

SINGLE JACKET GRAB

*Defense against: **One-arm jacket or shirt grab.***

Chances are, the attacker is only grabbing with one arm because he's going to hit you with the other. Be prepared to deal with the attack before executing this technique. This technique is an American Kenpo technique known as "Lone Kimono."

Start in Neutral Stance. Simultaneously Hinge Step back with left foot, pin opponent's arm to your chest with your left hand, and deliver Right Upward Crane's Wing to opponent's elbow joint. Knock opponent's arm off with a Right Downward Shuto to the elbow crease. Deliver Right Cross Shuto to throat.

