

Katame no Kata Clinic

固の形

The Judo Kata of "Grappling"
Presented by

固の固

Tomodachi Judo Club

Boca Raton Community Center
104 Crawford Boca Raton, FL 33432

(about 2 miles east of I:95 on Palmetto Park Rd. north side behind City Hall)

Saturday, September 11, 2010

9A until finished

\$35 donation includes lunch

Certification testing will be available on request

(an additional fee will be required for certification)

Course outline

Osae-Komi Waza (holding techniques)

- Kesa Gatame (scarf hold)
- Kata Gatame (shoulder hold)
- Kami Shiho Gatame (upper 4 quarter hold)
- Yoko Shiho Gatame (side 4 quarter hold)
- Kuzure Kami Shiho Gatame (modified upper quarter hold)

Shime Waza (choking techniques)

- Kata Juji Jime (half cross choke)
- Hadaka Jime (naked choke)
- Okuri Eri Jime (sliding collar choke)
- Kataha Jime (single wing choke)
- Gyaku Juji Jime (reverse cross choke)

Kansetsu Waza (joint locks)

- Ude Hishigi Ude Garami (bent arm armlock)
- Ude Hishigi Juji Gatame (cross arm armlock)
- Ude Hishigi Ude Gatame (arm armlock)
- Hiza Gatame (knee armlock)
- Ashi Garami (entangled leglock)



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