

# Martial Arts



# Vocabulary

**Self-Defence:** (in this context) the skill of fighting without weapons to protect yourself.

**Stamina:** physical and/or mental strength to do something that might be difficult and will take a long time.

**Yin:** in Chinese philosophy, the female principle of the universe, represented as dark and negative.

**Yang:** in Chinese philosophy, the male principle of the universe, represented as light and positive.

**Joint Locks:** A joint lock is a grappling technique involving manipulation of an opponent's joints in such a way that the joints reach their maximal degree of motion.

**Subdue:** to reduce the force of something, or to prevent something from existing or developing.

**Grappling:** holding someone while fighting with him or her.

**Strike:** (in this context) to hit or attack someone or something forcefully or violently.

**Thrust:** to push suddenly and strongly.