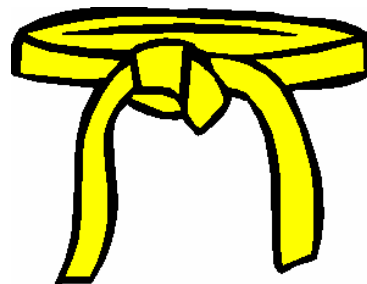


KAMI SHIHO GATAME

*UPPER FOUR QUARTERS
HOLDING*



KEY POINTS;

- **Both arms under partner's shoulders**
- **Chest contact**
- **Feet apart, hips down**



Inspire, Excel, Together.™



**JUDO
NEW ZEALAND**