

AIKI COMBAT JUJITS

1st Brown Belt Manual

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Aiki Combat

1st Brown Belt Requirements

1. Flying Eagle double wrist

Defense:

Bring your left hand up and down onto the attacker's left hand as you step forward right to 12:00. Left back kick to body while you maintain your grip on attackers arm, plant the back kick down at 4:30 as you put your opponent into an outside wrist lock. Pivot to face 4:30 as you adjust your right foot for the take down. Bring attacker towards you and drop left knee into their shoulder as you pin the arm between your leg and knee. Apply pressure by pushing down on the hand making sure the arm is straight up and down.





2. Scorpion double wrist release

Defense:

Bring both hands up so that left hand can counter grab the attacker's left hand. Step back left to 6:00 as you put your attacker into a Sankyo lock. With your right hand, grab and pull back on two finger while you pivot to face 6:00, step forward right for the takedown. Roll them over and put them in a hammerlock using your left leg as a base.





3. Solider hook punch

Defense:

Step left to 10:30 with a Stop Hit, using a straight punch. Right hand counter grabs attackers arm as you step forward right putting your attacker into an Armbar. Drop down to your right knee as you drive the attackers shoulder into the ground. Maintain the Armbar to apply pressure.

