



Munegascu

A So' Altessa Serenissima
u Prìncipu Albertu Segundu
de Mùnegu

Principatu de Mùnegu

Mùnegu

L'inu naçunale

U Palaçi

A Roca

Munte-Carlu

Russu

Giancu



English

To His Serene Highness
Prince Alber II
of Monaco

Principality of Monaco

Monaco

The national anthem

The Palace

The Rock

Monte-Carlo

Red

White



Munegascu

U « Pàijeda »
è ün' arte marçiala
munegasca

Arte d'a defesa

Sport de cumbatimentu

Value ètiche

Respetu d'ë règüle



English

Pàijeda
is a monegasque
martial art

Defense art

Fighting sport

Ethical values

Rules respect



Munegascu

Arte d'a pàije

Arte d'a felicità

Arte d'u ben stà

A felicità

U ben stà

Fà cresce l'amiçià

Armunia

Cœ



English

Peace Art

Happiness Art

Art of Well-being

Happiness

The Well-being

Cultivate friendship

Harmony

Hearth



Munegascu

Bungiurnu
A se revède
A ben vite
Scì
Non
Merçi
Per pieijè
Per pieijè
Perfetu
Feliçitaçiùn
Ecelente
Prun ben
Bravu (-i / -a / -e)
Ben
Meyu
Ancura
Scàiji
È pa cuscì
Purì fà meyu
Poi fà meyu



English

Hello
Goodbye
See you soon
Yes
No
Thank you
Please
Please
Perfect
Congratulation
Excellent
Very well
Well done
Good
Better
Again
Almost
It's not that
You can do better
You can do better



Munegascu

Ün

Dui

Trei

Qatru

Çinqe

Sei

Sete

Œtu

Nœve

Dèije



English

One

Two

Three

Four

Five

Six

Seven

Eight

Nine

Ten



Munegascu

Amigu

Prufessù

Praticante

Partenari

Aversari

L'atacante

U defensù

Cumpetiçiùn

Cumpetitù

Atleta



English

Friend

Professor

Practitioner

Partner

Opponent

The attacker

The defender

Competition

Competitor

Athlete



Munegascu

Sala d'üntrainamentu

Üntrainamentu

Cursu de Muneguda

Cursi de Muneguda

Ün eserçici

De eserçici

Eserçici

Eserçici per fà cresce
a vostra determinaçiùn

Eserçici de relasciamentu

Eserçici de cunçentraçiùn

Giøeghi edücativi

Amüsante

Upusiçiue



English

Training Gym

Training

Muneguda Course

Muneguda Courses

Exercise

Exercises

Exercises

Exercise to enhance
your determination

Relaxation exercise

Focussing exercise

Educational games

Recreational

Oppositions



Munegascu

Vigilança

Alarma

Respiraçiùn

Relasciamentu

Cuncentraçiùn

Meditaçiùn

Scutè

Cuncentrà-ve

Cosa ne pensè ?



English

Alertness

Wakefulness

Breathing

Relaxation

Concentration

Meditation

Listen

Concentrate

What do you think



Munegascu

Salütu

Salütè / Salütè-ve

Prunta (*Féminin, singulier*)

Prunte (*Féminin, pluriel*)

Pruntu (*Masculin, singulier*)

Prunti (*Masculin ou mixte, pluriel*)

Ûn gàrdia

Daghe

Basta

Pàusa



English

Hello

Greetings

Ready

Ready

Ready

Ready

On guard

Action

Stop

Rest / As you were / At ease



Munegascu

Scaudamentu

Tempu per u scaudamentu

Per ativà u cœ

Mubilità articulària

Se stirà

Força



English

Warming up

Warming up phase

Cardio-vascular stimulation

Joint mobility

Stretching

Force



Munegascu

Rulade
Stramachi
Pusiçiùn de gàrdia
Pusiçiùn iniçiàla
Ùn gàrdia
Gàrdia seneca
Gàrdia drita
Pügnu avanti
Pügnu darrè
Pen avanti
Pen darrè
Man avanti
Man darrè
Gùmìu avanti
Gùmìu darrè
Zenuyu avanti
Zenuyu darrè



English

Rolling
Falls
En garde position
Starting position
En garde
Left guard
Right guard
Fist forward
Fist back
Foot forward
Foot back
Hand forward
Hand back
Elbow forward
Elbow back
Knee forward
Knee back



Munegascu

Pusiçiùn de gàrdia e despiaçamenti

Despiaçamenti

Punti sensibili

Tèchniche per se defende

Cuma se defende

Cumbatimentu per terra

Cumbatimentu dritu

Sitüaçiùn cun arme

Bastùn

Cutelu

Sitüaçiùn cun ugetu

Tèchniche par dà
de càussi e pügni

Boxa pei / pügni

Boxa libera

Boxa munegasca



English

En garde position and movements

Movings

Sensitive points

Defense Technics

Means of defenser

Ground fighting

Stand-up fighting

Case with weapons

Foam baton

Knife

Case with an object

Striking
techniques

Boxing with feet/fists

Free boxing

Monegasque boxing



Munegascu

Tèchniche per ciapà
Lüta libera
Lüta munegasca
Tèchniche a terra
Tèchniche per abandonà
Tèchniche per se defende
Cuma se defende
Defesa contra bastùn
Defesa contra cutelu
Defesa cun ugeti

Presentaçiùn

Lèssicu françese - munegascu
Regülamentu tècnicu
Regülamentu spurtivu
Regülamentu amatù /
üntrainamentu tempu liberu
Föra cumpetiçiùn
Per i üntrainamenti
e i esami d'i gradi



English

Gripping techniques
Free wrestling
Monegasque wrestling
Ground techniques
Release techniques
Defense techniques
Means of defense
Defence against a baton
Defence against a knife
Defence with objects

Presentation

French-monegasque glossary
Technical regulations
Sporting regulations
Regulations for the leisure activity
Training for the leisure activity
Outside competition
For coaching
and grade exams



Munegascu

Regülamentu cumpetiçiùn

Assàutu

Sport de cumbatimentu
de cumpetiçiùn

Cumpetiçiùn

Règüle

Respestu d'è règüle

Giüge

Àrbitru

Separè-ve

Arbitrage

Giügiamentu

Drapeu

Drapei

Eqipa « Elite » / d'i ciû bravi

Campiùn

Cumpetitù

Cupa de Mùnegu
de Muneguda



English

Regulations for competitions

Light attack

Competition
fighting sport

Competition

Rules

Rules respect

Judge

Referee

Pull back

Arbitration

Judging

Flag

Flags

Elite team

Champion

Competitor

Muneguda
Monaco Cup



Munegascu

Campionatu de Mùnegu
de Muneguda

Campionatu d'Europa
de Muneguda

Campionatu d'u mundu
de Muneguda

Giøghi ulìmpichi

Russu

Giancu

Vitòria

Egalità

Deruta

Disqalificaçùn

Ün puntu

Dui punti

Trei punti

Avantage

Avertimèntu



English

Muneguda Monaco
Championship

Muneguda European
Championship

Muneguda World
Championship

Olympics Games

Red

White

Victory

Drawn match

Defeat

Disqualification

One point

Two points

Three points

Advantage

Warning



Munegascu

L'Inu naçionale

Despœi tugiù sciù
d'u nostru paise

Se ride a u ventu u meme pavavyùn

Despœi tugiù a curù
russ'e gianca

È stà r'emblema d'a nostra libertà

Grandi e puciu
r'an sempre respetà.

N'amu ch'üna tradiçion
N'amu ch'üna religiun
Amu avüu per u nostr'unù
I meme Principi tugiù
E ren nun ne scangerà
Tantu ch'u suriyu lüjèrà
diu sempre n'agiütera
E ren nun ne scangerà.



English

The national anthem

From the start,
only a single flag

Has flown over our country

The red and white
have always

Been our freedom's emblem

Both great and small
have always honoured them.

We only have the one tradition
We only have the one religion
Our honour has always been
To uphold the same Princes
And nothing will change us
While the sun still shines
God will always help us
And nothing will change us.