

## Self Defence Sequence 9 Front Strangle



**Strangle hold from the front.**



Place your left arm over your attacker and grab the right wrist and your left arm under grabbing their right.



Lift your right elbow pressing down with your left. Grab the wrist with your left, pushing down with your right forearm onto your attacker's left arm above the elbow.



Stepping through with the pressure pushing down on their arm, kneel on the shoulder for control.

Self Defence Sequence 10  
Front Strangle



**Strangle hold from the front with your back to the wall.**



Strike with both palm heels to the face. Dropping both your arms on to your attacker's forearm.



As he goes down knee or kick to the groin.



## Self Defence Sequence 11 Grabs



**Evading an attempted grab.**



Move to the outside, pushing away the arm with your left forearm. Strike palm heel to the head.



Self Defence Sequence 11  
Grabs



Self Defence Sequence 11  
Grabs



# Self Defence Sequence 11

## Ground Work

