

KATAME-WAZA (TECHNIQUE DE CONTRÔLE)
OSAE-WAZA (TECHNIQUE D'IMMOBILISATION)



USHIRO-GESA-GATAME
KUZURE-USHIRO-GESA-GATAME



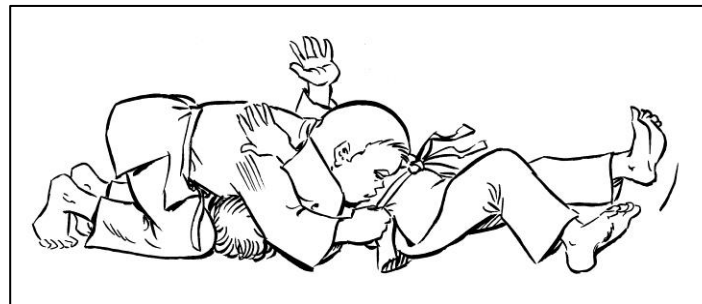
HON-GESA-GATAME
KUZURE-HON-GESA-GATAME



MAKURA-GESA-GATAME
KUZURE-MAKURA-GESA-GATAME



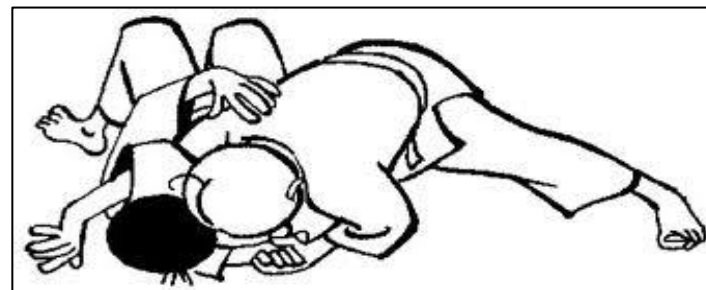
YOKO-SHIHO-GATAME
KUZURE-YOKO-SHIHO-GATAME



KAMI-SHIHO-GATAME
KUZURE-KAMI-SHIHO-GATAME



TATE-SHIHO-GATAME
KUZURE-TATE-SHIHO-GATAME



KATA-GATAME
KUZURE-KATA-GATAME

