

**TNT BUSHIDO DAVIS JITSU  
BROWN 2 BELT CHART 2016**

**NAME** \_\_\_\_\_

**DATE STARTED** \_\_\_\_\_

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**BROWN 2 BELT Test Scheduled For:** \_\_\_\_\_

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## SECTION I

### Part A: General Knowledge

Describe the elements of the federation patch = In English, Aibu Jitsu Ryu International means school of harmonious military disciplines. The double width red border on the outside of the patch symbolizes a strong bond of unity. The pagoda means under one roof. The calligraphy in the center means Ju-Jitsu.

### Part B: Terms

- 1) Hoppo No Kuzushi (hop po / no / koo zoo she) = 8 balance points
- 2) Kuzushi (koo zoo she) = Enter to throw / off-balance
- 3) Kake (kah kay) = Finish
- 4) Kata (kah tah) = Prearranged form
- 5) To Kui Waza (toe / koo ee / wah zah) = Favorite technique
  
- 6) Judo (jew doh) = Gentle way
- 7) Karate (kah rah tay) = Empty hand
- 8) Goju (goh jew) = Hard-soft
- 9) Kung Fu/Gung fu (kuhng foo) = Skilled man
- 10) Tae Kwon Do (tie kwahn doe) = Punch with hands / kick with feet
  
- 11) Wing Chun (wing chuhn) = Beautiful springtime
- 12) Sumo (sue mo) = Japanese wrestling
- 13) Aikido (eye key doh) = Way of the harmonious spirit
- 14) Kendo (ken doh) = Japanese fencing
- 15) Ki/Chi (key / chee) = Internal power (Japanese / Chinese)
  
- 16) Kiso-kumite (key so koo me tay) = Prearranged sparring
- 17) Kobu-jitsu (koh boo jit sue) = Art of weaponry
- 18) Samurai (sah moo rye) = Japanese warrior class
- 19) Bushido (boo she doe) = Samurai's code
- 20) Hapkido (hop kee doh) = Korean ju-jitsu

### Part C: Parables

- 1) Resentment = If a man would be hard on himself and generous toward others, he would never arouse resentment.
- 2) Humility = A man's true worth is not in what he says but in what he does.
- 3) Notoriety = Do not worry about others knowing you, but strive to be worthy of knowing.
- 4) Fighting = Attack is defense; defense is attack; each is the cause and result of the other.

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**SECTION II**

**Part A: Break Nerve Choke Counters (Body Grabs)**

- 1) Two Handed Front Choke = Nodo; Kata Jime, Ude Ura Jime, Mae Kubi Gatame
- 2) Front Bear Hug Arms Pinned = Abara; Hadaka Jime, Kata Hadaka Jime, Reverse Hadaka Jime
- 3) Front Bear Hug Arms Free = Dokko; Kata Hadaka Jime, Hadaka Jime, Reverse Kata Hadaka Jime
- 4) Side Collar Grab = Mune; Kata Gatame, Kuzure Kata Gatame, Kata Hadaka Jime
- 5) Pull Back Choke = Hiji Abara; Kata Gatame, Kuzure Kata Gatame, Kata Hadaka Jime
- 6) Rear Bear Hug Arms Pinned = Ashi; Ude Ura Jime, Mae Kubi Gatame, Kata Hadaka Jime
- 7) Rear Bear Hug Pick Up = Tsurigani; Ude Ura Jime, Mae Kubi Gatame, Kata Hadaka Jime
- 8) Rear Bear Hug, Arms Free = Riken; Kuzure Kata Gatame, Kata Hadaka Jime, Hadaka Jime
- 9) Full Nelson = Atama; Kuzure Kata Gatame, Kata Hadaka Jime, Hadaka Jime
- 10) Side Head Lock = Hanna; Mae Kubi Gatame, Kata Hadaka Jime, Hadaka Jime

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**SECTION II**

**Part B: Offensive Ju-Jitsu**

- 1) Opponent Moves Wrist To Inside = Kote Gaeshi
- 2) Opponent Moves Wrist To Outside = Kote Hineri
- 3) Opponent Moves Arm Up = Hiji Gatame
- 4) Opponent Moves Arm Back = Inside Hammerlock
- 5) Opponent Turns Away = Hadaka Jime (2 Directions)
- 6) Opponent Moves Arm To Inside = Kuzure Ude Kote Gatame
- 7) Opponent Moves Back = Kata Jime
- 8) Opponent Moves Forward = Collapse To Roundhouse Elbow (#4)
- 9) Opponent Slaps Hand To Side = Lop Sao To Gwa Choy / Backfist
- 10) Opponent Slaps Hand Down = Ridge Hand To Temple
- 11) Opponent Slaps Hand To Outside = Circle to groin strike (Ridge Hand), Tan Sao underneath, Lop Sao, Peng Choy; (switch hands) Pak Sao, chop neck (#1), chop neck (#2), pull head to knee, push through sit down (PTSD) to finish
- 12) Hands On Hips = Ude Gatame
- 13) Standing With Hands Down = Hadaka Jime

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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
- 4) Santo (Combat Roll) = 2 ways
- 5) Santo (Picking Up A Stick) = 2 ways
- 6) Chugaeri (Roll Slap Stay Down) = 2 way

**Part B: Katame Waza**

- 1) Demonstrate 5 ways to enter into Juji Gatame
  - A) Keza Gatame / Side Head Lock = Uke releases hold (both sides)
  - B) Keza Gatame / Side Head Lock = Uke holds head lock (both sides)
  - C) From a Mounted position (both sides)
  - D) From any throw (must be demonstrated from Kote Gaeshi [both sides])
- 2) Demonstrate a Triangle Choke (from a Guard position [both sides])
- 3) Hold Downs for Leg (begin from Hiza position)
  - A) Uke Pulls Leg Forward = choke Ude Ura Jime
  - B) Uke straightens Leg = attack Achilles tendon / Heel Hook / Heel Lock
  - C) Uke pushes Leg away = joint lock Knee / Knee Bar
  - D) Uke uses hands to block finish = Mount and choke Ude Ura Jime
  - E) Uke rolls over = joint lock Ankle two ways; place ankle on outer thigh and choke Kata Hadaka Jime
- 4) Demonstrate a Single Leg Hold Down

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**SECTION III**

**Part C: Nage Waza (Throws)**

- 1) Tensho Nage (Heaven & Earth) = Start square, 1 arm over shoulder, 1 outside Uke's arm. Step in between legs (same Leg as Arm over shoulder), then step to outside of other leg (same Leg as Arms outside of Uke's Arm) in BIG step, push on / against Uke's chest and other hand Tan Choy into shoulder and down 45 degrees to push Uke onto back.
  
- 2) Ippon Seoi Nage (Hooking Shoulder Throw) = Start square; turn, hook arm in Bicep squeeze with one arm, pull the arm across your body as you make body contact. Step in big circle and throw to ground.
  
- 3) Uki Goshi (Floating Hip Throw) = Turn side to Uke, grab belt behind, pull Uke's arm around as pop your hip hard into Uke's groin. Keep feet inside Uke's and use belt and hip to partially lift and bring up and over your hip. Finish with hand open.
  
- 4) Tai Otoshi (Shoulder Drop) = Stand square; put arm straight over Uke's shoulder, pull arm as you turn, step around in circle (keeping arm straight, not hooking neck) bump & lift with hip to take down. Spiral down over leg or down to one knee.
  
- 5) Leg Take Down with finish = Start with back to Uke, reach down, grab Uke's Ankle and do a combat roll. If holding Right foot, then roll on Right shoulder, (Left...Left). Finish with a leg lock.

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**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 (Rear Leg Kick)**

- 1) Fake Front Leg Kick, Rear Leg Front Snap Kick
- 2) Fake Front Leg Kick, Rear Leg Roundhouse Kick
- 3) Fake Front Leg Kick, Rear Leg Side Kick
- 4) Roundhouse Kick, Turn Side Kick Combination

**Part D: Block Attack Guntay (Limb Destruction) Zone** – do not stand static!

- 1) Straight Punch  
(outside) Poc Sao outside while other hand 4 knuckle strike to inside of bicep, Poc Sao or Lop Sao, Peng Choy

(inside) Parry inside, check to opposite shoulder; checking hand chops to side of neck; opposite hand chops to throat, vertical Chop Choy / vertical Biu Gee to Solar Plexus, chop to side of neck

**Roundhouse Punch**

(outside) Tan Sao inside while other hand ridge hand to Tricep; pass Uke's arm overhead, Lop Sao / Gwa Choy or Lop Sao / Peng Choy

(inside) Parry inside, check to opposite shoulder; checking hand chops to side of neck; opposite hand chops to throat, vertical Chop Choy / vertical Biu Gee to Solar Plexus, chop to side of neck

**Backfist**

(outside only) Poc Sao with hand inline while other hand strikes Tricep with upward Chop Choy (back hand upward strike), Lop Sao / Gwa Choy or Lop Sao / Peng Choy

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**SECTION IV**

**Part D: Block Attack Guntay (Limb Destruction) Zone – do not stand static!**

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

Front Kick = Poc Sao, Gong Sao outside, catch leg, attack knee

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

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

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

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

- 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 (Five Moves From a Distance, all end with a Chop Choy to groin)**

- 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
- 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
- 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
- 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



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**SECTION V**

**Part A: Kata (Tensho)**

	<u>Dir</u>	<u>Stance</u>	<u>Technique</u>
	N	Mabo	Salute
1.	N	Stay Mabo	L Tan Sao, R Peng Choy
2.	E	R Main Fighting	R Lop Sao (clear from L elbow / forearm), L Press (Armbar)
3.	N	L into R feet together	R over L "Cup & Saucer"; look Right (E)
4.	E	R Side Kick	Stay R over L "Cup & Saucer"
5.	E	set R down, Mabo	L chamber, R Gwa Choy (Backfist, leave extended)
6.	E	L Cross, R Fwd Bo	L Tan Sao underneath, double forearm press (Tensho Nage)
7.	N	Mabo	L Tan Sao, R Peng Choy
8.	N	Stay Mabo	L Peng Choy, R Tan Sao
9.	N	R into L feet together	L over R "Cup & Saucer"; look Left (W)
10.	W	L Side Kick	Stay L over R "Cup & Saucer"
11.	W	R Roundhouse Kick	Switch to R over L "Cup & Saucer"
12.	W	set R down, Mabo	L chamber, R Gwa Choy (Backfist, leave extended)
13.	W	L Cross, R Fwd Bo	L Tan Sao underneath, double forearm press (Tensho Nage)
14.	S	Mabo	L Tan Sao, R Peng Choy
15.	S	Stay Mabo	L Peng Choy, R Tan Sao
16.	N	R back to R cat	Double Ko Kan
17.	N	R Fwd Bo	Double Low Tan Choy
18.	N	L to L Fwd Bo	L Press / Lan Sao / inside Lop Sao; R Tan Choy (palm up) to groin
19.	N	Stay L Fwd Bo	L chop off R hand / groin Willow Palm; R pull / chamber
20.	N	L Fwd Bo	L hook / Jut Sao behind head; R Roundhouse Elbow (#4)
	N	Mabo	Salute