

Ne-Waza

4 Haltetechnik-, 7 Hebel- und 7 Würgetechnikgruppen

OSAEKOMI-WAZA

0

KESA-GATAME

2

KAMI-SHIHO-GATAME

3

YOKO-SHIHO-GATAME

4

TATE-SHIHO-GATAME



Kesa-gatame



Yoko-shiho-gatame



Tate-shiho-gatame



Kami-shiho-gatame

KANSETSU-WAZA

1

JUJI-GATAME

2

UDE-GARAMI

3

WAKI-GATAME

4

UDE-GATAME

5

HARA-GATAME

6

KANUKI-GARAMI

7

ASHI-GATAME



SHIME-WAZA

1

HADAKA-JIME

2

JUJI-JIME

3

KATA-HA-
JIME

4

OKURI-ERI-
JIME

5

KATA-TE-JIME

6

RYO-TE-JIME

7

ASHI-JIME

