

Shime Te 絞手

Shime is the Japanese word which means to constrict or strangle. In this list, a number of choking/strangling techniques are taught. These are constrictions of the neck, specifically the carotid arteries which supply blood to the brain. In addition, many other ground grappling methods are taught in this list. Most of these techniques have counterparts in Kodokan Jūdō's Newaza.

This list also begins to address the concept of using Jūjutsu for self-defense as opposed to competition. This is necessary in both the physical as well as psychological aspects of learning these techniques. This list (in combination with Yawara and Nage) should show the student how to avoid trouble and not try to prove their martial ability. The student must strive for meekness rather than aggression.

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| 1. | Eri Gatame | Throw and apply headlock, arm outside |
| 2. | Kata Gatame | Throw and apply headlock, arm inside |
| 3. | Jūji Gatame | Throw and apply cross body lock |
| 4. | Shihō Gatame | Counter throw and apply smother hold |
| 5. | Sankaku Gatame | Miss Tomoe Nage, apply triangle strangle |
| 6. | Ushiro Gatame | Avoid blow, apply double arm dislocation |
| 7. | Namijūji Shime | Normal cross strangle |
| 8. | Gyakujūji Shime | Reverse cross strangle |
| 9. | Ichimonji Shime | Straight-line strangle |
| 10. | Tsukkomi Shime | Poking strangle |
| 11. | Hadaka Shime “A” | Front strangle and takedown |
| 12. | Hadaka Shime “B” | Counter throw, rear strangle, takedown |
| 13. | Hadaka Shime “C” | Counter throw, rear figure-4 strangle, takedown |
| 14. | Dakikubi Shime | Headlock throw, arm and neck lock |
| 15. | Osaegami Shime | Throw and apply hair and chin neck break |
| 16. | Kote Shime | Bent arm lock after Jūji Gatame |
| 17. | Tenada Shime | Arm bar counter to cross-choke |
| 18. | Dō Shime | Trunk scissors and neck lock |
| 19. | Ashi Karami Shime | Throw and apply leg grapevine hold |
| 20. | Ashi Nada Shime | Throw and apply leg bar; A & B |
| 21. | Ashi Yubi Shime | Throw and apply foot and toe lock |
| 22. | Momo Shime | Counter Dō Shime with elbow to thigh |
| 23. | Shika no Issoku Shime | Arm bar takedown, leg and hammer lock |
| 24. | Shidare Fuji Shime | Miss Tomoe Nage, big toe strangle, throw |
| 25. | Tatsumaki Shime | Throw and apply dragon choke |

襟固、肩固、十字固、四方固、三角固、後固、並十字絞、
逆十字絞、一文字絞、突込絞、裸絞一、二、三、抱首絞、
押髪絞、小手絞、手刀絞、胴絞、足搦絞、足刀絞、足指絞、
股絞、鹿ノ一足絞、枝垂藤絞、龍卷絞。

The detailed descriptions of these techniques are left to be supplied by your instructor.

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