

Shime No Te

Constriction Techniques

Eri Gatame

Translation: Lapel Pin

Notes: Tori throws Ogoshi (any hip throw), Uke is on his left side, Tori holds his right arm up. Place his arm across the bend of your left hip as you kneel on your right knee. Your right thigh should keep Uke from rolling toward you. With your right hand, reach around his neck and place your forearm across the side of his neck. Put the point of your forehead in his temple, grab your right hand with your left and squeeze until he submits. Get away safely.

Kata Gatame

Translation: Shoulder Pin

Notes: From Ogoshi as above, kneel on your right knee next to Uke and keep him from rolling. Place his left arm across his neck and reach over it and behind his head with your right hand. Your right shoulder must be above Uke's arm to keep him from escaping (so your deltoid will hold his arm down.) Clasp hands as in Eri Gatame until Uke submits. Get away safely.

Juji Gatame

Translation: Cross Pin

Notes: From Ogoshi, bring your left foot over Uke's ribs then past his head and kneel to entrap the right hand you are holding. When you sit, Uke will punch with his left hand. Block with your left, grab his wrist and wrap his arm with your right arm so you have a figure four lock. Squeezing his right arm with your legs, stretch him out as you fall forward. Landing should break his left arm. When Uke submits, get away with a good release.

Shiho Gatame

Translation: Four Corners Pin

Notes: Uke comes in for Seoi Nage. With your left hand, stop his hips from coming in and wrap your right hand around his chest to his left shoulder. Step back with your right foot, coming down onto your knee and break his neck against your chest as you bring Uke down. Slip his head between your legs and with your left hand still at Uke's obi, grab the other side under his right arm with yours. Place your center directly over his face and come up on your toes, with your feet spread. Drive your center down and back as you push his obi toward the ceiling. Get away safely. You may want to turn your obis for this art.

Sankaku Gatame

Translation: Triangle Pin

Notes: Uke stuffs your Tomoe Nage by squatting. Bring your left foot up and block his right hip, then shoot your right foot up inside of your right arm, around his head. Get as close as you can to putting your body against his chest/throat. Now bend your left knee over the top of your right foot, with your right shin parallel to his shoulders. Move his right arm to your right side and apply an arm bar as you arch your back and squeeze your legs to choke. When Uke submits, release him safely.

Ushiro Gatame

Translation: Rear Pin

Notes: Uke steps in and punches with his right hand. Parry at the elbow with your left hand and slide your right hand inside of Uke's punch and behind his head. Step around and behind him and slide your left hand under his left arm, gripping his collar with both hands or applying a full nelson. Step in low and bump him up with your stomach, then use your grip as a lever to bring him crashing down on his tailbone as you sit on your heels, right next to Uke. Finish with a double heel strike to Uke's groin and dislocate his shoulders by extending your hands. Exit with a good release.

Nami Juji Shime

Translation: Normal Cross Constriction

Notes: From Ogoshi (or any hip throw), kneel, straddling Uke and sitting on his stomach. Reach both hands crossed over into his gi and grab his collar with your palms away from his neck (thumbs outside of gi) so that your outside wrist bones are in front of his sterno-cliedo mastoids. Take up any slack in your grip to set the choke, then apply by keeping your arms and wrists firm and applying Kata Te Hazushi Ichi motion to scissor his neck (with the side of the wrists), or by lifting him and scissoring your arms pulling your fists toward you and pushing the outside of your wrists into the neck. Get away safely.

Gyaku Juji Shime

Translation: Reverse Cross Constriction

Notes: Throw and sit on Uke as above, but this time grab his collar with your thumbs in his gi, reaching all the way to the mat. Your palms should face the floor. Then grab the gi tightly, pick up to take out the slack, and turn your outside wrist bones into his carotid artery to set the choke. Apply the choke by applying Kata Te Hazushi Ichi motion to scissor his neck with the sides of your wrists, or by scissoring your arms and lifting him into it. When Uke submits or passes out, get away safely.

Ichi Monji Shime

Translation: Straight Line Constriction

Notes: Throw and sit on Uke as in Nami Juji Shime. With one hand, reach across the body and grab his collar as in Gyaku Juji Shime. With the other hand, grab Uke's lapel on the opposite side of his chest. Set the choke by taking any slack out of the collar and putting the wrist bone of the inside hand in the carotid artery. Apply the choke by pulling his lapel down and level with his chest. When Uke submits, release and get away safely.

Tsukkomi Shime

Translation: Thrusting Constriction

Notes: Throw and sit on Uke as in Nami Juji Shime. Grab both of his lapels on his chest. Thrust one lapel across the throat and pull with the other to choke him. If he pulls that hand off, go with it and push the other one across his throat. Continue until Uke submits, then escape safely.

Hadaka Shime Ichi

Translation: Naked Constriction 1

Notes: Uke steps in and punches with his right. With your left hand, reach up inside his right bicep and grab his head, turning it over his right shoulder and pulling it into your right forearm. Put the point of Uke's chin in your right palm and support it by gripping the back of your right hand with your left, keeping his head under your ribs. Arch your back to break his neck, then get away safely.

Hadaka Shime Ni

Translation: Naked Constriction 2

Notes: Uke steps in and punches with his right. Step forward with your left foot to get behind him as you parry his punch with your left hand (Nagashi Uke). Parry his arm down and strike across his throat with your right forearm as you punch across his shoulders. Step completely behind him, grab your right hand with your left, and tuck his head inside your arm, behind your deltoid. With your left forearm going down his back, pull straight into his trachea with your right forearm until Uke submits. Get away safely.

Hadaka Shime San

Translation: Naked Constriction 3

Notes: Uke steps in and punches with his right. Block and step in as in Hadaka Shime Ni above. Strike across his neck with your forearm, and place the bend of your elbow directly in the center of his neck with your right hand coming close to his left ear. Take his balance away and grab your left bicep with your right hand, placing your left hand low on your right shoulder. Apply the choke by flexing both arms and wrists and putting his chin toward his sternum. Get away safely.

Daki Kubi Shime

Translation: Embracing Neck Constriction

Notes: Begin standing on Uke's left side with your right arm around his neck and grabbing his lapel. As you face directly to his right, swing your right leg across his hips then turn to your left, turning your hips over and bringing his head with you. Come down to your left knee (and hand) as Uke rolls over you and falls. Swing your feet around and above his head, place his chin on your right pectoralis, and arch your back to break his neck. Release and get away safely.

Osae Gami Shime

Translation: Holding Hair Constriction

Notes: Throw Uke with any hip throw, keeping control of his right arm and his body on it's side. Kneel on your right knee next to Uke's body and move his arm out of the way but maintain control. With your left hand, grab Uke's head (hair) at the rear, left corner of his skull. Lift the head so that it's about 45 degrees to his spine, with his chin turned toward his left shoulder. With your right palm, strike across Uke's chin going toward the shoulder to break his neck. Get away safely.

Kote Shime

Translation: Wrist Constriction

Notes: Apply Juji Gatame as above. If Uke bends his arm to counter the break, put the back of his left hand on the floor and follow the line of his forearm to take his elbow into his hip. When Uke submits, release and get away safely.

Tenada Shime

Translation: Hand Blade Constriction

Notes: Throw Uke and choke him as in Nami Juji Shime. If Uke reaches up to choke you with Nami Juji Shime, release your choke to grab whichever of his hands is on top with your corresponding hand (i.e. right to right, etc.) With your other hand bump his elbow toward his hand as you turn his wrist over and swing your leg over his head to sit with your legs perpendicular to the direction of his body, barring his arm against your thigh. When Uke submits, release and get away safely.

Do Shime

Translation: Body Constriction

Notes: Uke stuffs your Tomoe Nage. Push his left knee out with your right foot and wrap your legs around his floating ribs, locking your feet. Pull his head to your chest and attack the nerves behind his ear with your thumb knuckle or forearm as you squeeze with your legs. When Uke submits, release and get away safely.

Ashi Karami Shime

Translation: Leg Entanglement Constriction

Notes: Apply Nami Juji Shime as above. If Uke counters by driving his hips up to buck you off, wrap your feet under his thighs, inside his shins, and around the front of his ankles so that your toes point out. To apply, straighten your legs and turn your toes down to the mat. When Uke submits, release and get away safely. You may release the choke when bucked for safety.

Ashi Nada Shime

Translation: Leg Blade Constriction

Notes: Throw Uke using Deashi Harai, sweeping his right foot into your right hand. When he is on the ground, wrap your right leg around his from the inside out and sit next to Uke with your left foot in his right armpit and your right foot behind your left knee. As you sit, place your wrist bone (on the thumb side) or the first knuckle of the thumb in the middle of Uke's calf. Apply pressure to the nerves there to make Uke submit. Release and get away safely.

Ashi Yubi Shime

Translation: Foot Digit Constriction

Notes: Throw Uke and lock his leg with yours as in Ashi Nada Shime. When on the ground, grab Uke's right foot and with your left hand, turn his toes to point down to the outside of his ankle and push his heel straight up with your right hand. When Uke submits, release and get away safely.

Momo Shime

Translation: Thigh Constriction

Notes: Uke applies Do Shime to you. To escape his hold on your head, knuckle his ribs with a Judo knuckle. When he releases your head, sit up on your knees, bring your palms together, and drive your elbows into the nerves on the inside of his upper thigh as if doing Momiji Hazushi in reverse to make him release the leg scissors. Release and get away safely.

Shika No Issoku Shime

Translation: Deer's Foot Constriction

Notes: Uke steps in and punches with his right. With the edge of your right hand, parry his punch to your right, grabbing his wrist and turning his elbow up. Place your left palm over his elbow and take him down by continuing his punch out and pushing down on the elbow with your left, stepping around with your right foot (hidden step). With your left heel, strike Uke in the hamstrings of his right thigh, which will cause him to raise his foot. Grab his foot with your left hand and step around his calf with your left foot, placing your ankle in the bend of his knee. Draw Uke back as you kneel on your left knee. Bend his right arm behind his back, placing your left hand on his shoulder blade and his forearm over yours. Apply pressure to his shoulder and leg to make Uke submit. Release and get away safely.

Shidare Fuji Shime

Translation: Hanging Wisteria Constriction

Notes: Uke stuffs your Tomoe Nage. Bring your left foot up to his right hip to secure his body. Point your right toes as you push them in and down just below Uke's Adam's apple while pulling on his lapel. Release and get away safely.

Tatsumaki Shime

Translation: Tornado Constriction

Notes: From a referee's position, hop in toward Uke and place your right foot on his thigh, just above the knee as you grab over the back of his right hand with yours. Sit straight down as you push his leg out from underneath him and turn his hand over as in Ryo Eri Tori. Once on the ground, bring your left leg over his shoulder and with the knife-edge of your foot, turn his head away from you as you slide your calf under his face. Put your knee on the ground to bar his arm. When Uke submits, release and get away safely.