RINGEN VOCABULARY

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The medieval and Renaissance fighting manuals are a rich source of sportive and combative wrestling techniques. These techniques are pictured and described, often in such great detail that replicating them in the modern salon is readily possible. But rarely do the period authors assign names to their techniques. The lack of an agreed system of names complicates our ability to discuss and share this exciting and effective material. To remedy that deficit, we have compiled a suggested list of names for many of the most common and effective throws, locks and blows found in ringen.

**THROWS**

Forward over-the-leg, or forward over-the-thigh — with various grips

Backward over-the-leg, or backward over-the-thigh— with various grips
One leg pick

Two leg pick

Short hip throw — with various grips
Hip throw

Half hip throw

Headlock hip throw

Outside hip throw
Reverse hip

Shoulder throw

Reverse shoulder throw

Inside sweeping thigh or inner thigh throw
Outside leg hook

Inside leg hook

Cross hook, or outside cross hook

Stomach throw
Fireman’s carry

Rear lift

One leg

Two legs

Groin or inner thigh lift
**ARM LOCKS**

Pressing arm

Over the shoulder arm break

Arm bar against upper arm

Upper key (both your arms outside his)
Upper key (first figure 4 or kimura)

Upper key (second figure 4 or kimura)

Upper key, cupping elbow (elbow cup)

Middle key
Lower key

Lower key with underbind

Arm bar with underbind

Armpit arm bar
Across stomach arm bar

Simple arm break

**BLOWS**

Punch
Palm heel

Edge of the hand

Front kick

Side kick
Knee

Nose press

Ear press (attacking mastoid process)

Throat press (attacking hollow of throat)
Groin grab

Thumb/finger break

Stomach press

Elbow
Basic palm parry