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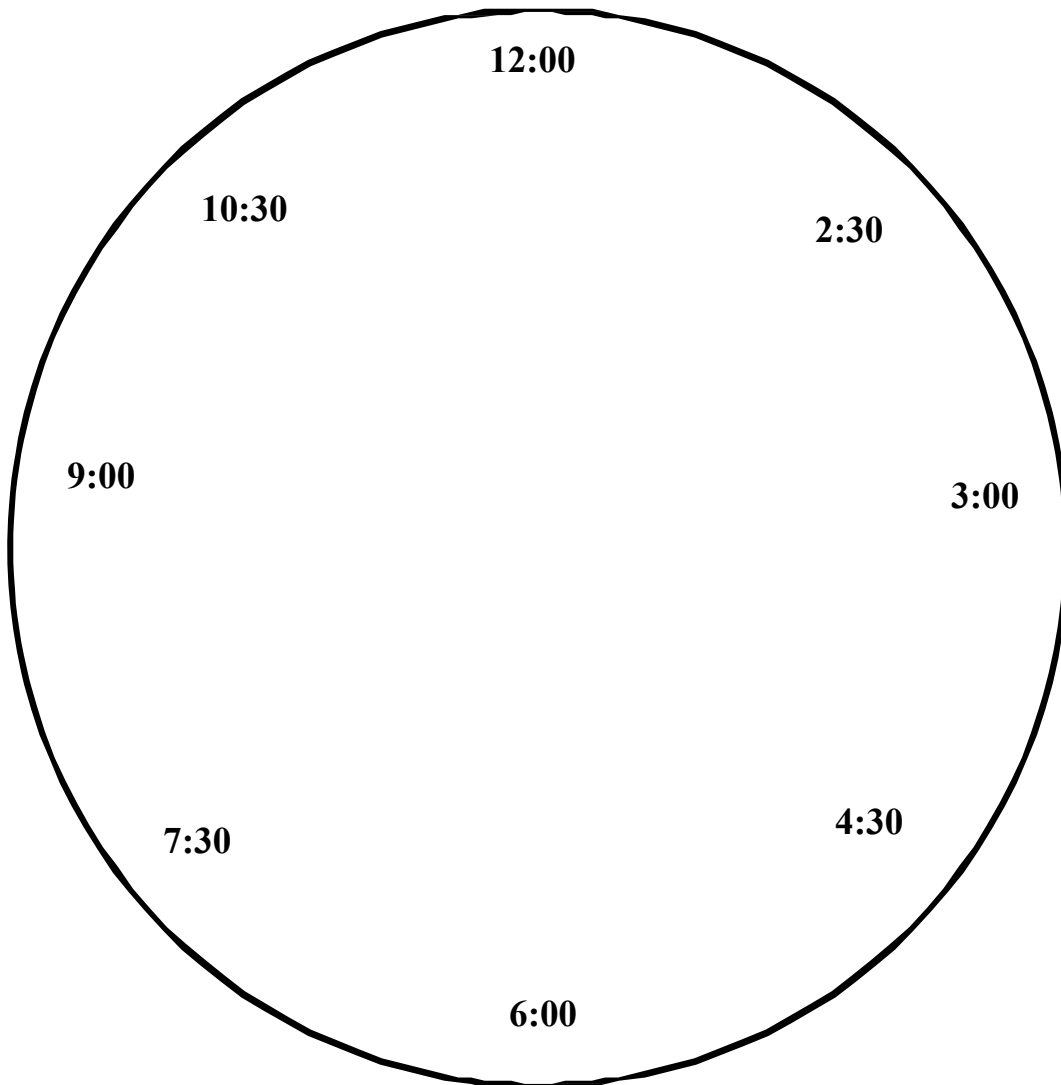
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# The Clock System

The Clock system is a tool that we use to help students with direction and angles; you will notice throughout our manuals that we refer to a position on a clock, like place your right foot at 10:30. This method is easier to understand than tell them to take their right foot and step out at a 45-degree angle. Below is a picture with the most common times used throughout the manual. Also Remember that times are not exact they are just a guide adjust them as need for your own personal size and height. Almost everything done past the 12:00 hour up to 6:00 will be done with the right side of the body, and everything past that will be done with the left side. 12:00 and 6:00 can be done with either side depending on the technique. Remember there are always exceptions.



# Aiki Combat

## Yellow Belt Requirements

1. Blocking Principles
2. Scissor Block
3. Stop Hit
4. Trapping
5. Scooping
6. Basic Wrist Release
7. Strikes
  - reverse punch
  - straight punch (vertical punch)
  - hammerfist
  - knife hand strike
  - elbow strikes
    - vertical elbow
    - diagonal elbow
    - reverse elbow
8. Kicks
  - knee strikes
    - front knee
    - round knee
  - front snap
  - side snap
    - forward
    - 45 degree
    - Slashing
  - round kick
    - front
    - rear
9. Falls
  - side
  - back
10. Forward Roll
11. Blocking Drills
  - four corner drill
  - moving block drill
  - scissor block drill
12. Blitzing Technique 1
13. Blitzing Technique 2
14. Blitzing Technique 3
15. Blitzing Technique 4

# Blocks

## Blocking Principles

### Scissor Blocks

This Block will start from a right lead with the hands up. As the attacker throws a right punch take your right hand and heel palm the radial nerve and the left hand will backfist the Biceps or Triceps Tendon. This block should resemble the actions from a pair of scissor. When the block is done, return back to your fighting stance and repeat again then switch sides.

This is a good block to practice with a partner and follow up with a move or strike of your own. You want to always try and grab the attackers arm to control the attacker or use the arm for a lock.

### Inside Scissor block



### Outside Scissor block



## Stop Hit

Start from a neutral stance as someone throws a hook punch; step out left to 2:30 as you throw a left extended outward block while simultaneously throwing a right vertical punch to face. The right strike could just as easily be a heel palm or any other strike or target.



## Trapping

Starting from the reference position, shuffle forward, slap or trap with your left hand as you throw a right straight punch





## Scoop Block

Starting from a right lead your attacker throws a right front snap kick or side kick, your right hand scoops under the kick as you move it to the outside while shuffling forward.



# Basic Wrist Releases

## Inside Wrist Release – cross arm wrist grab

As you master this release have your partner apply more pressure to the grab. You start by having your partner grab you in a cross on wrist grab (right grab to right wrist). Counter grab with your left hand down around the wrist with your thumb on top. Step right to 11:00 as you roll the hand over as you push your hand towards the attacker as you release your hand against your attackers thumb, Right chop to neck, hook neck and pull into a right knee to body.





### Outside Wrist Release

Your partner will attack with a straight arm wrist grab (left to right grab). Counter grab with your left hand and bring your hand to your midsection and pull out, right elbow to face or if the person is to high elbow to the rib cage.







# Strikes

## Distancing

This is used to set the distance or range between you and your partner before starting a technique. You start from a Fighting stance or Horse stance. You want to get just where your fingertips barely touch



## Punches

Start from a Horse stance, left hand out and your right hand in a chamber position (next to your hip with your palm up). Your right hand comes out of chamber palm up in a fist position, as the elbow leaves the rib cage the hand rolls over to punch with first two knuckles down the centerline of your attacker. As your right hand throws the punch you will pull your left hand into chamber.

