

QUICK CROSS-REFERENCE STUDY GUIDE TO TECHNIQUES FOUND IN

Jujitsu: Basic Techniques of the Gentle Art

by George Kirby

Jujitsu: Intermediate Techniques of the Gentle Art

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Budoshin Jujitsu Student Handbook

Budoshin Jujitsu [Big Book]

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Sandan, Japanese Jujitsu

Shodan, Korean Karate

This study guide cross-references and briefly describes all Budoshin Ju-jitsu techniques up through Shodan. This guide is designed to allow anyone to practice jujitsu alone or with an uke. Whether you are sitting on a jet or by the fireplace, you may visualize these techniques by recalling your experience practicing them in the dojo. The mental imagery will improve both the flow and the consistency of the performance of your techniques. This guide is also designed for efficient use in the dojo, when a quick reminder or clarification is all that is necessary to execute a technique properly. These pages may be separated, enlarged, laminated, and hung on the dojo wall for easy access. The ultimate purpose of this guide is to improve your learning experience by creating more efficient use of valuable time.

	Japanese	English	Attack	Block	Strike	Throw	Grapple
	Ago No Maki	Chin wind reverse pin	Lying on my back,	Roll and slide to RT	Hook my LT leg over	Roll him over me to	LT arm guillotine, lean
	Shimi Waza	216	he has a RT arm	till parallel with him	his LT leg,	his stomach	back on his head
1	(Nikyu)		headlock		LH execute chin turn		with my body
	Ashi Makikomi	Foot winding throw	RT foot stomp to	Both forearms	RH grabs heel,	CCW while	LT heel to rear
	(Ikkyu)	(Leg winding throw)	head from my RT side	cover face	LH grabs ball	rolling RT	sphincter or
2		202	(Ground)		of foot		tailbone
	Ashi Makikomi	Leg winding	RT front	RT arm deflect	Hold his	Turn LT down to	Forearm against
	(Black Belt	throw	kick	and hook, LH grab	leg tight against	RT knee, leglock	Achilles tendon
3	(Begin at Ikkyu)	100		back of RH	me	lift submission	
	Ashi Tatakae	Leg strike rear	Tai otoshi off	LH grabs	RT kneecap	Rear takedown,	Heal palm
	(Sankyu)	takedown	my RH lapel grab	back collar	to back of	pivot LT CCW	to nose
4		180	(Reversal)		RT knee		
	Ashi Tatakae	Foot grab body roll	Kick to RT ribs	Roll RT, bring fists,	RH hooks his foot	Roll toward attacker,	RT elbow strike
	(Nikyu)	elbow strike	or gut	forearms and	at Achilles	keep rolling	to groin or gut
5		200	(Ground)	knees to my chest			
	Ashi Yoko Nage	Foot twist side	RT front	RH fist blocks	LH reach over foot to	Turn foot CCW, lean	Figure 4 leglock,
	(Sankyu)	throw	kick	out and up to	grab heel, RH grab	back while pivoting	hair grab, roll to
6		96		hook ankle	ball of foot	my LT foot back	RT to release
	Atama Maki	Head wind	Two-handed	Cross my hands	Bend forward	Go under	Tachi waza
	(Yellow Belt)		front choke	palms down to block	and down	either arm	
7				possible knee thrust			
	Atama Makikomi	Head winding throw	Front choke or	RT fist strong	LH grabs hair on	Turn head, don't	Snap head
	(Green Belt)	(Key turn)	double lapel grab	punch to gut	back of head, RH	pull, pivot LT foot	opposite direction
8		192, 110 - B			cups chin	back 180 degrees	
	Atama Otoshi	Hair grab knee	Full	Hands up while	Grab hair on back	Over my RT	Heel palm
	(Sankyu)	drop throw	nelson	RT foot steps	of head, drop to	shoulder, turn LT	nose
9		152		back	RT knee		
	Atemi Shioku Waza	Body attack	Low or mid	Pivot RT, LH grab	RH chop wrist,	Te nage CCW	Wrist press
	(Black Belt)	128	knife thrust	wrist with thumb	RT knee	pivot LT	
10	(Begin at Ikkyu)			on knuckles	to gut		
	Bokken No Tatake	Stick defense	Stick tip	Pivot RT, RH grabs	LH remains open,	Pull stick up	Stick tip to
	(Black Belt)	224 - 234	gut stab	down on stick front,	CW circle, then	and away, untwist	sternum, gut or
	(Begin practice	(This example is		LH grabs up on	LH grabs stick	my arms	head
11	at Nikyu) (12)	mae nage)		stick back			
	Bokken No Tatake	Stick defense	Stick tip	Pivot RT, RH grabs	LH remains open,	Pull stick up	Stick tip to
	Mae Nage	forward throw	gut stab	down on stick front,	CW circle, then	and away, untwist	sternum, gut or
	(Black Belt)	(Uke goes to my RT)	(Uke's LH on front of	LH grabs up on	LH grabs stick	my arms	head
12	(Begin at Nikyu)	224	stick, RH on back)	stick back			
	Bokken No Tatake	Stick defense	Stick tip	Slide RT foot to RT,	RH rotates rear of	RT foot steps	Stick tip
	Naka Mae Nage	inside forward throw	gut stab	pivot LT 90 degrees,	stick CCW around his	forward with RH up	to kidneys
	(Black Belt)	(Uke goes to my LT)	(Uke's LH on front of	LH grabs down,	RT wrist to hook his	and LH down close	
13	(Begin at Nikyu)	226	stick, RH on back)	RH grabs up or down	RT wrist (video 5 - 12)	to my LT hip, CCW	
	Always have another	technique in mind	in case your original	technique does not	work as planned.	Become great at	combining techniques.

	Bokken No Tatake	Stick defense	Stick length pushed	RT forearm blocks	As he pushes, turn	LH to my LT side,	Seize stick, use
	Yoko Nage	side throw	towards chest	inside his LH, LH	stick CCW, pull	RH up and over with	tip to strike vital
	(Black Belt)	(Uke goes to my LT)		grabs outside his	LH, push RT	LT pivot	area
14	(Begin at Nikyu)	232		RT	forearm		
	Bokken Tomoe Nage	Stick stomach	Stick length pushed	Trap top of his	Either foot to	Flip, roll LT and	Seize stick, use
	Nage	throw	towards chest	hands onto stick	lower gut while	come up on LT	tip to strike vital
	(Black Belt)	228			falling backwards	knee and RT foot	area
15	(Begin at Nikyu)						
	Eri Nage or Juji Makikomi	Lapel wheel throw	Double lapel grab	LH grabs LT lapel	RH pulls	Pivot LT	RH pulls to
	Juji Makikomi	114 - B		very high, RH grabs		180 degrees,	choke
16	(Purple Belt)			RT mid lapel		LT knee down	
	Gyaku Karada Juji	Reversing a	Leap to land across	Kiai, with my	Both hands grip	Feet to butt, turn my	While raising my
	(Nikyu)	cross-body drop pin	my torso	palms facing up	side of his ribs, dig	head LT or RT,	arms, maintain
17		220			fingers in	thrust my butt up	strong grips
	Gyaku Tomoe Nage	Reverse stomach	Dragging by wrists	RH CW- LH CCW	Pull his arms	Feet to stomach,	LT heel
	(Ikkyu)	throw	(on my back)	to grad both wrists	bend my arms,	straighten legs	to sternum
18		206		outside			
	Gyaku Ude Guruma	Reversing	Armbar (before my	RH to back of his	Roll RT pushing with	Roll until I am	My RT arm sets a
	(Nikyu)	attempted figure 4	arm is straight, his RT	head, LH on back of	LH and pulling down	straddling him	half nelson
19		on the ground 218	arm over my RT arm	my RH	with RH		
	Gyaku Waza Makikomi	Reverse winding	Low and mid	Pivot RT, LH grabs	My LT arm over his	LT foot back to	Just hold on for
	Makikomi	technique	knife thrust	wrist, with LT	RT, pivot RT turn	submit or left leg out	wristlock shoulder
	(Black Belt)	130		step push hand	hand CCW to palm	and up to drop him	pin
20	(Begin at Ikkyu)				up		
	Haiai Nage or Tekubi Yoko Nage	Wrist side	Grab both	Wiggle LH, turn my	"Clap" RH fingers to	Press down on wrist,	If he lets go, send
	Tekubi Yoko Nage	throw	wrists	RH CW to free, turn	LH extended fingers	pivot RT 180 degrees,	my LT elbow to chest,
21	(Purple Belt)	102, 106		my LH CW to lock	in criss-cross fashion	to RT knee (go fast)	and back fist to nose
	Harai Goshi	Outer sweeping hip	Quick RT / LT	Block both outward,	Crouch, butt back,	Basic hip throw	RT knee to
	With Hiza Tetake	throw	punches	LH grabs his RT	get under both arms,	sweeping my	chest
	(Purple Belt)	54 - B		forearm, RT arm CW,	RH grab RT shoulder,	straight RT leg back	
22					lift him to his toes	his RT leg out and up	
	Hane Goshi With Hiza Tatake	Inner sweeping hip	RT punch	LT forearm block,	Heel palm nose,	RT foot inside his RT	RT knee to
	Hiza Tatake	throw		LH grabs his RT	ippon seol nage or	foot, align hip, knee,	armpit
	(Purple Belt)	68 - B		forearm, LT step	koshi nage stance,	ankle, RT leg sweeps	
23				to hip throw stance	lift him to his toes	and up	
	Hidari Te Nage	LH throw	Lapel grab with	Turn RT blocking	RH grabs his LH,	Pivot RT, my LT	Stand on neck, or
	(Sankyu)	(Attacker's left hand)	knife at stomach	knife hand with	turning it CW while	arm up to CW circle	heel strike to
		154		my LT forearm	straightening my LT	against his RT arm	neck or head
24					arm		
	Hiji Tatake	Elbow release	RT side	Turn in	Chin down	Both hands reach	Tachi waza
	(Yellow Belt)		headlock	by shifting my	towards chest	behind my head to	
25				feet to RT		push his elbow off	
	Hiji Waza	Elbow roll	RT Punch	RH parry,	Cup (sara) LH	Roll his elbow	Continue rolling
	(Ikkyu)	(Ground)		RH grab his RT	under his RT	as I roll to RT	
26		196		wrist	elbow		

	Hiji Waza (Green belt)	Elbow strike (Chin or nose turn)	RT arm headlock	LH under his chin or middle finger under his nose	Turn his head by pushing, not by pulling back	My LT forearm guillotine's him	RT elbow strikes his back with closed fist facing me
27	(Same As 54)	50 - B					
	Hiji Waza (Sankyu)	Elbow lift come-along (Bum's rush) 108 - B	His LH grabs my RT sleeve from beside or from behind	Turn RT raising my RT arm in a CW circle	Forearm against outside of his elbow	My RH clamps my LT forearm for come-along	Keep him on his toes or let him fall backwards
28							
	Hiji Waza or Hiji Yoko Nage (Blue Belt)	Elbow roll takedown (Elbow side throw)	Double lapel grab or punch to head (Ground)	Cupped RH to his LT elbow, LH over his RT forearm and under his LT forearm	RH lifts as LH grabs his LT wrist, pivot LT CCW	Continue pivoting until down	RT knee strikes his straight arm at elbow
29		196, 98 - B					
	Hiji Waza (Sankyu)	Hand wind elbow roll takedown 104-B 106-B	Collar grab and LT wrist grab from behind	RT heel stomps his RT instep	Pivot LT, grab LT wrist lifting his arm up	Cupped RH lifts elbow, pivot LT	Press RT knee on his triceps
30							
	Hiki Waza (Ikkyu)	Figure 4 armbar reverse (Ground) (Ude guruma)	Armbar before my arm is straight, his LT arm over my RT arm	My RT arm reaches up and in	My LH grabs my RT wrist	Attacker rolls over me as I roll LT	Maintain the armbar or shoulderlock as I come to my LT knee
31							
	Hiki Yoko Nage or Kata Eri Nage (Purple Belt)	Sleeve pivot throw 90 - B	Two hands grab my RT wrist	Go with his pull, RT foot big step behind him	Grab RT shoulder, sleeve, or arm, pivot LT 180 degrees	Drop to my LT knee	LT armpit headlock with armbar
32							
	Ippon Otoshi (Ikkyu)	One arm drop throw 146	Bear hug from behind	RT foot stomps RT instep, RT foot blocks his	Crouch slightly, RH reaches up behind RT arm, grab RT shoulder	Drop to my RT knee pulling his shoulder and turning LT	LH grabs high LT lapel palm up, RH pulls to strangle
33	(Begin At Blue)						
	Ippon Seoi Nage (Blue Belt)	One arm hip throw 40 - B	RH clothing grab	LH grabs RT sleeve, RT punch to gut or RT heel palm to nose	RT foot steps inside his RT foot with RT arm under his RT arm, RH grab RT shoulder	Pivot LT, crouch, feet together, straighten legs with bend and look LT	Wristlock lift with LT knee on head
34							
	Juji (Yellow Belt)	Cross block form ("X" block) 58 - B	High or low knife or club	Cross my arms at wrist, usually with RH over LH	Step towards attacker aggressively using loud kiai	Corkscrew for high "X" block, tekubi shimi waza for low "X" block	Choose one!
35							
	Kao Tatake (Sankyu)	Face strike attack 156, 46 - B	Knife at my throat with my back against a wall	RH up with palm facing me, LH cups his elbow	Turn RT with RH strike to wrist and grab, LH elbow lift	Slam face into wall	LH grab hair, yank to ground
36							
	Karada Makikomi (Purple Belt)	Body winding throw 76 - B	Side club	LT step, LH block, LH grab sleeve or arm	Pivot LT, RT arm over his RT arm, RT leg blocks his RT leg	Lean forward, keep body straight, fall while turning LT	Armbar when his palm is up, shoulderlock when palm is down
37							
	Koshi Nage (Green Belt)	Hip throw 40 - B	RH clothing grab	LH grabs RT sleeve, RT punch to gut or RT heel palm to face	RT foot steps inside his RT foot with RT arm around waist	Pivot LT, crouch, feet together, straighten legs, bend at waist, LT and up	Wristlock lift with LT knee on head
38							
	Kubi Nage (Blue Belt)	Neck throw 66 - B	RT punch	LT forearm outward with LT step	LH grabs sleeve, using cupped RH, "pop" neck hard	Pivot LT, LH pulls sleeve	Grip my RT forearm for scissors choke (hasami)
39							
	Kubi Shioku Waza (Blue Belt)	Neck nerve attack 134	Knife stab to chest or overhead knife or club	Pivot RT with LT step back, RT arm up under his RT arm	LH reach behind his back, grab my RH "palm down" fist	"Roll" my RT forearm on his neck	Maintain pressure until he drops the knife
40							

	Mae Ushiro Nage (Sankyu)	Forward rear throw 124	Low knife thrust	Juji with LT step, LH grab his arm, RH grab between wrist and hand	Push RT arm down, raise RT arm up, while going to LT knee	Pull out, down, and back in a big CW circle	Wrist press, RH take knife and toss
41							
	Mae Yubi Nage (Blue Belt)	Forward finger throw 150	RH hair grab from behind	Both hands clamp his hand to my head, pivot to RT while LH grabs three fingers	Lift his hand to get him on his toes	Push up and out, down and back	Drop to LT knee, press palm to ground, lift his fingers
42							
	Mae Yubi Nage (Ikkyu)	Inside forward finger throw 170, 74 - B	LT wrist grab	Turn LH out and up CW while RH grabs three fingers	While RT foot steps, raise RT arm, pivot LT 180 degrees	LT step with RH up and out in a big circle	Finger press on ground, RT knee
43							
	Mae Yubi Nage (Sankyu)	Outside forward finger throw 150	Full nelson	RH grabs finger(s), pull RT arm out to straighten his RT arm	Pivot RT 180 degrees, LH grab three fingers, lift, pivot RT 180 degrees	RT step with LH up and out in a big circle	Finger press on ground, LT knee
44							
	Makikomi w/Armbar Shoulderlock Pin 45 (Purple Belt)	Body winding throw 76 - B	Side club	LT step, LH block, LH grab sleeve or arm	Pivot left, RT arm over his RT arm, RT leg blocks his RT leg	Lean forward, keep body straight, fall while turning LT	Armbar when his palm is up, shoulderlock w/ palm d
	Naka Mae Nage (Black Belt) (13)	Inside forward throw stick defense (Uke goes to my LT) 226	Stick tip gut stab (Uke's LH on front of stick, RH on back)	Slide RT foot to RT, pivot LT 90 degrees, LH grabs down, RH grabs up or down	RH rotates rear of stick CCW around his RT wrist to hook his RT wrist (video 5 - 12)	RT foot steps forward with RH up and LH down close to my LT hip, CCW	Stick tip to kidneys
46							
	Nodo Tatake (Green Belt) (56)	Throat attack 48 - B	Two-handed front choke	RH finger tips to trachea notch	Straighten RT arm	RT step forward, press until he falls	Press to hurt, strike hard to kill
47							
	Obi Nage (Sankyu)	Belt throw (Multiple strike belt throw) 88	RT punch	LH hold arm, RT step with RT forearm to chin, 90 degrees pivot LT, elbow to head	RT arm guillotine with palm on his chest, LH grab belt from behind	RT foot blocks his RT foot, flip, with my RT foot lifting his foot at instep	LH grabs my RT wrist, roll him to eat dirt, my chin on his back, sprawl
48							
	Osoto Gari (Yellow Belt)	Outer rear sweeping throw 64 - B	RT punch	LT forearm block out with LT step	Slide LT foot forward till even with or behind his RT foot	RH grab LT lapel, lean forward, straight RT leg sweeps his	Drop RT knee to ribs or headlock using my legs to armbar him
49							
	Senaka Hiki Nage (Sankyu)	Shoulder pull throw (Reversal) 178	Ippon seol nage off my punch	RT foot step around his, LH grabs his LT shoulder as I face him	LT ankle blocks his RT foot	Fall back while turning LT	RT arm headlock with feet way apart to spread out weight
50							
	Shimi Waza Def. (Yellow Belt)	Pain or strangling technique	Actual definition of Japanese term	but no technique specifically listed	here	under the definitive term	
51							
	Shimi Waza (Ashi Tatake)	Leg lift groin stomp 44 - B	Bear hug from behind pinning arms	RT heel stomps his instep	RT foot slide RT, bend over to grab leg above ankle	Lift leg to my inner RT thigh	LT heel groin stomp or sit on knee to break leg
52							
	Shimi Waza With Ude Guruma (Purple Belt) 53 (Same As 84)	Nerve attack armlock takedown 160	LT side headlock	LH C-grip LT wrist, RH hook fingers and pull	Wide stance, RT foot slide back, release my head	LH lift arm to chicken wing, RH grab hair or collar	RT heel to back of LT knee, RT step back to RT knee
53							

	Shimi Waza	Chin or nose turn	RT side headlock	LH under his chin,	Turn his head by	My LT forearm	RT elbow to his
54	With Hiji Tatake (Green Belt) (27)	50 - B		or middle finger under his nose	pushing, not by pulling back	guillotine's him	back with closed fist facing me
55	Shioku Waza Def. (Yellow Belt)	Nerve technique	Actual definition of Japanese term	but no technique specifically listed	here	under the definitive term	
56	Shioku Waza (Green Belt) (47)	Larynx press 48 - B	Two-handed front choke	RH fingertips to trachea notch	Straighten RT arm	RT step forward, press until he falls	Press to hurt, strike hard to kill
57	Shioku Waza (Karade Makikomi) (Blue Belt)	Nerve wheel throw (Body winding throw) 86 - B	Front bear hug pinning arms	Grab flesh at side or base of ribs on both sides	Turn hands inward, do not lift	RT step, pivot LT "Turn a steering wheel"	Choose one!
58	Shioku Ashi Ushiro Nage (Blue Belt)	Nerve attack rear circle throw (Rear leg lift throw) 112 - B	RT side headlock	LH grab back of collar or hair, RH palm back of RT knee	RH lift while LH yank down while pivoting LT	Follow him to the ground onto my LT knee	RH groin grab, twist and pull
59	Sode Nage (Black Belt)	Sleeve pull throw (Reversal technique) 182	Te nage off my lapel grab	During te nage, grab his RT sleeve at elbow	Fall while my LT instep blocks his RT ankle	LT foot helps lift his leg as he flips over me	Choose one!
60	Sode Otoshi (Black Belt)	Sleeve body drop throw 138	Double lapel cross choke - LT over RT	RH cups LT elbow, LH grabs RT sleeve, hold on to submit	Tai otoshi	Drop to my RT knee, RH grab LT mid lapel	RH pull him up to sit, LH bring RT arm under chin, choke
61	Sode Otoshi (Blue Belt)	Sleeve hold knee drop throw 144	Low rear bear hug pinning my elbows	Slight quick drop so LH can grab RT sleeve or forearm	RT foot outside his, drop to RT knee with RT step back while pivot LT CCW	Turning LT, my RT knee blocks his RT foot	RH grab RT forearm, LH grab back of RT hand, press and twist wrist
62	Tai Otoshi (Green Belt)	Basic drop throw 36, 42 - B	Punch to face	LH grab sleeve, LT foot step across his LT foot	RH grab RT shoulder, RT forearm to jaw as	RT foot blocks RT ankle while turning LT and straightening my RT leg	Wrist press with both thumbs on back of RH, LT knee on bicep
63	Tai Otoshi (Ikkyu) (Begin At Blue)	Knee drop throw 46 - B	Rear RT forearm choke with my back arched	Move my LT foot forward, LT elbow strikes his LT ribs	RH grabs RT shoulder, LH grabs RT elbow or sleeve	Drop to RT knee while turning to LT, my RT knee blocks his RT leg	RT heel palm to nose or cheek
64	Te Nage (Green Belt) (Yellow Belt, off lapel grab, no submit)	Basic hand throw 52 - B	Straight knife thrust	Pivot RT foot back, LH grab top of wrist with thumb on back of hand	RH chop wrist, RT knee strike with RT step, LT leg pivot CCW	Both thumbs push his bent hand, rotate wrist CCW	Slide RT instep under his RT armpit, RT knee on his elbow, rotate wrist CCW
65	Te Nage (Black Belt)	Hand throw 118, 158 52 - B	Knife at my throat with my back against a wall	LT forearm strikes his forearm while pivoting CW	LH grab RT wrist with body against his elbow and wall	Basic hand throw ; for wrist and elbow snap submission :	Slide RT foot under his RT armpit, RT knee on his elbow, wrist CCW
66	Te Nage With Ude Guruma (Sankyū)	Hand throw with armlock 118	Grab both wrists from behind	Kick him, LH grab his RH, pull my RH free, pivot LT 180 degrees	LH pulls while RH bends his RT wrist, pivot LT foot back	Turn his RT wrist CW until he rolls onto his stomach	Chicken wing with my LT knee on his shoulder
67	Te Nage With Ude Guruma (Sankyū)	Hand throw with armlock V - 4 - 2	Grab both wrists from behind	RT kick to gut, with freed LH pivot RT 180 degrees	LH grab his RH, pull my RH free and grab, pivot LT 180 degrees	Turn his RT wrist CW until he rolls onto his stomach	Chicken wing with my LT knee on his shoulder

	Te Shimi Waza (Blue Belt)	Knuckle press takedown 82 - B	RH hair grab facing each other	My hands trap his RH with knuckles in the middle of my palms, fingers interlocked	Clamp his hand while either leg kicks groin	Lift hand off head keeping knuckles squeezed together	Bend hand back while pushing arm down
68							
	Te Takake (Yellow Belt Strikes) (Sankyū)	Multiple strike technique	RT punch	LH parry with LT step	RT knee to gut, LT elbow smash to head, again on return	LT arm guillotine, lift and pivot LT 90 degrees	Belt throw or RT elbow strike to back
69							
	Te Tatake (Black Belt)	Elbow back fist strike 106 --> 109	Double wrist grab from the front	LH CW over his wrist, RH clamps my LH to his wrist (mistake!)	During tekubi shimi waza he gets free by letting his RH go	Spin LT with elbow strike to chest, back fist to nose	RH groin grab or step away
70							
	Tekubi Shimi Waza (Ikkyū)	Wristlock technique (Ground) 190	Front choke on ground, attacker sitting or straddling me	LH grabs his LH with my thumb between his thumb and index finger	LH thumb push down on his median nerve, te nage, RH grab same hand with my	Thumb on back of his hand, into tekubi shimi waza	Wrist press, CW roll onto his arm
71							
	Tekubi Shimi Waza (Sankyū)	Wristlock lift come-along 168, 84 - B	Handshake to trap RH before LT punch	LH C-grip RT wrist with thumb and index	RT foot step to his RT, pivot LT while bringing his arm over my head	Keep his arm vertical	Lift and twist his arm, twist his wrist out and up to torque
72							
	Tekubi Shimi Waza (Ikkyū)	Wristlock takedown 164, 166, 92 - B (Two Versions)	Both hands grab LT wrist His LH grabs my LT wrist	RH clamp his RH to my wrist RH clamp his LH to my wrist	Turn LH CW to outside his RT wrist Turn LH CCW to outside his LT wrist	Push down with my LH Push down with my LH	Keep my arm and wrist straight Keep my arm and wrist straight
73							
	Tekubi Shimi Waza (Yellow Belt)	Wristlock technique / takedown 206, 92 - B	Low knife thrust	LT step into hard juji	RH grab over RH with my thumb on back of hand	Bend wrist, begin CW circle, LH grabs his RH, align thumbs	Kick chest, drop to RT knee, wrist press on ground
74							
	Tekubi Yoko Nage or Haiiai Nage (Purple Belt)	Wrist side throw 102, 106	Grab both wrists	Wiggle LH, turn my RH CW to free, turn my LH CW to lock	"Clap" RH fingers to LH extended fingers criss-crossed	Press down on wrist, pivot RT 180 degrees, to RT knee (FAST)	If he lets go, strike w/ LT elbow to chest back fist to nose
75							
	Tomoe Nage (Purple Belt)	Stomach throw 228, 70 - B	Double lapel grab with push	Grab lapels, fall back, place RT foot on stomach	Roll onto the ground pushing with RT foot	Let go! Or, hang on, roll LT, up on LT knee, hold lapels	RT thumb clamp RT side of neck, LH pull up to choke
76							
	Ube Makikomi (Purple Belt)	Thumb winding throw 88 - B	Two-handed choke from behind	Reach back to grab thumbs or little fingers, lift hands while turning RT	RT step back beside or behind his LT side, cross LT arm down over RT at elbows	Big LT step to wind both thumbs in large CCW circle with hands far apart	Lift thumbs to break, heel strike to head
77							
	Ube Shimi Waza (Ikkyū)	Butt thrust (Ground) 212	He straddles my gut, both arms pinned above my head, I am on my back	Palms up, slide hands to my sides, my heels to my butt	Turn my head, with palms up raise my hands and arms up locking his thumbs	Thrust up my torso and butt at the same time	Roll away, tachi waza
78							
	Ube Shimi Waza (Black Belt)	Thumb lock takedown stick defense 234	Neck high push with prone staff	Grab fists, raise up slightly	My thumbs clamp his thumbs onto staff	Bend his wrists back and down towards him	Knee to chest or face
79							
	Ube Shimi Waza (Black Belt)	Thumb attack 162	RT side headlock	RH grab RT thumb with my thumb at base of his	Pull thumb up and away to release headlock	Use thumb to bring his arm up behind him, my LH may help	RH lift and pull thumb, LH grab hair, standing submission
80							

	Ube Shioku Waza (Green Belt)	Thumb tip press N - 180	Hand shake	Place my LT palm on top of hand shake	LT thumb press his RT thumb nail down, out and away	Or wrap my LT index finger over my RT thumb	Drive the middle knuckle into his metacarpal
81	Uchi Gari (Ouchi Gari) (Purple Belt)	Inner rear sweeping throw 80 - B	RT foot front kick	Sidestep RT while leaning RT, LT forearm deflect and	Hook under leg, LT step, RH grab his LT shoulder	Slight lean forward while straight RT leg sweeps his LT leg	RT knee to groin, or RH groin punch / grab or RH heel palm face
	Ude Guruma (Wristlock lift come-along) (Sankyu)	Armlock come-along 84 - B	RH hair grab from behind	Clamp both hands to knuckles, pivot LT 180 degrees, lift hand off head, use my hands to clamp his	Lift my arms, step behind him, chicken wing, my RT palm holds knuckles	Straddle his RT side so that his elbow is trapped against me	LH lets go, pull RH towards me. Done correctly, this is a "proper hold".
83	Ude Guruma With Shimi Waza (Purple Belt) (53)	Armlock takedown 160	LT side headlock	LH C-grip left wrist, RH hook fingers and pull	Wide stance, RT foot slide back, release my head	LH lift arm to chicken wing, RH grab hair or collar	RT heel to back of LT knee, RT step back to RT knee
	Ude Guruma (Blue Belt)	Corkscrew 58 - B	Overhead club or knife	Step into hard juji, deflect to RT	Both hands grab wrist, CW circle, step under his arm, pivot LT	Pull out and forward, let wrist slip in practice	Hold wrist tight in street to dislocate shoulder
85	Ude Guruma (Blue Belt)	Shoulderlock come-along 96 - B	Handshake to trap my RH	LH slap a C-grip on his wrist	Pivot RT 540 degrees while lifting his arm, stay close to him	LH grab back of his RT elbow	LH pull back while RH torques his wrist out, up and away
86	Ude Guruma (Sankyu)	Shoulderlock hip throw 116 - B	RH knife swipe	Lean back with LT side step, RT step with fist forearms up 16" apart	RT forearm push up with LT forearm over his upper arm	Clamp my LH to my RT forearm, rear shoulderlock takedown or hip throw	Wristlock lift, roll back to armbar or neck scissors
87	Ude Guruma (Nikyu)	Shoulderlock takedown (Reversal) 184	My RH grab his LT shoulder, to his attempted standing figure 4 armbar	RT step, bend my RT arm so that my palm is facing his back	Slide my RT arm up so my elbow is above his forearm	Bring my forearm down (my hand above his shoulder)	LH grabs top of my RH, raise my RT leg with LT pivot, fall slowly in practice
88	Ude Guruma Makikomi (Blue Belt)	Armbar winding throw 194, 62 - B, 100 - B	LH lapel grab with RT punch or RH shoulder grab from rear	Standing Figure 4 armbar with his wrist trapped in my armpit	Raise my LT forearm while RH pushes down	Pivot back on LT foot, holding armbar	Drop to my RT knee, lift up and lean back, neck scissors
	Ude Guruma Ushiro (Purple Belt)	Armbar shoulderlock rear throw 60 - B	Overhead club	Hard Juji, LH grab RT wrist, RH chop elbow, RT step	RH under his arm, clamp my RH to back of his hand	LT step, bring my hands down, (in street, remain standing)	Drop to my RT knee, LH push elbow, RH pull wrist
90	Ude Guruma Ushiro (Yellow Belt)	Shoulderlock rear takedown 94 - B	Handshake to trap my RH	LH slap a C-grip on his wrists,	Pivot RT 360 degrees while lifting his arm, stay close to him	Pull down with both hands (slowly in practice)	Drop onto my RT knee, hold shoulder lock
91	Ude Makikomi (Sankyu)	Winding armbar takedown 132	Low knife swipe	LT forearm downblock his RT forearm out and back, RT knee to chest	Bring LH up behind his upper arm, while pivoting RT leg back	LH slap back of RT shoulder, RH slides to top of my LH	Pivot RT on balls of feet, drop to LT knee, remove weapon
92							

	Ude Guruma	Armbar winding	LH lapel grab with RT	Standing Figure 4	Raise my LT	Pivot back on LT	Drop to my RT knee,
	Ude No Tatake (Black Belt)	Double strike turning throw 84	Double lapel grab	LH grab sleeve, RH backhand ribs with RT step, pivot left 90 degrees	LH pull sleeve with RH chop to inner RT elbow, pivot LT 90 degrees	Down to my RT knee, RT grab back of RH with thumb between his index finger and thumb	LH cups RT elbow, RH twist his wrist while LH rolls his elbow, roll him RT to stomach
93							
	Ude Shioku Waza (Yellow Belt)	Arm nerve technique	Double lapel grab or double front choke	Fingertips to his radial nerves	Grip hard	Pull down with both	Head butt or groin kick or knee to face
94							
	Uki Otoshi (Purple Belt)	Floating drop throw 176 72 - B	RT punch	LT forearm block and LH grab sleeve during LT step	RT armpit to his RT shoulder or RT headlock, straight RT leg up and out	Straight LT leg follows RT leg, look back with pull to LT, kiai recommended	My arms armbars his RT arm
95							
	Uki Otoshi (Black Belt)	Leg block floating drop throw 92	RT punch	LT forearm block and LH grab sleeve during LT step, pivot LT 90 degrees	RT foot step beyond him to his RT to destroy his balance, RH grab his RT lapel	My straight body falls back towards his LT, pull to my LT, roll LT	RT ankle over his RT forearm, LT leg over my RT foot or my RT ankle
96							
	Uki Otoshi (Sankyu)	Floating drop throw (Reversal) 176	Ippon seoi nage off my lapel grab	Grab his LT shoulder during his throw	Hold on	Keep rolling to my LT	RT arm headlock, slide my body to "T", sprawl to crank neck
97							
	Ura Harai (Sankyu)	Outside rear sweeping throw 136	Knife stab to chest or overhead knife or club	Neck nerve attack (kubi shioku waza)	Sweep both legs using outside sweeping hip throw, my back to his	Down onto RT knee, maintain the hold, get behind him and pull him up	When he gets to a sitting position, roll my RT forearm on his neck
98							
	Ura Nage or Ashi Tatake (Ikkyu)	Kneelock rear throw 196, 200, 202	Kick to RT side (Ground)	Bring my forearms (fisted) and knees to chest	RH hooks foot at Achilles	Roll towards attacker, keep rolling	RT elbow strike to groin or gut
99							
	Ura Nage (Sankyu)	Rear circle throw 116	Double wrist / hand grab from behind.	As he pulls back, step back with my LT foot, letting him hold my wrists	RH lift arm over his head as my RT foot steps behind him	Slide RT foot back, pulling his arm down behind his head	Drop my LT knee to ribs, or neck stomp, or blind naked choke
100							
	Ura Nage (Sankyu)	Rear throw 122	RH RT shoulder grab, LT armlock from behind	RH reach behind my back to push my fisted LH down and out	Pivot LT 180 degrees while bringing LT arm over his head	Bring LH down behind his head	Drop my RT knee into his ribs, neck stomp, or blind naked choke
101							
	Ura Nage (Sankyu)	Shoulder grab rear throw 80	RT punch	LH deflect his arm to the RT with big LT step	RT step behind him, RH grab LT shoulder palm down	LH grab RT shoulder, face LT, flip, stay close, drop to RT knee	Roll him to the RT, LT forearm across neck, pull, LT foot lock arm
102							
	Ura Nage (Ikkyu)	Kneelock rear throw with groin strike 210	Standing straddle (Ground)	Grab his ankles, bring both my legs up and through	Rest legs on his upper legs to lock his knee joints	As he falls back, I sit sit up, LH strike groin	If he sits up, RH heel palm to nose
103							
	Ura Nage (Ikkyu)	Kneelock rear throw with crotch strike 208	Standing straddle (Ground)	Grab his ankles, bring my LT leg up and through	Straighten my leg on his hip, push my LT leg back	As he falls, bring my RT leg up and through	Hold his ankles while my RT heel strikes his crotch
104							

	Ura Nage (Nikyu)	Ankle grab kneelock rear throw with groin strike 204	Dragged by ankles (Ground)	Bend my legs, grab his ankles,	Bring my legs to outside his hips to lock his legs	His falling momentum brings me to sitting position	LH groin strike, RH heel palm face, repeat strikes
105							
	Ushiro Hiji Nage (Black Belt)	Elbow rear throw 82	Straight knife thrust	Pivot to RT, RT step while RH grab RT wrist with thumb up, push	LH grab sleeve, pivot LT 180 degrees bringing knife across his neck	Drop onto RT knee	Knife to throat, slice by pulling up on his hand
106							
	Ushiro Nage (Purple Belt)	Leg lift throw 78 - B	RT front kick	LT foot sidestep while RT arm blocks leg outward	RT arm hooks his leg at the calf	Big RT step while RH reaches for his face	Big LT step
107							
	Yoko Makikomi (Black Belt)	Side winding throw 110, 112, 142	Grab both wrists	Bring my hands up inside his, C - grips, lift his RT arm, bring his LT arm to my LT	Lift both arms as RT foot steps to his RT, pivot left while bringing his arms over my head	Tighten C-grips, push his crossed arms out and down	Release LT wrist, turn RT to drop LT knee to head
108							
	Yoko Makikomi (Black Belt)	Side winding throw 142	Cross lapel choke with RH higher than LT	LH grab RT sleeve, with my RT arm down, turn CWW into him	Tai otoshi, maintain LT lunge position	RH C-grip RT wrist, LH cup RT elbow, RH pulls while LH pushes	This rolls him onto his stomach with chicken wing, drop to RT knee
109							
	110 Yubi Nage (42) (Blue Belt)	See: Mae Yubi Nage					
	Always have another	technique in mind	in case your original	technique does not	work as planned.	Become great at	combining techniques.