

# Self Defense Set #1

These are wrist grabs and break-aways. In most cases you can go in either direction and these techniques are a helpful guide to break grabs of almost any kind.

## 1) Left Wrist Grab

Uki's right hand grab of your left wrist. Turn to your right, twist your wrist clockwise slightly as you point your index finger in the direction you intend (6 o'clock) to walk away from the uki and pull away by breaking the hold where the uki's thumb and fingers come together.

## 2) Right Wrist Grab

Uki's left hand grab of your right wrist. Turn to your left, twist your wrist counter clockwise slightly as you point your index finger in the direction you intend (6 o'clock) to walk away from the uki and pull away by breaking the hold where the uki's thumb and fingers come together.

## 3) Double Wrist Grabs (front)

Uki grabs your right wrist with their left hand and your left wrist with their right hand simultaneously. While pointing your index fingers in the direction you want your hands to go, swing your left hand up on the inside of the uki's right hand and your right hand up and to the outside of the uki's left hand. Turn to your left, and face 6 o'clock, point your index fingers to 6 o'clock and walk away breaking the hold where the uki's thumbs and fingers come together.

## 4) Double Wrist Grabs (behind)

With your back to your uki. The uki grabs both wrists respectively. Take a half step back with your right foot and bring your hands to your hips. This puts an awkward strain on the hold and weakens the hold itself. In one fluid motion, point your index fingers in the direction you want your hands to go, step forward with either foot (the left ideally) jerk forward with both hands and walk away.

## 5) Wrist Grabs (crossing the body)

Facing your uki, they reach across grabbing one wrist or the other. For example; the uki might grab your right wrist with their right hand. As they pull your wrist in, swing your hand up and inside their wrist while pointing your index finger in the direction you want your hand to go. Roll your hand over the uki's hand as you turn to your left at 6 o'clock, point your index finger to 6 o'clock and walk away as you break the hold.