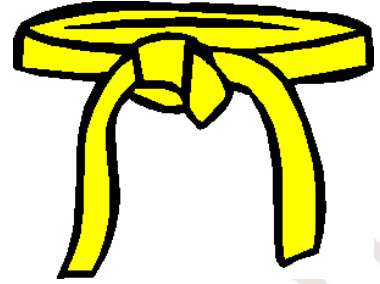


# KATA GATAME

## SHOULDER HOLDING



### KEY POINTS;

- Partner's arm between heads
- kneeling with knee contact (preferred) or Kesa position variation

