

Ji Hatsu Teki Kempo Jitsu

Junior Yellow Belt Chart

Section I

Part A: General Knowledge

Part B: Terms

Section II

Part A: Break Nerve

Part B: Standing Escapes

Section III

Part A: Falling

Part B: Groundwork

Section IV

Part A: Stances

Part B: Punches

Part C: Kicks

Part D: Blocks

Section V

Part A: Opening

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Section I

Part A: General Knowledge

- 1) Bow in and out of dojo.
- 2) Bow on and off of mats.
- 3) Use proper titles on the mats.

Part B: Terms

1. Ju Jitsu	Name of art
2. Deshi	Student
3. Sensei	Teacher
4. One gaishimasu	What we say to open class
5. Domo aregato gozaimasu	What we say to close class

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Section II

Part A: Shiatsu Waza - Break Nerve

- | | |
|-------------------------------|--------------|
| 1) Two handed front choke | Nodo |
| 2) Front bear hug arms pinned | Abara |
| 3) Front bear hug arms free | Dokko |
| 4) Side collar grab | Mune |
| 5) Pull back choke | Soto ude ura |
| 6) Rear bear hug arms pinned | Ashi |
| 7) Rear bear hug pick up | Tsurigani |
| 8) Rear bear hug arms free | Riken |
| 9) Full nelson | Atama |
| 10) Side head lock | Hanna |

Part B: Tate Dori (*Standing Escapes*)

- 1) **Straight on wrist grab**- Step outside to break hold, yoko koto kominage.
- 2) **Cross wrist grab**- Bring hand outside, lop sao to an elbow break.
- 3) **Two on one wrist grab**- Attack groin, front snap kick to groin.
- 4) **Two on two in front wrist grab**- Double gong sao to outside, pull head into knee.
- 5) **side wrist grab**- Pull arm across body to break hold, lop sao, gwa choy to head.
- 6) **Two on two rear wrist grab**- Bend forward, grab wrists, step forward, back kick to groin or knee.

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Section III

Part A: Ukemi Waza

- 1) Shizentai Sitting falls (*3 ways*)

Part B: Katame Waza

- 1) **Side head lock-** Hanna, move hips to the outside and roll up to a mounted position
- 2) **Man on top choking-** Abara, roll over and choke ude ura jime while mounting.
- 3) **Scissor lock escape-** Protect against rear naked choke by grabbing uke's choking arm with both hands.. Trap top foot and attack elbow to hiza.
- 4) **Demonstrate how to mount-** Knees in armpits, elbows on mat by uke's ears.
- 5) **Prevent mount position-** Elbows by your side pushing uke's knees down.
- 6) **Demonstrate Guard position**—while lying on back, wrap legs around opponents waist

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Section IV

Part A: Stances

- 1) Horse stance.
- 2) Rocking horse stance.
- 3) Main fighting stance.

Part B: Atemi Waza

a) On focus Pad:

- 1) Rocking horse punch.
- 2) Defensive jab.

b) From horse stance:

- | | |
|--------------|------------------|
| 1) Peng choy | Punch |
| 2) Tan choy | Palm heel strike |
| 3) Biu gee | Finger jab |

Part C: Ashi geri waza

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

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

- 1) High block
- 2) Inside block
- 3) Outside block
- 4) Low block

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Section V

Part A: Opening for Kata