

KATA

KATAME NO KATO

OSAE-KOMI-WAZA

1. Kuzure-gesa-gatame
2. Kata-gatame
3. Kami-shio-gatame
4. Yoko.shiho-gatame
5. Kuzure-kami.shiho.gatame

SHIME-WAZA

6. Katajuji-jime
7. Hadaka-jime
8. Okuri-eri-jime
9. Kata-ha-jime
10. Gyaku-juji-jime

KWANSETTSU-WAZA

11. Ude-garami
12. Ude-hishigi-jugi.gatame
13. Ude-hishigi-ude-gatame
14. Ude-hishigi-hiza.gatame
15. Ashi-garami