

Shime Waza No Kata

- 1 Eri Gatame – Lapel pin
- 2 Kata Gatame – Shoulder pin
- 3 Juji Gatame – Cross pin
- 4 Shiho Gatame – Four corners pin
- 5 Sankaku Gatame – Triangle pin
- 6 Ushiro Gatame – Rear pin
- 7 Namijuji Shime – Normal cross constriction
- 8 Gyakujuji Shime – Reverse cross constriction
- 9 Ichimonji Shime – Straight line constriction
- 10 Tsukkomi Shime – Thrusting together with constriction
- 11 Hadaka Shime Ichi – Naked constriction 1
- 12 Hadaka Shime Ni – Naked constriction 2
- 13 Hadaka Shime San – Naked constriction 3
- 14 Daki Kubi Shime – Embracing neck constriction
- 15 Osaе Gami Shime – Holding hair constriction
- 16 Kote Shime – Forearm constriction
- 17 Tenada Shime – Hand blade constriction
- 18 Do Shime – Body constriction
- 19 Ashi Karami Shime – Leg entanglement constriction
- 20 Ashi Nada Shime – Leg blade constriction
- 21 Ashi Yubi Shime – Foot toe constriction
- 22 Momo Shime – Thigh constriction
- 23 Shika No Issoku Shime – Deer’s foot constriction
- 24 Shidare Fuji Shime – Hanging wisteria constriction
- 25 Tatsumaki Shime – Tornado constriction