



Lakewood Budo Kai



SHIME NO KATA (MAT ARTS)

	Yellow	Blue	Sankyu	Nikyu
1. Eri Gatame – Headlock and hold	X	X	X	X
2. Kata Gatame – Arm strangle	X	X	X	X
3. Juji Gatame – Cross body arm lock	X	X	X	X
4. Shiho Gatame – Body press	X	X	X	X
5. Sunkaku Gatame – Figure four leg strangle	X	X	X	X
6. Ushiro Gatame – Body stretch from rear		X	X	X
7. Namijuji Shime – Lapel choke with thumbs inside		X	X	X
8. Gyakujuji Shime – Lapel choke with fingers inside		X	X	X
9. Ichimonji Shime – One long, one short choke		X	X	X
10. Tsurikomi Shime – Bear claw choke		X	X	X
11. Hadaka Shime A – Front naked strangle			X	X
12. Hadaka Shime B – Naked strangle from rear			X	X
13. Hadaka Shime C – Naked strangle, hands interlocked			X	X
14. Dakikubi Shime – Head lock and arm lock			X	X
15. Osaegami – Neck breaker			X	X
16. Kote Shime – Short arm lock				X
17. Tenada Shime – Quick arm bar				X
18. Dho Shime – Body scissors				X
19. Ashi Karami Shime – Double leg grapevine				X
20. Ashinada Shime – Leg bar				X
21. Ashi Yubi Shime – Leg twist				X
22. Momo Shime Hazushi – Escape body scissors				X
23. Shikano Itsusoku – Hammerlock and leg lock				X
24. Shidari Fugi – Big toe choke				X
25. Tatsumaki Shime – Dragon choke				X