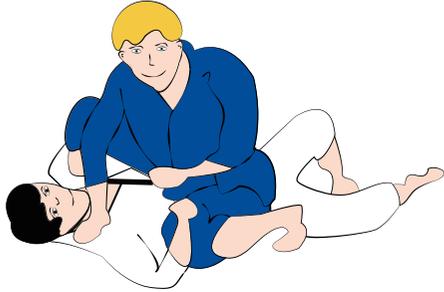


# Jime waza (Würgetechniken 1. Gruppe)

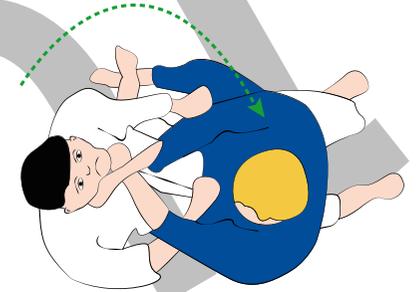
1. Kata juji jime  
(einseitige Kreuzwürge)



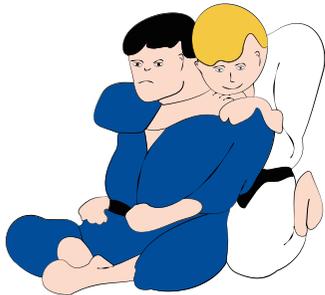
2. Gayaku juji jime  
(umgekehrte Kreuzwürge)



3. Yoko juji jime  
(seitliche Kreuzwürge)



4. Ushiro jime  
(rückwärtige Würge)



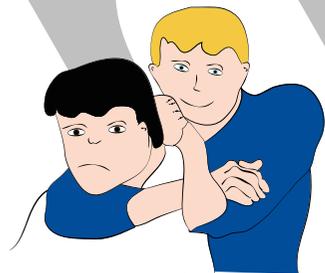
5. Okuri eri jime  
(gleitendes Kragenwürgen)



6. Kata ha jime  
(einhändiges Würgen)



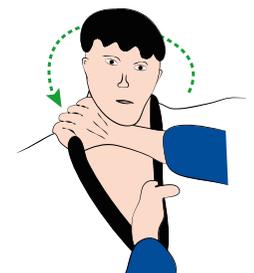
7. Hadaka jime  
(nacktes Würgen)



8. Ebi garami  
(Krebs Kontrolle)

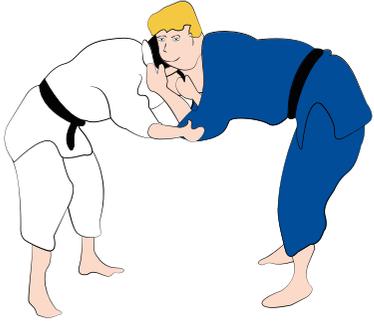


9. Tomoe jime  
(Kreiswürge)

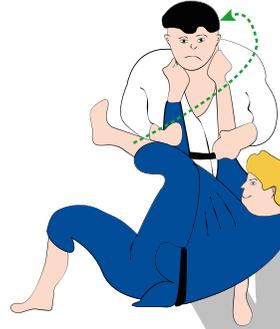


# Jime waza (Würgetechniken 1. Gruppe)

10. Eri jime  
(Kragenwürge)



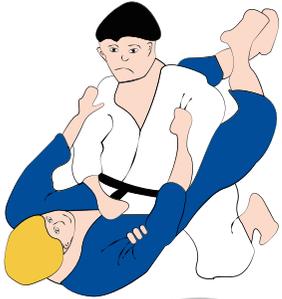
11. Kensui jime  
(hängende Würge)



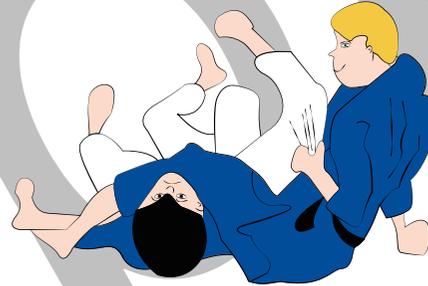
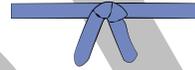
12. Kata jime  
(Schulterwürge)



13. Do jime  
(Stammwürge)



14. Hiza jime  
(Kniewürge)



15. Tsukkomi jime  
(Stosswürge)



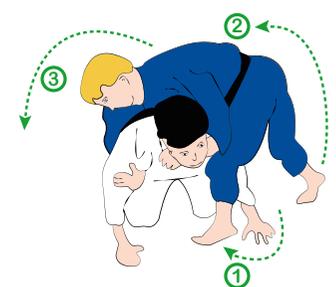
16. Ebi jime  
(Krebswürge)



17. Hasami jime  
(Scherenwürge)

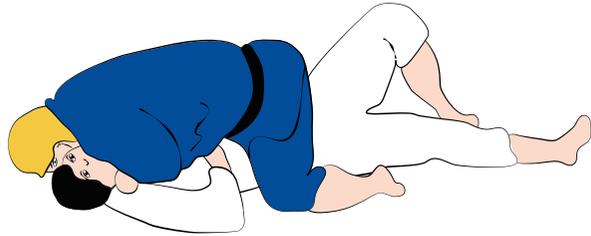


18. Othen jime  
(gerollte Würge)

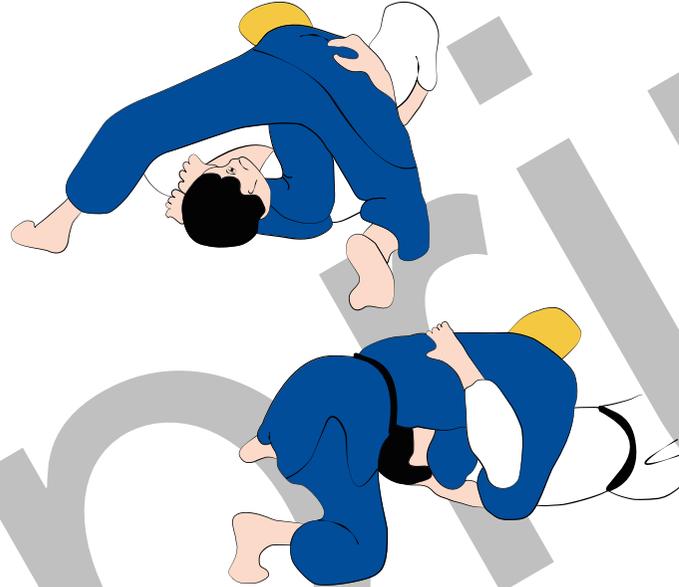


# Jime waza (Würgetechniken 2. Gruppe)

1. Narabi juji jime  
(normale Kreuzwürge)



2. Kata te jime  
(einhändige Würge)



3. Sode guruma  
(Ärmelrad)



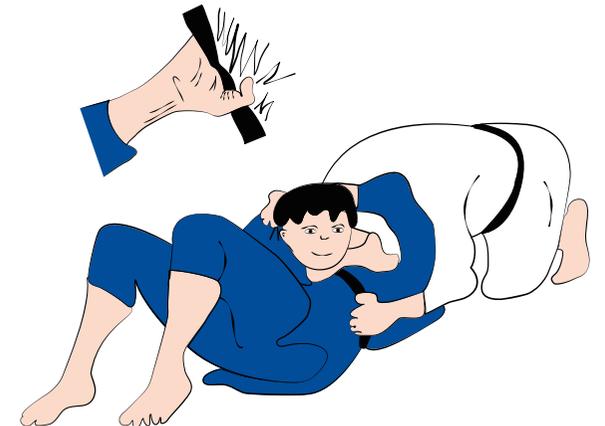
4. Hidari ashi jime  
(linke Fußwürge)



5. Kagato jime  
(Fußwürge)



6. Kami shiho jime  
(hintere 4-Punkt-Würge)

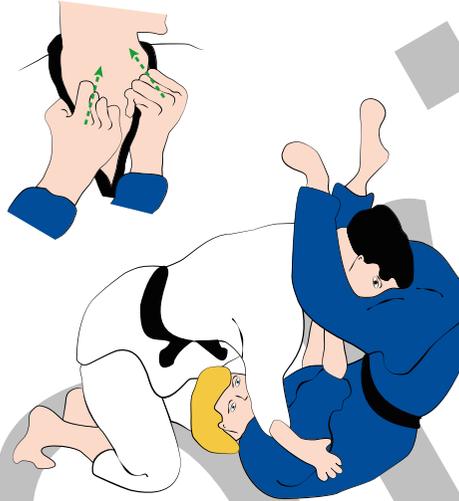


## Jime waza (Würgetechniken 2. Gruppe)

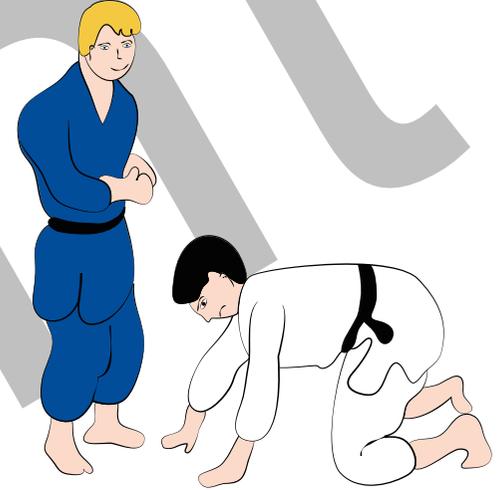
7. Kami shiho ashi jime  
(hintere 4-Punkt-Fußwürge)



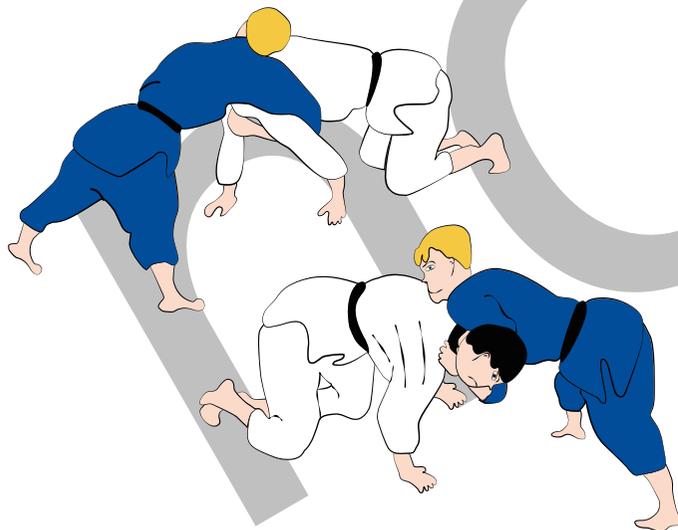
8. Kami shiho basami  
(hintere 4-Punkt-Krebschere)



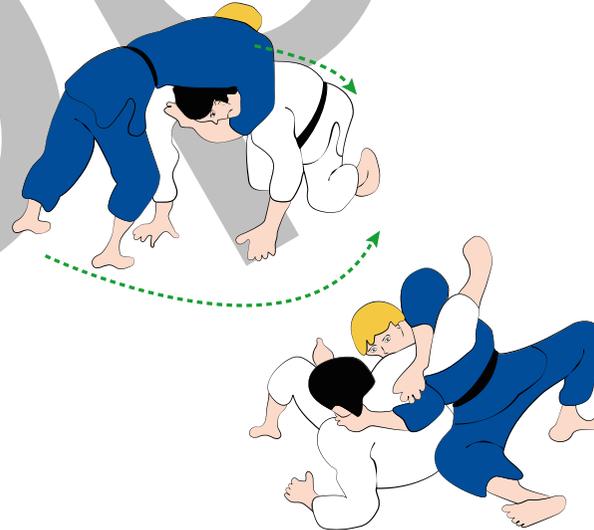
Ausgangsposition für 9., 10., 11.



9. Gayaku okuri eri  
(umgekehrter gleitender Kragen)



10. Kaeshi jime  
(Konterwürge)



11. Gayaku kaeshi jime  
(umgekehrte Konterwürge)

