

Ji Hatsu Teki Kempo Jitsu

Blue Belt Chart

Section I

Part A: General Knowledge

Part B: Terms

Part C: Parables

Section II

Part A: Break Nerve Punch

Part B: Standing Escapes (*Tate Dori*)

Section III

Part A: Falling

Part B: Groundwork

Part C: Throws

Part D: Attack Sequence On Man's Back

Section IV

Part A: Stances

Part B: Punches

Part C: Kicks

Part D: Block Attack

Part E: Wrist Responses

Part F: Sao Fot

Section V

Part A: Kata (*Short 2*)

Ji Hatsu Teki Kempo Jitsu

Blue Belt Chart

Section I

Part A: General Knowledge

- 1) Properly demonstrate a standing bow (*ritsurei*).
- 2) Properly demonstrate a sitting bow (*zareii*).
- 3) Properly demonstrate a sitting position (*zwate*) during a kogi (*lecture*).

Part B: Terms

- | | |
|-----------------|---------------------------------------|
| 1) Mudansha | Class holder |
| 2) Hachikyu | 8th class white belt |
| 3) Schichikyu | 7th class yellow belt |
| 4) Rokkyu | 6th class orange belt |
| 5) Gokkyu | 5th class purple belt |
| 6) Yonkyu | 4th class blue belt |
| 7) Sankyu | 3rd class green belt |
| 8) Nikkyu | 2nd class brown belt |
| 9) Ikkyu | 1st class brown belt |
| 10) Kogi | Lecture |
| 11) Kung Fu | Skilled man |
| 12) Karate | Empty hand |
| 13) Tae Kwon Do | Punching with hand; kicking with foot |
| 14) Hapkido | Korean ju-jitsu |
| 15) Goju | Hard-soft |

Part C: Parables

- 1) **Faith**- Never believe your doubts or doubt your beliefs.
- 2) **Comparing Techniques**- He who sees his own faults is too occupied to see the faults of others.
- 3) **Squabbles**- Do not forget old acts of kindness because of recent small mistakes.
- 4) **Spreading Rumors**- Let he who scatters thorns go barefoot.

Ji Hatsu Teki Kempo Jitsu

Blue Belt Chart

Section II

Part A: *Shiatsu Waza; Atemi Waza (Break Nerve Punch)*

- 1) Two handed front choke Nodo; parry outside, lop sao, peng choy, poc sao elbow for trap, four knuckle rake to face, chop collar bone, biu gee, attack groin, chop off and return with a roundhouse elbow.
- 2) Front bear hug arms pinned Abara; hand slides to back and tan choy to solar plexus, straight up elbow to chin, chop collar bone, biu gee, attack groin, chop off and return with a roundhouse elbow.
- 3) Front bear hug arms free Dokko; Roundhouse elbow to head, chop collar bone, biu gee, attack groin, chop off and return with a roundhouse elbow.
- 4) Side collar grab Mune; parry outside, lop sao, peng choy, poc sao elbow for trap, four knuckle rake to face, chop collar bone, biu gee, attack groin, chop off and return with a roundhouse elbow.
- 5) Pull back choke Soto ude ura; inside lop sao, gwa choy to ribs, four knuckle rake to face, chop collar bone, biu gee, attack groin, chop off and return with a roundhouse elbow.
- 6) Rear bear hug arms pinned Ashi; inside lop sao, gwa choy to ribs, four knuckle rake to face, chop collar bone, biu gee, attack groin, chop off and return with a roundhouse elbow.
- 7) Rear bear hug pick up Tsurigani; inside lop sao, gwa choy to ribs, four knuckle rake to face, chop collar bone, biu gee, attack groin, chop off and return with a roundhouse elbow.

Ji Hatsu Teki Kempo Jitsu

Blue Belt Chart

Section II (*Continued*)

- | | |
|----------------------------|--|
| 8) Rear bear hug arms free | Riken; lop sao, gwa choy to head, four knuckle rake to face, chop collar bone, biu gee, attack groin, chop off and return with a roundhouse elbow. |
| 9) Full nelson | Atama; lop sao, gwa choy to head, four knuckle rake to face, chop collar bone, biu gee, attack groin, chop off and return with a roundhouse elbow. |
| 10) Side head lock | Hanna; tan choy to ribs, tan choy to chin, elbow to chin, chop collar bone, biu gee, attack groin, chop off and return with a roundhouse elbow. |

Part B: Standing Escapes (*Tate Dori*)

- 1) **Straight on wrist grab**- Raise hand to hiji gatame.
- 2) **Cross wrist grab**- Gong sao, bring hand to chest, wrist flex.
- 3) **Two on one wrist grab**- bring hands together, Circle outside and wrist flex pull down with hold down.
- 4) **Two on two in front wrist grab**- Circle both hands inside, trap one hand, wrist flex.
- 5) **Side wrist grab**- Trap hand, wrist flex with elbow.
- 6) **Two on two rear wrist grab**- Back pedal, slam into uke, wrap arm to yubi gatame..

Ji Hatsu Teki Kempo Jitsu

Blue Belt Chart

Section III

Part A: Ukemi Waza

- | | | |
|-----------------------------|-----------------|----------|
| 1) Shizentai | Sitting falls | (3 ways) |
| 2) Kiba | Squatting falls | (3 ways) |
| 3) Tate | Standing falls | (3 ways) |
| 4) Santo | Combat roll | (2 ways) |
| 5) Santo picking up a stick | | |

Part B: Katame Waza

- 1) **Side head lock**- Build frame, place forearm in uke's throat. Move hips away until opportunity for juji gatame.
- 2) **Front scissor lock escape-(stacking guard pass)** Place right hand on uke's bicep, raise left leg and prop it up, turn to left to create space, push left arm through the gap, wiggle down to get shoulder under his leg. Once shoulder is under leg, reach left hand around, and across body to grab uke's left gi collar or left shoulder, shift legs (*left down, right up*), drive his leg toward his head. When his leg comes out, place your elbows on the floor making a base, push legs down and mount.
- 3) **Attack sequence from keza gatame-**
 - Position #1-**
 - A) Break arm over knee, elbow in jugular vein.
 - B) Man resists, throw arm across face and choke kata gatame.
 - Position #2**
 - A) Uke pushes face with free arm, take arm to hiji gatame.
 - B) Uke pushes shoulders with both arms, roll back elbowing to groin, attack Achilles tendon.
 - Position #3**
 - A) Lock up arm between legs.
 - B) Uke pushes face with free hand, feed to other hand putting knuckles in jugular vein.
 - C) Uke attempts pushing you off, pull head up while shooting hips forward.
 - D) Uke's leg comes up, trap leg and neck while arching back in a cradle position.

Ji Hatsu Teki Kempo Jitsu

Blue Belt Chart

Section III (*Continued*)

Part C: Nage Waza

- 1) **O soto gari**- Major outer reaping behind leg
- 2) **Ko soto gake**- Minor outer propping to outside of knee
- 3) **Atama uchi morote ashi sukui**- Both hands reaping legs with head in stomach
- 4) **Ude kominage**- Single arm throw-pull forward & down causing a shoulder roll
- 5) **Yubi nage**- Finger throw- fingers in trapezius from behind, forcing a sit down

Part D: Attack Sequence On Man's Back

- 1) **Hold down for man on his stomach**- Sit on his back, pull back chin with elbows in back.
- 2) **Man on all fours**- Hook legs, kata hadaka jime.

Ji Hatsu Teki Kempo Jitsu

Blue Belt Chart

Section IV

Part A: Stances

- 1) Moving forward and backward in main fighting stance.

Part B: Atemi Waza

- 1) Jab, cross (*rear hand punch*), lead hand hook combination.
- 2) Jab, lead hand hook, cross (*rear hand punch*) combination.
- 3) Jab, rear hand hook, lead hand uppercut combination.
- 4) Jab, rear hand uppercut, lead hand hook combination.

Part C: Ashi geri waza

- 1) Crescent kick.
- 2) Reverse crescent kick.
- 3) Hook kick.
- 4) Step behind side kick (*lead leg*).

Part D: Block Attack

1) Punches

A) Straight punch

(*outside*); Parry with lop sao, elbow over and under takedowns with a finish.

(*inside*); Parry with a check to opposite shoulder, checking hand chops to side of neck, opposite hand chops to throat.

B) Roundhouse punch

(*outside*); Parry with lop sao, elbow over and under takedowns with a finish.

(*inside*); Parry with a check to opposite shoulder, checking hand chops to side of neck, opposite hand chops to throat.

C) Backfist- (*outside only*); Parry with lop sao, elbow over and under takedowns with a finish.

Ji Hatsu Teki Kempo Jitsu

Blue Belt Chart

Section IV (*Continued*)

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

- A) **Front kick**- Poc sao in line, gong sao outside, front kick to groin.
- B) **Roundhouse kick**- Double gong sao outside (meet it), front kick to groin.
- C) **Side kick**- Poc sao in line, gong sao outside, front kick to groin.
- D) **Spin around kick**- Double gong sao(meet it) front kick to groin.

Part E: Wrist Responses from a horse stance (*Two moves with open eyes*)

- 1) Hard on the outside.
- 2) Hard on the inside.
- 3) Soft on the outside.
- 4) Soft on the inside.
- 5) High block.

Part F: Sao Fot (*Two Moves From a Distance*) *Offensive*

- 1) Poc sao- *rear hand* poc sao, peng choy, lop sao, gwa choy.
- 2) Lop sao- *front hand* lop sao, peng choy, lop sao, peng choy.
- 3) Jut sao- *rear hand* jut sao, step outside, hook to head, hook to head.
- 4) Chop choy, gwa choy-*front hand* chop sao, poc sao, step out, gwa choy, step out, gwa choy.

Ji Hatsu Teki Kempo Jitsu
Blue Belt Chart

Section V

Part A: Kata (*Short 2*)