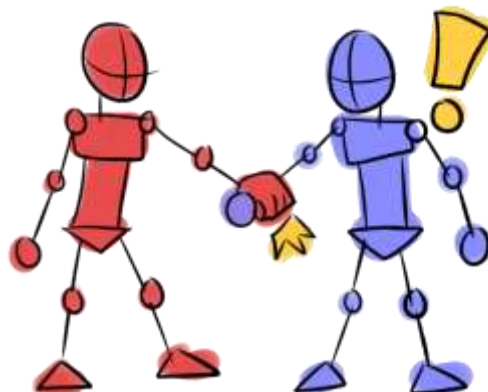
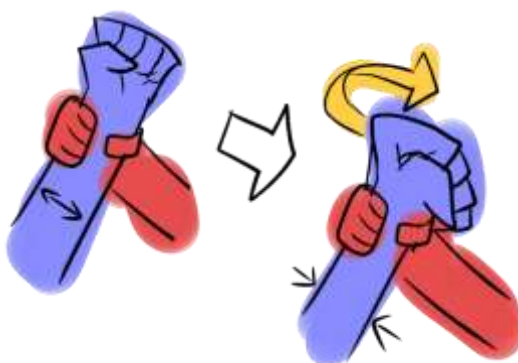


# How to escape Arm Holds

## Single Arm Grab



1. Twist your arm so that the long side is parallel to the opening in the attacker's fingers.

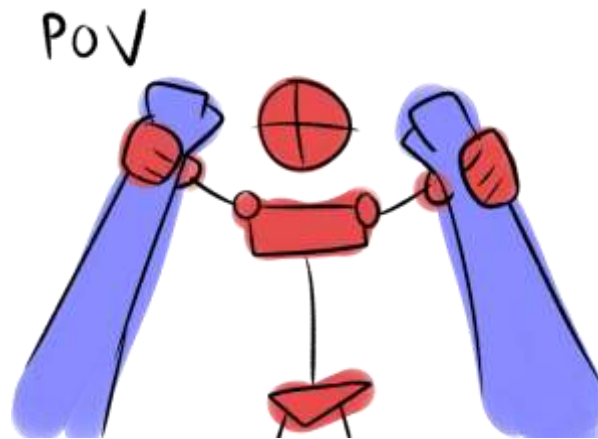


2. Pull quickly in the direction of that opening. Try and combine this with a step away.

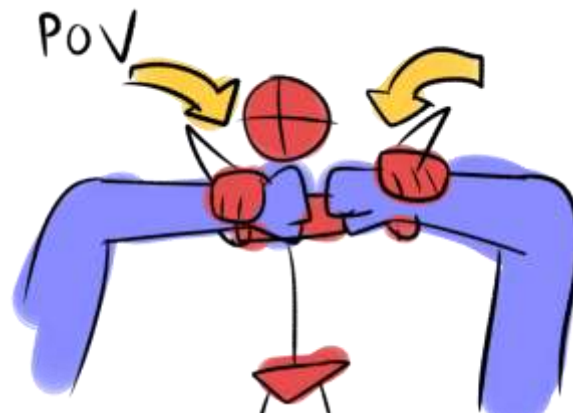


Every Arm Hold escape uses this principle.

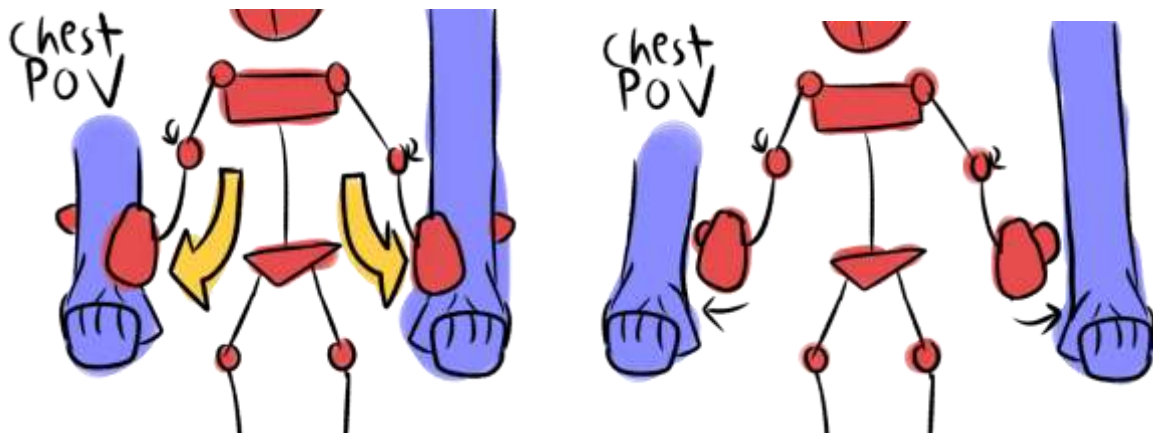
## Both Arms Grabbed



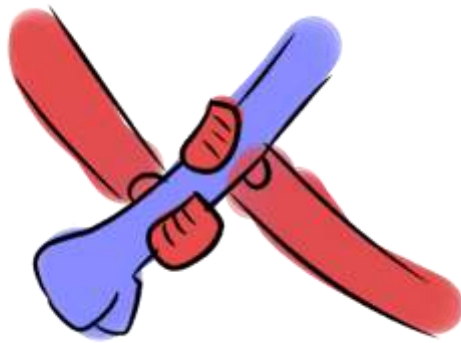
1. Spin both arms towards the inside of your body.



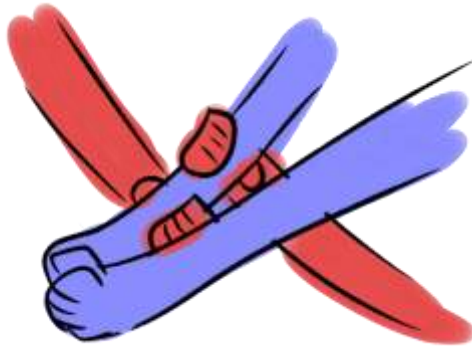
2. Keep rotating until the position gets too awkward for their grip.



## One Arm Grabbed with Two Hands



1. Make it a 2v2 – grab your own arm through the middle.



2. Pull it like a lever and step back.

