

# Ashi Garami kurz Ashi

# LEG LOCKS

Straight

Cross

outside

1

2

unlocked

3

4

inside

5

6

cross + outside = cross outside ashi garami (cross outside ashi)

2

straight + outside = outside ashi garami (outside ashi)

1



Your Leglockposition is now "Outside Ashi-Garami" or simply called: „outside ashi“.



is „Cross Outside Ashi Garami“ or “cross outside ashi” now.

straight + unlocked = ashi garami (ashi)

3



so what's left of the words to describe the position is "Ashi Garami" or just the

cross + unlocked = cross ashi garami (cross ashi)

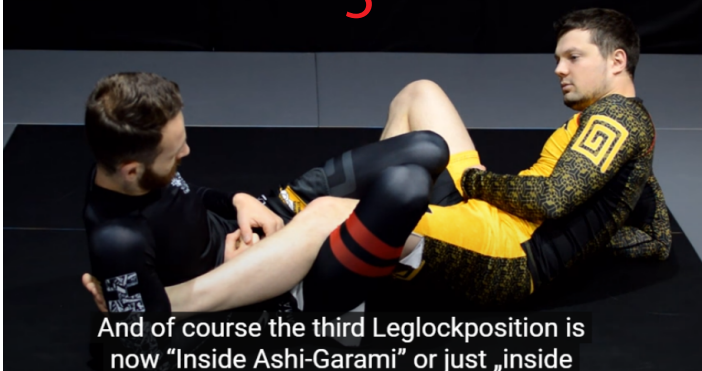
4



So the position is obviously „Cross Ashi Garami“ or „cross ashi“.

straight + inside = inside ashi garami (inside ashi)

5



And of course the third Leglockposition is now "Inside Ashi-Garami" or just „inside

cross + inside = cross inside ashi garami (cross inside ashi)

6



It is called "Cross Inside Ashi Garami" or of course "cross inside ashi".