

Ji Hatsu Teki Kempo Jitsu Green Belt Chart

Section I

Part 1: General Knowledge

Part 2: Terms

Part 3: Parables

Section II

Part 1: Break Attack

Part 2: Standing Escapes (*Tate Dori*)

Section III

Part 1: Falling

Part 2: Groundwork

Part 3: Throws

Part 4: Hold Downs

Section IV

Part 1: Punches

Part 2: Kicks

Part 3: Block Attack

Part 4: Sao Fot

Part 5: Wrist Responses

Section V

Part 1: Kata (*Long 2*)

Ji Hatsu Teki Kempo Jitsu

Green Belt Chart

Section I

Part 1: General Knowledge

Describe the essential aim of Ju Jitsu- The essential aim of Ju Jitsu is to teach and help achieve the ideal state of adult maturity. In this rarely achieved ideal state, the individual is capable of dealing with an immediate task without hindrance from preconceived thoughts or ideas.

Part 2: Terms

A) Yudansha	Grade holder
B) Shodan	1st degree black belt
C) Nidan	2nd degree black belt
D) Sandan	3rd degree black belt
E) Yodan	4th degree black belt
F) Godan	5th degree black belt
G) Rokudan	6th degree black belt
H) Shichidan	7th degree black belt
I) Hachidan	8th degree black belt
J) Kudan	9th degree black belt
K) Judan	10th degree black belt

Part 3: Parables

- A) **Life-** Life is applying the best wisdom we know today based on all our yesterdays.
- B) **Wise Teacher-** A wise teacher is easy to serve but hard to please.
- C) **Concentration-** Consider the postage stamp. It's usefulness consists of it's ability to stick to one thing until it reaches it's destination.
- D) **Worst Enemy-** My only enemy is carelessness.

Ji Hatsu Teki Kempo Jitsu

Green Belt Chart

Section II

Part 1: Kempo Escapes- Break-Attack

- A) **Two handed front choke** Double Poc sao inside of arms, back-fist while other hand lop saos, tan sao underneath arm, lop sao, peng choy, poc sao elbow for trap, four knuckle rake to face, chop collar bone, Pull into knee, push through sit down with finish.
- B) **Front bear hug arms pinned** Shoot arms forward while stepping back to break hold, hand slides to back, tan choy to solar plexis, straight up elbow to chin, chop collar bone, pull into knee, push through sit down with finish.
- C) **Front bear hug arms free** Push attacker's head from side into your extended arm-repeat to opposite side, tan choy to ear-sending attackers head into a roundhouse elbow with other arm, chop collar bone, pull into knee, push through sit down with finish.
- D) **Side collar grab** cross hand grabs uke's wrist, opposite hand chop choy to tricep and on into ribs, sweep arm off and down with same arm that was striking, chop collar bone, four knuckle rake to face, chop collar bone, pull into knee, push through sit down with finish.
- E) **Pull back choke** trap arm with hand in-line to relieve pressure from neck, elbow to solar plexus with free arm, switching hands to maintain control of uke's arm, roundhouse elbow to ribs, four knuckle rake to face, chop collar bone, pull into knee, push through sit down with finish.
- F) **Rear bear hug arms pinned** Roll both arms forward into each other to make space while bumping uke with buttocks, lop sao hand, gwa choy to ribs, four knuckle rake to face, chop collar bone, pull into knee, push through sit down with finish.
- G) **Rear Bear hug arms free** back elbow to uke's head, repeat with opposite elbow, while repeating a third time with other elbow, lop sao wrist and follow through with elbow while turning around, four knuckle rake to face, chop collar bone, pull into knee, push through sit down with finish.
- H) **Side head lock** step around into mabo, double hammer-fist to groin, and kidney, tan choy to ribs, tan choy to chin, chop collar bone, pull into knee, push through sit down with finish.

Ji Hatsu Teki Kempo Jitsu

Green Belt Chart

Section II (*Continued*)

Part 2: Standing Escapes (*Tate Dori*)

- A) **Straight on wrist grab**- ko-kan straight up (flower) to release hold, tan choy to ribs with same hand.
- B) **Cross wrist grab**- gong sao to inside, with grabbed hand, other hand gong sao over forearm, opposite hand controls tricep, move to ude gatame.
- C) **Two on one wrist grab**- opposite hand traps hand on top, grabbed hand moves to outside in tight circle with knife-hand, step into uke driving to the mat.
- D) **Two on two in front wrist grab**- both hands circle outside and up, driving uke's hands together, drive both hands straight down, then back up in a double inverted sword to throat, up elbow to chin, pivot so back is to uke, hammer-fist to groin, claw groin and continue with upward elbow to chin, scoop-kick to groin while spinning out in fighting stance to face uke.
- E) **Side wrist grab**- with free hand peel off uke's hand above thumb, slide arm under elbow to joint lock.
- F) **Two on two rear wrist grab**- cross hands and peel off uke's hand, akushu nage. (wrist lock & elbow hyperextended)
- G) **Single lapel grab**- Trap hand in line at elbow, tan choy to chin.
- H) **Double lapel grab**- Bring left arm over uke's arms to trap, step back with left foot, bring arm under to break elbows, right arm comes around and on top of arms to break hold-drive down, chop with right hand to neck, pull into knee, push through sit down with finish
- I). **Single push (middle)**- Ude gatame. (Gong sao, gong sao, gong sao)
- J) **One handed front choke**- Inside parry, lop sao, elbow to ribs, gwa choy to head, circle to groin strike, tan sao under arm, lop sao to an elbow break, switch hands, 4 knuckle rake, chop to neck, pull into knee, push through sit down with finish
- K) **Two handed rear choke**- Left foot steps across in front of right foot, right arm comes around and down on arms breaking hold, straight up elbow to chin, back knuckle strike to bridge of nose.

Ji Hatsu Teki Kempo Jitsu

Green Belt Chart

Section III

Part 1: Ukemi Waza

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	(1 way)

Part 2: Katame Waza

- A) **Side head lock-** Build frame, Man doesn't release, move out, roll up to side mount with forearm still in throat. Step across, keep forearm in throat and choke with modified ude ure jime
- B) **Front scissor lock escape (stacking guard pass)-** Same as blue belt technique but tori is unable to get shoulder down, put opposite leg down and hand on the floor, scoot back to make gap larger, finish technique as in blue belt chart.
- C) **Man on top choking-** Trap their hand on your shoulder with your hand, opposite hand grabs their upper tricep and hook leg with foot in line, pull shoulder down & buck hips to roll man off and mount. Finish
- D) **Man on top choking variations:**
 - 1) **Uke props right hand on mat-** Left hand comes inside and wraps around right arm, right hand to shoulder, continue to hook leg, buck hips, roll over and mount.
 - 2) **Uke straightens right leg to side-** Push leg down, rehook leg, continue to roll, buck hips and mount.
 - 3) **Uke straightens right leg to back-** Pull leg under uke's leg, ankle under their shin- reverse hands to opposite side and do an elevator with leg.
 - 4) **Uke's hand and leg both escape-** Reverse technique of "C" above-and roll to other side to mount.

Ji Hatsu Teki Kempo Jitsu

Green Belt Chart

Section III (*Continued*)

Part 3: Nage Waza

- A) 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.
- B) De ashi harai- *Ankle prop*** Stand square, push and step forward with uke then as you step back reap uke's ankle before foot touches the ground. Push & pull uke's shoulders at same time.
- C) 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.
- D) 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.
- E) Shiho nage- *4 corner throw*** Grab uke's wrist step across in front of uke and turn, force uke to flip.

Part 4: kote gaeshi with variations.

- A)** step across uke's head to hold down.
- B)** step to other side of uke for hold down
- C)** Pull arm straight, place elbow to ground, wrist flex.
- D)** drop to kaza gatame (side headlock)
- E)** Juji gatame. (arm bar)

Ji Hatsu Teki Kempo Jitsu

Green Belt Chart

Section IV

Part 1: Atemi Waza

- 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 2: Ashi geri waza

- A) Front leg hook kick.
- B) Back leg hook kick.
- C) Step behind back kick.
- D) Offensive skip front kick.
- E) Offensive skip roundhouse kick.
- F) Offensive skip side kick.
- G) Reverse crescent kick, roundhouse kick combination.

Part 3: Block Attack

A) Elbows

- 1) **Straight elbow**- Parry outside, poc sao and lop sao, roundhouse elbow.
- 2) **Roundhouse elbow**- Double tan sao, poc sao and lop sao, roundhouse elbow.
- 3) **Back elbow**- Parry outside, poc sao and lop sao, roundhouse elbow.

Ji Hatsu Teki Kempo Jitsu

Green Belt Chart

Section IV (*Continued*)

(Block Attack continued)

B) Punches (*Inside*)

- 1) **Straight punch**- parry inside, check to opposite shoulder, checking hand chops to side of neck, opposite hand chops to throat, 4 knuckle vertical strike.
- 2) **Roundhouse punch**- Parry inside, check shoulder, roundhouse elbow, push through sit down.

C) Knees

- 1) **Straight knee**- Poc sao, gong sao outside, knee to back of thigh.
- 2) **Roundhouse knee**- Double gong sao, knee to back of thigh.
- 3) **Back knee**- Poc sao, gong sao outside, knee to back of thigh.

Part 4: Sao Fot (Three Moves From a Distance) offensive

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

Part 5: Wrist responses (*three moves blindfolded*)

- A) Hard on the outside
- B) Hard on the inside
- C) Soft on the outside
- D) Soft on the inside

**Ji Hatsu Teki Kempo Jitsu
Green Belt Chart**

Section V

Part 1: Kata (*Long 2*)