Nami Juji Jime, when applied properly is a blood choke which works by stopping the flow of blood to and from the brain. This can cause the loss of consciousness in as fast as 3 seconds while allowing Uke to breathe normally during the choke.

HAND PLACEMENT

Begin by having Uke lie on his back. Step astride of Uke, facing towards Uke's head. With your right hand, cross Uke's center line to grab Uke's Right lapel. Your thumbs should be in so that your palm is down facing the shoulder and the pinky finger is net to the neck. The knuckles should be places approximately along a line that extends directly below the ear. With the thumb placed inside the lapel and the fingers on the outside, slide your hand down to the back of the lapel. With your left hand, take a correspondingly deep grip of Uke's Left lapel with your thumb inside. Your wrists should be crossed in front of Uke and just below the chin. Both of your thumbs should be inside the lapels.

APPLICATION

To apply the choke, tighten your grip on Uke's lapels and give your hands a slight turn so that the back of your hands approach Uke's neck. Flex your wrists in the direction of your thumbs and pull Uke towards you. You should not be applying this choke by pressing down on Uke's neck by by pulling Uke toward you, lifting Uke's head of of the mat and flexing your elbows outward. As the choke is applied, our head and Uke's should approach and nearly meet about midway between you and he. Uke's head should rise off of the mat a few inches and yours should be lowered at the same time. As your hands turn, palms outward, and your elbows open wider, Uke should feel a warm sensation in the face letting him know that the blood flow has been restricted. As soon as Uke taps out, release the grip.

DEFENSE

To defend against Nami Juji Jime, place your tongue against the roof of your mouth and press strongly. This helps to strengthen the neck. Next turn your head towards Uke's lower hand and drive your chin down as hard as you can and keep it there. Now that your neck is stronger, you have a couple of options on how to break.