

## KATAME WAZA

### OSAE KOMI WAZA : Immobilisations

- **GESA GATAME**
  - Gesa Gatame
  - Hon Gesa Gatame
  - Kuzure Gesa Gatame
  - Makura Gesa Gatame
  - Ushiro Gesa Gatame
  - Kata Gatame
- **TATE SHIHO GATAME**
  - Tate Shiho Gatame
  - Kuzure Tate Shiho Gatame
- **YOKO SHIHO GATAME**
  - Yoko Shiho Gatame
  - Kuzure Yoko Shiho Gatame
- **KAMI SHIHO GATAME**
  - Kami Shiho Gatame
  - Kuzure Kami Shiho Gatame

### SHIME WAZA : Étranglements

- **KATATE JIME**
  - Katate Jime
  - Tsuki Komi Jime
  - Ebi Jime
- **ASHI JIME**
  - Ashi Jime
  - Kata Jime
  - Kagato Jime
  - Kensui Jime
  - Hasami Jime
  - Kami Shiho Ashi Jime
  - Ashi Sangaku Jime
- **JUJI JIME**
  - Nami Juji Jime
  - Kata Juji Jime
  - Gyaku Juji Jime
  - Tomoe Jime
  - Sode Guruma Jime

### SHIME WAZA : Étranglements

- **OKURI ERI JIME**
  - Okuri Eri Jime
  - Gyaku Okuri Eri Jime
- **HADAKA JIME**
  - Hadaka Jime
  - Ushiro Jime
- **KATA HA JIME**
  - Kata Ha Jime
  - Kaeshi Jime
  - Gyaku Kaeshi Jime
  - Othen Jime
- **RYOTE JIME**
  - Ryote Jime
  - Maki Komi Jime

### KWANSETSU WAZA : Luxations

- **UDE GARAMI**
  - Ude Garami
  - Gyaku Ude Garami
  - Gesa Garami
  - Gyaku Gesa Garami
  - Waki Garami
  - Gyaku Waki Garami
  - Ashi Garami
  - Hara Garami
- **JUJI GATAME**
  - Juji Gatame
  - Gyaku Juji Gatame
  - Kami Juji Gatame
  - Yoko Juji Gatame
  - Othen Gatame
  - Gesa Juji Gatame
- **WAKI GATAME**
  - Waki Gatame
  - Gyaku Waki Gatame



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### **KWANSETSU WAZA : Luxations**

- **UDE GATAME**
  - Ude Gatame
  - Gyaku Ude Gatame
  - Mune Ude Gatame
  - Hizi Maki Komi
  - Kuzure Hizi Maki Komi
- **HARA GATAME**
  - Hara Gatame
  - Gyaku Hara Gatame
- **KANNUKI GATAME**
  - Kannuki Gatame
  - Mune Kannuki Gatame
  - Gyaku Kannuki Gatame
  - Kami Shiho Kannuki Gatame
  - Ryo Kannuki Gatame
- **ASHI GATAME**
  - Ashi Gatame
  - Hiza Gatame
  - Kami Hiza Gatame
  - Yoko Hiza Gatame
  - Ryo Hiza Gatame
  - Gesa Ashi Gatame