

Aiki Combat

Blue Belt Requirements

- 1. Jump Rolls**
- 2. Knee Strikes**
- 3. Hand Strikes**
- 4. Blitzing Technique 5**
- 5. Blitzing Technique 6**
- 6. Blitzing Technique 7**
- 7. Blitzing Technique 8**
- 8. Scorpion ABC inside Wrist**
- 9. Praying Mantis inside wrist**
- 10. Dagger outside wrist**
- 11. Shogun outside wrist**
- 12. Whirlwind outside wrist**
- 13. Wrist release 3 double wrist grab**
- 14. Sickle lapel grab**
- 15. Slipping Drill**