

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

NAME _____

DATE STARTED _____

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Part C: Parables

SECTION II

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

SECTION III

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SECTION IV

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Part B: Bunkai

JUNIOR GREEN BELT Test Scheduled For: _____

**TNT BUSHIDO DAVIS JITSU
JUNIOR GREEN BELT CHART 2016
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

Part C: Parables

- 1) Reaction = To know and to act are one and the same.

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)

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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

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.

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

Part B: Atemi Waza (Strikes, Offensive)

- 1) Offensive Jab
- 2) Offensive Lead Hand Punch
- 3) Offensive Cross

Part C: Ashi Geri Waza (Kicks, Offensive)

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

Part D: Chinese Blocks

- 1) Poc Sao = Slap Block
- 2) Tan Sao = Palm Up Block
- 3) Gong Sao = Low S / Wing Block

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SECTION V

Part A: Kata (Hinan)

	<u>Dir</u>	<u>Stance</u>	<u>Technique</u>
	N	Mabo	Salute
1.	N	Mabo	Double Open Hand Low X (R on top)
2.	N	Mabo	Double Open Hand High X (R inside)
3.	N	Mabo	Double Wu Sao (Alive Hands in centerline, L in front)
4.	N	Mabo	L Pak Sao; R Wu Sao
5.	N	Mabo	L Tan Choy; R Wu Sao
6.	N	Mabo	R Peng Choy; L Wu Sao
7.	N	Mabo	L Peng Choy; R Wu Sao
8.	N	Mabo	R Tan Sao; L Wu Sao
9.	N	Mabo	L Tan Sao; R Wu Sao
10.	N	Mabo	R Peng Choy; L Wu Sao
11.	N	Mabo	L Peng Choy; R Wu Sao
12.	N	Mabo	R Gong Sao; L Wu Sao
13.	N	Mabo	L Gong Sao; R Wu Sao
14.	N	Mabo	R Peng Choy; L Wu Sao
15.	N	Mabo	L Peng Choy; R Wu Sao
16.	NW	L Main Fighting	R Chop Choy; L Wu Sao
17.	NW	L Main Fighting	L Press; R Gwa Choy
18.	NE	R Main Fighting	L Chi Sao; R Wu Sao
19.	NW	L Main Fighting	R Chi Sao; L Wu Sao
20.	NE	Rocking Horse	L Peng Choy; R Wu Sao
21.	NW	Rocking Horse	R Peng Choy; L Wu Sao
22.	NE	Rocking Horse	L Peng Choy; R Wu Sao
23.	N	Mabo	R Lifting Hand; L Wu Sao
24.	N	Mabo	Double Wu Sao (L in front)
	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.