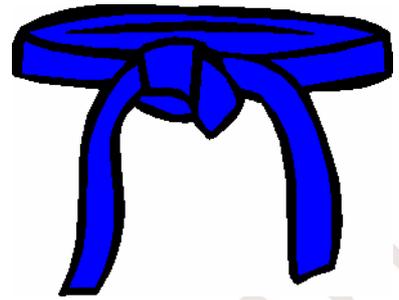


SANKAKU JIME

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**

