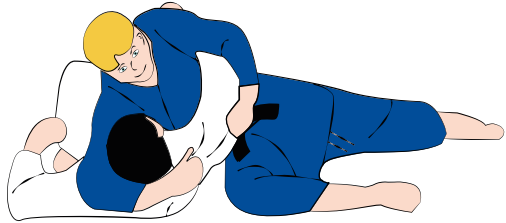
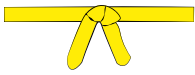
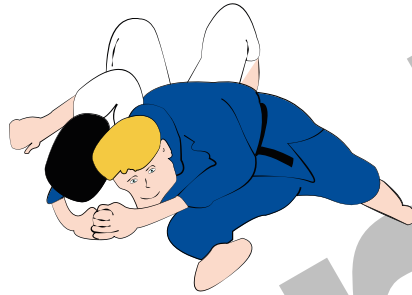
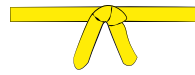


Osae komi waza (Haltetekniken)

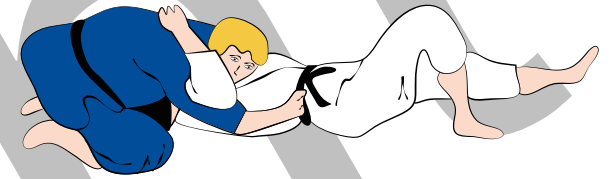
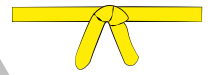
1. Kesa gatame
(Schärpen Kontrolle)



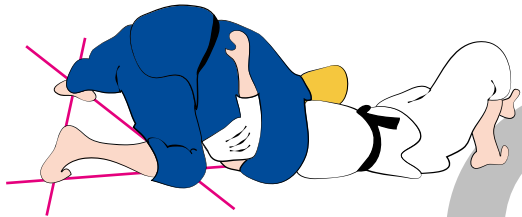
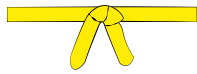
2. Kata gatame
(Schulter Kontrolle)



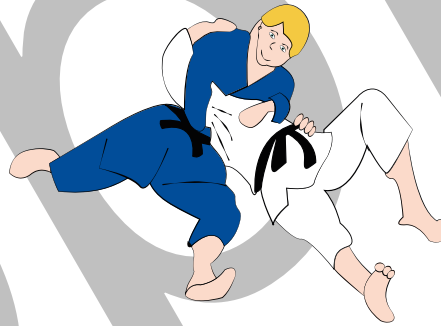
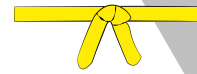
3. Kami shiho gatame
(hintere 4-Punkt-Kontrolle)



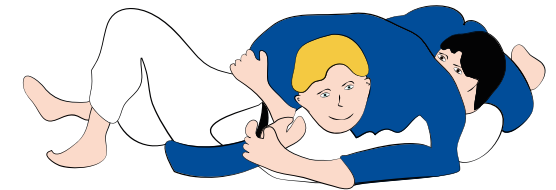
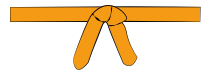
4. Kuzure kami shiho gatame
(Variante hintere 4-Punkt-Kontrolle)



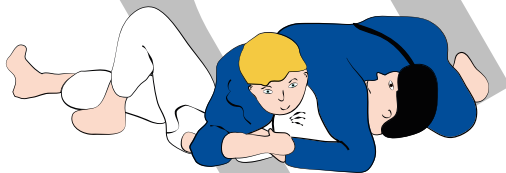
5. Gayaku kesa gatame
(umgekehrte Schärpen Kontrolle)



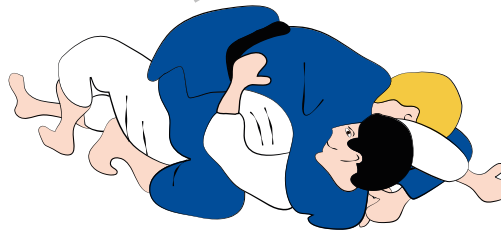
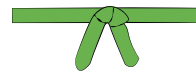
6. Yoko shiho gatame
(seitliche 4-Punkt-Kontrolle)



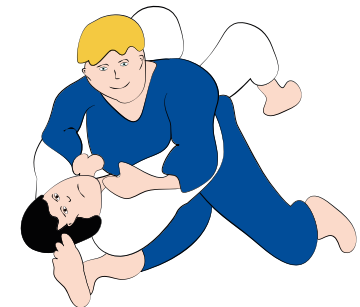
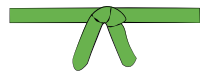
7. Mune gatame
(Brust Kontrolle)



8. Tate shiho gatame
(obere 4-Punkt-Kontrolle)

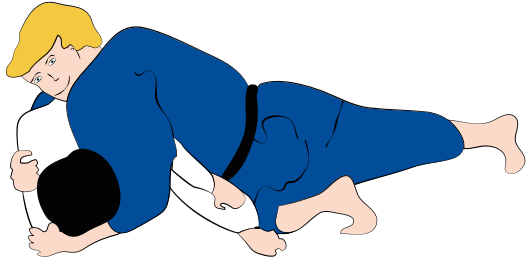
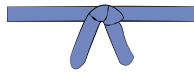


9. Kuzure kesa gatame
(Variante Schärpen Kontrolle)

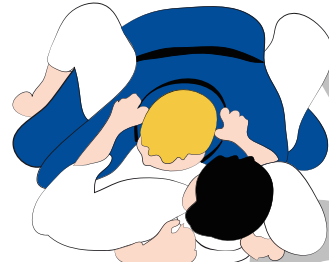
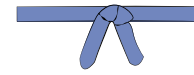


Osae komi waza (Haltetechiken)

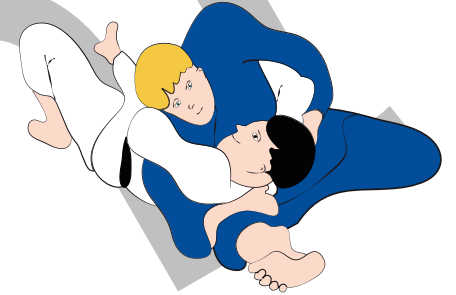
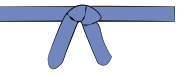
10. Kata osae gatame
(Schulter Halte Kontrolle)



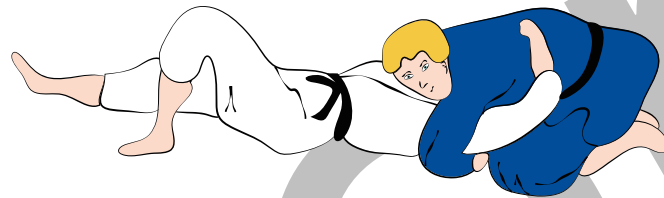
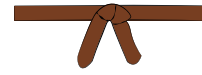
11. Ura gatame
(rückwärtige Kontrolle)



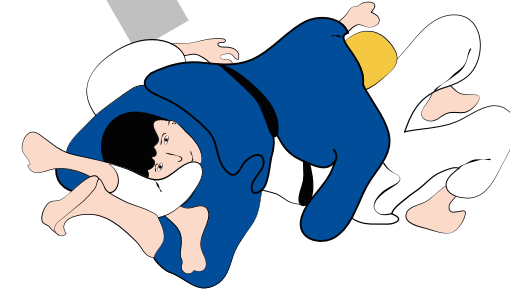
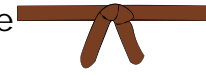
12. Kashira gatame
(Kopf Kontrolle)



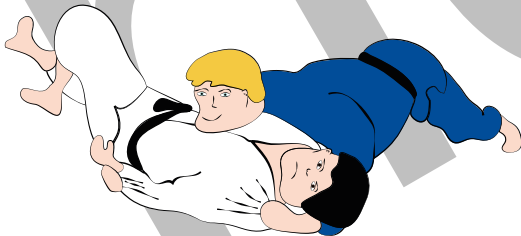
13. Ura shiho gatame
(rückwärtige 4-Punkt Kontrolle)



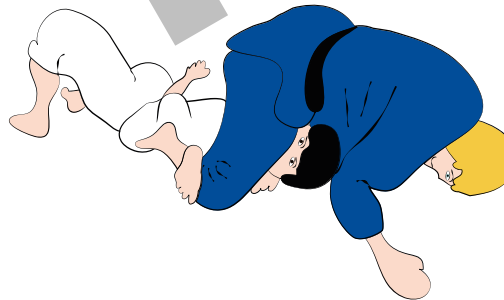
14. Kami sankaku gatame
(hintere Dreiecks Kontrolle)



15. Tate sankaku gatame
(obere Dreiecks Kontrolle)



16. Kuzure yoko shiho gatame
(Variante seitliche 4-Punkt Kontrolle)



17. Uki gatame
(flatternde Kontrolle)

