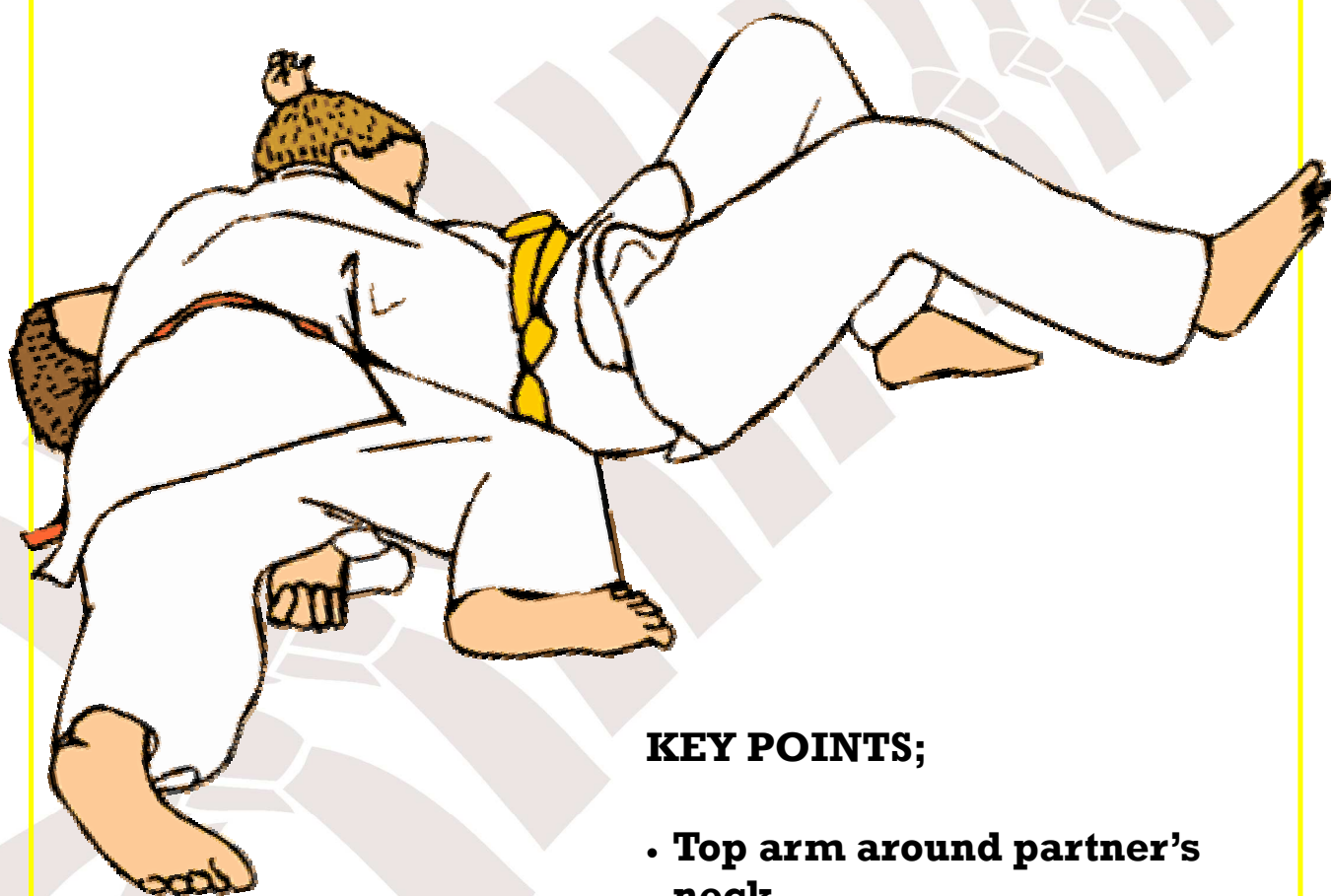
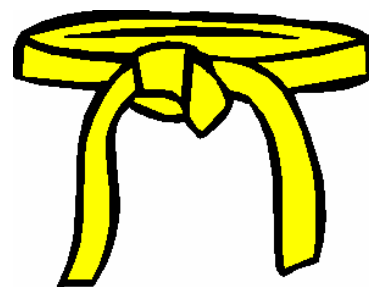


# YOKO SHIHO GATAME

*SIDE FOUR QUARTERS  
HOLDING*



## **KEY POINTS;**

- **Top arm around partner's neck**
- **Bottom arm between legs, gripping belt or skirt**
- **Chest contact**
- **Feet apart, hips down**



Inspire, Excel, Together.™



**JUDO  
NEW ZEALAND**