Cantonese)

Moving Jong Sao Biu Sao (Cantonese)

Wrist Curl Huen Sao (Cantonese) / Suli-Wah (Indo.)

Palm Up Wedging and/or Blocking Hand..... Ton Sao (Cantonese)

Deflecting Hand (Raised Elbow) Bong Sao (Cantonese)

One-Handed “Sticky Hand” exercise Don Chi Sao (Cantonese)

Two-Handed “Sticky Hand” exercise Chi Sao (Cantonese)

STRIKES:

Pak Sao and Strike Simultaneously Pak Da (Chi.)

Lop Sao and Strike Simultaneously Lop Da (Chi.)

Ton Sao and Strike Simultaneously Ton Da (Chi.)

Finger Jab Biu Gee (Chi) / Soon-Gobb (Fil.)

Knife Hand Sut Sao (Chi.) / Fot Sao (Chi.) / Shuto (Jap.)

Pushing Kick / Foot Jab Teep (Thai)

Elbow Siko / Ciko / Cico (Fil. & Indo.)

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BLOCKS & ENTRIES:

Scissor Gunting (Fil.)

Tight Check Block Vertical Gunting (Fil.)

Wide Check Block Horizontal Gunting (Fil.) / Wong Pak (Chi.)

Scooping the punch & swinging it out Waslik (Fil.)

Delinius The Slide (Fil.)

Sakai To Ride (Fil.)

Block with the Shin Karasak (Fil.)

WEAPONS:

Stick Baston (Spanish / Fil.) / Olisi (Fil.)

Dagger Dagga (Spanish / Fil.)

Single Stick Solo Baston (Spanish / Fil.)

Single Dagger Solo Dagga (Spanish / Fil.) / Isang Barow (Fil.)

Double Stick Duple' Baston (Spanish / Fil.)

Double Dagger Duple' Dagga (Spanish / Fil.)

Stick & Dagger Espada Y Dagga (Spanish / Fil.) / Italiano (Spanish / Fil.)

Butt of the Weapon Punyo (Fil.)

Staff Sibat (Fil.)

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WEAPON TECHNIQUES:

Switch with matched leads Kambiata / Cadenna Re-AI / Abaniko Corto (Fil.)

Switch with un-matched leads Atra-Kata-Serrada (Fil. & Spanish)

Circular Power Strike Redondo (Fil.)

Weaving patterns for Double Weapons Siniwalli (Fil.)

Fan-Like Strike Abaniko (Fil.)

Shadow Boxing with the Weapon Karenza (Fil.)

Striking combination Amarra (Fil.)

Follow Up after Entry Seguidas (Fil.)

To Stop Segung (Fil.)

X Ikis (Fil.)

Reverse Grip Pakal (Fil.)

Forward Grip Saksak (Fil.) / Dune-Gobb (Fil.)

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SILAT TECHNIQUES:

Inside Dalem (Indo.)

Outside..... Luar (Indo.)

Foot Sweep Sapu (Indo.) / Walis (Fil.)

Back Sweep Biset (Indo.) / Silhig (Fil.)

Redirectional Throw / Head & Arm Throw Putar Kapala (Indo.) / La-Bye (Fil.)

CompressionKenjit (Indo.) / Bock-Sa (Fil.) / Boon-Da (Fil.)

Elbow Compression Kenjit Siko (Indo.)

Foot Compression Kenjit Kaki (Indo.)

Shin compression Kenjit Bit-Trick (Indo.)

To PullTarik (Indo.)

Pull/Tip the Nose.....Tarik Kapla (Indo.)

Reverse Putar Kapala Putar Kapala Kembali (Indo.)

Foot Trap Cow-Kit (Fil.)

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MOVEMENT & RANGES:

Stationary Dee-Foon-Do / Defundo (Fil.)

One person circles around another Tyata (Fil.)

Two people circle around Mohara (Fil.)

Advancing & Retreating Advanti-a-Truss (Fil.)

Long Range Largo Mano (Fil.)

Middle Range Medio (Fil.)

Close Range Cortro (Fil.)

TITLES:

Teacher Guro (Fil. & Indo.) / Sifu (Chi.) / Sensei (Jap.)

Help Jo-Shu (Jap.)

Trusted Friend Manong (Fil.) / Mano (Fil.) / Manoy (Fil.)

Senior Person / Senior Student / More Experienced Person Sempai (Jap.)

Junior Person / Non-Senior Student / Less Experienced Person..... Kohai (Jap.)

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OTHER TERMS:

Higot (Fil.)..... To Tie

Hubad (Fil.) To Untie

Lubad (Fil.) To Blend

Higot-Hubad-Lubud (Fil.) Method of Kali Training

Rasha (Indo.) Secret Techniques / Extreme depth of understanding

Abecedario (Fil.) A B C's / In Order

Contra (Fil.) Counter

Contradas (Fil.) Random

Dumog (Fil.) Clinching & Grappling

Pangamut (Fil.) to be skilled in all areas of Filipino Martial Arts

Panantukan / Suntakan (Fil.) Filipino Boxing

Pananjackman / Sikaran (Fil.) Filipino Kicking

Crossada (Fil.) to Cross

Buah (Indo) “the Fruit” Name of Silat Techniques

Entrada (Fil.) Entry

Eskrimador (Fil.)..... Stick Fighter

Palasut (Fil.) to Scoop and Pass By

Panastoss (Fil.) to Stop & Slash