

Please note the following techniques are very basic and can work if executed at full power and a desire to escape harm. As in all things karate they must be practiced over and over again so when and if the occasion arises they can be performed without hesitation and with confidence.

#1. How to Defend Against a Back Arm Lock

An attacker grabs your arm from behind and twists it into a back arm lock. You struggle to escape, but find it too painful to get your arm free. What do you do?

Step 1-Widen your stance to about a shoulder-and-a-half width apart and lower your center of gravity to gain stability.

Step 2-Relax the arm that is gripped by the attacker to avoid injury.

Step 3



Shift your weight to the leg farthest away from the attacker, usually your forward leg.

Step 4



Position the other leg directly in front of the attacker, bending the knee and pulling your leg up as far forward as you can. Pull your toes back and point your heel.

Step 5



Kick back quickly and forcefully into the attacker's groin. Be sure to turn your head to see the target area just before the kick

Step 6-Run away once the attacker releases the arm lock.

#2 How to Defend Against a Double Wrist Grab

When an attacker grabs your wrist or wrists with both hands, the intent is to take you someplace more remote. Use these techniques and you'll stop your attacker cold.

When Your Right Wrist Is Grabbed by Two Hands

Step 1-Clasp your left and right hands together.

Step 2-Pull up and over your shoulder.

Step 3-Follow up by striking the attacker's temple with the back of your closed fist.

When Both Wrists Are Grabbed

Step 1-Swing your arms upward and twist your hands so you can grab the attacker's wrists.

Step 2-Apply downward pressure, step forward and push the attacker away.

3# How to Defend Against a Half Nelson

An attacker grabs your arm from behind and locks it, keeping your head in a downward grip. You struggle to escape, but you find a 'half nelson' has you hostage.

Difficulty: Moderate

Step 1-Assume that an attacker has come at you from behind, locking your right arm and gripping your head.

Step 2-Turn your body counter-clockwise, keeping your right hand in a fist moving forward and in toward your middle.

Step 3-Continue to turn counter-clockwise to force the attacker off-balance.

Step 4-Keep the attacker's arm locked under your body as you both roll on your backs.

Step 5-Raise your left elbow up and strike downward quickly into the attacker's face. Strike again if necessary.

Step 6-Stand and run away.

#4 How to Defend Against a Rear Attack While Seated

What do you do if attacked from behind while you're sitting, enjoying the neighborhood park?

When Grabbed on the Shoulder From Behind

Step 1-Turn around quickly, your free side moving in toward the attacker.

Step 2-Stand up as you turn.

Step 3-Strike to your attacker's elbow with your palm.

Step 4-Break the attacker's grip and run.

#5 How to Defend Against a Rear Choke

Step 1-Grasp your attacker's choking arm at the elbow and the shoulder (or the wrist and the elbow, depending on what you can reach).

Step 2-Pull the attacker forward and down.

Step 3-As you pull the attacker forward and down, set your feet apart, planting them firmly.

Step 4-Pull the attacker over the bench by leaning forward and turning away from the attacker's fall.

Step 5-Run away.

#6 How to Defend Against a Sleeve Grab



When an attacker grabs you by the sleeve, follow these steps to strike back.



Step back from the attacker.

Step 2



Strike the attacker's arm with the open palm of your hand.

Step 3



If this does not free you from the attacker's grip, strike the attacker's face with the open palm of your hand.

Step 4-Escape.

#7 Trap and Strike

Step 1



Raise your left arm if the attacker grabs the sleeve of your left arm with his right hand (mirroring you).

Step 2



Wrap your confined arm around the attacker's arm just above the elbow.

Step 3



Lift the attacker's arm up to straighten ("lock") the elbow joint and gain control.

Step 4



Strike quickly to the most exposed area of the attacker's left side - the face, throat, groin, ribs - with your free hand, either using a punch or an open-palm strike.

Step 5-Use the same technique if the attacker grabs your right sleeve with his left arm.

#8 How to Defend Against a Two-Handed Chest Grab

Step 1-Lower your left hand to protect your groin from a kick.

Step 2-Hold your palm facing down with the thumb side toward you.

Step 3-Lift the same hand after a brief pause and grab the outside of the attacker's left forearm, just below the elbow.

Step 4-Push down to lock it.

Step 5-Make a fist with your right hand, and swing your right elbow around quickly to strike the attacker in the face.

Step 6-Run away as your attacker struggles to recover.

#9 How to Defend Against a Frontal Attack While Seated

Would you know what to do if someone attacked while you were sitting on a park bench? Or waiting for a bus? Read these steps and you'll be prepared. Before the Attacker Can Grab You

Step 1



Turn to your side, away from the attacker, grasping the bench for support.

Step 2



Bend the leg nearest the attacker and pull it toward your chest.

Step 3



Thrust the heel of your foot to the side of the attacker's knee.

Step 4-Run away.

#10 When Grabbed on the Shoulder

Step 1-Grasp your attacker's wrist and shoulder.

Step 2-Turn your head away from the attacker's arm and body to avoid injury.

Step 3-Pull the attacker to the ground as you begin to stand.

Step 4-Escape.

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