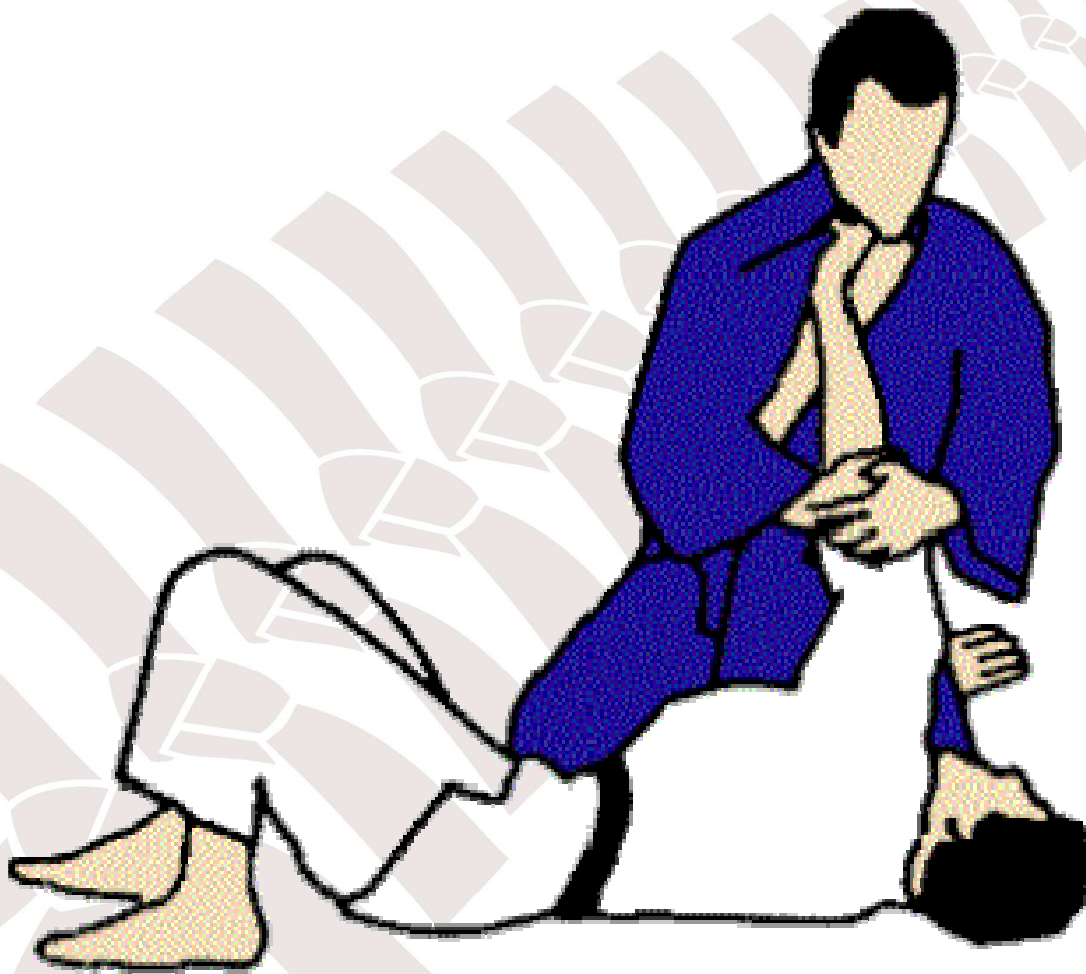
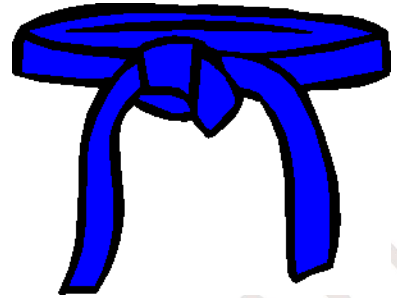


UDE GATAME

STRAIGHT ARM ARM LOCK-



KEY POINTS;

- **Partners arm is straight**
- **Apply pressure against elbow with hands**

