



Section 5

Women's Self-Defense

- Chapter 1** The Meaning of Women's Self-Defense
- Chapter 2** Front Capture
- Chapter 3** Side Capture
- Chapter 4** Back Capture
- Chapter 5** Two-Person Capture

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Front and Back Capture

This is the case when two ruffians suddenly grapple at you from the front and back. One holds you from the back in a bear-hug over both your elbows like in picture (1), and the other comes from the front and grabs your collar with both of his hands. At this time, first of all, like in picture (2), grab and pull the sleeve of the enemy who is in front of you (this is to break his balance as well as to restrain his hand from grabbing your leg/foot).

As soon as you throw your right foot to kick up at his groin, lower your body and simultaneously twist it to the right like in picture (3). As your body twists to the right, drive into the enemy's sui-getsu (solar-plexus) with your right elbow and powerfully extend the left elbow, pushing it upward (if you push out and drop your hips at the same time, the enemy's hands will naturally come off).



① 捕後前

Front and Back Capture (1)



② 捕後前

Front and Back Capture (2)



③ 捕後前

Front and Back Capture (3)