

ARM LOCK

By TOMMY BLACKBURN

This move is called in Japanese, UDE GATAME. Arm locks very similar to this are to be found in most wrestling systems. I've picked this move because it is fairly easy to apply. The object is to lock-up your opponent as he grabs your gi or arm; it can be used against a punch that you have slipped and is about to be withdrawn. However, you must practise applications with a partner as timing is the key to success.

Here is the way a Judoka might apply the technique.

As your opponent grabs your gi with his right hand, take your left following a circular path under his left elbow. [fig.1]

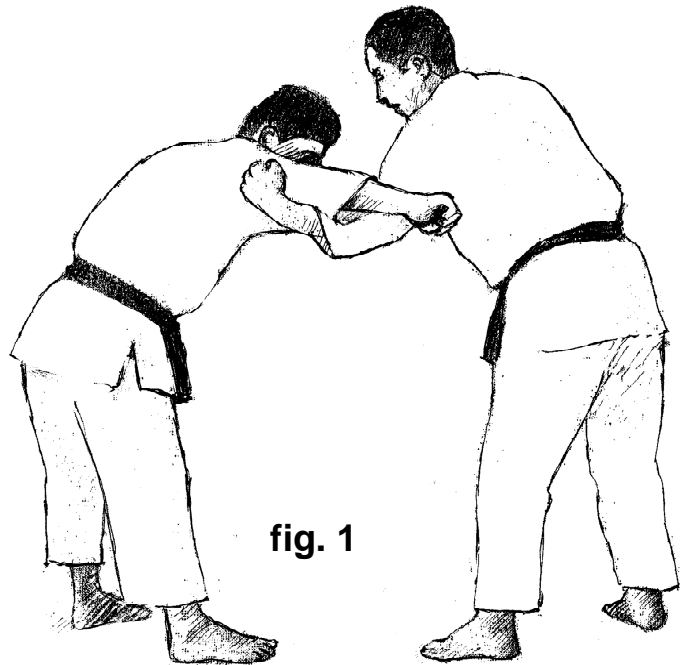


fig. 1

Continuing in a winding fashion, towards the opponent's shoulder; start to apply pressure against the elbow joint and lever the shoulder down. [fig.2]

This lock is extremely effective and therefore during practise excessive force should not be used and your training partner should go *with* the move to avoid strain.

Escape from a completed UDE GATAME is virtually impossible - however, if it is not quite complete, twist your elbow, bending your arm, and raise your right shoulder.

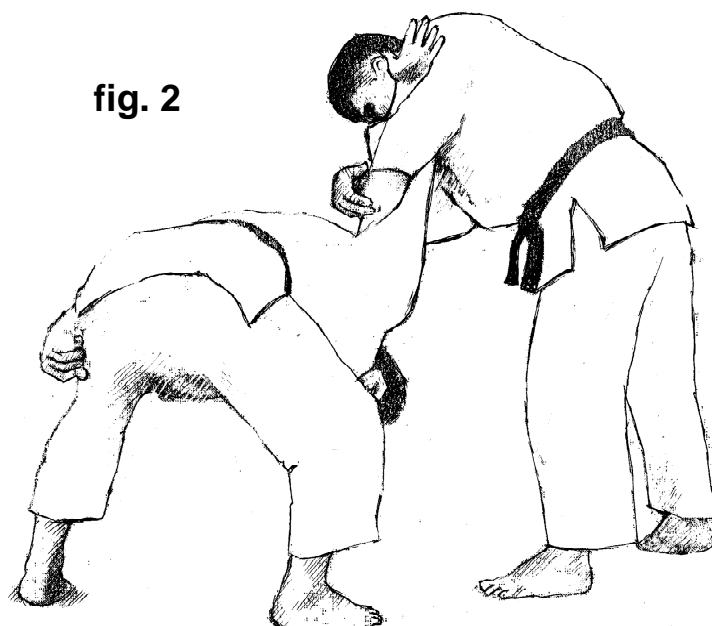


fig. 2