

Judo – Basic Chokes (Shime Waza)



Nami Juji Jime

Cross your wrists, grab collar, both thumbs in, both palms facing toward uke.

NOTE: *Kata Juji Jime* is similar, but palms of hands are facing each other – one palm down & the other palm up. Palm down side is thumb in; the palm-up side has fingers in.



Gyaku Juji Jime

Cross wrists, grab collar, fingers inside collar both hands, thumbs outside, palms facing away from uke, not towards uke.



Hadaka Jime

Left wrist draped over uke's shoulder left palm facing up, right hand crosses in front and grips left hand, together both hands rotate clockwise to squeeze right wrist into side of uke's neck.



Okuri Eri Jime

Right hand reaches around neck grips collar thumb inside, left hand goes under uke's left armpit, gripping opposite lapel. Right hand squeezes into side of uke's neck, left hand pulls straight down on uke's lapel creating pressure on right side of uke's neck.



Kataha Jime

Right hand comes around uke's neck grabbing collar. Left hand comes under uke's left armpit, pulling against uke's left arm, up and around. The choke often comes-on mid-way through. Left hand circles back and the left hand is placed behind uke's head, back side of hand towards head.