

Carl Cestari's Complete Training Guide To Self Defense

Fundamentals of Unarmed Combat

Section 1. The Realities of Fighting for Your Life

1. First of all, you must assume the worst possible conditions: Murphy's Law, what ever can go wrong, will go wrong.
2. You must be prepared for any and every contingency. There are a few key factors you must consider:
 - a. Assume your assailant is armed
 - b. Assume he has intent
 - c. Assume he has friends.
 - d. You must also prepare for every environment imaginable: snow, ice, sand, grass, pavement or any other environment you can imagine.
 - e. You must prepare for times you are injured, distracted, tired or older.
3. Given the thousands of possibilities, it is impossible to prepare for each one specifically.
4. That's why specific defenses DON'T WORK. There is no way to execute a specific block or a specific defense- your assailant has a battle plan. And it's not going to be just one strike. It will be a barrage of strikes, stabs, etc. **Action is always faster than reaction.**

Note: This is where the criminal wins, don't under estimate him, he will attack you with a barrage of techniques, not a single, solitary technique.

5. Also understand that under serious, hormone induced stress (FEAR) you will only be able to perform gross motor skills. In other words, your fine motor skills will disappear when your adrenaline starts to do its job. So you need to use techniques that take advantage of this.
6. Awareness- if you're not aware of your surroundings, no martial art in the world will help you. Listen to your instincts, they will never steer you wrong.

Section 2. What makes a good method of self defense

Successful self-defense depends on 3 primary elements: Distance, Balance and Momentum.

1. **Distance:** An assailant needs to get close to you to impose his will on you. If you allow your assailant to move too close to you, you will be unable to react to his assault. *Action is always faster than reaction.* If he can strike you without shifting his body weight, there is no way you will be able to react quickly and effectively. You can never predict what your assailant's going to do or if he is armed and has friends etc. So you must always react in a way that takes all of these things into consideration.

You have to move first. This is where your assailant can do the most damage. So you must attack first. The only secret your assailant has is to attack first, so you can't wait.

If you see or feel an attack is imminent, he still has to make an approach, he has to get close to you. As soon as you're approached, establish distance on his centerline by stepping straight back or on an angle.

2. **Balance:** Break his, maintain yours.

Your point of entry should be at his weakest point of balance. Draw an imaginary line between his feet and intersect it with a perpendicular line- that's your entry point. Position yourself on this line.

You will Use strikes and blows to his head and legs/groin to his head and lower parts of the body, the legs and the groin, to disrupt his balance

Avoid the center torso and hips. This is where his greatest mass and balance are; this couple with clothing will require more of an effort and training to create the desired effect.

Focus your attack at his head, throat, neck, groin and legs
Specifically head region targets:

1. Eyes
2. Bridge of nose,
3. Nose
4. Base of nose
5. Point of the chin
6. Ridge of the jaw
7. Temple Corner of the eyes
8. Cervical spine
9. Jugular notch
10. Carotid artery
11. Mastoid process
12. Base of the skull.

Legs: use kicks, stomps and knees

13. Thighs,
14. Instep
15. Knee
16. Shin
17. Groin

The testicles, must be struck up and in or grabbed, twisted and ripped away. Never strike at or into in a forward direction.

Effects range from moderately effective to deadly, depending on amount of force and repetition. For example, a strike to the throat or larynx could cause a gag reflex in order to distract the subject or you could strike hard enough to crush the larynx for a kill shot.

3. **Momentum:** Always take ground. This keeps your attacker off balance. The more momentum you have, the more successful you will be.
4. Remember, don't attack with a blow, but a series of blows. Practice your opening strikes 2 to 4 at most. In a fight you will continue with non-specific, convulsive, aggressive, practical, hard hitting techniques to win the fight.

Your position or "stance"

1. 45-degree angle with vital targets protected on his centerline.
2. Weight on front foot
3. Hands in 3 on threatening positions:
 - a. Crossed at the belt
 - b. Folded at the chest
 - c. Lead hand at the chin.

After you have re-established distance and taken your position your assailant has 3 options:

1. Leave- in this case you need to keep an eye on him, because it's not over. He could be looking for another opportunity.
2. Stay- in which case you have to assume his intentions are no good
3. He attacks

Beginning drills and Techniques

1. Position and Distance Drill
 - a. Place a pair of boots or shoes in front of your training dummy. There are only 3 possible positions to place the shoes. Right foot forward, left foot forward and square (both feet standing parallel).
 - b. Practice establishing distance on your targets point of entry. Draw a line between his feet and intersect it with a perpendicular line.
 - c. Every time you begin, start facing the dummy head on and move back to the appropriate angle.
 - d. Make sure you are in the proper stance. Weight on your front foot with your body at a 45-degree angle. Practice putting your hand at each of the 3 positions.
2. The Drop step
 - a. While doing the position and distance drill, add the drop step. This will allow you the greatest amount of force into the target without telegraphing your intent.

- b. Simply pick your foot up and “fall” your target, making contact with your shoulder to what would be your assailant’s chest. Keep your chin down and stomp your foot while you move directly on that point of entry.
- c. Begin each repetition facing your dummy head on, move to the correct position and distance and execute the drop step

Basic Hand Techniques

1. Short edge of hand with drop step
 - a. Same as the previous drill but replace the shoulder contact with a short edge of hand to anywhere to the target’s head and neck. Make sure not to wind up and telegraph your intent.
 - b. Practice 3 different points of entry with the 3 different hand positions
2. Short edge of hand multiple. Same as previous drill, now add 2 short, snapping edge of hands.
 - a. Remember to stomp your feet with every move and every strike.
 - b. Keep your chin tucked and your elbow up.
 - c. Take ground with every step. Remember stomping your feet will help you maintain your balance and inflict more damage on the assailant.
3. Long edge of hand
 - a. Now add the long edge of hand to the above drill. Now you have sufficiently damaged your target enough, you can take the time to wind up and start to decimate him. Be sure to bring your hand back to your far shoulder for the wind up and cut his head clean off.
 - b. Practice from 3 points of entry from the 3 different hand positions.
4. Vertical Edge of Hand
 - a. Rear Vertical edge of hand
Practice with the rear hand. Keep the arm close to the body and drop the strike right on your targets collarbone. If you don’t have a training dummy like a BOB or a Spar Pro, you can take your heavy bag down and place it vertically at about shoulder level. Practice the vertical edge of hand strike 2 times with either hand repeatedly. Next, do the Drop step, multiple short edge of hands, ending with 2 vertical edge of hands to the collarbones. Practice from 3 different points of entry with 3 different hand positions.
 - b. Drop Vertical edge of hand
With the dummy in a horizontal position, as if your assailant was bent over. Practice dropping the vertical edge of hand to the back of the neck, spine and kidneys.
5. Knee to face
 - a. Do the above with a follow up knee to the face. Drive the knee straight up and stomp.
6. Shoulder Stop
 - a. Single Shoulder stop
With the heel of your hand, strike your training dummy where the point of the

shoulder would be. Follow the shoulder stop with a vertical edge of hand to the collarbone. Practice with alternating shoulder stops and vertical edge of hands.

7. Chin Jab

a. Basic Chin jab Lead and rear

b. Practice striking with your rear hand first to your target's head. Then practice with the lead hand.

8. Chin jab w/ eye gouge

Standing in front of your target, step to the side and strike with your chin jab while keeping a clawed finger position. After impact, drive the fingers into the face.

9. Chin jab/eye gouge with knee to testicles

While gouging his eyes, drive your knee into his testicles, make sure to keep stomping your feet and driving your knees straight up. Use multiple knees while you are gouging his face.

10. Chin Jab Upper cut chin jab w/post

While standing in front of your target, take a deep step to the side with your lead foot. You will need to step a little deeper so you can wrap your arm around his lower back and or arm. Drive the Upper cut chin jab straight up his chest and into his chin. Continue to secure his lower body while you drive your fingers into his face

Do the above and add the knee strikes while you're gouging his eyes.

Combinations

1. Combination practice (each from 3 points of entry, 3 hand positions)

a. Drop step, short edge of hand, short edge of hand, long edge of hand

b. Drop step, short edge of hand, short edge of hand, rear vertical edge of hand

c. Drop step, short edge of hand, short edge of hand, long edge of hand, rear chin jab

d. Drop step, short edge of hand, short edge of hand, long edge of hand, rear upper cut chin jab with a post.

e. Drop step, short edge of hand, short edge of hand, long edge of hand, rear upper cut chin jab with a post, gouge the eyes and drive the knees.

Hand speed Drills

Additional practice. Pick 3 combinations and place your hands

1. Behind your back

2. Pressed on your thighs

3. Behind your head

4. In your pockets

Advanced Strikes And Blows

All Blows need to minimize injury to your self. Unless you are training properly, avoid fist blows.

Hand Techniques

1. Web of Hand Blow (Hand Yoke) with the drop step
Target any where around the neck will stun or do damage, or the bridge of nose or under the nose. From a training stance (The interview stance with your palms pressed into you thighs). Twist with your hips, rise on your toes and drop step into the strike. Make sure to follow through with your shoulder
2. Web of hand, rear knee to testicles.
Same as above and follow immediately with the rear knee to the testicles
3. Gouge or hair grab to web of hand strike.
Secure the head with a gouge or a hair grab and open the throat. Follow with a strike.
4. Gouge or hair grab to web of hand strike to a larynx crush.
Same as above but secure the back of his neck with your free hand and drive your fingertips behind his larynx and crush it like a beer can.
5. Chin Jab to web of hand strike
Strike with the lead or rear chin jab and follow with the web of hand strike to his throat.
6. Practice the Chin Jab, web of hand to a larynx crush.
7. Double Chin Jab
Drive both up his center line, hands forming a wedge and connect with his chin
8. Double Chin Jab to eye gouge and knee to testicles
Perform the double chin jab and drive your fingers into his eyes. Follow with knees to his testicles
9. Short Hammer Fist
Make a fist: close fingers and tighten form the pinky forward. The fist must be tight. Tuck the thumb underneath
The pinky will form an “L”, that is the striking surface of the short hammer fist. Do not wind up, it must be a short, chopping action. Target the side of the head and face. Use the short chopping, non target specific blows to open him up.
10. Long Hammer fist
This is a horizontal like the long edge of hand. This can be to the head or to the body.
11. Cupped Palm Blow
Your hand is cupped like you’re scooping water
The path of the blow is a circular, arced motion to the ears from either the front or the rear
It can be done with one hand or 2 hands
12. Drop step, 2 handed cupped palm blow to the ears

- Drop your weight and strike the ears before your stepping foot hits the floor
13. Drop step, 2 handed cupped palm blow to the ears, double eye gouge, knee to the testicles. Same as above, but now let the fingers grab the ears and drive your thumbs from the inside corners of his eyes while rattling his head. Drive your knees into his testicles while you're performing the eye gouge.

Remember, you don't need an instructor standing over your shoulder to develop your own combinations. When you need it, you will react. It depends on your character, your heart and your will to live. Non-specific blows to easily accessible targets. Know when the attack is imminent and then EXPLODE.

14. Cupped hand blow from the rear.
Approach like in century stalking and execute it.
15. Cupped ear box from the front, man bent over
If your target was bent over in front of you, simply strike him with the cupped hand blow and follow with knees to his face while you're securing his head with you hands

If you see and eye, gouge it, if you see an ear, rip it off, tear it. Seize targets of opportunity.

16. Shoulder Smash
Grab the back of his head with both hands and smash the point of your shoulder in his face.
17. Shoulder smash, knee to testicles
Same as above. Secure the head and drive your knee into his testicles.
18. Drop step, Forward Head Butt
Don't use the head independent of the body
Close eyes and keep your neck, traps and shoulders tight.
Cinch your teeth
Strike with the head- where your original hairline was.
Use the drop step and drive your head into his face
19. Upward Head butt
Pinch his arms and drive the top of your head into his chin
Align with his center line and drive up
20. Ramming Head butt
Bend at the waist and ram the top of your head into his solar plexus
21. Side to Side Head Butt
Control his arms and drive the side of your head into his face\
Strike from one side to the other.
Or pin his head with your hand on his neck

Elbow Strikes

Elbows can be used any where on your target's body.

1. Elbow Jab or Elbow Spike
Snap the elbow convulsively into your opponent's head.
2. Drop step, Elbow Spike
Perform the above with a drop step
3. Horizontal Elbow Swing
Let the elbow reel and let your body follow through
4. Vertical Elbow Swing
Same as above, just come from that vertical angle downward
5. Rear Elbow Swing
Pivot the body and swing with the elbow in the rear direction
6. Moving backwards with horizontal elbow swings to create space and havoc.
Swing and torque your elbows while moving backwards
7. Rear Elbow
Don't wind up, just torque the body
8. Driving up elbow
Done from close range. Drive the point of your elbow into your targets chin/
head
9. Downward, smashing elbow
When your opponent is bent over, drop your weight and smash the elbow
downward.
10. Finger Tip Jab
Fingers bent at 90 degrees, thumb tucked on the side
The strike travels in an arc to the eyes or the testicles.
11. Edge of Hand, Finger Tip Jab to the Testicles
Lead edge of hand to the head, drop down, secure his waist with the same
hand and drive the finger tip jab into his testicles.

Hip Techniques

1. Hip Whip
Skip into the technique beginning with a drop step and then "hip check" your
assailant to disorient him. Literally throw your body into the assailant.
2. Rear Hip butt
When you feel a rear assault is imminent, drop your weight, thrust your hips
backward as you bend at the waist.

Section 4 Kicking and Leg Techniques

3. Marching and stomping knees
 - a. Always move forward, driving the knees up, Smashing the foot down.

Avoid sweeping roundhouse type of kicks and knees. They expose your groin and leave you off balance. You can maybe attack the thighs from the side in a close, grappling scenario.

4. Dropping knee
 - a. In a clinch, drop the knee into your opponent's thigh or kneecap.

Remember: Only kick a man in the head when he is down.

Don't kick above the groin level. You don't have to use too much knee or "chamber" the kick. You only have to chamber a kick when you are barefoot.

Targets are the shin, insteps, knee, groin, thighs.

All of these kicks are designed for kicking in shoes or boots. The heavier the better. Steel toe boots are great.

5. The Point Kick

Done with the toe of the boot

Flick the foot at the target

Use it to create an opening

6. Lead Point Kick, Knee to testicle

Throw the lead point kick, secure his head and knee him to the testicles

7. Instep OR Saddle Kick

You will get this if his legs are wide open

Strike with the instep and smash his testicles upward

8. Side Kick

Do not draw it up, it's too slow.

Drive your heel into his knee and rotate your hips.

9. Inside Edge of Boot

Sweep or Snap it into the shin

Scrape down and smash the instep OR stomp the instep

10. Hop to inside edge of boot

This can be done from the rear OR from the front

This can also be done when defending a rear bear hug

11. 3- Kick Drill

Inside edge, outside edge, Inside edge, outside edge

12. Hook Kick

Swing the point of the toe into the bladder, thigh or hip

13. Pivot Kick

Same as above, remember it must be done convulsively and tight.

This can be used when you're changing direction

Ground Fighting

Never choose the Ground. You will wind up in this situation by falling or being knocked down. On the ground you are severely limited and vulnerable to weapons, multiple assailants. When most ground techniques are practiced in a dojo or gymnasium, a lot of sport techniques seem to work. But on the ground you expose yourself to lethal injury. Do not go the ground by choice. Remember an experienced street fighter doesn't care what you know and is not impressed by what you do. So always avoid grappling or moving in too closely. But if you have to there are a few basic strategies.

There are two primary situations.

1. You're on the ground and your assailant is on his feet.
2. You're both on the ground.

A special note, along with these techniques you should ALWAYS have a “nasty” surprise for your attacker.

The most effective techniques are those that don't require a lot of movement.
And don't forget what you've already learned.

Gouges, bites and tears.

Fishhooks

Finger Cradle Gouges

Short hacks and chops

Use your environment, grab a rock or a broken bottle; anything that will give you a better chance to survive.

Break falls

Avoid judo and jujutsu type break falls that require you to slap out

1. Rear break fall 1
 - a. Tuck your chin and protect your head
 - b. Hunch your shoulders so you don't get the wind knocked out of you
 - c. Drop to your butt and fall back or drop to your butt and roll
 - d. Don't slap out to avoid shattering your hand and forearm

Situation 1 Position 1. Assailant standing two paces away, you're on the ground

1. Tucked position, lay on one side
2. Your top leg is the jabbing leg and your bottom leg is the power leg
3. Keep your arms up to protect your torso, head and spine from a third party attack
4. Do not stay flat on your back, it exposes your groin
5. Use your top leg to keep him off and use your bottom leg to cause damage.
6. Once you start to weaken him, finish him with a “pistoning” action of both your legs
7. Rock the body and pivot, keeping him “in front” of you

He's got two choices, he's going to go away to either get a weapon of some sort or just leave OR he's going to continue the attack.

If he leaves or you have the opportunity, get up.

If he presses the attack, you take him to the ground. If you weaken him enough with the kick you can take him to the ground a few ways. We'll focus on two simple ones.

1. Hook his ankle with your bottom foot (laces side) and smash his knee with your top foot. When he's down, kick him in the groin. Roll away by throwing your legs back and get up Or “shrimp” back and get up
2. If he is facing to the side and the angle of his knee has changed, just hook up like the first one but instead of smashing directly to the front of his knee with your bottom

foot, drive the heel of your bottom foot into the back of his knee.

Situation 1 Position 2. He is on his feet and you are down but this time he is one step away about to kick you. He is past your legs and he is closer to you than before.

1. Cover yourself with your arms, shoulders and legs
2. Roll into his kick and hook his leg below his knee with the top or rear arm
3. Keep your rolling momentum and literally roll through him and take him to the ground.
4. Continue to roll and follow up with elbows and edge of hands
5. Roll away the opposite direction you came in and get up.

Situation 1 Position 3. He's standing and you're on the ground. This time he's right on top of you about to stomp you to death.

1. Cover as before, but you need to act fast.
2. Catch a leg and lock your hands
3. Immediately roll as hard as you can away from him causing him to fall forward.
4. Stomp him and drive your heel into him
5. Grab his groin if you can
6. Swivel your legs to him and piston kick him
7. When an opening presents itself get up
8. Remember to keep your arms up to protect yourself from a third party attack.

Situation 2 both you and your attacker are on the ground. Either he's on top of you or you're on top of him.

1. Position 1 you're on top of him
 - a. The Mount- position of dominance
Push off of him, drop your weight on him and finish him with edge of hands & chin jabs, elbows, thumb gouges, fishhooks
If you're tight to him, use the chest bounce and the face smear to create an opportunity for you to get to a position of dominance. Of course the gouges and tears are used here too. If an arm comes up, you hack it. Capture an arm with a knee or a foot and continue to hack him. If a hand gets in your face, rip the finger off and break it.
 - i. Reverse Japanese strangle with the grape vine
 1. Maybe you need a rest. Just bury your head and work your way back to a position of dominance.
 2. If you can, work your finger into his eye and take it. You must go beyond the tap.
 3. All the while "pedaling your legs and causing him severe pain

Once he's injured, move back to that dominant position and continue to hack him to bits. You can also move off of him to the scarf hold with your forearm under his head, gripping your knee.

4. Use punches, hacks and elbows to injure him more
5. You can move into the shoulder dislocation from here too.

b. The Guard

- i. He'll either be pushing you away or trying to wrap you and pull you in.
 1. Open guard
 - a. Smash his nuts
 - b. Hack inside of his thighs
 - c. Hack his shins
 - d. Use your elbows to destroy his legs
 - e. You can grab a foot and just twist it.
 - f. ONCE HE'S INURED Move over him to the mount. As you move over him, smash his nuts with your knee, elbow him, hack him and take him apart.
 2. Closed guard
 - a. Leaning back
Sit back and drive your elbow through his groin and thigh. As he opens up a bit start driving and hacking
Move up the body as before and finish him. If his hands come up to grab you, just hack them
 - b. If he pulls you into him
 - i. Reverse Japanese strangle/eye gouge
 - ii. Chest smear and bounce back to lean back position if you haven't ended the fight already with the eye gouge.

2. Position 2, He's on top of you

- a. The Mount
 - i. Attack him to gain a moment to better your position
 - ii. Hack at him to get him to stop punching you
 - iii. Extend you legs and hip buck him off of you
 - iv. As he comes back on you, get the reverse Japanese strangle
 - v. Find his eye and take it
 - vi. Roll him off of you.

Remember- "Ruthless Offense"

- b. The guard
 - i. Open guard
 1. Legs together
 2. Turn to the side
 3. Heel kick and smash him repeatedly
 4. If he gets off great

5. If you have to move in, cover your groin and go.
- ii. Closed guard
 1. Protect yourself by keeping him close to you
 2. Hack him as before
 3. “Leap” up and catch his neck and pull him in for the reverse Japanese strangle.

Remember- “Injure him before you move to the next position.”

Bonus- if you have his back. First, just pummeling him with blows will do the trick, but if you’re in a situation that may require you to finish him in this manner.

1. Leap on his back
 2. Rear Japanese strangle and put your hooks in at the same time
- If you have the misfortune of being the person on the bottom, but you’re lucky enough that he screwed up.
- a. If his legs are closed
 - i. Re-hook for the ankle dislocation
 - b. If his legs are open
 - i. Grab his heel and toe and twist his ankle
 - ii. Or drive your elbows into his femoral artery and both hands pin his thigh
- C. Use elbows and axe hands to escape

Defense Vs Grabs and Holds

Grabbing attacks and mugs: this is when your assailant gets into your zones without you responding with blows. You will not have time under real fighting conditions to respond with specific defenses. Specific defenses don’t work under fighting conditions. The initial grab is a way of distracting you or pinning you and it pre-empt the real attack. The initial attack is not important.

Most techniques taught are simply regurgitated methods and the instructors have not taken the time to reflect them against the real world. Attack first and keep attacking and you can defeat anyone, even a highly skilled adversary.

Front assaults

Single hand grabs (when you practice, don’t “give” your hand to the training partner.

1. Single wrist grab. The only specific defense worth practicing and you don’t really even have to. Simply use this release to free your hand so you can hit him.
 - a. Break it against the thumb either up or across.
2. Single wrist grab 2
 - a. Edge of hand, heel of hand, knee to testicles- simply attack him and practice from close range.

- b. Elbow spike
- 3. Single arm grab
 - a. Same as before, simply attack

Double hand grabs

- 1. Front choke
 - a. Step back, throw arms over and twist your body. Get your head and groin off the center line.
 - b. Rip across and smash back with the edge of hand
 - c. Finish with a chin jab and a knee to the testicles
- 2. Front collar grab
 - a. Same as above front choke

Body grabs

Your assailant is trying to crush your ribs and back. Pick you up and throw you, take you way or hold you so his buddy can beat the hell out of you.

- 1. Front bear hug, arms free
 - a. Get your balance, gouge his eyes
 - b. Knee the testicles
 - c. Stomp his instep
 - d. Bite his ear or neck
 - e. Chin jab and knee his testicles
- 2. Front bear hug arms trapped.
 - a. Get your balance
 - b. Knee the testicles
 - c. Stomp his instep
 - d. Bite his ear or neck
 - e. Chin jab and knee his testicles

Rear assaults

Rear body grab or bear hug

- 1. Rear bear hug
 - a. Get your balance
 - b. Head butt backwards
 - c. Reach back and seize his testicles
 - d. As he breaks off, follow with elbows, edge of hands
 - e. Finish with a chin jab and knee to the testicles
- 2. Rear bear hug, when you're lifted off of the ground.
 - a. Run in place
 - b. Drop your weight and get on the ground, finish same as before:
 - c. Get your balance
 - d. Head butt backwards
 - e. Reach back and seize his testicles
 - f. As he breaks off, follow with elbows, edge of hands
 - g. Finish with a chin jab and knee to the testicles

3. Rear bear hug arms free
 - a. Same as before: Get your balance
 - b. Head butt backwards
 - c. Reach back and seize his testicles
 - d. As he breaks off, follow with elbows, edge of hands
 - e. Finish with a chin jab and knee to the testicles
 - f. If you need to break his grip, grab a finger and rip it off.

Other rear holds

1. Rear naked strangle
 - a. Turn into him
 - b. Elbow strike
 - c. Grab testicles
 - d. As he breaks off, follow with elbows, edge of hands
 - e. Finish with a chin jab and knee to the testicles
2. Head lock
 - a. Circle in front
 - b. Edge of hand thigh and shin
 - c. Grab testicles
 - d. Gouge eye
 - e. Chin jab and knee to his testicles

***The fights not over until he is incapable of doing anything.**

3. Single hand grab from rear
 - a. Turn and chop his throat or his wrist
 - b. If you are in law enforcement and he reaches for your weapon, just chop him
4. Double wrist grab from rear
 - a. Side step
 - b. Drive elbows up and strike his head
 - c. Stomp his instep
 - d. Hack him with edge of hand
5. Hair Grab. From the front, there's no difference between a hair grab, a punch or a throat grab. From the rear
 - a. Grab his wrist with both hands so he can't rip your hair out.
 - b. Turn towards him, kick him in the knees or testicles
 - c. Finish with an edge of hand, chin jab
6. The proper way to seize the testicles
 - a. From the front
 - i. Drive the hand thumb up to the top, turn and squeeze.
 - b. From the rear
 - i. Drive the hand pinky side up, turn and squeeze.

If you are going to take him to the ground use sweeps or hockey style take downs.

Remember KISS. Keep it Simple Stupid. Grab his nuts, gouge an eye, the fight is over.

Typical control and deflection techniques only work on old ladies and aged college professors.

Practice to attack as soon as he comes into your space. Train realistically, train hard.