

Ji Hatsu Teki Kempo Jitsu Black Belt Chart

Section I

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Section II

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Section III

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Section V

Part 1: Kata (*Jo*)

Test: Must test each belt level in its entirety

Ji Hatsu Teki Kempo Jitsu Black Belt Chart

Section I

Part 1: General Knowledge

A) Explain and/or demonstrate all belt levels of general knowledge

Part 2: Terms

A) Know all belt levels of terms

Part 3: Parables

A) Must know all belt levels of parables.

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Section II

Part 1: Break Nerve Throw

- A) Two handed front choke **Nodo; O soto gari-** (*Major outer reaping*) behind leg, hands on near shoulder and inside elbow.
- B) Front bear hug arms pinned **Abara; O uchi gari-** (*Both inside reaping*) step in between uke's legs as bend forward, slide rear leg up & shift weight to it, hook forward leg behind uke's lower leg. Place forward forearm across uke's waist to push, rear hand hook other leg at popliteal space, reap with leg and hand as push back with arm on uke's waist.
- C) Front bear hug arms free **Dokko; Atama uchi morote ashi sukui-** (*Both hands reaping*) legs with head in stomach
- D) Side collar grab **Mune; Yubi nage-** *Finger throw- fingers in trapezius from behind, forcing a sit down as you step behind and across*
- E) Pull back choke **Soto ude ure; Seoi nage-** (*Single shoulder throw*) Stand square. Turn and bring uke's arm over your shoulder, as both feet are between uke's feet. Pull uke's hip into your butt and pop into uke and pull over at the same time
- F) Rear bear hug arms pinned **Ashi; O goshi-** (*Major hip throw*) Stand square. Slide your arm around uke's waist, turning sideways to uke, pop your hip into uke as you circle foot out and roll uke over your hip. Don't grab onto uke's back
- G) Rear bear hug pick up **Tsurigani; Harai O goshi.** (*Leg Sweeping Hip Throw*) Side to uke, grab belt behind, pull arm around as pop your hip hard into uke groin, keep feet inside uke's, sweep outside of leg at same time.
- H) Rear bear hug, arms free **Riken; Tai otoshi.** (*Shoulder Drop*) Stand square, put arm straight over Uke's shoulder, pull arm as you turn, step around in circle) keeping arm straight, not hooking neck) bump & lift with hip to take down
- I) Full nelson **Atama; Soto Makikomi.** (*Over arm throw*)
Turn to face uke as you throw your nearest arm over uke's head, grab uke's hand with your opposite hand and pull the arm across your body-keep tight hip contact as you turn back, lean forward, continuing to keep headlock, circle leg out .and roll uke around body
- J) Side head lock **Hanna;** one hand on near shoulder, one hand on mid back, **Ko soto gake-** (*Minor outer propping*) step on popliteal space of knee as you push back on shoulder and forward on waist

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Section II Continued

Part 2: Tate Dori (*Standing Escapes*) Limb Destruction (Knife hand attack)

- A) **Straight on wrist grab**- strike across brachioradialis of grasping arm with free hand, then across mid-bicep with freed hand, then strike clavicle with opposite hand. Step to outside and step (kick) lateral side of knee with outside of your foot.
- B) **Cross wrist grab**- strike across brachioradialis of grasping arm with free hand, then across mid-bicep with freed hand, then strike clavicle with opposite hand. Step to outside and step (kick) lateral side of knee with outside of your foot.
- C) **Two on one wrist grab**- strike across brachioradialis of both arms with free hand, then across mid-bicep with freed hand, then strike clavicle with opposite hand. Step to outside and step (kick) lateral side of knee with outside of your foot.
- D) **Two on two in front wrist grab**- turn to break hold on one hand, strike across brachioradialis of remaining grasping arm with free hand, then across mid-bicep with freed hand, then strike clavicle with opposite hand. Step to outside and step (kick) lateral side of knee with outside of your foot.
- E) **Side wrist grab**- Turn to partially face uke, strike across brachioradialis of grasping arm with free hand, then across mid-bicep with freed hand, then strike clavicle with opposite hand. Step to outside and step (kick) lateral side of knee with outside of your foot.
- F) **Two on two rear wrist grab**- bring one hand into small of your back, turn to break a hand free, strike across brachioradialis of grasping arm with free hand, then across mid-bicep with freed hand, then strike clavicle with opposite hand. Step to outside and step (kick) lateral side of knee with outside of your foot.

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Section III

Part 1: Ukemi Waza (*Falling*)

A) Shizentai	Sitting falls	(3 ways)
B) Kiba	Squatting falls	(3 ways)
C) Tate	Standing falls	(3 ways)
D) Santo	Combat roll	(2 ways)
E) Santo picking up a stick		
F) Chugaeri	Roll slap stay down	(2 ways)
G) Back roll	<i>Keep arm extended on side to roll on.</i>	(2 ways)

Part 2: Nage Waza (*Throws*)

- A) Must demonstrate all belt level of throws

Part 3: Katama Waza (Ground Work)

Finish variations for 4 basic throws:

Twine

Kote gaeshi,
elbow over take down,
elbow under take down

Shoulder

Seoi nage,
Ippon seoi nage,
Marote seoi nage

Reap

O soto gari,
O uchi gari

Hip

O goshi,
Uki goshi,
Harai O goshi

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Section IV

Part 1: Stances

Must demonstrate all belt level of stances

Part 2: Atemi Waza (*Tori must be able to perform each combination when it is called out by letter*)

- A) Jab, cross, lead hook, rear uppercut.
- B) Jab, lead hook, cross, lead uppercut.
- C) Jab, rear hook, lead uppercut, cross.
- D) Jab, rear uppercut, lead hook, rear hook.

Must demonstrate all belt level of punches

Part 3: Ashi geri waza

- A) Must demonstrate all belt level of kicks.

Part 4: Block Attack – Must demonstrate all belt levels of block attack

A) Roundhouse punch-

(outside); step to uke's inside; Tan choy to shoulder and peng choy

(inside); Parry with a check to opposite shoulder, checking hand chops to side of neck, opposite hand chops to throat, spear hand to solar plexus, chop to side of neck, step across with back leg and chop to back of neck, Kick upward back to groin as you step out and turn to face uke. (*Same for a straight punch inside*)

- B) Backfist- (*outside only*); chesao to uke's to upper arm, peng choy

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Section IV Continued

2) Kicks (*Body movement must be incorporated, range must be addressed*).

- A) **Front kick**- tuck midsection back to get out of range, 4 knuckle strike to shin.
- B) **Roundhouse kick**- step away from direction of kick to get out of range, Elbow strike (elbow tuck to ribs) to lower leg
- C) **Side kick**- tuck midsection back to get out of range Elbow strike (elbow tuck to ribs) to lower leg
- D) **Spin around kick**- tuck midsection back to get out of range Elbow strike to lower leg.

Part 5: Sao Fot Counters *Step out to change straight line of attack*

- A) Poc sao the poc sao on a half beat, peng choy.
- B) Lop sao the lop sao on a half beat, peng choy.
- C) Jut sao- pull caught hand down and back to midline, out to peng choy
- D) Chop choy, gwa choy – tuck midsection back from chop choy, biugee.

Part 6: Linsel Didar (*Simultaneous Block Attack-against a straight punch*)

Block to the outside then repeat with blocks to the inside

- A) High- Tan sao, peng choy.
- B) High- tan sao, peng choy.
- C) Low- gong sao, peng choy.
- D) Low- gong sao, peng choy.

Part 7: Box 5 Knife Drill (*Offensive & Defensive*)

Part 8: 7 step finish to knife attack

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Section V

Part 1: Kata (Jo)

Must demonstrate all empty hand and weapon katas.