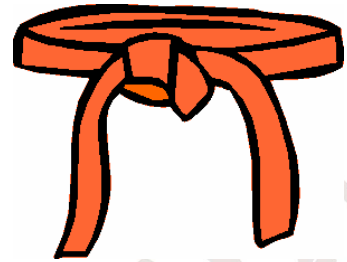


TATE SHIHO GATAME

*LENGTHWISE FOUR
QUARTER HOLDING*



KEY POINTS;

- **Astride partner, heels hooked in**
- **One arm over partners shoulder gripping on back/belt**
- **Partner's arm between heads**



**JUDO
NEW ZEALAND**

