

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

NAME _____

DATE STARTED _____

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JUNIOR ORANGE BELT Test Scheduled For: _____

TNT BUSHIDO DAVIS JITSU
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SECTION I

Part A: General Knowledge

- 1) Bow in and out of Dojo.
- 2) Bow on and off of mats.
- 3) Use proper titles on the mats.
- 4) No smoking, drinking, or profanity in or near the Dojo.
- 5) Line up according to rank in salutation and reaction lines showing proper respect to your Ukes.
- 6) Show respect to whomever is teaching the class at all times.
- 7) Check your ego at the door.

Part B: Terms

- 1) Kempo / Kenpo = Hard Fist
- 2) Ju Jitsu = Gentle Art
- 3) Deshi (deh she) = Student
- 4) Montei (moon tay) = Disciple
- 5) Sempai (sem pie) = Senior Disciple

- 6) Sensei (sen say) = Teacher
- 7) Aibu Jitsu Ryu International (eye boo / jit sue / roo) = Ju Jitsu Federation
- 8) Bushido Davis Jitsu = Davis' Warrior Arts
- 9) One Gaishimasu (oh nay / guy shih mah su) = "Please work with me." We say this at the beginning of the class.
- 10) Domo Aregato Gozaimasu (doh moe / ah ray gah toe / go zigh mah su) = "Thank you very much." We say this at the end of the class.

Part C: Parables

- 1) Experience = By much falling a child learns to walk.

SECTION II

Part A: Break Nerve / Shiatsu Waza (Body Grabs, Escapes Only)

- 1) Two Handed Front Choke = Nodo (spear hand to the trachea)
- 2) Front Bear Hug Arms Pinned = Abara (double knife hand chop to the ribs)
- 3) Front Bear Hug Arms Free = Dokko (thumb or finger pressure under ears at jaw)
- 4) Side Collar Grab = Nodo (spear hand to the trachea)
- 5) Pull Back Choke = Hiji Abara (elbow to ribs)
- 6) Rear Bear Bug Arms Pinned = Ashi (stomp on top of foot, drop to horse stance)

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

- 1) Straight On Wrist Grab = trap with free hand as step, Center Lock, kick head
- 2) Cross Wrist Grab = circle outside as step with Lop Sao to Armbar down to ground
- 3) Two On One Wrist Grab = post elbow, step with groin grab, Front Kick to groin
- 4) Two On Two In Front Wrist Grab = circle outside to double wrist smash, throw away, double arm trap head (Muay Thai clinch), Straight Knee

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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, scoot out 90 degrees; push head away and sit up; get to knees; maintain forearm pressure in throat. Mount, Side Control, or stand up Ju Jitsu style.
- 2) Mounted, Man On Top Choking = Bring feet up close, double chop to ribs (Abara); collapse arms, trap head; Bridge and Roll. Pass Guard to Mount or Side Control, or stand up Ju Jitsu style.
- 3) Mounted, Roundhouse Punch = Double stop at wrist and shoulder / upper arm; 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.
- 4) Demonstrate How To Mount = Mount means the knees are above the waist and controlling the hips. High knees under arms / arm pits, low elbows beside head / ears / shoulders, low torso, heavy, smother. The counter to Mount is to Bridge.
- 5) Demonstrate Guard Position = A Guard is an upside down Mount. Control the Uke's weight and posture with your leg scissors. Variations – Open, Closed, Low, High, Near, or Extended. Feet on hips to sweep or create distance. Stand up Ju Jitsu style.
- 6) Stand Up Ju Jitsu Style = Recover to a standing position after being pushed to the ground. Create distance, hands up.

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, Defensive)

- 1) Horse Stance (Mabo – Chinese style protecting the centerline)
- 2) Step Backward And Forward In Neutral Bo Switching Sides
- 3) Main Fighting Stance (squish the bug)
- 4) Defensive Lead Hand Punch Stance
- 5) Defensive Rear Hand Punch Stance

Part B: Atemi Waza (Strikes, Defensive)

On Focus Pad

- 1) Defensive Jab (Lead Hand Punch)
- 2) Defensive Cross (Rear Hand Punch)
- 3) Hook Punch (Front / Lead and Rear)

Mabo Chinese (Horse Stance)

- 1) Peng Choy = Vertical Fist
- 2) Tan Choy = Palm Heel
- 3) Biu Gee = Spear Hand

Part C: Ashi Geri Waza (Kicks)

- 1) Defensive Front Snap Kick
- 2) Defensive Round House Kick
- 3) Back Kick

Part D: Blocks (Japanese)

- 1) Inside Block
- 2) Outside Block
- 3) High Block
- 4) Low Block

Part E: Block Attack (movement forward or backward as appropriate)

- 1) Inside Block against a straight punch = Inside Block with lead hand, Lop Sao with rear hand, Gwa Choy with lead hand.
- 2) Outside Block against a straight punch = Outside Block with lead hand, Lop Sao with lead hand, Peng Choy with rear hand.

SECTION V

Part A: Kata (Form)

Stepping backward and forward in neutral Bo switching sides using each Japanese Block; hands up, protecting the Center Line.

TNT BUSHIDO DAVIS JITSU
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TNT PJJ / BDJ CONCEPTS & TECHNIQUES

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

Hands up / higher than your opponent's hands. The minimum safe distance is 2 arm's lengths. If you are not at that distance or greater, then you need to close to elbow and knee range.

Protect the CENTERLINE / forward energy.

Get off of their attack line, maintain your attack line. Your center always points at them, but their center does not point at you.

Both sides are training. Be a good and useful Uke. A competent Uke will help your training and make your training easier, and an incompetent Uke will get someone hurt.

RULE #1 – You have to look cool.

Section 2 – Break Nerve Kick

All Break Nerves can be used in a variety of situations, not just as they are shown (Nodo does not only work on 2 handed front choke).

All Kicks work in a variety of situations. The Drill shows Side Kick or Round House Kick to knees and thighs from inside or outside, straight knees to the groin (also works to the coccyx, thigh, stomach / ribs, face, etc), and back kick. Not only are kicks strikes, but they are also takedowns and throws.

Section 2 – Tate Dori Circle to the OUTSIDE

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.

Wrist Lock, Arm Bar, Groin Attacks, Knee, Backfist, Back Kick

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.

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Section 4

Stances are for moving, generating power, and maintaining balance. Slide, do not clomp.

Western Boxing: hands stay high to protect the head, do not leave arms extended. Body movement is essential for power generation.

Chinese Punches: maintain centerline position; the stance is a training position, not a combative technique. Be target specific, and simultaneous Attack and Defense.

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

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.

Block – Attack: Turning Drills Into Skills.

Section 5 – Kata

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

Slow is smooth, and smooth is fast.

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.

Practice and repetition is essential. Do not worry about practicing “it” wrong. We are sure you are not doing it right.

Sometimes you are not allowed to ask questions because you do not have enough information yet to ask an intelligent question.

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.