

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

NAME _____

DATE STARTED _____

SECTION I

Part A: General Knowledge

Part B: Terms

Part C: Parables

SECTION II

Part A: Break Nerve, Kempo Punch (Body Grabs)

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

SECTION III

Part A: Falling

Part B: Groundwork

Part C: Throws

Part D: Attack Sequence On Man's Back

SECTION IV

Part A: Stances

Part B: Punches

Part C: Kicks

Part D: Block Attack

Part E: Wrist Responses (2 moves)

Part F: Sao Fot (2 moves from a distance)

SECTION V

Part A: Kata (Short 2)

Part B: Bunkai

Part C: Weapon Kata (Cane / Stick 1 – 12)

Part D: Bunkai

BLUE BELT Test Scheduled For: _____

TNT BUSHIDO DAVIS JITSU
BLUE BELT CHART 2016
SECTION I

Part A: General Knowledge

- 1) Properly demonstrate a standing bow / ritsurei (writ sue ray).
- 2) Properly demonstrate a sitting bow / zarei (zah ray).
- 3) Properly demonstrate a sitting position / zwate (zwah tay) during a lecture / kogi (koh gee).

Part B: Terms

- 1) Mudansha (moo dan sha) = Class holder
- 2) Hachikyu (hah chee kyou) = 8th class white belt
- 3) Schichikyu (she chee kyou) = 7th class yellow belt
- 4) Rokkyu (row kyou) = 6th class orange belt
- 5) Gokkyu (go kyou) = 5th class purple belt
- 6) Yonkyu (yawn kyou) = 4th class blue belt
- 7) Sankyu (sawn kyou) = 3rd class green belt
- 8) Nikkyu (knee kyou) = 2nd class brown belt
- 9) Ikkyu (ee kyou) = 1st class brown belt
- 10) Kogi (koh gee) = Lecture
- 11) Kung Fu = Skilled man
- 12) Karate = Empty hand
- 13) Tae Kwon Do = Punching with hand; kicking with foot
- 14) Hapkido = Korean Ju Jitsu
- 15) Goju = Hard-soft

Part C: Parables

- 1) Faith = Never believe your doubts or doubt your beliefs.
- 2) Comparing Techniques = He who sees his own faults is too occupied to see the faults of others.
- 3) Squabbles = Do not forget old acts of kindness because of recent small mistakes.
- 4) Spreading Rumors = Let he who scatters thorns go barefoot.

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BLUE BELT CHART 2016
SECTION II

Part A: Shiatsu Waza; Atemi Waza (Break Nerve, Kempo Punch)

- 1) Two Handed Front Choke = Nodo; parry outside, Lop Sao, Peng Choy; Poc Sao elbow for trap, four knuckle rake to face, chop collar bone, Biu Gee, attack groin, chop off and return with a roundhouse elbow (#4).

- 2) Front Bear Hug Arms Pinned = Abara; hand slides to back and tan choy to solar plexus, straight up elbow to chin, chop collar bone, Biu Gee, attack groin, chop off and return with a roundhouse elbow (#4).

- 3) Front Bear Hug Arms Free = Dokko; Roundhouse elbow to head, chop collar bone, Biu Gee, attack groin, chop off and return with a roundhouse elbow (#4).

- 4) Side Collar Grab = Nodo; parry outside, Lop Sao, Peng Choy, Poc Sao elbow for trap, four knuckle rake to face, chop collar bone, Biu Gee, attack groin, chop off and return with a roundhouse elbow (#4).

- 5) Pull Back Choke = Hiji Abara; inside Lop Sao, Gwa Choy to ribs, four knuckle rake to face, chop collar bone, Biu Gee, attack groin, chop off and return with a roundhouse elbow (#4).

- 6) Rear Bear Hug Arms Pinned = Ashi; inside Lop Sao, Gwa Choy to ribs, four knuckle rake to face, chop collar bone, Biu Gee, attack groin, chop off and return with a roundhouse elbow (#4).

- 7) Rear Bear Hug Pick Up = Tsurigani; inside Lop Sao, Gwa Choy to ribs, four knuckle rake to face, chop collar bone, Biu Gee, attack groin, chop off and return with a roundhouse elbow (#4).

- 8) Rear Bear Hug Arms Free = Riken; Lop Sao, Gwa Choy to head, four knuckle rake to face, chop collar bone, Biu Gee, attack groin, chop off and return with a roundhouse elbow (#4).

- 9) Full Nelson = Atama; Lop Sao, Gwa Choy to head, four knuckle rake to face, chop collar bone, Biu Gee, attack groin, chop off and return with a roundhouse elbow (#4).

- 10) Side Head Lock = Hanna; Tan Choy to ribs, Tan Choy to chin, elbow to chin, chop collar bone, Biu Gee, attack groin, chop off and return with a roundhouse elbow (#4).

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BLUE BELT CHART 2016
SECTION II

Part B: Tate Dori (Standing Escapes)

- 1) Straight On Wrist Grab = Raise hand to Hiji Gatame; 3 follow-ups.

- 2) Cross Wrist Grab = Gong Sao, bring hand to chest, wrist flex / center lock.

- 3) Two On One Wrist Grab = Bring hands together, circle outside and wrist flex pull down with hold down.

- 4) Two On Two In Front Wrist Grab = Circle both hands inside, trap one hand, wrist flex / Kote Gaeshi.

- 5) Side Wrist Grab = Trap hand, wrist flex with elbow.

- 6) Two On Two Rear Wrist Grab = Back pedal, slam into Uke, wrap arm to Yubi Gatame.

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BLUE BELT CHART 2016
SECTION III

Part A: Ukemi Waza (Falls)

Migi = Right Hidari = Left Ushiro = Back

- 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 = 1 way

Part B: Katame Waza (Ground Work)

- 1) Side head lock = Build frame, move hips away, push Uke's head back and scissor lock his head. Separate shoulder / elbow.

- 2) Front scissor lock escape = Stacking Guard Pass: Place right hand on Uke's bicep, raise Uke's left leg and prop it up (on shoulder), turn to left to create space, push left arm through the gap, wiggle down to get shoulder under his leg. Once shoulder is under leg, reach left hand around, and across body to grab Uke's left Gi collar or left shoulder, shift legs (left down, right up), drive his leg toward his head. When his leg comes out, place your elbows on the floor making a base (left elbow at head, right elbow at hip), push legs down and mount.

- 3) Attack sequence from Keza Gatame
Position #1A Break arm over knee, elbow in jugular vein.

Position #1B Man resists, throw arm across face and choke Kata Gatame.

Position #2A Uke pushes face with free arm, take arm to Hiji Gatame.

Position #2B Uke pushes shoulders with both arms, roll back elbowing to groin, attack Achilles tendon.

Position #3A Lock up arm between legs.

Position #3B Uke pushes face with free hand; feed to other hand putting knuckles in jugular vein.

Position #3C Uke attempts pushing you off, pull head up and shoot hips forward.

Position #3D Uke's leg comes up; trap leg and neck, arch back in a cradle position.

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BLUE BELT CHART 2016
SECTION III

Part C: Nage Waza (Throws)

- 1) O Soto Gari = Major outer reaping behind leg

- 2) Ko Soto Gake = Minor outer propping to outside of knee

- 3) Atama Uchi Morote Ashi Sukui = Both hands reaping legs with head in stomach

- 4) Ude Kominage = Single arm throw-pull forward & down causing a shoulder roll

- 5) Yubi Nage = Finger throw- fingers in trapezius from behind, forcing a sit down

Part D: Attack Sequence On Man's Back

- 1) Man On His Stomach = Sit on his back, pull back chin with elbows in back

- 2) Man On All Fours = Hook legs, Kata Hadaka Jime

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SECTION IV

Part A: Stances

- 1) Moving forward and backward in Main Fighting Stance.

Part B: Atemi Waza (Strikes, 3 moves, appropriate footwork)

- 1) Jab, Cross, Lead Hook
- 2) Jab, Lead Hook, Cross
- 3) Jab, Rear Hook, Lead Uppercut
- 4) Jab, Rear Uppercut, Lead Hook

Part C: Ashi Geri Waza (Kicks)

- 1) Crescent Kick
- 2) Reverse Crescent Kick
- 3) Hook Kick
- 4) Step Behind Side Kick (lead leg)

Part D: Block Attack

- 1) Straight Punch
(outside); Parry with Lop Sao, elbow over & under takedowns with a finish.

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

Roundhouse Punch

- (outside); Parry with lop sao, elbow over & under takedowns with a finish.

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

Backfist

- (outside); Parry with Lop Sao, elbow over & under takedowns with a finish.

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BLUE BELT CHART 2016
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Part D: Block Attack

2) Kicks (Body movement must be incorporated, range must be appropriately addressed).

Front Snap Kick = Poc Sao in line, Gong Sao outside, front kick to groin

Roundhouse Kick = Double Gong Sao outside (meet it), front kick to groin

Side Kick = Poc Sao in line, Gong Sao outside, front kick to groin

Spin Around Back Kick = Double Gong Sao (meet it) front kick to groin

Part E: Wrist Responses from Mabou (*Two moves with open eyes*)

1) Hard On The Outside

2) Hard On The Inside

3) Soft On The Outside

4) Soft On The Inside

5) High Block

Part F: Sao Fot (Two Moves From a Distance) Offensive; bh=back hand; fh=front hand

1) Poc Sao = 1 *bh* Poc Sao, *fh* Peng Choy
2 *bh* Lop Sao, *fh* Gwa Choy

2) Lop Sao = 1 *fh* Lop Sao, *bh* Peng Choy
2 *bh* Lop Sao, *fh* Peng Choy

3) Jut Sao = 1 *bh* Jut Sao, step outside, *fh* hook to head
2 *fh* Jut Sao, *bh* hook to head

4) Chop Choy, Gwa Choy = 1 *fh* Chop Choy; *bh* Poc Sao, step out, *fh* Gwa Choy
2 step out, *bh* Lop Sao, *fh* Gwa Choy

TNT BUSHIDO DAVIS JITSU
BLUE BELT CHART 2016
SECTION V

Part A: Empty Hand Kata (Short 2) + Bunkai

	<u>Dir</u>	<u>Stance</u>	<u>Technique</u>
	N	Mabo	Salute
1.	N	R Neutral Bo	R Inside Block, R Knife Hand Chop; L Wu Sao
2.	N	L Neutral Bo	L Inside Block, L Knife Hand Chop; R Wu Sao
3.	N	shift back to L cat	L over R “Cup And Saucer”
4.	W	L Forward Bo	Simultaneous L Outside Block, R Punch
5.	E	shift back to R cat	R over L “Cup And Saucer”
6.	E	R Forward Bo	Simultaneous R Outside Block, L Punch
7.	S	L Lunge	Simul L High Block, R knuckle Hammerfist
8.	N	R Lunge	Simul R High Block, L knuckle Hammerfist
9.	SE	R Cat	R low Hammerfist, L Low Block
10.	SE	R Forward Bo	L Chamber, R Tan Choy
11.	SW	L Cat	L low Hammerfist, R Low Block
12.	SW	L Forward Bo	L Tan Choy, R Chamber
13.	NE	R Cat	L Inside Block, R High Block; L high Chop Choy
14.	NW	L Cat	R Inside Block, L High Block; R high Chop Choy
	N	Mabo	Salute

TNT BUSHIDO DAVIS JITSU

BLUE BELT CHART 2016

Part B: Weapon Kata (MODERN ARNIS 1 – 12 DISARMS & COUNTERS)

All disarms are done either cane up sweep blocks (CUSB), cane down sweep blocks (CDSB), or umbrella (roof or shield) blocks. All disarms are done with Step, Block, Check FIRST. If you have 2 canes after the disarm, then do a simple sinawali before allowing the other person to grab their cane, but don't hand it to them.

The **Bold & Underlined** phrase is my mnemonic to remember the concepts for that angle of attack.

The next line determines whether it is a cane, empty hand, or combination disarm to a familiar joint lock or position, and where the major emphasis is on the joint technique.

Counter – Is the description of the counter to the standard disarm.

Variation & Follow-Up is a few other ideas for the Counter.

1 **Peel The Carrot** – CUSB

Combination empty hand & cane disarm like outside wrist lock (wrist compression / torsion)

Counter – close off / shut down Uke's cane & punyo punch to face; punyo hook disarm

Variation & Follow-Up – punyo hook armbar; empty hand hammer lock / wrist lock

2 **Roll To Bicep** – CUSB

Empty hand circular disarm to center lock / wrist lock (wrist torsion)

Counter – sweep cane to their outside & shoulder lock

Variation & Follow-Up – roll to bicep & cane arm bar; sweep cane to behind neck & pull to straight knee

3 **Equal & Opposite** – CUSB

Empty hand circular disarm (dive through the “U”) to outside wrist lock (wrist compression / torsion); similar angles to #1

Counter – reach empty hand over to end of your cane, reverse direction to hammer lock

Variation & Follow-Up – push your cane through and reach around behind to rib crush

4 **Thumb Crush or Center Lock** – CUSB

Cane disarm chopstick thumb for crush or continue circle to center lock (wrist torsion)

Counter – turn about is fair play; center lock twist when vertical

Variation & Follow-Up – empty hand reach to Uke's empty hand for reverse cane armbar

5 **Wing Block Reverse** – Wing Block from the inside

Combination empty hand & cane disarm – empty hand on Uke's tip end, your punyo on their wrist, & turn to face same direction (wrist extension)

Counter – raise cane hand & reach under with empty hand to Equal & Opposite (like #3)

Variation & Follow-Up – push your cane through and reach around behind to rib crush; ride the bicycle; insert cane between legs & twist

6 **Sunrise / Sunset** – CUSB

Combination empty hand & cane disarm – empty hand on Uke's tip end, your punyo on their wrist, & chop down to center lock (wrist torsion)

Counter – grab tip end & twist 90 down centerline (similar to #4)

Variation & Follow-Up – push Uke's elbow & punyo to face / chest / stomach / groin; abanico to ride the bicycle

TNT BUSHIDO DAVIS JITSU

BLUE BELT CHART 2016

7 Helicopter – CUSB

Combination empty hand & cane disarm to a wrist twist (wrist torsion)

Counter – punyo punch to face, punyo hook disarm (like #5)

Variation & Follow-Up – reverse cane armbar

8 Sunrise / Sunset – CDSB (force on force, meet #8 with #8; palis-palis, meet #8 with #9)

Combination empty hand & cane disarm – punyo punch to groin, circle up; empty hand on Uke's tip end, your punyo on their wrist, & chop down to center lock (wrist torsion)

Counter – same as #6 – grab tip end & twist 90 down centerline (similar to #4)

Variation & Follow-Up – push Uke's elbow & punyo to face / chest / stomach / groin; abanico to ride the bicycle from the top, or insert cane to ride the bicycle from the bottom

9 9 Is 3 Squared / Equal & Opposite – CDSB (force on force, meet #9 with #9; palis-palis, meet #9 with #8)

Empty hand circular disarm (dive through the “U”) to outside wrist lock (wrist compression / torsion); similar angles to #1

Counter – (#3) reach empty hand over to end of your cane, reverse direction to hammer lock

Variation & Follow-Up – push your cane through and reach around behind to rib crush

10 10 Tit / Roll To Bicep – CUSB

Empty hand circular disarm to center lock / wrist lock (wrist torsion) (like #2)

Counter – sweep cane to their outside & shoulder lock (like #2)

Variation & Follow-Up – roll to bicep & cane arm bar; sweep cane to behind neck & pull to straight knee (like #2)

11 Like #1 – Peel The Carrot With Scissors / Leverage – CUSB

Combination empty hand & cane disarm – Sweep block, switch hands (empty hand to Uke's cane tip, cane to Uke's cane hand), scissor / leverage to disarm = crossada

Counter – punyo punch to face at switch, roll over & under arms to double wrist lock

Variation & Follow-Up – rib crush, ride the bicycle, insert cane between legs & twist

12 Roof / Shield, #4 or #5 – Roof / Shield Umbrella

Combination empty hand & cane disarm from Roof or Shield to #4 or #5 disarm

Counter – same as #4 or #5 counter

Variation & Follow-Up – push Uke's elbow & punyo to face / chest / stomach / groin; abanico to ride the bicycle