

RINGEN VOCABULARY

By Jason Vail and Casper Bradak

Copyright 2008

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

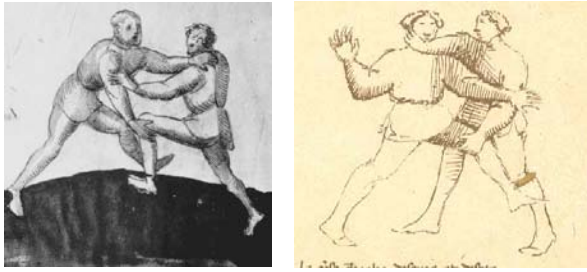
Forward over-the-leg, or forward over-the-thigh — with various grips



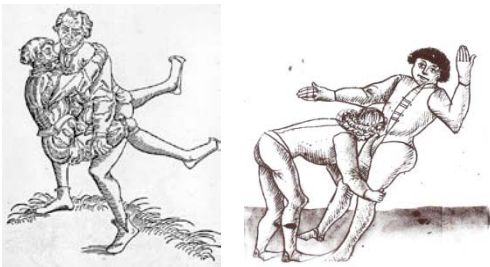
Backward over-the-leg, or backward over-the-thigh— with various grips



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



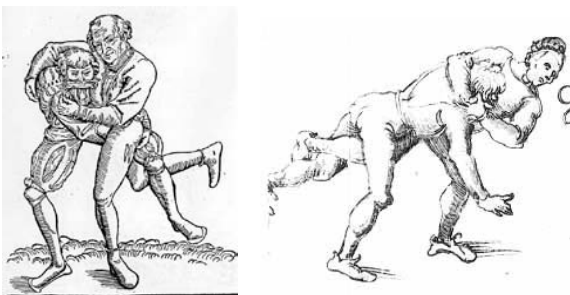
Shoulder throw



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

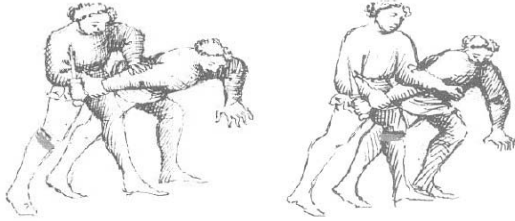


Groin or inner thigh lift



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

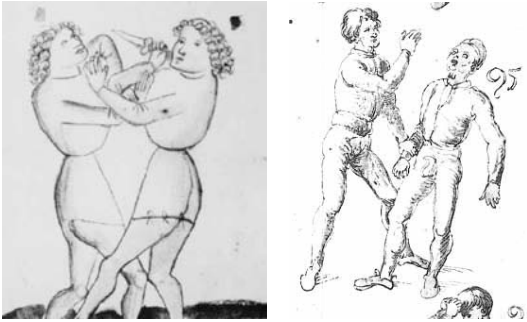


BLOWS

Punch



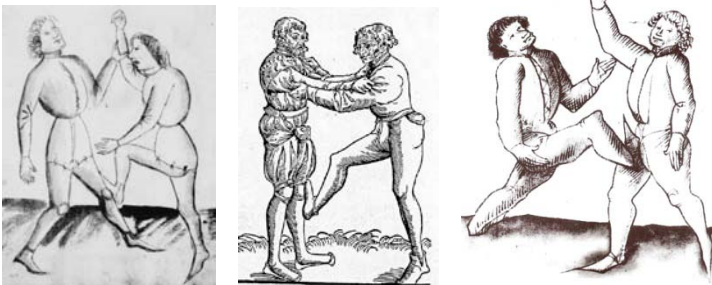
Palm heel



Edge of the hand



Front kick



Side kick



Knee



Nose press



Ear press (attacking mastoid process)



Throat press (attacking hollow of throat)



With thumb



With fingers



with forearm

Groin grab



Thumb/finger break



Stomach press



Elbow



Basic palm parry

