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# GRIP OF DEATH

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LEFT FLANK | RIGHT ARM | HEADLOCK

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## Name:

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The seriousness of this attack warrants the name Grip of Death. If properly employed, your opponent's grip can cause your death.

## Attack:

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The IDEAL PHASE begins with your opponent at your left flank (9:00). Your opponent grabs your head and pulls you into a side headlock

## Theme:

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The headlock is a very common attack used especially by people with wrestling experience. Internalize the importance of simultaneously responding with offensive and defensive

principles. This simultaneous and spontaneous explosion will proportionately help you to protect yourself.

## Movement:

1. With your opponent applying a headlock from your left side, step forward and to your left (toward 10:30) with your right foot into a right close kneel stance, while turning your head to the left, and tucking your chin against your chest. Simultaneously deliver a **right hammerfist to your opponent's groin** and a **left hammerfist to your opponent's left kidney**. (This action should buckle your opponent.)
2. Circle your left arm over your opponent's right shoulder, and have the **fingers of your left hand press under your opponent's nose** (or depending upon the circumstances, have your left hand grab your opponent's hair) FULCRUMING with your forearm and elbow against your opponent's back and shoulder to increase the LEVERAGE down and back against his head and neck. (This should cause sharp pain to his philtrum, and also cancel his Height Zones.)
3. Immediately (1) pivot into a left forward bow toward 6:00, and (2) while taking advantage of your ROTATIONAL FORCE deliver a **right heel palm strike to your opponent's chin**, as you simultaneously (3) execute a left SLIDING CHECK down your opponent's right arm, ending at the elbow. (Make sure that the head of your opponent, in either of the above methods of FULCRUMING, is arched and forced back and down to minimize your opponent's leverage. The force of your strike should cause your opponent to fall to the ground.)
4. Pivot back to a left neutral bow. Left front crossover, and **cover out toward 10:00**

## What If:

- Your opponent is stronger than you.
- Your opponent forces you to the ground.
- Your strikes have little effect.

## Technique Notes:

Be sure to turn your head and tuck your chin against your chest to prevent your opponent from cutting off your air supply.

Be sure to have your hammerfists strike their intended targets with accuracy.

Borrow the Force of your opponent's initial pull when applying the headlock. This will magnify the damage rendered by your hammerfists, as well as increase the effect of your left knee buckling the back of your opponent's right knee.

Learn to Stabilize Your Base on your first move to prevent your opponent from forcing you to the ground.

Practice Grasp of Death and Grip of Death. See if you can discover which situation would favor the use of one technique over that of the other.

Analyze the Fulcrum that is employed when prying your opponent's head back. See how you can obtain maximum leverage when nullifying his intentional or unintentional moves.

Increase the effect of your right heel palm strike (third move) by:

- a. Employing the principle of Contouring.
- b. Using proper Body Alignment.
- c. Using Back-up Mass.
- d. Fitting your heel palm to his chin.
- e. Capitalizing on the merits of Penetration.