## 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 by George Kirby

> Budoshin Jujitsu Student Handbook Budoshin Jujitsu [Big Book] by George Kirby

> > Created & Designed by Dave Clark 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.

(Yellow Belt)   front choke   palms down to block   and down   either arm     7   possible knee thrust   thrust   possible knee thrust <th>Japanese</th> <th>English</th> <th>Attack</th> <th>Block</th> <th>Strike</th> <th>Throw</th> <th>Grapple</th>	Japanese	English	Attack	Block	Strike	Throw	Grapple
7   possible knee thrust   Chin down   Both hands reach   Tachi waz     Hijj Tatake   Elbow release   RT side   Turn in   Chin down   Both hands reach   Tachi waz     25   feet to RT   push his elbow off   Corkscrew for high   Choose or     30ji   Cross block form   High or low   Cross my arms at   Step towards   Corkscrew for high   Choose or     35   58 - B   RT punch   LT forearm block out   Side LT foot forward   RH grab LT lapel,   Drop RT knee     49   64 - B   weith O   eadlock us   behind his RT foot   RT leg sweeps his   legs to armab     51   technique   term   Stragling   of Japanese   Specifically listed   etchnique   term     51   technique   term   Dia apanese   Specifically listed   term   term     52 (Yellow Belt)   44 - B   arms   Dut no technique   here   under the definitive   term     52 (Yellow Belt)   44 - B   arms   Dut no technique   here   under the definiti	Atama Maki	Head wind	Two-handed	Cross my hands	Bend forward	Go under	Tachi waza
7   possible knee thrust   Chin down   Both hands reach   Tachi waz     Hijj Tatake   Elbow release   RT side   Turn in   Chin down   Both hands reach   Tachi waz     25   feet to RT   push his elbow off   Corkscrew for high   Choose or     30ji   Cross block form   High or low   Cross my arms at   Step towards   Corkscrew for high   Choose or     35   58 - B   RT punch   LT forearm block out   Side LT foot forward   RH grab LT lapel,   Drop RT knee     49   64 - B   weith O   eadlock us   behind his RT foot   RT leg sweeps his   legs to armab     51   technique   term   Stragling   of Japanese   Specifically listed   etchnique   term     51   technique   term   Dia apanese   Specifically listed   term   term     52 (Yellow Belt)   44 - B   arms   Dut no technique   here   under the definitive   term     52 (Yellow Belt)   44 - B   arms   Dut no technique   here   under the definiti	(Yellow Belt)		front choke	palms down to block	and down	either arm	
(Yellow Belt)   headlock   by shifting my   towards chest   behind my head to     25   Image: Cross block form   High or low   Cross my arms at   Step towards   Corkscrew for high   Choose or     (Yellow Belt)   ('X' block)   Knife or club   wrist, usually with   attacker aggressively   'X' block, texubi shimi     35   58 - B   RH over LH   using loud kiai   waza for low 'X' block   readfork     Osoto Gari   Outer rear   RT punch   LT forearm block out   Slide LT foot forward   RH grab LT lapel,   or headlock us     49   64 - B   with LT step   till even with or   lean forward, straight   or headlock us     Shimi Waza Def.   Pain or   Actual definition   but no technique   here   under the definitive     Shimi Waza Def.   groin stomp   behind pinning   his instep   bead over to grab   inner RT thigh   or sit on kne     52 (Yellow Belt)   44 - B   arms   specifically listed   term   bead over to grab   inner RT thigh   or sit on kne     54 (rellow Belt)   61 - B	7			1			
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25   push his elbow off     Juji   Cross block form   High or low   Cross my arms at   Step towards   Corkscrew for high   Choose or     35   58 - B   RH over LH   using loud kiai   wrast, usually with   attracker aggressively   'X' block, tekubi shimi     35   58 - B   RH over LH   using loud kiai   wraza for low 'X' block     36   64 - B   It orearm block out   Slide LT foot forward   RH grab LT lapel,   Drop RT knee     (Yellow Belt)   sweeping throw   with LT step   till even with or   lean forward, straight   or headlock us     49   64 - B    technique   term   term   term     51   technique   term    term   term   term     52 (Yellow Belt)   grain stomp   behind pinning   his instep   bed over to grab   inner RT thigh   or st on kne     53 (Yellow Belt)   44 - B   arms   specifically listed   term   term     54 (Yellow Belt)   52 - B   thrust   LH grab tor wrist   RT foo	(Yellow Belt)		headlock	by shifting my	towards chest	behind my head to	
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74206, 92 - Bof handhis RH, align thumbspress on groUde Guruma UshiroShoulderlock rearHandshake to trapLH slap a C-grip onPivot RT 360 degreesPull down with bothDrop onto m(Yellow Belt)takedownmy RHhis wrists,while lifting his arm, stay close to himhands (slowly inknee, hold sho9194 - BDouble lapel grabFingertips to hisGrip hardPull down with bothHead butt(Yellow Belt)techniqueor doubleradial nervesGrip hardPull down with bothHead butt	Tekubi Shimi Waza		Low knife thrust	LT step into hard		-	Kick chest, drop
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Ude Shioku WazaArm nerveDouble lapel grabFingertips to hisGrip hardPull down with bothHead butt(Yellow Belt)techniqueor doubleradial nervesgroin kick			my RH	his wrists,	Ţ		knee, hold shoulder
(Yellow Belt) technique or double radial nerves groin kick of							
					Grip hard	Pull down with both	
94 front choke knee to fact   Image: Constraint choke Image: Constraint choke Image: Constraint choke   Image: Constraint choke Image: Constraint choke Image: Constraint choke   Image: Constraint choke Image: Constraint choke Image: Constraint choke   Image: Constraint choke Image: Constraint choke Image: Constraint choke   Image: Constraint choke Image: Constraint choke Image: Constraint choke   Image: Constraint choke Image: Constraint choke Image: Constraint choke   Image: Constraint choke Image: Constraint choke Image: Constraint choke   Image: Constraint choke Image: Constraint choke Image: Constraint choke   Image: Constraint choke Image: Constraint choke Image: Constraint choke   Image: Constraint choke Image: Constraint choke Image: Constraint chokee   Image: Constraint chokee Image: Constraint chokee Image: Constraint chokee   Image: Constraint chokee Image: Constraint chokee Image: Constraint chokee   Image: Constraint chokee Image: Constraint chokee Image: Constraint chokee   Image: ConstraImage: ConstraImage: ConstraImage: ConstraImage: ConstraImage: ConstraImage: ConstraImage: ConstraImage: ConstraImage: ConstraImage		technique		radial nerves			V
Image: series of the series	94		front choke				knee to face
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	Japanese	English	Attack	Block	Strike	Throw	Grapple
	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	
	Hiji Waza	Elbow strike	RT arm	LH under his chin	Turn his head by	My LT forearm	RT elbow strikes
	(Green belt)	(Chin or nose turn)	headlock	or middle finger	pushing, not by	guillotine's him	his back with closed
2	<b>7</b> (Same As 54)	50 - B		under his nose	pulling back		fist facing me
	Koshi Nage	Hip throw	RH clothing	LH grabs RT sleeve,	RT foot steps inside	Pivot LT, crouch,	Wristlock lift with
	(Green Belt)	40 - B	grab	RT punch to gut	his RT foot with RT	feet together,	LT knee on head
				or RT heel palm	arm around waist	straighten legs,	
				to face		bend at waist,	
3						look LT and up	
	Nodo Tatake	Throat attack	Two-handed front	RH finger tips to	Straighten RT arm	RT step forward,	Press to hurt,
4		48 - B	choke	trachea notch		press until he falls	strike hard to kill
	Shimi Waza	Chin or nose turn	RT side headlock	LH under his chin,	Turn his head by	My LT forearm	RT elbow to his
	With Hiji Tatake	50 - B		or middle finger	pushing, not by	guillotine's him	back with closed
5	4 (Green Belt) (27)			under his nose	pulling back		fist facing me
	Shioku Waza	Larynx press	Two-handed	RH fingertips to	Straighten RT arm	RT step forward,	Press to hurt,
5	( )( )	48 - B	front choke	trachea notch		press until he falls	strike hard to kill
	Tai Otoshi	Basic drop throw	Punch to face	LH grab sleeve, LT	RH grab RT	RT foot blocks RT	Wrist press with both
	(Green Belt)	36, 42 - B		foot step across	shoulder, RT	ankle while turning	thumbs on
				his LT foot	forearm to jaw as	LT and straightening	back of RH,
6						my RT leg	LT knee on bicep
	Te Nage	Basic hand throw	Straight knife	Pivot RT foot back,	RH chop wrist,	Both thumbs push	Slide RT instep under
	(Green Belt)	52 - B	thrust	LH grab top of wrist	RT knee	his bent hand,	his RT armpit, RT
	Yellow Belt, off lapel			with thumb on back	strike with RT step,	rotate wrist CCW	knee on his elbow,
	4 grab, no submit)			of hand	LT leg pivot CCW		rotate wrist CCW
	Ube Shioku Waza	Thumb tip press	Hand shake	Place my LT palm	LT thumb press his	Or wrap my LT	Drive the middle
	(Green Belt)	N - 180		on top of hand	RT thumb nail down,	index finger over my	knuckle into his
8				shake	out and away	RT thumb	metacarpal
	Japanese	English	Attack	Block	Strike	Throw	Grapple
	Hiji Waza or	Elbow roll	Double lapel grab	Cupped RH to his	RH lifts as LH grabs	Continue pivoting	RT knee strikes his
	Hiji Yoko Nage	takedown	or punch to head	LT elbow, LH over	his LT wrist,	until down	straight arm at
	(Blue Belt)	(Elbow side throw)	(Ground)	his RT forearm and	pivot LT CCW		elbow
2	9	196, 98 - B		under his LT forearm			
	Ippon Otoshi	One arm drop	Bear hug from	RT foot stomps	Crouch slightly, RH	Drop to my RT knee	LH grabs high LT
	(lkkyu)	throw	behind	RT instep, RT foot	reaches up behind RT	pulling his shoulder	lapel palm up, RH
3	<b>3</b> (Begin At Blue)	146		blocks his	arm, grab RT shoulder	and turning LT	pulls to strangle
	Ippon Seol Nage	One arm hip	RH clothing grab	LH grabs RT sleeve,	RT foot steps inside	Pivot LT, crouch,	Wristlock lift with
	(Blue Belt)	throw		RT punch to gut	his RT foot with RT	feet together,	LT knee on head
		40 - B		or RT heel palm	arm under his RT arm,	straighten legs with	
3	4			to nose	RH grab RT shoulder	bend and look LT	

	Japanese	English	Attack	Block	Strike	Throw	Grapple
	Kubi Nage	Neck throw	RT punch	LT forearm outward	LH grabs sleeve,	Pivot LT,	Grip my RT forearm
	(Blue Belt)	66 - B	•	with LT step	using cupped RH,	LH pulls sleeve	for scissors choke
39	. ,				"pop" neck hard	•	(hasami)
Κι	ubi Shioku Waza	Neck nerve	Knife stab to chest	Pivot RT with LT step	LH reach behind his	"Roll" my RT	Maintain pressure
	(Blue Belt)	attack	or overhead knife	back, RT arm up	back, grab my RH	forearm on his	until he drops the
40		134	or club	under his RT arm	"palm down" fist	neck	knife
I	Mae Yubi Nage	Forward finger	RH hair grab	Both hands clamp his	Lift his hand to get	Push up and out,	Drop to LT knee,
	(Blue Belt)	throw	from behind	hand to my head,	him on his toes	down and back	press palm to
		150		pivot to RT while LH			ground, lift his
42				grabs three fingers			fingers
	Shioku Waza	Nerve wheel throw	Front bear hug	Grab flesh at side or	Turn hands inward,	RT step, pivot LT	Choose one!
(K	arade Makikomi)	(Body winding throw)	pinning arms	base of ribs on	do not lift	"Turn a steering	
57	(Blue Belt)	86 - B		both sides		wheel"	
	Shioku Ashi	Nerve attack rear	RT side headlock	LH grab back of	RH lift while LH	Follow him to the	RH groin grab,
	Ushiro Nage	circle throw (Rear leg		collar or hair, RH	yank down while	ground onto my	twist and pull
58	(Blue Belt)	lift throw) 112 - B		palm back of RT knee	pivoting LT	LT knee	
	Sode Otoshi	Sleeve hold knee	Low rear bear hug	Slight quick drop	RT foot outside his,	Turning LT, my RT	RH grab RT
	(Blue Belt)	drop throw	pinning my elbows	so LH can grab RT	drop to RT knee with	knee blocks his	forearm, LH grab
		144		sleeve or forearm	RT step back while	RT foot	back of RT hand,
61					pivot LT CCW		press and twist wris
	Tai Otoshi	Knee drop throw	Rear RT forearm	Move my LT foot	RH grabs RT	Drop to RT knee	RT heel palm to
	(lkkyu)	46 - B	choke with my back	forward, LT elbow	shoulder, LH grabs	while turning to LT,	nose or cheek
	(Begin At Blue)		arched	strikes his LT ribs	RT elbow or sleeve	my RT knee blocks	
63						his RT leg	
	Te Shimi Waza	Knuckle press	RH hair grab facing	My hands trap his RH	Clamp his hand	Lift hand off head	Bend hand back
	(Blue Belt)	takedown	each other	with knuckles in the	while either leg	keeping knuckles	while pushing arm
		82 - B		middle of my palms,	kicks groin	squeezed	down
68		<b>a</b> .	<b>A</b>	fingers interlocked		together	•••••
	Ude Guruma	Corkscrew	Overhead club or	Step into hard juji,	Both hands grab	Pull out and forward,	Hold wrist tight in
	(Blue Belt)	58 - B	knife	deflect to RT	wrist, CW circle,	let wrist slip in	street to dislocate
05					step under his arm,	practice	shoulder
85		Chauldarlaak	Handahalia ta tra-		pivot LT	I Ll grob book of his	
		Shoulderlock	Handshake to trap	LH slap a C-grip on	Pivot RT 540	LH grab back of his	LH pull back while
	(Blue Belt)	come-along 96 - B	my RH	his wrist	degrees while	RT elbow	RH torques his wris
86		90 - D			lifting his arm, stay close to him		out, up and away
	Ude Guruma	Armbar winding	LH lapel grab with RT	Standing Figure 4	Raise my LT	Pivot back on LT	Drop to my RT knee
	Makikomi	throw	punch or RH shoulder	armbar with his wrist	forearm while RH	foot, holding armbar	lift up and lean back
89	(Blue Belt)	194, 62 - B, 100 - B	grab from rear	trapped in my armpit	pushes down	root, noruing annual	neck scissors
55		134, 02 - D, 100 - D	grab nom rear				11604 20122012

	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
J	uji Makikomi	114 - B		very high, RH grabs		180 degrees,	choke
16 (	Purple Belt)			RT mid lapel		LT knee down	
Н	laiai Nage or	Wrist side	Grab both	Wiggle LH, turn my	"Clap" RH fingers to	Press down on wrist,	If he lets go, send
Tek	ubi 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
Wit	th 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	
Ha	ne 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	i Yoko Nage or	Sleeve pivot	Two hands grab my	Go with his pull,	Grab RT shoulder,	Drop to my LT knee	LT armpit
K	ata Eri Nage	throw	RT wrist	RT foot	sleeve, or arm,		headlock
<b>32</b> (	Purple Belt)	90 - B		big step behind him	pivot LT 180 degrees		with armbar
Kar	rada 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
W	Vith Armbar /	76 - B		LH grab sleeve or arm	over his RT arm,	body straight,	palm is up,
Sh	oulderlock Pin				RT leg blocks his	fall while turning LT	shoulderlock
<b>45</b> (	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
Wit	h 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
<b>53</b> (S	Same As 84)					collar	to RT knee
Tek	ubi 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
0	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
	Purple Belt)				fashion	(done fast to work)	to nose
	Fomoe 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
	be 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
	Ude Guruma	Armlock takedown	LT side headlock	LH C-grip left wrist,	Wide stance, RT	LH lift arm to	RT heel to back of
	With Shimi Waza	160		RH hook fingers and	foot slide back,	chicken wing, RH	LT knee, RT step
8	4 (Purple Belt) (53)			pull	release my head	grab hair or collar	back to RT knee
	Ude Guruma	Armbar shoulderlock	Overhead club	Hard Juji, LH grab	RH under his arm,	LT step, bring my	Drop to my RT knee,
	Ushiro	rear throw		RT wrist, RH chop	clamp my RH to back	hands down,	LH push elbow, RH
	(Purple Belt)	60 - B		elbow, RT step	of his hand	(in street, remain	pull wrist
9	0					standing)	
	Uki Otoshi	Floating drop throw	RT punch	LT forearm block	RT armpit to his RT	Straight LT leg	My arms armbar
	(Purple Belt)	176	·	and LH grab sleeve	shoulder or RT	follows RT leg, look	his RT arm
		72 - B		during LT step	headlock, straight RT	back with pull to LT,	
9	5				leg up and out	kiai recommended	
	Ushiro Nage	Leg lift throw	RT front kick	LT foot sidestep	RT arm hooks his	Big RT step while	Big LT step
	(Purple Belt)	78 - B		while RT arm blocks	leg at the calf	RH reaches for his	
1	07			leg outward		face	
	Japanese	English	Attack	Block	Strike	Throw	Grapple
	Ashi Tatake	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 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	j	96		hook ankle	ball of foot	my LT foot back	RT to release
	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		
	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
2	24				arm		
	Hiji Waza	Elbow lift	His LH grabs my RT	Turn RT raising my	Forearm against	My RH clamps my	Keep him on his
	(Sankyu)	come-along	sleeve from beside	RT arm in a CW	outside of his elbow	LT forearm for	toes or let him
2	.8	(Bum's rush) 108 - B	or from behind	circle		come-along	fall backwards
	Hiji Waza	Hand wind elbow	Collar grab and LT	RT heel stomps	Pivot LT,	Cupped RH lifts	Press RT knee
	(Sankyu)	roll takedown	wrist grab from	his RT instep	grab LT wrist	elbow, pivot LT	on his triceps
3	80	104-B 106-B	behind		lifting his arm up		
	Kao Tatake	Face strike	Knife at my throat	RH up with palm	Turn RT with RH	Slam face into	LH grab hair,
	(Sankyu)	attack	with my back	facing me, LH cups	strike to wrist and	wall	yank to ground
3	6 Marine Halling Marine	156, 46 - B	against a wall	his elbow	grab, LH elbow lift		
	Mae Ushiro Nage	Forward rear	Low knife thrust	Juji with LT step,	Push RT arm down,	Pull out, down, and	Wrist press, RH
	(Sankyu)	throw		LH grab his arm,	raise RT arm up,	back in a big CW	take knife and toss
	4	124		RH grab between	while going to LT	circle	
4	1			wrist and hand	knee		

	Japanese	English	Attack	Block	Strike	Throw	Grapple
N	lae Yubi Nage	Outside forward	Full nelson	RH grabs finger(s),	Pivot RT 180	RT step with LH up	Finger press on
	(Sankyu)	finger throw		pull RT arm out to	degrees, LH grab	and out in a big	ground, LT knee
		150		straighten his RT	three fingers, lift,	circle	
44				arm	pivot RT 180 degrees		
	Obi Nage	Belt throw	RT punch	LH hold arm, RT step	RT arm guillotine	RT foot blocks his	LH grabs my RT
	(Sankyu)	(Multiple strike		with RT forearm to	with palm on his	RT foot, flip, with my	wrist, roll him to eat
		belt throw)		chin, 90 degrees pivot	chest, LH grab belt	RT foot lifting his	dirt, my chin on his
48		88		LT, elbow to head	from behind	foot at instep	back, sprawl
Se	enaka Hiki Nage	Shoulder pull throw	Ippon seol nage	RT foot step around	LT ankle blocks	Fall back while	RT arm headlock
	(Sankyu)	(Reversal)	off my punch	his, LH grabs his LT	his RT foot	turning LT	with feet way apart
50		178		shoulder as I face him			to spread out weight
	Te Nage	Hand throw	Grab both wrists	Kick him, LH grab his	LH pulls while RH	Turn his RT wrist	Chicken wing with
Wi	ith Ude Guruma	with armlock	from behind	RH, pull my RH free,	bends his RT wrist,	CW until he rolls	my LT knee on
66	(Sankyu)	118		pivot LT 180 degrees	pivot LT foot back	onto his stomach	his shoulder
	Te Nage	Hand throw	Grab both wrists	RT kick to gut, with	LH grab his RH, pull	Turn his RT wrist	Chicken wing with
Wi	th Ude Guruma	with armlock	from behind	freed LH pivot RT	my RH free and grab,	CW until he rolls	my LT knee on
67	(Sankyu)	V - 4 - 2		180 degrees	pivot LT 180 degrees	onto his stomach	his shoulder
	Te Takake	Multiple strike	RT punch	LH parry with LT step	RT knee to gut, LT	LT arm	Belt throw or RT
(Ye	ellow Belt Strikes)	technique	•		elbow smash to head,	guillotine, lift and	elbow strike to
69	(Sankyu)	·			again on return	pivot LT 90 degrees	back
Tek	kubi Shimi Waza	Wristlock lift	Handshake to trap	LH C-grip RT wrist	RT foot step to his RT,	Keep his arm vertical	Lift and twist his arm
	(Sankyu)	come-along	RH before LT punch	with thumb and index	pivot LT while bringing		twist his wrist out
72		168, 84 - B			his arm over my head		and up to torque
	Ude Guruma	Armlock	RH hair grab from	Clamp both hands to	Lift my arms, step	Straddle his RT side	LH lets go, pull RH
(	Wristlock lift	come-along	behind	knuckles, pivot LT	behind him,	so that his elbow is	towards me.
	come-along)	84 - B		180 degrees, lift	chicken wing, my	trapped against me	Done correctly,
	(Sankyu)			hand off head, use my	RT palm holds		this is a
83				hands to clamp his	knuckles		"proper hold".
	Ude Guruma	Shoulderlock hip	RH knife swipe	Lean back with LT	RT forearm push up	Clamp my LH to my	Wristlock lift, roll
	(Sankyu)	throw		side step, RT step	with LT forearm over	RT forearm,	back to armbar or
		116 - B		with fisted forearms	his upper arm	rear shoulderlock	neck scissors
87				up 16" apart		takedown or hip throw	
U	Jde Makikomi	Winding armbar	Low knife swipe	LT forearm downblock	Bring LH up behind	LH slap back of RT	Pivot RT on balls of
	(Sankyu)	takedown		his RT forearm	his upper arm, while	shoulder, RH slides	feet, drop to LT
		132		out and back,	pivoting RT leg back	to top of my LH	knee, remove
92				RT knee to chest			weapon
	Uki Otoshi	Floating drop throw	Ippon seol nage	Grab his LT shoulder	Hold on	Keep rolling to	RT arm headlock,
	(Sankyu)	(Reversal)	off my lapel grap	during his throw		my LT	slide my body to "T",
97		176					sprawl to crank neck
T.							

Japanese	English	Attack	Block	Strike	Throw	Grapple
Ura Harai	Outside rear	Knife stab to chest	Neck nerve attack	Sweep both legs	Down onto RT knee,	When he gets to a
(Sankyu)	sweeping throw	or overhead knife or	(kubi shioku waza)	using outside	maintain the hold,	sitting position, roll
	136	club		sweeping hip throw,	get behind him and	my RT forearm on
98				my back to his	pull him up	his neck
Ura Nage	Rear circle throw	Double wrist / hand	As he pulls back,	RH lift arm over his	Slide RT foot back,	Drop my LT knee to
(Sankyu)	116	grab from behind.	step back with my	head as my RT foot	pulling his arm	ribs, or neck stomp,
			LT foot, letting him	steps behind him	down behind	or blind naked choke
100			hold my wrists		his head	
Ura Nage	Rear throw	RH RT shoulder	RH reach behind my	Pivot LT 180	Bring LH down	Drop my RT knee
(Sankyu)	122	grab, LT armlock	back to push my	degrees while	behind his head	into his ribs, neck
		from behind	fisted LH down and	bringing LT arm		stomp, or blind
101			out	over his head		naked choke
Ura Nage	Shoulder grab	RT punch	LH deflect his arm	RT step behind	LH grab RT	Roll him to the RT,
(Sankyu)	rear throw		to the RT with big	him, RH grab LT	shoulder, face LT,	LT forearm across
; <u> </u>	80		LT step	shoulder palm down	flip, stay close,	neck, pull,
102					drop to RT knee	LT foot lock arm
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 Tatake	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			
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)	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	
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	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)			1			

Japanese	English	Attack	Block	Strike	Throw	Grapple
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 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		
Ude Guruma	Shoulderlock	My RH grab his LT	RT step, bend my RT	Slide my RT arm up	Bring my forearm	LH grabs top of my
(Nikyu)	takedown	shoulder, to his	arm so that my palm	so my elbow is	down (my hand	RH, raise my RT leg
	(Reversal)	attempted standing	is facing his back	above his forearm	above his shoulder)	with LT pivot, fall
88	184	figure 4 armbar				slowly in practice
Ura Nage	Ankle grab	Dragged by ankles	Bend my legs,	Bring my legs to	His falling momentum	LH groin strike,
(Nikyu)	kneelock rear throw	(Ground)	grab his ankles,	outside his hips to	brings me to	RH heel palm face,
105	with groin strike 204			lock his legs	sitting position	repeat strikes
Japanese	English	Attack	Block	Strike	Throw	Grapple
Ashi Makikomi	Foot winding throw	RT foot stomp to	Both forearms	RH grabs heel,	CCW while	LT heel to rear
(lkkyu)	(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
<b>B</b> (Begin at Ikkyu)	100		back of RH	me	lift submission	
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	•	
Gyaku Tomoe Nage	Reverse stomach	Dragging by wrists	RH CW- LH CCW	Pull his arms	Feet to stomach,	LT heel
(lkkyu)	throw	(on my back)	to grad both wrists	bend my arms,	straighten legs	to sternum
18	206		outside		<u> </u>	
Gyaku Waza	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 (Bègin at Ikkyu)				up	• •	
Hiji Waza	Elbow roll	RT Punch	RH parry,	Cup (sara) LH	Roll his elbow	Continue rolling
(lkkyu)	(Ground)		RH grab his RT	under his RT	as I roll to RT	
26	196		wrist	elbow		
Hiki Waza	Figure 4 armbar	Armbar before my	My RT arm reaches	My LH grabs	Attacker rolls over me	Maintain the armbar
(lkkyu)	reverse (Ground)	arm is straight, his LT	up and in	my RT wrist	as I roll LT	or shoulderlock as I
31	(Ude guruma)	arm over my RT arm				come to my LT knee
Ippon Otoshi	One arm drop	Bear hug from	RT foot stomps	Crouch slightly, RH	Drop to my RT knee	LH grabs high LT
(lkkyu)	throw	behind	RT instep, RT foot	reaches up behind RT	pulling his shoulder	lapel palm up, RH
33 (Begin At Blue)	146		blocks his	arm, grab RT shoulder	and turning LT	pulls to strangle
Mae Yubi Nage	Inside forward	LT wrist grab	Turn LH out and up	While RT foot steps,	LT step with RH up	Finger press on
(lkkyu)	finger throw		CW while RH grabs	raise RT arm, pivot	and out in a big	ground, RT knee
43	170, 74 - B		three fingers	LT 180 degrees	circle	

Japanese	English	Attack	Block	Strike	Throw	Grapple
Tai Otoshi	Knee drop throw	Rear RT forearm	Move my LT foot	RH grabs RT	Drop to RT knee	RT heel palm to
(lkkyu)	46 - B	choke with my back	forward, LT elbow	shoulder, LH grabs	while turning to LT,	nose or cheek
(Begin At Blue)		arched	strikes his LT ribs	RT elbow or sleeve	my RT knee blocks	
63					his RT leg	
Tekubi Shimi Waza	Wristlock	Front choke on	LH grabs his LH	LH thumb push down	Thumb on back of	Wrist press,
(lkkyu)	technique	ground, attacker	with my thumb	on his median nerve,	his hand, into	CW roll onto
	(Ground)	sitting or straddling	between his thumb	te nage, RH grab	tekubi shimi	his arm
71	190	me	and index finger	same hand with my	waza	
Tekubi Shimi Waza	Wristlock	Both hands grab LT	RH clamp his RH to	Turn LH CW to	Push down with my	Keep my arm and
(lkkyu)	takedown	wrist	my wrist	outside his RT wrist	LH	wrist straight
	164, 166, 92 - B	His LH grabs my	RH clamp his LH to	Turn LH CCW to	Push down with my	Keep my arm and
73	(Two Versions)	LT wrist	my wrist	outside his LT wrist	LH	wrist straight
Ube Shimi Waza	Butt thrust	He straddles my gut,	Palms up, slide	Turn my head, with	Thrust up my torso	Roll away,
(lkkyu)	(Ground)	both arms pinned	hands to my sides,	palms up raise my	and butt at the	tachi waza
	212	above my head,	my heels to my butt	hands and arms up	same time	
78		I am on my back		locking his thumbs		
Ura Nage or	Kneelock	Kick to RT side	Bring my forearms	RH hooks foot at	Roll towards	RT elbow strike
Ashi Tatake	rear throw	(Ground)	(fisted) and knees to	Achilles	attacker, keep	to groin or gut
<b>99</b> (Ikkyu)	196, 200, 202		chest		rolling	
Ura Nage	Kneelock rear throw	Standing straddle	Grab his ankles,	Rest legs on his	As he falls back,	If he sits up,
(lkkyu)	with groin strike	(Ground)	bring both my legs	upper legs to lock	I sit sit up,	RH heel palm
103	210		up and through	his knee joints	LH strike groin	to nose
Ura Nage	Kneelock rear throw	Standing straddle	Grab his ankles,	Straighten my leg	As he falls, bring my	Hold his ankles
(lkkyu)	with crotch strike	(Ground)	bring my LT leg	on his hip, push	RT leg up and	while my RT heel
104	208		up and through	my LT leg back	through	strikes his crotch
Japanese	English	Attack	Block	Strike	Throw	Grapple
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	
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)			stick back			
	mae nage)					00 1 1 1
Bokken No Tatake	Stick defense	Stick tip	Pivot RT, RH grabs	LH remains open,	Pull stick up	Stick tip to
Bokken No Tatake Mae Nage		gut stab	Pivot RT, RH grabs down on stick front,	LH remains open, CW circle, then	Pull stick up and away, untwist	sternum, gut or
Mae Nage (Black Belt)	Stick defense		¥	-		
Mae Nage	Stick defense forward throw	gut stab	down on stick front,	CW circle, then	and away, untwist	sternum, gut or
Mae Nage (Black Belt)	Stick defense forward throw (Uke goes to my RT)	gut stab (Uke's LH on front of	down on stick front, LH grabs up on	CW circle, then	and away, untwist	sternum, gut or

Japanese	English	Attack	Block	Strike	Throw	Grapple
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	
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	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)						
Gyaku Waza	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		•
Naka Mae Nage	Inside forward throw	Stick tip	Slide RT foot to RT,	RH rotates rear of	RT foot steps	Stick tip to kidneys
(Black Belt) (13)	stick defense	gut stab	pivot LT 90 degrees,	stick CCW around his	forward with RH up	
	(Uke goes to my LT)	(Uke's LH on front of	LH grabs down,	RT wrist to hook his	and LH down close	
46	226	stick, RH on back)	RH grabs up or down	RT wrist (video 5 - 12)	to my LT hip, CCW	
Sode Nage	Sleeve pull throw	Te nage off my	During te nage,	Fall while my LT	LT foot helps lift	Choose one!
(Black Belt)	(Reversal technique)	lapel grab	grab his RT sleeve	instep blocks his	his leg as he flips	
59	182	·	at elbow	RT ankle	over me	
Sode Otoshi	Sleeve body drop	Double lapel cross	RH cups LT elbow,	Tai otoshi	Drop to my RT knee,	RH pull him up to
(Black Belt)	throw	choke - LT over RT	LH grabs RT sleeve,		RH grab LT mid	sit, LH bring RT arm
60	138		hold on to submit		lapel	under chin, choke
Te Nage	Hand throw	Knife at my throat	LT forearm strikes	LH grab RT wrist	Basic hand throw ;	Slide RT foot under his
(Black Belt)	118, 158	with my back against	his forearm while	with body against	for wrist and elbow	RT armpit, RT knee on
65	52 - B	a wall	pivoting CW	his elbow and wall	snap submission :	his elbow, wrist CCW
Te Tatake	Elbow back fist	Double wrist grab	LH CW over his wrist,	During tekubi shimi	Spin LT with elbow	RH groin grab
(Black Belt)	strike	from the front	RH clamps my LH	waza he gets free	strike to chest,	or step away
70	106> 109		to his wrist (mistake!)	by letting his RH go	back fist to nose	
Ube Shimi Waza	Thumb lock takedown	Neck high push	Grab fists, raise up	My thumbs clamp	Bend his wrists	Knee to chest or
(Black Belt)	stick defense	with prone staff	slightly	his thumbs onto	back and down	face
79	234			staff	towards him	
Ube Shimi Waza	Thumb	RT side headlock	RH grab RT thumb	Pull thumb up and	Use thumb to bring	RH lift and pull
(Black Belt)	attack		with my thumb at	away to release	his arm up behind	thumb, LH grab hair,
80	162		base of his	headlock	him, my LH may help	standing submission

Japanese	English	Attack	Block	Strike	Throw	Grapple
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	Double strike	Double lapel grab	LH grab sleeve, RH	LH pull sleeve with	Down to my RT	LH cups RT elbow,
(Black Belt)	turning throw		backhand ribs with	RH chop to	knee, RT grab back	RH twist his wrist
	84		RT step, pivot left 90	inner RT elbow,	of RH with thumb	while LH rolls his
			degrees	pivot LT 90 degrees	between his index	elbow, roll him RT
93					finger and thumb	to stomach
Uki Otoshi	Leg block floating	RT punch	LT forearm block	RT foot step beyond	My straight body	RT ankle over his RT
(Black Belt)	drop throw		and LH grab sleeve	him to his RT to	falls back towards	forearm, LT leg over
	92		during LT step,	destroy his balance,	his LT, pull to my	my RT foot or my
96			pivot LT 90 degrees	RH grab his RT lapel	LT, roll LT	RT ankle
Ushiro Hiji Nage	Elbow rear throw	Straight knife thrust	Pivot to RT, RT step	LH grab sleeve,	Drop onto RT knee	Knife to throat,
(Black Belt)	82		while RH grab RT	pivot LT 180 degrees		slice by pulling up on
			wrist with thumb up,	bringing knife		his hand
106			push	across his neck		
Yoko Makikomi	Side winding throw	Grab both wrists	Bring my hands up	Lift both arms as RT	Tighten C-grips,	Release LT wrist,
(Black Belt)	110, 112, 142		inside his, C - grips,	foot steps to his RT,	push his crossed	turn RT to drop
			lift his RT arm, bring	pivot left while bringing	arms out and down	LT knee to head
108			his LT arm to my LT	his arms over my head		
Yoko Makikomi	Side winding throw	Cross lapel choke	LH grab RT	Tai otoshi, maintain	RH C-grip RT wrist,	This rolls him onto
(Black Belt)	142	with RH higher	sleeve, with my RT	LT lunge position	LH cup RT elbow,	his stomach with
		than LT	arm down, turn		RH pulls while LH	chicken wing,
109			CWW into him		pushes	drop to RT knee
						0