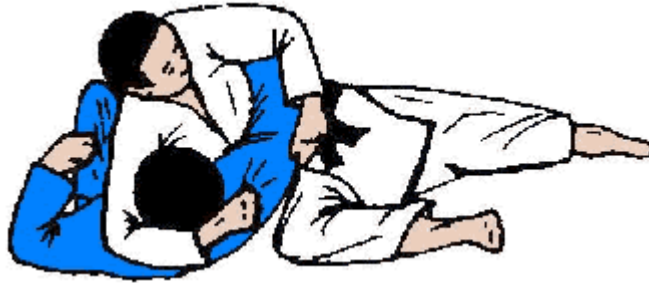


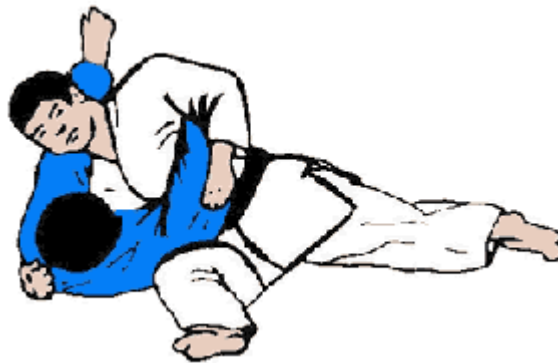
# Bodentechniken

## Osaekomi-Waza (Haltegriffe):

Kesa Gatame



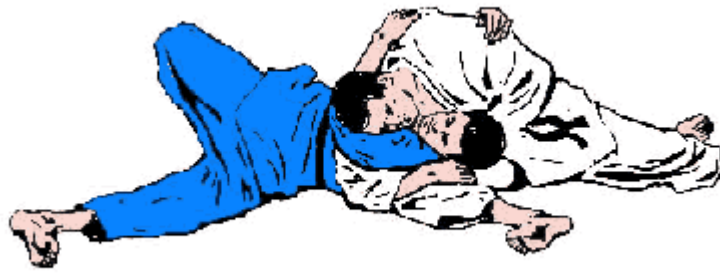
Kuzure-Kesa-Gatame



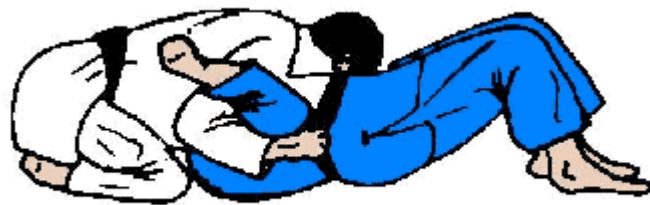
Ushiro-Kesa-Gatame



Makura-Kesa-Gatame



Kami-shiho-Gatame



Kuzure-Kami-shiho-Gatame



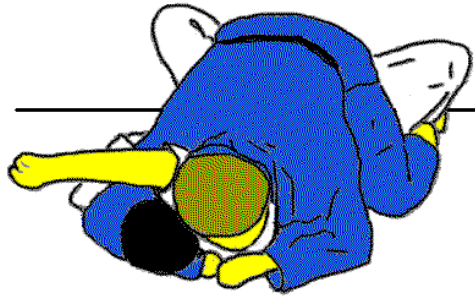
Yoko-shiho-Gatame



Mune-Gatame



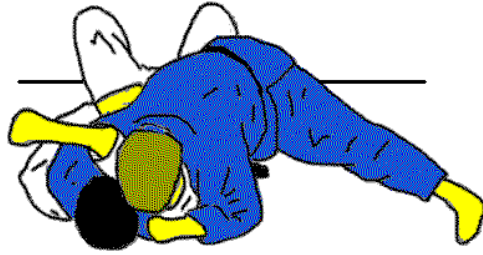
Tate-shiho-Gatame



Kuzure-Tate-shiho-Gatame



Kata-Gatame



Shimewaza (Würgetechniken):

Juji Jime, Kata-Juji-Jime



Kata-Ha-Jime



Ryote-Jime



Ashi-Jime



Morote-Jime

Morote-Jime



Sankaku-Jime

Ashi-Gatame-Jime / Sankaku-Jime



Tsukkomi-Jime



Hadaka-Jime



Okuri-Eri-Jime



Kata-Te-Jime



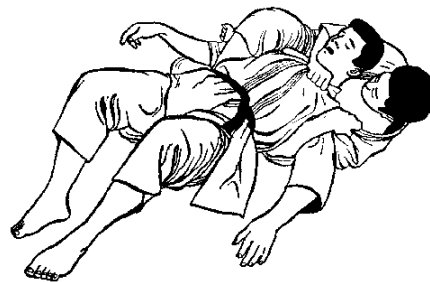
Kagato-Jime



Yoko-Sankaku-Jime



Jigoku-Jime



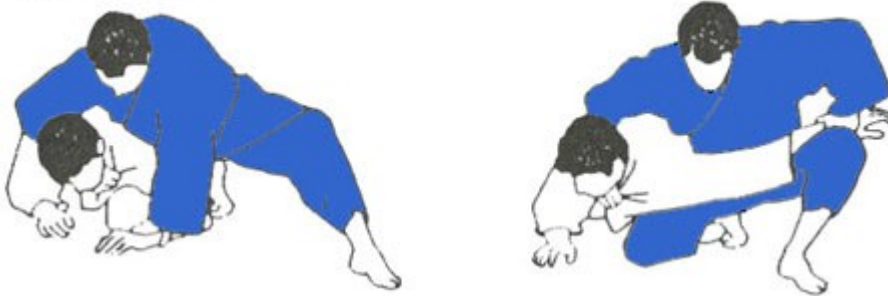
## Kansetsuwaza (Hebeltechniken):

### Juji Gatame

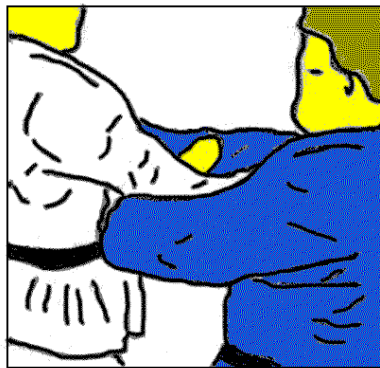


### Hara Gatame

#### Hara-Gatame

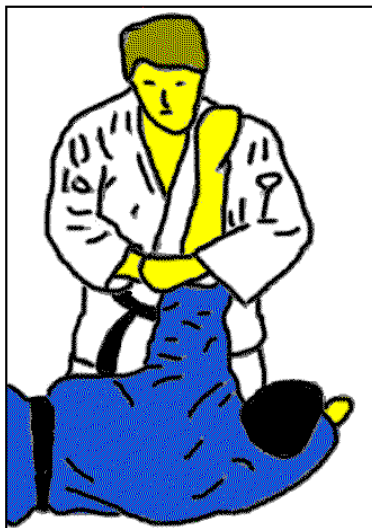


### Kannuki Gatame

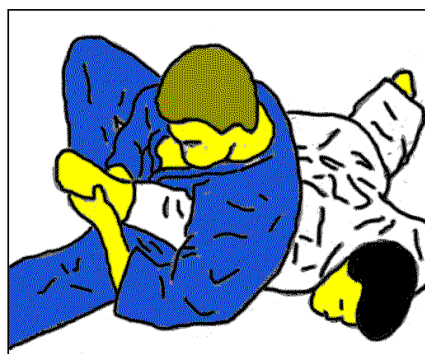




Ude Gatame



Waki Gatame



Ude Garami 1



Ude Garami 2



Ude Garami 3

