

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Katame no kata

T F V U X Z W X G L Y N Y B P J Q Z F H E B Z V  
M Q D Q U A K E T Y O C X N Q A F N F M M X N P  
V K Y P G D C M A J A I M A R A G E D U G E J S  
G U M E Q P E A R X D K W J V L F U C L M S K K  
K Z E M I V U H B O M X U I M A W C M A E R W E  
A U M A Y J D O I P B O H J Z K D Y T V B L G M  
T R A T D S E M T S W O H Q U S S A M D O M L I  
A E T A U G H Y R O H B P J T J G F Y I E O W J  
H K A G G F I I R J K I V W Z A I V T Q C H E I  
A A G A N J S J F L U U G Z Z X A J C I N A Z J  
J M O S X K H K G S Z R R I M X G L I W P D A U  
I I H E Z U I G T E W B H I U L O H O M T A V J  
M S I K C Z G S Q M G I P B E D U Z T J E K H A  
E H H A B N I T M A G V H F Y R E I G G V A B T  
W I S F Z X J I W I A K O L I J I G E F T J G A  
H H O E F S U B H S A H H I M S H J A O S I L K  
L O K J L X J S E T H C E G A L P Y I T C M M U  
B G O T A P I L A F V Q X T R A C G N M A E V T  
G A Y Z Z H G G C O J J S D A G T X Q T E M J Y  
B T C K E K A M I S H I H O G A T A M E D H E I  
P A P D O T T H H A A Z J B I R R G S L A J U H  
C M U B A F A C U H N E E B H H G W X M I F U T  
B E O M L O M O U J Y I H W S W T C Q J D F J W  
O T E Z V C E O O K Q D G O A F H B I U R N R Q

Kuzure-kami-shiho-gatame

Ude-hishigi-hiza-gatame

Ude-hishigi-juji-gatame

Ude-hishigi-ude-gatame

Yoko-shiho-gatame

Kami-shiho-gatame

Gyaku-juji-jime

Okuri-eri-jime

Kata-juji-jime

Kata-ha-jime

Ashi-garami

Hadaka-jime

Kata-gatame

Kesa-gatame

Ude-garami