

Ji Hatsu Teki Kempo Jitsu

Purple Belt Chart

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Section II

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Section IV

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Section V

Part A: Kata (*Hinan*)

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Section I

Part A: General Knowledge

- 1) Demonstrate how to uke for a test.
- 2) Demonstrate how to fold a gi.

Part B: Terms

- | | |
|-------------------|--------------------------------------|
| 1) Uchikomi | Load up |
| 2) Shiatsu waza | Pressure points, nerve centers |
| 3) Shime waza | Choking techniques |
| 4) Kansetsu waza | Joint locking techniques |
| 5) Katame waza | Mat working techniques (Ground Work) |
| 6) Tate dori | Standing escapes |
| 7) Atemi waza | Striking techniques |
| 8) Ashi geri waza | Kicking techniques |
| 9) Ukemi waza | Falling techniques |
| 10) Nage waza | Throwing techniques |
| 11) Migi | Right |
| 12) Hidari | Left |
| 13) Ushiro | Back |
| 14) Ritsurei | Standing bow |
| 15) Zarei | Sitting bow |

Part C: Parables

- 1) **Courtesy**- Martial arts begins and ends with courtesy, not in form alone, but in the heart and mind as well.
- 2) **Flow**- Be firm, but not hard; soft, but not yielding.
- 3) **Technique**- Simplicity is the end of art, and the beginning of nature.
- 4) **Temper**- Temper is such a good thing, we should never lose it.

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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 takedown.
- 2) **Front bear hug arms pinned** Abara; with your right hand reach behind right side of uke's head . With your left hand, reach over uke's right elbow and grab your right forearm forming an elbow compress. Bring uke's head down to a knee strike. Push through sitdown to an finish
- 3) **Front bear hug arms free** Dokko; left arm overhooks uke's right arm at his elbow, reach under and lockout on your own right forearm. Place right hand on uke's right shoulder and perform elbow compression. Uke's elbow must face upward. Ko Soto gake to a takedown. Various wrist/elbow finishes
- 4) **Side collar grab** Mune; ude gatame to kata Hadaka jime to leg prop sit down (ko soto gake)..
- 5) **Pull back choke** Soto ude ura; hiji gatame to a takedown and finish .
- 6) **Rear bear hug arms pinned** Ashi; reach across and grab uke's opposite hand. Turn to a kota geishi takedown.
- 7) **Rear bear hug pick up** Tsurigani; kote hineri. With free hand, reach across, grab uke's opposite shoulder and pull to Hadaka jime. Ko Soto Gake to the ground
- 8) **Rear bear hug arms free** Riken; yubi gatame to soto makikomi takedown to kaza gatame.
- 9) **Full nelson** Atama; kuzure ude kote gatame. Leg sweep takedown (Soto Gari)
- 10) **Side head lock** Hanna; interrogation takedown.

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.

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Section II (*Continued*)

- 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.
- 7) **High straight on wrist grab-** Poc sao, punch.
- 8) **High cross wrist grab-** Tan sao, punch.
- 9) **High two on one wrist grab-** Pull hand down while doing an high block; spearhand, vertical 4 knuckle strike or peng choy to solar plexus.
- 10) **High two on two wrist grab-** Front snap kick to groin.

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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. Stay on uke's back and 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.
- 4) **Man on back, pull back choke-** Attack soto ude ura while bucking attacker off, hiji gatame.
- 5) **Keeping a man off of you-** Alternating side kicks.
- 6) **Man enters in-** Ankle prop take down.

Part C: Nage Waza (Throws)

- 1) Kote gaeshi with hold down.
- 2) Elbow break takedown with hold down.
- 3) Elbow over takedown with hold down.
- 5) Elbow under takedown with finish.
- 6) Push through sit down with finish.

Part D: Hold downs for head

- 1) Kata jime.
- 2) Ude ura jime.
- 3) Kata gatame.
- 4) Kata hadaka jime.
- 5) Hadaka jime.

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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, lead hand hook combination.
- 3) Jab, rear hand hook combination.
- 4) Jab, rear hand uppercut combination.

Part C: Ashi geri waza (Kicks)

- 1) Offensive front thrust kick.
- 2) Defensive front thrust kick.
- 3) Turn side kick (*front leg kick*).
- 4) Spin around back kick (*rear leg 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.
(*inside*); Parry with a check to opposite shoulder.
- 2) **Roundhouse punch-**
(*outside*) Double tan sao with poc sao and peng choy, double tan sao with lop sao and peng choy.
(*inside*); Parry with a check to opposite shoulder.
- 3) **Back-fist- (*outside only*);** Parry with lop sao and peng choy, parry with poc sao and peng choy.

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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.
- 3) **Side kick-** Poc sao *in line*, gong sao outside, front snap kick to groin.
- 4) **Spin around back 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) **Soft on the inside-** jut sao, peng choy.
- 4) **Soft on the outside-** Lop sao, peng choy.
- 4) **High block-** #1 Double rake, peng choy.
#2 Double Biugee.

Part F: Sao Fot (*One Move From a Distance*) *Offensive- with stance on punch*

- 1) **Poc sao-** *rear hand* Poc sao, peng choy
- 2) **Lop sao-** *front hand* lopsao, peng choy
- 3) **Jut sao-** *rear hand* jut sao, step outside, hook to head.
- 4) **Chop choy, gwa choy-** *front hand* Chop choy, poc sao, gwa choy.

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Section V

Part A: Kata (*Hinan*)