Little Dragon - Self Defense: Cycle 1

**Single Wrist Escape**

**Step Up** (toward your opponent with the same side foot as grabbed wrist)

**Push** (grabbed wrist forward).

**Step Back** (with same foot that stepped forward).

**Pull Up** (pull your grabbed wrist toward your ear) & yell KIA!

**Lapel Grab/the Chicken Wing** (control technique)

1. Reach over your opponent's 1st wrist and grab their 2nd wrist.
2. Press down and try to “trap” your opponent’s arms against your body.
3. Make a “chicken wing” with your free arm.
4. Step across, twist your body and bring your chicken wing OVER both your opponent’s arms.
5. Squeeze TIGHT and “lock them up.” Make lots of noise to get help.

**Headlock Escape**

1. **Breathe** - Turn your head into your opponent's body and tuck your chin.
2. **Protect** - your face with your outside hand.
3. **Reach Up & Pull -** with your inside hand (escape hand) and pull back on your opponent's shirt collar or shoulder closest to you.

**Anchor** (control technique)

1. **Sit** “crisscross-applesauce” on your opponent’s foot.
2. **Wrap** your arms around your opponent’s leg.
3. **Look** outside/away (to protect your face) & make lots of noise.