



# Middletown Judo Club

## Katame no Kata (*Forms of Grappling*)

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### Osaekomi Waza (*Pins or Holding Techniques*)

<b>Kesa Gatame</b> ( <i>Scarf Hold</i> )	<b>Kata Gatame</b> ( <i>Shoulder Hold</i> )	<b>Kami Shiho Gatame</b> ( <i>Top Four Corner Hold</i> )	<b>Yoko Shiho Gatame</b> ( <i>Side Control Hold</i> )	<b>Kuzure Kami Shiho Gatame</b> ( <i>Modified Top 4 Corner Hold</i> )

### Shime Waza (*Choking Techniques*)

<b>Kata Juji Jime</b> ( <i>Half Cross Choke</i> )	<b>Hadaka Jime</b> ( <i>Rear Naked Choke</i> )	<b>Okuri Eri Jime</b> ( <i>Sliding Collar Choke</i> )	<b>Kataha Jime</b> ( <i>Single Wing Choke</i> )	<b>Gyaku Juji Jime</b> ( <i>Reverse Cross Choke</i> )

### Kansetsu Waza (*Joint Locks*)

<b>Ude Hishigi Ude Garami</b> ( <i>Arm Entanglement</i> )	<b>Ude Hishigi Juji Gatame</b> ( <i>Perpendicular Arm Lock</i> )	<b>Ude Hishigi Ude Gatame</b> ( <i>Straight Arm Lock</i> )	<b>Hiza Gatame</b> ( <i>Knee Arm Lock</i> )	<b>Ashi Garami</b> ( <i>Leg Entanglement</i> )