

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**