

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 for efficient use in the dojo, when a quick reminder or clarification is all that is necessary to execute a technique properly. This guide is also designed to allow anyone to practice jujitsu alone or with an uke. In addition, this guide is also designed to allow higher ranking students to work with lower ranking students, thereby allowing the sensei to operate as a resource and guide rather than the source of all knowledge, while developing within the dojo a feeling of family & mutual respect. As importantly, this guide promotes the consortium concept that students really do not know techniques until they actually teach them to other students. 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. 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
	Atama Makikomi (Green Belt)	Head winding throw (Key turn)	Front choke or double lapel grab	RT fist strong punch to gut	LH grabs hair on back of head, RH cups chin	Turn head, don't pull, pivot LT foot back 180 degrees	Snap head opposite direction
8		192, 110 - B					
	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					
	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, look LT and up	Wristlock lift with LT knee on head
38							
	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							
	Shimi Waza With Hiji Tatake (Green Belt) (27)	Chin or nose turn 50 - B	RT side 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 to his back with closed fist facing me
54							
	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
56							
	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
62							
	Te Nage (Green Belt)	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
64	(Yellow Belt, off lapel grab, no submit)						
	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							
	Japanese	English	Attack	Block	Strike	Throw	Grapple
	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					
	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 Seol 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							

	Japanese	English	Attack	Block	Strike	Throw	Grapple
	Eri Nage or	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	
	Haiai Nage or	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	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	
	Hiki Yoko Nage or	Sleeve pivot	Two hands grab my	Go with his pull,	Grab RT shoulder,	Drop to my LT knee	LT armpit
	Kata Eri Nage	throw	RT wrist	RT foot	sleeve, or arm,		headlock
32	(Purple Belt)	90 - B		big step behind him	pivot LT 180 degrees		with armbar
	Karada Makikomi	Body winding	Side club	LT step, LH block,	Pivot LT, RT arm	Lean forward, keep	Armbar when his palm
	(Purple Belt)	throw		LH grab sleeve or arm	over his RT arm, RT	body straight,	is up, shoulderlock
37		76 - B			leg blocks his RT leg	fall while turning LT	when palm is down
	Makikomi	Body winding throw	Side club	LT step, LH block,	Pivot left, RT arm	Lean forward, keep	Armbar when his
	With Armbar /	76 - B		LH grab sleeve or arm	over his RT arm,	body straight,	palm is up,
	Shoulderlock Pin				RT leg blocks his	fall while turning LT	shoulderlock
45	(Purple Belt)				RT leg		when palm is down
	Shimi Waza	Nerve attack	LT side headlock	LH C-grip LT wrist,	Wide stance, RT	LH lift arm to	RT heel to back of
	With Ude Guruma	armlock takedown		RH hook fingers and	foot slide back,	chicken wing,	LT knee,
	(Purple Belt)	160		pull	release my head	RH grab hair or	RT step back
53	(Same As 84)					collar	to RT knee
	Tekubi Yoko Nage	Wrist side throw	Grab both wrists	Wiggle LH, turn my	"Clap" RH fingers to	Press down on wrist,	If he lets go, strike
	or Haiai Nage	102, 106		RH CW to free, turn	LH extended fingers	pivot RT 180 degrees,	with LT elbow to
	(Purple Belt)			my LH CW to lock	in criss-cross	to RT knee (must be	chest, back fist
75	(Purple Belt)				fashion	(done fast to work)	to nose
	Tomoe Nage	Stomach throw	Double lapel grab	Grab lapels, fall back,	Roll onto the ground	Let go! Or, hang on,	RT thumb clamp RT
	(Purple Belt)	228, 70 - B	with push	place RT foot on	pushing with RT	roll LT, up on LT	side of neck,
76				stomach	foot	knee, hold lapels	LH pull up to choke
	Ube Makikomi	Thumb winding	Two-handed choke	Reach back to grab	RT step back beside	Big LT step to	Lift thumbs to
	(Purple Belt)	throw	from behind	thumbs or little	or behind his LT side,	wind both thumbs	break,
		88 - B		fingers, lift hands	cross LT arm down	in large CCW circle	heel strike to head
77				while turning RT	over RT at elbows	with hands far apart	
	Uchi Gari	Inner rear	RT foot front kick	Sidestep RT while	Hook under leg,	Slight lean forward	RT knee to groin, or
	(Ouchi Gari)	sweeping throw		leaning RT, LT	LT step, RH grab	while straight RT leg	RH groin punch / grab
82	(Purple Belt)	80 - B		forearm deflect and	his LT shoulder	sweeps his LT leg	or RH heel palm face

	Japanese	English	Attack	Block	Strike	Throw	Grapple
	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 (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							
	Japanese	English	Attack	Block	Strike	Throw	Grapple
	Ago No Maki Shimi Waza (Nikyu)	Chin wind reverse pin 216	Lying on my back, he has a RT arm headlock	Roll and slide to RT till parallel with him	Hook my LT leg over his LT leg, LH execute chin turn	Roll him over me to his stomach	LT arm guillotine, lean back on his head with my body
1							
	Ashi Tataka (Nikyu)	Foot grab body roll elbow strike 200	Kick to RT ribs or gut (Ground)	Roll RT, bring fists, forearms and knees to my chest	RH hooks his foot at Achilles	Roll toward attacker, keep rolling	RT elbow strike to groin or gut
5							
	Bokken No Tataka (Black Belt) (Begin practice at Nikyu)	Stick defense 224 - 234 (This example is mae nage)	Stick tip gut stab	Pivot RT, RH grabs down on stick front, LH grabs up on stick back	LH remains open, CW circle, then LH grabs stick	Pull stick up and away, untwist my arms	Stick tip to sternum, gut or head
11							
	Bokken No Tataka Mae Nage (Black Belt)	Stick defense forward throw (Uke goes to my RT)	Stick tip gut stab (Uke's LH on front of stick, RH on back)	Pivot RT, RH grabs down on stick front, LH grabs up on stick back	LH remains open, CW circle, then LH grabs stick	Pull stick up and away, untwist my arms	Stick tip to sternum, gut or head
12 (Begin at Nikyu)		224					
	Bokken No Tataka Naka Mae Nage (Black Belt)	Stick defense inside forward throw (Uke goes to my LT)	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
13 (Begin at Nikyu)		226					
	Bokken No Tataka Yoko Nage (Black Belt)	Stick defense side throw (Uke goes to my LT)	Stick length pushed towards chest	RT forearm blocks inside his LH, LH grabs outside his RT	As he pushes, turn stick CCW, pull LH, push RT forearm	LH to my LT side, RH up and over with LT pivot	Seize stick, use tip to strike vital area
14 (Begin at Nikyu)		232					
	Bokken Tomoe Nage (Black Belt)	Stick stomach throw 228	Stick length pushed towards chest	Trap top of his hands onto stick	Either foot to lower gut while falling backwards	Flip, roll LT and come up on LT knee and RT foot	Seize stick, use tip to strike vital area
15 (Begin At Nikyu)							

	Japanese	English	Attack	Block	Strike	Throw	Grapple
	Gyaku Karada Juji (Nikyu)	Reversing a cross-body drop pin	Leap to land across my torso	Kiai, with my palms facing up	Both hands grip side of his ribs, dig fingers in	Feet to butt, turn my head LT or RT, thrust my butt up	While raising my arms, maintain strong grips
17		220					
	Gyaku Ude Guruma (Nikyu)	Reversing attempted figure 4 on the ground	Armbar (before my arm is straight, his RT arm over my RT arm	RH to back of his head, LH on back of my RH	Roll RT pushing with LH and pulling down with RH	Roll until I am straddling him	My RT arm sets a half nelson
19		218					
	Ude Guruma (Nikyu)	Shoulderlock takedown (Reversal)	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		184					
	Ura Nage (Nikyu)	Ankle grab kneelock rear throw with groin strike	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		204					
	Japanese	English	Attack	Block	Strike	Throw	Grapple
	Ashi Makikomi (Ikkyu)	Foot winding throw (Leg winding throw)	RT foot stomp to head from my RT side (Ground)	Both forearms cover face	RH grabs heel, LH grabs ball of foot	CCW while rolling RT	LT heel to rear sphincter or tailbone
2		202					
	Ashi Makikomi (Black Belt Begin at Ikkyu)	Leg winding throw	RT front kick	RT arm deflect and hook, LH grab back of RH	Hold his leg tight against me	Turn LT down to RT knee, leglock lift submission	Forearm against Achilles tendon
3		100					
	Atemi Shioku Waza (Black Belt)	Body attack	Low or mid knife thrust	Pivot RT, LH grab wrist with thumb on knuckles	RH chop wrist, RT knee to gut	Te nage CCW pivot LT	Wrist press
10		128					
	Gyaku Tomoe Nage (Ikkyu)	Reverse stomach throw	Dragging by wrists (on my back)	RH CW- LH CCW to grab both wrists outside	Pull his arms bend my arms,	Feet to stomach, straighten legs	LT heel to sternum
18		206					
	Gyaku Waza Makikomi (Black Belt)	Reverse winding technique	Low and mid knife thrust	Pivot RT, LH grabs wrist, with LT step push hand	My LT arm over his RT, pivot RT turn hand CCW to palm up	LT foot back to submit or left leg out and up to drop him	Just hold on for wristlock shoulder pin
20		130					
	Hiji Waza (Ikkyu)	Elbow roll (Ground)	RT Punch	RH parry, RH grab his RT wrist	Cup (sara) LH under his RT elbow	Roll his elbow as I roll to RT	Continue rolling
26		196					
	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							
	Ippon Otoshi (Ikkyu)	One arm drop throw	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		146					
	Mae Yubi Nage (Ikkyu)	Inside forward finger throw	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		170, 74 - B					

