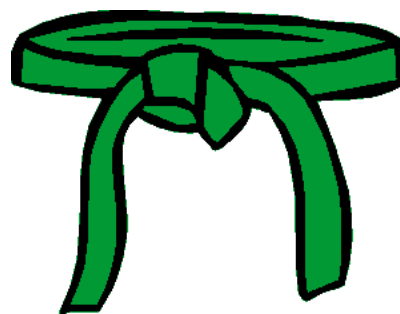


# UDE HISHIGI JUJI GATAME

*ARM CRUSHING  
CROSS ARM LOCK*



## **KEY POINTS;**

- **Get hips in close to partner**
- **Knees together**
- **Control wrist**
- **Use hips to apply pressure**

