

**Technique: Punch Defense****Overview**

The natural tendency when being overwhelmed with strikes is to back away from the assailant while protecting your face and head. Once again, the intuitive response in this situation could be the most dangerous response. In this lesson, we further explore the distance management principles and learn how to minimize damage from aggressive strikes in a standing altercation.

**Technical Slices****1. Clinch Control (Preparation Drill)**

- **Essential Detail:** Place your head in the middle of their chest, and angle your legs to the side creating a triangle with your feet.
- **Most Common Mistake:** Not keeping tight control of their hips.
- **Bad Guy Reminder:** Check your partner's base during the clinch control.
- **Drill Orders:** Start from the clinch, control for 5 seconds, disengage.

**2. Clinch Entry**

- **Indicator:** Assailant attempts to overwhelm you with punches while standing.
- **Essential Detail:** Protect your face and establish the clinch for safety.
- **Most Common Mistake:** Not making contact with the bad guy before releasing head protection and moving into the clinch.
- **Bad Guy Reminder:** Make a slow, obvious wide punch while they are learning the entry.
- **Safety Tip:** Don't spike your partner with your elevated elbow upon the entry.
- **Drill Orders:** Start from distance management, establish clinch, control for 5 seconds, disengage.

**Reflex Development Drill**

Practice all options from the Stop-Block-Frame and Punch Protection. Start with a bad guy approaching you, bad guy will present an indicator (trying to control your hips or striking you), and good guy will respond with the appropriate technique.

**Mindset Minute**

Although establishing the clinch with the attacker may be highly counter-intuitive, it may save your life.