



Stanford Jujitsu Club

Katame Waza (*Groundfighting*) Charts

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Japanese glossary

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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)
	--			Leg over escape (to choke or armbar)
	--	Side headlock	(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

Katame Waza #2				
Belt	No.	Position	Attack	Defense
W	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
Y	--	Side headlock	Head squeeze	Escape--armbar
	--	Mount	Attempted escape	Maintain position, submission
	--	Rear mount	Attempted escape	Maintain position, submission

Katame Waza Pins	
No.	Technique
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