

## **Head Twist Escape**

Always expect the unexpected in a fight. It seems like there is always something that happens to goof up any good plan.

I wanted to add a kind of "catch all" escape to counter the inevitable arrival of Murphy's Law. The hair and chin twist is really effective and falls into this category. You will be basically using their hair and chin to twist their head like you are trying to twist off the top of a giant bottle.

Grab the back of someone's hair. Now, take your opposite hand and cup it around their chin. Simultaneously, pull their hair towards you while you push their chin away from you. Easy isn't it?

To make it even easier, tilt their heads backwards before you pull it towards you. Your neck is stronger when your head is level than when tilted slightly back. Try it on yourself. Push on one side of your cheek and resist. Now, look up at the ceiling. Push and try to resist. It is much harder to resist the push when your head is tilted.

So, grab his hair high on the crown of his head. YANK it down while you PULL it towards you and PUSH his chin away.

You can use this anytime you can get both hands free and up in front of your own face.

You'll find that you can use it when someone is pushing back against a wall by your shoulders or when someone is lying on top of you.

### **Review of the Hair Pull/Chin Twist Escape:**

- 1. Grab his hair;**
- 2. Cup his chin;**
- 3. Yank his head back;**
- 4. Pull his hair toward you and push his chin away.**