



Kim's Martial Arts School

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Self Defense Techniques

No.	Grab	Defense
1)	Single Wrist Grab	Open hand, high elbow to the face, same elbow to the body.
2)	Same as Above	Knife hand strike to the wrist, same hand back fist to the face, other elbow to the face.
3)	Crossing Single Wrist Grab	Hooking block pull into roundhouse follow with knife hand strike to the back of the neck.
4)	Same as Above	Hooking block pull into arm bar, use forearm to apply pressure to the elbow.
5)	Straight Grab both Wrists	Turn both wrists outside and up simultaneously, front snap kick to the groin and double punch to the body.
6)	Same as Above	Turn wrists inside and down, execute outside crescent kick to the head followed by double elbow strike to the face.
7)	Double Lapel Grab	Double knife hand strike to the wrists, knee strike to the groin or chest, double elbow strike to the face.
8)	Same as Above	Wedging block, double knife hand block to the neck, grab and pull into a head butt to the nose/face.
9)	Grab to Upper Arm from Side	Circle forward over arm to arm bar position, use other hand to grab throat.
10)	Single Lapel Grab	Grab and hold wrist from underside and use other hand to apply pressure to the thumb.
11)	Head Lock from Side	Circle arm back and under attacker's arm and continue circle over the arm and grab the face / chin, grab the attacker's other arm with your free arm and trip backwards.
12)	Bear Hug from Behind	Stomp instep, lower body while raising arms upward, execute double elbow strike, backwards head butt to face, step forward and execute back kick to the groin.