

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

**NAME** \_\_\_\_\_

**DATE STARTED** \_\_\_\_\_

**SECTION I**

**Part A: General Knowledge**

**Part B: Terms**

**Part C: Parables**

**SECTION II**

**Part A: Joint Lock, Takedown**

**Part B: Standing Escapes (Tate Dori)**

**SECTION III**

**Part A: Falling**

**Part B: Groundwork**

**Part C: Nage Waza (Throws)**

**Part D: Hold Downs For Head**

**SECTION IV**

**Part A: Punches**

**Part B: Kicks**

**Part C: Block Attack**

**Part D: Wrist Responses**

**Part E: Sao Fot (1 move)**

**SECTION V**

**Part A: Empty Hand Kata (Long 1)**

**Part B: Weapon Kata (Yawara)**

**PURPLE BELT Test Scheduled For:** \_\_\_\_\_

**TNT BUSHIDO DAVIS JITSU**  
**PURPLE BELT CHART 2016**  
**SECTION I**

**Part A: General Knowledge**

- 1) Demonstrate how to Uke for a test.
- 2) Demonstrate how to fold a Gi.

**Part B: Terms**

- 1) Uchikomi (ooh chee koh me) = Load Up
- 2) Shiatsu Waza (she ot sue / wah zah) = Pressure Points, Nerve Centers
- 3) Shime Waza (she may / wah zah) = Choking Techniques
- 4) Kansetsu Waza (can set sue / wah zah) = Joint Locking Techniques
- 5) Katame Waza (kah tah may / wah zah) = Mat Working Techniques (Ground Work)
- 6) Tate Dori (tah tay / door ee) = Standing Escapes
- 7) Atemi Waza (ah teh me / wah zah) = Striking Techniques
- 8) Ashi Geri Waza (ah she / gary / wah zah) = Kicking Techniques
- 9) Ukemi Waza (ooh kay me / wah zah) = Falling Techniques
- 10) Nage waza (nah gay / wah zah) = Throwing Techniques
- 11) Migi (mih gee) = Right
- 12) Hidari (hah dar ee) = Left
- 13) Ushiro (ooh she row) = Back
- 14) Ritsurei (rit sue ray) = Standing Bow
- 15) Zarei (zah ray) = Sitting Bow

**Part C: Parables**

- 1) Courtesy = Martial arts begins and ends with courtesy, not in form alone, but in the heart and mind as well.
- 2) Flow = Be firm, but not hard; soft, but not yielding.
- 3) Technique = Simplicity is the end of art, and the beginning of nature.
- 4) Temper = Temper is such a good thing, we should never lose it.

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

**Part A: Kansetsu Waza / Katame Waza (Body Grabs, Joint Locks / Takedowns)**

- 1) Armbar to ground control
- 2) Figure 4 Underhook Armbar to knee; Push Through Sit Down (PTSD)
- 3) Figure 4 Overhook Armbar; O Soto Gari / Ko Soto Gake; shoulder control
- 4) Ude Gatame (Hammerlock); Ko Soto Gake; Hadaka Jime
- 5) Hiji Gatame (3 control techniques); Backwards / Ushiro; shoulder control
- 6) Kote Gaeshi (Outside Wrist Lock); wrist control
- 7) Standing Center Lock; spin to Ko Soto Gake; Kata Hadaka Jime
- 8) Yubi Gatame (Wrist Lock); Maki Komi; Kesa Gatame
- 9) Kuzure Ude Kote Gatame (Palm Down Transport) / Kimura; Soto Gama; shoulder control
- 10) Interrogation Takedown; Reverse Kesa Gatame; Armbar

Elbow (straight arm, hyperextension of elbow)

- Typical Armbar
- Figure 4 Underhook Armbar
- Figure 4 Overhook Armbar
- Interrogation Takedown
- Hanging Elbow
- Over The Shoulder

Shoulder (bent arm, rotation of arm)

- Kimura / Ude Gatame (3 ways – 2 Arms, L, R)
- Americana / Hiji Gatame (3 ways – 2 Arms, L, R)

Wrist (compression, extension, or rotation of wrist)

- Center Lock
- Standing Center Lock
- Yubi Gatame
- Kote Gaeshi
- Wrist Lock
- Wrist Flex Takedown
- Palm Down / Palm Up Transport

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

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

- 1) Straight On Wrist Grab = Tan Sao underneath with free hand to break hold, push hand up with a High Block, Peng Choy to ribs with opposite hand; Lop Sao and Peng Choy to head.
  
- 2) Cross Wrist Grab = Tan Sao grabbed hand to outside; Poc Sao with free hand (control) and Biu Gee, roundhouse elbow (#4), back elbow (#5).
  
- 3) Two On One Wrist Grab = Post Elbow; attack groin, chop off with free hand, Biu Gee or vertical Chop Choy to solar plexus.
  
- 4) Two On Two In Front Wrist Grab = Raise arms straight up / double reverse Lop Sao, front snap kick to groin.
  
- 5) Side Wrist Grab = Raise arm behind uke to escape from hold, trap neck, Muay Thai knee to head.
  
- 6) Two On Two Rear Wrist Grab = Place hand in small of back, twisting away from hold, Lop Sao to elbow break / Armbar takedown.
  
- 7) High Straight On Wrist Grab = Poc Sao with free hand, Peng Choy.
  
- 8) High Cross Wrist Grab = Tan Sao with free hand, Peng Choy.
  
- 9) High Two On One Wrist Grab = Pull grabbed hand down while doing an High Block with free hand; Biu Gee, vertical Chop Choy or Peng Choy to solar plexus.
  
- 10) High Two On Two Wrist Grab = Front snap kick to groin.

**TNT BUSHIDO DAVIS JITSU**  
**PURPLE BELT CHART 2016**  
**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 down and secure straight arm; step over Uke, shift forward separating shoulder.
  
- 2) Mounted, Man On Top Choking = Bring feet up close, double chop to ribs (Abara); collapse arms, trap head; Bridge and Roll. Attack Hiza.
  
- 3) Mounted, Straddling Arms = Place hands under feet, buck / Bridge and Roll, attacking Hiza or Heel Lock if supine, or joint lock ankle if prone.
  
- 4) Rear Mount, Prone (Man On Back), Pull Back Choke = Control wrist and forearm with both hands to prevent choke. Buck Uke over; Hiji Gatame / Americana.
  
- 5) Open Guard, Keeping A Standing Opponent Away = Alternating Side Kicks, rolling from side to side, on forearm or hand support, Guard Hand up.
  
- 6) Man Enters In Open Guard, Close Range – Ankle prop take down (both sides, both legs).

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

**Part C: Nage Waza (Throws)**

- 1) Kote Gaeshi with hold down
- 2) Wrist Flex takedown with hold down
- 3) Elbow break / Armbar takedown with hold down
- 4) Elbow over takedown with hold down
- 5) Elbow under takedown with finish
- 6) Push Through Sit Down with finish

**Part D: Hold Downs For Head**

- 1) Kata Jime (Single Choke)
- 2) Ude Ura Jime (Front Forearm Scissor)
- 3) Kata Gatame (Arm Triangle)
- 4) Kata Hadaka Jime (Single Pull Back Choke)
- 5) Hadaka Jime (Rear Naked Choke)

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

**Part A: Atemi Waza (Strikes, 2 moves, appropriate footwork)**

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

**Part B: Ashi Geri Waza (Kicks)**

- 1) Offensive Front Thrust
- 2) Defensive Front Thrust
- 3) Turn Side Kick (front leg)
- 4) Spin Around Back Kick (rear leg)

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

- 1) Straight Punch  
(outside) Parry with Lop Sao, Peng Choy / Poc Sao, Peng Choy  
(inside) Parry with a check to opposite shoulder

Roundhouse Punch

- (outside) Double Tan Sao with Lop Sao, Peng Choy / Poc Sao, Peng Choy  
(inside) Parry with a check to opposite shoulder

Backfist

- (outside only) Parry with Lop Sao, Peng Choy / Poc Sao, Peng Choy

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

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

- 2) Front Snap Kick = Poc Sao in line, Gong Sao outside, front snap kick to groin
- Roundhouse Kick = Double Gong Sao outside, front snap kick to groin
- Side Kick = Poc Sao in line, Gong Sao outside, front snap kick to groin
- Spin Around Back Kick = Double Gong Sao outside, front snap kick to groin

**Part D: Wrist Responses (1 move, eyes closed)**

- 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

**Part E: Sao Fot (1 move)**

- 1) Poc Sao = Poc Sao with rear hand, Peng Choy with lead hand
- 2) Lop Sao = Lop Sao with lead hand, Peng Choy with rear hand
- 3) Chop Choy, Gwa Choy = Chop Choy with lead hand, Wu Sao with rear hand; rear hand press / clear, Gwa Choy with lead hand
- 4) Jut Sao = Jut Sao with rear hand, Fook Choy with lead hand



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

**Part A: Empty Hand Kata (Long 1) + Bunkai**

	<u>Dir</u>	<u>Stance</u>	<u>Technique</u>
	N	Mabo	Salute
1.	N	R Neutral Bo	R Inside Block
2.	N	R Forward Bo	L Punch
3.	N	shift back to R cat	R Inside Block
4.	N	L Neutral Bo	L Inside Block
5.	N	L Forward Bo	R Punch
6.	W	L Neutral Bo	L Outside Block
7.	W	L Forward Bo	R Punch
8.	W	R Neutral Bo	R Outside Block
9.	W	R Forward Bo	L Punch
10.	W	R Neutral Bo	L Rear Low Elbow (#3)
11.	E	L Neutral Bo	L High Block
12.	E	L Forward Bo	R Punch
13.	E	R Neutral Bo	R High Block
14.	E	R Forward Bo	L Punch
15.	S	R Neutral Bo	R Low Block
16.	S	R Forward Bo	L Punch
17.	S	L Neutral Bo	L Low Block
18.	S	L Forward Bo	R Punch
19.	S	L Neutral Bo	L Inside Block
20.	S	Stay L Neutral Bo	R Inside Block
21.	S	Stay L Neutral Bo	L Inside Block
22.	S	R Neutral Bo	R Inside Block
23.	S	Stay R Neutral Bo	L Inside Block
24.	S	Stay R Neutral Bo	R Inside Block
25.	W	R Neutral Bo	R Outside Block
26.	W	Stay R Neutral Bo	L Outside Block
27.	W	Stay R Neutral Bo	R Outside Block
28.	W	L Neutral Bo	L Outside Block
29.	W	Stay L Neutral Bo	R Outside Block
30.	W	Stay L Neutral Bo	L Outside Block

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

**Part A: Empty Hand Kata (Long 1) + Bunkai (continued)**

<b>31.</b>	E	R Neutral Bo	R High Block
<b>32.</b>	E	Stay R Neutral Bo	L High Block
<b>33.</b>	E	Stay R Neutral Bo	R High Block
<b>34.</b>	E	L Neutral Bo	L High Block
<b>35.</b>	E	Stay L Neutral Bo	R High Block
<b>36.</b>	E	Stay L Neutral Bo	L High Block
<b>37.</b>	N	L Neutral Bo	L Low Block
<b>38.</b>	N	Stay L Neutral Bo	R Low Block
<b>39.</b>	N	Stay L Neutral Bo	L Low Block
<b>40.</b>	N	R Neutral Bo	R Low Block
<b>41.</b>	N	Stay R Neutral Bo	L Low Block
<b>42.</b>	N	Stay R Neutral Bo	R Low Block
<b>43.</b>	N	Mabo	L Low Ko Kan
<b>44.</b>	N	Mabo	R Low Ko Kan
<b>45.</b>	N	Mabo	L Low Ko Kan
<b>46.</b>	N	Mabo	R Low Hammerfist
<b>47.</b>	N	Mabo	L Low Hammerfist
<b>48.</b>	N	Mabo	R Low Hammerfist
<b>49.</b>	N	Mabo	L Low Tan Choy / palm press
<b>50.</b>	N	Mabo	R Low Tan Choy / palm press
<b>51.</b>	N	Mabo	L Low Tan Choy / palm press
<b>52.</b>	N	Mabo	R Peng Choy
<b>53.</b>	N	Mabo	L Peng Choy
<b>54.</b>	NW	R Rocking Horse	R Rocking Horse Peng Choy
<b>55.</b>	NE	L Rocking Horse	L Rocking Horse Peng Choy
<b>56.</b>	N	Mabo	R Fook Choy
<b>57.</b>	N	Mabo	L Fook Choy
<b>58.</b>	N	Mabo	R Age Uke
<b>59.</b>	N	Mabo	L Age Uke
	N	Mabo	Salute

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

**Part B: Weapon Kata (Yawara) + Bunkai**

	<u>Dir</u>	<u>Stance</u>	<u>Technique</u>
	N	mabo	Salute
1.	N	R neutral bo	L tan sao; R punch high
2.	N	R neutral bo	L lan sao / inside lop sao; R punch high
3.	N	R cat	L wu sao / guard; R hammerfist to groin
4.	E	R neutral bo	L parry; R poke
5.	E	R neutral bo	L tan sao; R punch high
6.	E	R neutral bo	L trap on R wrist; R cw circle / punyo hook to center lock
7.	SE	R neutral bo	L trap; R center lock; R front snap kick
8.	S	L neutral bo	turn 270 ccw; L wu sao / guard; R hammer fist X (forehand, backhand, overhead)
9.	S	L neutral bo	L hook / jut sao behind head; R upward elbow
10.	SW	R cat	L parry; R poke
11.	SW	R neutral bo	L wu sao / guard; R roundhouse elbow to head
12.	SW	R cross stance	L parry; R extended poke
13.	N	R cat	turn 135 cw; L parry; R poke
14.	N	R neutral bo	L tan sao; R punch
15.	N	L neutral bo	L lan sao / inside lop sao; R punch to groin
16.	N	L neutral bo	R turn to palm up; L chop off R hand / groin willow palm; R pull
17.	N	L neutral bo	L hook / jut sao behind head; R upward diagonal elbow
	N	mabo	Salute

**Variations** translate the form to the Left hand  
translate the form to knife (hammer / foil grip; icepick grip)  
translate the form to empty hand (Left and Right)

**Applications** – Technique #1: tan sao (off-hand), punch (yawara)

<u>uke</u>	<u>tori</u>			
R punch	L tan sao inside / outside, R punch			
L punch	L tan sao inside / outside, R punch			
Nice	RI/O	centerline sternum / xiphoid	LI/O	floating ribs; goosh; kidneys
Mean	RI/O	gunting	LI/O	armpit; ribs
Ugly	RI/O	trachea; eyeball; mouth	LI/O	neck (trigeminal); temple

**Applications** – Technique #2: lop sao (off-hand), punch (yawara)

<u>uke</u>	<u>tori</u>			
R punch	L lop sao, R punch			
L punch	L lop sao, R punch			
Nice	R	ribs; shoulder	L	gunting to tricep, bicep
Mean	R	gunting to ribs / armpit	L	trap wrist; R hook in/over tricep
Ugly	R	hook head; trachea / face	L	udrh to neck; cross hands; choke

**Applications** – Technique #3: X, overhead; off-hand hook head, #1 elbow  
uke – L/R punching combo or R/L punching combo (it doesn't matter)