

ZEN BUDOKAI AIKIJIJITSU TECHNIQUES

(Background color of numeral = belt level at which technique is learned)

AIKIJIJITSU 1

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|-----|-----------------------------|--|
| 1. | RIGHT, LEFT | SPIN - SAKOTSU |
| 2. | RIGHT BLOW | block, GANMEN SHUTO |
| 3. | FRONT CHOKE | parry, HAITO - CROSS SHUTO |
| 4. | ATT. HEADLOCK | SAKOTSU |
| 5. | CLUB | juji uke, ARMBREAK - SAKOTSU |
| 6. | PISTOL | parry, FLEX THROW |
| 7. | BENT LAPEL | FLEX BOW |
| 8. | RIGHT BLOW | block, ULNA PRESS |
| 9. | DOUBLE WRIST | ULNA PRESS |
| 10. | SIDE HEADLOCK | HAIR - HAMMERLOCK |
| 11. | FRONT HEADLOCK | CHOP (pivot) - KICK - CHOP |
| 12. | FRONT HUG PIN | WINDMILL - SAKOTSU |
| 13. | REAR HUG (PIN) | DOUBLE WINDMILL |
| 14. | POLICE HAMMERLOCK | HIJI - ARMBREAK - CHOP |
| 15. | RIGHT BLOW | block, HIJI - CHOP |
| 16. | MAT: CHOKE or ATT. HEADLOCK | ARM PARRY |
| 17. | MAT: SIDE CHOKE | ARM THRUST - ELBOW HIJI |
| 18. | MAT: SIDE CHOKE | LEG-OVER - JUJI GATAME |
| 19. | MAT: RIGHT, LEFT | HAMMERLOCK |
| 20. | MAT: STRADDLE | STOMACH BUMP |
| 21. | KNIFE | parry, INSIDE ARMTWIST |
| 22. | KNIFE | parry, FLEX THROW |
| 23. | 2-on-1 WRIST | ULNA PRESS |
| 24. | SIDE HEADLOCK | HAIR/NOSE THROW |
| 25. | FRONT CHOKE | WINGLOCK |
| 26. | DOUBLE WRIST | TEKUBI TORI |
| 27. | KNIFE | parry, ARMBREAK - REAR HADAKA JIME |
| 28. | RIGHT, LEFT | FRONT HADAKA JIME |
| 29. | RIGHT BLOW | block, STRETCH ARMBAR –
TWIST THROW |
| 30. | RIGHT BLOW | pivot, HAIR – HAMMERLOCK |

JUJITSU

1.	RIGHT BLOW	block, OSOTO GARI
2.	BENT LAPEL	OSOTO GARI
3.	FRONT CHOKE	OSOTO GARI
4.	ATT. HEADLOCK	OSOTO GARI
5.	ATT. FRONT HUG PIN	OSOTO GARI
6.	REAR STRANGLE	OSOTO GARI
7.	RIGHT BLOW (straight)	parry, KOSOTO GARI
8.	ATT. HEADLOCK	KOSOTO GARI
9.	REAR HUG PIN	IPPON TAI OTOSHI
10.	REAR STRANGLE	IPPON TAI OTOSHI
11.	RIGHT BLOW	block, IPPON TAI OTOSHI
12.	STRAIGHT LAPEL	IPPON TAI OTOSHI
13.	FRONT HUG PIN	IPPON TAI OTOSHI
14.	SIDE HEADLOCK	HAIR/NOSE THROW
15.	RIGHT BLOW (straight)	parry, FUMI KOMI
16.	RIGHT BLOW	block, SUKUI NAGE (BODYSLAM)
17.	FRONT CHOKE	SUKUI NAGE
18.	REAR HUG (FREE)	SUKUI NAGE
19.	FULL NELSON	SUKUI NAGE
20.	RIGHT BLOW	block, OGOSHI
21.	REAR HAND CHOKE	OGOSHI
22.	FRONT HUG PIN	OGOSHI
23.	DOUBLE LAPEL	OGOSHI
24.	RIGHT, LEFT	KOSHI GURUMA (HEADLOCK THROW)
25.	DOUBLE LAPEL	KOSHI GURUMA
26.	REAR HUG (PIN)	IPPON SEOI NAGE
27.	RIGHT BLOW	block, IPPON SEOI NAGE
28.	FRONT CHOKE	SODE TSURIKOMI
29.	STRAIGHT LAPEL	KANE SUTE
30.	FULL NELSON	MAKI KOMI

AIKI JUJITSU 2

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|-----|-----------------------|--|
| 1. | BOXER'S LEFT | KATAHA JIME (NELSON STRANGLE) |
| 2. | RIGHT BLOW (straight) | parry, KATAHA JIME |
| 3. | RIGHT, LEFT | FACE-ULNA - JUJI GATAME |
| 4. | RIGHT, LEFT | HAMMERLOCK |
| 5. | RIGHT BLOW (straight) | parry, MAWASHI GERI - INSIDE ARMTWIST |
| 6. | (no attack) | FRONT FLEX COMEALONG (A,B,C) |
| 7. | (no attack) | JUDOLOCK COMEALONG |
| 8. | (no attack) | CROSS TWIST - YUBI TORI COMEALONG |
| 9. | (no attack) | PIVOT YUBI TORI COMEALONG |
| 10. | (no attack) | ULNA PRESS - BARFLEX COMEALONG |
| 11. | RIGHT, LEFT | MAE GERI - OSOTO GARI |
| 12. | FRONT CHOKE | parry, YOKO GERI - INSIDE ARMTWIST |
| 13. | KNIFE THRUST | parry, TWIST THROW - YUBI TORI |
| 14. | FRONT CHOKE | UDE TORI |
| 15. | RIGHT, LEFT | WRIST LOCK - HAMMERLOCK |
| 16. | REAR HUG FREE | WRIST LOCK - HAMMERLOCK |
| 17. | 2-on-1 REAR ELBOW | ULNA PRESS - BARFLEX |
| 18. | KNIFE | gedan shuto, CROSS TWIST -
FRONT FLEX COMEALONG |
| 19. | RIGHT BLOW (straight) | parry, UDE TORI - OTOSHI |
| 20. | FRONT HEADLOCK | CHOP (pivot) - FRONT FLEX COMEALONG |

NAGE

1.	FRONT CHOKE	SUKUI NAGE (BODY SLAM)
2.	CLUB	age uke, SUKUI NAGE
3.	REAR HUG (FREE)	SUKUI NAGE
4.	FULL NELSON	SUKUI NAGE
5.	FRONT CHOKE	parry, KOSOTO GARI
6.	ATT. HEADLOCK	KOSOTO GARI
7.	STRAIGHT LAPEL	THREE CHOPS, SUKUI NAGE
8.	RIGHT, LEFT	OGOSHI
9.	DOUBLE LAPEL	KOSHI GURUMA (HEADLOCK THROW)
10.	RIGHT, LEFT	INSIDE LIFT
11.	SIDE HEADLOCK	USHIRO GOSHI (SIDE THUNDERBOLT)
12.	BOXER'S LEFT	TANI OTOSHI
13.	STRAIGHT LAPEL	KANE SUTE
14.	RIGHT, LEFT	OUCHI GARI
15.	RIGHT, LEFT	KOUCHI GARI
16.	FRONT CHOKE	SODE TSURIKOMI GOSHI
17.	FRONT CHOKE	FRONT THUNDERBOLT
18.	RIGHT, LEFT	SASHI TSURIKOMI ASHI
19.	REAR HUG PIN	IPPON SEOI NAGE
20.	FULL NELSON	MAKI KOMI
21.	REAR STRANGLE	UKI OTOSHI
22.	BOXER'S LEFT	TACKLE OUCHI GARI
23.	RIGHT, LEFT	LIGHTNING THROW
24.	RIGHT, LEFT	MAKI GAESHI
25.	SIDE HEADLOCK	YOKO GURUMA
26.	RIGHT, LEFT	TAMA GURUMA (LAPEL GURUMA)
27.	FRONT CHOKE	parry, WRIST GURUMA
28.	RIGHT, LEFT	UKI OTOSHI (cross step)
29.	FRONT CHOKE	TOMOE NAGE
30.	FULL NELSON	MAKI KOMI HARAI

GYAKU

1.	FRONT CHOKE	OSOTO GARI - WINGLOCK
2.	SIDE HEADLOCK	TANI OTOSHI - CHOKE & ARMBAR
3.	RIGHT, LEFT	INSIDE LIFT - ASHI GATAME
4.	FULL NELSON	SUKUI NAGE - HANTAI GATAME
5.	DOUBLE LAPEL	KOSHI GURUMA - UDE GARAME
6.	REAR HUG PIN	IPPON SEOI NAGE - JUJI GATAME
7.	FRONT CHOKE	SODE TSURIKOMI GOSHI - DRAGON CHOKE
8.	ATT. HEADLOCK	KOSOTO GARI - REAR KNEELINGBAR
9.	RIGHT, LEFT	OGOSHI - FRONT KNEELINGBAR
10.	RIGHT, LEFT	OSOTO GARI - KNEELING NECKBREAK
11.	SIDE HEADLOCK	USHIRO GOSHI (SIDE THUNDERBOLT) - LEG SCREW
12.	FULL NELSON	MAKI KOMI HARAI - UDE GATAME
13.	RIGHT, LEFT	YOKO WAKARI - STRADDLE NECKBREAK
14.	RIGHT BLOW	block, KATA GATAME - OSOTO GARI - JUJI GATAME - ARM SCISSORS
15.	REAR HAND CHOKE	REAR DOUBLE WINGLOCK - IPPON SEOI NAGE - HAIR HAMMERLOCK
16.	RIGHT, LEFT	LIGHTNING THROW - SUTEMI JIME
17.	FRONT CHOKE	SASHI TSURIKOMI ASHI - LOBSTER CHOKE
18.	RIGHT, LEFT	UKI OTOSHI - SMOTHER GATAME
19.	BOXER'S LEFT	TACKLE OUCHI - BOSTON CRAB
20.	REAR HUG FREE	LEG PULL - ASHI KUBI HISHIGI
21.	RIGHT, LEFT	FRONT THUNDERBOLT - ASHI HISHIGI
22.	BOXER'S LEFT	SCISSORS ROLLUP - LEGLOCK
23.	FRONT CHOKE	SODE TSURIKOMI GOSHI - CROSSBODY ARMBAR
24.	FRONT CHOKE	TOMOE NAGE - OHTEN GATAME
25.	RIGHT, LEFT	SUMI GEASHI - HADAKA JIME (STRADDLE)

AIKI JUJITSU 3

1.	DOUBLE WRIST	JUDOLOCK
2.	FRONT HEADLOCK	YUBI TORI
3.	REAR HUG FREE	FRONT FLEX COMEALONG
4.	RIGHT BLOW (straight)	parry, FOREARM OTOSHI
5.	DOUBLE WRIST	SHIHO NAGE - MOROYUBI TORI
6.	FRONT CHOKE	CROSS TWIST - FRONT FLEX
7.	FRONT CHOKE	CROSS TWIST - YUBI TORI
8.	FRONT CHOKE	CROSS TWIST (<i>HIJI</i>) - FLEX HAMMERLOCK
9.	RIGHT BLOW	block, ULNA PRESS - BARFLEX - OTOSHI - YUBI TORI
10.	FRONT CHOKE	REVERSE ARMBAR - BARFLEX
11.	RIGHT, LEFT	SHIHO NAGE - MOROYUBI TORI
12.	DOUBLE WRIST	ULNA PRESS - KOSOTO GARI - REAR KNEELINGBAR - BAR FLEX - OTOSHI - YUBI TORI
13.	FRONT CHOKE	UDE TORI - REVERSE HADAKA JIME
14.	KNIFE	parry, HADAKA JIME (B)
15.	KNIFE	parry, TWIST THROW - TURN OVER - FRONT FLEX
16.	KNIFE	parry, KATAHA JIME (NELSON STRANGLE)
17.	KNIFE	parry, WRIST TWIST TO MAT (Miyama Ryu) - YUBI TORI
18.	KNIFE	parry, MAWASHI GERI - REAR HADAKA JIME
19.	KNIFE	parry, MAWASHI GERI - INSIDE ARMTWIST
20.	KNIFE	parry, UDE TORI - OTOSHI - YUBI TORI
21.	CLUB	juji uke, ULNA PRESS - BARFLEX - OTOSHI - YUBI TORI
22.	CLUB	age uke, IPPON SEOI NAGE - CLUB YAWARA
23.	CLUB	age uke, SHOULDER CRANK - CLUB CHOKE
24.	CLUB	age uke, SUKUI NAGE - ASHI HISHIGI
25.	CLUB	juji uke, CHOP - URA TSUKIS - CHOP - TAMA GURUMA
26.	KNIFE	gedan barai, CROSS TWIST (to mat) - FRONT FLEX
27.	KNIFE UPTHURST	gedan juji, CROSS TWIST (<i>SUTEMI</i>) - TWIST(over) -FRONT FLEX
28.	KNIFE UPTHURST	gedan juji, REVERSE ARMBAR (to mat) - BARFLEX OTOSHI - YUBI TORI
29.	KNIFE CROSS SLASH	CHOKE - ARMBAR
30.	KNIFE	parry, REVERSE ULNA - REAR ARM GURUMA