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# **SHIME TE**

- 1. Eri Gatame**
- 2. Kata Gatame**
- 3. Juji Gatame**
- 4. Shiho Gatame**
- 5. Sankaku Gatame**
- 6. Ushiro Gatame**
- 7. Namijuji Shime**
- 8. Gyakujuji Shime**
- 9. Ichimonji Shime**
- 10. Tsukkomi Shime**
- 11. Hadaka Shime Ichi**
- 12. Hadaka Shime Ni**
- 13. Hadaka Shime San**
- 14. Dakikubi Shime**
- 15. Osaegami Shime**
- 16. Kote Shime**
- 17. Tenada Shime**
- 18. Do Shime**
- 19. Ashi Karami Shime**
- 20. Ashi Nada Shime**
- 21. Ashi Yubi Shime**
- 22. Momo Shime**
- 23. Shikano Issoku Shime**
- 24. Shidare Fuji Shime**
- 25. Tatsumaki Shime**



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