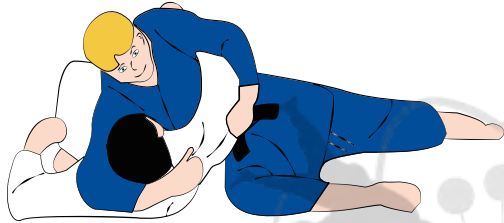
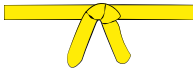
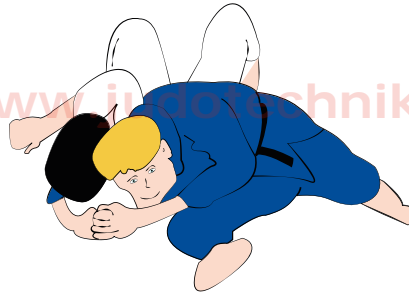
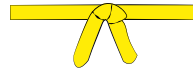


## Osae komi waza (*Haltetechniken*)

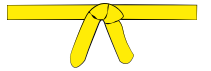
1. Kesa gatame  
(*Schärpen Kontrolle*)



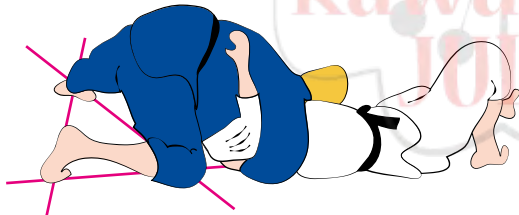
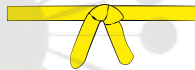
2. Kata gatame  
(*Schulter Kontrolle*)



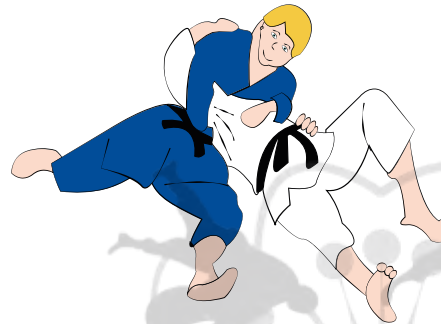
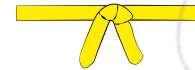
3. Kami shiho gatame  
(*hintere 4-Punkt-Kontrolle*)



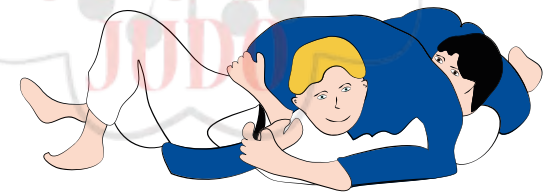
4. Kuzure kami shiho gatame  
(*Variante hintere 4-Punkt-Kontrolle*)



5. Gayaku kesa gatame  
(*umgekehrte Schärpen Kontrolle*)



6. Yoko shiho gatame  
(*seitliche 4-Punkt-Kontrolle*)



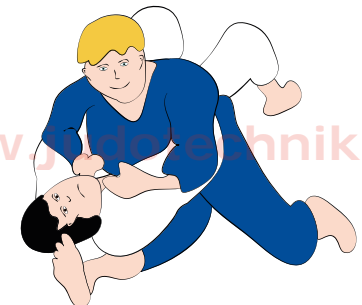
7. Mune gatame  
(*Brust Kontrolle*)



8. Tate shiho gatame  
(*obere 4-Punkt-Kontrolle*)

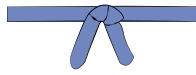


9. Kuzure kesa gatame  
(*Variante Schärpen Kontrolle*)

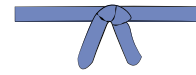


## Osae komi waza (*Haltetekniken*)

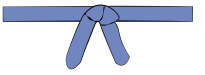
10. Kata osae gatame  
(*Schulter Halte Kontrolle*)



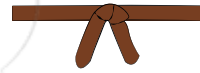
11. Ura gatame  
(*rückwärtige Kontrolle*)



12. Kashira gatame  
(*Kopf Kontrolle*)



13. Ura shiho gatame  
(*rückwärtige 4-Punkt Kontrolle*)



14. Kami sankaku gatame  
(*hintere Dreiecks Kontrolle*)



15. Tate sankaku gatame  
(*obere Dreiecks Kontrolle*)



16. Kuzure yoko shiho gatame  
(*Variante seitliche 4-Punkt Kontrolle*)



17. Uki gatame  
(*flatternde Kontrolle*)



www.judotechnik.eu

www.judotechnik.eu

www.judotechnik.eu