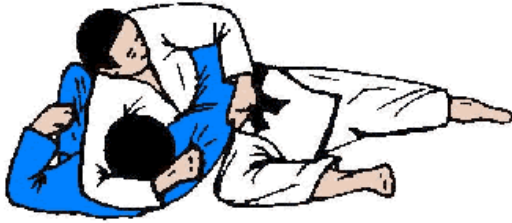




Middletown Judo Club

Basic Pins (*Osaekomi Waza*)

柔道



Kesa Gatame
(*Scarf Hold*)



Kata Gatame
(*Shoulder Hold*)



Yoko Shiho Gatame
(*Side Control Hold*)



Kami Shiho Gatame
(*Top Four Corner Hold*)



Tate Shiho Gatame
(*Vertical Four Corner Hold*)



Kuzure Kesa Gatame
(*Modified Scarf Hold*)



Kuzure Kami Shiho Gatame
(*Modified Top Four Corner Hold*)



Ushiro Kesa Gatame
(*Backwards Scarf Hold*)