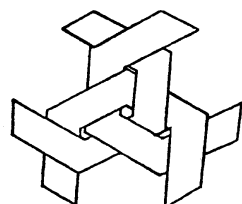


Shime Te

Constricting Techniques

- | | | |
|-----|------------------------------|---|
| 1. | Eri Gatame | Lapel Hold Down |
| 2. | Kata Gatame | Shoulder Hold Down |
| 3. | Juji Gatame | Cross Mark Hold Down |
| 4. | Shiho Gatame | Four-sided Hold Down |
| 5. | Sankaku Gatame | Triangle Hold Down |
| 6. | Ushiro Gatame | Rear Hold Down |
| 7. | Namijuji Shime | Normal Cross Mark Choke |
| 8. | Gyakujuji Shime | Reverse Cross Mark Choke |
| 9. | Ichimonji Shime | Straight Line Choke |
| 10. | Tsukikomi Shime | Thrusting In Choke |
| 11. | Hadaka Jime Ichi | Naked Choke One |
| 12. | Hadaka Jime Ni | Naked Choke Two |
| 13. | Hadaka Jime San | Naked Choke Three |
| 14. | Dakikubi Shime | Embracing Neck Constriction |
| 15. | Osaegami Shime | Holding Hair Constriction |
| 16. | Kote Jime | Forearm Constriction |
| 17. | Tenada Jime | Arm Blade Constriction |
| 18. | Dho Jime | Body Constriction |
| 19. | Ashikarami Jime | Leg Lock Constriction |
| 20. | Ashinada Jime | Leg Blade Constriction |
| 21. | Ashiyubi Jime | Toe Constriction |
| 22. | Momo Jime | Thigh Press |
| 23. | Shikano Itsusoku Jime | Deer's One Leg Constriction |
| 24. | Shidare Fuji Jime | Hanging Wisteria Choke |
| 25. | Tatsumaki Jime | Dragon Winding - Whirlwind Constriction |



Red Dragon Jujitsu Club
Requirements For Sankyu (3rd Brown)

SHIME NO KATA

1. **Eri Gatame**
2. **Kata Gatame**
3. **Juji Gatame**
4. **Shiho Gatame**
5. **Sankaku Gatame**
6. **Ushiro Gatame**
7. **Namijuji Jime**
8. **Gyakujuji Jime**
9. **Ichimonji Jime**
10. **Tsukikomi Jime**
11. **Hadaka Jime Ichi**
12. **Hadaka Jime Ni**
13. **Hadaka Jime San**
14. **Dakikubi Jime**
15. **Osaegami Jime**
16. **Kote Jime**
17. **Tenada Jime**
18. **Dho Jime**
19. **Ashigarami Jime**
20. **Ashinada Jime**
21. **Ashiyubi Jime**
22. **Momo Jime**
23. **Shikano Isusoku Jime**
24. **Shidare Fuji Jime**
25. **Tatsumaki Jime**



KAPPO

1. **Se Katsu**
2. **Nuki Katsu**
3. **Ashi Katsu**

ANATOMY

From: *The Anatomy Coloring Book, 3rd Edition*

Plates: 1, 2, 21, 22, 23, 24, 26, 27, 28, 29, 30, 31, 32, 33, 35, 36, 37, 38, 40, 42, 43, 48, 49, 51, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 68, 69.

NOTEBOOK

Answer each of the following in your own words:

1. What is diplomacy and why is it important in Jujitsu?
2. Why is patience and tolerance important in Jujitsu?
3. Why are sincerity and loyalty important in Jujitsu?
4. What is the importance of good citizenship qualities?
5. In your opinion, what makes a good Jujitsu student?

BUSHIDO

Bushido, literally *Warrior Way*, was a code of ethics analogous to the code of chivalry of the European knights during the feudal period. Bushido was based on national tradition and the religious heritage of Japan: Shintoism, Confucianism, Buddhism, and Taoism.

A very rigid class system evolved that was strictly enforced until its abolition by the emperor Meiji in 1871. The Samurai were the ruling warrior class and did not mingle with the other classes. The farmers were the second most prestigious class and represented more than 80 percent of the population (even as late as 1870). The artisans (carpenters, sword makers, etc.) were third in line, while the merchants and the tradesmen were the lowest class. Behavior, dress, housing, meals, and communication were all rigidly controlled by class status.



The concept of Bushido was first developed in the Kamakura period (12th century) at the rise of the shogunates (regional politico-military feudal lords). The term Bushido was first used in the civil wars of the 16th century. The content of the codes varied as standards evolved. Initially, the code emphasized military spirit including, athletic skill, military skill, and fearlessness. The most profound rationalization of Bushido occurred in the Tokugawa period (1622-1685) by Yamaga Soko. Concepts such as loyalty, honor, justice, politeness, etc. were then included. Later, in the 18th and 19th centuries, we see the Samurai becoming government officials trained in accounting and administration.

Important precepts in the code of BUSHIDO are as follows:

1. **Loyalty:** faithfulness, allegiance to master and cause
2. **Honor:** a good name and reputation, self-respect
3. **Virtue:** valor, merit, and moral righteousness
4. **Rectitude:** moral integrity and correct judgment
5. **Fearlessness:** courage
6. **Righteousness:** sense of obligation and duty
7. **Athletic Skill**
8. **Military Skill**
9. **Unselfishness:** willingness to serve and give to others
10. **Justice:** fairness in dealing with others
11. **Benevolence:** charity with tenderness
12. **Veracity:** honesty
13. **Sincerity**
14. **Education and Culture**

According to the Hagakure, (written about 1716) "*Bushido consists in dying.*" That is to say, living has as its central purpose, a search for the righteous death. (Inherent in Zen, Bushido and Christian thought is the concept of laying down one's life for another in an honorable way.) The Bushi was not without dignity and did not accept his master's commands when they seriously breached his moral code. Tyranny was unacceptable to the true Samurai. He was an advocate of genuine spiritual serenity including a non-attachment to the physical aspects of this world.