

Prof. Herb LaGue's Around the World
 Shime flow demonstrated by Prof. Karnes and Jill
 video link <https://youtu.be/Cgk3L82d-f4>



Right Kata Gatame



Transition



Right Eri Gatame



Sit through to right Kesa Eri Gatame



Transition



Right Jiji Gatame



Transition



Right Reverse Kesa Gatame



Transition



Shiho Gatame



Transition



Left Reverse Kesa Gatame



Transition



Left Jiji Gatame



Transition



Left Kesa Eri Gatame



Left Eri Gatame



Transition



Left Kata Gatame

