

# Aiki Combat Jujits

## Yellow Belt Requirements

1. Blocking Principles
2. Scissor Block
3. Stop Hit
4. Trapping
5. Scooping
6. Basic Wrist Lock
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