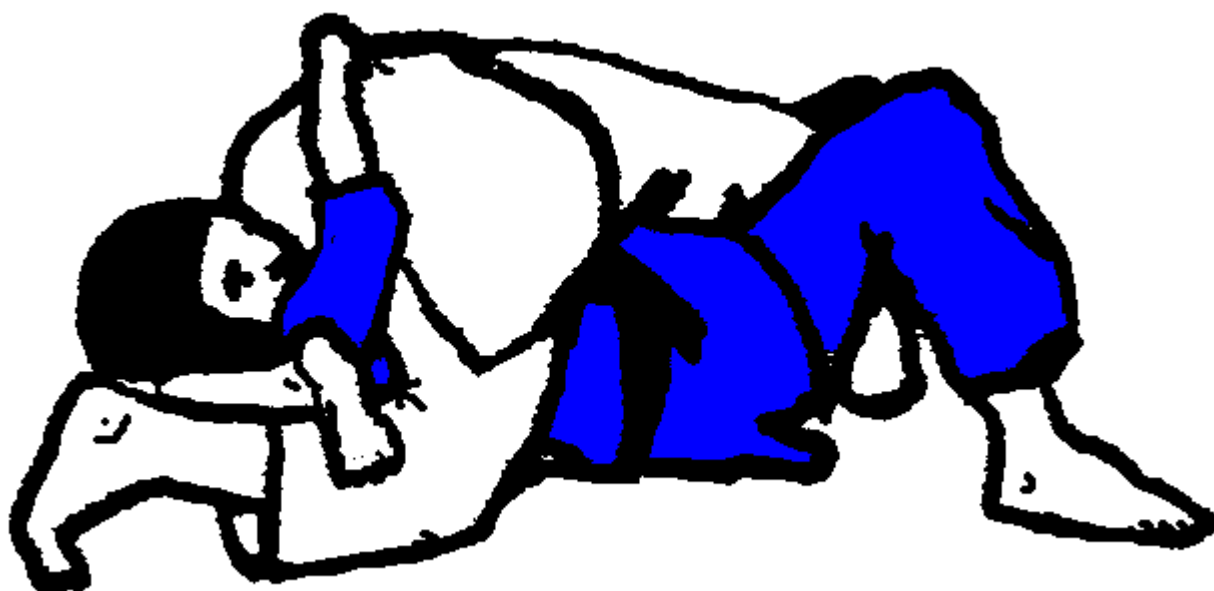
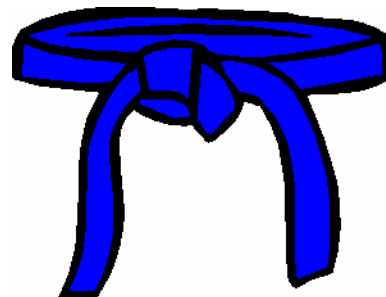


SANKAKU GATAME

TRIANGLE HOLDING



KEY POINTS;

- Trap partner's arm and head between legs
- Form triangle with foot behind opposite knee
- Kami position, holding partner's leg



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