

KESA GATAME

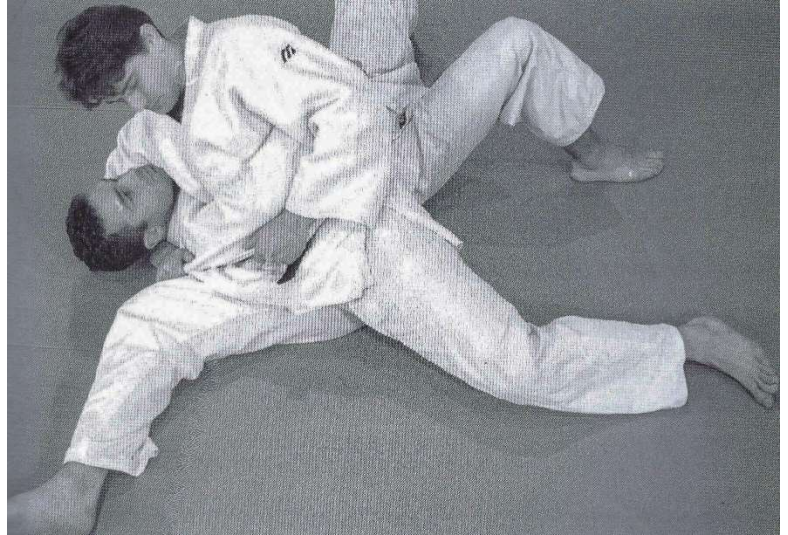
Kesa = Scarf

Gatame = Katame = Hold

Key points

Body Position

- Focus most of your body position and weight just above the sternum. (Throat area)
- Don't sit high, slide hips low to the ground. Lean your side into the ribs of uke, with minimal gaps or space for uke to move into.
- Do not be rigid, move easily with uke, keeping your limbs in position as you move.
- Keep your head position central, do not lean backwards or forwards.
- Sink your weight into uke.



Inner Leg Position

- Use the inner leg, the one that is closest to uke's head as a brace to prevent being pushed forward over their head.
- Ensure inner leg knee is under or at least close to uke shoulder.
- Toes in front of your nose.

Outer Leg Position

- Keep the outer leg with knee on the floor and with a right-angle bend at the knee. This prevents being pushed backwards.
- Always keep knee on the ground, as it prevents uke grabbing your outer leg with their legs.

Inner Arm position

- h. Tighten your arm around the neck remove any slack in the hold.
- i. Try to keep uke head tilted and off center.

Outer Arm Position

The outer arm performs functions

- a. Trapping ukes wrist in your outer armpit.
- b. Keep elbow tight to your side.
- c. Use your hand to cup and control uke's elbow.

KESA GATAME ESCAPE #1

- Ebi turn and Hook and Hold leg

KESA GATAME ESCAPE #2

- Ebi turn and elbow to belly, turn on to knees

KESA GATAME ESCAPE #3

- Ebi Turn, Bear Hug body, bridge and roll over shoulder

KESA GATAME ESCAPE #4

- Free restrained arm, Hook with other hand under uke face, Squeeze and roll over shoulder

KESA GATAME ESCAPE #5

- Push tori down and push to Sit up