

## Shime waza ( omstrengelingen/verwurgingen )



Kata juji jime



Kata te jime



Nami juji jime



Sankaku jime



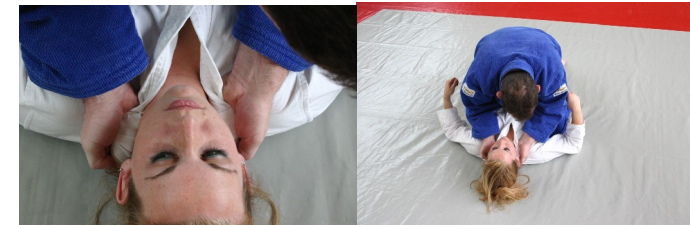
Gyaku juji jime



Tsukomi jime



Hadaka shime



Morote jime



Okuri eri jime



Kata ha jime