Shime No Kata

Groundwork Techniques

1st Groundflow

- Eri Gatame: Apply headlock arm outside
- Dakikubi Shime: Headlock throw and neck hold (add later)
- Kata Gatame: Apply headlock arm inside
- Juji Gatame: Crossbody lock
- Kote Shime: Crossbody bent armbar- reverse (add later)
- Shiho Gatame: Smother hold
- Hadaka Shime Ichi: Front choke or neck breaker

2nd Groundflow

- Namijuji Shime: Choke with fingers inside
- Sankaku Gatame: Figure four leg strangle
- Gyakujuji Shime: Choke with thumbs inside
- Ichimonji Shime: One long one short choke
- Tsukikomi Shime: Thrusting knuckle choke

3rd Groundflow

- Osaegami Shime: Hair and chin neck break
- Ushiro Gatame: Jujutsu full nelson
- Hadaka Shime Ni: Rear arm choke
- Hadaka Shime San: Rear arm strangle

4th Groundflow

- Do Shime: Short rib scissors
- Momo Shime: Counter to Do Shime
- Ashi Karame Shime: Strangle and leg grapevine
- Tenada Shime: Japanese armbar from counter choke
- Tatsumaki Shime: Dragon choke with reverse armbar

5th Groundflow

- Shidare Fuji Shime: Choke with side of foot
- Ashi Nada Shime: Japanese legbar- from guard too
- Ashi Yubi Shime: Ankle twist- from guard too
- Shika No Issoku: Leglock and hammerlock