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## Self Defence 1 - 10

- 1:** Escape from both lapels being grabbed from front on
- 2:** Escape from being grabbed by the shoulder from behind with one hand (Right hand grabbing left shoulder)
- 3:** Escape from one hand grabbing you by the throat. (Right hand grabbing throat)
- 4:** Hair/head grab from front (Right hand grabbing hair)
- 5:** Bear hug from behind with arms pinned
- 6:** Bear hug from behind with arms free
- 7:** Strangle hold with one arm from behind (Attacker using Right arm)
- 8:** Full Nelson
- 9:** Head Lock (Attacker using Right arm)
- 10:** Charge Down

Key points for each self defence technique:

**1: Effectiveness    2: Control    3: Distance    4: Precision**



## **1: Escape from both lapels being grabbed from front on**

- 1) Spear hand to eyes with R hand.
- 2) Simultaneously striking both of attackers arms with a downwards hammer fist before stepping R foot backwards and sliding out of reach in L guarding stance (L leg forward).
- 3) R Front snap kick under attackers chin landing in R guarding stance (R Leg forward).
- 4) R jab punch to attackers nose followed by L cross punch to attackers R lower jaw.
- 5) Stepping R foot back and sliding back well away from attacker in L guarding stance (L leg forward).
- 6) Holding guard until attacker bows, then bow to attacker and move back to 'choombi'

## **2: Escape from being grabbed by the shoulder from behind with one hand**

- 1) Pivot 180' to the right and land in R back stance (R leg forward) and simultaneously hit attackers R elbow joint with a right outside block.
- 2) Push R Leg forward (from 'tight rope' to 'train tracks') and land into R Forward Stance (R leg forward) and strike attackers R lower jaw with a L Batangson Chigi (Opposite arm to leg)
- 3) Stepping R foot backwards and sliding out of reach in L guarding stance (L leg forward).
- 4) Quickly step back in with a R Axe kick to strike attackers face.
- 5) After you land quickly step R foot back and slide back well away from attacker in L guarding stance (L leg forward).
- 6) Holding guard until attacker bows, then bow to attacker and move back to 'choombi'

## **3: Escape from one hand grabbing you by the throat.**

- 1) R Hammer fist striking downwards onto attackers nose
- 2) Simultaneously step R foot back and slightly to the side so you land in L Forward Stance and use a L Inside Block to attackers R elbow (use the stepping action to position yourself to be at 45' to the attacker)
- 3) Step forward with the R leg and land in Horse Riding stance while simultaneously striking the attacker's R Jaw with a R Assisted Elbow Strike
- 4) Slide backwards in R Back stance (keeping R foot forward) and strike attackers jaw a second time with a R Inside Knife hand strike (palm down)
- 5) Quickly step R foot back and slide back well away from attacker in L guarding stance (L leg forward).
- 6) Holding guard until attacker bows, then bow to attacker and move back to 'choombi'

## **4: Hair/head grab from front**

- 1) R Kal Jebi to attackers throat
- 2) Step R foot back and slightly to the side so you land in L Forward Stance and use a L Rising Face Block to attackers R elbow
- 3) Immediately strike down on the attackers nose with a Right Hammer Fist
- 4) Slightly lift up left foot and quickly step it back wards as you simultaneously kick attacker under their chin with a R foot Jumping Front Snap Kick and landing in R guarding stance (R leg forward)
- 5) Quickly step R foot back and slide back well away from attacker in L guarding stance (L leg forward).
- 6) Holding guard until attacker bows, then bow to attacker and move back to 'choombi'

## 5: Bear hug from behind with arms pinned

- 1) Lift up R leg and place the edge of your R foot on the attackers R shin and quickly slide your foot downwards so your R heel stomps on the top of the attacker's R foot (instep)
- 2) Bring your feet together and curve your shoulders while you cross your arms (do not bend elbows) to your front until your R elbow crosses over the top of your L elbow.
- 3) Quickly slide your left foot out so you can sink into a deep horse riding stance as you simultaneously lift your arms into a 'Yoke Strike'. When you land ensure that the tips of your fingers almost come together and that your wrists are level with and close to your shoulders.
- 4) Slightly move your L foot fwd into L Walking Stance as you put your R arm on top of your L arm to form an 'X' before you suddenly pivot 180° to strike attacker on the lower jaw with a R Outside Knifehand Strike.
- 5) Quickly step R foot back and slide back well away from attacker in L guarding stance (L leg forward).
- 6) Holding guard until attacker bows, then bow to attacker and move back to 'choombi'

## 6: Bear hug from behind with arms free

- 1) R Punch over your shoulder into attackers face before you simultaneously grab hold of a finger by the base on the attackers L hand. Your feet should be shoulder width apart
- 2) Twist finger to the left (slowly in class, sharply in real life) as you move your L foot forward into walking stance.
- 3) Quickly pivot your right foot 180° to your left so that you have cleared some distance from the attacker and you are facing them in L Guarding stance (L leg forward)
- 4) Step in with R foot and land a R Jab Punch on the attackers nose immediately followed by a reverse L Inward Elbow Strike to the attackers R jaw by moving your R leg forward and to the side so you finish this combination in R Forward Stance (R leg forward)
- 5) Quickly step R foot back and slide back well away from attacker in L guarding stance (L leg forward).
- 6) Holding guard until attacker bows, then bow to attacker and move back to 'choombi'

## 7: Strangle hold with one arm from behind

- 1) With your Right hand pull down on attacker's forearm to clear your airways then immediately strike backwards with a L Elbow strike into attackers L rib cage. Keep feet shoulder width apart.
- 2) Move your L foot forward slightly into L walking stance and then immediately pivot your R foot 180° to your left and land in L Guarding stance (L foot forward)
- 3) Drive R Heel into attackers R knee with a low R Push Kick
- 4) Land in R forward Stance and strike base of attackers skull with a reverse L Ridge hand strike.
- 5) Quickly step R foot back and slide back well away from attacker in L guarding stance (L leg forward).
- 6) Holding guard until attacker bows, then bow to attacker and move back to 'choombi'



## 8: Full Nelson

- 1) Stomp on the attackers R instep with your R foot. Quickly move so you close the distance between your back and the attacker's front
- 2) Simultaneously grab hold of a finger by the base. Your feet should be shoulder width apart. Twist finger to the L on the left hand or to the R on the right hand (slowly in class, sharply in real life) as you move your L foot forward into walking stance.
- 3) Quickly pivot your right foot 180° to your left so that you have cleared some distance from the attacker and you are facing them in L Guarding stance (L leg forward) before immediately pivoting to your right (your back) with R Reverse Back kick
- 4) Land in R forward Stance (R foot forward) and quickly grab attacker by the hair or head and pull them forward and down to strike them with a L Knee Strike.
- 5) Quickly step R foot back and slide back well away from attacker in L guarding stance (L leg forward).
- 6) Holding guard until attacker bows, then bow to attacker and move back to 'choombi'

## \ Head Lock

- 1) With L hand sharply dig into the soft fleshy skin behind the attackers R knee and pinch the nerve as you simultaneously stomp on their R instep with your R foot.
- 2) While still bent over simultaneously twist your body and step 45° forward with your R foot and position yourself with bent knees so your R hip is making contact with attackers R hip as you reach up and place your open R hand on attackers chest.
- 3) Quickly push your open R hand up the attackers chest and onto their chin as you straighten your legs and stand upright while pushing the attacker to your left. As attacker becomes off balance keep pushing them until they hit the ground while maintaining a hold on their R arm
- 4) As attacker lands on the ground immediately position yourself to be standing at a 45° angle to their prostrate body in guarding stance with your L left forward and use a R Axe kick to finish.
- 5) Quickly step R foot back and slide back well away from attacker in L guarding stance (L leg forward).
- 6) Holding guard until attacker bows, then bow to attacker and move back to 'choombi'

## 10: Charge Down

- 1) As the attacker moves in simultaneously reach out and grab them either by the back of the skull or hair and step slightly back and to the left.
- 2) Keep moving slowly back and to the side to keep the attacker one arm's length distance away while you bend your legs and push the attacker face down towards the ground.
- 3) As they land on the ground quickly let them go and move 45° to the left and towards them in L guarding stance (L leg forward)
- 4) Quickly kick attackers face with a low R Front snap kick before landing in R guarding stance (R leg forward) and crouching down and striking the back of attacker's skull with a low reverse L Punch.
- 5) Quickly stand up and step R foot back and slide back well away from attacker in L guarding stance (L leg forward).
- 6) Holding guard until attacker bows, then bow to attacker and move back to 'choombi'