

# **Ji Hatsu Teki Kempo Jitsu**

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# Ji Hatsu Teki Kempo Jitsu

## Red Belt Chart

### Section I

#### Part 1: General Knowledge

- A) **Describe the elements of the federation patch-** In English, Aibu Jitsu Ryu International means school of harmonious military disciplines. Double width red border on the outside of the patch symbolizes a strong bond of unity. Pagoda means under one roof. Calligraphy in the center means Ju-Jitsu.

#### Part 2: Terms

- |                     |                                 |
|---------------------|---------------------------------|
| A) Hoppo No Kuzushi | 8 balance points                |
| B) Kuzushi          | Enter to throw                  |
| C) Kake             | Finish                          |
| D) Kata             | Prearranged form                |
| E) To Kui Waza      | Favorite technique              |
| F) Judo             | Gentle way                      |
| G) Karate           | Empty hand                      |
| H) Goju             | Hard-soft                       |
| I) Kung fu/Gung fu  | Skilled man                     |
| J) Tae kwon do      | Punch with hands/kick with feet |
| K) Wing chun        | Beautiful springtime            |
| L) Sumo             | Japanese wrestling              |
| M) Aikido           | Way of the harmonious spirit    |
| N) Kendo            | Japanese fencing                |
| O) Ki/Chi           | Internal power                  |
| P) Kiso-kumite      | Prearranged sparring            |
| Q) Kobu-jitsu       | Art of weaponry                 |
| R) Samurai          | Japanese warrior class          |
| S) Bushido          | Samurai's code                  |
| T) Hapkido          | Korean ju-jitsu                 |

# Ji Hatsu Teki Kempo Jitsu

## Red Belt Chart

### Section I (*Continued*)

#### Part 3: Parables

- A) **Resentment**- If a man would be hard on himself and generous toward others, he would never arouse resentment.
- B) **Humility**- A man's true worth is not in what he says but in what he does.
- C) **Notoriety**- Do not worry about others knowing you, but strive to be worthy of knowing.
- D) **Fighting**- Attack is defense; defense is attack, each is the cause and result of the other.

# Ji Hatsu Teki Kempo Jitsu

## Red Belt Chart

### Section II

#### Part 1: Break Nerve Choke Counters

- |                               |  |
|-------------------------------|--|
| A) Two handed front choke     | Nodo; Kata jime, ude ura jime, mae kubi gatame.                  |
| B) Front bear hug arms pinned | Abara; Hadaka jime, kata hadaka jime, reverse hadaka jime.       |
| C) Front bear hug arms free   | Dokko; Kata hadaka jime, hadaka jime, reverse kata hadaka jime.  |
| D) Side collar grab           | Mune; Kata gatame, kuzure kata gatame, kata hadaka jime.         |
| E) Pull back choke            | Soto ude ure; kata gatame, kuzure kata gatame, kata hadaka jime. |
| F) Rear bear hug arms pinned  | Ashi; ude ura jime, mae kubi gatame, kata hadaka jime.           |
| G) Rear bear hug pick up      | Tsurigani; ude ura jime, mae kubi gatame, kata hadaka jime.      |
| H) Rear bear hug, arms free   | Riken; Kuzure kata gatame, kata hadaka jime, hadaka jime.        |
| I) Full nelson                | Atama; kuzure kata gatame, kata hadaka jime, hadaka jime.        |
| J) Side head lock             | Hanna; Mae kubi gatame, Kata hadaka jime, hadaka jime.           |

# Ji Hatsu Teki Kempo Jitsu

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### Section II (*Continued*)

#### Part 2: Offensive Ju-Jitsu

- A) **Opponent move wrist to inside**- Kote gaeshi.
- B) **Opponent moves wrist to outside**- Kote hineri.
- C) **Opponent moves arm up**- Hiji gatame.
- D) **Opponent moves arm back**- Inside hammerlock.
- E) **Opponent turns away**- Hadaka jime. (2 Directions)
- F) **Opponent moves arm to inside**- Kuzure ude kote gatame.
- G) **Opponent moves back**- Kata jime.
- H) **Opponent moves forward**- Collapse to roundhouse elbow.
- I) **Opponent slaps hand to side**- Lop sao to backfist.
- J) **Opponent slaps hand down**- Ridge hand to temple.
- K) **Opponent slaps hand to outside**- Circle to groin strike, tan sao underneath, lop sao, chop neck, head to knee, push through sit down to finish.
- L) **Hands on hips**- Ude gatame.
- M) **Standing with hands down**- Hadaka jime.
- N) **Single lapel grab**- Trap hand in line, tan choy to chin.
- O) **Double lapel grab**- Bring left arm over uke's arms to trap, step back with left foot, bring arm under to break elbows, right arm comes around and on top of arms to break hold-drive down, chop with right hand to neck, pull into knee, push through sit down with finish
- P) **Single push (middle)**- Ude gatame.

# Ji Hatsu Teki Kempo Jitsu

## Red Belt Chart

### Section III

#### Part 1: Ukemi Waza

A) Shizentai	Sitting falls	(3 ways)
B) Kiba	Squatting falls	(3 ways)
C) Tate	Standing falls	(3 ways)
D) Santo	Combat roll	(2 ways)
E) Santo picking up a stick		(2 ways)
F) Chugaeri	Roll slap stay down	(2 ways)

#### Part 2: Katame Waza

- A) Demonstrate 5 ways to enter into juji-gatame.
- 1) Side head lock uke releases hold (*both sides*).
  - 2) Side head lock uke holds head lock (*both sides*).
  - 3) From a mounted position (*both sides*).
  - 4) From any throw (*must be demonstrated from kote gaeshi [both sides]*).
- B) Demonstrate a triangle choke (*from a guard position [both sides]*).
- C) Hold downs for leg (*begin from hiza position*).
- 1) **Uke pulls leg forward**- choke ude ura jime.
  - 1) **Uke straightens leg**- attack achilles tendon.
  - 2) **Uke pushes leg away**- joint lock knee.
  - 3) **Uke uses hands to block finish**- mount and choke ude ura jime.
  - 4) **Uke rolls over**- joint lock ankle two ways, place ankle on outer thigh and choke kata hadaka jime.
  - 5) **Demonstrate a single leg hold down.**

#### Part 3: Nage Waza

- A) Tensho nage. (*Heaven & Earth*) Start square, 1 arm over shoulder, 1 outside uke's arm, Step in between legs, then step to outside of leg in BIG step, push on against uke's chest and other hand tan choy into shoulder & down 45 degrees to push uke onto back
- B) Ippon seoi nagi. (*Hooking Shoulder Throw*) Start square, turn, hook arm in Bicep Squeeze with one arm, pull the arm across your body as you make body contact, Step in big circle & throw to ground.
- C) Uki goshi. (*Floating Hip throw*) Side to uke, grab belt behind, pull uke's arm around as pop your hip hard into uke's groin, Keep feet inside uke's and use belt and hip to partially lift and bring up & over your hip. Finish with hand open.
- D) Tai otoshi. (*Shoulder Drop*) Stand square, put arm straight over Uke's shoulder, pull arm as you turn, step around in circle keeping arm straight, not hooking neck) bump & lift with hip to take down
- E) Leg take down with finish. with back to uke, Reach down, grab uke's ankle and do a combat roll, If holding rt. foot, roll on rt shoulder, etc.. Finish with a leg lock.

# Ji Hatsu Teki Kempo Jitsu

## Red Belt Chart

### Section IV

#### Part 1: Stances

There are no formal stances to be tested on; the tori is expected to utilize the necessary stances to perform all techniques appropriately on an advanced level.

#### Part 2: Atemi Waza (*Tori must be able to perform each combination when it is called out by letter*)

- A) Jab, cross, lead hook, pull head to knee.
- B) Jab, lead hook, cross, pull head to knee.
- C) Jab, rear hook, lead pull head to knee.
- D) Jab, rear uppercut, lead hook, pull head to knee.

#### Part 3: Ashi geri waza (*rear leg kick*)

- A) front snap kick, rear leg front snap kick.
- B) front snap kick, rear leg roundhouse kick.
- C) front snap kick, rear leg side kick.
- D) Roundhouse kick, turn side kick combination.

#### Part 4: Block Attack- Guntay (Limb Destruction)

*Zone –don't stand static!*

##### **A) Straight punch-**

*(outside)*; Poc sao outside while other hand 4 knuckle strike to inside of bicep, poc sao or lop sao, peng choy.

*(inside)*; Parry with a check to opposite shoulder, checking hand chops to side of neck, opposite hand chops to throat, spear hand to solar plexus, chop to side of neck.

##### **B) Roundhouse punch-**

*(outside)*; (A) Tan sao inside while other hand ridge hand to tricep, lop sao, gwa choy

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### Section IV (*Continued*)

- (B) Tan sao inside while other hand ridge hand to tricep, tan sao underneath, lop sao, peng choy.  
(*inside*); Parry with a check to opposite shoulder, checking hand chops to side of neck, opposite hand chops to throat, spear hand to solar plexus, chop to side of neck.
- C) **Backfist-** (*outside only*);
- A) Poc sao with hand in line while other hand strikes tricep with back hand upward strike, lop sao, peng choy
  - B) Poc sao with hand in line while other hand strikes tricep with back hand upward strike, poc sao, biu gee.
- 2) Kicks (*Body movement must be incorporated, range must be appropriately addressed*).
- A) **Front kick-** Poc sao, gong sao outside, catch leg, attack knee.
  - B) **Roundhouse kick-** Poc sao, gong sao inside, catch leg, attack knee.
  - C) **Side kick-** Poc sao, gong sao outside, catch leg, attack knee.
  - D) **Spin around kick-** Double gong sao staying on the outside, catch leg, attack knee.

### Part 6: Sao Fot (*Five Moves From a Distance, all end with a chop choy to groin*)

- A) Poc sao.
- B) Lop sao.
- C) Jut sao.
- D) Chop choy, gwa choy.

### Part 7: Wrist responses (*Work to a trap, with eyes open*)

- A) Hard on the outside.
- B) Hard on the inside.
- C) Soft on the outside.
- D) Soft on the inside.
- E) High block.

# **Ji Hatsu Teki Kempo Jitsu**

## **Red Belt Chart**

### **Section V**

**Part 1:** Kata (*Tensho form*)

**Part 2:** Weapon (*yawara*)