



## ***Self Defense***

Self-defense starts with an alert mind and strong body. In many cases an attacker chooses a victim who looks like an easy target. Being aware of your surroundings makes you a less inviting target.

If you are attacked, your attacker is probably not expecting you to know how to react. A quick, effective self-defense technique can be a surprise to your attacker and allow you the chance to escape to safety.

Never think of yourself as a helpless victim. Learn to develop a survival mindset in a self-defense situation. The way to do this is to go over your reaction to an attack in your mind. Think about what you would do as well as practicing the techniques.

In the Dragon School you will be shown basic releases, traps and throws. None of these techniques are guaranteed to work under every circumstance. Self-defense techniques combined with Tae Kwon Do techniques make for a better response to a self-defense situation.

Your voice is a potent weapon in self-defense – use it! **KIA** when you execute a release technique. This can startle your attacker as well as alert other people to your predicament.

Tapping out is important when working with a partner on a control technique. If a technique involves applying pressure to cause pain to your attacker, your partner needs to tap out when it becomes painful. This means that they will tap on their leg or any available surface, and you should release them **immediately**.

### **Wrist Grab - Same Side**

Your attacker is facing you and reaches straight across to grab your wrist with their hand. For example, your attacker grabs your left wrist with their right hand. (For a grab on your right wrist, reverse the lefts and rights in the directions.)

1. Relax! Step toward your attacker with your left foot. Keep your elbow close in to your hip.
2. Form a left fist and quickly execute an up elbow towards your attacker's chin.
3. Step back to get clear of your attacker.
4. Once you are free, turn and run away.



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### **Wrist Grab - Opposite Side**

## **Student Guide**

Your attacker is facing you and grabs across their body to grab your wrist. For example, your attacker grabs your left wrist with their left hand. (For a right hand grab, just reverse the lefts and rights in the directions.)

1. Relax! Step in with your left foot.
2. Form a left knife-hand. Raise and rotate your hand so that your fingers are pointing up with your palm facing right.
3. Place your right palm against your left knife-hand.
4. Roll your wrists over their wrist until your fingers are pointing straight down along your opponent's centerline. Roll downward until their grip is broken.
5. Step back to clear. Once you are free, turn and run away from your attacker.

### **Single Lapel Grab**

Your attacker is facing you and grabs your lapel (shoulder) with one hand. For example, the attacker grabs your left shoulder with their right hand. (For a grab with the left hand, reverse the lefts and rights in the directions.) This is a control move, not a release. Practice this slowly and carefully so that you do not injure your partner.

1. Reach across your body with your right hand and grab your attacker's hand.
2. Reach up with your left hand and use both hands to press the palm side of your attacker's hand firmly to your chest. Keep your shoulders centered over your hips – do not bend forward or backward.
3. Step back with your right foot; turn your body into straddle stance, locking your attacker's wrist to your body. Move your left arm over your attacker's arm and press to secure their arm or wrist under your armpit.
4. Bend your knees to lower your body straight down. Your fingers become a pivot point applying pressure to their wrist as you keep their hand pressed tightly to your chest. When you practice this, your opponent should tap out when the hold becomes painful.

### **Double Lapel Grab (Over & Under)**

Your attacker is facing you and grabs your lapels (shoulders) with both hands. This will work in either direction; just reverse the lefts and rights.

1. Place your left forearm on your attacker's wrist closest to your left hand.
2. Slip your left hand between your attacker's arms. Place the back of your left hand on the underside of your opponent's other wrist.



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3. Clasp your left hand with your right hand.
4. Push your hands to the left as you step back with your left foot into straddle stance.
5. Once you are free, turn and run away from your attacker.

### **Front Choke**

Your attacker is in front of you and grabs your neck with both hands.

1. Grab your attacker's right hand with your left hand.
2. With your right hand, press your fingers into the hollow of your attacker's throat; this will cause them to pull back and let go of your throat.
3. Once you are free, get clear of your attacker.

### **Bear Hug**

Your attacker is behind you and grabs you around your body, pinning your arms to your sides.

1. Take a deep breath, place your palms together and pull your hands towards your chest. This gives you a little room to work with.
2. Exhale, push your arms straight out in front of you and drop your weight down all at the same time.
3. Be prepared to execute a technique once your arms are free so that you can get clear of your attacker and run.

### **Rear Choke**

Your attacker is behind you and grabs you around the neck with one arm. For the following steps, assume they have their right arm around your throat.

1. Grab your attacker's arm with both hands and tuck your chin into the fold of their arm to protect your airway.
2. Pivot to your right and hunch forward so your attacker cannot pull you backwards. You should be at an angle to your attacker's body.
3. Step your right foot backward and past your attacker's right leg. Bend forward and rotate your shoulders to the left to throw your attacker to the ground.