

IMAF

International Modern Arnis Federation

Basic Arnis Terminology Numbers (Counting)

Tatalog	English
Isa	One
Dalawa	Two
Tatlo	Three

Tatalog	English
Apot	Four
Lima	Five
Anim	Six

Tatalog	English
Pito	Seven
Walo	Eight
Siyam	Nine

Tatalog	English
Sampo	Ten
Labing Isa	Elven
Labing Dalawa	Twelve

Actions and Techniques

Tatalog	English
Sinawali	Weaving
Corto	Short
Crossada	Cross
Hirada	Forward
Doublada	Double Movement
Redonda	X-Movement
Palis-Palis	Sweep Stroke
Tusok	Poke/Jab
Abiniko Doblata	Double Fan

Tatalog	English
Banda y Banda	Back & Forth
Abanico	Fan
Tulok	Push
Mano– Mano	Man to Man
Rompida	Up & Down
Largo	Long
De Cadena	Give & Take
Sungkiti	Thrust
Anyo	Form (kata)

Weapons

Tatalog	English
Espada	Sword
Solo Baston	Single Cane
Punyal	Knife
Daga	Dagger

Tatalog	English
Baston	Cane
Doble Baston	Double Cane
Punyo	Sword/Cane Butt
Espada y Daga	Sword & Dagger

Misc

Tatalog	English
Lakan	Male
Dayang	Female

Tatalog	English
Guro	Teacher