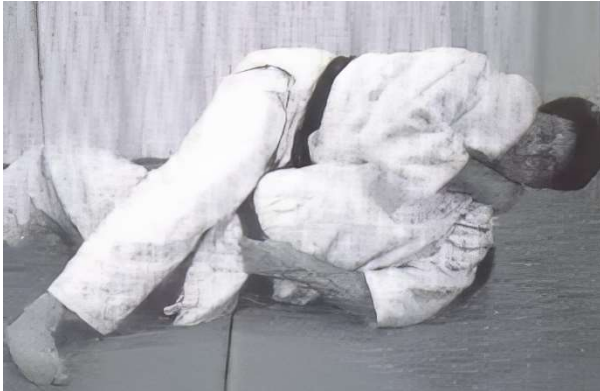


TATE SHIHO GATAME

Tate = Lengthwise

Shiho = Four Quarter

Gatame = Katame = Hold



Multiple variations

Key points

Body Position

- l. Focus most of your weight above Uke sternum. (Throat area)
- m. Don't Ride high, keep hips low to the ground. Push forward so as to minimize any gaps or space for uke to move into.

Upper Body Control

- p. Tighten your arm around the neck remove any slack in the hold.
- q. Push shoulder into ukes jaw to tighten upper body grip.

TATE SHIHO GATAME ESCAPE #1

- c. Using free hand, Push on tori thigh
- d. Use legs to grab and hold.



TATE SHIHO GATAME ESCAPE #2



- a. Grab own hand and push against tori head, while bridging on shoulder
- b. Briefly hold this position,
- c. With free hand reach over tori back, grab hold and roll tori over.