

**Technique:** Hair Grab Defenses**Overview**

Whether you're being attacked by a man or another woman, getting your hair grabbed can greatly reduce your mobility and leverage in a fight. In this lesson, we teach you how to defend against the most common hair grabs, whether standing or on the ground, starting with a Standing Armlock that turns their grab into your submission opportunity!

**Technical Slices**

## 1. Standing Armlock

- *Indicator:* Assailant grabs hold of your hair while standing.
- *Essential Detail:* Quick arm tug and immediate pressure on the assailant's elbow.
- *Most Common Mistake:* Weak base throughout the technique.
- *Bad Guy Reminder:* Keep your arm slightly bent for safety.
- *Safety Tip:* Apply pressure VERY slowly.
- *Drill Orders:* Start standing, grab neck or hair, 1 rep, reverse roles.

## 2. Guard Armlock

- *Indicator:* Assailant is in your guard and grabs hold of your hair.
- *Essential Detail:* Effective acquisition of 90-degree hip angle.
- *Most Common Mistake:* Failure to place blade across assailant's neck during spin.
- *Bad Guy Reminder:* Help your partner to acquire the "turtle pivot" until she can create it herself.
- *Drill Orders:* Start from guard hair grab, 1 rep, reverse roles.

## 3. Guard-Pull Armlock

- *Indicator:* Assailant grabs your hair with a strong, bent arm from standing.
- *Essential Detail:* Control his head and forearm, pull guard, and execute the armlock.
- *Most Common Mistake:* Failure to reconfigure the arm positioning after the guard-pull.
- *Bonus Detail:* To make the armlock more fluid, you can use your inner thigh against his body to create the angle, instead of the foot on the hip.
- *Drill Orders:* Start with hand on the head/hair from standing, 1 rep, reverse roles.

**Mindset Minute**

Having someone grab your hair in combat can be seen as either a gift or a curse. Develop your reflexes to see the armlock opportunity in any hair grab.