

# BUDOSHIN JU-JITSU CROSS-REFERENCING FORM:

## Budoshin Ju-Jitsu References:

Print your system & founder here:

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JB = Jujitsu: Basic Techniques of the Gentle Art [Expanded ed]

Jl = Jujitsu: Intermediate Techniques of the Gentle Art

JN = Jujitsu Nerve Techniques

BB = Budoshin Jujitsu [Big Book]

V = Budoshin Jujitsu Black Belt Home Study Course [8-dvds] [1st number is dvd volume #, 2nd number is technique # on dvd]

### Budoshin Ju-Jitsu: Kirby/Fromm

Note: Many kata are "generic", referring to whole families of techniques. You may not necessarily be limited to the specific examples listed in the reference column to the far right.

Print the name of an identical [or similar] technique from your system below. If your system does not have an identical or similar technique, leave the space blank.

<b>Mae, Ushiro, Yoko Ukemi</b> ( <i>Forward, Rear, Side Roll Fall</i> )		JB-35, 36, 38, 40, 42
<b>Ago No Maki Shimi Waza</b> ( <i>Chin-Turn – reversing a headlock on the ground</i> )		Jl-216, BB-585, V6-6
<b>Ashi Makikomi</b> ( <i>Foot Winding Throw – foot stomp to face on ground</i> )		BB-790*
<b>Ashi Tataka</b> ( <i>Foot-hook Body-roll Elbow-strike – for kick to side on ground</i> )		BB-789*
<b>Ashi Tataka</b> ( <i>Leg-Strike Rear Takedown</i> )		JB-50, Jl-180, 200, BB-293, 786, 789, V1-8, V4-15, V5-8
<b>Ashi Waza</b> ( <i>Leg, Ankle, or Foot Technique</i> )		Jl-202, BB-790, 808, V2-3, V6-4
<b>Ashi Yoko Nage</b> ( <i>Foot-Twist Winding Throw</i> )		JB-50; Jl-96, 202, BB-357, V4-7
<b>Atama Makikomi</b> ( <i>Head Winding Throw [Key turn]</i> )		JB-116, BB-766, V1-9
<b>Atama Otoshi</b> ( <i>Hair Grab Drop Throw</i> )		Jl-152, BB-781, V4-10
<b>Eri Nage</b> ( <i>Lapel Wheel Throw</i> )		JB-120; BB-276, V3-14
<b>Hane Goshi</b> ( <i>Inner Sweeping Hip Throw</i> )		JB-74, BB-5, V3-12
<b>Harai Goshi</b> ( <i>Outer Sweeping Hip Throw</i> )		JB-60, 78, BB-4, V3-1
<b>Hidari Te Nage</b> ( <i>Left Hand Throw</i> )		~L 16
<b>Hiji Waza</b> ( <i>Elbow Technique</i> )		JB-104, 110, 112, 114, BB-509, 552, 599, 736, V2-12, V4-6, 12, V5-1, V8-20
<b>Hiki Yoko Nage</b> ( <i>Sleeve Pivot Throw</i> )		JB-96, BB-126, V3-7
<b>Hiki Waza [Mae Ushiro Nage]</b> ( <i>Pulling Technique [Forward Rear Throw]</i> )		Jl-124, BB-30, V4-1
<b>Ippon Seoi-Nage</b> ( <i>One Arm Hip Throw</i> )		JB-46, BB-6, V1-12 <a href="https://www.youtube.com/watch?v=v1Q05nbekumA">https://www.youtube.com/watch?v=v1Q05nbekumA</a>
<b>Juji</b> ( <i>Cross Block</i> )		JB-64, V1
<b>Kao Tataka</b> ( <i>Face Attack – not a strike or hit</i> )		JB-52, Jl-156, BB-783, V4-18
<b>Koshi Nage</b> ( <i>Hip Throw</i> )		JB-46, BB-2, V1
<b>Kubi Nage</b> ( <i>Neck Throw</i> )		JB-72, BB-28, V2-1
<b>Kubi Shimi Waza</b> [ <i>Neck Strangling Technique</i> ]		JB-72, 76, 109, <a href="https://www.youtube.com/watch?v=uftdM3pQ3bl">https://www.youtube.com/watch?v=uftdM3pQ3bl</a>
<b>Kyuko Nage</b> [ <i>Quick-Pull Throw</i> ]		Jl-124; V4-1
<b>Mae Ude Maki</b> [ <i>Sutemi Waza</i> ]		Jl-110/112, BB-178, V6-12
<b>Mae Yubi Nage</b> ( <i>Forward Finger Throw</i> )		JB-80; Jl-150, <a href="https://www.youtube.com/watch?v=AZyy1-podc">https://www.youtube.com/watch?v=AZyy1-podc</a>
<b>Makikomi</b> ( <i>Body Winding Throw</i> )		JB-82, BB-8, V3-9
<b>Obi Nage</b> ( <i>Belt Throw</i> )		Jl-88; BB-643, V4-8

<b>Osoto Gari</b> ( <i>Outer Sweeping Rear Throw</i> )	JB-70, BB-51, V2-4
<b>Ouchi Gari</b> ( <i>Inner Sweeping Rear Throw</i> )	JB-86, BB-560, V4-4
<b>Senaka Hiki Nage</b> ( <i>Reverse Throw – Shoulder Pull Throw</i> )	JJ-178, BB-785, V4-14
<b>Shimi Waza</b> [ <i>Pain/Strangling Technique</i> ]	JB-56, 88, 98, JJ-121, BB-121, 664, V1-10, V2-6
<b>Shioku Waza</b> ( <i>Nerve Technique</i> )	JB-54, 92, 118, JJ-134, 147, JN-180, BB-134, 543, 606, V1-6, 12, V2-2, 5, 11
<b>Sutemi/Suwari Waza</b> ( <i>techniques from formal kneeling position</i> )	JB-58, 64, JJ-127, 164/166, BB-3, 13, 548, V6-9, 10, 11
<b>Tai Otoshi</b> ( <i>Body Drop Throw</i> )	JB-48, 52, JJ-144, BB-7, 251, 408, V1-3, V2-9, 10
<b>Te Nage</b> ( <i>Hand Throw</i> )	JB-58, JJ-118, 154, BB-3, 116, 664, V1-6, V4-2, 19
<b>Te Nage</b> [ <i>Suwari/Sutemi Waza</i> ]	
<b>Te No Tatake</b> ( <i>Blocking Hits</i> )	JB-48, V1
<b>Te Tatake</b> ( <i>Hand Striking Techniques, various</i> )	JB-46, V1
<b>Tekubi Shimi Waza</b> ( <i>Wristlock Technique</i> )	JB-46, 48, 90, 98, 122, JJ-164/166, 168, BB-121, 548, 615, V2-6, V4-5, V6-9 <a href="https://www.youtube.com/watch?v=91WjSlTbCvQ">https://www.youtube.com/watch?v=91WjSlTbCvQ</a>
<b>Tekubi Shimi Waza</b> [ <i>Suwari/Sutemi Waza</i> ]	JB-90/80, BB-557/342, V2-15
<b>Tekubi Yoko Nage</b> ( <i>Wrist Side Throw</i> )	JJ-102, 131, BB-118, V3-5
<b>Tomoe Nage</b> ( <i>Stomach/Circle Throw</i> )	JB-76, BB-11, V3-3
<b>Ube Makikomi</b> ( <i>Thumb Winding Throw</i> )	JB-94, BB-293, V3-11
<b>Ude Guruma</b> ( <i>Armbar – reverse an attempted figure-4 armbar submission on ground</i> )	JJ-218, BB-586, V6-7
<b>Ude Guruma</b> ( <i>Corkscrew</i> )	JB-64, BB-13, V2-7
<b>Ude Guruma</b> ( <i>Shoulder Lock Comealong</i> )	JB-102, BB-565, V2-8
<b>Ude Guruma</b> ( <i>Shoulder Lock Hip Throw</i> )	JB-122, BB-522, V4-16
<b>Ude Guruma Makikomi</b> ( <i>Armbar Winding Throw</i> )	JB-64, 68, 106, BB-219, V2-14, V4-9
<b>Ude Guruma Makikomi</b> [ <i>Suwari/Sutemi Waza</i> ]	JB-68, BB-44, V2-13
<b>Ude Guruma Ushiro</b> ( <i>Armbar Shoulderlock Rear Takedown</i> )	JB-66, 100, 102, BB-76, V3-2
<b>Ude Guruma Ushiro</b> ( <i>Shoulderlock Rear Takedown</i> )	JB-100, BB-653, V1-11
<b>Ude Makikomi</b> ( <i>Winding Armbar Takedown</i> )	JJ-132, BB-48, V4-3
<b>Uki Otoshi</b> ( <i>Floating Drop Throw</i> )	JB-78; JJ-176; BB-259, 784, V3-8, V4-13
<b>Ura Nage</b> ( <i>Kneelock Rear Throw – on ground pulled by legs</i> )	BB-791*
<b>Ura Nage</b> ( <i>Rear Throw</i> )	JB-84, JJ-80, 116, 122, 136, 204, BB-567, 621, 791, V4-11, 17, 21, V5-4
<b>Ushiro Nage</b> ( <i>Leg Lift Rear Throw</i> )	JB-50, 84; BB-562, V3-6; V7-8
<b>Yubi Nage</b> ( <i>Finger Throw</i> )	JB-60, JJ-150, BB-342, 576, V2-15

**Notes:**

1. Techniques with grey backgrounds are not specifically listed on the shodan exam but may serve as alternate techniques in some cases.
2. There may be examples of multiple variations of the same technique listed in the Budoshin Ju-Jitsu reference column [3rd column].
3. References with an asterisk [\*] are described only in the "Big Book"; not any other resource.

**Note:** Please continue to fill in as many techniques from your system as you can below. The more you can fill in, the more effectively we can evaluate you.

<b><u>NIDAN KATA:</u></b>	
<b>Nawa No Ude Makikomi</b> [Winding Arm Throw with Rope Bind]	BB-66
<b>Kubi Shioku Yoko Nage/Atama Shioku</b> [Nerve Attack Side Throw and Head Scissor Submission]	JN-130, BB-180, V7-1
<b>Atemi Waza</b> [Striking Technique]	BB-220
<b>Hiji Tatake Kubi Nage</b> [Elbow Strike Neck Throw]	BB-388
<b>Ude Maki</b> [Arm Wind]	BB-491
<b>Hiki Guruma/Karada Tatake</b> [Pulling Wheel Throw with Sternum/Chest Crush submission]	BB-475/584
<b>Ushiro Nage</b> [Leg Block Rear Throw]	BB-747, V7-7
<b>Ushiro Nage</b> [Leg-Lift Rear Throw]	BB-748, V7-8
<b>Kubi Shimi Nage/Shimi Waza</b> [Neck-Choke Throw]	BB-758
<b>Kubi Shioku Waza</b> [Neck Attack Rear Throw]	BB-799
<b>Notes:</b>	
1. All techniques listed above can be found on the MP-4 video entitled <a href="http://www.budoshin.com/dvndcd.htm">Nidan &amp; Sandan Kata</a> at <a href="http://www.budoshin.com/dvndcd.htm">www.budoshin.com/dvndcd.htm</a>	
2. If a technique does not have a reference number you will not be tested on it.	

<b><u>SANDAN KATA:</u></b>	
<b>Hidari Nage</b> [Wrist-Press Over the Shoulder Hair-Pull Throw]	BB-622
<b>Tekubi Nage</b> [Wristlock Spiral Throw]	BB-631
<b>Karada Tatake Ushiro Nage</b> [Body Strikes with Rear Throw]	BB-636*
<b>Mae Ube Nage</b> [Forward Thumb-Lock Throw]	BB-685
<b>Kao Tatake Ushiro Nage</b> [Face Attack Rear Choking Throw]	BB-706
<b>Ushiro Nage</b> [Leg Lift Rear Throw]	BB-714
<b>Ude Guruma Ushiro</b> [Rear Armlock Takedown]	BB-720
<b>Tekubi Shimi Waza</b> [Wristlock/Armlock Comealong]	BB-721
<b>Hiza Makikomi</b> [Kneecap Winding Throw]	BB-723
<b>Ushiro Nage</b> [Leg-Block Rear Throw]	BB-726
<b>Notes:</b>	
1. All techniques listed above with a reference number [except those with an asterisk *] can be found on the MP-4 video entitled <a href="http://www.budoshin.com/dvndcd.htm">Nidan &amp; Sandan Kata</a> at <a href="http://www.budoshin.com/dvndcd.htm">www.budoshin.com/dvndcd.htm</a>	

## **YODAN KATA:**

<b>Kubi Shimi Waza</b> [ <i>Headlock Choke with Optional knee Drop</i> ]	BB-733
<b>Ude Guruma</b> [ <i>Rear-Throw Armbar</i> ]	BB-746
<b>Yubi Shimi Waza</b> [ <i>Finger-Brace Takedown</i> ]	BB-752
<b>Koshi Nage/Tai Otoshi</b> [ <i>Armlock Hip Throw/Drop Throw</i> ]	BB-754
<b>Gyaku Koshi Nage</b> [ <i>Reverse Hip Throw</i> ]	BB-759
<b>Hiji Waza</b> [ <i>Elbow-Wrist Bend</i> ]	BB-764
<b>Karada Makikomi</b> [ <i>Wristlock Body Winding Throw</i> ]	BB-767
<b>Hiji Makikomi</b> [ <i>Elbow Wind Takedown or Forward Throw</i> ]	BB-780
<b>Sode Nage</b> [ <i>Sleeve Pull Throw</i> ]	BB-787
<b>Shimi Waza</b> [ <i>Headlock Standing Submission</i> ]	BB-795*

### **Notes:**

1. All techniques listed above with a reference number [except those with an asterisk \*] can be found on the MP-4 video entitled Yodan & Godan Kata at [www.budoshin.com/dvndcd.htm](http://www.budoshin.com/dvndcd.htm)

## **GODAN KATA:**

<b>Juji Te Hiki No Nage</b> [ <i>Cross-Block Hand Pull Side Throw</i> ]	BB-356
<b>Ude Hiki Otoshi</b> [ <i>Arm Pull Throw</i> ]	BB-386, V5-6
<b>Hidari Nage</b> [ <i>Wrist-Press over the Shoulder Hair-Pull Throw</i> ]	BB-622
<b>Tekubi Maki</b> [ <i>Wrist Turn Reverse Ground Defense</i> ]	BB-806
<b>Hana Shimi Waza</b> [ <i>Nose Press</i> ]	BB-326 [variation], 816
<b>Ude Shioku Waza</b> [ <i>Forearm Nerve Attack</i> ]	BB-822
<b>Ago No Maki</b> [ <i>Chin Turn Takedown</i> ]	BB-826
<b>Ude Tatake Mae Ube Nage</b> [ <i>Forward Thumb Throw</i> ]	BB-833
<b>Ude Guruma Ushiro</b> [ <i>Shoulderlock Rear Takedown</i> ]	BB-851
<b>Gyaku Shioku Gatame</b> [ <i>Reverse Headlock</i> ]	JN-145, BB-861

### **Notes:**

1. All techniques listed above can be found on the MP-4 video entitled Yodan & Godan Kata at [www.budoshin.com/dvndcd.htm](http://www.budoshin.com/dvndcd.htm)