

AIKI COMBAT JUJITS

Purple Belt Manual

Copyright© 2014 by DomoAji Publishing

All rights are reserved. Printed in the United States of America. No Part of this book may be used or reproduced in any form or by any means, or stored in a database or retrieval system, without prior written permission of the author or publisher except in the case of brief quotations embodied in critical articles and reviews. Making copies of any part of this book for any purpose is a violation of the United States copyright laws.

Copyright© Jim/Leann Rathbone DomoAji Publishing 2014

All Rights reserved

Printed and Bound in USA

No part of this book may be reproduced or copied in any form without the written permission of DomoAji Publishing and/or Jim Rathbone, LeAnn Rathbone

Disclaimer

Please note that the publisher of this instructional book is NOT RESPONSIBLE in any manner whatsoever for any injury which may occur by reading and/or following the instruction herein.

It is essential that before following any of the activities, physical or otherwise, herein described, the reader should first consult his or her physician for advice on whether or not the reader or readers should embark on their physical activity described herein. Since the physical activities described herein may be too sophisticated in nature, it is essential that a physician be consulted

Written by Leann Rathbone 4th Dan

To Order Copies of the book you can contact us at
www.Domoaji.com

Aiki Combat

Purple Belt Requirements

- 1. Solider single Lapel**
- 2. Broken Sword outside wrist**
- 3. Release Technique 2 choke**
- 4. Heaven and Earth double wrist**
- 5. Pincer (A) Choke (B) Headlock**
- 6. Longsword Jab**
- 7. Single Blade Jab**
- 8. Single Blade hook**
- 9. Scoop Technique front snap kick**
- 10. Eagle gun front**
- 11. Eagle knife front**
- 12. Windstorm overhead knife**
- 13. Tornado inside wrist**
- 14. Hook Punch Drill**

1. Soldier (concept of waza or armbar): Single lapel

Counter grab attackers arm as you pivot to face 9:00, with a right elbow to chin. Pivot to face 3:00 as you rotate your attackers arm over keeping their hand pinned to your chest, your forearm should be placed across the back of the arm. Pull them into your rib cage as you step left to 2:30, drop to your left knee as your drive the attackers shoulder into the ground.





2. Broken Sword outside wrist

Energize left hand as you step forward with your left and counter grab your attackers arm with your right. Left elbow strike to the ribs, sweep your right foot clockwise to 12:00 as your bring the arm up to break the arm over your left shoulder.





3. Release Technique 2 choke

Left hand come over and grabs the attacker's left hand, step out left as your right hand comes over and pins the arms to your body, while you are pivoting to face 9:00, right elbow to face.





4. Heaven and Earth double wrist

Step left to 10:30 as you drive your left hand down (earth) and your right hand up (heaven). Step right to 2:30 as you drive your right elbow into the attacker's chest as you drive your attacker to the ground.

