

Close Quarters

Close Quarter Blue Tag Vs Defence Drill Green Tag

When attacked the **Defence Drills** are designed to quickly 'counter attack' and gain distance to escape.

Close Quarter techniques are designed to 'counter attack' when its not possible or practical to escape. Often resulting in having to use some kind of restraint technique.

Where at all possible, always take down.

Non Weapons

White = same side wrist grab

yellow = opposite hand grab

yellow snr = **dbl lapel grab** = trap left hand - right hand comes over and across to join it-rotate body back into goose - push attackers left hand away with left palm strike - follow through...

gold = **double forearm grab-head butt** = counter grab, large step back, rear knee

gold snr = **dbl raised hands wrist grabs** = move toward attacker, left hand grabs own right wrist- rotate body to right raising left elbow against attackers right arm, lower right arm & stoop down to force release.

orange = **double grab on single forearm** = rear rnd palm strike, slide dwn arm into goose. Drag attacker forward and down.

orange snr = **Right hand neck grab (against wall)** = chin down, trap attackers hand with left hand, palm strike with right hand against attackers left ear, continue strike through sliding down attackers arm into rotating goose. Follow up with kicks/knees etc.

green = **dobok grab impending punch**...same side trap lapel grabbing hand, outward blk against punch, continue with blocking hand to strike head then down attackers arm to rotate into goose. Follow up with kicks.

green snr = **Shoulder or neck grab from behind**...point to sky and rotate, trap & counter.

blue = **SUDDEN attempted front choke**...inward block, counter.

blue snr = **Front choke**....trap, point to sky, rotate (2) Facing attacker, grab thumbs, force attackers arms apart exposing body then kicks.

purple = **rear OVER ARMS bear hug**....rear elbows into ribs, scrape shins, extend arms, push bum (diving position) and push away

purple snr = **floor choke** (rape position)...decide which way to roll attacker, trap attackers leg, elbow to elbow slam on attackers arms, leave one arm down, other arm cross opposite round attackers neck to aid rollover, push off using hips and leg. Immediately free strike head & groin.

red = **side choke head lock** = punches to bdy & legs, pull arms down for air, pull head backwards whilst grabbing attackers outside wrist into goose hold.

red snr = **rear naked choke** = (1) with hands pull down for air, attack behind for eyes, try grab fingers to break, step behind - knee jerk against rear of knee, straighten body upward. (2) with both hands grab attackers hand that's holding onto his bicep, rotate down, use all body to turn facing attacker - elbow jerk, attack head, step behind take down.

brown = **rear underarm bear hug**....elbows, scrape shins, bend down from hip to grab attackers ankle and pull up between your legs.

brown snr = **full nelson**....hands to forehead, step behind, stand up and squeeze arms in to help attacker lose balance thus falling backwards.