

# Self-Defense Techniques

## 1) Outside Wrist Defense

- a. Start with the opponent grabbing your right wrist with their left hand.
- b. Step right foot forward while pointing your fingers at your opponent's midsection.
- c. Twist your hand counter-clockwise across your body, breaking the opponent's grip, and continue pulling your hand away from the opponent's body and across your body.
- d. Finish with a right elbow or right back fist to the opponent's face

## 2) Inside Wrist Defense

- a. Start with the opponent grabbing your right wrist with their right hand.
- b. Step left foot forward and simultaneously hit your opponent's forearm with a left-hand knife-hand strike (striking with your hand or forearm) while twisting your hand clockwise (to the right) away from your body
- c. Finish with a left elbow or right reverse punch to the opponent's face

## 3) Double Wrist Grab Defense

- a. Start with the opponent grabbing your right wrist and left wrist with their left hand and right hand.
- b. Similar to the Outside Wrist Defense, step right foot forward while pointing your fingers at your opponent's midsection.
- c. Twist your hand counter-clockwise across your body, breaking the opponent's grip, and continue pulling your hand away from the opponent's body and across your body.
- d. Finish with a right elbow or right back fist to the opponent's face

## 4) 2-Handed Wrist Grab Defense

- a. Start with the opponent grabbing your right wrist with their right and left hand (2 hands).
- b. Twist your right hand so that it looks like a vertical punch.
- c. Grab your right hand with your left hand and pull your right hand out towards your left shoulder while stepping back with your left foot.
- d. Finish with the right elbow or left-hand reverse punch to the opponent's face.

## 5) Front Shoulder Grab Defense

- a. Start with the opponent facing you and grabbing your right and left shoulders with their right and left hands.
- b. Raise both your arms straight up in the air.
- c. Keeping both hands in the air, step your right foot forward while twisting your body to the left (counter-clockwise).
- d. Trap your opponent's hands with your left arm against your body and bring your right arm over the top of your left arm.
- e. Finish with a right elbow or right back fist to the opponent's face

## 6) Rear Shoulder Grab Defense

- a. Start with the opponent behind you, grabbing your right and left shoulders with their right and left hands.
- b. Raise both your arms straight up in the air.
- c. Keeping both hands in the air, step your left foot counterclockwise (to your left) until you are facing your opponent.
- d. Simultaneously wrap your left arm around both of your opponent's forearms while bringing your right arm over the top of your left arm.
- e. Finish with a right elbow or right back fist to the opponent's face.

## 7) Headlock Defense

- a. Start with the opponent grabbing your head with their left arm, wrapping their arm around your neck on the left side of the opponent's body.
- b. Place your left hand next to the right side of your face to prevent your opponent from punching you.
- c. Take your right arm and rotate it behind you and up in between your head and your opponent's head.
- d. Place a finger or thumb under the base of your opponent's nose and push your opponent's head back.
  - i. Do not place your fingers near or in your opponent's mouth to prevent them from biting you.
- e. Finish with a hammer fist to the opponent's solar plexus.