

KATAME WAZA

by Sérgio Oliveira

Tori: Sérgio Oliveira 6. Dan

Uke: Stephanie Oliveira 1. Kyu



Kami Shiho Gatame
(Kuzure)



Makura Gatame



Sankaku Gatame



Kata Gatame
(Kuzure)



Tate Shiho
Gatame



Ushiho Gatame



Yoko Shiho Gatame
(Kuzure 1)



Ura Gatame
Kuzure



Hon Kesa Gatame
(Kuzure 2)



Hon Kesa Gatame
(Kuzure 1)

Yoko Shiho Gatame
(Kuzure 3)



Osaekomi

Waza

Schakelen van houdgrepen

Kansetsu

Waza



Ude Hishigi
Sankaku
Gatame 2



Ude Hishigi
Sankaku
Gatame 1



Ude Hishigi



Ude Hishigi
Hiza Gatame



Ude Hishigi
Juji Gatame



Ude Garami 1



Shime Waza



Kata Juji Jime



Kata Ha Jime



Sankaku Jime 1



Kata Te Jime



Gyako Juji Jime



Nami Juji Jime



Hadaka Jime



Sankaku Jime 2



Okuri Eri Jime

Attack Action

Tachi Waza

UKE

TORI

Possibilities

Nage Waza

Nage Waza

Kansetsu Waza

Shime - Waza

Tori Counterattack

Ne Waza

Transitional Position

Attack

Front

Turnovers

Side

Back

Sweeps

Overcome

Abdominal

Bench

Guard

Half-Guard