

## **FSSD TAKEDOWN TECHNIQUES**

### **SCISSOR TAKES DOWN (FROM THE RIGHT SIDE).**

**This is a very difficult take down and care needs to be taken in deciding to apply it**

- Step into and slightly to the side of your opponent
- At the same time drop to the floor towards your right side
- Slide your bottom leg (right leg) across the front of your opponents ankles, your right shin should make contact with the ankles
- At the same time slide your left leg behind your opponents knees, the calf of your left leg should make contact with back of your opponents knees
- With a scissor motion close your legs, striking both the ankles and knees at the same time
- Your opponent will fall forward

### **HEAD TWIST TAKEDOWN**

**This technique needs to be done very slowly and with great care when practicing**

- Grab the back of the opponent's head with one hand, and his jaw with the other.
- Turning the head to one side, will after a while, cause the opponent's whole body to follow suit, making him fall on his side.
- From there, you can use follow-up techniques. This ideally should be done when the opponent has been subdued to some extent so he is incapable of resisting with any force the take down.
- If he tried to resist strongly, and you tried to increase the force needed to twist his head, then suddenly he relaxed; you could in theory break his neck.
- So in practice, always DO IT SLOWLY.

### **WINDMILL TAKEDOWN**

This is done where you have managed to get your arm around the back of your opponent's neck, either from doing an elbow strike to the head, or something similar.

- Using the hand that is on his neck, push down.
- At the same time, grabbing his arm that is closest to you, pulling up from his inside, pull the arm upwards.

- He will spin around, to the ground, where you can continue to do follow up techniques.

### **GRABBING LEG TAKE DOWN**

This is good when you want to do something unexpected to the attacker. It can also be used in conjunction with ducking beneath a punch.

- Drop down onto one knee to the outside of your opponent; that knee should be the leg closest to your opponent
- Grabbing the leg with your right hand
- Use your left arm to push just above his knee
- Pulling up on his leg at the same time.
- This will cause the opponent pain, and force him backwards and down into a prone position.

**NOTE: Caution may be important here, taking care not to overextend the knee.**

### **SIDE STEP TAKE DOWN**

**(MUST BE APPLIED VERY QUICKLY WHIST YOUR OPPONANT IS IN MOTION**

- Do a short sidestep to the attacker's outside ( outside of the punch ),
- Reaching up and grabbing the back of the neck of the opponent and assisting his forward motion, remember to pivot in the direction of the take down
- Re-directing the motion downwards, so he actually runs himself in the ground.

You can assist this take down by placing a leg across and in front of your opponent's legs

### **WRIST LOCK AND ARM BAR TAKE DOWNS**

Almost any wrist lock can progress into a take down, using the fact that your opponent will try to get away from the pain, thus sacrificing his balance to do so.

Most of the wristlocks, like the basic wristlock, will force the opponent on his back.

The extended wrist lock and arm bars will put them facing downwards

This will prevent them from striking at you easily.