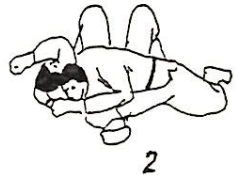


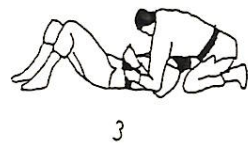
KATAME-WAZA - HOUDGREPEN



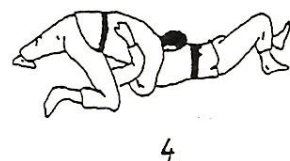
1
kesa-gatame



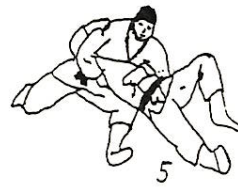
2
kata-gatame



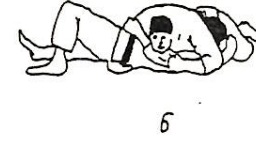
3
kami-shiho-gatame



4
kazure-kami-shiho-gatame



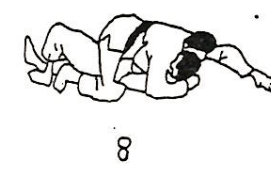
5
gyaku-kesa-gatame



6
yoko-shiho-gatame



7
mune-gatame



8
tate-shiho-gatame



9
kazure-kesa-gatame



10
kata-osea-gatame



11
ura-gatame



12
kashira-gatame



13
ura-shiro-gatame



14
kami-sankaku-gatame



15
kazure-yoko-shiho



16
tate-sankaku-gatame



17
uki-gatame

UDE-KWANSETSU-WAZA - ARMKLEMMEN

1e positie



1
ude-hishigi-juji-gatame



2
ude-garami



3
ude-hishigi



4
yoko-hiza-gatame

2e positie



1
kami-ude-hishigi-juji-gatame



2
yoko-ude-hishigi



3
kami-hiza-gatame

3e positie



1
ude-hishigi-henkawaza



2
gyaku-juji



3
shime-garami

4e positie



4
hiza-gatame



1
hara-gatame



2
ashi-gatama



3
ude-garami-henkawaza



4
ohten-gatame

5e positie



1
kesa-garami



2
kuzure-kami-shiho-garami



3
kyaku-kesa-garami



4
mune-garami



5
mune-gyaku

6e positie



1
gyaku-tekubi



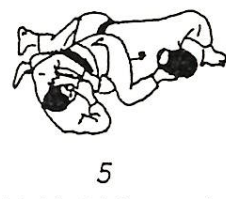
2
hiji-maki-komi



3
kuzure-hiji-maki-komi



4
kannuki-gatame



5
ude-hishigi-hiza-gatame

SHIME-WAZA 1 - VERWURGINGEN



1
kata-juji-jime



2
gyaku-juji-jime



3
yoko-juji-jime



4
ushiro-jime



5
okuri-eri-jime



6
kata-ha-jime



7
hadaka-jime



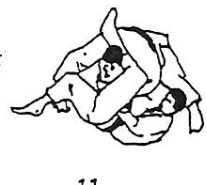
8
ebi-garami



9
tomoe-jime



10
eri-jime



11
kensui-jime



12
kata-jime



13
do-jime



14
hiza-jime



15
tsukomi-jime



16
ebi-jime



17
hasami-jime



18
ohten-jime