

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

NAME _____

DATE STARTED _____

SECTION I

Part A: General Knowledge

Part B: Terms

Part C: Parables

SECTION II

Part A: Break Attack (Body Grabs)

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

SECTION III

Part A: Falling

Part B: Groundwork

Part C: Throws

Part D: Hold Downs

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 (Long 2)

Part B: Weapons Kata (Jo)

GREEN BELT Test Scheduled For: _____

TNT BUSHIDO DAVIS JITSU
GREEN BELT CHART 2016
SECTION I

Part A: General Knowledge

Describe the essential aim of Ju Jitsu: The essential aim of Ju Jitsu is to teach and help achieve the ideal state of adult maturity. In this rarely achieved ideal state, the individual is capable of dealing with an immediate task without hindrance from preconceived thoughts or ideas.

Part B: Terms

- 1) Yudansha (you dan shah) = Grade holder
- 2) Shodan (show dan) = 1st degree black belt
- 3) Nidan (knee dan) = 2nd degree black belt
- 4) Sandan (san dan) = 3rd degree black belt
- 5) Yodan (yo dan) = 4th degree black belt
- 6) Godan (go dan) = 5th degree black belt
- 7) Rokudan (row koo) = 6th degree black belt
- 8) Shichidan (shee chee dan) = 7th degree black belt
- 9) Hachidan (ha chee dan) = 8th degree black belt
- 10) Kudan (koo dan) = 9th degree black belt
- 11) Judan (jew dan) = 10th degree black belt

Part C: Parables

- 1) Life = Life is applying the best wisdom we know today based on all our yesterdays.
- 2) Wise Teacher = A wise teacher is easy to serve but hard to please.
- 3) Concentration = Consider the postage stamp. Its usefulness consists of its ability to stick to one thing until it reaches its destination.
- 4) Worst Enemy = My only enemy is carelessness.

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GREEN BELT CHART 2016
SECTION II**

Part A: Kempo Escapes- Break-Attack (Body Grabs)

- 1) Two Handed Front Choke = Double Poc Sao inside of arms, simultaneous backfist and Lop Sao; Tan Sao underneath arm to simultaneous Lop Sao and Peng Choy; Poc Sao elbow for trap; four knuckle rake to face, chop collar bone; pull into knee, push through sit down (PTSD) with finish.
- 2) Front Bear Hug Arms Pinned = Shoot arms forward while stepping back to break hold; hand slides to back, Tan Choy to solar plexus, straight up elbow to chin, chop collar bone; pull into knee, push through sit down (PTSD) with finish.
- 3) Front Bear Hug Arms Free = Push Uke's head from side into your extended arm; repeat to opposite side; Tan Choy to ear, sending Uke's head into a roundhouse elbow with other arm; chop collar bone, pull into knee, push through sit down (PTSD) with finish.
- 4) Side Collar Grab = Cross hand grabs Uke's wrist, opposite hand Chop Choy to tricep and then ribs; sweep arm off and down with same arm that was striking, chop collar bone (same arm); four knuckle rake to face, chop collar bone; pull into knee, push through sit down (PTSD) with finish.
- 5) Pull Back Choke = Trap arm with hand in-line to relieve pressure from neck, elbow to solar plexus with free arm; switch hands to maintain control of uke's arm, roundhouse elbow to ribs, four knuckle rake to face, chop collar bone; pull into knee, push through sit down (PTSD) with finish.
- 6) Rear Bear Hug Arms Pinned = Roll both arms forward into each other to make space while bumping Uke with buttocks; Lop Sao Uke's hand, Gwa Choy to ribs, four knuckle rake to face, chop collar bone; pull into knee, push through sit down (PTSD) with finish.
- 7) Rear Bear Hug Arms Free = Back elbow to Uke's head; repeat with opposite elbow; while repeating a third time with other elbow, Lop Sao wrist and follow through with elbow while turning around; four knuckle rake to face, chop collar bone; pull into knee, push through sit down (PTSD) with finish.
- 8) Side Head Lock = Step around into Mabo, double hammerfist to groin and kidney; Tan Choy to ribs, Tan Choy to chin, chop collar bone; pull into knee, push through sit down (PTSD) with finish.

**TNT BUSHIDO DAVIS JITSU
GREEN BELT CHART 2016
SECTION II**

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

- 1) Straight On Wrist Grab = Ko Kan straight up (flower) to release hold, Tan Choy to ribs with same hand; other hand Alive Hand.
- 2) Cross Wrist Grab = Gong Sao to inside with grabbed hand, free hand Gong Sao over forearm, first hand controls tricep; move to Ude Gatame.
- 3) Two On One Wrist Grab = Free hand traps hand on top, grabbed hand moves to outside in tight circle with knife-hand, step into Uke driving to the mat (Center Lock).
- 4) Two On Two In Front Wrist Grab = Both hands circle outside and up, driving Uke's hands together; drive both hands straight down, then back up in a double inverted sword to throat (Biu Gee palm up); up elbow to chin (#1); pivot so back is to Uke, hammerfist to groin, claw groin and continue with upward elbow to chin, scoop kick to groin while spinning out in fighting stance to face Uke.
- 5) Side Wrist Grab = Free hand peels off Uke's hand above thumb, slide arm under elbow to joint lock.
- 6) Two On Two Rear Wrist Grab = Cross hands and peel off Uke's hand, Akushu Nage. (Wrist Lock & elbow hyperextended)
- 7) Single Lapel Grab = Trap hand in line, Tan Choy to chin.
- 8) Double Lapel Grab = Bring Left arm over Uke's arms to trap (inside Lop Sao), step back with left foot, bring Right arm under to break elbows; Right arm comes around and on top of arms to break hold / drive down; chop with Right hand to neck, pull into knee; push through sit down (PTSD) with finish.
- 9) Single Push (middle) = Triple Gong Sao to Ude Gatame.
- 10) One Handed Front Choke = Inside parry, Lop Sao, elbow to ribs; Gwa Choy to head, circle to groin strike; Tan Sao under arm, Lop Sao to an elbow break; switch hands, 4 knuckle rake, chop to neck; pull into knee, push through sit down (PTSD) with finish.
- 11) Two Handed Rear Choke = Left foot steps across in front of Right foot, Right arm comes around and down on arms breaking hold; straight up elbow (#1) to chin, back knuckle strike (vertical backfist) to bridge of nose.
- 12) Rear Hair Grab = Double trap hand to head to stop hair pull, circle outside, raise up to wrist lock.
- 13) Hammer Lock Escapes = Step to outside and rear elbow to head.

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GREEN 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) = 1 way

Part B: Katame Waza (Ground Work)

- 1) Kesa Gatame / Side Head Lock = Build frame; Uke does not release; roll over onto your knees as you force their head back with your forearm; place elbows on floor across their body (one at throat, one at hip), bring foot over and mount as you move your arms to each side of head.

- 2) Guard Pass / Front Scissor Lock Escape = Same as Blue Belt technique but Tori is unable to get shoulder down; put opposite leg down and hand on the floor, scoot back to make gap larger; finish technique as in Blue Belt chart.

- 3) Mounted, Man On Top Choking = Trap their hand on your shoulder with your hand, opposite hand grabs their upper tricep and hook leg with foot in line, pull shoulder down, Bridge, Roll, Mount.

- 4) Mounted, Man On Top Choking variations:
 - 1) Uke props Right hand on mat = Left hand comes inside and wraps around Right arm, Right hand to shoulder, hook leg; Bridge, Roll, Mount.

 - 2) Uke straightens Right leg to side = Push leg down, rehook leg, continue to Bridge, Roll, Mount.

 - 3) Uke straightens Right leg to back = Pull leg under Uke's leg, ankle under their shin; reverse hands to opposite side and do an elevator with leg.

 - 4) Uke's hand and leg both escape = Give up that side. Trap as in "3" above, Bridge, Roll, Mount.

**TNT BUSHIDO DAVIS JITSU
GREEN BELT CHART 2016
SECTION III**

Part C: Nage Waza (Throws)

- 1) O Uchi Gari = Major inside reaping behind leg
- 2) De Ashi Harai = Ankle sweep
- 3) Seoi Nage = Single shoulder throw
- 4) O Goshi = Major hip throw
- 5) Shiho Nage = 4 corner throw

Part D: Hold Downs From Kote Gaeshi

- 1) Kote Gaeshi hold down
- 2) Uke turns from you onto stomach; place hand on shoulder to shoulder separation
- 3) Uke turns to you; pull arm straight, place elbow to ground, wrist flex
- 4) Uke reaches up with free hand; roll Uke over, Kote Gaeshi hold down on opposite side
- 5) Finishing hold; Juji Gatame (lying Armbar)

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GREEN BELT CHART 2016
SECTION IV**

Part A: Stances

1) Falling Away Stance = Pivot body away from Uke, dropping rear leg at knee & cover with hand protecting leg from a kick (both sides).

Part B: Atemi Waza (Strikes, 4 moves, appropriate footwork)

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

Part C: Ashi Geri Waza (Kicks)

- 1) Front Leg Hook Kick
- 2) Back Leg Hook Kick
- 3) Step Behind Back Kick
- 4) Offensive Skip Front Kick
- 5) Offensive Skip Roundhouse Kick
- 6) Offensive Skip Side Kick
- 7) Reverse Crescent Kick, Roundhouse Kick Combination

Part D: Block Attack

1) Straight Elbow (#1) = Parry outside, Poc Sao and Lop Sao, Roundhouse Elbow (#4)

Roundhouse Elbow (#4) = Double Tan Sao, Poc Sao and Lop Sao, Roundhouse Elbow (#4)

Back Elbow (#5) = Parry outside, Poc Sao and Lop Sao, Roundhouse Elbow (#4)

**TNT BUSHIDO DAVIS JITSU
GREEN BELT CHART 2016
SECTION IV**

2) Straight Punch (Inside) = Parry inside, check to opposite shoulder; checking hand chops to side of neck; opposite hand chops to throat, 4 knuckle vertical strike

Roundhouse Punch (Inside) = Parry inside, check shoulder, roundhouse elbow (#4), push through sit down (PTSD)

3) Straight Knee = Poc Sao, Gong Sao outside, knee to back of thigh

Roundhouse Knee = Double Gong Sao, knee to back of thigh

Back Knee = Poc Sao, Gong Sao outside, knee to back of thigh

Part E: Wrist responses (three moves blindfolded)

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 (Three Moves From a Distance) Offensive

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)

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)

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) 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)

**TNT BUSHIDO DAVIS JITSU
GREEN BELT CHART 2016
SECTION V**

Part A: Kata (Long 2)

	<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	Stay R Neutral Bo	L Biu Gee, R Wu Sao; L Wu Sao, R vertical Biu Gee
3.	N	L Neutral Bo	L Inside Block, L Knife Hand Chop; R Wu Sao
4.	N	Stay L Neutral Bo	L Wu Sao, R Biu Gee; L vertical Biu Gee, R Wu Sao
5.	N	shift back to L cat	L over R "Cup And Saucer"
6.	W	L Forward Bo	1 Simultaneous L Outside Block, R Punch
7.	W	Stay L Forward Bo	2 Simul L Punch, R Outside Block; 3 L Outside Block, R punch
8.	W	L evade / scoop	L Wu Sao, R chamber
9.	W	L Forward Bo	L punch, R chamber
10.	E	shift back to R cat	R over L "Cup And Saucer"
11.	E	R Forward Bo	1 Simultaneous R Outside Block, L Punch
12.	E	Stay R Forward Bo	2 Simul L Outside Block, R punch; 3 L Punch, R Outside Block
13.	E	R evade / scoop	L chamber, R Wu Sao
14.	E	R Forward Bo	L chamber, R punch
15.	S	turn CCW to Mabo	L Cross Block (L low, R high)
16.	SE	L Forward Bo	Simultaneous L High Block, R Low Block / Hammerfist
17.	SW	R Forward Bo	L Claw, R horizontal Bridge
18.	SW	Stay R Forward Bo	1 L Wu Sao, R Gwa Choy; 2 L Gwa , R Wu; 3 L Wu , R Gwa
19.	N	turn CW to Mabo	R Cross Block (L high, R low)
20.	NE	R Forward Bo	Simultaneous L Low Block / Hammerfist, R High Block
21.	NW	L Forward Bo	L horizontal Bridge, R Claw
22.	NW	Stay L Forward Bo	1 L Gwa Choy, R Wu Sao; 2 L Wu, R Gwa; 3 L Gwa, R Wu
23.	SE	turn CCW L For Bo	L High Block, R chamber; L chamber, R punch
24.	SE	R Front Snap Kick	L punch, R chamber
25.	SE	R Forward Bo	L chamber, R punch
26.	SW	turn CW R For Bo	L chamber, R High Block; L punch, R chamber
27.	SW	L Front Snap Kick	L chamber, R punch
28.	SW	L Forward Bo	L punch, R chamber
29.	NE	L Cross step (behind)	L scooping overhead, R Wu Sao
30.	NE	R Forward Bo	L Wu Sao, R High Block
31.	NE	Stay R Forward Bo	1 L vertical 2 finger spear, R Wu Sao; 2 L Wu Sao, R vertical 2 finger spear, 3 L vertical 2 finger spear, R Wu Sao

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

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| 32. | NW | R Cross step (in front) | L Wu Sao, R scooping overhead |
| 33. | NW | L Forward Bo | L High Block, R Wu Sao |
| 34. | NW | Stay L Forward Bo | 1 L Wu Sao, R vertical 2 finger spear; 2 L vertical 2 finger spear, R Wu Sao, 3 L Wu Sao, R vertical 2 finger spear |
| 35. | NW | L step back R Cross | L Inside Hammerfist, R chamber |
| 36. | NW | pivot to Mabo | L chamber, R punch |
| 37. | NW | R step back L Cross | L chamber, R Inside Hammerfist |
| 38. | NW | pivot to Mabo | L punch, R chamber |
| 39. | NE | pivot CW L For Bo | L Outside Block, drop, Cannon Punch (like Agi Uke), R chamber |
| 40. | NE | step L back to RF Bo | L chamber, R Outside Block, drop, Cannon Punch (like Agi Uke) |
| 41. | NE | R Cross | L press, R chamber |
| 42. | NE | L Forward Bo | L Outside Block / Claw, R chamber |
| 43. | NE | L Cross | L chamber, R press |
| 44. | NE | R Forward Bo | L chamber, R Outside Block / Claw |
| 45. | NE | R Cross | L press, R chamber |
| 46. | NE | L Forward Bo | L Outside Block / Claw, R chamber |
| 47. | NE | Stay L Forward Bo | L chamber, R punch; L Inside Block, R chamber |
| 48. | NE | Stay L Forward Bo | L drop elbow (#2) with open palm, R chamber |
| 49. | NE | step L back to RF Bo | L chamber, R drop elbow (#2) with open palm |
| 50. | NE | step R back to LF Bo | L drop elbow (#2) with open palm, R chamber |
| 51. | N | step L back to Mabo | L scoop to R roundhouse elbow (#4) |
| 52. | N | stay Mabo | Simultaneous double back roundhouse elbows (#5) |
| 53. | N | stay Mabo | Simultaneous L vertical elbow (#1), R chamber elbow (#3) |
| | N | Mabo | Salute |

TNT BUSHIDO DAVIS JITSU GREEN BELT CHART 2016

Part B: Weapon Kata (Jo)

	<u>Dir</u>	<u>Stance</u>	<u>Technique</u>
	N	Mabo	Salute
1.	N	R Neutral Bo	2 handed (R over L) #1, #2
2.	W (E)	L Main Fighting	L open hand High Block, R low vertical #13
3.	E	L Neutral Bo	Double vertical punch (R over L)
4.	E	stay L Neutral Bo	Butt End / Hilt strike
5.	E	stay L Neutral Bo	half baseball swing
6.	E	stay L Neutral Bo	full baseball swing
7.	S	R Forward to R Cross	2 handed (R over L) #8 to L side High Block; drop to R hip
8.	S	L Forward Bo	2 handed (R over L) #5
9.	S	L Cross	2 handed (R over L) #9 to R side High Block; drop to L hip
10.	S	R Forward Bo	2 handed (R over L) #5
11.	S (W)	stay R Forward Bo	change R hand, bring Jo W low; vertical strike under armpit
12.	W	turn CCW L N Bo	downward vertical strike (E)
13.	W	R Forward to L Cross	change L hand, #5
14.	W	R back to L F Bo	change R hand; L guard (Wu Sao), R High Block
15.	W	stay L Forward Bo	L guard (Wu Sao), R single handed #1, #2; L Willow Palm, R #5
16.	N	R T-stance	L chamber, R "sheath" on L hip
17.	N	R Neutral Bo	change R hand; L guard (Wu Sao), R vertical strike (- #12)
18.	N	stay R Neutral Bo	L guard (Wu Sao), R #1, #2 (with inverted grip); chamber to R hip
19.	N	R T-stance	2 handed vertical strike (- #12)
20.	N	stay R T-stance	change R hand; R hand slide; spin CCW, catch L
21.	N	R low back stance	pull to R hip
22.	N	R T-stance	2 handed vertical strike (- #12)
23.	N	L Forward Bo	change R hand; 2 handed (R over L) #2
24.	N	L back to R For Bo	L guard, R circle around head CW to R single handed #1
25.	N	Mabo	L chamber, R "sheath" on L hip
	N	Mabo	Salute