

Beginning Self Defense

Yellow, Gold, Orange

Grabs:

1. **Single straight wrist grab** (attacker L, defender R)
 - a. Slip through thumb Middle -
 - Open hand,
 - angle hand to palm down and
 - pull between opponent's thumb and fingers across to defender's middle left side,
 - step back with Left.
 - b. Slip through thumb High -
 - Open hand,
 - angle hand to palm down and
 - pull between opponent's thumb and fingers across to defender's left ear.
 - c. Roll push -
 - Roll hand up along back side and over of attacker's arm
 - pushing arm away.
2. **Cross wrist grab** (attacker R, defender R)
 - a. Angle through thumb -
 - Angle hand to palm down and
 - pull between opponent's thumb and fingers.
 - b. Prayer Hands -
 - clap hands together,
 - angle hands under attacker's arm
 - Then upward on the backside of attacker's arm,
 - stepping toward attacker with left (same leg as Hands have been placed on),
 - turn body to the right and push arm away.
3. **Double wrist grab**
 - a. Wrist Twist and Out -
 - Turn hands simultaneously so one hand is palm up and the other is palm down.
 - Pull both hands toward your shoulder.... Same side as your hand that is palm up.
 - Return strike to offenders neck using double hand knife hand
 - b. Clasp with Thrust -
 - Bring hands together in clasp,
 - thrust double fist to opponent's head

4. Single Lapel or Shoulder grab (attacker L, defender R)

- a. High Block -
 - Right arm high block
- b. Middle Block -
 - Step back right and do a right outside to inside middle block ... using your left.
- c. High Elbow Break 1 -
 - Shoot right arm straight up on the outside of attacker's arm,
 - turn towards attacker (step out with left),
 - bring elbow down on attacker's arm performing an elbow break.

5. Double Lapel or Shoulder grab

- a. Weave Prayer Hands -
 - Weave right arm over opponent's one arm and under their other arm,
 - form prayer hands, coming up on the outside of the attacker's arms
 - push opponent's arms away
- b. Wedge with Knee Strike -
 - Wedge block through opponent's arms,
 - grab behind opponent's neck,
 - pull down for knee strike to face.
- c. High Elbow Break 2 -
 - Shoot right arm straight up on the outside of attacker's arm,
 - grab attacker's right arm with left (opposite or cross) hand,
 - bring right elbow down on attacker's arm (same side arm) performing an elbow break
 - while turning towards attacker (step out with left).

6. Choke from Front

- a. Horse Bites -
 - Horse Bites to attacker's triceps
- b. Double throat poke -
 - Two finger poke into lower throat and push inward and downward.
- c. Thumb Grab -
 - Grab attacker's thumbs from underneath and pull outside.
 - Can also be done using the offenders pinky finger or pinky and ring fingers if these are easier to grab.