

9 Most Common Attack - Street Self Defense

Designed To Teach You To Act In A Reflexive, Responsive And In An Appropriate Manner.

4.) Attack - Push Then Punch From The Front
Defense - Turn Your Body So That They Go Past You, Elbow Strike, Arm Bar.

5.) Attack - Choke From Behind
Defense - Grab Their Arm And Pull It Down, Palm To Groin, Back Hand To Face, Step Under And Behind, Arm Lock Take Down.

Adults Only

6.) Attack - Gun To Back
Defense - Turn Strong Side Hands Down (You should be on the Inside), Secure Their Arm To Your Side, Elbow, Grab Gun, Straighten Gun Finger Out, Pull Gun Off Their Finger



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