

AIKI COMBAT JUJITS

Blue Belt Manual

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Aiki Combat

Blue Belt Requirements

- 1. Jump Rolls**
- 2. Knee Strikes**
- 3. Hand Strikes**
- 4. Blitzing Technique 5**
- 5. Blitzing Technique 6**
- 6. Blitzing Technique 7**
- 7. Blitzing Technique 8**
- 8. Scorpion ABC inside Wrist**
- 9. Praying Mantis inside wrist**
- 10. Dagger outside wrist**
- 11. Shogun outside wrist**
- 12. Whirlwind outside wrist**
- 13. Wrist release 3 double wrist grab**
- 14. Sickle lapel grab**
- 15. Slipping Drill**

1. Jump Rolls

From a fighting stance you jump forward looking behind you and tucking your chin, feet will cover over and you land in a side fall spreading the weight of the fall all over so make sure you land evenly with your arm at a 45 degree angle slapping palm down.



2. Knee Strikes

Jump Knee Kick

Start from a fighting stance with your right leg back. Jump forward and as high as you can striking with your right knee.



Jump Double Knee Strike

Start from a fighting stance with your right leg back. Jump forward and as high as you can striking with your knee then strike with your left knee.



3. Hand Strikes

Heel Palm

A heel palm strike is formed by bending the wrist and fingers to expose the palm of the hand you are going to use the lower palm of your hand to strike with. The heel palm is a great way to jam a strike, stun someone or for blocking. You would target the face, nose, groin or rib cage.



Web Hand

Strike with the part of your hand that is between the thumb and the fore finger to throat area, depending on how you strike you can disable your attacker or slow him down.



Eye Strike

Using the fingertips of your hand with the fingers slightly bent and separated you can strike straight into the eyes or you can do a finger flip into the eyes.



4. Blitzing Technique 5: right punch

From a right lead do an inside scissor block, right hand checks attackers left hand so that they cannot strike, right elbow across chin. Right hand hooks head and pulls them into a left knee to the body. Stet left leg down at 10:00 followed by a right side thrust kick to knee.

