

## Festhalter der Gruppe Kesa-Gatame



Kuzure Kesa-Gatame



Makura-kesa-gatame



Gyaku-Kesa-Gatame

---

## Gruppe Yoko-Shio-Gatame



Yoko-Shio-Gatame



Mune-Gatame



Kata-Osai-Gatame

---

## Gruppe Kame-Shio-Gatame



Kame-Shio-Gatame



Ura-Shio-Gatame



Kami-Sankaku-Gatame

Gruppe Tate-Shio-Gatame



Tate-Shio-Gatame



Kuzure-Tate-Shio-Gatame



Tate-Sankaku-Gatame