

Advanced Self Defense

Brown, Red Black Stripe

Grabs:

1. **Single straight wrist grab** (attacker L, defender R)
 - a. Hand wrap and throw -
 - Secure attacker's hand with left hand,
 - right hand moves up and over with a twist (Defenders attacked hand Snakes around attackers wrist)
 - step and inside throw
2. **Cross wrist grab** (attacker R, defender R)
 - a. Aikido window -
 - Defender secures hand with their left hand, thumb in web and
 - Stepping/ going under attacker's arm (inside to outside),
 - defender's right hand slides back and out to meet palm to palm with attacker's hand (Palm)
 - putting pressure on attacker's pinky,
 - In final position, defender makes sure attacker's elbow is under his/her chin and defender's left elbow is pressuring attacker's back ribs, while defender's shoulder is under attacker's arm.
 - holding hand in wrist lock.
 - b. Shoulder Lock - TakeDown -
 - defender secures attacker's right hand (From top) with their left hand, thumb in web and fingers wraps the blade of attacker's hand,
 - walk around outside to inside attacker's left arm (keep tight in)
 - stand hip to hip, pressure with wrist lock and pressure attacker down to the floor.
 - c. Shoulder Break to Throw - (**dangerous to practice Always do this SLOW**)
 - defender secures attacker's right hand (From top) with their left hand, thumb in web and fingers wraps the blade of attacker's hand,
 - walk around outside to inside attacker's left arm -- Stepping away from the attacker
 - stand away from attacker continue with momentum to pressure wrist and shoulder lock against these joints and throw attacker out and down to the floor.
3. **Single Lapel or Shoulder grab** (attacker L, defender R)
 - a. Wrist throw -
 - Defender grabs attacker's left wrist with right hand (same side) ,
 - Defender places own left (opposite side hand) against the back of attackers hand and press to the outside ...twist up using a wrist lock,
 - stepping back with right foot take outside with a throw.

4. Double Lapel/Shoulder grab

a. Trip -

- Wedge block and grab attacker's shoulders/gi,
- step with left foot through and to the
 - outside left of attacker... so hip to hip,
 - Or place left foot between attackers legs
- hook attacker's leg either between or outside their legs and trip/push down.

5. One arm Choke -- Yoke Choke (attacker R - both facing the same direction)

a. Hip Throw -

- Grab arm that has wrapped around your throat with both hands
 - One at wrist... one at elbow
- Simultaneously turtle head and tuck chin to breast bone
- Turning head toward the attacker offending hand
- Twist hips to the opposite direction
- Step with inside foot through and then behind attacker's legs
 - Your body is side by side with attackers at this point, with your nearside leg behind attackers legs
- Spring up
- Simultaneously throwing your arms out pushing the attacker back and over your leg, performing hip throw.