

Course Name: Bachelor of Physical Education

Year: Ist

Paper Name: Skill and Prowess

Paper No.: I (Part-B 1)

Topic No. A (3)

Topic Name: Kho Kho

Lecture No.: 33

Lecture Title
Kho - Kho Execution - Part II

Glossary

- 1. Capstone** - The crowning achievement or final stroke; the culmination or acme.
- 2. Crawl** - Move forward on the hands and knees or by dragging the body close to the ground.
- 3. Dragging** - Pull (someone or something) along forcefully, roughly, or with difficulty.
- 4. Dodge** - To avoid (a blow, for example) by moving or shifting quickly aside.
- 5. Agility** - The power of moving quickly and easily; nimbleness: