



# Middletown Judo Club

## Basic Joint Locks (*Kansetsu Waza*)

柔道



**Ude Garami**  
(*Arm Entanglement*)



**Ude Gatame**  
(*Straight Arm Lock*)



**Hiza Gatame**  
(*Knee Arm Lock*)



**Juji Gatame**  
(*Perpendicular Arm Lock*)



**Waki Gatame**  
(*Elbow Lock*)



**Ashi Gatame**  
(*Leg Arm Lock*)



**Sankaku Gatame**  
(*Triangular Arm Lock*)



**Hara Gatame**  
(*Stomach Arm Lock*)