

Ji Hatsu Teki Kempo Jitsu

Yellow Belt Chart

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Section II

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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.
- 4) No smoking, drinking, or profanity in or near the dojo.
- 5) Line up according to rank in salutation and reaction lines showing proper respect to your ukes.
- 6) Show respect to whomever is teaching the class at all times.

Part B: Terms

1) Kempo/Kenpo	Hard fist	
2) Ju Jitsu	Gentle art	
3) Aibu Jitsu Ryu International	Ju Jitsu federation	4) Ji
Hatsu Teki Kempo Jitsu	Spontaneous hard fist art	
5) Deshi	Student	
6) Montei	Disciple	
7) Sempai	Senior disciple	
8) Sensei	Teacher	
9) Shihan	Master of system	
10) Hanshi	Passed master	
11) Soke	Head master	
12) Soke dai	Appointed soke successor	
13) Shodai	Founder	
14) One gaishimasu	Please work with me	
15) Domo aregato gozaimasu	Thank you very much	

Part C: Parables

- 1) **Experience-** By much falling a child learns to walk.
- 2) **Diligence-** A thousand mile journey begins with one step.
- 3) **Doing-** The doer alone learns.
- 4) **Failure-** A man never fails, he just gives up trying.

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Section II

Part A: Shiatsu Waza; Ashi Geri Waza (Break Nerve, Kick)

- | | |
|-------------------------------|---|
| 1) Two handed front choke | Nodo; lop sao outside, side stomp kick. |
| 2) Front bear hug arms pinned | Abara; knee to groin, stomp kick to shin sliding down to top of foot. |
| 3) Front bear hug arms free | Dokko; double lop sao, front snap kick to groin. |
| 4) Side collar grab | Mune; roundhouse kick to mid-section. |
| 5) Pull back choke | Soto ude ura; inside lop sao, side stomp kick. |
| 6) Rear bear hug arms pinned | Ashi; lop sao outside, side stomp kick. |
| 7) Rear bear hug pick up | Tsurigani; lop sao outside, side stomp kick. |
| 8) Rear bear hug arms free | Riken; Double lop sao, back kick to knee or groin. |
| 9) Full nelson | Atama; double lop sao, back kick to knee or groin. |
| 10) Side head lock | Hanna; inside stomp kick. |

Part B:

Part C: *Tate Dori* (Standing Escapes)

- 1) **Straight on wrist grab**- Step outside to break hold, yoko koto kominage (center lock)
- 2) **Cross wrist grab**- Bring hand outside and grab uke's wrist, 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.

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Section II (Continued)

- 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 (Falls)

- | | | |
|--------------|-----------------|----------|
| 1) Shizentai | Sitting falls | (3 ways) |
| 2) Kiba | Squatting falls | (3 ways) |
| 3) Tate | Standing falls | (3 ways) |

Part B: Katame Waza (Ground Work)

- 1) **Side head lock-** Hanna, move hips to the outside and roll up to a mounted position mount and choke , ude ura jime
- 2) **Man on top choking-** Abara, roll over and choke ude ura jime while mounting.
- 3) **Pinning hands down-** Pull elbows to front of chest. Trap opponents arms. Continue as Man on Top Choking
- 4) **Roundhouse punch-** Gyaku ude kujiku.
- 5) **Scissor lock escape-** Protect against rear naked choke. Trap top foot with opposite hand, with elbow of same arm, apply hiza.
- 6) **Demonstrate how to mount-** Knees in armpits, sit on uke's chest.
- 7) **Prevent mount position-** Elbows by your side pushing uke's knees down.
- 8) **Demonstrate Guard position**—while lying on back, wrap legs around opponents waist

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Section IV

Part A: Stances

- 1) Horse stance. (mabo. Chinese style protecting center line)
- 2) Rocking horse stance.
- 3) Step back in neutral bo switching sides.
- 4) Main fighting stance.
- 5) Defensive lead hand punch stance.
- 6) Defensive rear hand punch stance.
- 7) Defensive backfist stance.

Part B: Atemi Waza (Strikes)

a) On focus Pad:

- 1) Rocking horse punch.
- 2) Defensive jab.
- 3) Defensive lead hand punch.
- 4) Defensive cross (*rear hand punch*).
- 5) Defensive backfist.
- 6) Rear hand hook.
- 7) Rear hand uppercut.

b) From horse stance (mabo):

- | | |
|--------------|---------------------|
| 1) Peng choy | Punch |
| 2) Tan choy | Palm heel strike |
| 3) Biu gee | Finger jab |
| 4) Chop choy | Four knuckle strike |
| 5) Fook choy | Hook punch |
| 6) Gwa choy | Backfist |
| 7) Uppercut | Agi Uke |

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Section IV (*Continued*)

Part C: Ashi geri waza (Kicks)

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

Part D: Blocks (*From a horse stance, Japanese style Mabō*) Fists pulled back at waist

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

Part E: Block Attack

- 1) **High Block against a straight punch-** Step back in neutral bo while doing a high block with lead hand, biu gee with rear hand.
- 2) **Inside Block against a straight punch-** Step back in neutral bo while doing an inside block with lead hand, lop sao and backfist to head.
- 3) **Outside Block against a straight punch-** Step back in neutral bo while doing outside block with lead hand, lop sao, punch with rear hand.
- 4) **Low Block against a front kick-** Step back in neutral bo while doing low block with lead hand, step in and tan choy to face.

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Section V

Part A: Kata (*Short 1*)