

JUDO PINS / HOLDS, CHOKE HOLDS AND ARM LOCKS

NAMES OF THIRTEEN JUDO PINS (OSAE-WAZA)

1. Hon-kesa-gatame (Natural scarf hold)
2. Kata-gatame (Shoulder lock)
3. Yoko-shiho-gatame (Side locking of four corners)
4. Kami-shiho-gatame (Locking of upper four corners)
5. Kuzure-yoko-shiho-gatame (Broken side locking of upper four corners)
6. Kuzure-kami-shiho-gatame (Broken locking of upper four corners)
7. Tate-shiho-gatame (Longitudinal locking of four corners)
8. Kuzure-kesa-gatame (Irregular or broken scarf hold)
9. Ushiro-kesa-gatame (Rear scarf hold)
10. Makura-kesa-gatame (Pillow hold)
11. Kuzure-tate-shiho-gatame (Broken longitudinal locking of four corners)
12. Ura-gatame (Rear hold)
13. Kagi-gatame (Key hold)

NAMES OF TWELVE JUDO CHOKE HOLDS (SHIME-WAZA)

1. Nami-juji-jime (Normal cross choke)
2. Kata-juji-jime (Half cross choke)
3. Gyaku-juji-jime (Reverse cross choke)
4. Hadaka-jime (Naked choke)
5. Okuri-eri-jime (Sliding collar choke)
6. Kata-ha-jime (Single wing choke)
7. Sode-guruma-jime (Sleeve choke)
8. Kesa-gatame-jime (Cross chest choke)
9. Tsukikomi-jime (Thrust choke)
10. Ryote-jime (Two hand choke)
11. San-kaku-jime (Triangle choke)
12. Ashi-jime (Leg choke)

NAMES OF EIGHT ARM LOCKS (KANSETSU WAZA)

1. Juji-gatame (Cross arm lock)
2. Ude-garami (Entangled arm lock)
3. Ude-gatame (Forearm lock)
4. Waki-gatame (Armpit lock)
5. San-kaku-gatame (Triangle lock)
6. Hiza-gatame (Knee-arm lock)
7. Ashi-garami (Entangled leg lock)
8. Ashi-gatame (Leg lock)

