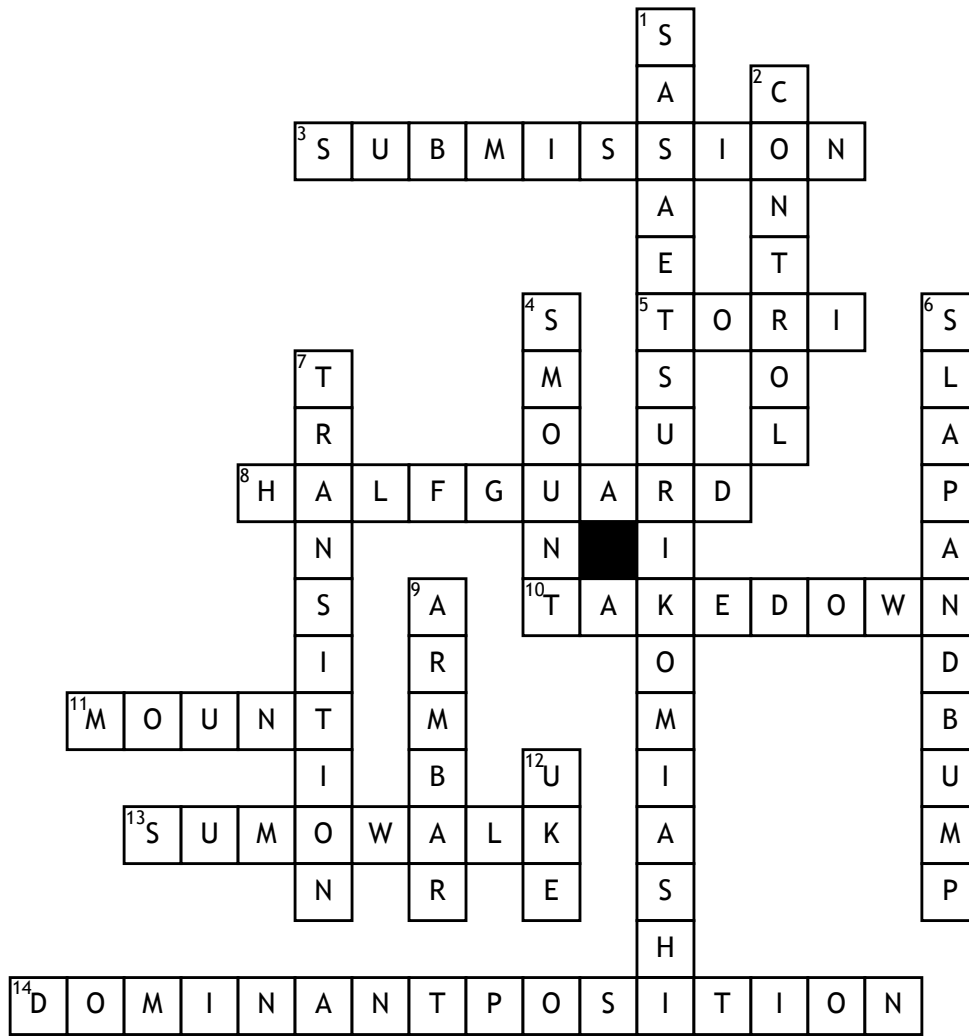


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Crossword Time



## Across

3. Making partner tap  
5. Partner performing technique  
8. One leg trapped  
10. A throw or way to get your partner to the mat  
11. A dominant position

13. Fun walk on the knees

14. Controller of the match

## Down

1. Supported foot lift-pull throw  
2. The ability to breathe and maintain focus

4. Stretch to open hips

6. Signifying fairness and respect

7. Movement to change positions

9. Straight arm submission

12. Partner being thrown

## Word Bank

TRANSITION

TORI

SUBMISSION

SLAPANDBUMP

DOMINANTPOSITION

SASAETSURIKOMIASHI

MOUNT

HALFGUARD

UKE

ARMBAR

CONTROL

SUMOWALK

TAKEDOWN

SMOUNT