

Ji Hatsu Teki Kempo Jitsu

Orange Belt Chart

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Section II

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Section III

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Part B: Punches

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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 (*two ways*).

Part B: Terms

- | | |
|-----------------|------------------------------|
| 1) Mokuso | Meditate |
| 2) Tori | Thrower |
| 3) Uke | Receiver of throw |
| 4) Maitta | I give up |
| 5) Gi | Uniform |
| 6) Obi | Belt |
| 7) Unagi | Gi jacket |
| 8) Shitagi | Gi pants |
| 9) Reigisaho | Proper etiquette on the mats |
| 10) Konnichi wa | “Good Day” or “Hello” |
| 11) Dojo | Meditation hall |
| 12) Kiotsuke | Attention |
| 13) Sominji | Face the front |
| 14) Rei | Bow |
| 15) Joseki | Place of honor |

Part C: Parables

- 1) **Reaction-** To know and to act are one in the same.
- 2) **Practice-** Knowing is not enough, we must do.
- 3) **Ambition-** Aspiration points the way but perspiration gets us there.
- 4) **Workouts-** Workouts are practicing today for what we may have to do tomorrow.

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Section II

Part A: Shiatsu Waza, Shime Waza (Break Nerve, Choke)

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

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 arms, right front snap kick to groin, set foot down in front, straight up elbow and claw to face. clear right
- 5) **Side wrist grab**- Scoop hand taking uke's arm behind his back to an inside hammerlock.
- 6) **Two on two rear wrist grab**- Back pedal underneath uke's arm moving to kote gaeshi takedown.

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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. Straighten arm to hyperextend elbow.
- 2) **Man on top choking** - Go over uke's arm in line, under opposite arm to break hold. Break elbow over other arm rolling uke on his back and into his guard. Open Uke's guard with double tan chow to solar plexus. Attack achilles tendon or hiza.
- 3) **Blocking alternate roundhouse punches**- Same as yellow belt except add two alternate blocks
- 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 hisa if he rolls on back.
- 5) **Man on back, pull back choke**- Attack soto ude ura, bucking uke over, throw arm over uke's face and choke kata gatame.
- 6) **Man tries to roll you off**- Straighten leg to side uke is rolling, push arm up and choke kata gatame.
- 7) **Man rolls over to his stomach**- Choke kata hadaka jime, finishing with hadaka jime.

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Section IV

Part A: Stances

- 1) Step forward in main fighting stance.
- 2) Step back in main fighting stance.
- 3) Forward bo.
- 4) Offensive lead hand punch stance.
- 5) Offensive rear hand punch stance.
- 6) 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.
- 6) Lead hand hook punch.
- 7) Lead hand uppercut.

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) Bong sao | Wing block (<i>Front Hand Only</i>) |
| 5) Ko kan | Bird beak block |
| 6) Chi Sao | S block (<i>Front Hand Only</i>) |
| 7) Inverted tan sao | Reverse S block |

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Section IV (*Continued*)

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.
- 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.
- 5) **Bong sao, lop sao, gwa choy-** Lead hand blocks *roundhouse punch to head*, in line, lop sao, gwa choy. Bong sao across body on inside of *roundhouse punch to body* with lead hand, lop sao punch to ribs.
- 6) **Ko kan, tan choy-** Ko kan to inside of *roundhouse punch* with hand in line, tan choy to head.
- 7) **Inverted tan sao, peng choy-** Block outside of *backfist*, lop sao, punch.

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) Soft on the inside-jut sao, peng choy.
- 4) Soft on the outside-lop sao, peng choy.
- 5) High block- #1 Double rake, peng choy.
#2 Double Biugee

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Section V

Part A: Kata (*Long 1*)