

SLEEPER OR CHOCK HOLDS

EXTREME CARE NEEDS TO BE EMPLOYED WHEN APPLYING THESE HOLDS AS THEY SHOULD ONLY BE APPLIED UNTILL YOUR OPPONENT IS UNCONCIOUS OR UNTILL THEY ARE DISORIENTATED ENOUGH FOR YOU TO MAKE YOUR ESCAPE

UNDERHAND SIDE THROAT CHOKE

- Reach beside the far side of his neck. Over your opponents arms
- Your other hand has come up behind his back and up behind his neck to meet your other hand, and clasp together.
- Twisting the hand coming in from the front so the wrist radial bone projects into the carotid artery and associated tendons
- Apply pressure by pulling the opponent in towards your body

USE EXTREME CARE AS YOU CAN CAUSE EXTREME PAIN AND UNCONSCIOUSNESS OR EVEN DEATH.

ARM LOCK CHOKE.

- As your assailant throws a punch, side step to the side where the punch was delivered from
- Bring your arm under your opponents arm, reaching up around his neck ending with your with wrist against the side of the neck.
- Use your other hand to come up behind your opponents back to meet the hand which is against the side of the neck
- Grasp the two hands together.
- Press your shoulder up against the arm pit and arm
- At the same time ensure that your wrist bones are pressing into the side of your opponents neck
- Apply pressure by pulling your opponent in towards you
- Move behind him slightly to secure the hold.

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CROSSED HANDS CHOKE.

- Facing your opponent
- Grasp the left side collar (on top of the shoulder of your opponent) with your right hand
- Slide your left arm across the front of the throat and grasp the right side collar (on top of the shoulder of your opponent) with your left hand (your left arm can cross over or under your right arm.

- Grasp the collar tightly with both hands and pull your elbows outwards away from your body to apply pressure to the sides of the neck

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FIGURE 4 CHOKE HOLD (APPLIED WITH THE RIGHT HAND)

- This hold is applied from the rear of your opponent
- Slide the right arm over your opponent's shoulders so that the elbow joint is directly opposite the Adams apple
- Bring your left hand up so that the palm of the hand is on the back of your opponent's head
- Keep the elbow of your left arm on your opponent's left shoulder
- Grasp your own left forearm with your right hand (the grasp is made by twisting your palm towards your right forearm and keeping the back of the hand against the neck)
- Apply a squeezing motion with your right arm and at the same time press forwards with your left hand

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