

# Nikyu

## Shime No Kata

### Side Mount

#### **Eri Gatame**

(arm lock w/ leg)

#### **Kata Gatame**

(shoulder hold)

### Top Mount

#### **Juji Gatame Ichi**

(cross arm bar 1)

#### **Juji Gatame Ni**

(cross arm bar 2)

#### **Juji Gatame San**

(cross arm bar 3)

#### **Sode Guruma Jime**

(box choke)

### Reverse Mount

#### **Shiho Gatame**

(4 corner hold)

#### **Crucifix**

### Cross Mount

#### **Ude Garami Ichi**

(arm key lock 1)

#### **Ude Garami Ni**

(arm key lock 2)

#### **Ude Garami San**

(arm key lock 3)

### Guards

Open

Closed

Half

Bridge

Passing the Guard

### Gi Chokes

#### **Nami Juji Shime**

(cross arm choke)

#### **Ichi Monji Shime**

(1 long/1short choke)

#### **Kata Juji Shime**

(single arm choke)

#### **Okuri Shime**

(sliding choke)

#### **Okuri Kataha Jime**

(arm trap sliding choke)

### Naked Hands Chokes

#### **Hadaka Jime Ichi**

(naked hand choke 1)

#### **Hadaka Jime Ni**

(naked hand choke 2)

#### **Hadaka Jime San**

(naked hand choke 3)

#### **Kataha Jime**

(sleeper choke w/arm)

### Rear Mount

#### **Ashi Morote Gatame**

(double leg hook in)

### Legs

#### **Ashi Sime**

(foot lock)

#### **Morote Ashi Shime**

(multiple foot lock)

#### **Ashi Okuri Shime**

(sliding choke w/ leg)

#### **Ashi Nada Shime Ichi**

(leg bar 1)

#### **Ashi Nada Shime Ni**

(leg bar 2)

#### **Heel Hook**

#### **Sankaku**

(figure 4 leg lock)

### 1<sup>st</sup> Rule of Combat

Know Your Own Limitations

### 2<sup>nd</sup> Rule of Combat

Find Your Enemies Weakness

and Expose It

### Theories

5 Control Points

### Knife

Brachial Artery

Radial Artery

Carotid Artery

Subclavian Artery

Femoral Artery

Temple

Eye

Nose

Ear

Jugular

Lungs

Heart

Abdomen

Kidneys

Groin

Love Handles

Back of Hand

Knife Grab

### Drills

Spin Drill

Idori

Student must know techniques and have completed min. 78 classes in order to be scheduled to test. The test consists of technique review and 39 minutes of continuous sparring.