

## HADAKA JIME A



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1,2,3. Both sides stand in Migi **Hanmi Kamae**. Uke at the right side of the picture attacks Tori at the left side of the picture with **Migi Kezami Tsuki** (front hand punch). Simultaneously, Tori steps with his left leg forward and slightly towards his left shoulder out of the punch line and slide blocks Uke's right hand punch in an arc movement downward toward his right hip corner unbalancing Uke frontwards and at the same time makes contact with his left hand palm to the center of Uke's lower back.



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4,5. Tori brings his right lower arm in front of Uke's throat, pushes with his left hand Uke's lower back to unbalance him backward and grabs his right hand palm with his left hand, makes contact with his right cheek and pulls with both hands towards his chest to make a very strong strangle.

6,7,8. Tori kicks the back of Uke's left knee joint with his left foot (do it lightly in training session to avoid injury to the knee joint) to brake Uke's stance and kneel on his left knee to continue strangling Uke in a sitting position and submit him.

\* Make sure to keep Uke unbalanced throughout the whole technique.

\* Make a tight contact with your chest to Uke's head.

\* Pull both hands straight towards your chest so that the strangle is more effective.

\* Repeat the same with the other side.



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