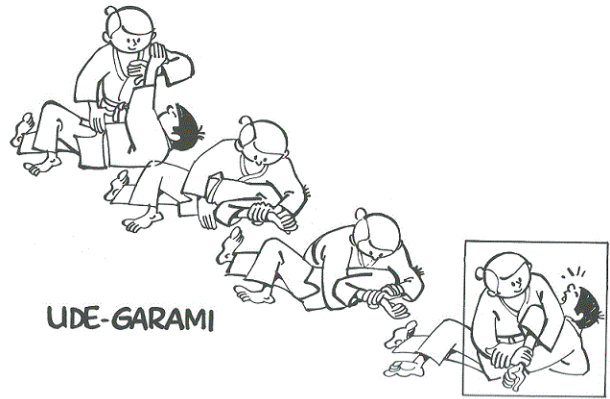




Juji-Gatame



UDE-GARAMI



Ude Gatame



Waki Gatame

Les clés de bras (Kansetsu Waza)



Hara Gatame

Ashi Gatame



HIZA-GATAMÉ