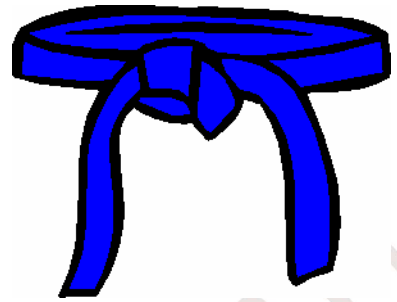


SANKAKU JIME

TRIANGLE STRANGLE



KEY POINTS;

- Trap your foot behind your knee
- Ensure opponent's arm also between your legs
- Control this arm by gripping
- Straighten legs to apply



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