



UDE-GARAMI

Ude-Garami is the Japanese name for both the Americana and Kimura locks.

PARENTS: Please have your child color & put in a three-ring Jiu-Jitsu binder and show your professors!
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UDE-GARAMI FACTS

The "Kimura-Lock" was named after the famous Japanese fighter Masahiko Kimura.

The "Americana-Lock" was named by Brazilian's to describe this figure-four submission.

The Americana and Kimura locks are very common in all grappling systems.

They also go by the names:
Hammer-lock, Key-lock, Figure-4 lock,
& Chicken wing.