

FSSD HOLD BREAK TECHNIQUES

These techniques will work for a hold break using either your left hand or right hand, when studying these descriptions where it describes using the left hand use the right hand and follow the same techniques as described below.

Front grab single hand

1. Your opponent grabs you with their left hand
2. Take hold of your opponents left hand in this manner:
3. Place the thumb of your right hand on the back of your opponents left hand
4. The thumb should be located just below the knuckles on the back of the hand and between the middle fingers
5. Wrap the fingers over the little finger edge of your opponents left hand, grasping the palm not the wrist
6. Turn your opponents hand over to make the palm of their hand face upwards
7. This should bend your opponents wrist causing the fingers to point upwards
8. Pressure is applied by pressing the hand of your opponent towards their own wrist

Front grab two hands

(There are a number of techniques for breaking this hold)

Method 1

1. Your opponent grabs you with both hands
2. Ignore the right hand and take hold of your opponents left hand in this manner:
3. Place the thumb of your right hand on the back of your opponents left hand

4. The thumb should be located just below the knuckles on the back of the hand and between the middle fingers
5. Wrap the fingers over the little finger edge of your opponents left hand, grasping the palm not the wrist
6. Swiftly and forcefully turn your opponents hand over palm towards your opponents body
7. This should bend your opponents wrist causing the fingers to point upwards
8. Pressure is applied by pressing the hand of your opponent towards their own wrist

Method 2

1. Snake your right arm over your opponents near arm and under their far arm
2. Place your left hand against your own right hand
3. Push up with your left hand and at the same time down with your right elbow in a twisting motion
4. Move your head out of the way as you may cause yourself to be hit in the face when the hold is released

Method 3

1. Strike upwards with both hands and arms between the grasping arms
2. This should cause the grab to be broken and place your hands in a position for a counter strike such as knife hand strike to the collar bones of your opponent

Method 4

1. Strike your both opponents elbow joints at the same time
2. You can strike the joints in three directions all though only two are really effective by themselves, as they will cause the elbows to dislocate if sufficient force is applied.
 - Strike the elbow joints against their natural hinging direction either by striking upwards with your forearms or ridge hand strike

- Strike the elbow joints against their natural hinging direction either by striking upwards with your forearms or ridge hand strike
- Strike the elbow joints in the natural direction of hinging - bring the arms down onto elbows - this may cause the opponents arms to bend and to make them fall towards you so an effective defence is to apply ahead but

Method 5

1. Apply a double spear hand strike to the pressure points on the upper arm, drive the strike in an upward motion

Rear grab one hand (to shoulder)

1. Take hold of your opponents hand in this manner:
2. Place the thumb of your hand (on the same side as the grab) on the back of your opponents left hand
3. The thumb should be located just below the knuckles on the back of the hand and between the middle fingers
4. Wrap the fingers over the little finger edge of your opponents left hand, grasping the palm not the wrist
5. Turn your opponents hand over as you turn towards your opponent (turn in the direction of the grabbing arm)
6. This will rotate your opponents arm and bend your opponents wrist causing the fingers to point upwards
7. Pressure is applied by pressing the hand of your opponent towards their own wrist

Rear grab two hands (to the shoulders)

1. Using either hand reach up and over your opponents arms
2. At the same time as turning slightly in the direction of the reaching arm pull the arm down towards your side
3. This will cause the hold to release and trap the arms against your body in preparation for a counter strike such as a back elbow to the head or face

One hand grab of the wrist

(Applied from the front) (A number of methods are described below)

1. Pull your arm downwards into the gap between the thumb and fingers of the grasping arm
2. If there is no gap grasp your own trapped hand with your other hand (under the grasping hand) and jerk down with both hands swiftly
3. If the grab is high enough up the arm, rotate your hand of your grasped arm so that the palm of your hand passes over the top of the opponents arm
4. To release your own arm out of the grab apply pressure with your own palm onto the opponents arm (straighten your wrist)

This method can leave you open to a counter blow if not applied swiftly

1. Place your forearm of your free hand over the top of your opponents grasping arm at the wrist
2. Reach up with your trapped hand in such a manner that the palm of your trapped hand is over your own free arm and grasp it
3. Step back and slightly to the side away from your opponent, at the same time pull down with both your arms
4. If applied correctly this will not only release the hold but will pull your opponent forward and off balance

Two hand grab of the wrist

Your opponent grabs your wrist with both hands

1. Pull your arm downwards into the gap between the thumb and fingers of the grasping arm
2. If there is no gap grasp your own trapped hand with your other hand (under the grasping hand) and jerk down with both hands swiftly
3. To make the release easier rotate your arm up and over your opponents as you pull the arm free

Hair grab (from front)

(Multiple techniques)

1. Apply a spear hand strike to the pressure points on the upper arm, drive the strike in an upward motion
2. Apply a half fist strike to the pressure points on the upper arm, drive the strike in an upward motion
3. Apply a front grab single hand technique

Hair grab (from rear)

1. As you turn apply a head block driving the offending arm upwards
2. Apply a front grab single hand technique (remember to use the opposite hand to the one you would use for a grab from the front)

Upper arm grab from the front

(Both single hand and two hand grabs)

1. Apply front grab single hand techniques
2. Apply front grab two hands techniques

Bear hug from the front

(Arms Trapped)

1. Apply a head but to your opponents face
2. Stamp on the instep of your opponents foot
3. Apply steady pressure outwards with your arms, suddenly release the pressure and drop
4. Grab your opponents groin
5. Bite them

Bear hug from the front

(Arms free)

1. Cup the hands and slap over the ears (slap hard)
2. Press the thumbs up into the soft part under the chin
3. Press a finger or thumb nail up and into the spot where the base of the nose meets the top lip
4. Do a thumb strike (bend the thumbs and strike with the first knuckle joint) to the soft spot that is just below the ear and in-line with the jaw hinge
5. Apply constant pressure to the soft spot that is just below the ear and in-line with the jaw hinge

Bear hug from the rear

(Arms Trapped)

1. Apply a rear head but to your opponents face
2. Stamp on the instep of your opponents foot
3. Rake the heel or outside edge of your foot down your opponents shin
4. Apply steady pressure outwards with your arms, suddenly release the pressure and drop
5. Grab your opponents groin

Bear hug from the rear

(Arms free)

1. Hit the back of your opponents hand hard and sharp with the second knuckle of your index finger
2. Grasp the little or any other fingers of your opponent by crossing your hands over then pulling the fingers back against their natural hinging direction
3. Grab one or two fingers of one hand on your opponent in each of your hands and pull them apart so that the webbing between the fingers can be torn
4. Grasp the thumbs of your opponents hands by crossing your hands over and pull them back against the natural hinging direction

5. Apply a rear head but to your opponents face
6. Stamp on the instep of your opponents foot
7. Rake the heal or outside edge of your foot down your opponents shin

Front headlock

When this hold is applied you will generally be bent forward with your assailant standing beside you

1. Turn your head so that your throat is in the crook of your opponents elbow so that you can still breathe freely
2. Hit the back of your opponents hand hard and sharp with the second knuckle of your index finger
3. Grasp the little or any other fingers of your opponent by crossing your hands over then pulling the fingers back against their natural hinging direction
4. Grab one or two fingers of one hand on your opponent in each of your hands and pull them apart so that the webbing between the fingers can be torn
5. Grasp the thumbs of your opponents hands by crossing your hands over and pull them back against the natural hinging direction
6. Grab your opponents groin

Groin grab

This hold works equally well on men and women

The best defence is not to allow the hold to be applied, however, if it is the best defence is to inflict as much pain as possible on your opponent

1. Attack the eyes
2. Attack pressure points or nerves
3. Grab the top lip and twist hard