

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

NAME _____

DATE STARTED _____

SECTION I

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Part B: Terms

SECTION II

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SECTION III

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Part A: Kata

JUNIOR YELLOW 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 the 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.

Part B: Terms

- 1) One Gaishimasu (oh nay / guy shih mah su) = “Please work with me.” We say this at the beginning of the class.
- 2) 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.

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)

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

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SECTION III**

Part A: Ukemi Waza (Falls)

Migi = Right Hidari = Left Ushiro = Back

- 1) Shizentai (Sitting Falls) = 3 ways

Part B: Katame Waza (Ground Work)

- 1) 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.
- 2) 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.
- 3) 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 _____

SECTION IV

Part A: Stances (Stability and Mobility, Defensive)

- 1) Horse Stance (Mabo – Chinese style protecting the centerline)

Part B: Atemi Waza (Strikes, Defensive)

- 1) Defensive Jab (Lead Hand Punch)
- 2) Defensive Cross (Rear Hand Punch)

Part C: Ashi Geri Waza (Kicks)

- 1) Defensive Front Snap Kick
- 2) Defensive Back Kick

Part D: Blocks (Japanese)

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

SECTION V

Part A: Kata (Form)

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