



Middletown Judo Club

Basic Chokes (*Shime Waza*)

柔道



Hadaka Jime
(*Rear Naked Choke*)



Okuri Eri Jime
(*Sliding Collar Choke*)



Kataha Jime
(*Single Wing Choke*)



Gyaku Juji Jime
(*Reverse Cross Choke*)



Kata Juji Jime
(*Half Cross Choke*)



Nami Juji Jime
(*Normal Cross Choke*)



Sode Guruma Jime
(*Sleeve Wheel Choke*)



Kata Te Jime
(*Single Hand Choke*)



Ryo Te Jime
(*Two Hand Choke*)