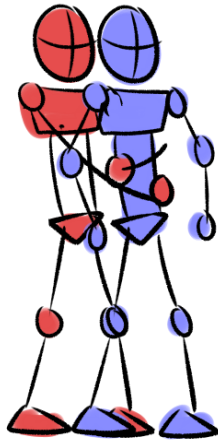
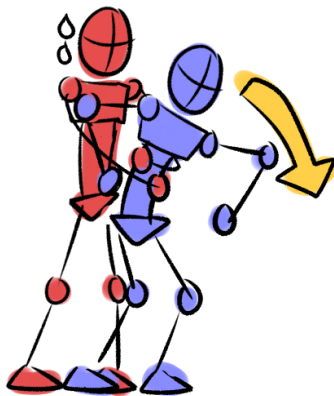


# How to Escape a Bear Hug

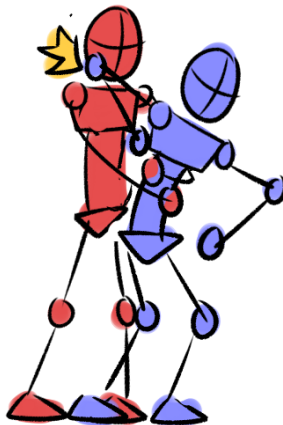
Grabbed Around the Waist



1. Bend forward to throw your attacker off balance.



2. Twist and elbow them repeatedly until they let go.

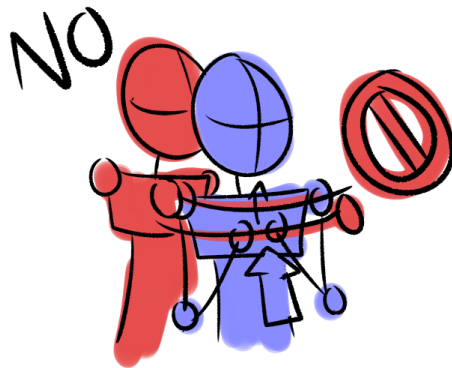


## Grabbed around the Chest

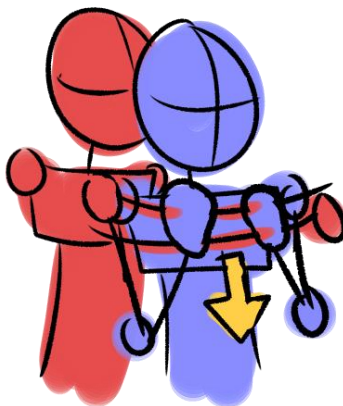


Your first instinct might be to push upwards.

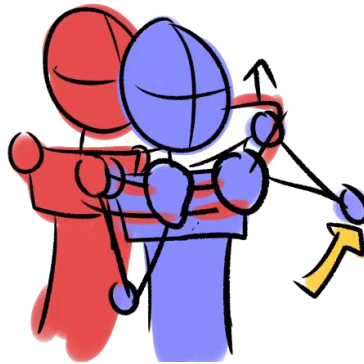
Don't do that – this can convert into a choke hold, which is worse for you.



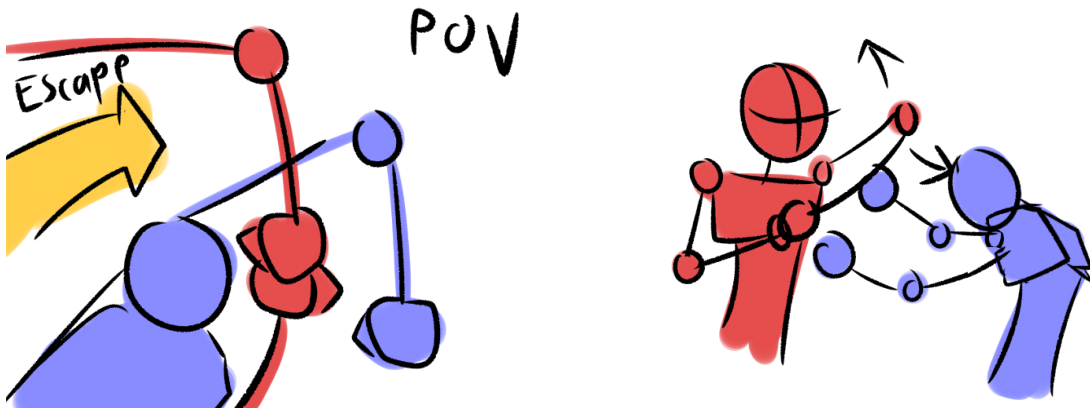
1. Instead, grab from the bottom, like a hook, and pull downwards.



2. Raise one of your shoulders and its respective elbow



3. This should create an opening, which you can twist out of.



4. If they manage to get you in a choke hold, pull downwards as mentioned before and scrunch your neck downwards to make it harder to grab.

