

ריתוקים של ג'ודו (18)

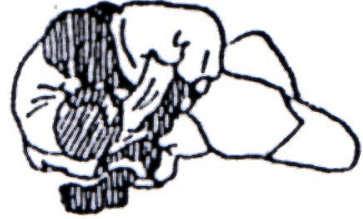
1 – Kesa Gatame



7a – Mune Gatame



12 – **Kashira** Gatame



2 – Kata Gatame



7b – Mune Gatame



13 – Ura Shiho Gatame



3 – Kami Shiho Gatame



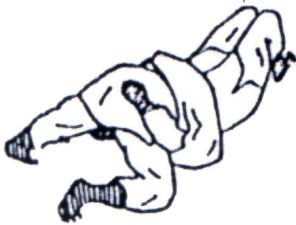
8 – Tate Shiho Gatame



14 – Kami **Samkuku** Gatame



4 – Ushiro Kesa Gatame



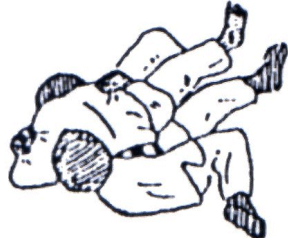
9 – **Muiure** Kesa Gatame



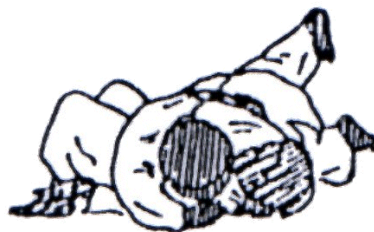
15 – **Kuxure** Yoko Shiho



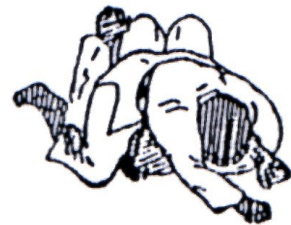
5 – **Giaku** Kesa Gatame



10 – Kata **Osaе** Gatame



16 – Tate **Samkaku** Gatame



6 – Yoko Shiho Gatame



11 – Ura Gatame



17 – Uki Gatame

