

Aiki Combat

1st Brown Belt Requirements

- 1. Flying Eagle double wrist**
- 2. Scorpion double wrist**
- 3. Shoulder hook punch**
- 4. Cane Technique 1**
- 5. Cane Technique 2**
- 6. Cane Technique 3**
- 7. Cane Technique 4**
- 8. Cane Technique 5**
- 9. Cane Technique 6**
- 10. Cane Technique 7**
- 11. Cane Technique 8**
- 12. Cane Technique 9**
- 13. Cane Technique 10**
- 14. Cane Technique 11**
- 15. Cane Technique 12**
- 16. Cane Technique 13**
- 17. Cane Technique 14**
- 18. Cane Technique 15**
- 19. Ducking Drill**