

Kesa-Gatame

Scarf Hold



In the Kesa-gatame (Scarf hold) Waza, Tori (Player executing technique) wraps an arm around Uke (Player receiving opponent's attack) neck and pins Uke (Player receiving opponent's attack) with his upper body.

Kuzure-Kesa-Gatame

Modified Scarf Hold



The Kuzure-kesa-gatame (Modified scarf hold) Waza denotes a variant (there are several) of the proper Kesa-gatame (Scarf hold) Waza.

Kami-Shiho-Gatame

Top Four-Corner Hold



In the Kami-shiho-gatame (Top four-corner hold) Waza, Tori lies with his upper body covering the supine Uke (Player receiving opponent's attack) from directly above his head, and uses both arms and his body to hold Uke down.

Tate-Shiho-Gatama

Straight Four-Corner Hold



The Tate-shiho-gatame (Straight four-corner hold) Waza consists of sitting astride the opponent in order to hold his upper body and legs firmly down.

Nami-Juji-Jime

Normal Cross Strangle



The Nami-juji-jime (Normal cross strangle) is a Shime waza (strangling techniques) in which Tori (Player executing technique) grasps Uke (Player receiving opponent's attack) collar with both hands which are crossed.

Gyaku-Juji-Jime

Reverse Cross Strangle



The Gyaku-juji-jime (Reverse cross strangle) is a Shime waza (strangling techniques) in which Tori (Player executing technique) grasps Uke (Player receiving opponent's attack) collar with both hands which are crossed (normal grip).

Kata-Juji-Jime

Half Cross Strangle



The Kata-juji-jime (Half cross strangle) is a Shime waza (strangling techniques) in which Tori (Player executing technique) grasps Uke (Player receiving opponent's attack) collar with both hands which are crossed (normal grip and reversed grip).

Juji-Gatame

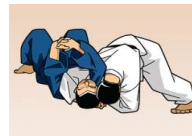
Cross Lock



In the Ude-hishigi-juji-gatame (Cross lock) Waza, Tori (Player executing technique) scissors one of Uke (Player receiving opponent's attack) arms between his thighs, and pulls it to bend the entire arm.

Kata-Gatame

Shoulder Hold



The Kata-gatame (Shoulder hold) Waza holds down one of the opponent's arms and his neck at the same time.

Ushiro-Kesa-Gatame

Modified Scarf Hold



Ushiro-kesa-gatame (Reverse scarf hold), Tori holds Uke down while facing his feet rather than his face (as in this Waza). In that hold-down, Tori locks one of Uke arms in the crook of his arm, with his other hand grasping Uke pants.

Hadaka-Jime

Naked Strangle



The Hadaka-jime (Naked strangle) Waza consists of applying pressure directly to the opponent's neck without using his uniform for that purpose.

Kata-Ha-Jime

Single Wing Strangle



In the Kataha-jime (Single-wing strangle) Waza, Tori (Player executing technique) traps one of Uke (Player receiving opponent's attack) arms and then uses both arms in tandem to strangle Uke (Player receiving opponent's attack) neck.

Okuri-Eri-Jime

Slidding Collar Strangle



The Okuri-eri-jime (Sliding collar strangle) Waza consists of using the opponent's own collar to strangle him.

Sode-Guruma-Jime

Sleeve Wheel Strangle



In the Sode-guruma-jime (Sleeve wheel strangle) Waza, Tori (Player executing technique) uses the opening of his own sleeve to strangle the base of Uke (Player receiving opponent's attack) throat.

Ude Garami

Entangled Arm Lock



The Ude-garami (Entangled arm lock) Waza targets the opponent's elbow joint.

Ude Hishigi Ude Gatame

Arm Lock



In the Ude-hishigi-ude-gatame (Arm lock) Waza, Tori (Player executing technique) executes an arm lock technique by hugging one of Uke (Player receiving opponent's attack) arms against his chest.

Waki-Gatame

Armpit Lock



In the Ude-hishigi-waki-gatame (Armpit lock) Waza, Tori (Player executing technique) twists Uke (Player receiving opponent's attack) arm around behind him and locks his elbow joint. This Waza contains hazardous elements.[]

Ryote-Jime

Two-Hands Strangle



In the Ryo-te-jime (Two-hands strangle) Waza, Tori (Player executing technique) grasps the back of Uke (Player receiving opponent's attack) collar with both hands and strangles his neck.

Tsukkomi-Jime

Thrusting Strangle



In the Tsukkomi-jime (Thrusting strangle) Waza, Tori (Player executing technique) sits astride the supine and strangles his neck.

Hiza-Gatame

Knee Lock



In the Ude-hishigi-hiza-gatame (Knee lock) Waza, Tori (Player executing technique) uses his knees to perform an elbow lock.

Sankaku-Jime

Triangular Strangle



In the Sankaku-jime (Triangular strangle) Waza, Tori (Player executing technique) uses both legs to strangle Uke (Player receiving opponent's attack) and to trap one of his arms.

Koshi-Jime

Hip Strangle



The Japanese name would be Koshi-jime (hip strangle) but the mechanism of the choke is classified by the Kodokan as Okuri Eri Jime.

Hara-Gatame

Stomache Lock



In the Ude-hishigi-hara-gatame (Stomach lock), Tori (Player executing technique) uses his stomach to lock one of Uke (Player receiving opponent's attack) arms.