



RYUDOKAN JUDO CLUB KESWICK

VERSION 1 ~ 5 SETS // 09.04.09

NeWaza Sequences

1. Tori in Turtle Position
 - Trap elbow and roll uke over the top
 - Move in Kata Gatame (shoulder lock)
 - Transition to Kata Ha Jime (single wing)
 - Transition to Ude Hishigi Sankaku Gatame (triangular lock)
-one leg over shoulder around neck, one leg under outstretched arm, cross ankles and pull on arm with one or both hands

2. Uke in Turtle Position
 - Tori uses two hands on uke's tricep to roll them over
 - Immediately to Yoko Shio Gatame (side lock)
 - Transition to Katate Jime (one hand choke)¹
-arm under uke's leg, grasp sleeve on same side, choke with other forearm across throat
 - Transition to Ude Hishigi Ude Gatame (Arm armlock)
-let go of uke's arm and they reach up to pull you over and you go into ude gatame

3. Tori in Guard between Uke's legs
 - Pass the guard using grip, elbow to inside thigh, cross over leg
 - Once pass guard go into Ude Hishigi Te Gatame (hand armlock)
-reach up under uke's right arm with your left and grab lapel, use right hand to lock uke's elbow against your arm
 - Let arm go but maintain grip for Kata Juji Jime (half cross lock)
-move other hand in for choke and straddle uke
 - Uke forces your hands away so transition to Tate Shio Gatame (longitudinal lock)

4. Uke in Turtle Position
 - Tori reaches in with right hand and grips Uke's far lapel as deep as possible
 - Tori uses left hand to grip Uke's sleeve and pull up across his face and turn Uke onto shoulder
 - Transition into Kesa Gatame (scarf hold)
 - Sit Uke up and transition into Okuri Eri Jime (sliding collar lock)
 - Use Uke's arm to across Tori's stomach to apply Ude Hishigi Hara Gatame (stomach armlock)

5. Tori down – Uke in Tori's guard
 - Tori reaches over head with right hand to belt and left hand under to belt and bridge uke over tori's right shoulder
 - Go into Kuzuri Yoko Shiho Gatame (broken side lock)
 - Transition into Ude Garami (entangled arm lock)
 - Transition into Tsukkomi Jime (thrusting choke)