



# Stanford Jujitsu Club

## Katame Waza (*Groundfighting*) Charts

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Katame Waza #1					
Belt	No.	Position	Attack	Defense	
W	1.	On mat (standing attacker)	Punch threat	Stand up	
Y	--		Closing	Far guard	
W	2.	Guard	Choke	Leg extension	
	3.		Punch	Close space	
	4.		Leaning choke	Arm thrust--hiji	
	5.		Punch	Hammerlock	
	6.		Choke	Leg over--juji gatame	
Y	--		Leaning choke	Leg roll (to mount)	
	--		Half standing	Sweep (to mount)	
	--			Cross lapel choke	
	--			Guillotine choke	
W	7.	Mounted	Punch	Bridge	
	8.		Choke	Bridge (to guard)	
	9.		Arms pinned	Bridge--escape (to back)	
Y	--			Elbow escape (to guard)	
	--			Frame--roll (to side mount)	
	--			Leg hook--climb (to side mount)	
	--		Side headlock		Leg over escape (to choke or armbar)
	--			(Leaning forward)	Bridge to side mount
	--			(Arm trapped)	Turn to knees--roll back (to side mount)
	--		Mount	Attempted bridge	Spread base
	--			Attempted elbow escape	Tight base with leg hooks
	--				Paintbrush armbar
	--				

	--		Straight push/choke	Spin to juji gatame
	--	Rear mount	Attempted turtle	Leg hooks
	--			Rear choke

<b>Katame Waza #2</b>				
<b>Belt</b>	<b>No.</b>	<b>Position</b>	<b>Attack</b>	<b>Defense</b>
<b>W</b>	1.	On mat (standing attacker)	Striking, circling	Rotate, stand up
	2.	Guard	Chokes and punches	Defense, submission
	3.	Mounted	Chokes and punches	Defense, escape
	4.		Arms pinned	Escape
<b>Y</b>	--	Side headlock	Head squeeze	Escape--armbar
	--	Mount	Attempted escape	Maintain position, submission
	--	Rear mount	Attempted escape	Maintain position, submission

<b>Katame Waza Pins</b>	
<b>No.</b>	<b>Technique</b>
1.	Muni gatame (cross body/knee-elbow)
2.	Kesa gatame (headlock)
3.	Kazuri kesa (modified kesa)
4.	Kata gatame (face-arm pin)
5.	Reverse kata gatame
6.	Yoko shiho (side pin)
7.	Kami shiho (rear smother)
8.	Nelsons: near/far/reverse
9.	Nelson counters