

# **Ji Hatsu Teki Kempo Jitsu**

## **Brown Belt Chart**

### **Section I**

**Part 1: General Knowledge**

**Part 2: Terms**

**Part 3: Parables**

### **Section II**

**Part 1: Break Nerve Joint Lock Counters**

**Part 2: Tate Dori (Attacking the Fingers)**

### **Section III**

**Part 1: Falling**

**Part 2: Groundwork**

**Part 3: Throws**

### **Section IV**

**Part 1: Stances**

**Part 2: Punches**

**Part 3: Kicks**

**Part 4: Block Attack**

**Part 5: Sao Fot**

**Part 6: Wrist Responses**

### **Section V**

**Part 1: Kata (*Bo staff*)**

# Ji Hatsu Teki Kempo Jitsu

## Brown Belt Chart

### Section I

#### Part 1: General Knowledge

- A) Explain the yin yang and apply it to our system and at least one other example.

#### Part 2: Terms

A) Hakama	Warrior's dress
B) Bujutsui	Martial Arts
C) Budo	Martial way
D) Yawara	Hawaiian police stick
E) Kaibo	Club
F) Jodo	3 foot stick or riot stick
G) Bo	6 foot staff
H) Bojutsu	Study of the 6 foot staff
I) Tonfa	Rice grinder
J) Nunchaku	Rice beater
K) Sai	Dagger like weapon
L) Kama	Sickle
M) Suto	Butcher knife
N) Tanto	Short knife
O) Sna sher pang	Three sectioned staff
P) Katana	Samurai sword
Q) Wakizashi	Short samurai sword
R) Shanai	Bamboo sword
S) Boken	Wooden sword
T) Saya	Sword scabbard
U) Kenjutsu	Swordsmanship
V) Suriken	Throwing stars
W) Bushikan	Warrior's school

#### Part 3: Parables

- A) **Strength**- Strength comes from humility, for the humble man is so strong his ego cannot move him an inch.
- B) **Boasting**- Never tell of your strongest weapon or your weakest point, lest both be tested.

## **Ji Hatsu Teki Kempo Jitsu Brown Belt Chart**

### **Section I (*Continued*)**

- C) **Ideal Man**- The best of men are like water; water benefits all things, it does not compete with them.
- D) **Knowing**- To be aware of how much you do not know is the defining characteristic of one who truly knows much.

# Ji Hatsu Teki Kempo Jitsu

## Brown Belt Chart

### Section II

#### Part 1: Break Nerve Joint Lock Counters

- A) Two handed front choke      Nodō; tan sao under arm to an elbow break, *Uke Bends elbow up*, Roll elbow forward, face uke; turn uke's forearm upward, lock out and apply wrist lock- uke's palm toward uke's forearm.
- B) Front bear hug arms pinned      Abara;. right hand to back of uke's neck; pull down to attack with knee. Apply lock to elbow to hyperextend arm on your shoulder, move to ude gatame (force head turn by palm against chin *instead of hand on shoulder*).
- C) Front bear hug arms free      Dokko; yubi gatame (*arm comes outside and around, lock out in an inside arm bar*), keep underside arm in place, place palms together and turn to the center to lock arm, place free hand to back of uke's neck and pull down into raised knee.
- D) Side collar grab      Mune; ude gatame, keep arm close to you as you bring uke's arm into kazure ude kote gamate, use hand closest to uke to grasp back of hand and turn to fingers-up lock, free hand applies knife hand to side of uke's neck.
- E) Pull back choke      Soto ude ure; higi gatame, bring arm down and under into rear hammerlock, then into kuzure ude kote gatame
- F) Rear bear hug arms pinned      Ashi; turn to a wrist flex or wrist flex pull down, bring right hand over lock wrist and apply nikio . Raise uke's arm , weave arm

## **Ji Hatsu Teki Kempo Jitsu**

### **Brown Belt Chart**

face uke at 90Degrees, grip their hand in both hands and tweek it.#3

**G)** Rear bear hug pick up

Tsurigani; kote hineri , pull arm behind uke's back and pull back on finger tips, maintain fingertip lock and stay close as bring it to the front like kuzure ude kote gatame.

**H)** Rear bear hug, arms free

Riken; yubi gatame , hold arm turn toward uke; turn uke's forearm upward, lock out and apply wrist lock- uke's palm toward uke's forearm, ude gatame.

**I)** Full nelson

Atama; kuzure ude kote gatame, use hand closest to uke to grasp back of hand and turn to fingers-up lock, free hand applies knife hand to side of uke's neck, bring uke's arm behind his back into a hammer lock.

**J)** Side head lock

Hanna; interrogation takedown, hold wrist as step out into wrist flex takedown and immediately bring arm in and under into a wrist flex and apply a knife hand to neck with hand furthest from uke.

# Ji Hatsu Teki Kempo Jitsu

## Brown Belt Chart

### Section II (*Continued*)

#### Part 2: Standing Escapes (*Tate Dori*) Attacking the Fingers

- A) **Straight on wrist grab**- Step out, rolling uke's hand over, grasp index & middle finger with loosened hand & index & little finger with free hand – spread them apart in a “v”.
- B) **Cross wrist grab**-grab hand, peel off, kote hineri
- C) **Two on one wrist grab**- reach across underneath, grab thumb & hyperextend it by turning your wrist
- D) **Two on two in front wrist grab**- reach under grab index & ring finger, hyperextend them..
- E) **Side wrist grab**-grab fingers, peel off, raise your arm & hyperextend uke's arm over your arm with fingers locked downward.
- F) **Two on two rear wrist grab**- reach across and grasp index & middle fingers, flex down.
- G) **Hammer lock escapes**- grab own hand and push down while leaning forward, turn, a. take uke's arm to hiji gatame. b. If uke grabs with other hand turn into an elbow break.
- H) **Handshake**-“butterfly” hands while interlocking your thumbs & put pressure on snuffbox area of their hand/thumb.
- I) **Man spins you around**- double kokecan, a. **outside**: elbow break, b. **inside**: kata jime (*both sides*)

# Ji Hatsu Teki Kempo Jitsu

## Brown Belt Chart

### 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> | (1 way)  |

#### Part 2: Katame Waza (*Ground Work*) Hold Downs for Arm (Both Sides)

(All positions with uke on side, your knees on head and waist)

- A) **Straight elbow-** arm bar lock, first across one thigh, then the other
- B) **Bent elbow-** weave forearm from underneath, place palms together and turn to the outside to lock arm
- C) **Steering wheel lock-** (arm gets out) weave from underneath, flex wrist, grasp elbow and twist in opposite directions
- D) **Grab wrist from underneath** (elbow over takedown finish)

#### Part 3: Nage Waza (*Throws*)

- A) **Marote seoi nage.** (*Both Hands Shoulder Throw*) grab gi at shoulder step across turning hand holding gi under into armpit, jam into hip and pull uke around
- B) **Harai O goshi.** (*Leg Sweeping Hip Throw*) enter as in O Goshi, as you begin throw, extend right leg to help lift uke off the ground. Finish as O Goshi. C) **Soto Makikomi.** (*Over arm throw*) Throw your arm over uke's. as you turn, hold arm with an elbow squeeze, grab uke's hand with your opposite hand and pull arm across body keep tight hip contact, and roll uke around body as you lean forward, circling leg out.

# Ji Hatsu Teki Kempo Jitsu

## Brown Belt Chart

### Section IV

#### Part 1: Stances

There are no formal stances to be tested on; the tori is expected to utilize the necessary stances to perform all techniques appropriately on an advanced level.

#### 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.

#### Part 3: Ashi geri waza (*Front leg Kicks*)

- A) Jump front snap kick.
- B) Jump roundhouse kick.
- C) Jump side kick.

#### Part 4: Block Attack - Stop Hits

##### A) **Roundhouse punch-**

(*outside*); from inside; Tan choy to shoulder and other arm block chesao to uke's lower arm, lop sao, backfist

(*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. (*Same for a straight punch inside*)

- B) **Backfist-** (*outside only*); double block chesao to uke's to upper arm, lop sao, backfist

## **Ji Hatsu Teki Kempo Jitsu**

### **Brown Belt Chart**

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

- A) **Front kick**- Poc sao, gong sao outside, catch leg, attack knee and take down.
- B) **Roundhouse kick**- Poc sao, gong sao inside, catch leg, attack knee and take down.
- C) **Side kick**- Poc sao, gong sao outside, catch leg, attack knee and take down.
- D) **Spin around kick**- Double gong sao staying on the outside, catch leg, attack knee and take down.

**Part 6:** Sao Fot (*Seven Moves From a Distance, all end with a step to outside, leg sweep and stomp to outside of knee*)

- A) Poc sao.
- B) Lop sao.
- C) Jut sao.
- D) Chop choy, gwa choy.

**Part 7:** Wrist responses (*Work to a trap, with eyes closed*)

- A) Hard on the outside.
- B) Hard on the inside.
- C) Soft on the outside.
- D) Soft on the inside.
- E) High block. 2 ways

# **Ji Hatsu Teki Kempo Jitsu**

## **Brown Belt Chart**

### **Section V**

#### **Part 1: Kata Bo staff**