

Technique: Drag Defenses**Overview**

If an assailant is able to knock you to the ground and is trying to move you, it can be difficult to get back to your feet and break away. In this lesson, we will explore three reliable techniques you can use to avoid being dragged, starting with the Wrist Drag defense.

Technical Slices**1. Wrist Drag**

- *Indicator:* Assailant is dragging you on the ground by your wrist.
- *Essential Detail:* Connect your feet to their arms, pivot around to get your feet on their hips and establish Stage 4, release your wrist, and kick them to create distance.
- *Most Common Mistake:* Not lifting both legs and elevating the hips when making the initial foot-hand connection.
- *Bad Guy Reminder:* Give your partner a safe target for kicks once they establish Stage 4.
- *Modifications:* If you are unable to connect your feet to their arms, use your feet to push off the ground and pivot your body into Stage 4.
- *Drill Orders:* Start from the wrist drag position, 1 rep, reverse roles.

2. Ankle Drag

- *Indicator:* Assailant is dragging you by both ankles.
- *Essential Detail:* Bring one knee close to your body and kick your flexed foot in the direction of your head.
- *Most Common Mistake:* Not bringing the knee to the chest before kicking out of the grip.
- *Bonus Detail:* Wrap your arms around the back of your thigh and pull to facilitate bringing the knee to the chest.
- *Drill Orders:* Start from the dragging position, one rep, reverse roles.

3. Hair Drag

- *Indicator:* Assailant is dragging you on the ground by your hair.
- *Essential Detail:* Whip your legs around and use your hands if necessary to stand up and face him before executing the hair grab guard pull variation.
- *Most Common Mistake:* Not resorting to your hands when necessary to get to the standing position.
- *Safety Tip:* Fake the hair grab if necessary.
- *Drill Orders:* Start with hand on the head/hair from dragging position, 1 rep, reverse roles.

Mindset Minute

Whether the assailant is dragging you, or you find yourself in any other chaotic position, get back to what you know – the guard.