

# JACKET GRAB

*Defense against: **Two-handed shirt or jacket grab.***

*This technique is an American Kenpo technique known as “Raking Mace.” Use the combination of Marriage of Gravity and the element of surprise to immediately turn the tables of this situation.*

Start in Neutral Stance, hands down. As opponent tugs you in, simultaneously step forward with your right foot, pin their hands to your chest with your left hand, and deliver Right Thrust Punch to solar plexus. Deliver Right Downward Sword Arm to opponent’s arms at the elbow crease, pulling them closer to you. Deliver Right Cross Shuto to throat.

