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Escapes from a lapel grab number 1



Begin by facing your opponent in a short relaxed stance (open stance).

The attacker then grabs your front (left) lapel or collar with his front (right) hand as he pulls his rear (right) hand back to load for a punch.

As he does, you clasp your rear (right) hand on top of his, trapping it from moving (he is no longer in control and will become worried), and simultaneously strike against his front arm with your front (left) arm with an inwards block motion to his elbow.



Push downward on the elbow joint and as the attacker begins to bend forwards go with him by stepping through with your front leg and place your weight on this elbow to stop him recovering.

Keeping the pressure on the elbow, bring your back foot up and behind your front foot, then lift your front foot up and fire it upwards and inwards as a hook kick to the attackers mid section.





Allow the trauma of the strike to take effect and then place your kicking foot back down as you apply further pressure to their elbow thus taking them to the floor on their stomach.

Step across their arm with your left leg pressing down on their shoulder joint with the back of your calf. Then drop down onto your right knee, pulling the trapped up backwards towards you with their palm facing up and the lock still in place.

From here, fold their arm across the front of you towards your left side (over the top of your left leg) and trap it behind you facing it away and locked against the left side of your body.

Now lean forwards to apply the lock

