

GROUND WORK



Kuzure-yoko-gatame



Hon-tate-shino-gatame



Kuzure-tate-shino-gatame



Hon-kami-shiho-gatame



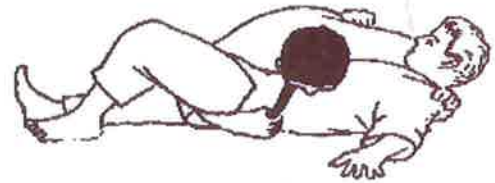
Kata-gatame



Kuzure-kami-shiho-gatame



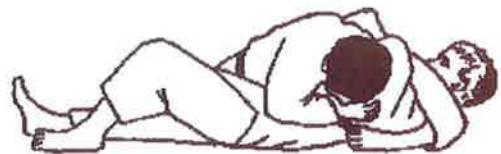
Hon-kesa-gatame



Hon-yoko-shiho-gatame



Kuzure-kesa-gatame.



Mune-gatame



Ushiro-kesa-gatame.



Makura-kesa-gatame.