

Technique: Rear Attack Defenses**Overview**

A surprise attack from behind is one of the most challenging attacks to overcome. In this lesson, we teach you how to defend when someone attempts to choke you or bear hug you from behind.

Technical Slices**1. Rear Choke Defense (Pull Back Variation)**

- *Indicator:* Assailant approaches from behind and chokes you with intent to drag you into isolation.
- *Essential Detail:* Immediate control of the assailant's choking arm and dropping into base.
- *Most Common Mistake:* Failure to generate sufficient momentum during pivot.
- *Bad Guy Reminder:* Lean back while controlling the neck to add realism and facilitate the move.
- *Safety Tip:* Pause before the throw to make sure "bad guy" is ready for the fall.
- *Drill Orders:* 1 rep, reverse roles.

2. Rear Choke Defense (Shoulder Slip Variation)

- *Indicator:* The Pull Back variation does not work because their grip is too tight, or they are not attempting to pull you from behind.
- *Essential Detail:* Drop your shoulder and rotate toward the choking arm to fully face the assailant and establish the clinch.
- *Most Common Mistake:* Turning in the wrong direction and making the choke tighter.
- *Bad Guy Reminder:* As your partner gets more comfortable with the move, with their permission you can increase the choke tightness.
- *Drill Orders:* Start in the rear choke, one rep, reverse roles. Once more comfortable with the technique, try both sides.

3. Rear Bear Hug Defense (Under-Arm Variation)

- *Indicator:* Assailant approaches from behind and bear hugs you without notice.
- *Essential Detail:* Immediate drop into base placing both hands on the ground.
- *Most Common Mistake:* Failure to drive hips back during the leg-lifting process.
- *Safety Tip:* If you fall back during knee lock, let go of the leg to avoid hyper-extending it.
- *Drill Orders:* 1 rep, reverse roles.

4. Rear Bear Hug Defense (Over-Arm Variation)

- *Indicator:* Assailant approaches from behind and bear hugs you over your arms.
- *Essential Detail:* Spread your elbows and drop straight down to the ground where you can rotate your body to put them in Stage 4.
- *Most Common Mistake:* Failing to walk feet forward while committing to the downward drop.
- *Bad Guy Reminder:* Keep your base wide to avoid them landing on your toes.
- *Safety Tip:* Hook your partner's hands to soften the drop, and look up to avoid hitting your nose.
- *Drill Orders:* 1 rep, reverse roles.

Reflex Development Drill

Practice all the Rear Attacks in random order, switch roles.

Mindset Minute

Regardless of what type of hold you're faced with, anytime someone grabs you from behind, drop into base immediately. From a solid base position, it will be much more challenging to move you, and you will have time to think about what move would best solve the situation.