

Katame-waza, 32 Tècniques					
Osaekomi-waza		Kansetsu-waza		Shime-waza	
1	Kesa-gatame	1	Ude-garami	1	Nami-juji-jime
2	Kuzure-kesa-gatame	2	Ude-hishigi-juji-gatame	2	Gyaku-juji-jime
3	Ushiro-kesa-gatame	3	Ude-hishigi-ude-gatame	3	Kata-juji-jime
4	Kata-gatame	4	Ude-hishigi-hiza-gatame	4	Hadaka-jime
5	Kami-shiho-gatame	5	Ude-hishigi-waki-gatame	5	Okuri-eri-jime
6	Kuzure-kami-shiho-gatame	6	Ude-hishigi-hara-gatame	6	Kataha-jime
7	Yoko-shiho-gatame	7	Ude-hishigi-ashi-gatame	7	Katate-jime
8	Tate-shiho-gatame	8	Ude-hishigi-te-gatame	8	Ryote-jime
9	Uki-gatame	9	Ude-hishigi-sankaku-gatame	9	Sode-guruma-jime
10	Ura-gatame	10	Ashi-garami	10	Tsukkomi-jime
				11	Sankaku-jime
				12	Do-jime