

AIKI COMBAT JUJITS

3rd Brown Belt Manual

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Aiki Combat

3rd Brown Belt Requirements

- 1. Hubud /Moving block drill**
- 2. Jump Kicks**
- 3. Blitzing Technique 9**
- 4. Blitzing Technique 10**
- 5. Blitzing Technique 11**
- 6. Blitzing Technique 12**
- 7. War Eagle outside wrist**
- 8. Shark outside wrist**
- 9. Sting Ray outside wrist**
- 10. Shogun double wrist**
- 11. Storm double wrist**
- 12. Snake 2 on 1 wrist**
- 13. Windstorm 2 on 1 wrist**
- 14. Crossbow shoulder grab**
- 15. Shark shoulder grab**
- 16. Jab drill**

1. Hubud /Moving block drill

First decide who is going to start the drill, the other person will do the switch. You start by doing Hubud, and then when the second person is ready they are going to throw a hook punch instead of a vertical punch and the other person will block with an extended outward block and go into the moving block drill. Then the first person will do the switch. Keep going back and forth making sure your arms are relaxed.



2. Jump Kicks

Jump Front Thrust Kick

Step forward left draw your right knee up, as you jump up with a front snap kick, only going to the body or the groin



Jumping Jab Kick

The same as the front kick except with the front kick you use the ball of your foot and with the jab kick you use the heel of your foot.



Double Jump Roundhouse kick

Step forward left draw your right knee up, as you jump up with a roundhouse kick, usually the kick goes to the rib cage.

