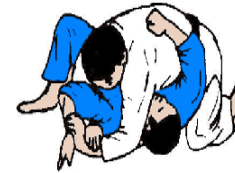
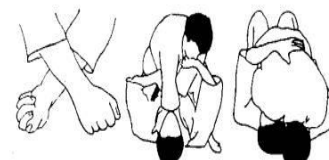


KATAME-WAZA

OSAE-KOMI-WAZA

SHIME-WAZA

KANSETSU-WAZA



Hon-kesa-gatame

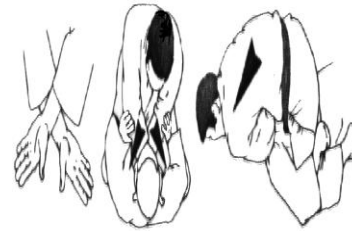
Kuzure-kesa-gatame

Hadaka-Jime

Kata-Juji-jime

Ude-garami

Juji-gatame



Kami-shiho-gatame

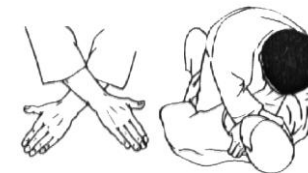
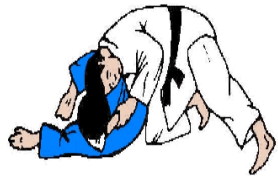
Kuzure-kami-shiho-gatame

Okuri-eri-jime

Gyaku-juji-jime

Ude-gatame

Hiza-gatame



Kata-gatame

Yoko-shiho-gatame

Kata-ha-jime

Nami-juji-jime

Waki-gatame

Hara-gatame



Tate-shiho-gatame

Ushiro-kesa-gatame