

### **Standing Rear Choke Defense:**

At the moment you feel the Attacker's arm around your neck, your hands should immediately grasp it to keep him from tightening the choke.



Then you should hang your weight on his arm to feel where his weight is. If he is close to your back, simply lean forward at the waist and, using your hips to lift, throw him straight over your back.



### **Standing Rear Choke Pulling Back Defense:**

If, when you hang your weight on the Attacker's arm, you feel that he is pulling you back over one of his legs, you should reach back with your leg and wrap it around the outside of the Attacker's leg on the same side as the choking arm.



As he tires from holding you up, use your leg as a guide and work your way around to the position shown.



Your leg must be behind his, and you must be leaning forward, controlling his arm. Twisting your body, throw him to the ground.



**CAUTION: Adult Supervision is required and Care must be taken when practicing these techniques to avoid accidental injury. These techniques are to be used for self defense ONLY these techniques should be used to disable an attacker long enough to get away and get help. Remember to GET AWAY! Do not put yourself in harms way.**

### **One-Hand Neck Press Against the Wall Defense:**

If the Attacker pins you against the wall with one hand.



Strike his arm with the palm of your hand on the side where his thumb is pushing toward his fingers. This will make his arm slide off of your neck. Follow through with your strike and when your arm is in position, strike with a backward elbow strike to the head



### **Two-Hand Neck Press While Pinned Against the Wall Defense:**

If the Attacker uses both hands against your neck to press you into the wall, grasp under his elbows with both hands.



Step out to either side and throw him against the wall.



Finish with a knee strike



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### **Front Bear Hug Over Your Arms:**

If the Attacker attempts to grasp you in a bear hug from the front over your arms,



move your hips back and use your arms as a brace between his hips and yours. Your hands should be on his hip bones, and your elbows should be braced against your hips. Keeping one arm as a brace, step to the opposite side to achieve the clinch.



Finish with a takedown

### **Defense against the front bear hug under your arms:**

If the Attacker attempts to grasp you under your arms, step back into a strong base and use both hands to push his chin upwards to break his grasp



Finish with a knee strike.



Note: If he is exceptionally strong, push upwards against his nose

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**Bear Hug From the Rear, Over the Arms:**  
When the Attacker attempts to grab you from behind over your arms,



drop down into a strong stance and bring your arms up to prevent him from controlling them.



Step to the outside and then around his hip so that your legs are behind him. At this point you may attack his groin, or you may lift him with your hips and throw him.

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**Bear Hug from the Rear Under Your Arms:**

When the Attacker grasps you from the rear under your arms, he will probably try to lift you for a throw. If he does so, wrap your leg around his so that you are harder to maneuver for the throw.



When he sets you down, or if he did not lift you in the first place, lean your weight forward and place your hands on the ground.



Move to one side until one of his legs is between yours. Push backward slightly and reach one hand back to grasp his heel.



When you have a good grip, reach back with the other hand. Pull forward with your hands, and when he falls, break his knee by sitting on it as you pull on his leg.

