

KIN SU DOJO

Personal Data

My Name

I Started Judo

My Club Number

My Federation Number

My Sensei Name

My Date of Berth

My Photo



柔道



[www. Kinsudojo.wetpaint.com](http://www.Kinsudojo.wetpaint.com)

Email – skipper1@onvol.net



Yellow Belt

Posture

Shizentai Jigotai

Ukemi

Zemp-Kaiten Ukemi (Migi & Hidari)
Ushiro Ukemi
Yoko Ukemi (Migi & Hidari)
Mai Ukemi

Tai sabaki

Control to move Uke backwards and forwards

Nage Waza (Judoka to demonstrate the following throws on the move forward and Backwards)

| | | |
|-------------|---------------------------|-------------|
| Hiza-Guruma | Sesae - Tsuri Komi – Ashi | Uki-Goshi |
| O-Soto-Gari | Ko-Soto-Gari | Tai-Otoshi |
| Kubi-Nage | O-Uchi-Gari | Ko Uch Gari |

Katame-Waza

| | | |
|-------------------|--------------------|-------------------|
| Yoko-Shiho-Gatame | Kuzure-Kesa-Gatame | Kame-Shiho-Gatame |
| Tate-Shiho-Gatame | Mune-Kesa-Gatame | |

Terminology

| | | | | | |
|------|-----------|--------|--------|------|--------|
| Kubi | Dojo | Otoshi | Judogi | Tai | Tatami |
| Ko | Ritsu Rei | O | Zarei | Soto | Waza |
| Uchi | Kiritsu | Gatame | Seiza | | |

Refereeing Terminology

| | | | | |
|--------|--------|----------|-------|-----------|
| Hajime | Matte' | Osaekomi | Ippon | Soro-Made |
|--------|--------|----------|-------|-----------|

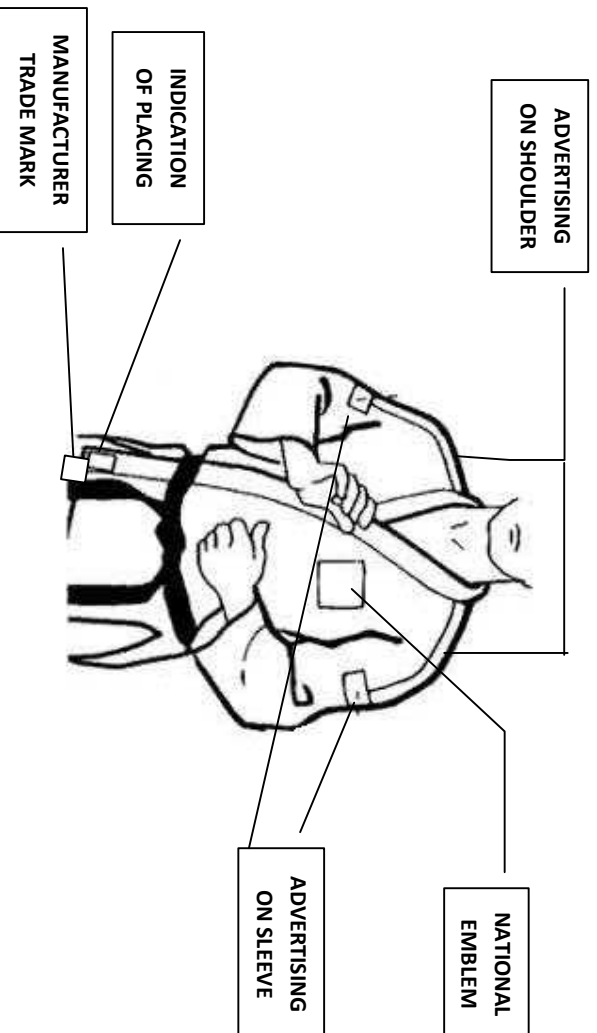
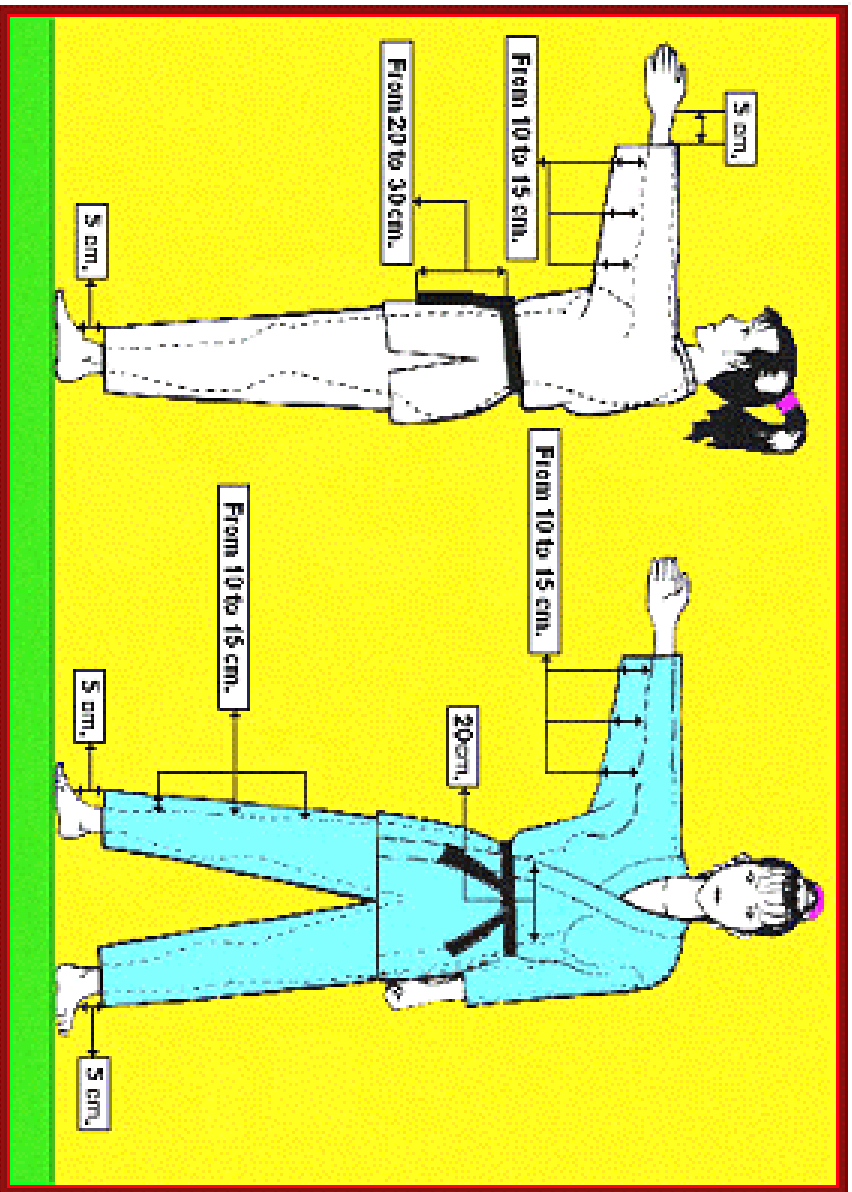
Refereeing Rules

Entering the competition area & basic ethics of competition.

HYGIENE

- (a) The Judogi shall be clean, generally dry and without unpleasant odour.
 - (b) The nails of the feet and hands shall be cut short.
 - (c) The personal hygiene of the contestant shall be of a high standard.
 - (d) Long hair shall be tied so as to avoid causing inconvenience to the other contestant.
- Any contestant who will not comply with the requirements of the IJF / EJU shall be refused the right to compete and the opponent shall win the contest.

JUDOGI



Orange Belt

Tai sabaki

Movement on the sides and in circular motion

Nage Waza (Judoka to demonstrate the following throws on the move Forward Backwards and Sideways)

O-Goshi
Ippon-Seoi-Nage
Okuri-Ashi-Barai
Ashi-Guruma
Morote-Seoi-Nage
Eri-Seoi-Nage
Koshi-Guruma
De-Ashi-Barai
Harai-Goshi
O-Soto-Otoshi

Ground Work

Ushiro-Kesa-Gatame
Makura-Kesa-Gatame
Kata-Gatame
Kesa-Gatama

Groundwork Turning Techniques

Tori to turn Uke and hold him on his back

Tori to Move Uke and control him with his legs

From the Superior Position (On top Uke) Tori to turn and hold Uke so that he is in an inferior Position.

While Uke holding Tori's leg, Tori to release his leg and continue in holding down Uke.

Continuation to hold down Uke starting with a hold.

Escape techniques from various holds.

Terminology

| | | |
|---------|-------------|----------------|
| Seoi | Tori | Okuri |
| Uke | Barai | Nage-Waza |
| Gari | Katame-Waza | Ashi |
| Sensei | Guruma | Kyu |
| Te | Eri | Harai (Barai) |
| Goshi | Randori | Hikite |
| Tsurite | | |

Refereeing Terminology

| | | |
|----------------------|-----------|--------|
| Toketa | Yoshi | Wazari |
| Wazari-Awasate-Ippon | Sono-Mama | Yuko |

Refereeing Rules

SCORES

Scoring an Ippon: When a contestant with control throws the other contestant largely on his back with considerable force and speed.

Scoring a Wazari: When a contestant with *control* throws the other contestant, but the technique is partially lacking in one (1) of the other three (3) *elements necessary for Ippon*

Scoring a Yuko: When a contestant with *control* throws the other contestant, but the technique is partially lacking in two (2) of the other three (3) *elements necessary for Ippon*.

OSA EKOMI WAZA

The Referee shall announce Osaekomi when in his opinion the applied technique corresponds with the following criteria:

- (a) The contestant being held must be controlled by his opponent and must have his back, either both shoulders or one shoulder in contact with the Tatami.
- (b) The control can be made from the side, from the rear or from on top.
- (c) The contestant applying the hold must not have his leg(s) or body controlled by his opponent's legs.
- (d) At least one contestant must have some part of his body touching the contest area.
- (e) The contestant applying the hold must have his body in either the Kesa or the Shicho position, i.e. similar to the techniques Kesa-gatame or Kami-shicho-gatame.

Duration for Osaekomi Waza:

| | |
|---------------|---|
| Ippon | - Total of 25 seconds. |
| Wazari | - 20 seconds or more but less than 25 seconds. |
| Yuko | - 15 seconds or more but less than 20 seconds. |

ENTRY INTO NE-WAZA

The contestants shall be able to change from the standing position to Newaza in the following cases but if the technique used is not continuous, the Referee shall order both contestants to resume the standing position:

- (a) When a contestant, after obtaining some result by a throwing technique changes without interruption into Newaza and takes the offensive.
- (b) When one of the contestants falls to the ground, following the unsuccessful application of a throwing technique the other may take advantage of his opponent's unbalanced position to take him to the ground.
- (c) When one contestant obtains some considerable effect by applying a Shime-waza or Kansetsu-waza in the standing position and then changes without interruption to Newaza.
- (d) When one contestant takes his opponent down into Newaza by the particularly skilful application of a movement which does not qualify as a throwing technique.
- (e) In any other case where one contestant falls down or is about to fall down, not covered by the preceding sub-sections of this article, the other contestant may take advantage of his opponent's position to go into Newaza.

When one contestant pulls his opponent down into Newaza not in accordance with these rules and his opponent does not take advantage of this to continue into Newaza, the Referee shall announce Mate, stop the contest and penalise with Shido the contestant who has pulled down the opponent in order to start Newaza unless in accordance with this article.

Green Belt

Nage Waza (Judoka to demonstrate the following throws on the move in any direction)

Uchi-Mata
Tani-Otoshi
Tsuri-Komi-Goshi
Sode-Tsuri-Komi-Goshi
Te-Guruma
Ushiro-Goshi
Tomoe-Nage
Yoko-Tomoe-Nage
O-Soto-Guruma
Seoi-Otoshi

Renraku-Waza

Athlete is to demonstrate effective combination techniques after his first well intended attack was successfully blocked.

Gaeshi-Waza

Athlete is to demonstrate effective counter techniques after successfully blocking the opponent attack

Ne Waza (Ground Work)

Defense Positions with Tori sitting down
Defense Positions with Tori on all fours
Attaching Positions with Tori sitting down
Attaching Positions with Tori on all fours

Terminology

| | | |
|---------------|--------------|------------|
| Taiso | Kata | Dan |
| Ko | Gari | Tsuri Komi |
| Kuzure | Sutemi | Kesa |
| Tomoe | Eri | Shime-Waza |
| Kansetsu-Waza | Nage-No-Kata | |

Refereeing Terminology

| | | | |
|-----------|--------|-------|------|
| Hiki Wake | Hantei | Shido | Yuko |
|-----------|--------|-------|------|

Refereeing Rules

GOLDEN SCORE

Where there are no recorded scores or the scores are exactly the same under each point (Waza-ari or Yuko), the contest shall be decided by the “Golden Score” contest. The duration of the “Golden Score” contest shall be the same as for the official duration of the contest for seniors (5 minutes) and of 2 minutes for Cadets and Juniors. When the time allotted for the contest ends, the Referee shall announce “Sore-made” to end the contest temporarily and the contestants shall return to their starting positions. The scoreboard and time clocks shall be reset, then the Referee shall immediately announce “Hajime” to restart the contest in the normal way. There shall be no rest period between the end of the original contest and the start of the “Golden Score” contest.

The first score difference between the two (2) contestants during the “Golden Score” contest shall decide the contest. The contest ends as soon as a contestant gains any advantage.

If the “Golden Score” contest goes the full duration without any advantage for either contestant, the result shall be decided by Hantei. At the announcement of Hantei by the Referee, the Referee and the two (2) Judges shall raise the appropriate coloured flag high above their heads to indicate which contestant they consider to be the winner. In this case, the Referee and Judges shall only take into consideration “Kinsa” (slight superiority or inferiority) through the attitude, skill and effectiveness of techniques during the “Golden Score” contest, that is to say, the original contest shall not count at all. The Referee shall declare the result according to the “majority of three” rule.

Should only one contestant exercise his right to fight the “Golden Score” contest, and the other contestant declines, the contestant who wishes to fight shall be declared the winner by “Kikengachi”.

When one contestant pulls his opponent down into Newaza not in accordance with Article 16 and his opponent takes advantage of this to continue into Newaza, the contest shall be allowed to continue but the Referee shall penalise with Shido the contestant who has infringed Article 27 (8). (See Article 27 Appendix, the 5th paragraph).

TECHNIQUE COINCIDING WITH TIME SIGNAL

Any immediate result of a technique started simultaneously with the time signal shall be valid.

In the case of Osaekomi announced simultaneously with the time signal, the time allotted for the contest shall be extended until either Ippon (or equivalence) is scored or the Referee announces Toketa or Mate.

Any technique applied after the ringing of the bell or other device to indicate the expiry of the time of the contest shall not be valid, even if the Referee has not yet announced Sore-made.

Although a throwing technique may be applied simultaneously with the bell, if the Referee decides that it will not be effective immediately, he shall announce Sore-made.

AWARDING OF PENALTIES

The scale of Penalties will be as follows:

1. Shido = Free warning!!!
2. Shido = Yuko for the opponent.
3. Shido = Waza-ari for the opponent.
4. Shido = Ippon for the opponent.

(The fourth Shido obviously means Hansoku-make).

On the scoreboard, the repeated Shido will be accumulated and converted to the opponent's technical score:

| | | |
|--|-------------------------------------|--------------------------------|
| On the scoreboard repeated Shido, would become: | | |
| 2 Shidos | 3 Shidos | 4 Shidos |
| = a Yuko to the opponent | = a Waza-ari to the opponent | = Hansoku-make |
| | | = Ippon to the opponent |

Blue Belt

Throws on the move

Ko Soto Gake
Hane Goshi
Sumi Gaeshi
Yoko Guruma
Kata Guruma
Soto Makikomi
Tsuru Goshi
O- Guruma
Hane Makikomi
Sukui Nage

Arm Lock

Hiza Gatame
Juji gatame
Ude garami

Strangles

Hadaka Gime
Kata juji jime
Gjaku juji jime
Nami juji jime
Okuri eri jime
Kata ha jime

Tokui Waza

Athlete to demonstrate his favorite technique/s in movement.

Kata

1st set from the Nage No Kata

Terminology

Tachi Waza: Te Waza, Koshi Waza, Ashi Waza, Suteimi Waza
Katame Waza: Osaekomi-Waza, Shime Waza, Kansetsu Waza

Refereeing Rules

LOCATION (VALID AREAS)

The contest shall be fought in the contest area. Any technique applied when one or both contestants are outside the contest area shall not be recognised. For example if one

contestant has at least one of his feet, hands or knees outside the contest area while standing or more than half of his body outside the contest area while doing Sutemi-waza, he shall be considered as being outside the contest area.

(a) When one contestant throws his opponent outside the contest area, but he himself stays within the contest area long enough for the effectiveness of the technique to be clearly apparent the technique shall be recognised. When a throw is started with both contestants inside the contest area, but during the action, the contestant being thrown moves outside the contest area the action may be considered for point scoring purposes if the throwing action continues uninterrupted and the contestant executing the throw stays within the contest area long enough for the effectiveness of the action to be clearly apparent.

(b) In Newaza the action is valid and may continue so long as either contestant has some part of his body touching the contest area.

(c) If during the course of an attack such as Uchi-gari or Kouchi-gari the foot or leg of the thrower leaves the contest area and moves over the Tatami in the safety area, the action shall be considered valid for scoring purposes so long as the thrower does not place any weight upon the foot or leg while it is outside the contest area.

In the case of Osaekomi on the edge if the one part of the contestant still touching the contest area becomes airborne (i.e. it is raised up and loses contact with the Tatami) the Referee must announce Mate.

As the red danger zone is part of the contest area, any contestant whose feet are still touching the red danger zone in the standing position shall be considered as being within the contest area.

When performing Sutemi-waza, a throw is considered valid if the thrower has one half or more of his body within the contest area. (Therefore, neither foot of the thrower shall leave the contest area before his back or hips touch the Tatami.)

Once the contest has started, the contestants may only leave the competition area if given permission to do so by the Referee. Permission will only be given in very exceptional circumstances, such as the necessity to change a Judogi which does not comply with Article 3 or which has become damaged or soiled.

AWARDING OF SHIDO

A Shido is given to any contestant who has committed a slight infringement:

(a) To intentionally avoid taking Kumikata in order to prevent action in the contest.

(b) To adopt in a standing position, after Kumikata, an excessively defensive posture. (Generally more than 5 seconds).

(c) To make an action designed to give the impression of an attack but which clearly shows that there was no intent to throw the opponent. (False attack).

(d) To stand, both feet completely within the danger zone unless - beginning an attack, executing an attack, countering the opponent's attack or defending against the opponent's attack. (Generally more than 5 seconds)

(e) In a standing position, to continually hold the opponent's sleeve end(s) for a defensive purpose (Generally more than 5 seconds) or to grasp by "screwing up" the sleeve end(s).

(f) In a standing position, to continually keep the opponent's fingers of one or both hands interlocked, in order to prevent action in the contest. (Generally more than 5 seconds).

(g) To intentionally disarrange his own Judogi or to untie or retie the belt or the trousers without the Referee's permission.

(h) To pull the opponent down in order to start Newaza unless in accordance with the rules of entry into Newaza.

(i) To insert a finger or fingers inside the opponent's sleeve or bottom of his trousers.

(j) In a standing position to take any grip other than a "normal" grip without attacking. (Generally more than 5 seconds).

(k) In a standing position, before or after Kumikata has been established, not to make any attacking moves. (See Appendix Non-Combativity).

- (l) To hold the opponent's sleeve end(s) between the thumb and the fingers ("Pistol" grip).
- (m) To hold the opponent's sleeve end(s) by folding it over ("Pocket" grip).
- (n) >From a standing position, to take hold of the opponent's foot/feet, leg(s) or trouser leg(s) with the hand(s), unless simultaneously attempting a throwing technique.
- (o) To encircle the end of the belt or jacket around any part of the opponent's body.
- (p) To take the Judogi in the mouth. (either his own or his opponent's Judogi).
- (q) To put a hand, arm, foot or leg directly on the opponent's face.
- (r) To put a foot or a leg in the opponent's belt, collar or lapel.
- (s) To apply Shime-waza using the bottom of the jacket or belt, or using only the fingers.
- (t) To go outside the contest area or intentionally force the opponent to go outside the contest area either in standing position or in Newaza.
 - a. When one contestant throws his opponent outside the contest area, but he himself stays within the contest area long enough for the effectiveness of the technique to be clearly apparent the technique shall be recognised.
 - b. When a throw is started with both contestants inside the contest area, but during the action, the contestant being thrown moves outside the contest area the action may be considered for point scoring purposes if the throwing action continues uninterrupted and the contestant executing the throw stays within the contest area long enough for the effectiveness of the action to be clearly apparent.
 - c. In Newaza the action is valid and may continue so long as either contestant has some part of his body touching the contest area.
 - d. If during the course of an attack such as Uuchi-gari or Kouchi-gari the foot or leg of the thrower leaves the contest area and moves over the Tatami in the safety area, the action shall be considered valid for scoring purposes so long as the thrower does not place any weight upon the foot or leg while it is outside the contest area.
- (u) To apply leg scissors to the opponent's trunk (Dojime), neck or head. (Scissor with crossed feet, while stretching out the legs).
- (v) To apply leg scissors to the opponent's trunk (Dojime), neck or head. (Scissor with crossed feet, while stretching out the legs).
- (w) To apply leg scissors to the opponent's trunk (Dojime), neck or head. (Scissor with crossed feet, while stretching out the legs).
- (x) To kick with the knee or foot, the hand or arm of the opponent, in order to make him release his grip, or to kick the opponent's leg or ankle without applying any technique.
- (y) To bend back the opponent's finger(s) in order to break his grip.

Brown Belt

Throws on the move

Ura Nage
Utsuri Goshi
Morote Gari
Kuchiki Daoshi
Harai Tsuri Komi Ashi
Yoko Gake
Yoko Otoshi
Uki Waza
Yoko Wakare
Yama Arashi

Arm locks

Ude Gatame
Waki Gatame
Hara Gatame
Ashi Gatame

Strangles

Tsukkomi Jime
Sankaku Jime
Jigoku Jime
Katate Jime
Ryote Jime

Kata

3 set from the Nage no kata

Refereing Terminology

Fusen Gashi - Win by default
Kiken Gashi - Win by withdrawal
Sogo Gashi - Combined win

Refereing Rules

AWARDING OF HANSOKU-MAKE (Grave Infringements Group)

Hansoku-make is given to any contestant who has committed a Grave Infringement (or who having been given three (3) Shidos, commits a further Slight Infringement). The awarding of a direct Hansoku-make means the contestant is disqualified and excluded from the tournament, and the contest ends.

A direct hansokumake is given to any contestant who has committed a grave infringement:

- (a) To apply Kawazu-gake. (To throw the opponent by winding one leg around the opponent's leg, while facing more or less in the same direction as the opponent and falling backwards onto him).
- (b) To apply Kansetsu-waza anywhere other than to the elbow joint.

- (c) To lift off the Tatami the opponent who is lying on the Tatami and to drive him back onto the Tatami.
- (d) To reap the opponents supporting leg from the inside when the opponent is applying a technique such as Harai-goshi etc.
- (e) To disregard the Referee's instructions.
- (f) To make unnecessary calls, remarks or gestures derogatory to the opponent or Referee during the contest.
- (g) To make any action which may endanger or injure the opponent especially the opponent's neck or spinal vertebrae, or may be against the spirit of Judo.
- (h) To fall directly to the Tatami while applying or attempting to apply techniques such as Ude-hishigi-waki-gatame.
- (i) To "dive" head first, onto the Tatami by bending forward and downward while performing or attempting to perform techniques such as Uchimata, Harai-goshi, etc. or to fall directly backwards while performing or attempting to perform techniques such as Kata-guruma whether standing or kneeling.
- (j) To intentionally fall backwards when the other contestant is clinging to his back and when either contestant has control of the other's movement.
- (k) To wear a hard or metallic object (covered or not).

APPLICATION OF MATE

The Referee shall announce Mate in order to stop the contest temporarily in the following cases; and to recommence the contest, he shall announce Hajime:

- (a) When one or both of the contestants go outside the contest area, except for the scenarios given in the valid areas information.
- (b) When one or both of the contestants perform one of the prohibited acts.
- (c) When one or both of the contestants are injured or taken ill.
- (d) When it is necessary for one or both of the contestants to adjust their Judogi.
- (e) When during Newaza there is no apparent progress.
- (f) When one contestant regains a standing or semi-standing position from Newaza bearing his opponent on his back.
- (g) When one contestant is in, or from Newaza regains, a standing position and lifts his opponent, who is lying on his back with his leg(s) around any part of the standing contestant, clear of the Tatami.
- (h) When a contestant performs or attempts to perform Kansetsu-waza or Shime-waza from the standing position and the result is not sufficiently apparent.
- (i) When in any other case that the Referee deems it necessary to do so.
- (j) When the Referee and Judges or Refereeing Commission wish to confer.

The Referee having announced Mate, must take care to maintain the contestants within his view, in case they do not hear Mate announced and continue fighting.

The Referee should not call Mate to stop the contestant(s) going outside the contest area, unless the situation is considered dangerous.

The Referee should not announce Mate when a contestant, who has escaped e.g. from Osaekomi-waza, Shime-waza, Kansetsu-waza, appears in need of or calls for a rest.

The Referee should announce Mate when a contestant who is face down on the Tatami, with his opponent clinging to his back, succeeds in rising to a half standing position, with his hands clear of the Tatami, indicating a loss of control by the opponent.

Should the Referee call Mate in error during Newaza and the contestants therefore separate, the Referee and Judges may, if possible, and in accordance with the "majority of three" rule, replace the contestants into as close to their original position as possible and restart the contest, if so doing will rectify an injustice to one of the contestants.

After the announcement of Mate, the contestants must quickly return to their starting positions.

When the Referee has announced Mate, the contestant(s) must either stand if being spoken to or adjusting their Judogis, or sit if a lengthy delay is envisaged. Only when receiving medical attention should a contestant be permitted to adopt any other position.

The Referee shall announce Mate in order to call for the doctor, either when the contestant or the doctor himself so requests or when the Referee considers it is necessary, such as in the case of injury, illness or accident.

MEDICAL EXAMINATIONS

(a) The Referee shall call the Doctor to attend to a contestant who has received a severe impact to the head or back (spinal column), or whenever the Referee has reason to believe there may be a grave or serious injury. In either case, the Doctor will examine the contestant in the shortest time possible and indicate to the Referee whether the contestant can continue or not. If the Doctor, after examining an injured contestant, advises the Referees that the contestant cannot continue the contest the Referee, after consultation with the Judges, shall end the contest and declare the opponent to be the winner by Kiken-gachi.

(b) The contestant may ask the Referee to call for the doctor, but in this case the contest is terminated, and his opponent shall win by Kiken-gachi.

(c) The Doctor may also ask to attend to his contestant, but in this case the contest is terminated, and the opponent will win by Kiken-gachi.

In any case whenever the Referee and Judges are of the opinion that the contest should not continue, the Referee shall end the contest and indicate the result in accordance with the rules.

BLEEDING INJURIES

When a bleeding injury occurs, the Referee shall call the Doctor to assist the contestant in stopping and isolating the bleeding. In cases of bleeding, for health reasons, the Referee shall call for the Doctor; it is not allowed to compete while bleeding. However, the same bleeding injury may be treated by the Doctor on two (2) occasions. The third (3rd) time that the same bleeding injury occurs, the Referee, after previous consultation with Judges, shall end the contest for the contestant's own safety and he shall declare the opponent to be the winner by Kiken-gachi.

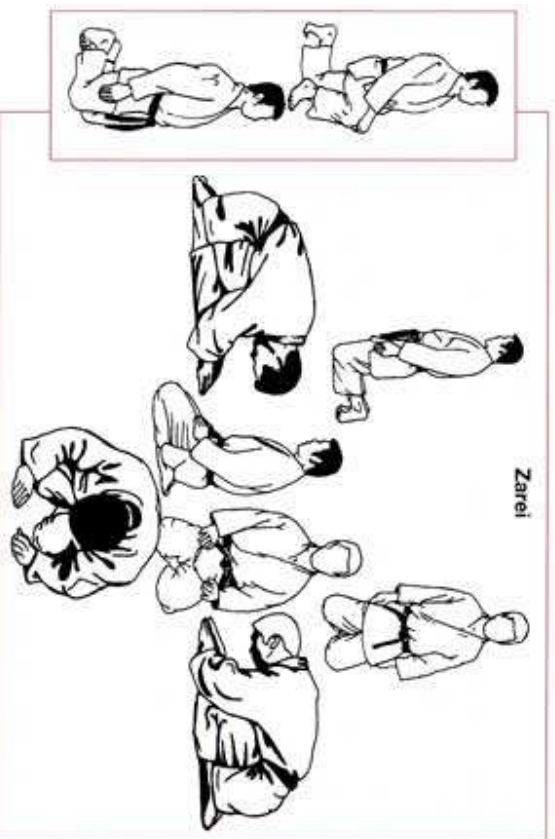
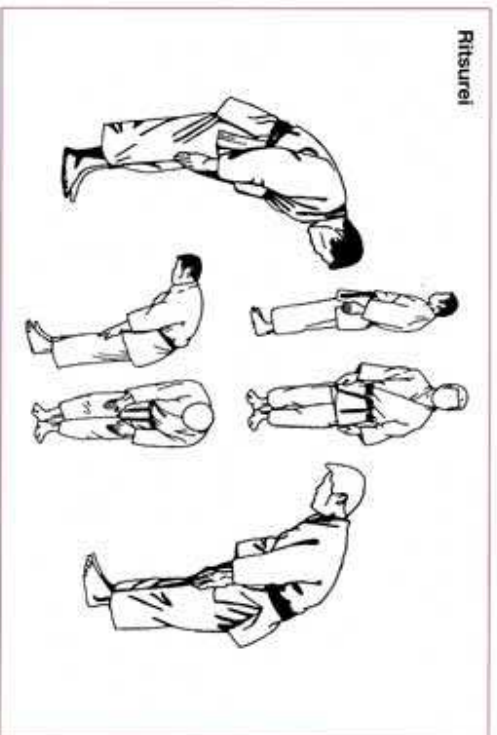
In any case where the bleeding cannot be contained and isolated, the opponent shall be the winner by Kiken-gachi.

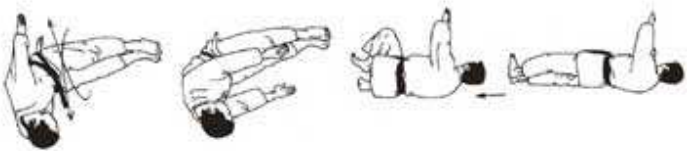
MINOR INJURIES

A minor injury may be treated by the contestant himself. For example in the case of a dislocated finger, the Referee shall stop the contest (by calling Mate or Sono-mama) and allow the contestant to reset the dislocated finger. This action should be done immediately with no assistance from the Referee or the Doctor and the contestant can continue in the contest. The contestant will be allowed to reset the same finger on two (2) occasions. If the same dislocation occurs a third (3rd) time, the contestant shall not be considered to be in condition to continue in the contest. The Referee, after previous consultation with Judges, shall end the contest and declare the opponent to be the winner by Kiken-gachi.

Judo Throws

柔道

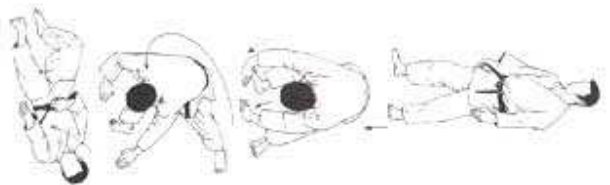




Ushiro-ukemi (To fall to the rear)



Mae-ukemi (to fall to your front)



zempokaiten Mae-ukemi

(forward rolling break fall)



Yoko-ukemi

(side fall)



Techniques in Tachi-waza (standing):

1/ Te-waza (hand or arm techniques)



Ippon-seoi-nage



Kata-guruma



Eri-Seoi-Nage



Kuchiki-Daoshi



Moroté Barrage



Moroté-Gari



Moroté-Seoi-Nagé



Tai-Otoshi



Te-Guruma

2 / ***Koshi-waza*** (*hip techniques*)



O-Goshi



Sode-Tsuri-Komi-Goshi



Hane-Goshi



Koshi-Guruma



Kubi-Nage



Tsuri-Komi-Goshi



Uki-Goshi



Ushiro-Goshi



Utsuri-Goshi

3 / **Ashi-waza** (leg or foot techniques)



Ashi-Guruma



Harai-Tsuri-Komi-Ashi



Hiza-Guruma



Ko-Soto-Gari



Ko-Uchi-Gari



Okuri-Ashi-Barai



O-Uchi-Gari



Sasae-Tsuri-Komi-Ashi



Uchi-Mata

4/ Sutemi-waza and Makikomi

(Sacrifice and wraparound Techniques)



Soto-Maki-Komi



Sumi-Gaeshi



Tani-Otoshi



Tomoe-Nage



Ura-Nage



Yoko-Guruma



Yoko-Tomoe-Nage

Techniques in Ne-waza (Ground work)

1 / Osae-Komi-Waza (immobilization techniques)



Kami-Shiho-Gatame

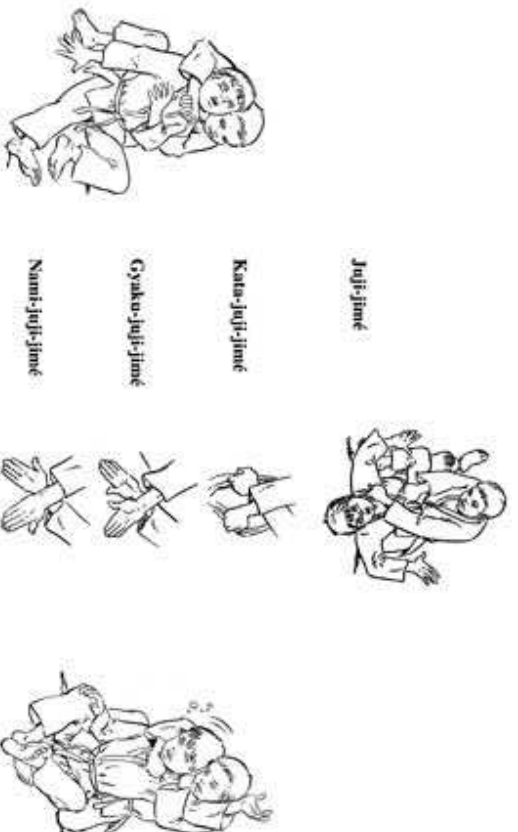
Kuzure-Gesa-Gatame

Yoko-Shiho-Gatame



Tate-Shiho-Gatame

2 / Shime-waza (Strangulation Techniques)



Juji-jime

Kote-juji-jime

Gyaku-juji-jime

Nami-juji-jime

Hadaka-Jime

Juji-jime

Kata-ha-Jime



Okuri-Eri-Jime



Sankaku-Jime

3 / Kansetsu-waza (arm lock Techniques)



Ashi-Gatame



Hara-Gatame



Juji-Gatame



Ude-Garami



Ude-Gatame



Waki-Gatame