AKT Combatives-Jujitsu
Student Training Manual

705 North Union Street
(Across from Boardman Park)
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167 North Main Street
Wellsville, NY 14785

Rev. 2019
Your Name ___________________________________

Date You Began Studying at AKTCA_______________

Your Class Days and Times _______________________

Your Instructor ________________________________

Your goals for studying at AKTCA________________________
________________________________________________________
________________________________________________________
________________________________________________________

Date Tested for Gold Belt __________

Date Tested for High Gold __________

Date Tested for Orange Belt___________

Date Tested for High Orange __________

Date Tested for Green Belt___________

Date Tested for High Green __________

Date Tested for Brown Belt __________

Date Tested for High Brown __________

Date Tested for Black Belt 1st degree __________

Date Tested for Black Belt 2nd degree __________

Date Tested for Black Belt 3rd degree __________

Date Tested for Black Belt 4th degree __________

Date Tested for Black Belt 5th degree __________
Welcome to the AKT Family!

At AKT Combatives Academy we strive to provide the highest quality instruction to those seeking serious training in the martial arts in a fun, exciting, low-stress environment.

No matter what your reasons are for beginning classes with us, our professional certified instructors are honored to be assisting you in reaching your personal goals; whether it is for fitness, self-defense, or just for fun!

Each of our classes will challenge you while improving your confidence, self-discipline, and focus; and above all, motivate you to reach your fullest potential in an encouraging atmosphere. As you mature as a martial artist you will also learn to motivate yourself in obtaining your next level of growth.

This Student Manual is provided to give you information about our school and martial art system, as well as guidelines to aid you in your studies and training at AKTCA. This manual is intended to supplement your Training Journal, not to replace it. Your training journal should be more than just a list of the techniques that are taught to you during class; it should also include the drills, concepts, ideas, anatomy and application of techniques that you learn as well.

To fully grow as a martial artist, you will need to set aside time outside of your regular classes to practice on your own. Your Instructors are here to provide you with new techniques and concepts; however you must be responsible to practice them daily. It is extremely beneficial for you to warm-up and stretch-out on a daily basis; this not only aids in preventing injuries, but also improves your techniques, your control, and overall health.

I look forward to working with you and am excited to have you as part of our martial arts family.

I hope that we can help you to get a kick out of life!

Yours in Peace, Comradery & Tranquility,

Barry A. Broughton, PhD
AKT Combatives-Jujitsu
Founder and Grandmaster
**AKT Combatives-Jujitsu**

Developed by Grandmaster Barry A. Broughton, AKT Combatives-Jujitsu is a modern comprehensive eclectic reality-based martial art system. AKT Combatives-Jujitsu not only includes the strikes, kicks, blocks and defense techniques of most stand-up striking martial arts styles, but it also includes joint manipulations, locks, throws, take-downs, ground fighting techniques and submissions as well as modern weapons fighting and weapons defense. While many martial art styles focus on stand-up striking or ground fighting few address all ranges of attack and circumstances that are taught as part of the comprehensive AKT Combatives-Jujitsu system. AKT students learn real-life techniques, concepts and anatomy to ensure that their skills are effective in any situation.

"In the application of martial tactics; without knowledge, techniques cannot be truly mastered and concepts cannot be understood. Performance without mastery produces mere technicians while the lack of understanding stifles growth. AKT Combatives encourages practitioners to reach beyond their own limitations and to strive for excellence in all areas of life. The mastery of techniques and concepts, as well as life is what produces exceptional martial artists." ~Grandmaster Barry Broughton, PhD

Having wrestled during his youth and teenage years, Broughton began incorporating aspects of grappling and ground defense into his teaching curriculum in 1982 with his first student (Sensei Brad Monroe) after receiving his first Black Belt in a stand-up striking system. Having joined the US Army the following year, he had the fortunate opportunity to train with practitioners from other martial arts systems such as American Kempo, Tae Kwon Do, SAMBO (Russian Combatives), Jiu-Jitsu, Hapkido, and kickboxing; and also earned additional Black Belts in Kun Tao Kung-fu and American Combat Jujitsu.

During the early 1990’s, the face of martial arts would be forever changed with the emergence of the Ultimate Fighting Championship and “reality-based training”. Ground fighting became popularized and therefore real-life physical assaults changed, forcing many martial arts instructors to rethink the effectiveness of what they were teaching. Master Broughton felt that a more comprehensive approach
with the ability to go to the ground, and to defend oneself on the ground, yet still be able to strike at any range and on any plane was needed. Having practiced orthopedics and sports medicine, Dr. Broughton applied his intimate understanding of kinesiology, orthopedic and musculoskeletal surgical anatomy to his martial arts training and instruction, to make techniques more effective.

In 2007 Broughton’s resulting system was originally recognized as a “branch” of another martial arts style as A.K.T. American Freestyle Karate. As AKT evolved in its scope, techniques, concepts and philosophy into a comprehensive system, *AKT American Freestyle Karate* was chartered as an independent style with the Independent Martial Arts Federation, recognizing Master Barry Broughton as the Founder and Headmaster. As the system of AKT matured and became its own stand-alone style, the system name was changed to AKT Combatives and later to AKT Combatives-Jujitsu to reflect its comprehensive curriculum and concepts.

The *AKT Combatives-Jujitsu* system is not a “take the best of each style” approach; the striking style was modified to include pivoting in close-range stances (without “chambering” the non-striking / non-blocking hand) resembling the more natural flow of boxing type punches with the elbow and knee strikes of Muay Thai. All of the joint locks, chokes, throws, take-downs, and ground techniques have been modified to fit into a progressive, adaptive style. Understanding that fighting on the ground is extremely dangerous against multiple assailants, AKT Combatives-Jujitsu is not strictly a grappling style. The result is a comprehensive system in which there is a seamless transition in all ranges and planes of attack; giving practitioners the tools needed to defend against any situation.

In 2009 Master Broughton met Sensei Phil Rocheleau, a Modern Army Combatives Program (MACP) instructor who was still on active duty in the US Army at the time. Along with Sensei Sam Fahy, they shared ideas and techniques as they trained in MACP, which blends the striking of boxing and Muay Thai, the takedowns and throws of wrestling and Judo, the ground fighting of Brazilian Jiu-Jitsu, and the weapons fighting of eskrima and western martial arts. As they trained, they recognized many similarities in the techniques of AKT and Modern Army Combatives. Embracing a tenet in the AKT Student Creed of “Evolve or become irrelevant”, the AKT curriculum was revised to include drills and teaching chains
similar to that of Modern Army Combatives. Shortly thereafter, Master Broughton was invited to attend a KAPAP (Krav Maga) Combatives course with world renowned Shihan Avi Nardia (Major, Israeli Defense Force) to become a Level One KAPAP (Krav Maga) Instructor. The knife and gun defense as well as the close-quarters and ground fighting of KAPAP reaffirmed the techniques and concepts taught in the AKT Combatives curriculum.

With Broughton testing for 10th Degree Black Belt and being honored with the title of Soke (Founder) and Grandmaster of AKT Combatives-Jujitsu by the USA Martial Arts Alliance; being recognized by the International Council of Grandmasters, the World Wide Martial Arts Council, the American Jujitsu League, and Jujitsu America; by producing several National and World Jujitsu Champions; and by being inducted into several martial arts Halls of Fame, the system of AKT Combatives Jujitsu has secured its place in martial arts history.
Why the name- AKT (American Karate Tactics) Combatives-Jujitsu?

AMERICAN – The American idea of “use what works” means not being bound by cultural traditions, especially if they are not effective. Although Asian values have been popularized by the martial arts, traditional American values also include those same values of: honor, hard work, integrity, loyalty, respect, and serving a greater cause than one-self. Many countries have their own self-defense systems that are influenced by the culture in which they were developed. AKT Combatives-Jujitsu is martial art style developed in America by an American.

KARATE – A term derived from two Japanese words, “kara” and “te” meaning “empty hand”. This term is usually understood by most people as an empty hand martial art.

TACTICS – A procedure to achieve an end. It implies strategy and precision, especially in combat.

COMBATIVES - Synonymous with close-quarters hand-to-hand combat.

JUJITSU – Translated as gentle, pliable or yielding art. Jujutsu (Jujitsu) was developed in feudal Japan as a method of defeating armed and armored opponents. Because striking against armored adversaries is ineffective, practitioners developed more efficient methods of neutralizing an assailant with joint locks, throws, and pins.

AKT (is an intentional pun for Act) – To take action. “Action (AKTion) is faster than reaction”.

The goal of AKT Combatives-Jujitsu is to provide the most comprehensive system available by offering students the concepts and defense techniques relevant to today’s culture while maintaining the values of traditional martial arts.

“The specific self-defense techniques in a particular martial art system are just the physical manifestation of the systems concepts, philosophies, and values. A system that is defined by a finite number of physical techniques that does not evolve with the societal changes in which they will be used will become irrelevant. Therefore, to remain relevant and effective in the 21st Century, AKT Combatives-Jujitsu is a ‘reality-based’ system that will evolve over time.” ~Grandmaster Barry Broughton
AKT Student Creed

Take ground in all aspects of your life
Action before reaction
Knowing that you don’t know is the first step to true wisdom
Evolve or become irrelevant

Growth through struggle is nature’s way
Respect brings peace, comradery and tranquility
Overcoming obstacles is a choice
Understanding conceptually brings ease in mastery
Nurture the desire for continuous self improvement
Discipline begins in the mind

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As a martial artist and student of AKT, I represent and support not only myself, but my Dojo, my Instructors and fellow Martial Artists. I will live by the traits of honor, integrity, and justice and practice self-discipline to avoid anything that diminishes my mental growth, physical health, or caliber of my character.

I will do my best in all things and encourage others to do the same. I will never be a bully or be abusive. I will value and protect the loyalty and trust that I share with my instructors and fellow AKT practitioners.

I pledge to be a life-long learner and continue to seek knowledge as a warrior-scholar. I will use what I have learned only for self-defense or the defense of those unable to defend themselves. I will demonstrate restraint and have the courage to live my life as a Peaceful Warrior.

I will strive to embody the tenets of the AKT Student Creed in all aspects of my life.

I am AKT and I will TAKE GROUND!
AKT Combatives is a modern, comprehensive reality-based personal protection combatives system; addressing all ranges, angles and planes of attack using strikes, kicks, throws, takedowns, grappling, chokes, joint locks, submissions and modern weapons training.

The AKT Combatives curriculum is taught in a traditional martial arts format, with belt promotions based on a cumulative integrated progression of concepts and techniques; and also offers a sport application of the acquired skillset in Sport Jujitsu.

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**Basic Terms**

Sensei- Instructor (Japanese origins)

Dojo- Martial arts school (Japanese origins)

Karate- Empty hand (martial arts of Japanese origins)

Combatives- Refers to modern close-quarters hand-to-hand combat

Jujitsu- Gentle, pliable or yielding art

Houng Tai- Attention

Ha Jime- Begin

Mah Tai- Stop

Gi- Martial Arts Uniform
**Dojo Guidelines**

1. Be respectful of the dojo, fellow students, instructors, visitors and yourself.

2. Let your Instructor know of any injuries inside or outside of class.

3. Keep your own journal of all techniques, drills, concepts and katas taught to you.

4. After you have changed into your gi, store all clothes and gym bags in the cubbies provided in the changing area. Do not throw your clothes on the floor or keep them hanging in the changing stalls.

5. Anything lost or stolen is not the responsibility of the academy.

6. No wearing of socks or shoes on the training floor, with the exception of martial arts footwear or wrestling shoes with the approval of the instructor.

7. No chewing gum, food or drink on the training floor (with the exception of water).

8. For the safety of yourself and your training partners, no jewelry is to be worn during class, exception of wedding bands. If body piercings cannot be removed they must be taped down.

9. Always bow upon entering and leaving the training floor. See “Formality of the Bow” on next page.

10. When “Fall in” is called at the beginning of class, assume the position of attention in formation with the highest-ranking student at the front left of the class and the lowest ranking student in the back right.

11. No talking without permission and no fidgeting while in formal formation.

12. No profanity or inappropriate language at anytime.

13. If you have any questions about specific techniques or during the individual study time of class ask a student of higher rank or a Disciple. If they are unable answer your question, both (all) need to ask the instructor.

14. The training floor must be clean and organized at all times. All training equipment must be returned to designated areas after use. Dry off the equipment and/or floor if it is soiled after use. Senior students should ensure the floor is swept after each class.

15. Full Gi must be worn during class (approved t-shirts allowed at Instructor’s discretion).

16. If you need to adjust your gi or belt, you need to face away from head wall and/ or instructor before doing so.
17. Never leave training floor without permission (unless it is an emergency).

18. Never interrupt students working alone, if you wish to ask them a question, or work with another student stand in a rest position until recognized (no bows will be exchanged).

19. If you are late to class: A) Get dressed in full gi. B) Wait at main entrance of training floor until given permission by Instructor to enter. C) Upon entering the training floor bow to flag and all Black Belts. D) If permission is given to leave class early, reverse the above process.

20. If you must speak to the Instructor while they are working with someone else; approach and stand in a rest position, wait to be recognized, bow to the Sensei or Master, ask your question, bow again when finished.

21. If a known Black Belt enters the dojo during class (excluding fitness classes), stop all activity, call class to Houng Tai (attention), greet the entering Black Belt with a bow, then resume activity.

22. Testing - Promotions are awarded to those who complete the required course of study and successfully complete and pass a test for promotion. Full gi must be worn for all tests and promotions.

23. For Safety issues (and Personal Hygiene) please avoid the use of Alcohol prior to attending class. Be responsible and use common sense!
The Formality of The Bow

There are three primary occasions for bowing. The first is a series of bows regularly at the beginning and end of a class in a formal setting. The second and third have specific applications.

1. **Bowing in (and out) at the Beginning and End of class:**

   Bow when entering or leaving the dojo/building.

   Another bow is executed as you enter and leave the formal training floor.

   If there is an American flag or others representing the style the student approaches them and executes a bow of respect, with a single bow being all inclusive.

   The next bow is when the instructor (regardless of rank) calls the class to order with the ceremonial bow being executed between instructor and students each to the other. Another inclusive ceremonial bow is executed by the entire class and the instructor(s) towards the American Flag and/or banners.

   If one leaves the floor for a break or other reason and will return to the training area, a bow at the gate or door upon leaving and re-entering is all that is necessary.

2. **Bowing During class or a formal training session:**

   If a student is approached by a Black Belt, the student should come to a rest position and immediately execute a bow. He/She then remains in the rest position until instructed otherwise by the Black Belt. Always allow enough time so that the Black Belt rises first during the bow. According to tradition, rising before the Black Belt puts him/her in an involuntary position of vulnerability and is considered very disrespectful and should not occur.

3. **Recognizing a Black Belt entering while class is in session:**

   If someone enters the dojo in plain view of the training floor and is recognized as a Black Belt, regardless of style or system, the first person to see and recognize as such should call the class to order by calling “Houi Tai” and all should face toward the person entering. If appropriate, the instructor will call “Bow” and a bow of respect will be executed. The instructor will, at his/her discretion, instruct the class to resume.
Uniform Requirements

**Student Uniforms**
Traditional style medium or heavy weight karate or jujitsu style gi.  
Pants may be either draw string waist, elastic waist band or a combination.

**Kids Juiitsu/Karate Club** (5-7 year old -½ hour class)- Black top and black pants.

**Jr. AKT** (8- 13 y/o- 1 hr. class)- Blue top/Black pants or Black top/Blue pants.

**AKT Combatives** (Teen/Adult)- Blue top/Black pants or Black top/Blue pants.

Grappling Shorts (without pockets) of the appropriate solid color may be worn during the summer months.

Rank belt is a 1¾ inch “double wrap” colored belt. Black 1/4 th inch promotion strips are worn on the left side of the belt, beginning 2 inches from the end and 3/4 inch between stripes.

**Black Belts/Instructors**

Traditional style medium weight or heavyweight karate or jujitsu style gi.  
Pants may be draw string waist, elastic waist band or a combination.

**Training:**
AKT Combatives-Jujitsu Black Belts will wear same blue/black top/pant color combination as adult students.

**AKT Combatives-Jujitsu Semi-Formal (Optional):**
Blue top with 1½” black lapel.  
Black pants with 1½” blue stripe down outside seam of both pant legs.

**Rank Belt for Instructors:**
Black 2 inch “double wrap” belt. Red 1/4 th inch degree strips are worn on the left side of the belt, beginning 2 inches from the end and 1/4 inch between stripes. One stripe = 1st degree, 2 stripes = 2nd degree, 3 stripes = 3rd degree, etc.

Master Instructors (5th and 6th degree) have the option of wearing a red and black blocked belt.

Sr. Masters (7th and 8th degree) have the option of wearing a black and white blocked belt.

Grandmasters (9th and 10th degree) have the option of wearing a red and white blocked belt.

Black Belts have the option of having their name and/or AKT Jujitsu kanji/katakana embroidered on their belt in red Japanese Katakana characters or English lettering. The instructor name may be placed on the left side of the belt above the Red degree stripes, and AKT Jujitsu characters may be placed on the right side of the belt.
**General Uniform Guidelines:**

An Academy T-shirt, rash guard or Solid Black T-shirt may be worn under the gi/uniform top. An academy T-shirt may be worn in place of the gi top during some components of training at the instructor's discretion. The T-shirt is not meant to replace the traditional gi top.

Females are encouraged to wear a light weight black T-shirt, rash guard or black sports bra type top under their gi top.

The AKTCA logo may be printed on the back of the training gi top.

Black martial arts footwear or wrestling shoes may be worn at the discretion of the individual instructor. Specific style of shoe may be determined by the instructor. Instructors are advised to not allow students to wear martial arts shoes during regular instruction.

**Do Not wear your belt outside the dojo** unless you are in a formal class or training session held outside. You may wear your gi top and pants to and from class, however your belt should not be worn and tied until you enter the dojo. **Do not wear your gi top in stores, restaurants, etc. unless it is completely covered by a jacket.**

Keep your gi neat and clean at all times. **Wash your gi between classes.** You may wash your belt if it becomes sweaty or dirty during training. Even if you did not personally sweat during class, sweat from a fellow student or instructor, or from the training floor most likely will be on your gi/uniform. Keeping a dirty gi in your gym bag between classes without washing it provides the perfect medium for growing bacteria and fungus. A clean gi and belt helps to prevent staph and fungal infections. **Teen and Adult students who train on a regular basis are encouraged to have at least two (2) gi**, so as to always have a clean uniform for class.

**Personal Hygiene**

Remember that you will be training in close proximity to other students, therefore personal hygiene is very important. Please use deodorant as needed.

Because of certain sensitivities please do not wear perfume or cologne to class. Please avoid the use of tobacco products prior to class.

Keep finger nails and toe nails trimmed. Wash Feet before class if you have been wearing sandals, flip-flops or open toed shoes.

Keep all cuts, lacerations or open wounds covered.
AKT Combatives Student Advancements and Promotions

Oftentimes as a martial artist, students will have questions about the timing of receiving new techniques and belt promotions. While we understand the concern and desire to keep pace with fellow students, we are also aware that no two students will follow the same journey in their martial arts training (even if they start at the same time). Although there is a minimum time and specific technique requirement for each belt, there is much more to learn before a student is ready to advance.

Students train together in a class format, but every student is on their own individual path and they receive new techniques and belt promotions when our instructors feel that particular student is ready, not based on the progression of fellow students, nor on a set time limit. Testing also occurs in different formats for a variety of reasons based on what an AKT Instructor needs to evaluate for a particular student. We do not charge test fees or belt fees because AKT Combatives-Jujitsu is not about pushing students through a designated set of techniques in a pre-set amount of time. We focus on developing martial artists who learn about integrity and respect and service to others. We work diligently to develop self-confidence and self-empowerment in our students. As our students train together, they learn to work together and to embrace their differences (personally and culturally) in an environment where it is safe to be their individual self. They learn how to overcome obstacles and to Take Ground in all aspects of their life. This is not something that is achieved by learning a set number of techniques or by earning the next belt. It’s achieved by spending time with other students and instructors – martial artists – who demonstrate these traits. The qualities of a true martial artist are learned through struggle and failure and hard-won achievements, not by an acquired number of techniques or number of months training.

In addition, there are many reasons that our students’ progress at an individual pace:

- **Number of classes attended:** Students who attend more classes accrue more hours of training and often progress more quickly because of the added training time.
• **Extra AKT activities:** Participating in Team AKT, Demonstrations, and AKT Seminars and Training Camps accelerates a student’s learning and also develops their ability to perform in public as part of a Team and also as a leader.

• **Understanding of techniques:** This means the student is not only proficient at executing the technique but that they understand the subtleties and application of the technique, as well as how that technique can be executed in various scenarios.

• **Understanding of concepts:** Our AKT Combatives-Jujitsu system is based on concepts. It’s imperative that a student fully understands the concepts (the why) of techniques and other lessons for each belt before they are ready to advance or be promoted. Some student’s grasp concepts more quickly than other students. Also, our concepts are deep and multi-layered. The longer a student trains the more fully they understand the concepts.

• **Their interaction with fellow AKT students and instructors:**
  1. Are they helping other students learn and grow as martial artists?
  2. Are they respectful and helpful to their instructors?
  3. Are they complaining about, or supporting, a class and family environment?
  4. Are they fully engaged in class and putting in the effort required to develop their skills?

• **Maturity and development of what it means to be a Martial Artist:** As mentioned above, this is perhaps the most important aspect of AKT Combatives-Jujitsu training, and it is not something that is learned based on the number of techniques or months a student acquires.

To assist in achieving a more thorough understanding of the AKT Combatives-Jujitsu concepts, as well as some of the foundational physical techniques presented throughout your training, Teen and Adult students are highly encouraged to read *Beyond Self-Defense: AKT Combatives Realty-Based Personal Protection* written by Grandmaster Broughton.
As a martial artist, you are on your own journey as a lifelong learner. The color of your belt only represents where you currently are in the overall AKT Combatives Jujitsu curriculum. The stripes on the end of the belt show how much someone has learned for that belt. Three stripes on your belt means that you have been taught all of the material for that particular belt. Now is the time to perfect what you’ve learned in preparation for your next test. With 3 Stripes = Everyday is Test Day!

White Belt
Gold Belt
High Gold Belt (Gold Belt with Black)
Orange Belt
High Orange Belt (Orange Belt with Black)
Green Belt
High Green Belt (Green Belt with Black)
Brown Belt
High Brown Belt (Brown Belt with Black)
Jr. Black Belt
Black Belt
Now the Fun Really Begins! 10 Degrees of Black Belt. Check out the next page!

Under 16 years old 16 years & Older

Continue learning the required techniques for Full Black Belt. At 16 y/o test for Full Black Belt.
Personal Achievement Awards for Kids Jujitsu/Karate

Personal Achievement Awards are worn on the outside seam of the right pant leg of the student’s karate gi. The first award is placed 2 inches from the bottom of the right pant leg. Consecutive awards are placed above the previous award.

- Belt Tied Correctly
- Neat Gi / uniform
- Self-Defense
- Fitness
- Student Creed
- Forward Roll/Shoulder Roll
- Awesome Effort
- Respect & Self-Discipline
- Sparring
- Exceptional Attendance
- Flying Kicks
- On-the-Spot Award 1
- On-the-Spot Award 2
- Journal
- Outstanding Character
- Take Ground
- Jr. Instructor
How to Fold Your Gi

If you wash and fold your gi properly you will always look sharp and your gi will last much longer. Never just wad your gi up and throw in your duffle bag. A wrinkle and crumpled gi gives a disheveled appearance and is considered disrespectful.

The first method is a Square Fold and works best if you’re packing your gi neatly along with other gear. The second way is a Rounded Fold and works best if you’re carrying the gi without a training bag but still want it to look neat and professional.

Either Fold works just as well. Take your pick and use what works for you.

1. Square Fold

   Step by Step:

   Instructions
   1. Put your folded pants over your open jacket.
   2. Fold the jacket sides over the pants, then fold back the sleeves.
   3. Fold up the jacket/pants from the bottom twice.
   4. Tie your belt around the whole package.
   5. Put your neatly fold gi in your training bag.
How to Fold Your Gi (continued)

2. Round Fold

Step by Step:

Instructions

1. Put your folded pants over your open jacket.
2. Fold the jacket sides over the pants, then fold back the sleeves.
3. Roll up the jacket/pants from the bottom.
4. Tie your belt around the rolled gi.
5. Swing it over your shoulder and head to the dojo!
How to Tie Your Belt

1) Hold belt at center with ends down. Rank stripes on right side
2) Place center of belt at navel and wrap around body with right end crossing over left continuing around to front of body

3) Cross right end over left again, feeding left end down between inside of belt and body, pulling end down

4) Loop new left end, feeding right end over and down through eyelet, grabbing both ends and tighten.
5) Place knot to center of body. Keep both ends of the belt the same length.
Vital Points

1. Temples
2. Eye Brow and Boney Orbits
3. Eye
4. Bridge of the nose
5. Behind the ear
6. Philtrum
7. Hinge of the jaw
8. Point of the jaw
9. Base of the cerebellum
10. Cervical Spine
11. Larynx / Adams apple
12. Hollow of the throat
13. Side of the neck
14. Clavicles
15. Solar Plexus
16. Liver
17. Floating Rib
18. Kidneys
19. Lumbar area of the back
20. Coccyx
21. Bladder
22. Groin
23. Outside of the thigh
24. Inside of the thigh
25. Knee
26. Achilles tendons
27. Ankle & Lateral Fibula
28. Instep
29. Toes
30. Fingers
PROPER STRETCHING TECHNIQUES

It is extremely important that you warm up before doing any stretching. Many sports medicine studies have found cold stretching to be counterproductive to gaining sustainable flexibility. It is safer to do about five minutes of cardiovascular activity that may include, treadmill, stationary bike, jumping jacks, jump rope, light katas, etc at a light to moderate intensity. While performing your stretching activities, attempt to hold your feet, hands, and body in a similar position as if you were performing a specific kick or technique. As you begin your stretching exercises, increase the range of stretch until you feel a mild tension. Relax and hold the stretch for 15 to 30 seconds. As you breathe and relax into the stretch position, the feeling of tension should ease as you hold the stretch. If not, just slowly ease off until it feels more comfortable. After the 15 to 30 seconds, increase the stretch just a little, until you feel that same mild tension. Again hold for 15 to 30 seconds.

While stretching, breathe slowly and naturally. Do not hold your breath while stretching. Keep your muscles relaxed, including your hands, feet, shoulders and jaw.

When you stretch too far at too fast of a pace, a nerve reflex signals the muscle to contract. A simple technique to “over-ride” this reflex is called Proprioceptive Neuromuscular Facilitation (PNF). PNF invokes an "inverse stretch reflex" upon the muscle spindles and golgi tendon organs (GTO) of the muscles you are attempting to lengthen. PNF is one of the best methods to increase overall flexibility in targeted muscle groups.

As in conventional stretching, stretch to a range where you feel mild tension. At this point, isometrically contract the muscle against the support holding your extremity. In other words, push down against a rail, counter top, or training partner for a period of about six seconds; then relax for about six seconds. You will find that you now can easily increase your stretch further than your previous repetition. Do so until you feel mild tension again and repeat the isometric contraction up to four times. Use discretion and listen to your body. Do not tolerate anything resembling pain.

Pain is a signal that something is wrong. Stop the activity immediately and assess the painful area. The old adage of, "No pain, no gain" is absolutely inappropriate to stretching activities.
Additional Requirements for Earning a Black Belt in AKT Combatives Jujitsu

Because the Mission Statement of AKT Combatives Jujitsu states that we are developing Warrior-Scholars, Lifelong Learners and World Leaders, there are several additional requirements that must be completed prior to testing for a (full/adult) Black Belt at any AKT Combatives Academy.

In addition to the physical techniques that are required from High Brown Belt to Black Belt, the following tasks must be completed prior to testing for Black Belt.

1. Obtain and maintain CPR and First Aid Certification.

2. Read five (5) of the books on the Required Reading List.

3. Write a 1,200 – 1,500 word Research Paper using the books from the Required Reading List and any additional sources that you’d like as references. A Topic for the paper will be assigned to you once you have completed the required reading.

4. Community Service Project: Propose, Develop, and Lead a Community Service Project from conception to completion. This project is intended for you to develop and demonstrate leadership skills while contributing to the community (locally or globally). Therefore, you must coordinate personnel and organizations in assisting you.
   A) Submit a Written (typed) Project Proposal. Include the project idea, whom the project will serve, tentative dates for completion of certain project benchmarks, who/where you will be obtaining volunteers to assist in the project, criteria for knowing when the project is completed.
   B) Once the Proposal is Approved, immediately begin executing the project by securing the needed materials and personnel.
   C) Submit a After AKTion Report (AAR) upon completion of the project. Include “Sustains & Changes”: i.e. what worked out well (Sustains), and what didn’t work out and what you would Change if you were to do it again?

5. Physical Fitness Test:
   Must be complete within 1 week of the scheduled Black Belt Test.
   1) Two minutes of (correct) Push-Ups.
   2) Two minutes of (correct) Sit-Ups.
   3) 2 Mile Run.
   Ask your Instructor or check the bulletin board at the dojo for the specific Numbers and Times that are required for your age and gender.

Do Not Wait until after you have passed your High Brown Belt test to begin working on the additional requirements above. If you have a desire of earning a Black Belt in AKT Combatives Jujitsu you should begin working towards that goal as soon as possible. You will want to have the above requirements completed as early as possible so that you can focus of perfecting your physical techniques and concepts as it gets closer to your Black Belt test date.
Reading List for Black Belt Testing
(Revised March 24, 2017)

The following four (4) books are Required:


3. The Art of War by Sun Tzu ISBN: 0981313728

4. The Book of Five Rings by Miyamoto Musashi ISBN: 1590309847

Select One (1) of the following books:

5. On the Warrior’s Path by Daniele Bolelli ISBN: 158394219X


   (*WARNING: This book contains graphic descriptions of violence intended for Adult readers.)