

Choking a Self Defense Art

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Abstract—In civilized society uncivilized behavior were shown by the people. Like Sexual exploitation , Academic exploitation, Social exploitation, Physical exploitation, Psychological exploitation and Under-representation in unlimited fields. In this paper an attempt is made to provide a solution for public those who are facing problems in the society with small self defense but effective Shime waza (Choking) technique . In conclusion this paper creates awareness and knowledge of above mentioned topic and recommends choking practice with full awareness of techniques, physiological effects, structure Resuscitation Techniques Hence Law is becoming a long term solution but self defense is a fast and immediate solution with proper scientific regular training.

Index Terms— Shime waza, Choking, Gentleness, Kappo, and carotid artery.

I. INTRODUCTION

In civilized society uncivilized behavior were shown by the people some of them are Like Sexual exploitation , Academic exploitation, Social exploitation, Physical exploitation, Psychological exploitation and Under-representation in unlimited fields. Experience and knowledge of choking can benefit in a truly practical approach of self- defense. Hence for Law is becoming a long term solution but self defense is a immediate solution.

Choking and strangulation techniques is a subtle art that requires more attention to detail than many other skills in Judo game Most in fact imply that any pressure on the neck that makes the opponent to surrender is a good choke.

As per Jigoro Kano " use your hands, arms, legs or lapels to apply pressure to his neck or throat." the objective of these art is to subdue violent opponents with temporary unconsciousness. In Judo practice there are three ways of choking or strangling an opponent: Compressing of the carotid arteries of the neck restricting the flow of blood and oxygen to the Heart ,lungs and brain.

However they are grouped together as a class of Holding techniques called shime waza. Shime means constriction and waza means technique so this group of techniques are all those involving constriction.

Students of Judo have developed many variations in the details of how best to utilize the legs, hips, chest, head, arms and hands to maximize the effect of the choke(Compressing of the carotid arteries of the neck).

Applying chocks depends upon the players training ,size, movements ,position preference and physical abilities. Explaining the each techniques in brief is difficult but some of the basic chokes of Judo are as follows :

Nami juji jime ,Gyaku juji jime, Kata juji jime, Hadaka jime,Mae hadaka jime,Okuri eri jime,Kataha jime , Katate jime ,Ryote jime,Sode guruma jime,Tsukkomi jime, Jigoku jime (hell strangle) andSankaku jime.

II. SAFETY CRITERIA

It rare , because the athlete refuses to submit to the choking technique, or the strangulation is held too long (e.g., 30 seconds), unconsciousness will occur. So the first goal before having to rely on resuscitative measures, is prevention.

To ensure maximum safety following criteria should be followed:

1. Choke holds should be taught only by qualified and certified instructors.
2. One should know the anatomical structures of the neck and Develop a knowledge of the physiology of choking, and be familiar that only a relatively minimal pressure is needed to cause unconsciousness.
3. Immediately recognize the conscious and unconsciousness state and immediately release pressure on the neck.
4. Apply the proper resuscitative techniques if unconsciousness is prolonged.
5. Stop vomit aspiration and maintain airway by placing the player in the recovery position .
6. Practice choking techniques with safty.
7. Learn when and how to give up to avoid the risk of unnecessary periods of unconsciousness.
8. safety rule release pressure immediately when the player submits.

III. STRUCTURE OF THE NECK

The most effective method of shimewaza uses the principle of "maximum efficiency with minimal effort" by applying pressure directly on the carotid triangle without applying the pressure diffusely around the neck. The anterior cervical triangle of the neck contains the superior carotid triangle, within which there are the common carotid artery and branches, the carotid bodies, internal jugular vein, vagus nerve and branches, superior laryngeal nerve and the sympathetic trunk.

IV. PHYSIOLOGY OF CHOKING

The amount of pressure directed to the superior carotid of the neck and needed to render an adult unconscious is no more than 300 mm Hg. A proper performed choke, stated in general terms, requires no great amount of strength.

As per the Society of Scientific Study in Judo (Kodokan, Tokyo, Japan), the state of unconsciousness is caused by temporal hypoxic condition of the cerebral cortex (lack of oxygen to the brain).

To perform a shimewaza (or choking technique), the player applies pressure on the opponent's neck usually by pulling on the opponent's collar or by directly applying the forearm to the neck by his hands (forearm) or judogi (uniform) and in doing so obstructs the blood flow of the common carotid artery (not the vertebral artery). The complete obstruction of blood flow to the brain or asphyxia by complete closure of the trachea (windpipe) will result in irreversible damage (if held too long) to the body and possibly in death. However, in 99 percent of the choking techniques there is not complete blockage of the trachea.

The use of choking to induce unconsciousness is a temporary incapacitating technique of short duration whose proper execution is quite harmless.

V. EMERGENCY CARE

Kappo (Resuscitation Techniques) Unconsciousness occurs about 10 seconds after the application of an effective choke. the player should regain consciousness in about 20 seconds after release of chock. If the player remain unresponsive after this period, provide medical assistance immediately.

Unconsciousness in itself may be deemed a medical emergency. If the judoka does not awaken after 20 seconds, in addition to initiating efforts to revive him, alert medical services. Basic cardiac life support measures (CPR) should be applied along the following lines:

VI. UNRESPONSIVENESS

Try to awake the a player with vocal stimuli (shout and call out to the athlete)and awake the player with pain stimuli (e.g. triceps pinch and sternal rub.)

Airway: Provide proper airway for the Unconscious player .

Breathing: Check for breathing ... Look at the chest rise, listen for air exchange, feel for a breath. Initiate 2 slow breaths if there is no breathing,

Circulation: Check for the presence of a carotid pulse. If absent, commence artificial respiration and chest compressions.

Traditional resuscitation techniques include:

- The direct massage of the carotid on the neck to open up a collapsed artery or to stimulate the carotid sinus.
- Methods of assisting the victim in waking up and focusing attention such as slapping the victim or striking the sole of the foot.
- Methods of simulating breathing through massage of the chest or diaphragm, expanding and contracting the lungs.

VII. CONCLUSION

In conclusion this paper creates awareness and knowledge of above mentioned topic and recommends choking practice with full awareness of techniques, physiological effects, structure Resuscitation Techniques (Kappo) Hence Law is becoming a long term solution but self defense is a fast and immediate solution with proper scientific regular training.

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