

# **Ji Hatsu Teki Kempo Jitsu Junior Purple Belt Chart**

## **Section I**

- Part A: General Knowledge**
- Part B: Terms**

## **Section II**

- Part A: Break Nerve Joint Lock**
- Part B: Standing Escapes (*Tate Dori*)**

## **Section III**

- Part A: Falling**
- Part B: Groundwork**
- Part C: Throws**

## **Section IV**

- Part A: Stances**
- Part B: Punches**
- Part C: Kicks**
- Part D: Block Attack**

## **Section V**

- Part A: Kata (*Hinan*)**

# **Ji Hatsu Teki Kempo Jitsu Junior Purple Belt Chart**

## **Section I**

### **Part A: General Knowledge**

- 1) Demonstrate how to uke for a test.

### **Part B: Terms**

- |           |       |
|-----------|-------|
| 1. Migi   | Right |
| 2. Hidari | Left  |
| 3. Ushiro | Back  |

# Ji Hatsu Teki Kempo Jitsu

## Junior Purple Belt Chart

### Section II

#### Part A: Shiatsu Waza; Kansetsu Waza (Break Nerve, Joint Lock)

- 1) **Two handed front choke** Nodo; tan sao under arm to an elbow break.
- 2) **Front bear hug arms pinned** Abara; right hand to back of uke's neck; lock out with left arm; pull head down to knee.
- 3) **Front bear hug arms free** Dokko; arm comes outside and around, lock out in an inside arm bar.
- 4) **Side collar grab** Mune; ude gatame.
- 5) **Pull back choke** Soto ude ura; hiji gatame.

#### Part B: *Tate Dori* (Standing Escapes)

- 1) **Straight on wrist grab-** Tan sao underneath with free hand to break hold, push hand up with a high block, punch to ribs with opposite hand, lop sao and punch to head.
- 2) **Cross wrist grab-** Small Circle hand to outside, poc sao with free hand and biu gee, roundhouse elbow, back elbow.
- 3) **Two on one wrist grab-** Attack groin, chop off with free hand, spear-hand or vertical 4 knuckle strike to solar plexus.
- 4) **Two on two in front wrist grab-** Raise arms straight up, double reverse lop sao, front snap kick to groin.
- 5) **Side wrist grab-** Raise arm behind uke to escape from hold, trap neck, knee to head.
- 6) **Two on two rear wrist grab-** Place hand in small of back, twisting away from hold, lop sao to elbow break.

# Ji Hatsu Teki Kempo Jitsu

## Junior Purple Belt Chart

### Section III

#### Part A: Ukemi Waza (Falls)

- |              |                 |          |
|--------------|-----------------|----------|
| 1) Shizentai | Sitting falls   | (3 ways) |
| 2) Kiba      | Squatting falls | (3 ways) |
| 3) Tate      | Standing falls  | (3 ways) |
| 4) Santo     | Combat roll     | (2 ways) |

#### Part B: Katame Waza (Ground Work)

- 1) **Side head lock-** Push head down, hook top leg over uke's top leg. Place both knees on mat. Pull head out while maintaining control of uke's arm. Sit up to arm lock
- 2) **Man on top choking-** Abara, roll uke off, attacking hiza.
- 3) **Man straddling you, arms pinned at sides-** Place hands under feet, buck and roll, attacking hiza or joint lock.

#### Part C: Nage Waza (Throws)

- 1) Kote gaeshi with hold down.
- 2) Elbow break takedown with hold down.

# Ji Hatsu Teki Kempo Jitsu

## Junior Purple Belt Chart

### Section IV

#### Part A: Stances

- 1) Step forward in neutral bo, switching sides.

#### Part B: Atemi Waza

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

#### Part C: Ashi geri waza (Kicks)

- 1) Offensive front thrust kick.
- 2) Defensive front thrust kick.

#### Part D: Block Attack

##### a) Punches

- 1) **Straight punch-**  
(*outside*); Parry with poc sao and peng choy, parry with lop sao and peng choy.
- 2) **Roundhouse punch-**  
(*outside*) Double tan sao with poc sao and peng choy, double tan sao with lop sao and peng choy.
- 3) **Back-fist- (*outside only*)**; Parry with lop sao and peng choy, parry with poc sao and peng choy.

# Ji Hatsu Teki Kempo Jitsu Junior Purple Belt Chart

## Section IV (*Continued*)

### b) Kicks

- 1) **Front snap kick-** Poc sao *in line*, gong sao outside, front snap kick to groin.
- 2) **Roundhouse kick-** Double gong sao outside, front snap kick to groin.

### Part E: Wrist responses from Mah bo (*One move blind-folded*)

- 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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Junior Purple Belt Chart**

**Section V**

**Part A: Kata (*Hinan*)**