

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

NAME _____

DATE STARTED _____

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JUNIOR BLACK BELT Test Scheduled For: _____

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SECTION I

Part A: General Knowledge

- 1) Demonstrate the proper way of tying a belt (**two ways**).

Part B: Terms

- 1) Mokuso (moe koo so) = Meditate
- 2) Tori (tor ee) = Thrower
- 3) Uke (ooh kay) = Receiver of throw
- 4) Maitta (mah tay) = I give up
- 5) Gi (hard G - gee) = Uniform
- 6) Obi (oh bee) = Belt
- 7) Unagi (ooh nah gee) = Gi jacket
- 8) Shitagi (shih tah gee) = Gi pants
- 9) Reigisaho (ray gee sah hoe) = Proper etiquette on the mats
- 10) Konnichi Wa (koh knee chee / wah) = “Good Day” or “Hello”
- 11) Dojo (doh joe) = Meditation hall
- 12) Kiotsuke (key oht sue kay) = Attention
- 13) Sominji (so min jee) = Face the front
- 14) Rei (ray) = Bow
- 15) Joseki (joe say kee) = Place of honor

Part C: Parables

- 1) Reaction = To know and to act are one and the same.
- 2) Practice = Knowing is not enough, we must do.
- 3) Ambition = Aspiration points the way but perspiration gets us there.
- 4) Workouts = Workouts are practicing today for what we may have to do tomorrow.

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SECTION II

Part A: Shiatsu Waza, Shime Waza (Body Grabs, Break Nerve, Choke)

- 1) Two Handed Front Choke = Kata Jime (Single Choke, 3 ways)

- 2) Front Bear Hug Arms Pinned = Hadaka Jime (Rear Naked Choke)

- 3) Front Bear Hug Arms Free = Kata Hadaka Jime (Single Pull Back Choke)

- 4) Side Collar Grab = Kata Gatame (Arm Triangle)

- 5) Pull Back Choke = Kata Gatame (Arm Triangle)

- 6) Rear Bear Hug Arms Pinned = Ude Ura Jime (Front Forearm Scissor)

- 7) Rear Bear Hug Pick Up = Ude Ura Jime (Front Forearm Scissor)

- 8) Rear Bear Hug Arms Free = Kuzure Kata Gatame (Arm In Arm Triangle)

- 9) Full Nelson = Kuzure Kata Gatame (Arm In Arm Triangle)

- 10) Side Head Lock = Mae Kubi Gatame (Guillotine)

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SECTION II

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

- 1) Straight On Wrist Grab = Step back with opposite foot of side that is grabbed, pulling hand toward you breaking the hold; free hand is cocked as a check (Live Hand). Front thrust kick to Uke's rib cage, or front snap kick to groin.

- 2) Cross Wrist Grab = Gong Sao with grabbed hand, Poc Sao / inside Lop Sao with free hand (control), Gwa Choy, roundhouse elbow (#4), back elbow (#5).

- 3) Two On One Wrist Grab = Pull grabbed hand out with free hand, free hand control, Gwa Choy to head, round house elbow (#4), pivot and Hammerfist to groin.

- 4) Two On Two In Front Wrist Grab = Step back in neutral Bo pulling hands in / up toward chest to break hold ("read the book"). Double Gong Sao to clear arms, front snap kick to groin, set foot down in front, Tan Choy Solar Plexus, Tan Choy Chin, straight up elbow & claw to face (Omega Punch).

- 5) Side Wrist Grab = Scoop / trap Uke's hand to Ude Gatame (inside Hammerlock) with wrist compression; control Uke's leg with shin lock.

- 6) Two On Two Rear Wrist Grab = Step back / under / sideways to release one side; turn to face Uke, Kote Gaeshi.

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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

Part B: Katame Waza (Ground Work)

- 1) Side Head Lock (Kesa Gatame) = Build frame; push head away. Place top leg over Uke's head and under chin (Figure 4 Leg Lock). Straighten out arm to Juji Gatame.

Alternate – Start by pushing head down; Uke resists, then push head away.

- 2) Mounted, Man On Top Choking = Go over Uke's arm inline and under opposite arm to break hold (Snake). Break elbow over other arm (Armbar with their arm) and Bridge, rolling Uke on his back; choke Kata Jime. Uke separates with extended Guard; open Uke's Guard with a Tan Choy / Hammerfist to groin. Attack Achilles tendon (Heel Lock / Hook) or Hiza.

- 3) Mounted, 3 Roundhouse Punch = Double stop at wrist and shoulder / upper arm 3 times; trap wrist, other hand reaches under arm at arm pit / shoulder; simultaneous pull and push with Bridge / Knee to Butt / Bridge with Knee. Pass Guard to Mount or Side Control, or stand up Ju Jitsu style.

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SECTION III**

Part B: Katame Waza (Ground Work)

4) Mounted, Knees On Arms = Bring hands together, pull arms down to head; point elbows in, pull over head; trap one hand / wrist, collapse arms, trap head; Bridge and Roll. Pass Guard to Mount or Side Control, or stand up Ju Jitsu style.

5) Rear Mount, Prone (Man On Back), Pull Back Choke = Control wrist and forearm with both hands to prevent choke. Buck Uke over; throw arm over Uke's face and choke Kata Gatame.

6) Mount, Man Tries To Roll You Off = To maintain Mount, straighten leg to side Uke is rolling towards, push arm up and choke Kata Gatame.

7) Mount, Man Rolls Over To His Stomach = Maintain Mount, choke Kata Hadaka Jime, and then Hadaka Jime.

Part C: Calisthenics (Number in 30 seconds)

1) Pushups _____ 2) Situps _____ 3) Squats _____

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SECTION IV

Part A: Stances (Stability and Mobility, Offensive)

- 1) Step Forward In Main Fighting Stance
- 2) Step Backward In Main Fighting Stance
- 3) Forward Bo Stance
- 4) Offensive Lead Hand Punch Stance
- 5) Offensive Rear Hand Punch Stance
- 6) Offensive Backfist Stance

Part B: Atemi Waza (Strikes, Offensive)

- 1) Offensive Jab
- 2) Offensive Lead Hand Punch
- 3) Offensive Cross
- 4) Offensive Backfist
- 5) Rocking Horse Combinations
- 6) Lead Hand Hook Punch
- 7) Lead Hand Uppercut Punch

Part C: Ashi Geri Waza (Kicks, Offensive)

- 1) Offensive Front Snap Kick
- 2) Offensive Round House Kick
- 3) Offensive Side Kick

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SECTION IV

Part D: Chinese Blocks

- 1) Poc Sao = Slap Block
- 2) Tan Sao = Palm Up Block
- 3) Gong Sao = Low S / Wing Block
- 4) Bong Sao = Wing Block
- 5) Ko Kan = Bird Beak / Outside Wing
- 6) Chi Sao = Inside S Block
- 7) Inverted Tan Sao = Inverted Bong Sao

Part E: Chinese Block Attack (with movement for distance as appropriate)

- 1) Poc Sao = Against Peng Choy with either hand
- 2) Tan Sao Inside / Outside, Peng Choy = Against Peng Choy with either hand
- 3) Gong Sao Inside / Outside, Peng Choy = Against Age Uke with either hand
- 4) Chi Sao Inside / Outside, Lop Sao, Gwa Choy = Against Peng Choy
- 5) Bong Sao, Lop Sao, Gwa Choy = Against Roundhouse to body or head
- 6) Ko Kan, Tan Choy = Against Roundhouse to head
- 7) Inverted Tan Sao, Lop Sao, Peng Choy = Against Gwa Choy

Part F: Wrist Responses, 1 Move (with movement for distance as appropriate)

- 1) Hard On Outside = Lop Sao with free hand, Gwa Choy
- 2) Hard On Inside = Poc Sao with free hand, Peng Choy
- 3) Soft On Outside = Lop Sao with same hand, Peng Choy
- 4) Soft On Inside = Jut Sao with same hand, Peng Choy

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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
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

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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

Part B: Bunkai (application)

TYPES OF APPLICATIONS

1. **Strike** – gross (movement); fine (pressure point) – nerve, muscle, blood, air
2. **Block** – gross (movement); fine (pressure point) – nerve, muscle, blood, air
3. **Joint Lock** – divide muscle / tendon; separate bone; hypercompress, hyperflex, hyperextend, rotation, twist, circumduction
4. **Movement** – unbalance; takedown; throw

There are “obvious” applications, which most trained people will see, and “hidden / secret” techniques, which may take several moves or additional motions to make happen. Sometimes motions show you how you should move, and sometimes they show you the position to put your opponent in.

Kenpo concepts – timing, covering and checking, body focus and positioning, double motions (forward and reverse), stance changes are sweeps and kicks.

TNT BUSHIDO DAVIS JITSU
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TNT PJJ / BDJ CONCEPTS & TECHNIQUES

DRILLS LEAD TO SKILLS. DRILLS ARE NOT SKILLS IN THEMSELVES.

Wing Chun has 3 angles: Forward, Forward Left, Forward Right

Circular (soft deflecting blocks and movements) defeats Linear (straight strikes are fast), and Linear defeats Circular.

Where the head goes, the body will follow. Moving / blocking the hands / feet, means the opponent can still move in with elbows / shoulders or knees / hip. Controlling the elbows or knees means you have controlled the hips / Center Line.

RULE #2 – Do not violate Rule #1.

Section 2 – Break Nerve Choke

Chokes (Vascular Neck Restraints) are the most efficient and effective technique that does not require superior strength or speed. Air-Way Chokes are considered deadly force. All Chokes include a Takedown / Finish. The basic Chokes are: Kata Jime, Hadaka Jime, Kata Hadaka Jime, Kata Gatame, Ude Gatame, Kuzure Kata Gatame, Mae Kubi Gatame.

Section 2 – Tate Dori Circle to the INSIDE

Every technique needs to be done statically and dynamically against the 10 body grabs, 6 wrist grabs, and 5 punching angles, Left and Right. That is 1200 variations right there (2*10*6*5*2) for one technique. Control the wrist; if they grab you, you grab them. Angle correctly and have the right distance and timing.

The principles and techniques are:

- 1) escape from the thumb, kick low while Uke is thinking high
- 2) close distance, control wrist, use back fists & elbows
- 3) close distance, control wrist, use back fists & elbows, change height of attacks
- 4) open the opponent's Center Line; attack the Center Line; control the head
- 5) hammer lock / wrist lock, protect your face, lock their mobility at their knee
- 6) Kote Gaeshi, beware of the other hand

Section 3 – Falls & Ground Work

Falls are to protect you and to be able to practice. Anything on the ground can be done standing, & anything standing can be done on the ground. Juji Gatame, Leg or Ankle locks, chokes on the ground.

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Section 4

Offensive Stances are for moving forward, generating power, and maintaining balance. Slide, do not clomp. Keep your head behind your knees (do not lead with your head).

Kicks: keep all kicks below waist level; do not short change the motion; whole body motion.

Chinese Blocks: “Live Hand” protects the centerline; “Chamber Hand” is a pull; Blocks are Strikes, Joint Locks, Unbalances / Takedowns / Throws. There is no wrong way to not get hit. These are “soft” and intuitive. There is more than 1 way to perform a technique.

Block – Attack: Turning Drills Into Skills.

Wrist Responses: This is a good Turning Drills Into Skills that this is a JKD basic starting point. This will lead to the best drill in the Purple Belt Chart, Sao Fot.

Section 5 – Kata

Angled / Bladed body, protect the centerline / hands up, forward motion.

Slow is smooth, and smooth is fast. Block, parry, trap, hit, repeat.

Kata is a catalog of techniques against an opponent in front of you or on one of your sides. Move out of their centerline, but you are pointed in on them. A turn probably means an Unbalance / Takedown / Throw. The sequence of movements is not important, but your ability to move into any technique to any position is.

Summary

Everything has a meaning and a purpose (even a simple push up). Practice and repetition is essential. Do not worry about practicing “it” wrong. We are sure you are STILL not doing it right.

Movement – If you cannot move your opponent to where you want them, then you have to move yourself.

If all you can do is exactly what is in the chart, you are incomplete.