

SELF-DEFENSE TECHNIQUES

Wrist Grab Escape:

When your wrist is grabbed (Figure 1), remember that the weakest part of your opponent's grip is the area where the thumb and fingers meet (Figure 2).

To escape, lever your forearm across his forearm and pull your hand back towards your body working against the thumb (Figure 3).

Opening your hand as you begin to execute the technique expands your wrist and begins to open the opponent's hand.

Variation: With a cross grab, or overhand grab, bring your elbow down and raise your hand upward sharply working against opponent's weak area (Figure 4).



Figure 1



Figure 2



Figure 3



Figure 4

Wrist Grab Escape - Changing The Grip:

Your opponent grabs your wrist right to right or left to left (Figure 1).

Using a circular motion, spin your hand clockwise (counterclockwise for a left grab) so your palm faces your opponent (Figure 2).

Continue the motion and encircle his wrist (called changing the grip) while placing your other hand on the back of his arm above the elbow (Figure 3).

Press downward on the opponent's arm as you pull upwards on the wrist and take him to the ground (Figure 4).

Variations: #1 Strike your opponent's arm above the elbow using a Palm Heel strike (Figure 5) or striking with your forearm (Figure 6).

#2: Execute Center Kick to the opponent's midsection (Figure 7).



Figure 1



Figure 2



Figure 3



Figure 4



Figure 5

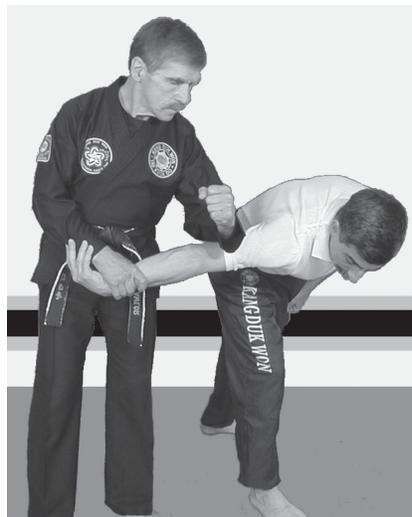


Figure 6

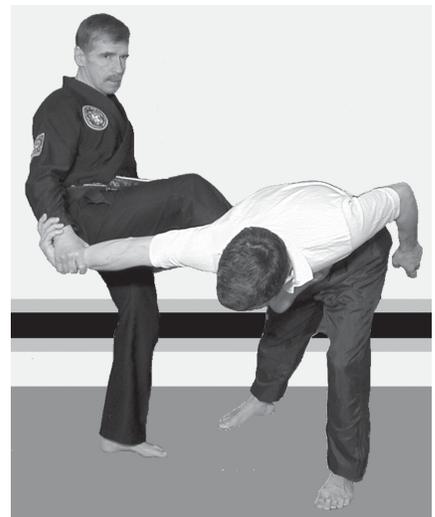


Figure 7

Chapter 8: *Self-Defense*

Double Lapel (In Close) Grab #3:

Your opponent reaches across and grabs both of your lapels (Figure 1). (His arms are bent, positioning him close to you.)

Immediately raise your knee and strike him in the groin area (Figure 2).

Variations - #4-#6

Immediately after being grabbed:

#4 Strike to your opponent's solar plexus with a center punch (Figure 3).

#5 Swing both of your hands upward to your opponent's ears executing palm heel striking techniques (Figure 4 and 4A).

#6 Raise your hand over the top of your opponent's arm and press your thumb into his throat (windpipe area) (Figure 5 and 5a). (The index and middle finger may be used together rather than the thumb.)

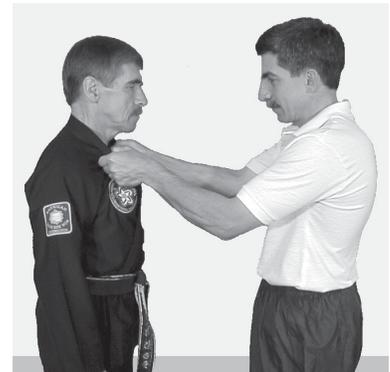


Figure 1

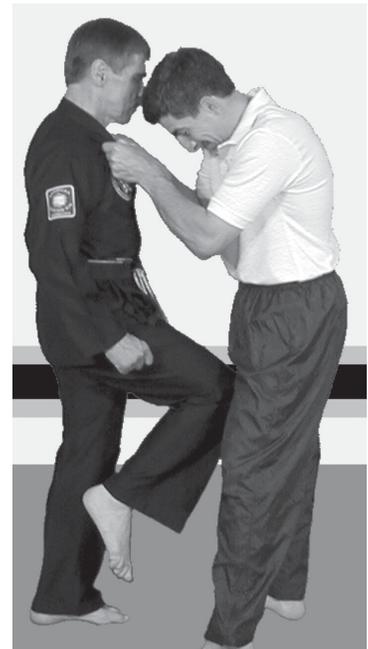


Figure 2



Figure 3

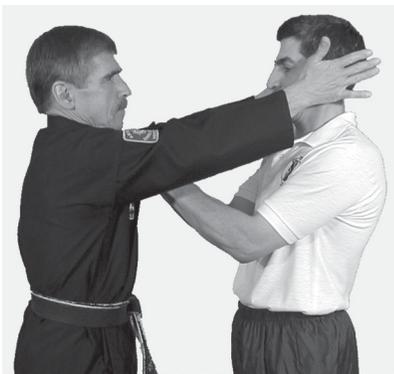


Figure 4



Figure 4a

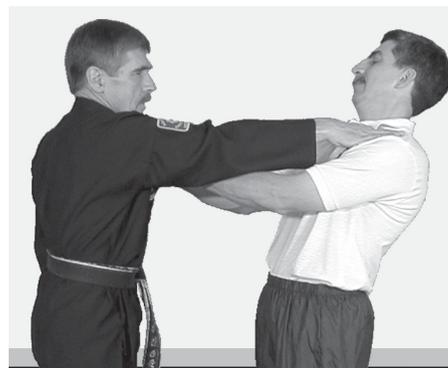


Figure 5

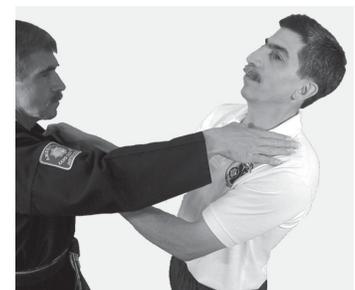


Figure 5a