

## CHAPTER 8

# STANDING DEFENSE

*A soldier cannot count on starting every encounter in a superior position. To survive, he must have simple techniques that will bring him back into his fight plan.*

### Section I. UNARMED OPPONENT

Most grasping type attacks will leave the enemy in striking range. Therefore, elaborate defenses are not necessary. You should simply attack with strikes and force the enemy to either close with you, or when he attempts to respond with strikes, take the opportunity to close or escape yourself. The techniques in this section are directed at escaping from positions that are more difficult.

#### 8-1. DEFENSE AGAINST CHOKES

a. **Standing Rear Naked** (Figure 8-1, continued on page 8-2). At the moment you feel the enemy's arm around your neck, your hands should immediately grasp it to keep him from tightening the choke, and you should hang your weight on his arm to feel where his weight is. If he is close to your back, simply lean forward at the waist and, using your hips to lift, throw him straight over your back.



**Figure 8-1. Defense against the standing rear naked choke.**



**Figure 8-1. Defense against the standing rear naked choke (continued).**



**Figure 8-1. Defense against the standing rear naked choke (continued).**

