

Technique: Weapon Defenses**Overview**

Some sexual predators will use weapons to intimidate and control their victims. In this lesson, we address the psychological aspects of dealing with an assailant armed with a gun or knife, and then we teach you the most reliable techniques to use if your life is on the line and you **MUST** act.

Technical Slices**1. Fight Philosophy – A Word on Weapons**

- Rule 1: If he wants something material, give it to him.
- Rule 2: If he is using the weapon to intimidate you into isolation, do everything in your power not to go with him.
- Rule 3: If he has you isolated and is using a weapon to control or harm you, try to negotiate the weapon out of the fight.
- Rule 4: If he insists on keeping the weapon in the fight, and you decide you would rather fight than give him what he is asking, use the armlock to break his arm and take control of the weapon.
- Once you acquire the weapon, remember that it is either him or you. Whoever is more determined to survive will.

2. Straight Armlock

- *Indicator:* Assailant is inside our guard and has a gun/knife near your throat.
- *Essential Detail:* Secure the arm to your chest and blade their neck at simultaneously.
- *Most Common Mistake:* Failure to create sufficient hip angle.
- *Bad Guy Reminder:* Maintain a rigid posture to facilitate the spin.
- *Safety Tip:* Squeeze slowly on the elbow.
- *Drill Orders:* 1 rep, reverse roles.

3. Kimura Armlock Variations

- *Indicator:* Assailant is inside your guard and has a gun/knife near your hip.
- *Essential Detail:* Use words to calm the assailant until you decide to act.
- *Most Common Mistake:* Failure to acquire the weapon after the technique.
- *Bad Guy Reminder:* Check the arm control at various points throughout the move.
- *Safety Tip:* Squeeze **VERY** slowly when applying this shoulder lock.
- *Drill Orders:* 1 rep, reverse roles.

Reflex Development Drill

Practice all Weapon Defenses in combination. Once the submission is established, always remember to tell the bad guy to “drop the weapon,” and then get control of the weapon.

Mindset Minute

More important than these techniques is the mindset shift that should occur when a weapon is introduced into a fight. Learn the rules and sharpen your reflexes so you can act decisively should the need arise.