



Mizzou JuJitsu KoDenKai

# Shime Te

Shime Te is the third list of DanZan Ryu JuJitsu "SHODEN". The "Submission" techniques in it are used for self-defense or sport (JuJitsu Freestyle, JuJitsu Kata, and Judo). These arts are made up of "restriction" and "constriction" arts and should not be confused with 'grappling techniques' (ne waza). Don't be fooled, the similarities between Shime te and ne waza are superficial in nature. "Shime" and "Jime" both mean the same thing; however "Shime" often refers to the general strategy compared to "Jime" which represents actual tactics used.

To epitomize the nature of Shime Te as practiced in DanZan Ryu JuJitsu, we use the term "to flow like water". The application of these arts should be performed fluidly and seamlessly. Flowing from one art to another like water seeking its own level.

Shime Te is one of the first lists that introduce the real depth of DanZan Ryu JuJitsu. The arts are taught as follow up techniques to throws or take down situations, and are performed safely and slowly on the ground. As a student progresses in skill and control over themselves and their opponents, Shime is elevated to its other dimensions of use standing up or during rolling and falling maneuvers. Shime is a very adaptable list, these arts can be used underwater and in space (weightless environments), and is taught in specialty classes to professional people in these areas.

The previous lessons learned in Yawara, and Nage are not ignored in Shime! The Yawara arts are especially useful in 'countering' many holds, or by adding even more effectiveness in several of the techniques. Since every grappling art is preceded by a throw or takedown, Nage Throws are obviously important, but not so much as the expertise you will need from the 'kuzushi' learned on Nage. Kuzushi is very important in escaping from hold downs and chokes as well as a deep understanding of it to maintain a hold or choke on a desperate opponent.

## **Katsu / Kappo**

Safety is extremely important in many arts, but especially so in Shime. This list is designed to minimize the danger to you and maximize it with your opponent. Arm breaks and bars, chokes, strangles, leg locks and bars, neck locks, and general ground fighting arts are capable of permanently damaging someone. Therefore each student is taught the basic list of 11 Katsu / Kappo, or resuscitation arts at this time. Portions of the "Anatomy Coloring Book" are required at this level as part of your regular notebook.

## **Competition**

Upon learning Shime Te in depth, the student is allowed and encouraged to practice it in sport form, and artistic forms before being taught it's more dangerous and harmful applications. The student has their choice of performing the arts in A.J.J.F. sanctioned events in a Kata Contest (which includes a combat sequence), A.J.J.F. JuJitsu Freestyle competitions or Judo. Judo however is restricted to only selected techniques of Nage and the GATAME arts of Shime Te approved by Sensei. JuJitsu Kata and Freestyle Contests and A.J.J.F. contests are restricted only by JuJitsu rank requirement levels and/or the A.J.J.F. rank guidelines.

***Completion of Yawara Te, Nage Te and Shime Te ends  
the First Level of Traditions - SHODEN - of DanZan Ryu JuJitsu***



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# Shime Te

1. Eri Gatame  
(Encircling Collar Hold-Down)
2. Kata Gatame  
(Shoulder Hold-Down)
3. Juji Gatame  
(Crucifix Hold-Down)
4. Shiho Gatame  
(Four Corner Hold-Down)
5. \*SanKaku Gatame  
(Three Sided Hold-Down)
6. Ushiro Gatame  
(Rear Shoulders Hold-Down)
7. \*NamiJuji Jime  
(Normal Cross-Arm Strangle)
8. \*GyakuJuji Jime  
(Reverse Cross-Arm Strangle)
9. \*IchiMonji Jime  
(Straight Line-Arm Strangle)
10. \*Tsukkomi Jime  
(Thrusting In Strangle)
11. Hadaka Jime - ichi  
(Naked Strangle #1)
12. Hadaka Jime - ni  
(Naked Strangle #2)
13. Hadaka Jime - san  
(Naked Strangle #3)
14. \*DakiKubi Jime  
(Encircling Neck Constriction)
15. \*OsaeGami Jime  
(Holding Hair Constriction)
16. KoTe Jime  
(Short-Arm Constriction)
17. TeNada Jime  
(Arm Blade Constriction)
18. Dho Jime  
(Body Constriction)
19. Ashikarami Jime  
(Leg Entwining Constriction)
20. Ashinada Jime  
(Leg Blade Constriction)
21. AshiYubi Jime  
(Toe Constriction)
22. Momo Jime  
(Thigh Press)
23. Shikano Issoku Jime  
(deer's one leg constriction)
24. \*Shidare Fuji Jime  
(Hanging Wisteria Constriction)
25. Tatsumaki Jime  
(Dragon Winding(whirlwind) Constriction )

**\* These arts are not to be performed without a Black Belt in attendance.**