

Self Defense Set #4

1) Full Nelson Escape

Reach up with both hands and find the middle finger of the overlapping hand and grab hold of it. Peel the finger away to break the hold. Turn toward the hand of that finger and elbow the uki to the hollow. Burst and finish with elbows or other techniques.

2) Rear Naked Choke (standing)

First, get a hold of the arm with one hand or both and pull down to get oxygen. Turn away from the choking arm shoulder as you strike the groin with a palm strike. Step behind (not in between) the uki's outside leg. Slip your head out and knee or kick the outside leg to bring the uki down. Burst and elbow or palm strike finish.

3) Two Handed Front Choke (standing against a wall)

Put your palms together (as if praying) and reach up through the center of the uki's arms, grab the head and brace your elbows against the inside of the uki's elbows. Force both thumbs into the respective eye sockets and push forward. Once the hold breaks, scrape outward with both thumbs towards the temples, burst and elbow or palm strike to finish. ***NOTE** - When being pushed backward against a wall or other object, use a two handed break-fall to cushion the impact.

4) Side Headlock (standing)

Make sure you can breath. Using the hand closest to your uki, reach up around their back and around to the face placing your fingers or the knife edge of your hand against the Philtrum (the dimple of the upper lip directly under the nose) and pull the head backwards. You can trike the groin, burst or trip the uki into a fall and finish.

5) Half Nelson Escape (standing)

Bring the elbow of the trapped arm down and in close to your chest. As the uki pulls back (or even if they don't) spring your elbow at the uki's head and repeat if necessary. After the elbow(s), as you turn to face the uki, bring your trapped arm up over the uki's head and using your other hand, push the uki's elbow toward them. Once free, burst and elbow or palm strike to finish.