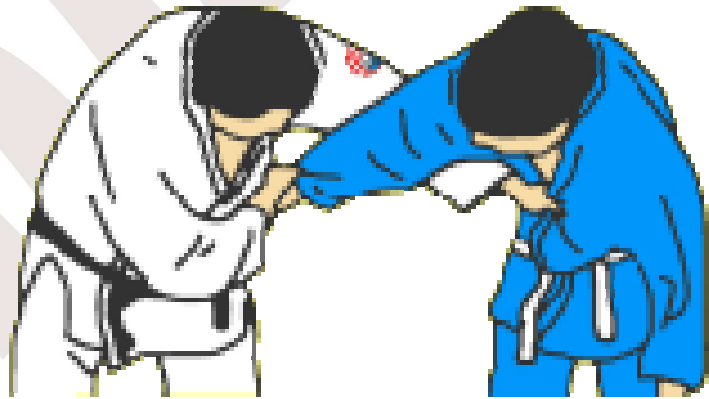
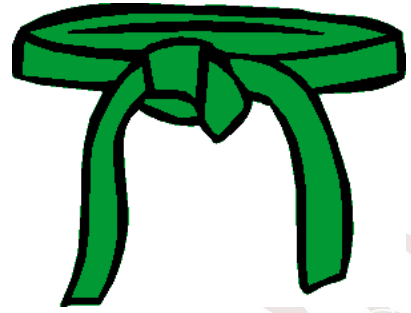


# TE GATAME

## HAND ARM LOCK



### KEY POINTS;

- A number of variations where the hand is used to apply the armlock
- Includes placing hand directly under partner's elbow joint

