

**Course Name - Bachelor of Physical Education**

**Year: Ist**

**Paper Name: Skill and Prowess**

**Paper No.: I (Part-B 1)**

**Topic No. A (5)**

**Topic Name: Judo**

**Lecture No.: 39**

### **Lecture Title**

### **JUDO – I**

### **Glossary**

1. **Archery** - Shooting with a bow and arrows, especially at a target as a sport.
2. **Wrestling** - The sport or activity of grappling with an opponent and trying to throw or hold them down on the ground, typically according to a code of rules.
3. **Disarray** - A state of disorganization or untidiness
4. **Holistic** - Chiefly Philosophy Characterized by the belief that the parts of Something are intimately interconnected and explicable only by reference to the whole.
5. **Superiority** - The state of being superior.