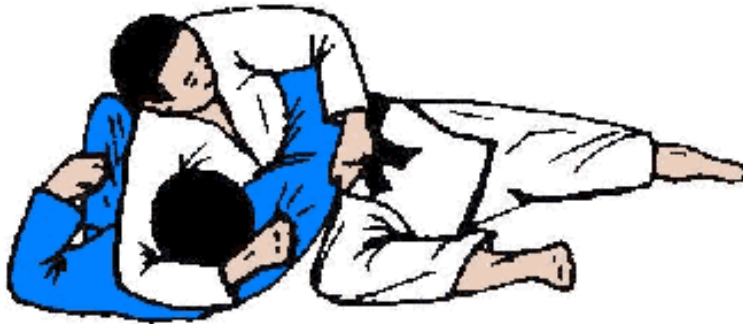


JUDO HOLD DOWNS

1. Kesa Gatame



2. Kuzure Kesa Gatame



3. Kata Gatame



4. Kami Shiho Gatame



5. Kuzure Kami Shiho Gatame



6. Yoko Shiho Gatame



7. Kuzure Yoko Shiho Gatame



8. Tate Shiho Gatame

