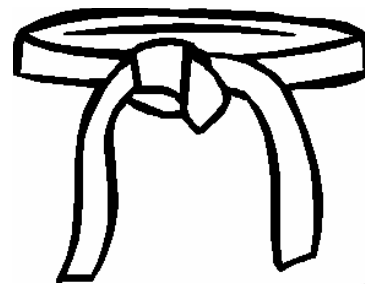


(HON) KESA GATAME

(BASIC) SCARF HOLD



KEY POINTS;

- **Arm firmly secured beneath armpit**
- **Hip touching partner**
- **Head down**
- **Back knee on ground**



Inspire, Excel, Together.™



**JUDO
NEW ZEALAND**