

**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.: 40**

### **Lecture Title**

### **JUDO - II**

### **Glossary**

- 1. Reaping** - Receive (something, especially something beneficial) as a consequence of one's own or another's actions.
- 2. Opponent** - someone who competes with or opposes another in a contest, game, or argument.
- 3. Compression** - The action of compressing or being compressed.
- 4. Immobilizing** - Restrict the movements of (a limb) to allow healing.
- 5. Bouts** - A short period of intense activity of a specified kind.