

Today's Nihongo (Japanese)

Ukemi (受身):	Roll
Mae (前):	Front
Ushiro (後ろ):	Back
Mae Ukemi (前受身):	Front Roll
Ushiro Ukemi (後ろ受身):	Back Roll

Today's Waza (Technique)

Katadori Ikkyo (肩取り 一教):
↓ ↓ ↓
"Shoulder Grab First Teaching"