

CORE MOVEMENTS INTRODUCTION

Through many years I have heard Sensei Kirby mention Budoshin jujitsu's core movements, or core techniques, as an estimated quantity. The following represents my attempt to move from a general estimate of core movements, toward a specific quantity of core techniques.

This Table of Prompts is from pages 16 and 17 of my sixth book, Black Belt Guide To All Techniques In Budoshin Jujitsu Forms From White Belt Through Tenth Degree Black Belt.

Combining the duplicate terminology of karada with tai, maki with makikomi, te with te nage and te shimi waza, ude with ude guruma, ura harai with ura nage, and ushiro with ushiro nage, while separating and adding otoshi (drop), goshi (sweep), guruma (wrestle), and gari (reap), we end up with a total of 60 prompts which, in my thinking, represent the core techniques, or core movements in Budoshin jujitsu. The terms nage (throw), waza (technique), and kata (form) are general in nature and therefore not included as core movements.

-Dave Clark

Table of Prompts Sixty Study Sessions

AGO – CHIN / JAW – 6 FORMS	ah'-go
ASHI – FOOT / LOWER LEG – 12 FORMS	ah'-shee
ATAMA – HEAD – 5 FORMS	ah-tah'-mah
ATEMI – VITAL POINT BODY STRIKE – 2 FORMS	ah-tem'-ee
BOKKEN – WOODEN SWORD / STICK – 4 FORMS	bo'-ken
ERI – LAPEL / COLLAR – 3 FORMS	eer'-ee
GATAME – GRAPPLE – 1 FORM	gah'-tah-meh
GYAKU – REVERSE – 10 FORMS	guy-ah'-koo
HANA – NOSE – 2 FORMS	hah'-nah
HANBO – THREE-FOOT STAFF – 10 FORMS	hahn'-bo
HANE GOSHI – INSIDE SWEEP – 1 FORM	hah'-neh goh'-shee
HARAI GOSHI – OUTSIDE SWEEP – 4 FORMS	hah-rah'-ee goh'-shee
HASAMI – SCISSOR – 5 FORMS	hah-sah'-mee
HIDARI – LEFT – 3 FORMS	hah-dar'-ee
HIJI – ELBOW – 19 FORMS	hee'-jee
HIKI – PULL – 9 FORMS	hee'-kee
HINERI – WRIST TWIST RELEASE – 2 FORMS	hin-air'-ee
HIZA – KNEE – 6 FORMS	hee'-zah
IPPON – ONE POINT – 4 FORMS	ee'-pone
JUJI – CROSS – 4 FORMS	joo'-jee
KAESHI – COUNTER – 3 FORMS	kah-eh'-shee
KAO – FACE – 3 FORMS	kay'-oh
KARADA – BODY – 10 FORMS	kah-rah'-dah

KIMI NO KATA – FOCUS TECHNIQUE – 3 FORMS	kee'-mee no kah'-tah
KINTEKI – GROIN – 21 FORMS	kin-tek'-ee
KOSHI – HIP / LOWER BACK – 7 FORMS	koh'-shee
KUBI – NECK – 10 FORMS	koo'-bee
MAE – FORWARD – 14 FORMS	mah'-eh
MAKI – WIND / TURN – 11 FORMS	mah'-kee
MAKIKOMI – WINDING / TURNING – 27 FORMS	mah'-kee-koh'-mee
MOROTE – DOUBLE / BOTH HANDS – 1 FORM	mo-ro'-teh
NAKA – INSIDE – 1 FORM	nah'-kah
NAWA – ROPE – 8 FORMS	nah'-wah
NODO – THROAT – 4 FORMS	no'-dough
OBI – BELT – 2 FORMS	oh'-bee
OSOTO GARI – BIG OUTER REAP – 3 FORMS	oh-so'-tow gar'-ee
SENEKA – SHOULDER – 2 FORMS	sen'-eh-kah
SHIMI – PAIN / STRANGULATION – 36 FORMS	shee'-mee
SHIOKU – NERVE – 18 FORMS	shee-oh'-koo
SODE – SLEEVE – 6 FORMS	soh'-deh
SUTEMI WAZA – SACRIFICE TECHNIQUE – 7 FORMS	soo-teh'-mee
TACHI WAZA – READY TECHNIQUE – 4 FORMS	tah'-chee wah'-zah
TAI OTOSHI – BODY DROP – 7 FORMS	ty oh-toh'-shee (ty oh-towsh)
TATAKE – ATTACK / STRIKE – 21 FORMS	tah-tah'-keh
TE – HAND – 5 FORMS	teh
TEKUBI – WRIST – 18 FORMS	teh-koo'-bee
TE NAGE – HAND THROW – 8 FORMS	teh nah'-geh
TE SHIMI WAZA – HAND PAIN TECHNIQUE – 4 FORMS	teh shee'-mee wah'-zah
TOMOE NAGE – CIRCLE THROW / STOMACH THROW – 4 FORMS	tow-mow'-eh nah'-geh
TSURI – LIFT / PULL UPWARD – 7 FORMS	tsoo'-ree
UBE – THUMB – 10 FORMS	oo'-beh
UCHI GARI – INNER REAP – 1 FORM	oo'-chee gar'-ee
UDE – ARM – 8 FORMS	oo'-deh
UDE GURUMA – ARM WHEEL / CIRCULAR / WRESTLE – 25 FORMS	oo'-deh goo-roo'-mah
UKEMI – FALLING – 6 FORMS	oo-keh'-mee
UKI OTOSHI – FLOATING DROP – 4 FORMS	oo'-kee oh-toh'-shee
URA HARAI – REAR OUTSIDE SWEEP – 2 FORMS	ur'-ah hah-rah'-ee
URA NAGE – REAR THROW – 7 FORMS	ur'-ah nah'-geh
USHIRO – BACKWARD / REAR – 9 FORMS	oo-sheer'-oh
USHIRO NAGE – BACKWARD / REAR THROW – 18 FORMS	oo-sheer'-oh nah'-geh
YAWARA – KOSHI NO BO / SHORT STICK / KUBITAN – 4 FORMS	ya-wahr'-ah
YOKO – SIDE – 11 FORMS	yo'-ko
YUBI – FINGER – 7 FORMS	yoo'-bee

Class dismissed.

You are free to move about the dojo.