

AIKI COMBAT JUJITS

Green Belt Manual

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Aiki Combat

Green Belt Requirements

- 1. Block Drill – Hubud**
- 2. Kick Drills**
- 3. Headlock Release**
- 4. Cobra right punch**
- 5. Hammer jab**
- 6. Longsword right cross**
- 7. Low Wrap roundhouse kick**
- 8. Python front kick**
- 9. Flying Eagle Knife**
- 10. Crocodile side slash knife**
- 11. Snake overhead knife**
- 12. Solider gun**
- 13. Flying Eagle gun**
- 14. Blocking Kata II**
- 15. Uppercut Drill**

1. Block Drill

Hubud

This drill comes from the Jeet Kune Do style of martial arts, it is an excellent way to build what we call Sticky Hands Method, this is where you always maintain contact with your attacker while you are blocking, doing so will enable you to lock up your attacker more easily and have the ability to control your attacker better. This will also improve your ability to read and react when you are in tight with your attacker.

There are four levels to this drill the 1st level is blocking and countering a strike, the 2nd level takes it one step farther by adding techniques to the end of your counter. The 3rd level deals with unexpected strikes, the attacker will go from the Trapping Drill to the Hook Punch moving drill with no warning. The fourth and final level is one step up from the last drill by adding on a technique to the counter.

All four drills work hand eye coordination as well as improving your reaction time when you are in a close quarter attack situation. This will also help your to feel and react, by this I mean not looking at where your hands are but feeling where they are and being able to go into Techniques by feel alone and not in a prearranged environment.



2. Kicking Drills

Four Directional Kick

The 4 Direction Kick drill is designed to help teach you the proper way to chamber and reamber your kicks when you are changing the angle of your attack or defense position as well as improve your balance and coordination.

There are several different kicks or combination of kicks that can be utilized with this drill to improve your balance and coordination as well as blocks and punches that can be incorporated into this drill to increase the difficulty of it. For the purpose of the explanation we will use a front snap kick. There are several other kicks that can be substituted for the front snap kick, such as a roundhouse kick, front thrust kick, or a defensive sidekick, you can also use combinations of kicks, for example combining a front snap kick with a roundhouse kick.

The drill is started in a left lead with your hands up facing 12:00, your first kick will be thrown towards 12:00 then reamber the kick and plant it down at 3:00, at this point you should be facing 9:00. The 2nd kick is thrown towards 9:00 and plants down at 12:00, ending up facing 6:00, the 3rd kick is thrown towards 6:00, plants down at 9:00, facing 3:00, the 4th and final kick is towards 3:00 and plants down at 6:00, facing 12:00.

To improve your coordination and balance add a block punch combination with a kick of your choice, or add any combination of kicks you like. Start the drill off slow and make sure you are doing it properly and as you become more proficient increases the speed, but make sure you don't lose form in doing so.





3. Headlock Release side headlock

Drop to your left knee as you place both thumbs on the back of the knee, apply pressure and push forward. Stand up and step with your right foot to 2:30, bring your left foot around so that your foot is against the ribs. Drop your left knee on the attackers back. Right hand grabs the heel of the foot as your rotate counter clockwise so that the toes are point to 9:00.

