



BUDOSHIN JU-JITSU KATA



(Professor Kirby's JB=Budoshin Jujitsu Basic Book , JI=Budoshin Jujitsu Intermediate Book, JN=Budoshin Jujitsu Nerve Techniques, V= Budoshin Jujitsu DVD Series)

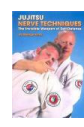
Attack **Defense**

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| | Falls & Rolls | Basic Side Fall (Yoko Ukemi) JB-36/V1 |
| | Falls & Rolls | Basic Back Roll/Fall (Ushiro Ukemi) JB-38/V1 |
| | Falls & Rolls | Basic Forward Roll (Mae Ukemi) JB-40/V1 |
| | Falls & Rolls | Basic Forward Fall (Mae Ukemi) JB-42/V1 |
| 1 | Round Strike | Outer Rear Sweeping Throw (Osoto Gari)-Knee Drop Body Strike (Karada Tataka) JB-70/V2-4 |
| 2 | Cross Wrist Grab | Wristlock Takedown (Tekubi Shimi Waza) J1-166/J1-164 |
| 3 | Double Lapel Grab | Double Strike Turning Throw (Ude No Tataka) With Elbow Roll Submission (Hiji Tataka Shimi Waza) J1-84 |
| 4 | Aggressive Handshake | Thumb Tip Press Side Throw (Ube Shioku Waza Yoko Nage) JN-180/V1-12 |
| 5 | 2 Hand Front Choke | Throat (Trachea) Attack (Nodo Shioku Waza) JB-54/V1-6 |
| 6 | Front Bear Hug (Under Arms) | Nerve Wheel Throw (Karada Shioku Waza) JB-92/V2-11 |
| 7 | Rear Bear Hug (Over/Under) | Leg Lift (Ashi Ushiro Nage) With Groin Stomp Submission (Kinteki Tataka) JB-50/V1-8 |
| 8 | Side Sleeve Grab | Elbow Lift (Hiji Waza) JB-114/V4-12 |
| 9 | Straight Knife Lunge | Basic Hand Throw (Te Nage) With Wrist or Elbow-Snap Submission (Te/Hiji Maki) JB-58/V1-5, J1-128 |



Participate in The Weekly Pad Drills/Fundamental Karate & Ju-Jitsu Self-Defense Techniques (10 Week Rotation)

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| 1 | Round Strike | Basic Drop Throw (Tai-Otoshi) With Wrist-Press Knee-Drop Submission (Tekubi Shimi Waza/Shioku Waza) JB-48/V1-3 |
| 2 | Double Front Wrist Grab | Wrist Side Throw (Haiai Nage or Tekubi Yoko Nage) J1-102/V3-5 |
| 3 | Double Lapel Grab | Elbow Turn Takedown (Hiji Waza) JB-104/V2-12 |
| 4 | Side Bent Headlock | Chin or Nose Turn With Head Lock (Ago/Hana/Atama Maki) With Elbow Strike (Hiji Tataka) JB-56/V1-10 |
| 5 | Rear Mug | Drop Throw (Tai-Otoshi) With Cheekbone Strike (Kao Tataka) JB-52/V2-10 |
| 6 | Rear Bearhug (Over Arms) | Sleeve-Hold Knee-Drop Throw (Sode Otoshi) J1-144/2-9 (Also See One-Arm Drop Throw Version J1-146) |
| 7 | Overhead Club | Armpit Rear Throw (Ude Guruma Ushiro) With Shoulder-Lock Submission (Ude Guruma) JB-66/V3-2 |
| 8 | Straight Knife Lunge | Reverse Winding Technique (Gyaku Waza Makikomi) With Shoulder Pin (Senaka Shimi Waza) J1-130 |
| 9 | Defensive Ground Technique | Foot-Grab Body-Roll Elbow Strike (Ashi Tataka) J1-200/V5-8 |



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| 1 | Round Strike | Hip Throw/Inner Sweeping Hip Throw (Ogoshi/Hane Goshi) With Knee-Drop Submission (Karada Tataka) JB-74/V3-12 |
| 2 | Double Rear Wrist Grab | Hand Throw (Te Nage) With Armlock Submission (Ude Guruma) J1-118/V4-2 |
| 3 | Double Lapel Grab | Head Winding Throw (Atama Makikomi) JB-116/V1-9 |
| 4 | Side Bent Headlock | Rear Leg-Lift Throw (Shioku Ashi Ushiro Nage) JB-118/V2-5 |
| 5 | Front Hair Grab | Knuckle-Press Takedown (Te Shimi Waza) JB-88/V2-15 |
| 6 | Front Kick | Leg-Lift Throw (Ura Nage) JB-84/V3-6 |
| 7 | Round Strike | Neck Throw (Kubi Nage) With Scissor-Choke Submission (Hasami) JB-72/V2-1 |
| 8 | Low Upward Knife Strike | Winding Armpit Takedown (Ude Makikomi Shioku Waza) J1-132/V4-3 |
| 9 | Defensive Ground Technique | Foot-Twist Throw (Ashi Makikomi) J1-202/V6-4 |

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| 1 | Side Sleeve Grab | Basic One-Arm Hip Throw (Koshi Nage/Ippon Seoi Nage) With Wrist-Lock-Lift Submission (Tekubi Shimi Waza) JB-46/V1-1 |
| 2 | 2 on 1 Wrist Pull | Sleeve Pivot Throw (Hiki Yoko Nage) JB-96/V3-7 |
| 3 | Lapel Grab-Punch | Figure-4 Armpit Winding Throw (Ude Guruma Makikomi) With Armpit Submission (Ude Guruma) JB-68/V2-14 |
| 4 | Side Bent Headlock | Nerve-Attack Armlock Takedown (Shimi Waza) J1-160 & Thumb Attack (Ube Shimi Waza) Version J1-162 |
| 5 | Rear Hair Grab | Wrist-Lock-Lift Come-Along (Tekubi Shimi Waza) With Arm-Lock Come-Along (Tekubi Shimi Waza) JB-90 |
| 6 | Front Kick | Inner Rear-Sweeping Throw (Ouchi Gari) With Groin Attack (Kinteki Tataka) JB-86/V4-4 |
| 7 | Rear Shoulder Grab | Armpit Winding Throw (Ude Guruma Makikomi) With Neck-Scissor Submission (Kubi Hasami) JB-106/V2-13 |
| 8 | Low Upward Knife Strike | Wrist-Lock Takedown (Tekubi Shimi Waza) JB-98/V2-6 |
| 9 | Defensive Ground Technique | Ankle-Grab Kneelock Rear Throw and Groin Strike (Ura Nage) J1-204/V5-4 |

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| 1 | Round Strike | Outer-Sweeping Hip Throw With Cross-Body Arm Trap (Harai Goshi) JB-60/V3-1 |
| 2 | Double Rear Wrist Grab | Rear Circle Throw (Ura Nage) J1-116/V4-11 |
| 3 | Double Lapel Grab | Cross-Lapel Wheel Throw (Eri Nage/Juji Makikomi) JB-120/V3-14 |
| 4 | Rear Wrist Grab/Hand Over Mouth | Hand Wind Elbow-Roll Takedown (Hiji Waza) JB-110/V8-20 |
| 5 | Handshake | Shoulder-Lock Rear Takedown (Ude Guruma Ushiro) JB-100/V1-11 & Shoulder-Lock Come-Along (Ude Guruma) JB-102/V2-8 |
| 6 | Front Kick | Foot-Twist Side Throw (Ashi Yoko Nage) with Figure-4 Leg Lock (Ashi Guruma) J1-96/V4-7 |
| 7 | Round Club | Body Winding Throw (Karada Makikomi) With Armpit-To-Shoulder-Lock Pin (Ude Guruma) JB-82/V3-9 |
| 8 | Straight Knife Lunge | Side Neck Standing Submission (Kubi Shioku Waza) J1-134 V2-2 & Outside Rear Sweeping Hip Throw (Ura Harai) J1-136/V4-21 |
| 9 | Ground Reversals | Reversing a Headlock Pin J1-216/V6-6 |
| 10 | Ground Reversals | Reversing an Attempted Figure-4 Armpit Submission J1-218/V6-7 |

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Offensive/Defensive Yawara Techniques (Cushinan Sensei's Video Clip & Professor Kirby's V-7)

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| 1 | Double Round Strike | Multiple Strike Belt Throw (Obi Nage) With Forearm-Roll Choke (Shimi Waza) J1-88/V4-8 |
| 2 | Inline Wrist Grab | Forward Finger Throw (Mae Ubi Nage) With Finger Break Submission (Yubi Shimi Waza) JB-80/V2-15, J1-170 |
| 3 | Double Lapel Grab | Stomach Throw (Tomoe Nage) With Lapel Choke Submission (Eri Shimi Waza) JB-76/v3-3 |
| 4 | Cross Lapel Choke | Side Winding Throw (Yoko Makikomi) J1-142 & Sleeve Body Drop Throw (Sode Otoshi) J1-138 |
| 5 | Handshake | Wristlock Come-Along (Tekubi Shimi Waza) J1-168/V4-5 |
| 6 | Rear Arm Grab (Hammerlock) | Hand Wind Elbow-Roll Takedown (Hiji Waza) JB-112/V4-6 & Rear Throw (Ura Nage) J1-122/V4-17 |
| 7 | Front Kick | Leg Winding Throw (Ashi Makikomi) With Leglock Lift Submission (Ashi Shimi Waza) J1-100 |
| 8 | Overhead Knife Strike | Corkscrew Throw (Ude Guruma) JB-64/V2-7 |
| 9 | Straight Knife Lunge | Elbow Rear Throw (Ushiro Hiji Nage) J1-82 |
| 10 | Kneeling Techniques (Sutemi Waza) | Wristlock Come-Along (Tekubi Shimi Waza) V6-9 |

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Offensive/Defensive Tanbo Techniques (Cushinan Sensei's Video Clip)

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| 1 | Round Strike (Single/Double) | Floating Drop Throw (Uki Otoshi) With Shoulder-Lock Pin Submission (Senaka Shimi Waza) JB-78/V3-8, J1-92 |
| 2 | Double Front Wrist Grab | Side Winding Throw (Yoko Makikomi) J1-112 & J1-110 |
| 3 | Lapel Grab-Straight Knife | Left-Hand Throw (Hidari Te Nage) J1-154/V4-19 |
| 4 | 2 Hand Rear Choke | Thumb Winding Throw (Ube Maki) JB-94/V3-11 |
| 5 | Rear Nelson (Attempt) | Hair-Grab Knee-Drop Throw (Atama Otoshi) J1-152/V4-10 |
| 6 | Rear Nelson (Applied) | Outside Forward Finger Throw (Mae Yubi Nage) With Finger Press Submission (Yubi Shimi Waza) J1-150/V4-9 |
| 7 | Knife At Throat Against The Wall | Hand Throw (Te Nage) With Wristlock-Lift Submission (Tekubi Shimi Waza) J1-158 & Face Attack (Kao Tataka) J1-156/V4-18 |
| 8 | Round Knife Strike | Shoulder-Lock Hip Throw (Ude Guruma Ogoshi) With Wrist-Lock-Lift Submission (Tekubi Shimi Waza) JB-122/V4-16 |
| 9 | Straight Knife Lunge | Forward Rear Throw (Mae Ushiro Nage) With Wristlock Submission (Tekubi Shimi Waza) J1-124/V4-1 |
| 10 | Kneeling Techniques (Sutemi Waza) | Hand Throw Technique (Te Waza) V6-10 |

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Offensive Baton Techniques (Cushinan Sensei's Video Clip & Professor Kirby's V-7)

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| 1 | Straight Strike | Shoulder Grab Rear Throw (Ura Nage) J1-80/V4-20 |
| 2 | Shoulder Throw Reversal | Floating Drop Throw (Uki Otoshi) J1-176/V4-13 |
| 3 | Shoulder Throw Reversal | Shoulder Pull Throw (Senaka Hiki Nage) J1-178/V4-14 |
| 4 | Drop Throw Reversal | Leg-Strike Rear Takedown (Ashi Tataka) J1-180/V4-15 |
| 5 | Kneeling Techniques (Sutemi Waza) | Winding Armpit Takedown (Ude Makikomi) V6-11 |
| 6 | Kneeling Techniques (Sutemi Waza) | Forward Finger Throw With Finger Press Submission (Mae Yubi Nage With Yubi Shimi Waza) V6-12 |
| 7 | Baton Lunge Strike | Forward Throw (Bokken No Tataka Mae Nage) J1-224/V5-10 |
| 8 | Baton Lunge Strike | Inside Forward Throw (Naka Mae Nage) J1-226/V5-12 |
| 9 | Baton Push | Stomach Throw (Bokken Tomoe Nage) J1-228/V5-9 |
| 10 | Baton Push | Side Throw (Bokken No Tataka Yoko Nage) J1-232/V5-11 |
| 11 | Baton Push | Thumblock Takedown (Ube Shimi Waza) J1-234 |