

Ji Hatsu Teki Kempo Jitsu

Yellow Belt Chart

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Section II

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Part A: Kata (*Short 1*)

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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 (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: 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 C: *Tate Dori* (Standing Escapes)

- 1) **Straight on wrist grab-** Step outside to break hold, yoko koto kominage.
- 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-** Slide arms down to one side, roll over and choke ude ura jime.
- 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*)