

Intermediate Self Defense

Green, Blue, Purple

Grabs:

1. Single straight wrist grab (attacker L, defender R)

a. Wrist Lock - Pinky Up - with drag down -

- defender grab with left hand (cross) thumb to web and fingers wrap around blade of attacker's hand,
- twist attacker's hand towards the inside ... Turning attacker's hand Pinky side up (180 degree turn)
- Use your right hand, that was grabber, to grab attackers palm, so you have a double grip on the attackers hand
- exerting pressure of attacker's pinky towards elbow (pressing pinky down and away from defender),
- step back with right foot and press attacker straight down.

b. Wrist Lock - Palm up - with Throw -

- defender grab with left hand (cross) thumb to web and fingers wrap around blade of attacker's hand,
- twist attacker's hand towards the inside.... Turning attacker's hand palm up (270 degree turn).
- Use your right hand, that was grabber, to grab attackers thumb side (pressing your thumb into the pressure points on the back of the attackers hand. You now have a double grip on the attackers hand
- exerting pressure of attacker's full palm towards elbow, (pressing Palm down and away from defender)
- step back with left foot and pull attacker in a rotational momentum throw.

c. Reverse Wrist Lock and Throw Down -

- Swing right arm across towards your (defender's) shoulder (your own opposite shoulder from the grabbed wrist),
- left hand grabs attacker's back side of their hand, fingers around the meat of the thumb and
- pulling thumb off your (defender's) wrist,
- Your (defender's) right hand rolls over to back of offenders hand --
 - this twist is a heel palm to heel palm twisting of your own palms
- step in pressuring to the Outside and back of the offender.

2. Cross wrist grab (attacker R, defender R)

a. Wrist lock Palm Up with drag down -

- Grab the meat of thumb with left hand,
- Apply with your thumb to pressure points on the back and center attacker's hand.
- Pull/slide your right hand back out of the attacker's grip.. Then use right hand to grab the blade of the attackers right hand, use your thumb to press pressure point on back of attacker's right hand.
 - This places both of your hands grasping attackers right hand, with both your thumbs pressing on same pressure point
- turn attacker's hand out with palm up pressing hand back, drag attacker toward you.

b. Chicken wing -

- Secure attacker's hand with both defender's hands, by grabbing the back of his right hand with your left and sliding your right hand back and securing right palm with your right palm.
- walking under attacker's right arm (inside to outside) to stand at attacker's back,
- weave right arm under their bent arm, give pressure on attacker by pulling their first two fingers back towards their elbow. -- this forces their hand backwards against the wrist joint.

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

a. Wrist lock - pinky side up - with drag down -

- defender grab with left hand (cross body grab) thumb to web and fingers wrap around blade of attacker's hand,
- twist attacker's hand towards the inside - twisting attackers hand to Pinky Up (180 Degree Twist)
- while exerting pressure of attacker's pinky towards elbow, step back with right foot and pull attacker straight down.

b. Wrist lock - Palm Side up - with throw -

- defender grab with left hand (cross body grab) thumb to web and fingers wrap around blade of attacker's hand,
- twist attacker's hand towards the inside -twisting attackers hand to Palm Up (270 Degree Twist)
- while exerting pressure of attacker's full palm towards elbow, step back with left foot and pull attacker in a rotational momentum throw.

c. Wrist lock - Palm Side up - with Elbow Break -

- defender grab with left hand thumb to web and fingers wrap around blade of attacker's hand,
- twist attacker's hand towards the inside - twisting attackers hand to Palm Up (270 Degree Twist)
- while exerting pressure of attacker's full palm towards elbow, step back with left turning while turning attacker's arm performing an elbow break with right palm.

4. **Double Lapel or Shoulder grab**

a. Weave -

- Weave right arm over opponent's one arm and under their other arm,
- push attacker's arm
- strike attacker on the back of their head/shoulder.

b. Upper Cut - Upper cut under rib cage.

c. Knuckles up - Step back and knuckles up to just above elbows.

d. Horse Bites - horsebites to triceps.

5. **Front Choke**

a. Thumb Lock/Break

- Defender uses same hand around the wrist, thumb in notch of wrist bone,
- squeeze and twist, other hand comes up thumb to thumb, press attacker's thumb into elbow, defender points with 1st finger.

b. Vertical Wrist lock -

- Defender's right hand grabs blade of attacker's right hand (cross hand) and twists attackers hand to a vertical position -- Pinky Up (180 Degree Twist),
- pull hand inward, secure with both hands,
- press attacker's pinky to their elbow.

c. Backward Hand Wrist lock -

- Defender's right hand grabs meat of the thumb of attacker's left hand and thumb into center of the back of their hand (same side hand),
- pull hand outward, secure with both hands (Defender grabs blade of hand with left hand),
- press hand backward and step backward pulling attacker down.