

# CHOKES

## SET 1



Hadaka Jime  
Bare or Naked Choke



Okuri Eri Jime  
Assisted Lapel Choke



Kata Ha Jime  
Single Wing Choke



Juji Jime  
Cross Choke

Sode Jime  
Sleeve Choke

Punch Choke

## SET 2

Whizzer Juji Jime  
Underhook Cross Choke

Baseball Juji Jime  
Bat-Grip Cross Choke

British Roll Choke

Koshi Jime  
Hip Choke

## Guard Sweeps List

Knee Kickout

Cross Grip

Scissor

Reverse Scissor

Forklift

## Guard Passing List

Leg Shuck

Spin Move

Leg Capture

## SET 3



Sankaku Jime  
Triangle Choke

Jugoku Jime  
Hell Choke

## Turtle Turnover List

Gut Wrench

Far Arm Drag

Far Arm & Leg Drag

Near Arm & Leg Drag

Quarter Nelson

Half Nelson

Three-Quarter Nelson

Tenadze

Push-Pull

Malloy Rollover

Cat's Paw

Wrist-Lock

Handcuff