

4TH GRADE SELF-DEFENSE TECHNIQUES

1. Attacker: Left hand grabs partner's right wrist.
Defense: While stepping in with the right foot, bring right hand up quickly to break opponent's grip and, with palm up, grab his wrist immediately with your right hand. Using your left hand thumb, apply pressure to the pressure point between the elbow and lower tip of the triceps muscle inside the arm. While you still have the pressure point hold, step under partner's arm and through turning clockwise to swing your partner's arm counter clockwise until you have his arm behind him. By applying pressure to the elbow with the left hand and counter pressure to the wristlock with the right hand, you can control your partner. (Partner should tap out.)
2. Attacker: (Cross hand grab) Right hand grabs partner's right hand.
Defense: Bring your right hand up quickly to break opponent's grip. Right away use your left hand thumb to apply a pressure point on his on his right hand between the thumb and index finger. While you still have the pressure hold, swing your partner's arm counterclockwise allowing the arm to bend. Now use your right hand to apply additional pressure to the back of partner's hand creating a wristlock. As you step in with the right foot, continue rotation of the wrist and take him down. Punch to the body and kihap.
3. Attacker: Facing partner, left hand grabs lapel of partner's uniform.
Defense: Grab your partner's wrist portraying and inner double wristlock (both of your thumbs are down) and quickly rotate your partner's arm clockwise with both your arms over your partner's left arm and keep his arm straight. Step with your right foot as you continue the wrist rotation so that you now have your back to your to your partner. With partner's left arm now secure under your right arm, apply a wrist and elbow lock using your right arm as counter pressure to control your partner. (Partner should tap out.)
4. Attacker: Standing behind your partner, right hand grabs partner's right shoulder.
Defense: Stepping back with the left foot, swing your left arm under and over your partner's right arm and immediately grasp your left hand with your right hand interlocking the fingers and apply downward pressure and then execute a right knee strike to your partner's face and kihap.