

ARUN SOUTHCOAST JUDO CLUB

Matte	Wait or Stop
Ritsu Rei	Standing Bow
Sensei	Teacher
Ushiro-Ukemi	Back Breakfall
Yoko-Ukemi Hidari	Left Breakfall
Zempo Kaiten Ukemi	Rolling Breakfall
Ogoshi	Major Hip Throw
Ippon-Seoi-Nage	One Arm Shoulder throw
Kesa-Gatame	Scarf Hold
Mune-Gatame	Chest Hold
Kuzure Kami-Shiho-Gatame	Broken Upper Body 4 Quarters
Hadaka-Jime	Naked Strangle
Ippon	10 Points
Yuko	5 Points
Tori	Thrower
Judo	The Gentle Way
Randori	Free Practice
Toketa	Hold Broken
Zori	Slippers
Mae-Ukemi	Front Breakfall
Yoko-Ukemi Migi	Right Breakfall
Osoto-Gari	Major Outer Reaping
Koshi-Guruma	Hip Wheel Throw
Kuzure Kesa-Gatame	Broken Scarf Hold
Yoko Shiho-Gatame	Side Body 4 Quarters
Ude Garami	Entangled Arm Lock
Hajime	Begin or Start
Za Rei	Kneeling Bow
Wazari	7 Points
Koka	3 Points
Uke	Person Being Thrown
Dojo	Place of Training
Okae-Komi	Hold Down
Tatami	Mat
Obi	Belt.

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