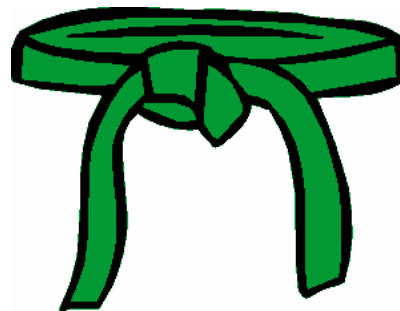


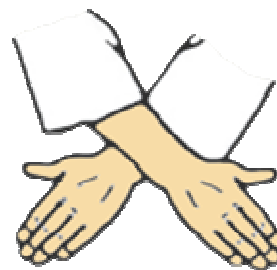
NAMI JUJI JIME

NORMAL CROSS STRANGLE



KEY POINTS;

- **Thumbs in deep**
- **Widen elbows and draw partner closer to complete strangle**



**JUDO
NEW ZEALAND**

