

Osae-Komi Waza Hold-Down Techniques

These ground holds should be practiced to the right and left. By the time you reach black belt you should be able to move smoothly from one ground hold to another.

When moving between ground holds try to maintain control of uki throughout the change to the next hold.

Don't try to use strength to maintain the hold you have when your opponent has partially broken the hold. Allow Uki to move into a position in which you can apply another holding technique.

Hon-Kesa-Gatame ---- Scarf Hold

Kuzura-Kesa-Gatame ---- Broken Scarf Hold

Kata-Gatame ---- Shoulder Hold

Makura-Kesa-Gatame ---- Pillow Cross-Chest Holding

Ushiro-Kesa-Gatame ---- Backward Cross-Chest Holding

Mune-Gatame ---- Chest Holding

Hon-Yoko-Shiho-Gatame ---- Side Locking Four-Corner Holding

Kuzure-Yoko-Shiho-Gatame ---- Broken Side Four-Corner Holding

Kuzure-Kami-Shiho-Gatame ---- Broken Top Four-Corner Hold

Hon-Tate-Shiho-Gatame ---- Straight Locking Four-Corner

Hon-Kamishiho-Gatame ---- Top Four-Corner Hold

NOTE: This is an official syllabus of the Zen Judo Family and supersedes all other syllabuses.