Advanced

Self Defense: Cycle 4

**Single Lapel Escape**

Grab with same side hand as you were grabbed, and turn your opponent’s hand outward - so palm is facing up.

**Monkey**

Make hooks with your right and left hand. Hook your opponent's forearms and push them down from your neck to your chest.

**Haymaker Defense**

Catch Block to Shoulder and Upper Bicep

Wrap outside arm around top, then under opponent’s arm;

Place your ear on their shoulder, proceed to takedown or walk out technique as instructed.