

Ji Hatsu Teki Kempo Jitsu Junior Orange Belt Chart

Section I

Part A: General Knowledge

Part B: Terms

Section II

Part A: Break Nerve Kick

Part B: Standing Escapes (*Tate Dori*)

Section III

Part A: Falling

Part B: Groundwork

Section IV

Part A: Stances

Part B: Punches

Part C: Kicks

Section V

Part A: Kata (*Long 1*)

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Section I

Part A: General Knowledge

- 1) Demonstrate the proper way of tying a belt (*ONE way*).

Part B: Terms

- | | |
|-----------|-------------------|
| 1) Mokuso | Meditate |
| 2) Uke | Receiver of throw |
| 3) Gi | Uniform |

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Section II

Part A: Shiatsu Waza; Ashi Geri Waza

- 1) Two handed front choke Nodo; lop sao outside, side stomp kick.
- 2) Front bear hug arms pinned Abara; knee to groin, stomp kick to shin sliding down to top of foot.
- 3) Front bear hug arms free Dokko; double lop sao, front snap kick to groin.
- 4) Side collar grab Mune; roundhouse kick to mid-section.
- 5) Pull back choke Soto ude ura; inside lop sao, side stomp kick.

Part B: Standing Escapes (*Tate Dori*)

- 1) **Straight on wrist grab-** Step back with left foot pulling right hand toward you breaking the hold, left hand is cocked as a check. Right front thrust kick to uke's rib cage.
- 2) **Cross wrist grab-** Gong sao, poc sao, gwa choy, roundhouse elbow, back elbow.
- 3) **Two on one wrist grab-** Pull hand out with other hand, gwa choy to head, round house elbow, pivot and hammer-fist to groin.
- 4) **Two on two in front wrist grab-** Step back in neutral bo stance pulling hands toward chest to break hold. Double gong sao to clear arms, right front snap kick to groin, set foot down in front, right straight up elbow and claw to face.

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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 | (1 way) |

Part B: Katame Waza

- 1) **Side head lock-** Push head down, uke resists. Attack hanna and juji gatame by placing top leg over uke's head and under his chin. Strighten arm to hyperextend elbow
- 2) **Man on top choking escape from guard-** Go over uke's arm in line, under opposite arm to break hold. Break elbow over other arm rolling uke on his back into his guard, choke kata jime. Uke counters by pushing away. Push uke's stomach with a double tan choy to chest to release guard. Attack achilles tendon or hiza.
- 3) **Blocking alternate roundhouse punches-** Poc sao at shoulder, chi sao at wrist, finish with a joint-lock and knee to butt on 3rd roundhouse each side.
- 4) **Knees on arms-** Slide arms straight up and attack groin with elbows. Grab uke's foot while bucking forward, joint lock ankle or attack hiza if he rolls on back.

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Section IV

Part A: Stances

- 1) Forward bo.
- 2) Offensive lead hand punch stance.
- 3) Offensive rear hand punch stance.
- 4) Offensive backfist stance.

Part B: Atemi Waza

- 1) Offensive jab.
- 2) Offensive lead hand punch.
- 3) Offensive cross (**rear hand punch**).
- 4) Offensive backfist.
- 5) Rocking horse combinations.

Part C: Ashi geri waza

- 1) Offensive front snap kick.
- 2) Offensive round house kick.
- 3) Offensive side kick.

Part D: Blocks (*From a horse stance*)

- | | |
|-------------|------------------------------------|
| 1) Poc sao | Slap block |
| 2) Tan sao | Palm up block |
| 3) Gong sao | Low S block |
| 4) Chi Sao | S block (<i>Front Hand Only</i>) |

Part E: Block Attack

- 1) **Poc sao- against a straight punch-** Rear or lead hand poc sao hand in line on the outside, while moving back.
- 2) **Tan sao inside or outside, punch- against a straight punch-** Tan sao with front or rear hand inside or outside, lop sao punch.

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Section IV (Continued)

- 3) **Gong sao inside or outside punch-** *against an uppercut*-Gong sao with front or rear inside or outside, peng choy.
- 4) **Chi sao inside or outside, lop sao, gwa choy-** *against a straight punch*- Chi sao with lead hand only inside or outside, lop sao, gwa choy.

Part F: Wrist responses (*One move from a horse stance*) (*Eyes open*)

- 1) Hard on the outside- Lop sao, gwa choy.
- 2) Hard on the inside- Poc sao, peng choy.
- 3) High block- #1 Double rake, peng choy.

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Section V

Part A: Kata (*Long 1*)