

KAMI SHIHO GATAME

Kami = Upper, above

Shiho = Four Quarter

Gatame = Katame = Hold



Key points

Body Position

- a. Focus most of your weight just above the sternum. (Throat area)
- b. Smother uke face. Goal to force uke to submit if they can't breathe or force them to turn head to restrict ability to roll.
- c. Don't Ride high, keep hips back away from uke's head.
- d. Keep legs wide open. Legs kept very wide and use live toes.

Upper Body Control

- j. Tighten your arm under uke's arms.
- k. Have your elbows pointing out to broaden holding base.
- l. Control ukes elbows to restrict their ability to grab hold.
- m. Use uke's obi to anchor the tightness of the arm control

Counter Uke movement

- h. No matter how uke moves **always** try to keep tori body position central. Stay aligned by maintaining position by watching between ukes legs
- i. If uke manages to circle and create an angled position, correct quickly as possible.
- j. Never bring your legs together even when moving with uke.

KAMI SHIHO GATAME ESCAPE #1

- a. Circle, Circle, Circle, Ebi and alligator roll

KAMI SHIHO GATAME ESCAPE #2

- a. Push as in 1 and then roll over shoulder

KAMI SHIHO GATAME ESCAPE #3

- a. Pull Tori down your body towards legs, Goal is to have uke resting on stomach
- b. Reach over Uke and grab both arms tightly,
- c. Squeeze and swing legs into a roll.