



KATAME NO KATA

Osaekomi Waza (Pins or Holding Techniques)

Kesa Gatame (Scarf Hold)	Kata Gatame (Shoulder Hold)	Kami Shiho Gatame (Top Four Corner Hold)	Yoko Shiho Gatame (Side Control Hold)	Kuzure Kami Shiho Gatame (Modified Top 4 Corner Hold)

Shime Waza (Choking Techniques)

Kata Juji Jime (Half Cross Choke)	Hadaka Jime (Rear Naked Choke)	Okuri Eri Jime (Sliding Collar Choke)	Kataha Jime (Single Wing Choke)	Gyaku Juji Jime (Reverse Cross Choke)

Kansetsu Waza (Joint Locks)

Ude Hishigi Ude Garami (Arm Entanglement)	Ude Hishigi Juji Gatame (Perpendicular Arm Lock)	Ude Hishigi Ude Gatame (Straight Arm Lock)	Hiza Gatame (Knee Arm Lock)	Ashi Garami (Leg Entanglement)