Lakewood Budo Kai
Juniors Class

SHIME NO KATA
(MAT ARTS)

		Yellow	Orange	Green 3	Green 2	Green 1	Purple 3	Purple 2	Purple 1
1.	Eri Gatame – Headlock and hold	X	X	X	X	X	X	X	X
2.	Kata Gatame – Arm strangle		X	X	X	X	X	X	X
3.	Juji Gatame – Cross body arm lock						X	X	X
4.	Shiho Gatame – Body press			X	X	X	X	X	X
5.	Sunkaku Gatame – Figure four leg strangle						X	X	X
6.	Ushiro Gatame – Body stretch from rear						X	X	X
7.	Namijuji Shime – Lapel choke with thumbs inside				X	X	X	X	X
8.	Gyakujuji Shime – Lapel choke with fingers inside							X	X
9.	Ichimonji Shime – One long, one short choke					X	X	X	X
10.	Tsurikomi Shime – Bear claw choke							X	X
11.	Hadaka Shime A – Front naked strangle								X
12.	Hadaka Shime B – Naked strangle from rear								X
13.	Hadaka Shime C – Naked strangle, hands interlocked								
14.	Dakikubi Shime – Head lock and arm lock								
15.	Osaegami – Neck breaker								
16.	Kote Shime – Short arm lock								
17.	Tenada Shime – Quick arm bar								
18.	Dho Shime – Body scissors								
19.	Ashi Karami Shime – Double leg grapevine								
20.	Ashinada Shime – Leg bar								
21.	Ashi Yubi Shime – Leg twist								
22.	Momo Shime Hazushi – Escape body scissors								
23.	Shikano Itsusoku – Hammerlock and leg lock								
24.	Shidari Fugi – Big toe choke								
25.	Tatsumaki Shime – Dragon choke								