

**TNT BUSHIDO DAVIS JITSU
BLACK BELT CHART 2016**

NAME _____

DATE STARTED _____

SECTION I

Part A: General Knowledge

Part B: Terms

Part C: Parables

SECTION II

Part A: Break Nerve Throw (Body Grabs)

Part B: Tate Dori (Wrist Grabs, Limb Destruction)

SECTION III

Part A: Falling

Part B: Groundwork

Part C: Throws

SECTION IV

Part A: Stances

Part B: Punches

Part C: Kicks

Part D: Block Attack

Part E: Sao Fot Counters

Part F: Lindsel Didar

SECTION V

Part A: Kata

BLACK BELT Test Scheduled For: _____

SECTION I

TNT BUSHIDO DAVIS JITSU BLACK BELT CHART 2016

Part A: General Knowledge

Explain and / or demonstrate all belt levels of general knowledge.

Yellow

Orange

Purple

Blue

Green

Brown 2

Brown 1

Part B: Terms

Know all belt levels of terms.

Yellow

Orange

Purple

Blue

Green

Brown 2

Brown 1

Part C: Parables

Must know all belt levels of parables.

Yellow

Orange

Purple

Blue

Green

Brown 2

Brown 1

TNT BUSHIDO DAVIS JITSU BLACK BELT CHART 2016

SECTION II

Part A: Break Nerve Throw (Body Grabs)

- 1) Two Handed Front Choke = Nodo; O Soto Gari (Major Outer Reaping)
- 2) Front Bear Hug Arms Pinned = Abara; O Uchi Gari (Major / Both Inside Reaping)
- 3) Front Bear Hug Arms Free = Dokko; Atama Uchi Morote Ashi Sukui (Double Leg Reap)
- 4) Side Collar Grab = Nodo; Yubi Nage (Finger Trap Backwards Throw)
- 5) Pull Back Choke = Hiji Abara; Seoi Nage (Shoulder Throw)
- 6) Rear Bear Hug Arms Pinned = Ashi; O Goshi (Major Hip Throw)
- 7) Rear Bear Hug Pick Up = Tsurigani; Harai Goshi (Leg Sweeping Hip Throw)
- 8) Rear Bear Hug, Arms Free = Riken; Tai Otoshi (Shoulder Drop)
- 9) Full Nelson = Atama; Soto Makikomi (Over Arm Throw)
- 10) Side Head Lock = Hanna; Ko Soto Gake (Minor Outside Prop)

Yellow = Kick

Orange = Choke

Purple = Joint Lock Finish

Blue = Kempo Punch

Green = Kempo Attack

Brown 2 = Choke, Counter Choke

Brown 1 = Joint Lock, Counter Joint Lock

**TNT BUSHIDO DAVIS JITSU
BLACK BELT CHART 2016**

SECTION II

Part B: Tate Dori (Wrist Grabs, Standing Escapes, Limb Destruction)

- 1) Straight On Wrist Grab = Chop forearm, bicep, collar bone / clavicle; side step, side kick to knee
- 2) Cross Wrist Grab = Chop forearm, bicep, collar bone / clavicle; side step, side kick to knee
- 3) Two On One Wrist Grab = Chop forearm, bicep, collar bone / clavicle; side step, side kick to knee
- 4) Two On Two In Front Wrist Grab = Chop forearm, bicep, collar bone / clavicle; side step, side kick to knee
- 5) Side Wrist Grab = Turn to partially face Uke; chop forearm, bicep, collar bone / clavicle; side step, side kick to knee
- 6) Two On Two Rear Wrist Grab = Turn with arm in small of back to face Uke; chop forearm, bicep, collar bone / clavicle; side step, side kick to knee

Yellow = Circle to the Outside

Orange = Circle to the Inside

Purple = Other Hand Helps; + Extras

Blue = Small Circle Wrist

Green = Small Circle Elbow, Shoulder; + Extras

Brown 2 = Offensive Ju Jitsu

Brown 1 = Attacking The Fingers; + Extras

TNT BUSHIDO DAVIS JITSU BLACK BELT CHART 2016

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
- 5) Santo (Picking Up A Stick) = 2 ways
- 6) Chugaeri (Roll Slap Stay Down) = 2 ways
- 7) Back Roll (leave arm extended) = 2 ways

Part B: Katame Waza (Ground Work)

Finish variations for 4 basic throws:

Twine

Kote Gaeshi
Elbow Over Take Down
Elbow Under Take Down

Reap

O Soto Gari
O Uchi Gari

Shoulder

Seoi Nage
Ippon Seoi Nage
Morote Seoi Nage

Hip

O Goshi
Uki Goshi
Harai O Goshi

Part C: Nage Waza (Throws)

Must demonstrate all belt level of takedowns and throws.

Yellow
Orange
Purple
Blue
Green
Brown 2
Brown 1

TNT BUSHIDO DAVIS JITSU BLACK BELT CHART 2016

SECTION IV

Part A: Stances

Must demonstrate all belt level of Stances.

Yellow

Orange

Purple

Blue

Green

Brown 2

Brown 1

Part B: Atemi Waza

Must demonstrate all belt level of Strikes.

Yellow

Orange

Purple

Blue

Green

Brown 2

Brown 1

Part C: Ashi Geri Waza

Must demonstrate all belt level of Kicks.

Yellow

Orange

Purple

Blue

Green

Brown 2

Brown 1

Part D: Block Attack Zone – do not stand static!

Must demonstrate all belt level of Block Attack.

Yellow

Orange

Purple

Blue

Green

Brown 2

Brown 1

TNT BUSHIDO DAVIS JITSU BLACK BELT CHART 2016

1) Straight Punch
(inside) Inside parry, check shoulder, chop neck, opposite chop throat, 4 knuckle, chop neck, step chop back of neck, heel scoop kick to groin; turn to face Uke

Roundhouse Punch
(outside) (starts inside) Tan Choy to shoulder and Peng Choy
(inside) Inside parry, check shoulder, chop neck, opposite chop throat, 4 knuckle, chop neck, step chop back of neck, heel scoop kick to groin; turn to face Uke

Backfist
(outside only) Chi Sao to Uke's to upper arm; Peng Choy

2) Kicks (Body movement and range must be incorporated and appropriately addressed)
Front Kick = tuck midsection back to get out of range, 4 knuckle strike / Chop Choy to shin

Roundhouse kick = step away from direction of kick to get out of range, Elbow strike (elbow tuck to ribs) to lower leg

Side Kick = tuck midsection back to get out of range, Elbow strike (elbow tuck to ribs) to lower leg

Spin Around Kick = tuck midsection back to get out of range, Elbow strike to lower leg

Part E: Sao Fot Counters

- 1) Poc Sao = Poc Sao the Poc Sao on a half beat, Peng Choy
- 2) Lop Sao = Lop Sao the Lop Sao on a half beat, Peng Choy
- 3) Jut Sao = pull caught hand down and back to midline, out to Peng Choy
- 4) Chop Choy, Gwa Choy = tuck midsection back from Chop Choy, Biu Gee

Part F: Lindsel Didar (Simultaneous Block & Attack, Inside & Outside, Left & Right)

- 1) High Tan Sao, Peng Choy (outside)
- 2) High Tan Sao, Peng Choy (inside)
- 3) Low Gong Sao, Peng Choy (outside)
- 4) Low Gong Sao, Peng Choy (inside)

Part G: Box 5 Knife Drill (Offensive & Defensive)

Part H: 7 Step Finish To Knife Attack

**TNT BUSHIDO DAVIS JITSU
BLACK BELT CHART 2016**

SECTION V

Part A: Kata (Pyramid all Kata)

Short 1

Hinan

Long 1

Yawara

Short 2

Cane 1 – 12; Empty Hand vs Cane; Cane vs Cane

Long 2

Jo

Tensho

Bo