

## Yonkyu Vocabulary

ashi	foot, leg
do	torso
eri	lapel
gatame	pin, smother
gyaku	reverse
hadaka	naked
harai	sweep
kappo	methods of resuscitation (from katsu ho)
katsu	resuscitation
kote	wrist
kubi	neck
maai	interpersonal distance
momiji	red maple leaf
momo	thigh (lit. "ham")
nada	blade
soto	outer, outside
sutemi	sacrifice the body
tatami	mat
uchi	inner, inside
ude	arm
ushiro	rear

