

KAMI-SHIHO-GATAME

Detail



KUZURE-KAMI-SHIHO-GATAME

A



B



C



D



E



F



YOKO-SHIHO-GATAME

Voor

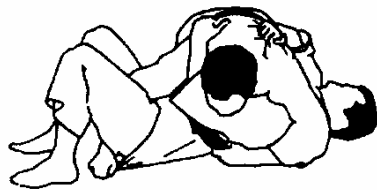


Achter

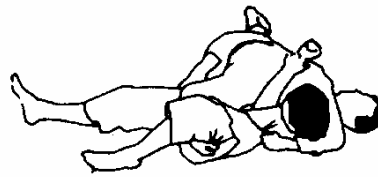


KUZURE-YOKO-SHIHO-GATAME

A



B



C



D



TATE-SHIHO-GATAME

Detail van onderen gezien

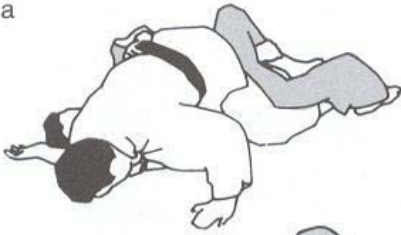


Zijaanzicht

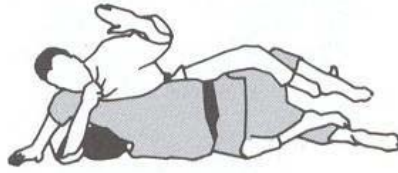


Kuzure-tate-shiho-gatame

a



detail van onderen gezien



b



c van onderen gezien



MAKURA-GESA-GATAME

Variatie



USHIRO-GESA-GATAME

Voor

Achter

