

Ji Hatsu Teki Kempo Jitsu

Junior Blue Belt Chart

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Section II

Part A: Break Nerve Punch

Part B: Standing Escapes (*Tate Dori*)

Section III

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Section IV

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Section V

Part A: Kata (*Short 2*)

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Section II

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

- 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.

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.

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Section III

Part A: Ukemi Waza

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|-----------------------------|-----------------|----------|
| 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.

Part C: Nage Waza

- 1) **O soto gari**- Major outer reaping behind leg
- 2) **Ko soto gake**- Minor outer propping to outside of knee

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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.

Part D: Block Attack

1) Punches

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

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

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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- #1

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.

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Section V

Part A: Kata (*Short 2*)