Basic

Self Defense: Cycle 1

**Single Wrist Escape**

Step toward your opponent with the same side foot as the hand you were grabbed by and push your arm forward. Next, step back with same side foot as the hand you were grabbed by, pull your hand up toward your ear, breaking your opponent's hold at the thumb and index finger, yell KIA! Try to do all at the same time.

**Lapel Grab/the Chicken Wing**

1. With your right-hand reach over your opponent's wrists and grab their right wrist.

2. Use your left elbow to perform the "chicken wing" - coming down on opponent's elbow and step through with your left foot.

**Headlock Escape**

Turn your head into your opponent's ribs, protect your face with your outside hand, base out stepping behind opponent's leg closest to you, push your knee into back of his/her knee, reach up with your inside hand pull back on your opponent's collar, hair or shoulder closest to you.