



Brazilian Jiu-Jitsu Terminology

Counting in Portuguese

1 - Um (oom)	6 - Seis (say-is)
2 - Dois (doy-is)	7 - Sete (set-che)
3 - Tres (treys)	8 - Oito (oy-toh)
4 - Quatro (kwa-troh)	9 - Nove (nah-ve)
5 - Cinco (sink-oh)	10 - Dez (day-is)

Referee Commands

Combate (com-ba-tche) - Start the match
Parou (pah-row) - Stop the match
Lute (luh-tche) - Command to fight
Falta (fal-tah) - Foul

Techniques

Submission - A grappling hold that is applied with the purpose of forcing an opponent to tap out due to the threat of injury or unconsciousness.

Sweep - When a competitor on bottom with an opponent in his/her guard inverts the position, forcing the opponent who was on top to be on bottom and maintains top position for three seconds.

Take-down - When a standing competitor causes an opponent to land on his/her back, sideways or seated, establishing top position for three seconds.

Guard pass - When a competitor in top position manages to move around the legs of an opponent in bottom position and maintain side-control or north-south position for three seconds.

Courtesy

Obrigado (oh-bre-ga-doh) - Thank you (used if the speaker identifies as a male)

Obrigada (oh-bre-ga-dah) - Thank you (used if the speaker identifies as a female)

Muito (muy-toh) **obrigado/obrigada** - Thank you very much

Porrada (poh-hadda) - Hard training or brawling

Uke (oou-kay) - Japanese term for training partner

Professor - Teacher/Instructor (typically reserved for Black Belts)

Oss!

Oss is the shortened version of “onegai shimasu.” In Japanese, it was originally used as an invitation or request for a partner to play a game. In the martial arts, Oss is used to invite a training partner to practice, yelled to invoke one’s energy, or used to respond in the affirmative to an instructor. In BJJ you will find it used at the start/end of a class as everyone bows together, sometimes to recognize a partner’s efforts, or simply as a formal “yes”.