
GRASP OF DEATH

LEFT FLANK | RIGHT | HEADLOCK

Name:

The name of this technique originates from the severe nature of the attack. The grasp of your opponent could prove fatal, if your reaction is not properly executed.

Attack:

The Ideal Phase of this technique introduces you to an attack from the left flank (9:00). The technique describes your opponent grabbing your head and pulling you down into a side headlock.

Theme:

This technique is to acquaint you with a flank attack, and one that is also a life-threatening attack. It further introduces simple body and foot maneuvers. When such positions are obtained, they will thwart or decrease the effectiveness of your opponent's attack. We encourage you to also learn the priorities of self preservation from this technique.

Movement:

1. With your head forced to bend forward and your opponent to your left flank (applying a headlock with his right arm), initiate your action by tucking your chin to the left and against your chest, as you grab your opponent's right wrist with your right hand. All of this is done as your right foot steps toward 12:00 into a right Closed Kneel Stance while simultaneously grabbing your opponent's right inner thigh with your **left hand pinching the flesh of that leg** with as much strength as possible (Crab-Hand Pinch). Be sure you continue checking the outside of your opponent's right leg with your left knee. (Your opponent's right knee may bend and double up or his leg may pop forward and up off the ground. In addition, your efforts should cause your opponent to loosen his grip.)
2. As your opponent reacts to your pinch and partially or totally releases his grip, have your **right hand bring his right arm over your head and down to your chest** and make sure that your right elbow is anchored to aid you in controlling your opponent's Height Zones.
3. Immediately release the grip of your left hand and have your left foot step forward toward 9:00 into a left Neutral Bow Stance as you simultaneously **strike the back of your opponent's right elbow with your left forearm** while pulling in and toward you with your right hand. (This action should cause your opponent to step forward with his left foot prior to bending over at the waist.)
4. Roll your left forearm on the back of your opponent's right elbow until your left forearm is parallel to the ground. Now, **strike your left hand to your opponent's right elbow**. While controlling your opponent's right elbow with your left hand, pivot into a left Forward Bow facing 10:30. As you pivot, execute a **right snapping vertical punch to the base of your opponent's skull behind his right mastoid**. (This action should cause your opponent's head to move away and may be followed by his body falling to the ground.)
5. Perform a left Front Crossover and **Cover Out toward 3:00**.

What If?

- You are already bent over when he attacks.
- You are positioned on your hands and knees, and your opponent is pulling you up.
- There is a wall nearby.
- Your opponent pins your right arm with his right arm, as he applies the headlock.

Technique Notes:

Alter the targets when rendering your Crab-Hand Pinch. Use a pinch to other targets.

Be certain to Stabilize your Base on the first move. It is highly recommended that you make a list of the benefits that stem from it.

Study the reaction of your opponent's right leg after employing the Crab-Hand Pinch. Work this pinch on people who are not familiar with the technique.

Do this technique to the opposite side by having your partner apply a headlock from the right flank.