

YOKO SHIHO GATAME

Yoko = Side

Shiho = Four Quarter

Gatame = Katame = Hold



Key points

Body Position

- i. Focus most of your weight just above the sternum. (Throat area)
- j. 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.
- k. Keep legs wide open. Use the leg that is closest to uke's legs as a brace to prevent being pushed away from their head.

Upper Body Control

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

Optional Lower body gripping.

In preferred order

- d. Control Uke's far knee. Stop it trying your hook your head.
- e. Control Ukes Uwagi skirt
- f. Grip and hold uke obi

YOKO SHIHO GATAME ESCAPE #1

- b. Push Head away, use leg to continue push and turn onto belly



YOKO SHIHO GATAME ESCAPE #2

- b. Place hand on nearest hip, Ebi towards and hook legs with own leg.

YOKO SHIHO GATAME ESCAPE #3

- b. Using
- c. Using

