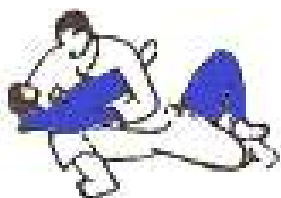


## Houdgrepen:

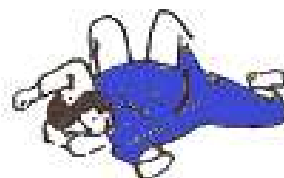
Bij het judo is het "grondwerk" heel belangrijk, omdat vanuit houdgrepen, armklemmen en verwurgingen de ingezette aanval (of verdediging) afgerond kan worden. Iedere beginnende judoka moet dus goed leren val breken (veel grondwerk dus). Van daaruit kan men verder met de worpen!



kesa-gatama



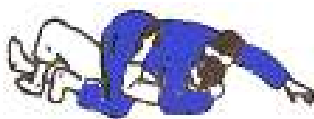
kami-shino-gatame



kata-gatama



kuzure-kami-shiho-gatame



tate-shiho-gatame



yoko-shiho-gatame



mune-gatame



kata-osea-gatame



tate-sankaku-gatame



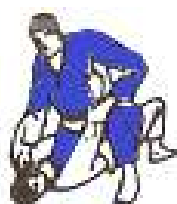
gyaku-kesa-gatame



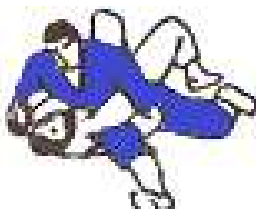
ura-gatame



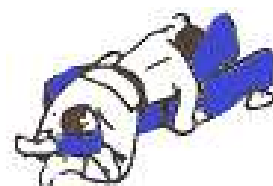
kashira-gatame



uki-gatame



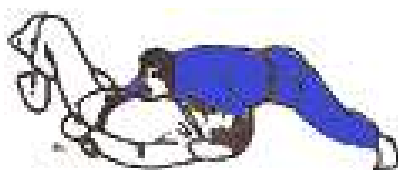
kuzure-kesa-gatame



kami-sankaku-gatame



ura-shiho-gatame



kuzure-yoko-shiho