

Armklemmen 1



ude-hishigi-juji-gatame



hiza-gatame



uchi-kannuki-gatame



waki-gatame



ashi-ude-garami



hiji-gatame

Armklemmen 2



ude-garami



gyaku-waki-gatame



kuzure-ude-hishigi-juji-gatame



tate-ude-hishigi-juji-gatame



ashi-ude-garami



ashi-ude-garami