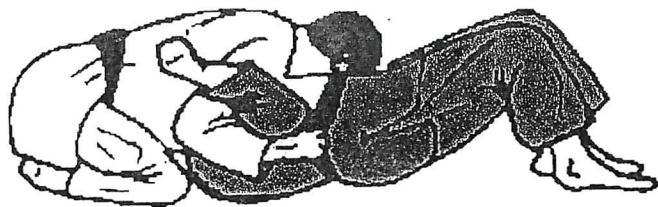

KATA GATAME
(Shoulder Lock)



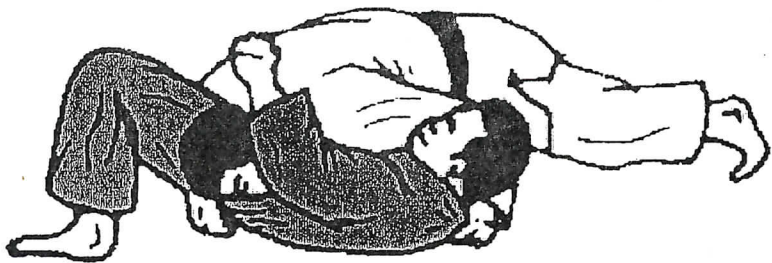
KAMI SHIHO GATAME

(Upper Quarter Lock)



YOKO SHIHO GATAME

(Side Quarter Lock)



TATE SHIHO GATAME

(Vertical Quarter Lock)



TSURI KOMI JIME

(Push-Pull Strangle)

