

# AIKI COMBAT JUJITS

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## **Black Belt Manual**

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Written by Leann Rathbone 4th Dan

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# **Aiki Combat**

## **Black Belt Requirements**

- 1. Blitzing Technique 13**
- 2. Blitzing Technique 14**
- 3. Blitzing Technique 15**
- 4. Blitzing Technique 16**
- 5. Blitzing Technique 17**
- 6. Blitzing Technique 18**
- 7. Blitzing Technique 19**
- 8. Hurricane double hook**
- 9. Samurai jab cross**
- 10. Club overhead**
- 11. Club poke**
- 12. Club side**
- 13. Club backswing**
- 14. Gun at side**
- 15. Gun to front**
- 16. Gun to front head**
- 17. Gun to back**
- 18. Jab cross defense**
- 19. Kicking Defense 1**
- 20. Kicking Defense 2**
- 21. Knife front thrust**
- 22. Knife overhead**
- 23. Knife side slash**
- 24. Combination drills**

# Black Belt Techniques

## 1. Blitzing Technique 13: right punch

### Defense:

From a right lead, outside scissor block, grab shoulder and push them back as you throw a left knee to thigh. Left foot sweeps attackers right leg for a takedown maintaining control of the arm. Drop left knee into neck and pin arm between your legs for the submission.





## 2. Blitzing Technique 14: forward leg reap

### Defense:

From a right lead outside scissor block, left forearm strike to tricep muscles just above elbow as you pivot to face 3:00. Left forward leg reap for the takedown, drop left knee onto shoulder as you pin arm between legs, press down on wrist for submission.





### 3. Blitzing Technique 15: right punch

#### Defense:

From a right lead outside scissor block, left forearm strike to tricep muscles just above elbow as you pivot to face 3:00. Step to 2:00 with your left foot as you go into a figure 4 lock hip throw. Once the attacker is on the ground maintain control and pull up on the wrist.

