

Aiki Combat

Orange Belt Requirements

- 1. Longsword Inside wrist**
- 2. Punch defense inside scissor**
- 3. Punch defense outside scissor**
- 4. Punch defense double slap**
- 5. Punch defense trapping**
- 6. Snake Inside wrist**
- 7. Shogun inside wrist**
- 8. Eagle inside wrist**
- 9. Captured sword outside wrist**
- 10. Longsword outside wrist**
- 11. Release Technique 1 double wrist**
- 12. Cobra inside wrist**
- 13. Blocking kata**
- 14. Elbow Drill**