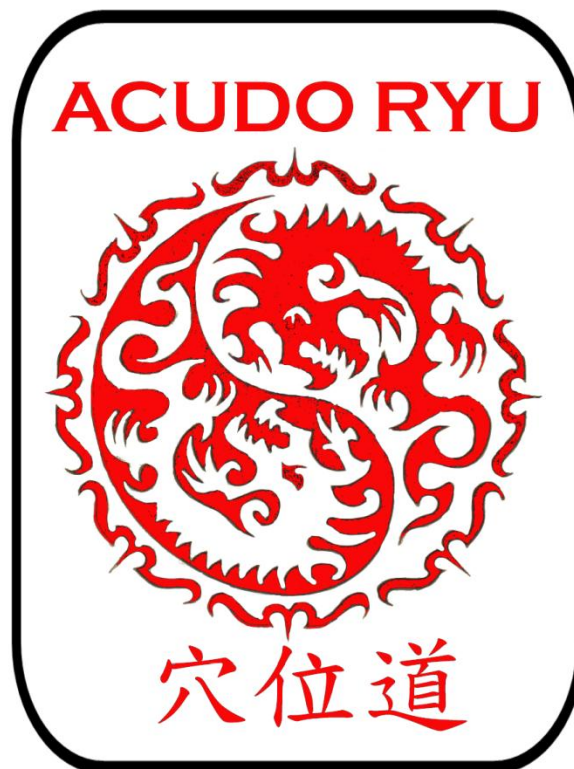


# World Acudo Camp 2009

Strangulation, bars and  
combination of points for movement





# Never forget!!!

45% of fights finish with choke or armbar

31% ends with KO after punches (not kicks)

Less than 24% ends with a kick

The top three winners in fights are:

- Armbars
- Punches
- Choke

## Therefore you need to know the essentials

### Armbar

An **armbar** hyperextends the elbow joint

### Juji-gatame, 十字固, "cross armlock" (ude-hishigi-juji-gatame)

The japanese word 十字, *juji* refers to visual resemblance to the number 10 who is a cross, 十.

Important acupuncture points:

- Li4 or Lu5 if he resist
- P6 to get more power
- Li18 to create movement



## Ude garami, bent arm lock,

The arm should be bent less than 90 degrees and the elbow should be pulled toward the belt in a short circular movement. Remember to control the shoulder.

Important acupuncture points:

*Yin side up:*

- Li18 to create movement
- Sj 5 to keep elbow bent
- Sj 12 to get more power

*Yang side up*

- Sp21 to create movement
- Sj5 to keep elbow bent
- Sj12 to get more power

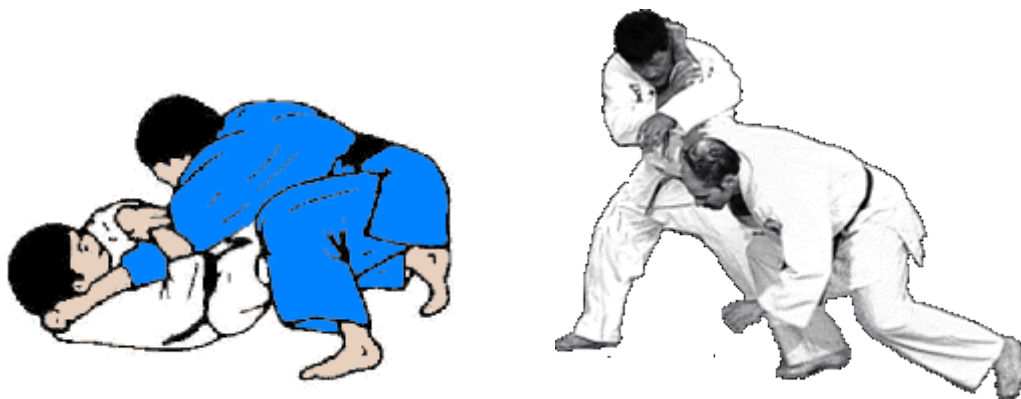


## Ude Hishigi Ude Gatame

The arm should be straight and pressure made on the elbow. The technique can be done in many positions.

Important acupuncture points:

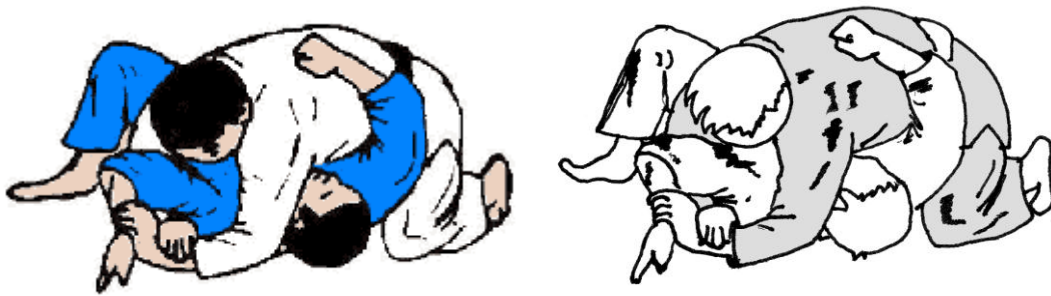
- Sj11 to get power



## Kansetsu wasa (bars)

### Ude garami

Important acupuncture point: Sj16, sj11 and p6



### Waki gatame

Important acupuncture point: Sj10 and p6



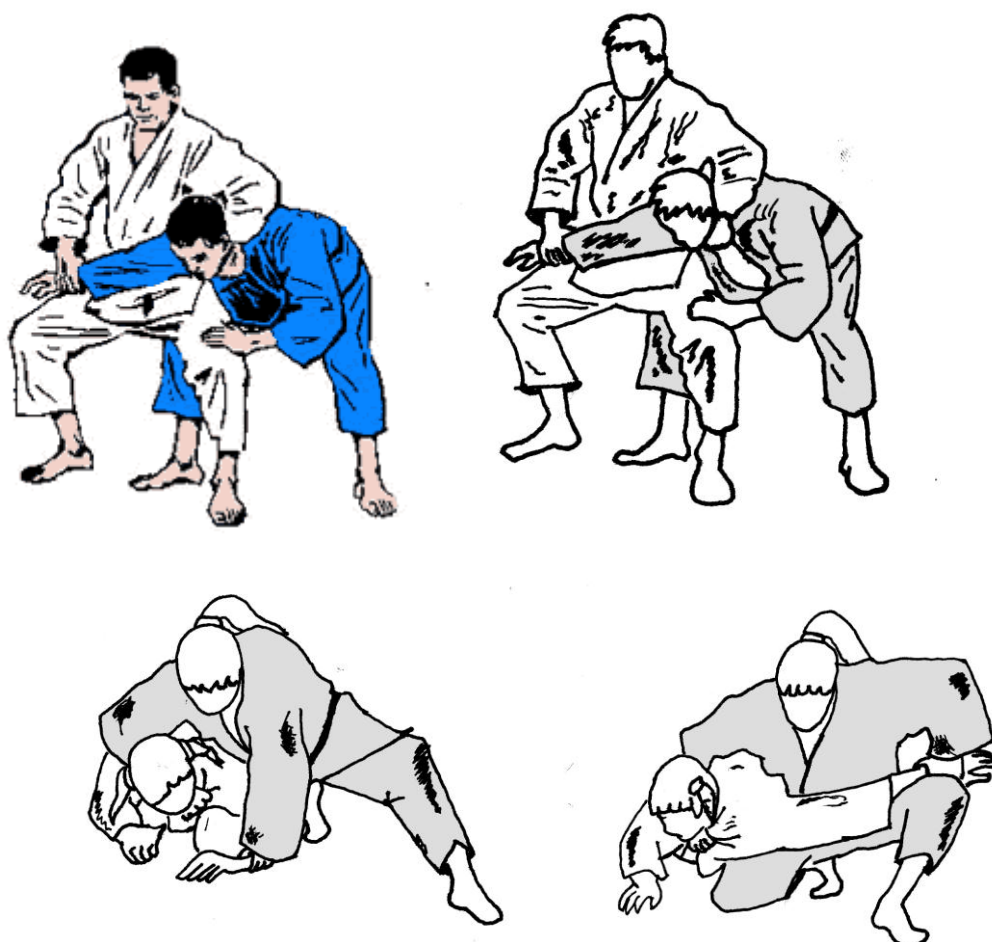
## Ude gatame

Important acupuncture point: Sj10



## Hara gatame

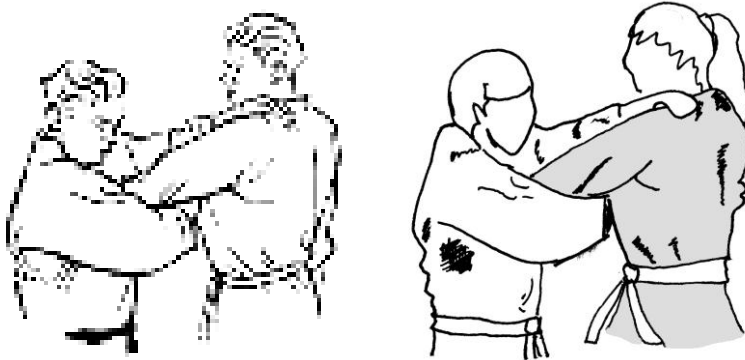
Important acupuncture point: St9, sj10 and p6





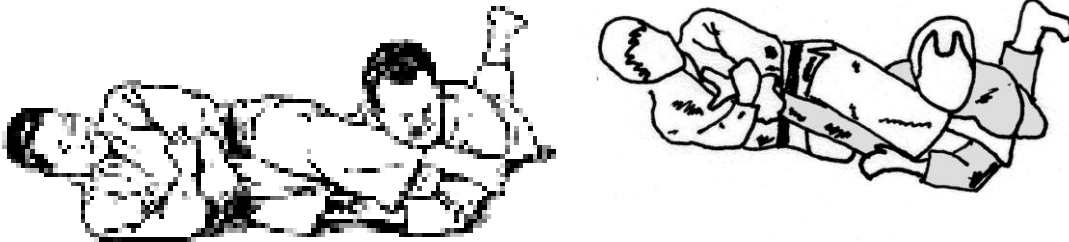
## Kannuki

Important acupuncture point: Sj10 and gb 21



## Gyakujuji

Important acupuncture point: Sj10 and p6



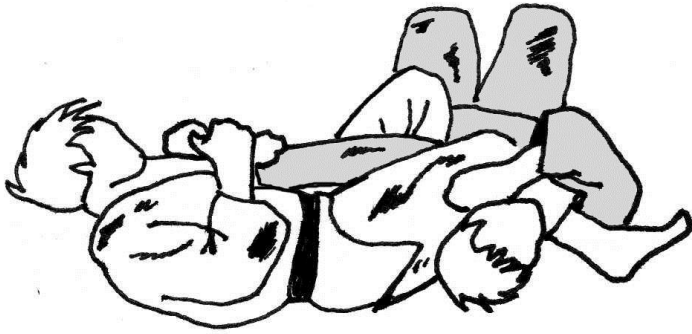
## Ashi gatame

Important acupuncture point: Sj10 and p6



## Juji gatame

Important acupuncture point: Sj10 and gb 21



## Te gatame

Important acupuncture point: p6, sj10 and st9



# Necklocks

The goal is to dislocate the cervical vertebrae and cause death! Never ever do this!

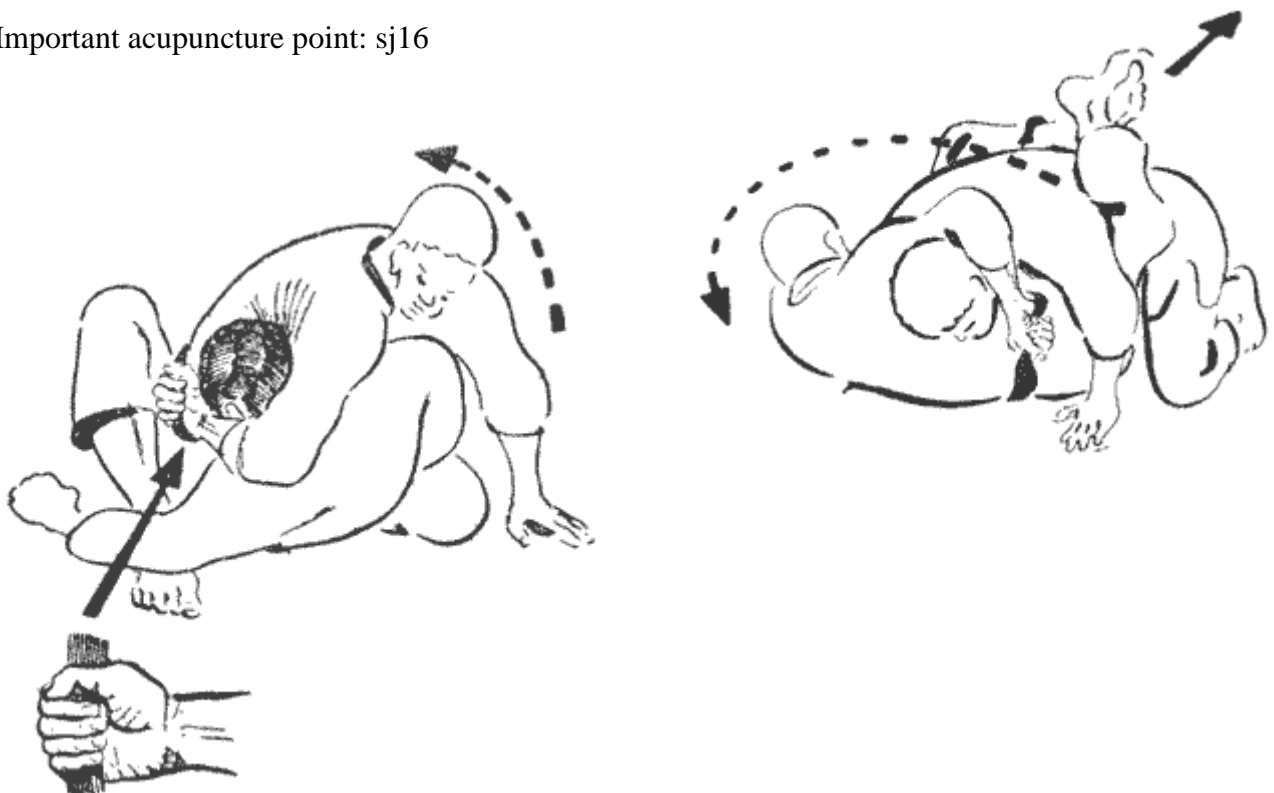
## **KUBI-HISHIGI** (Dislocation of Neck)

Important acupuncture point: gb20 and st17



## **OSAE HISHIGI** (Dislocation in Immobilization)

Important acupuncture point: sj16





## **TATE-HISHIGI** (Standing Dislocation)

Important acupuncture point: sj16 and li18



## **GYAKU-HISHIGI** (Dislocation by Elongation)

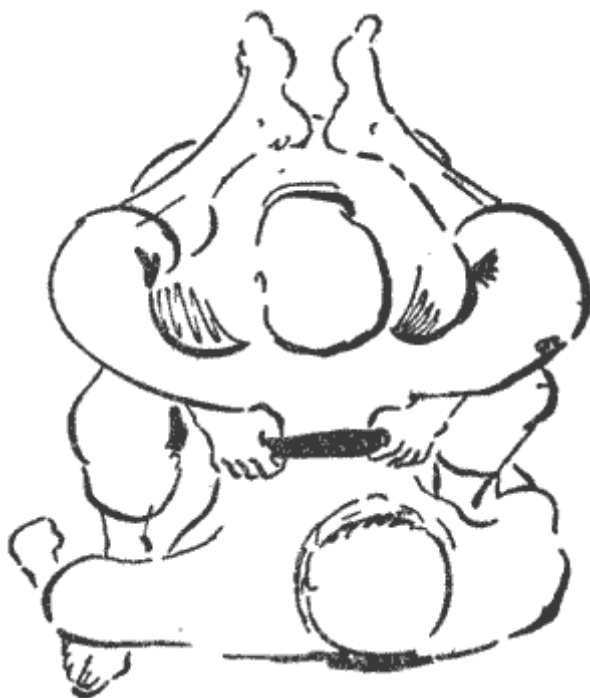
Important acupuncture point: sj16 and si17





### **TOMOE-HISHIGI (Dislocation in Circle)**

Important acupuncture point: le14



### **KESA-GATAME-KUBI-HISHIGI (Dislocation of Neck in Scarf Hold)**

Important acupuncture point: li18 and sj16





# Wrist lock

**San kyo**, 三教, Rotational wristlock

**Kote gaeshi**, 小手返, forearm return

Important acupuncture point: h7 and sj3



**kote mawashi**, 小手回し, forearm turn.

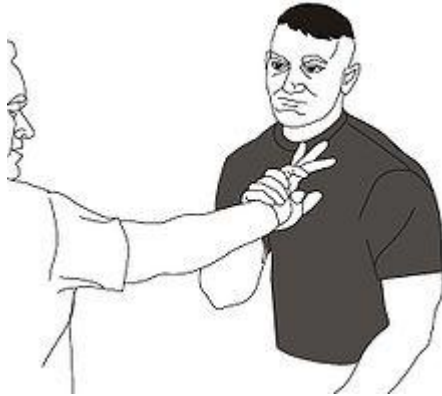
Important acupuncture point: sj3, sj11 and li4





## **Tekubi gatamae**, hyperflexing wristlock

Important acupuncture point: si4, si5 and li4





## Shime Waza STRANGULATION

To be able to make the perfect shime waza (shime = constriction and waza = technique), strangulation you need to pay attention to the details. There are three basic ways of strangling an opponent:

**1. Compression of the carotid arteries of the neck**

1. Restricting the flow of blood with oxygen to the brain
2. Require 6 times less force option 2
3. Works 6 times faster than option 2
4. Less painful

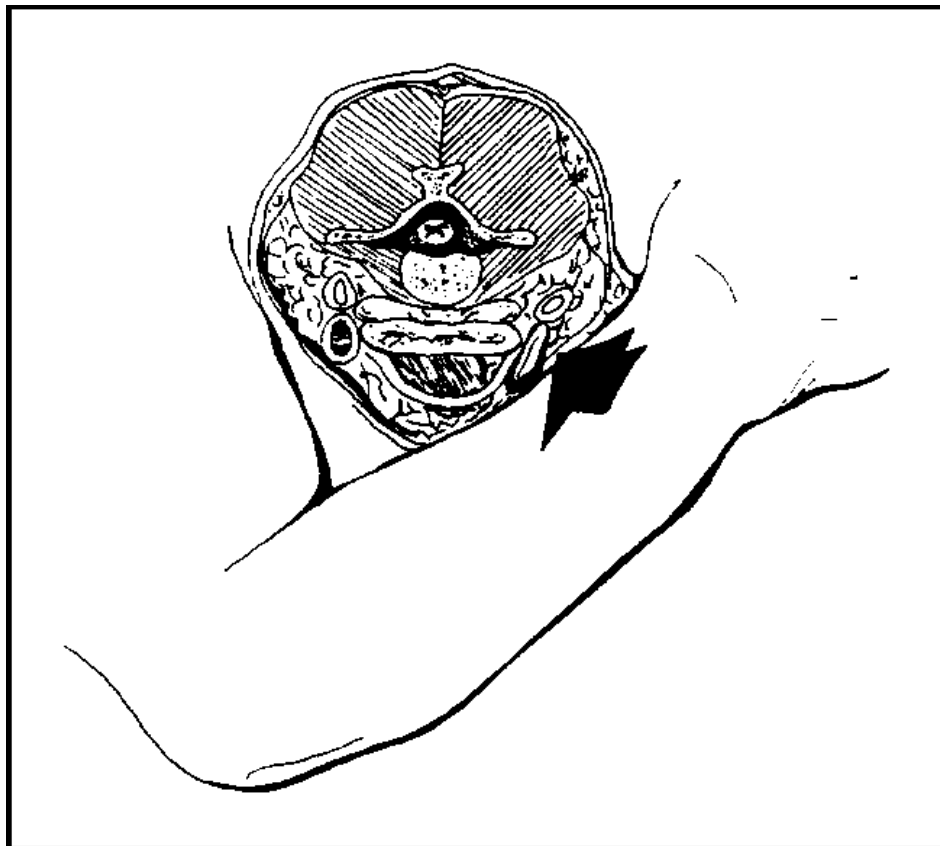
**2. Compression of the trachea**

1. Stopping or reducing the flow of air to the lungs and thereby to the blood.

**3. Compression of the chest and lungs preventing the opponent from inhaling**

1. Thereby reducing or stopping the oxygen to the blood

The placement of the hands is of the utmost importance in shime waza





## **Kappo, Resuscitation Techniques**

After a faint

1. Stop the technique
2. Lay him flat so that blood may flow naturally back to the brain
3. If vomiting place the victim on his side
4. Monitor him closely to make sure the airway is open and the victim is breathing
5. He will generally regain consciousness spontaneously and be unharmed
6. We give him 20-30 seconds to regain consciousness
7. If not awake and remains unresponsive he need medical assistance (CPR)
  - a. Mouth to mouth
  - b. Heart compression
  - c. Traditional techniques from judo, Acudo ryu and Chinese medicine

### **Basic cardiac life support measures (CPR)**

- UNRESPONSIVENESS
  - Try to awaken the athlete with vocal stimuli
  - Try to awaken the athlete with pain stimuli
- AIRWAY
  - Open and maintain a patent airway.
- BREATHING
  - Check for breathing
  - Initiate two slow breaths if there is no breathing,
- CIRCULATION
  - Check for the presence of a carotid pulse
  - If absent, commence chest compressions and artificial respiration.

### **Traditional techniques to reveal the patient**

**Sasoi katsu** (Draw air into the lungs)

1. Make the patient sit in front of you.
2. Put your right knee against the patient's spine
3. Place your hands on his lower chest
4. Hook your fingers under the lower ribs
5. Pull back (Open the ribs to either side)
6. Put your weight and bend his body back
7. Press with your knee
  - a. This will draw air into the lungs.
8. Then release your pressure.
  - a. Air will be exhaled from the lungs.
9. Repeat





## **Eri Katsu**

1. Kneel to the right of the victim
2. Support his upper body with your left arm around the shoulder
3. Put your right hand on epigastrium
4. Press up
5. Diaphragm will to rise
  - a. Expelling air from the lungs
6. Bend the upper body forward with your left arm
7. Then allow air to enter the lungs
8. Repeat

## **So Katsu**

1. Lay the on his back
2. Kneel aside the hips
3. Place your hands (pointing upward) on the bottom of the rib cage.
4. Press to make him exhale, then relax the pressure.
5. Repeat

## **Other techniques**

- Slapping the face
- Striking the sole of the foot (Kidney 1)
- Yelling

Massage of the carotid triangle on the neck to open up a collapsed artery or to manually stimulate the carotid sinus

## Shime waza – strangulation

Often this technique include the use of a knuckle or outer hand edge. The best place to put the pressure is according to the acupuncture points. All shime waza will result in either: A partial obstruction of blood flow to the brain results in hypoxia, or A partial closure of the trachea results in asphyxia.

### The important facts

1. Hadaka jime is pressure in **back**



2. “All other shime waza” is pressure in **front**

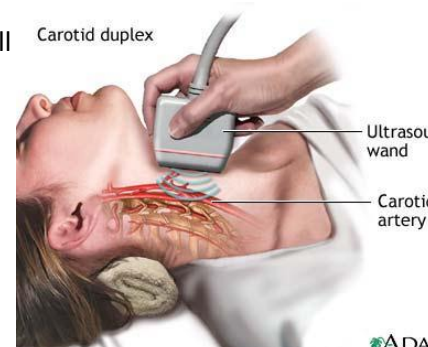


The main goal is to stop the flow of oxygenated blood to the brain. The person will normally faint within 8-14 seconds when the technique is landed. And wakes up within 16 – 30 seconds

### Shime waza trix

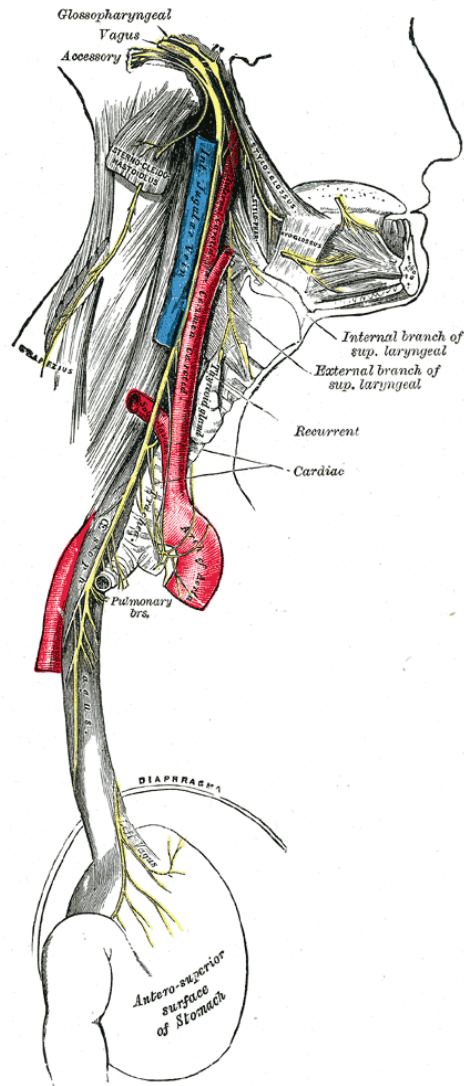
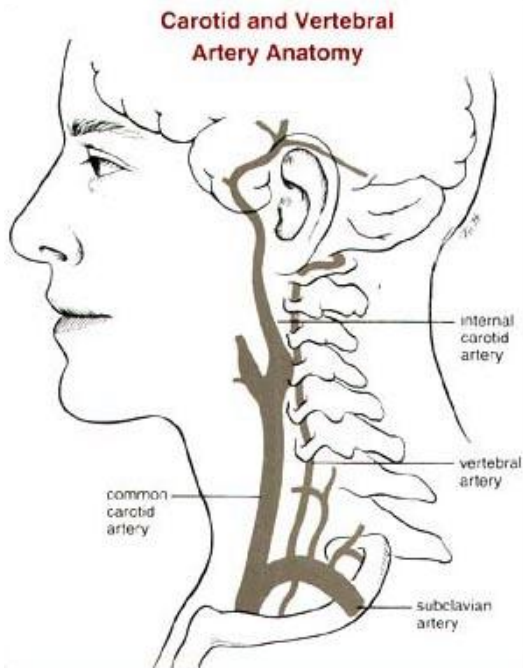
The main goal is to reach the carotid artery

In front of this artery we have a muscle sternocleidomastoid. It will protect the artery. Therefore make a twisting action to push the muscle a little to facilitate a direct pressure on the carotid artery



The pressure needed to occlude the carotid artery is 250 mm/hg or 5 kg. For making the same at the airways you need a pressure of about 30 kg.

Resulting in less oxygenated blood reaching the cerebral cortex. The result will be unconsciousness. This specific unconsciousness is temporary.



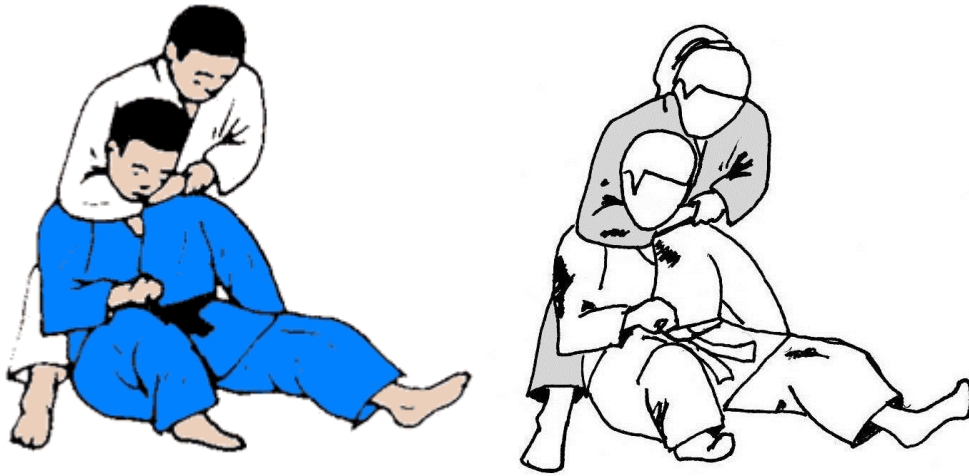
Remember the main goal is to:

### Cause unconsciousness due to lack of oxygen:

- Acute cerebral anemia by pressure on:
  1. Common carotid artery
  2. Occipital artery
  3. Jugular vein
- Shock, reflex action initiated on the receptor organ in the carotid sinus.
- Tachycardia hypertension is caused by stimulation of the sympathetic nervous system (vagus nerve).
  1. The systemic pressure rises 30-40 mm of Hg.
  2. After release the blood pressure returns to normal in 3-4 minutes.

## Hadaka jime

Important acupuncture point: St9 and Li18. Rub Si17 for more power.



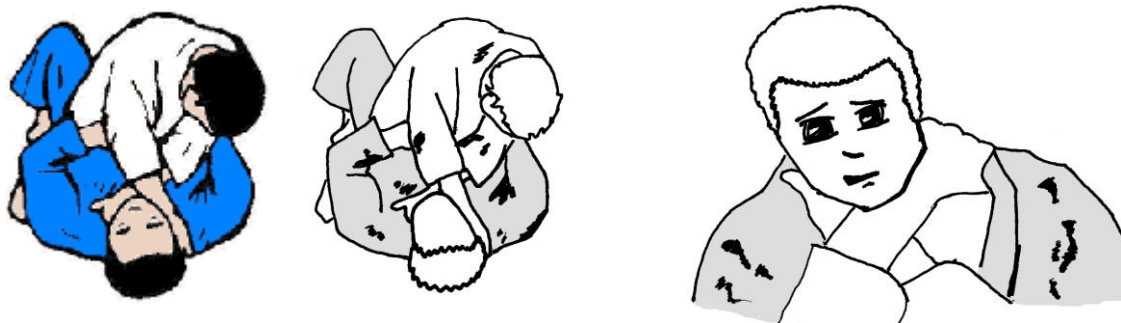
## Nami (Mani) juji jime

Important acupuncture point: Li18 and sj16. Rub Si17 for extra power.



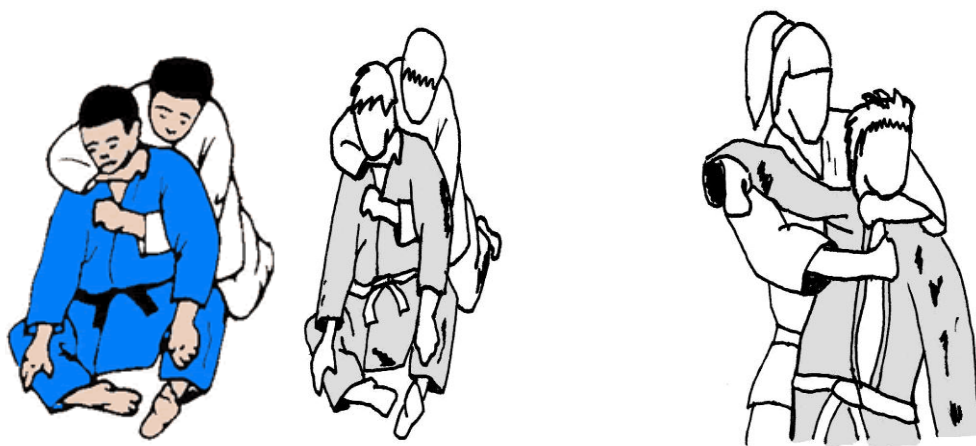
## Kata juji jime

Important acupuncture point: St9 and Li18. Rub gb20 for extra power.



## Okuri eri jime

Important acupuncture point: Li18 and sj16



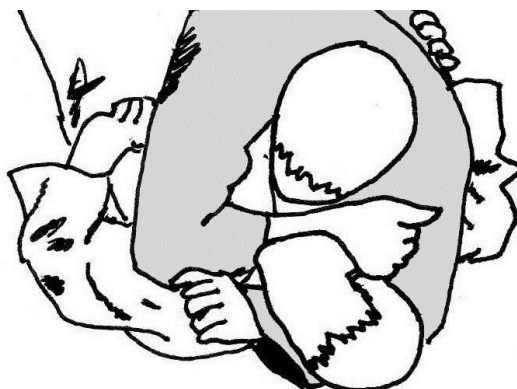
## Gyaku juji jime

Important acupuncture point: Si17 and sj16



## Sode guruma jime

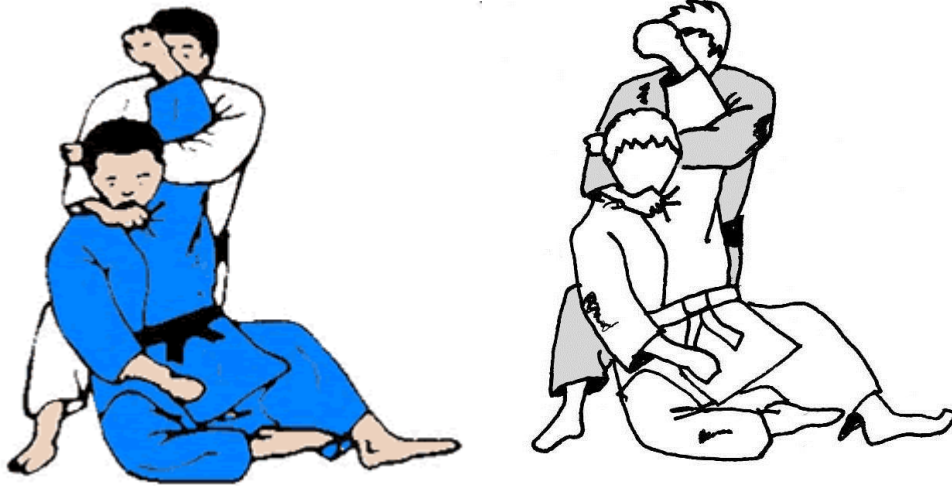
Important acupuncture point: Si17, St9 and sj16





## Kata ha jime

Important acupuncture point: Sj16, Gb20 and sj16



## Katate jime

Important acupuncture point: Sj16





