

Session 9: (SHIME WAZA)

Objective: Deepen understanding of ground strangulation techniques

Shime-waza are ground strangulation techniques, which can be blood or respiratory.

In judo, the time required for an immobilization is 20 seconds to obtain an ippon. Strangulations resulting in the opponent giving up are also counted as ippon.

To give up a fight, it is necessary to tap twice with the hand or foot, or to say "maitta".

Judo holds on the ground and the extension of a standing technique.

The main ground judo chokes are:

Ashi-Gatame-Jime: Choke with leg control

Gyaku-Juji-Jime: Cross choke, both palms up

Hadaka-Jime: Bare-handed choke

KataHa-Jime: Choke with one side control

Kata-Juji-Jime: Cross choke with reversed hands

Kata-Te-Jime: Choke with one hand

Morote-Jime: Choke with both hands

Nami-Juji-Jime: Cross choke, hands in normal position

Okuri-Eri-Jime: Choke by bringing the two lapels together

Sankaku-Jime: Triangle choke

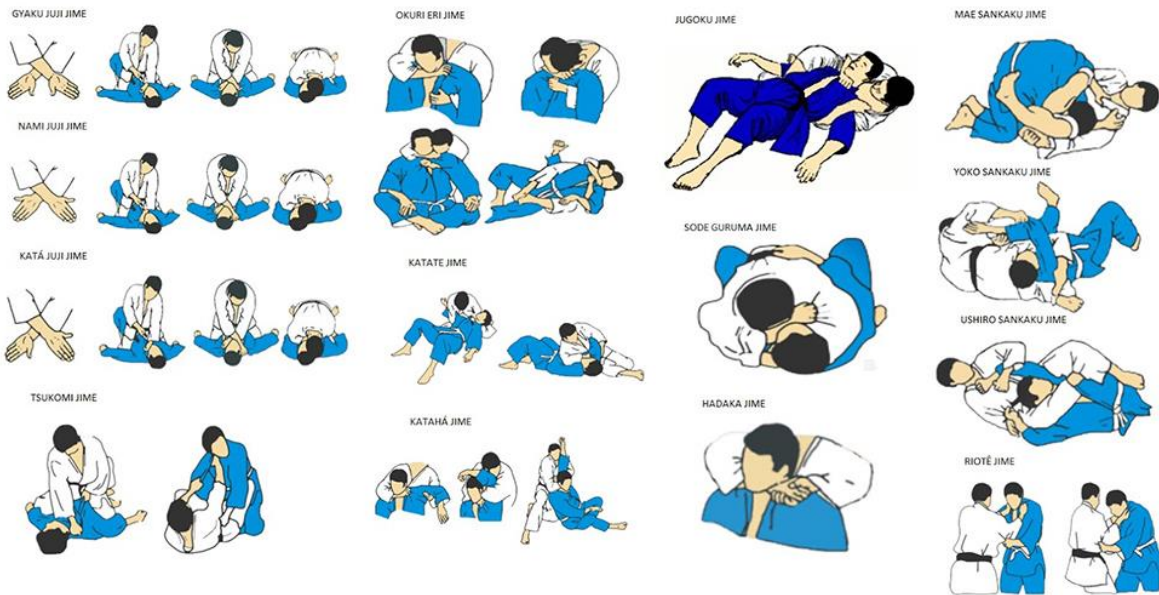
Sode-Guruma-Jime: Choke by rolling the lapel

Tsukikomi-Jime: Choke by pushing



SHIME WAZA

(TÉCNICAS DE ESTRANGULAMENTO)



Details:

- Warm-up (10 min):
 - Running, falls, and rolls.
- General review (10 min):
 - Hadaka-jime, Juji-gatame.
- Techniques: Okuri-eri-jime and other chokes (25 min):
 - Demonstration and practice of Okuri-eri-jime (sliding collar choke).
 - Work on other variations of chokes.
 - Ground randori focusing on submissions.
- Cool down (5 min):
 - Stretching.