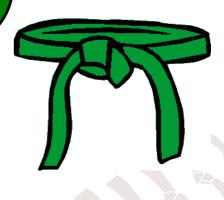
## KUZURE TATE SHIHO GATAME

MODIFIED LENGTH-WISE FOUR QUARTERS HOLDING





## **KEY POINTS;**

- · Astride partner, heels hooked in
- Variations of position of partner's arm and head from standard Tate Shiho Gatame



