

KATA GATAME

Kata = Shoulder

Gatame = Katame = Hold



Key points

Body Position

- i. Trap uke upper arm against his own head.
- j. Use hands to tighten the hold.
- k. Push your weight forward into uke's shoulder. This is helped in main form by using your leg as a brace.
- l. Minimize any gaps or space for uke to move into.
- m. keep your head low to the mat

Upper Body Control

- f. Tighten your arm around the neck remove any slack in the hold.

Kata Gatame Escape #1

- a. Grab own hands,
- b. Push elbow to move tori head away using both arms.
- c. Wriggle away from tori, attempting to roll onto Stomach



Kata Gatame Escape #2

- a. Grab hands and push to pin tori in position.
- b. Rotate legs away from tori, Keeping head close.
- c. Raise legs and roll over own shoulder.

