

Rear Grabs

Short distance

1. Step back adjacent to the attacker on the left side with the left foot.
2. Bring your right hand across, grabbing the left hand.
3. Step forward with left foot and use both hands to twist attackers left hand into submission(the attackers elbow is elevated over their hand).
4. Finish with a reverse punch.

Long Distance

1. Back kick with left leg landing back adjacent to the left side of the attackers left.
2. Bring the left arm over your head and forward, then the right forward. The attackers right arm should be crossed underneath his/her left.
3. Push the right arm forward creating a flipping motion.