



LACOSTE-INOSANTO KALI

Pangamut literally means “maneuvering of the hands”, and comes from the root word *Kamut*, meaning “hand” in Cebuano dialect, and mainly used in the Mindanao & Visayan regions. Although it covers a wide spectrum of skills, in Filipino Martial Arts it is commonly noted for unarmed defense against a weapon.

BASIC TERMINOLOGY

KAMOT	Hand, Body
LIHOK	Movement
KALI	Kamot + Lihok / Hand, Body Movement
PANANDATA	Weapons Training
PANGAMUT	Maneuvering of Hands / Empty Hands Training
PANANTUKAN	Filipino Boxing
SIKARAN	Kicking Art
DUMOG	Grappling Art
BUNO	Takedowns & Throwing Art
KUNSI	Locking Art
GURO	Teacher
PUNONG GURO	Head Teacher & Founder of System
MABUHAY	An Expression or Salutation — “Long Live”
NUMERADA	Numbering System or Drilling Through It
ABECEDARIO	ABC’s / The Basics
TATSULOK	Triangle
SOLO	Single
DOBLE	Double
MANO	Hand
SIKO	Elbow
TUHOD	Knee

GENERAL MOTIONS TERMINOLOGY

TIGBIS	Forehand Attack
ORDABIS	Backhand Attack
IKIS	X-Pattern Motion
SEGUNG	To Block





PALASUT
SEGUIDA
CONTRA
DAKOP
PA'AWAS
WASLIK
PANASTAS
SIKARAN
HAMPAK

To Pass Through
To Follow
To Meet
Catch
Parry
Wide Scoop
Cutting / Slashing
Kicking
To Hit

STICK MOTIONS TERMINOLOGY

WITIK
LOBTIK
ALDABIS
SUNKITE
PAYONG
REDONDO
ABANIKO
ARKO / FLORETE

Snap Strike / Hit & Retreat / Broken Motion
Pull-through Strike / Slashing / Fluid Motion
Upward Diagonal Strike
Thrusting Motion
Umbrella
Circular Snapping Strike
Fanning Motion from Side
Twirling Strike

HAND MOTIONS TERMINOLOGY

DAKOP
PA'AWAS
PALISUT
WASLIK
PANASTAS
SUNGAB

Catch
Parry
Tight Scoop
Wide Scoop
Cutting, Slashing
Finger Thrust

DRILL RELATED TERMINOLOGY

PAI PAI
KOB KOB
SINAWALI
SUMBRADA
CARENZA
REDONDO

Broken Strikes on High Line
Broken Strikes on All Lines
To Weave
Counter for Counter
Free Flow, Shadow Boxing
Circular Snapping Strike





SAYAW
HIGOT HUBUD LUBUD
LABAN LARO
KADENA DE MANO

Solo Form
Tie-Untie, Undress / Sensitivity Drills
Play Fight / Combat Drills
Chain of Hands / Flowing & Looping Drills

WEAPONS TERMINOLOGY

BASTON
ESPADA
DAGA / BARAW
GAROTE
BALISONG
BARONG
KRISS
SIBAT
TOYOK

Stick
Sword
Knife / Blade / Dagger
Flat Stick
Butterfly Knife
Rounded Single Edged Blade
Snake Shaped Blade
Staff
Spear

LANGIT / DUNGAB
PAKAL

Straight Grip / Heaven Grip
Reverse Grip / Earth Grip

