

**Technique: Combat Base****Overview**

Sometimes the difference between life and death relies on a person's ability to avoid being abducted or moved into isolation. In this lesson, we teach you the critical concept of "base" as well as how to avoid being pushed or pulled against your will.

**Technical Slices****1. Base Get-up**

- *Indicator:* You are sitting on the ground and the assailant is standing over you.
- *Essential Detail:* Keep your front leg lined up with the assailant.
- *Most Common Mistake:* Removing the hand from the ground too soon.
- *Bad Guy Reminder:* Move around to verify the lining up of the front leg.
- *Drill Orders:* 1 rep on each side, reverse roles.

**2. Push/Pull Base**

- *Indicator:* Assailant attempts to abduct you by pushing your upper torso or pulling you by your wrist(s).
- *Essential Detail:* Get low and maintain a perpendicular base, leaning 45-degrees in the opposite direction.
- *Most Common Mistake:* Failure to adjust lower body when appropriate.
- *Bad Guy Reminder:* Start gentle and then increase gradually.
- *Drill Orders:* 1 rep on each side, reverse roles.

**Mindset Minute**

An assailant will almost always try to subdue his target, and then move her to a secluded site to minimize the chance of being spotted by a potential rescuer. Utilizing your Combat Base, you will be able to avoid abduction and inhibit the assailant's ability to carry out the assault. Remember that while you are maintaining your base, you should also be yelling loudly or creating a scene so bystanders can be notified of the danger you are in.