

**TNT BUSHIDO DAVIS JITSU
BROWN 1 BELT CHART 2016**

NAME _____

DATE STARTED _____

SECTION I

Part A: General Knowledge

Part B: Terms

Part C: Parables

SECTION II

Part A: Break Nerve Joint Lock Counters (Body Grabs)

Part B: Tate Dori (Wrist Grabs, Attacking the Fingers)

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: Wrist Responses

Part F: Sao Fot

SECTION V

Part A: Kata

BROWN 1 BELT Test Scheduled For: _____

TNT BUSHIDO DAVIS JITSU BROWN 1 BELT CHART 2016

SECTION I

Part A: General Knowledge

Explain the Yin Yang and apply it to our system and at least one other example.

Part B: Terms

- 1) Hakama (hah kah mah) = Warrior's dress
- 2) Bujutsu (boo jewt sue) = Martial Arts
- 3) Budo (boo doe) = Martial Way
- 4) Yawara (yah war ah) = Hawaiian Police Stick
- 5) Kaibo (kai bo) = Club

- 6) Jodo (joe doh) = 3-4 foot stick or riot stick
- 7) Bo (boh) = 6 foot staff
- 8) Bojutsu (boh jewt sue) = Study of the 6 foot staff
- 9) Tonfa (tawn fah) = Rice grinder
- 10) Nunchaku (noon chah koo) = Rice beater

- 11) Sai (sigh) = Dagger like weapon
- 12) Kama (kah mah) = Sickle
- 13) Suto (sue toh) = Butcher knife
- 14) Tanto (tahn toh) = Short knife
- 15) San Sher Pang (sahn / sher / pahng) = Three sectioned staff

- 16) Katana (kah tah nah) = Samurai sword
- 17) Wakizashi (wah kih zah she) = Short samurai sword
- 18) Shinai (shih nye) = Bamboo sword
- 19) Bokken (boh ken) = Wooden sword
- 20) Saya (sigh yah) = Sword scabbard

- 21) Kenjutsu (ken jiht sue) = Swordsmanship
- 22) Shuriken (shur ih ken) = Throwing stars
- 23) Bushikan (boo she kahn) = Warrior's school

Part C: Parables

- 1) Strength = Strength comes from humility, for the humble man is so strong his ego cannot move him an inch.
- 2) Boasting = Never tell of your strongest weapon or your weakest point, lest both be tested.
- 3) Ideal Man = The best of men are like water; water benefits all things, it does not compete with them.
- 4) Knowing = To be aware of how much you do not know is the defining characteristic of one who truly knows much.

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BROWN 1 BELT CHART 2016**

SECTION II

Part A: Break Nerve Joint Lock Counters (Body Grabs)

- 1) Two Handed Front Choke = Nodo; Armbar, Open Hammer Lock, Figure 4 Shoulder Lock
- 2) Front Bear Hug Arms Pinned = Abara; Figure 4 Underhook Armbar, Hammer Lock, Wrist Flex behind or Transport in front
- 3) Front Bear Hug Arms Free = Dokko; Figure 4 Overhook Armbar, Open Shoulder Lock, Hammer Lock
- 4) Side Collar Grab = Nodo; Hammer Lock, Palm Down Transport, Palm Up Transport
- 5) Pull Back Choke = Hiji Abara; Hiji Gatame (3), Hammer Lock, Palm Down Transport
- 6) Rear Bear Hug Arms Pinned = Ashi; Kote Gaeshi, Center Lock, Super Center Lock
- 7) Rear Bear Hug Pick Up = Tsurigani; Standing Center Lock, Hammer Lock with fingers up, Transport with fingers up
- 8) Rear Bear Hug, Arms Free = Riken; Yubi Gatame, bend arm to palm up Fingers Transport, Hammer Lock
- 9) Full Nelson = Atama; Kuzure Ude Kote Gatame / Palm Down Transport, Palm Up Transport, Hammer Lock
- 10) Side Head Lock = Hanna; Interrogation Takedown, Wrist Lock, Palm Up Transport

**TNT BUSHIDO DAVIS JITSU
BROWN 1 BELT CHART 2016**

SECTION II

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

- 1) Straight On Wrist Grab = Trap "ring & pinky" with free hand; trap "index & middle" with other, spread "V"; crush, extend, separate
- 2) Cross Wrist Grab = 2 finger Kote Hineri; crush, extend, or separate.
- 3) Two On One Wrist Grab = Reach under with free hand, grab thumb; crush, extend, or separate.
- 4) Two On Two In Front Wrist Grab = Reach under and grab 2 finger; crush, extend, or separate.
- 5) Side Wrist Grab = Grab fingers and hanging elbow with fingers pointed down; crush, extend, or separate.
- 6) Two On Two Rear Wrist Grab = Reach across grab 2 finger; turn pointing fingers down; crush, extend, or separate.
- 7) Single Lapel Grab = Trap hand with your opposite hand, place hand in line under elbow (palm up), force elbow up and over, Armbar.
- 8) Single Push (Middle) = Parry, Lop Sao, Backfist (4 ways).
- 9) Pointing Finger In Face = Grab hand in line, force finger back with a knife hand.
- 10) Hammer Lock Escapes = Grab own hand and push down while leaning forward, turn. A) Take Uke's arm to Hiji Gatame. B) If Uke grabs with other hand turn into an elbow break / Armbar.
- 11) Handshake = "Butterfly" hands while interlocking your thumbs & put pressure on snuffbox area of their hand / thumb; crush, extend, separate.
- 12) Man Spins You Around = Double Ko Kan; A) Outside = Arm Bar; B) Inside = Kata Jime (both sides).

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BROWN 1 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) = 1 way

Part B: Katame Waza (Ground Work) Hold Downs For Arms (Both Sides)

(All positions with Uke on side, your knees on head and waist)

- 1) Straight Elbow = Armbar lock, first across one thigh, then the other.
- 2) Bent Elbow = Weave forearm from underneath, place palms together and turn to the outside to lock arm.
- 3) Steering Wheel Lock = (arm gets out) Weave from underneath, flex wrist, grasp elbow & twist in opposite directions.
- 4) Grab wrist from underneath (elbow over takedown finish; wrist compression).

Part C: Nage Waza (Throws)

- 1) Morote Seoi Nage (Both Hands Shoulder Throw) = Grab Gi at shoulder step across turning hand holding Gi under into armpit (uppercut), jam into hip and pull Uke around .
- 2) Harai O Goshi (Leg Sweeping Hip Throw) = Side to Uke, grab belt behind, pull arm around as pop your hip hard into Uke's groin; keep feet inside Uke's, sweep outside of leg at same time.
- 3) Soto Makikomi (Over Arm Throw) = Throw your arm over Uke's as you turn (overhook), hold arm with an elbow squeeze. Grab Uke's hand with your opposite hand and pull arm across body keep tight hip contact, and roll Uke around body as you lean forward, circling leg out. Land in Kesa Gatame.

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BROWN 1 BELT CHART 2016**

SECTION IV

Part A: 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 B: Atemi Waza (Tori must be able to perform each combination when called by number)

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

Part C: Ashi Geri Waza (Jumping Front Leg Kick)

- 1) Jump Front Snap Kick
- 2) Jump Roundhouse Kick
- 3) Jump Side Kick

Part D: Block Attack (Stop Hits) Zone – do not stand static!

- 1) Straight Punch
(inside) Inside parry, check shoulder, chop neck, opposite chop throat, 4 knuckle, chop neck, step chop back of neck

Roundhouse Punch
(outside) (starts inside) Tan Choy to shoulder and other arm block Chi Sao to Uke's lower arm; Lop Sao, Gwa Choy (Backfist)
(inside) Inside parry, check shoulder, chop neck, opposite chop throat, 4 knuckle, chop neck, step chop back of neck

Backfist
(outside only) Double block Chi Sao to Uke's to upper arm; Lop Sao, Gwa Choy (Backfist)
- 2) Kicks (Body movement and range must be incorporated and appropriately addressed)
Front Kick = Poc Sao, Gong Sao outside, catch leg, attack knee, takedown.

Roundhouse kick = Poc Sao, Gong Sao inside, catch leg, attack knee, takedown.

Side Kick = Poc Sao, Gong Sao outside, catch leg, attack knee, takedown.

Spin Around Kick = Double Gong Sao staying outside, catch leg, attack knee, takedown.

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Part E: Wrist responses (Work to a trap, with eyes closed)

- 1) Hard On The Outside
- 2) Hard On The Inside
- 3) Soft On The Outside
- 4) Soft On The Inside
- 5) High Block (2 variations)

Part F: Sao Fot (Seven Moves From a Distance, all end with a step to outside, leg sweep and stomp to outside of knee)

- 1) Poc Sao =
 - 1 Poc Sao (B) / Peng Choy (F)
 - 2 Lop Sao (B) / Gwa Choy (F)
 - 3 Lop Sao (F) to trap / Peng Choy (B)
 - 4 Trap (B) / Peng Choy (F)
 - 5 stay Trap (B) / Chop Choy (F) to groin
 - 6 stay Trap (B), (F) Chop neck
 - 7 stay (F) at neck chop; leg sweep / stomp knee
- 2) Lop Sao =
 - 1 Lop Sao (F) / Peng Choy (B)
 - 2 Lop Sao (B) / Peng Choy (F)
 - 3 Poc Sao (F) to trap / Peng Choy (B)
 - 4 Trap (B) / Peng Choy (F)
 - 5 stay Trap (B) / Chop Choy (F) to groin
 - 6 stay Trap (B), (F) Chop neck
 - 7 stay (F) at neck chop; leg sweep / stomp knee
- 3) Jut Sao =
 - 1 Jut Sao (B) / Fook Choy / Hook Punch (F)
 - 2 Jut Sao (F) / Fook Choy / Hook Punch (B)
 - 3 Jut Sao (B) / Peng Choy high (F)
 - 4 Double Rake, Trap (B) / Peng Choy (F)
 - 5 stay Trap (B) / Chop Choy (F) to groin
 - 6 stay Trap (B), (F) Chop neck
 - 7 stay (F) at neck chop; leg sweep / stomp knee
- 4) Chop Choy, Gwa Choy =
 - 1 Chop Choy (F); Poc Sao (B) / Gwa Choy (F)
 - 2 Lop Sao (B) / Gwa Choy (F)
 - 3 Lop Sao (F) / Peng Choy (B)
 - 4 Trap (B) / Peng Choy (F)
 - 5 stay Trap (B) / Chop Choy (F) to groin
 - 6 stay Trap (B), (F) Chop neck
 - 7 stay (F) at neck chop; leg sweep / stomp knee

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BROWN 1 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