

PRESERVE OUR CULTURE **SEARCH FOR EFFICIENCY**



WORKBOOK
**RICKSON
GRACIE**

SELF.DEFENSE.UNIT

MODULE 3

 WAR TRIBE



GALLERR

SECURE YOUR SEAT:

WWW.SELFDEFENSEUNIT.COM

CONTENTS

01- TECHNIQUES

1. ARMLOCK FROM THE GUARD
2. FINGER-POINTING THREAT OR SINGLE-HAND NECK GRAB DEFENSE
3. FRONT BEAR HUG OVER ARMS DEFENSE
4. COLLAR CHOKE FROM THE BACK
5. SINGLE-HAND COLLAR GRAB AND CHEST-PUSH DEFENSE, WRIST FOLD
6. DOUBLE COLLAR GRAB DEFENSE, HANDS TOGETHER
7. KIMURA FROM THE GUARD
8. TWO-HANDED CHOKE WITH HIP THROW
9. ROUNDHOUSE KICK DEFENSE
10. STRAIGHT ANKLE LOCK
11. HEEL HOOK
12. FULL NELSON DEFENSE
13. PASSING THE GUARD STANDING
14. SUCKER PUNCH, SLAP DEFENSE
15. HAYMAKER PUNCH DEFENSE
16. STRAIGHT ARMLOCK AND ELBOW LOCK FROM SIDE MOUNT
17. REAR GUN DEFENSE, POINTED AT BACK
18. GUN DEFENSE, SIDE WAISTBAND
19. BACK MOUNT ESCAPE
20. CHAIR DEFENSE
21. STRAIGHT ARMLOCK, KNEE ON THE STOMACH
22. KNIFE DEFENSE, OVERHEAD
23. KNIFE DEFENSE, SIDE
24. STRAIGHT ARM CHOKE, THRUSTING CHOKE
25. CLUB DEFENSE, OVERHEAD, DISTANT RANGE

LEARN WITH RICKSON GRACIE
WWW.SELFDEFENSEUNIT.COM

1. TECHNIQUES

LEARN WITH RICKSON GRACIE
WWW.SELFDEFENSEUNIT.COM



1. ARMLOCK FROM THE GUARD

TECHNIQUE

An opportunity to apply the armbar from the guard arises when the opponent transfers their weight to the chest, posting the arms, and raises one leg. At this moment, it's important to control the elbow of the arm that's going to be attacked and lasso the raised leg. Normally, one moves the hip to the side and passes a leg over the head. A detail makes all the difference here: Instead of just moving the hip to the side and allowing my opponent to throw their weight on the legs and hip, raise the hip and wrap the shoulder of the arm you want to attack so as not to allow the opponent to throw their weight and fold the hip.

LEARN WITH RICKSON GRACIE
WWW.SELFDEFENSEUNIT.COM



2. FINGER-POINTING THREAT OR SINGLE-HAND NECK GRAB DEFENSE

TECHNIQUE

Doing base, hold the wrist with both hands, take a step back twisting the wrist in rotation and placing the armpit/shoulder and weight propped on the aggressor's shoulder. Two details are key: When you hold the wrist with both hands, raise the elbow on the side of my opponent's free arm to block an eventual slap or punch. And connect the held hand to the chest, gluing the opponent's arm to the body before taking the step back. Soon you grab the wrist, connect the aggressor's fist to my chest, take a step back in base and advance your shoulder over his shoulder, transferring your weight so as to control and press his elbow.

Obs. This is the same defensive technique used when my opponent grabs my clothes or attempts some aggression at the height of the neck with a hand and his palm facing down.

APRENDA COM RICKSON GRACIE
WWW.SELFDEFENSEUNIT.COM



3. FRONT BEAR HUG OVER ARMS DEFENSE

TECHNIQUE

As you get hugged from the front, make a base and prop your hands on your opponent's hips with the arms stretched so as to keep the lever. Take a step to the side and dive your arm, getting your shoulder under your opponent's, keeping the other arm stretched and the hand propped on the hip to keep the distance in order to have the necessary space to take the forward step leading to the hip throw.

STRESS

When your opponent grabs and advances, pushing, the hip throw is the correct technique to use. But when they grab and pull walking backward, employ the takedown with the outside hook and land on top, on the mount.

APRENDA COM RICKSON GRACIE
WWW.SELFDEFENSEUNIT.COM



4. COLLAR CHOKE FROM THE BACK

TECHNIQUE

As you take the back and achieve a grip on the collar, a few details will make the finish easier: The lower grip, preferably done under your opponent's arm, must make a pushing -- rather than pulling -- motion. The upper grip must be done at an angle where the ring and pinky fingers release the grip so that you can twist the wrist and thus obtain the proper angle to be able to spin your torso and shoulders at maximum extension. Another important detail is the direction of the spinning of the torso, opposite to that of your legs.

5. SINGLE-HAND COLLAR GRAB AND CHEST -PUSH DEFENSE, WRIST FOLD

TECHNIQUE

The wrist fold can be applied in two situations: When your opponent grabs your clothes at the chest with their thumb up, and when they push their open hand against your chest. When they grab your clothes with the thumb up and their four other fingers touching your chest, hit their inner wrist and at the same time grab the elbow with the other hand, keeping the pressure against the chest. When they attack with their hand open, grab at the same time over the hand against the chest and hold behind the elbow, immediately getting the hand on the chest also to their elbow. Lean your torso forward slightly to prevent them from pulling their hand.

Obs. It's important to combine weight distribution and connection with distance in the moment you break your opponent's wrist to apply the lock.



APRENDA COM RICKSON GRACIE
WWW.SELFDEFENSEUNIT.COM



6. DOUBLE COLLAR GRAB DEFENSE, HANDS TOGETHER

TECHNIQUE

Take a step to the side in base, raising one arm and holding your own wrist. Prop your leg as if going in for a takedown and turn your torso to break the grip and perform an elbow strike when returning. Observe the correct distance and weight distribution to obtain the best lever for breaking the grip. If your opponent doesn't let the grip go, employ the takedown.



7. KIMURA FROM THE GUARD

TECHNIQUE

When your opponent is in the guard and places their hand on the ground, they open themselves up to a kimura. Hold their wrist and raise it to lasso the arm behind the elbow and grab your own wrist. Open your legs and lie down, controlling the leg with the hook on the same side as the lock, to stop your opponent from escaping by rolling. Move your hip to the side and take, with both arms, your opponent's controlled hand in the direction of your head. If your opponent is so strong as to stop the motion of lying down to apply the lock, close the guard to obtain the necessary leverage and then lie down, open your legs again, move the hip to the side and apply the lock.



8. TWO-HANDED CHOKE WITH HIP THROW

TECHNIQUE

When your opponent tries to choke you with both hands and pushes, making the traditional escape hard, control one elbow with one hand and get your arm between their arms, raising it and hugging behind the head to take a step forward and do the hip throw. It's important to use the shoulder to get the arm in and make the grip behind the head. Take the step forward so as to connect the hip to their hip to make the takedown possible.



9. ROUNDHOUSE KICK DEFENSE

TECHNIQUE

Get your hands together to block the kick and immediately lasso your opponent's ankle and spin your body to provoke a fall. If there is resistance, use the leg to do the takedown. Your opponent on the ground, use the knee propped on their inner thigh and use your hip to apply a foot lock. It's important to practice the kick block with both hands together, generating a spring effect with the arms. The lasso has to be properly adjusted over the ankle and the knee connected to the inner thigh, so that the forward hip motion will apply the right pressure on the ankle joint.



APRENDA COM RICKSON GRACIE
WWW.SELFDEFENSEUNIT.COM

10. STRAIGHT ANKLE LOCK

TECHNIQUE

The chance to employ a foot lock can arise in many ways -- passing guard standing, recovering the guard when leaving the mount, and other situations depending on the technical level at hand. In the standing guard pass, choose a foot, get your knee between the legs and sit back lassoing the ankle with the arm and keeping your opponent's foot under the armpit, using the knee inside the legs and the other foot on the outside, propped on your opponent's hip to stop them from approaching and cancelling the lock's leverage. Once seated in the lock-applying position, hip-escape backward to adjust the grip around the foot, hold your own collar, and use the forward hip motion -- not the backward back motion -- to apply pressure to the ankle.



APRENDA COM RICKSON GRACIE
WWW.SELFDEFENSEUNIT.COM

11. HEEL HOOK

TECHNIQUE

Like in the case of the foot lock, chances to apply a heel hook arise in many ways. To effectively apply a heel hook, it's necessary to keep the controlled leg bent by putting your own two knees together. The adjustment and effectiveness of this lock lie in the putting together of the legs and knees -- key to giving the defense a hard time. With the leg correctly controlled and the foot controlled under the armpit, lasso the heel with your forearm and get your hands together, placing one over the other and thus consolidating the grip. This is a lock that must be practiced and applied very carefully with training partners, given that it twists the joints of the knee and not the heel, and the pain is only felt after they rupture.



APRENDA COM RICKSON GRACIE
WWW.SELFDEFENSEUNIT.COM

12. FULL NELSON DEFENSE

TECHNIQUE

The first defensive option against the double nelson is to keep your elbows low and glued to the body and employ a backward head-butt to your opponent's face. When that opponent is strong, surprises you and manages to apply the double nelson, grab your own wrist and connect your hand to your forehead, undoing the pressure to your cervix. Place one leg outside one of their legs and slowly turn your torso. If they release the grip to avoid the takedown, undo the torso turn and use the elbow to the face. If they persist with the grip, apply the takedown so as to land on top.



13. PASSING THE GUARD STANDING

TECHNIQUE

When your opponent has a strong closed guard, there is the option to pass standing where the distance facilitates the defense against some attacks like the armbar. It's important to obtain a good posture to get up. The getting up can be performed with a slight, quick propping of both hands and a jump with both legs, or by propping one and then the other leg. It's important to immediately get in base, with your weight well distributed over hips and legs, and not propped on your hands. The base and balance, with the proper forward weight distribution, combined with the grips on the collar, are key to avoid a takedown or sweep. It's important to use your hip, which must be projected forward so that the position's adjustment can be maintained. Once the guard is open, the pass can be executed by passing the arm under the leg or with the knee between the legs. What is important here is to maintain the forward weight distribution in order to use your weight to pass.



14. SUCKER PUNCH, SLAP DEFENSE

TECHNIQUE

Block the punch or slap with your hand at bicep height and hug the arm with your hand holding the elbow and the forearm under your armpit. Immediately hug with the other arm your opponent's waist, holding the waist with your hand and seeking a good connection that keeps sideways to take away the angle they need to throw knees. The conclusion of the defense is conditioned to the aggressor's movement. If they walk forward and push, use the hip throw. If they walk forward and pull, employ the takedown doing the hook on the calf.

Obs.: The block of punch or slap must be done with the proper weight distribution, transferring the weight to the arm that blocks.



15. HAYMAKER PUNCH DEFENSE

TECHNIQUE

This defense is done by taking advantage of your opponent's movement when they charge to try to land a haymaker. Correct timing is key here. The moment they approach, take a step forward in base and get lower at the same time, so that they will be between your leg and arm that are out in front, so they will roll over the hip.

Obs. The forward step and slight squat must be practiced so that you stay in base and a very heavy opponent isn't able to bend you even by putting all their weight on your back.



16. STRAIGHT ARMLOCK AND ELBOW LOCK FROM SIDE MOUNT

TECHNIQUE

There are a few possibilities for armbar from side control. The first is when your opponent tries to touch your face, giving you the opportunity to employ an americana. Hold their wrist with the hand that is close to the waist, and immediately push the arm to control the wrist with the other hand, of the arm next to the head. It's important to keep your weight on the elbow next to your opponent's head. Once the wrist is dominated with the hand that is next to the head, pass the other hand under their elbow and hold your own wrist. Move in the direction of your opponent's waist and raise the elbow. If the arm is glued to the ground, making it harder to get the second hand in, quickly remove the pressure, shaking their wrist without getting the weight off the elbow, in order to open up the necessary space. If your opponent manages to stretch their arm, transfer the weight of the hip to the torso, keeping the weight on the elbow next to the head, and raise the elbow with the forearm that is underneath.

Obs.: The grips must be done with the thumb next to the four other fingers -- the monkey grip.



17. REAR GUN DEFENSE, POINTED AT BACK

TECHNIQUE

When an aggressor approaches from behind and presses a gun against your back, the first move must be to carefully look back to see with what arm they're holding the gun. With this information, there is a possibility of defense taking a step back and turning the torso so as to move away from the line of fire and lasso the arm that holds the gun with the hand behind the elbow. It's very important for the subsequent clinch to be done with control over the aggressor's other free arm so that they're unable to move the gun to the other hand. With the clinch done, apply the hip throw and the armlock at the elbow. If the defense must be performed as you walk forward, take the step back and turn the torso when the leg that makes the defensive motion is in the back.

Obs.: The step back and torso-turning must happen in perfect synchronicity.

LEARN WITH RICKSON GRACIE:
WWW.SELFDEFENSEUNIT.COM



18. GUN DEFENSE, SIDE WAISTBAND

TECHNIQUE

In this defense, the first crucial factor is distance. If the aggressor approaches at a distance that allows you to reach them, there being no alternative, you can attempt to defend. In the case the gun is on the right side, take a step with the left leg, and simultaneously the right hand reaches on the outside the tricep above the elbow, and the left hand goes in under the arm and holds the back so as to block the drawing of the weapon. The step must be taken with the proper base and weight distribution in order for a solid position to be achieved from which to effectively pull the arm attempting to draw the weapon, so that then the lock can be employed.

Obs.: Once you are in the position to use the lock, control your opponent's shoulder to stop them from getting low and escaping.

19. BACK MOUNT ESCAPE

TECHNIQUE

Once your opponent takes the back and places the hooks, in order to survive and escape the position, it's necessary to stop the possible chokes. The best defensive position is to keep your hands crossed so as to block the entry of a collar grip and control one of the arms. When a hand gets in the collar, the escape side is defined. At that point, throw your weight to his side with support of your foot. Once in this position, continue to keep your weight on your opponent's leg to undo the hook on this side, using the free hand or the foot if possible. Hold the knee to avoid the mount and continue to hip-escape.

Obs.: The correct support from the foot is key for the weight transfer to be done effectively.



20. CHAIR DEFENSE

TECHNIQUE

The effectiveness of this defense is totally conditioned to the timing of the approach and the block, and to the anticipation of the chair-throwing motion. The block is done with both hands under both elbows the moment the aggressor has their arms at the highest point over their head. In the case of a chair coming from the side, both hands block the top arm. After the block, clinch and employ a hip throw.

Obs.: Practice the approach and block with a soft object, to finish with a hip throw without risk of injury.



21. STRAIGHT ARMLOCK, KNEE ON THE STOMACH

TECHNIQUE

From the advantageous position of knee on belly, it's possible to apply a lock when the opponent stretches their arm. The lassoing must be performed with the forearm at tricep level. Prop the other hand on the shoulder and hold your own wrist, in a grip identical to the americana and kimura. The important details are the propping of your own elbow on your own leg that is raised and propped on the floor, and the hip motion to execute the lock.

Obs.: Watch the lesson "Knee-on-belly concept" of SDU's module 2 for effective position control.



22. KNIFE DEFENSE, OVERHEAD

TECHNIQUE

It's important to have in mind that you should not fight someone armed with a knife, and that these defensive techniques must only be used as a last resort when it's impossible to run and the attack is inevitable. The first important question is to notice how the aggressor holds the knife. Based on their way of holding it, you can tell whether the attack is coming from the top or bottom. Next are the distance and the length of the step necessary to block, so the block is performed with a good base. When you block the knife on top with the forearm right under their wrist, grab the wrist and get the other hand under the bicep and hold your own hand, getting your elbows together to consolidate the grip and using the torso motion to execute the shoulder lock.



23. KNIFE DEFENSE, SIDE

TECHNIQUE

The lateral block must be done with the forearm right under the wrist, and the other hand must come from below and hold the aggressor's hand in the thumb region. It's important to get the forearms together to obtain a good connection and use the blocking forearm to perform the torsion of the aggressor's wrist.



24. STRAIGHT ARM CHOKE, THRUSTING CHOKE

TECHNIQUE

Make the grips on the collar with your palms facing down, with the adequate distance so that the closed hand reaches the side of the neck. Use the weight of your body to put pressure and perform the choke -- not the strength of your arms. It's important to distribute your weight so that the base of the mount is focused on the choke's pressure point, preventing your opponent from escaping by doing an upa..



25. CLUB DEFENSE, OVERHEAD, DISTANT RANGE

TECHNIQUE

Raise the arm stretched in front of your head, aligning the wrist to the center of the face at an angle that will deflect the impact and not offer resistance to the strike. After the aggressor's motion and the block, grab the arm, clinch and perform the hip throw.

Obs. The thumb must face down and the palm must face the side you want to deflect the strike to. Align the wrist bone to the center of the face, between the eyes.

