

Surviving the Attack

by: Gene Roos

While standing in line at a fast food restaurant, an individual attempted to break in front of one of my martial art students. The student stated that he was there first, and was certain that he would be served shortly.

The larger man returned to the rear of the line (behind the student). After waiting a few seconds the man started pushing on the student's back (with his shoulder). The student continued to ignore the man.

The subject grabbed (right hand) the student's right shoulder and started to turn him around. The student reached with his left hand, trapped the attacker's hand, placed his right forearm on the attacker's inside right arm joint (unbendable arm technique), and counter clockwise rotated his body and his arm in a downward spiral (see next page). As the attacker was falling to the ground, the defender, in order to keep him from moving, pinned the attacker with a wrist lock. Later while reviewing his actions during the incident, the student wondered if the attacker had suffered a broken wrist.

A restaurant employee telephoned the police. Upon arrival the officers started to arrest both individuals until an employee reported the facts of the incident. The attacker was arrested and taken to the hospital for treatment of injuries.

The defender reported to police that he was trying to get the attacker off him and then to restrain him until they arrived.

The policeman told him (not knowing he was an assistant Jujitsu instructor) that if he would have punched or kicked the attacker while he was on the ground, he would have also

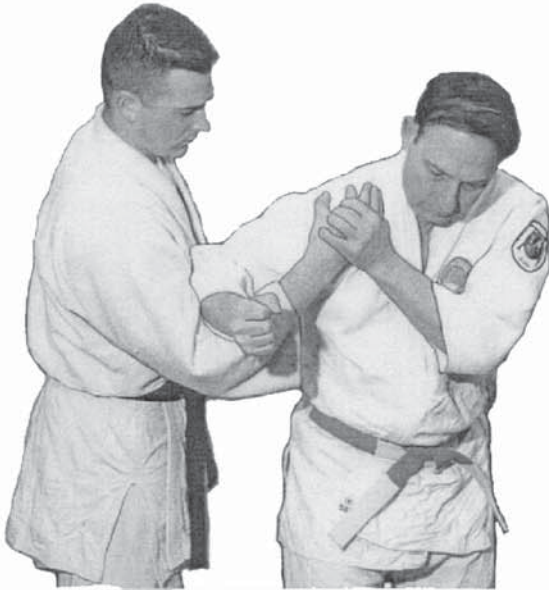
Rear Grab



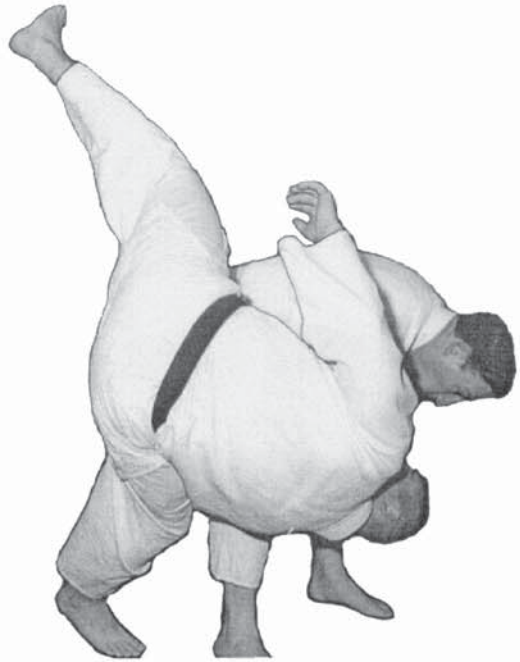
Attacker's right hand grabs the defender's right shoulder and tries to turn him around.



Defender's left hand traps the attacker's hand.



Defender's right forearm hooks inside the attacker's elbow joint.



The defender rotates his arm in a downward counter clockwise motion, body throwing the attacker.

Defender restrains the attacker with a wrist lock.



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been arrested.

The major criminal issue (and later civil action) is the question of when does excessive force begin in the eyes of the law. One situation is an attacker and defender with no witnesses. Another is with witnesses as in the above incident.

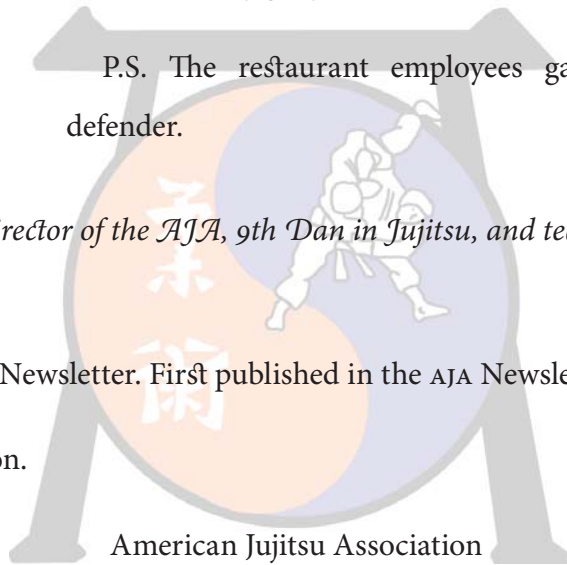
With the introduction of a weapon, more aggressive self defense actions may be necessary to secure the attacker and weapon. Beating an attacker after the threat has clearly ceased could probably get you arrested and later sued.

P.S. The restaurant employees gave free dinner to the defender.

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