

# Sample Self-Defense Techniques

*Demonstrated by Brett Denison of the Mizukan Dojo*

## Technique 1: Defense from Front Finger Choke



The attacker reaches out and forcibly grabs you by the throat with both hands.

Immediately after grabbing your neck, you shift your weight forward secure the attackers right hand to your upper chest/shoulder area and apply a metsubushi atemi waza to the attackers eyes.



Using your left hand, immediately grasp one of the attackers fingers on his right hand; peeling it back. **Note:** *Be sure to keep the palm of the attackers hand in contact with your shoulder as a base when executing the yubi dori technique to his finger.*

From here grasp the fingers of the attackers right hand with your right hand, and grasp the attackers right wrist with your left hand (your thumb should be toward the attackers elbow).



**Close up:** From this grasp you should apply pressure back on the attackers fingers and rotate the attackers fingers and wrist down and over (counter clockwise).

Taking the attacker directly to the ground.  
**Note:** This portion of the technique is very painful so use caution when practicing this.



Once on the ground, apply a yubi dori technique to control the attacker. Make sure the attackers right elbow is pointing up and apply pressure to the attackers fingers, up and in to cause pain.

**Technique 2: Defense from Two-handed Chest Push**



An attacker rushes you and forcibly pushes your chest with both of his hands.

Shift your body (tai sabaki), to the outside, and execute a right inward scooping block, migi uchi sukui uke, with the outside of your forearm. While grasping the attackers left wrist with your left hand.



Apply an atemi waza with your forearm to the attackers left elbow joint.

Step in slightly, and grasp the attackers neck with your right hand, and apply a kansetsu waza (joint lock) to the attackers left arm (ude gatame) using your chest as the fulcrum point.





Maintaining the joint lock on the attackers left arm, execute tai otoshi (body drop).

Throwing the attacker to the ground.



Once on the ground, apply a gooseneck lock, kamakubi kagi, to the attackers left wrist with your left hand, and secure the attackers right arm with your right hand.

### **Technique 3: Defense from Chest Grab/Hook Punch Combination**



The attacker reaches out and forcibly grabs your lapel with his left hand.

Immediately after grabbing your lapel the attacker throws a powerful hook punch to your head. You shift your weight forward, and block/deflect the punch with left forearm, and simultaneously trap the attackers left hand to your chest.



Using your left arm, circle the attackers right arm and apply a kannuki gatame (entrapment armlock) to the attacker.



Immediately bring your left hand across and grasp the attackers left elbow, while maintaining the armlock on the attackers right arm.





**Close up:** Here is a close up of the hold on the attacker. **Note:** *Do not let your thumb circle the attackers forearm, you should keep it on top as shown.*

Move into a kosa dachi (cross stance) position, getting your weight directly in front and under the attacker.



**Option 1:** With your left leg, enter in between the attackers legs and execute Ouchi gari (major inner reap).

Throwing the attacker to the ground.





**Option 2:** Using the control from the armlock, apply kuzushi, and turn and execute harai goshi (hip sweep). **Note:** *This second option is more complicated, and requires tori to have good control of the attacker prior to applying the kuzushi necessary for the throws execution.*

Throwing the attacker to the ground.

