

顯正館

SHIME TE Constriction Techniques

ERI GATAME	lapel hold down
KATA GATAME	shoulder hold down
JUJI GATAME	cross mark hold down
SHIHO GATAME	four-sided hold down
SANKAKU GATAME	triangle hold down
USHIRO GATAME	rear hold down
NAMIJUJI SHIME	normal cross mark choke
GYAKUJUJI SHIME	reverse cross mark choke
ICHIMONJI SHIME	straight-line choke
TSUKIKOMI SHIME	thrusting into choke
HADAKA JIME ICHI	naked choke one
HADAKA JIME NI	naked choke two
HADAKA JIME SAN	naked choke three
DAKIKUBI JIME	embracing neck constriction
OSAEGAMI	holding hair constriction
KOTE JIME	forearm constriction
TENADA JIME	arm blade constriction
DHO JIME	body constriction
ASHIKARAMI JIME	leg lock constriction
ASHINADA JIME	leg blade constriction
ASHIYUBI JIME	toe constriction
MOMO JIME	thigh press
SHIKANO ITSUSOKU JIME	deer's one leg constriction
SHIDARE FUJI JIME	hanging wisteria constriction
TATSUMAKI JIME	dragon-winding constriction