

Chapter 15: Grab Defense

Attacker grabs opponent's left wrist with their right hand for same side techniques and the attacker grabs the opponent's right wrist with their right hand for all cross grip technique.

- 12a. BASIC - 1 hand with same side:** twist and pull your trapped wrist while stepping back into left fighting stance. Load your left fist and perform a back fist strike to the attackers left temple. Step into right front stance and perform a reverse punch to the attacker solar plexus.
- 12b. BASIC - 2 hand with same side:** turn your trapped wrist in vertical position. Reach right hand over and cup your own fist. Pull your attacked hand up and free while sliding back in right fighting stance then load your left hand and execute a back fist to opponent's temple and turn into right front stance and execute a reverse center punch.
- 11a. TOP HAND SMACK - 1 hand with same side:** with your free right hand smack on top of attackers hand, grab the meat of the hand, swing the held arm up to the outside to inside and then grab attackers hand you step forward into horse stance back and strike the attackers right elbow either to break the elbow or bar the elbow forcing the opponent to the ground.
- 11b. BOTTOM HAND SMACK - 1 hand with same side:** turn palm of attacked wrist up and with your free hand go under attackers hand and grab the meat of the attackers hand, twist the wrist to the outside and with the newly freed hand is then used to continue twisting attackers wrist to the outside.
- 10a. BEAR HUG over arms from the front:** throw stunning blow (thumbs to armpits, foot stomp or, knee to groin), lower your torso and throw elbows up to horizontal position at shoulder height freeing yourself and then elbow strikes to each side of attacker, then execute punch and reverse punch.
- 10b. BEAR HUG over arms from the back:** throw stunning blow (foot stomp or back head strike to attackers face), slide to one side of attacker and then give a groin strike with hammer fist, lower your torso and at the same time throw both elbows up to horizontal position that frees you, then give back elbow strikes to attackers ribs and then spin into front stance and executing a middle or high punch then reverse punch.
- 9a. LABEL GRAB - 1 hand:** Same as number 3. With opposite hand, reach over and grab back (meat) of attackers hand, twist his wrist in and out and then stepping into horse stance and apply pressure to the elbow to force the opponent down.
- 9b. LABEL GRAB - 2 hand:** bring hand over top of attackers hands grabbing opposite hand and at the same time bring other hand under attackers hands grabbing the opposite hand then, twist body bring attackers arms across your body. Bring one arm over top to trap arms against your body and let go of the trapped hand and then bring free arm down giving an elbow strike to attacker.

- 8a. SHOULDER GRAB from side with 1 hand:** swing arm of held shoulder in front and then over top of attackers arm bring your arm under attackers elbow with your palm up and push up on his elbow causing pressure on his arm and punch ribs with free hand. See ATA one-step hand number 22.
- 8b. SHOULDER GRAB - from front with 2 hands:** bring your arms up on the inside of attackers arms, knocking them up and out, step in striking ribs or kidneys on both sides. This is also the practical application of Bassai Dae's double rib strike.
- 7a. CLOSED DOOR - 1 hand with same side:** smack and grab opponent's hand with your free hand, and take your escaped hand to also grab attackers wrist and immediately step under attackers arm from the outside of his body and then you can either lever the arm over your shoulder or continue through then pull down on his wrist toward his shoulder arm or adjust the wrist grab and kick to the solar plexus.
- 7b. HAIR GRAB from front with 1 hand:** hold attackers hands in place with both hands then twist wrist to the left causing pressure on attackers wrists.
- 6a. BELT GRAB from front with 1 hand:** hold attackers hand in place with both hands, twist your body to the side causing pressure on their wrist.
- 6b. LUNGING TACKLE:** absorb shock by stepping back with opponent, knee attack to stomach and elbow strike to back. Option: simply move back and apply pressure to the back the head of attacker pushing them on to the ground. Option: step to the side grab the arm pulling through and reverse back.
- 5a. SHOULDER GRAB - 2 hands from behind:** turning toward attacker bring arm up and over attackers arms, breaking his hold and pin his arms to you and reverse punch, or push back into attacker and grab wrist and twist into submission hold.
- 5b. CHOCK HOLD from behind:** bend over and grab both legs of attacker and pull up or, slide side to side and slide inside arm up over attackers back and over head and apply pressure under nose.
- 4a. CROSS ELBOW:** Rotate grabbed right wrist, elbow strike with right elbow, right Soo Do strike to right temple, left palm strike to face and right groin strike.
- 4b. CROSS TEMPLE:** Step out with right foot and load left hand to right shoulder then, left Soo Do strike to left temple of attackers, then right palm strike to face and left strike to groin.
- 3a. CROSS HEAD:** Grab attackers hand with left hand, and twist into closed door by sliding left foot across body, duck under arm and then stomp foot and head butt to attackers face.

- 3b. **CROSS JAW:** Swing the trapped arm up and then with your free right hand smack on top of attackers hand, grab the meat of the hand, step through into a right front stance and right elbow to jaw.

- 2a. **ADVANCED ELBOW:** Twist right fist, right horse stance and deliver right elbow to solar plexus, Right back fist to left temple, right hammer fist to groin and step into left front stance and deliver left Yuk Soo Do to temple.

- 2b. **ADVANCED KNEE:** Reach around and grab attackers wrist, left Soo Do to base of ear, grab back of neck and pull down into left knee strike to groin.

- 1a. **ADVANCED OPEN DOOR:** Grab attackers arm with both hands, go through the open door, punch and kick.

- 1b. **ADVANCED TOP SMACK:** Reach over with left hand and smack top of attackers hand, grab the meaty part of hand and swing up and across the body, step back and kick to solar plexus and elbow strike to the back.