



M2 MAB SAFE EVASIONS - EVASION PATHWAYS...



STEP ONE

Frontside Proxemics...

The majority of strength and movement is generated from the frontside proxemic base.

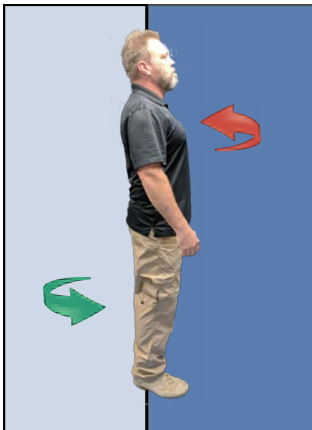


"Standing towards the side view of those in the escalation phase allows for quicker evasion."

STEP TWO

Evasion Pathways...

Confronting strong side proxemics of escalated individuals increases the risk of responder injury.



"Responder movement should focus where possible on evasion pathways towards the weak side proxemic footprints."

STEP THREE

Weak side Proxemics...

The human body does not have many capabilities to generate strength and movement from the weak side proxemics base.

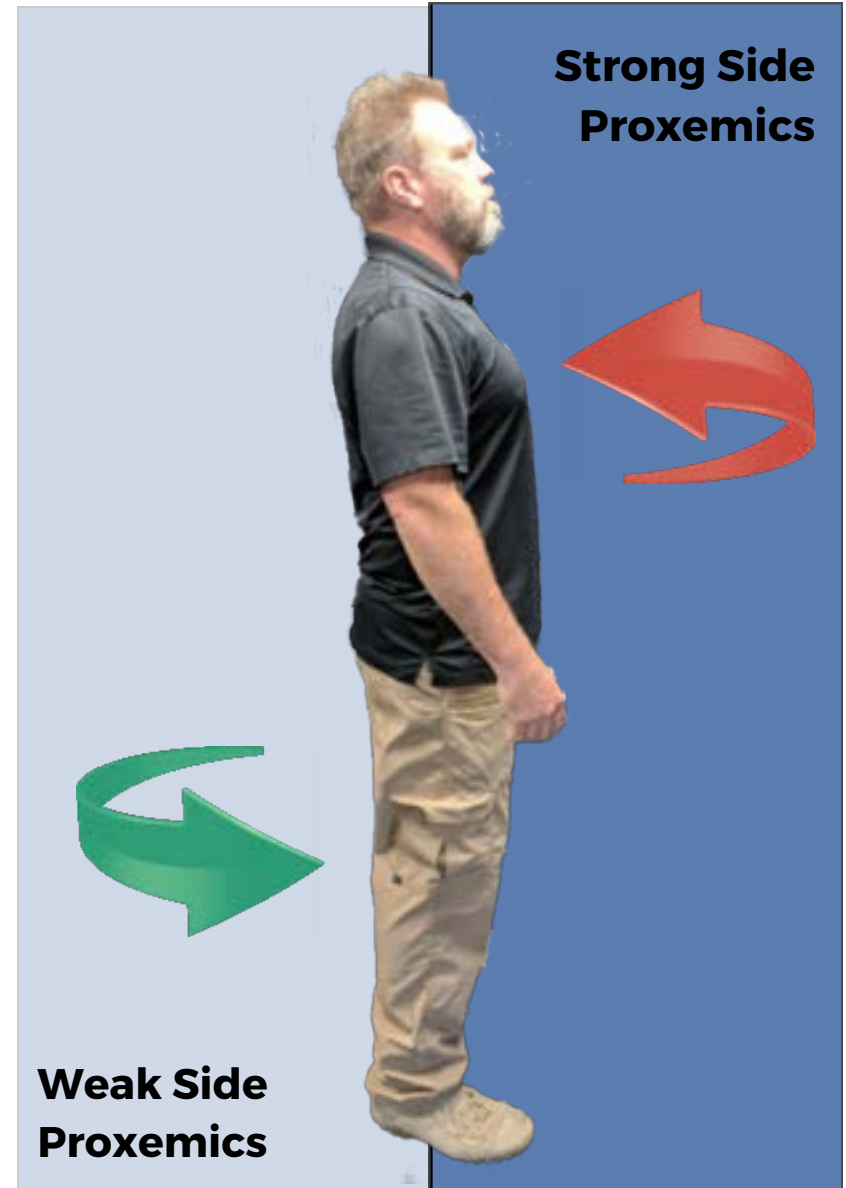


"Evasion pathways that move towards the rear side proxemic footprint of escalated individuals can decrease the risk of harm."



Safety Key...

- The responder's ability to read the details of the patient's body posture and self-placement are essential skills to help set up and move through evasion pathways.
- The Responder's objective is to Influence the environment through how he or she occupies and interacts with that environment.
- The responder's focus is on being situationally aware of the escalation phases of individuals within the milieu while maintaining environmental awareness of pathways for evasion.
- Maintaining awareness of pathways to evasion means being mindful of environmental limitations for an escape, like being too far from doors, behind desks, or in one way & one way our rooms.



**Strong Side
Proxemics**

**Weak Side
Proxemics**



M2 MAB SAFE EVASIONS - SELF MOVEMENT - HAND VARIATIONS...



VARIATION 1

The Weighted Palm...

They are used for applying pressure down onto aggressive movement, preventing the capability to momentum.



Weighted Palm

"Momentum must have space to generate."

VARIATION 2

The Stone ...

A Fisted Hand helps keep fingers out of the way during maneuver movement and helps to prevent intuitional grabbing responses.



Stone

"Remember Stones don't float"

VARIATION 3

The Monkey Paw...

A four-fingered grip that does not include the thumb. Allows for sliding movement and prying movement during maneuvers.



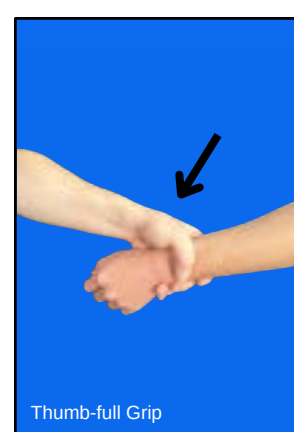
Monkey Paw

"There is less risk of attacker injury when using the monkey paw grip."

VARIATION 4

The Thumb-full Grip...

A five-fingered grip closes around and secures the area being held. Used when needing to move the attacker's body mass purposely.



Thumb-full Grip

"Thumb-full grips are used in high acuity maneuvers."

VARIATION 5

The Cupped Grip...

A five-finger hold that does not fully close around the attacker but presses downward and secures bracing maneuvers to the ground.



Cupped Grip

"The Cupped Grip helps to prevent hyperextension during containment processes."

VARIATION 6

The Sensory Hand...

The open-palmed sensory hand helps the responder sense attacker's movement during evasion maneuvers.



Sensory Hand

"This variation helps to determine the movement of the attacker's hands during evasion maneuvers."



Safety Key...

- MABPRO Safe Evasion Maneuvers focus, where possible, on not grabbing onto the attackers. This helps to limit the risk of injury.
- It is not possible to eliminate the risk of injury during physical assaults, but we can try to help guide responders in a way to help minimize risk through maneuvers.
- The MABPRO Safe Evasion Maneuvers help to form principles of movement when responding to various attacks, no singular set of maneuvers can eliminate all risks, and not all attacks are the same...the responder must be able to adapt the MABPRO principles to the unique variables of the assaultive incident.
- Self Defense is a right, professional response is a responsibility, and these two truths must always work together when dealing with violent patients.



M2 MAB SAFE EVASIONS - STRIKE RESPONSE - MOVING TRI-ANGLE BLOCK...



STEP ONE

Always Face Acuity...

Keep your attention purposefully focused in the direction of behavioral events.



"Acuity should always be in front of you."

STEP TWO

Raise Hand to Side of Head...

When Trigger Hand is activated swiftly, move that hand to the side of your head, firmly and securely holding it.

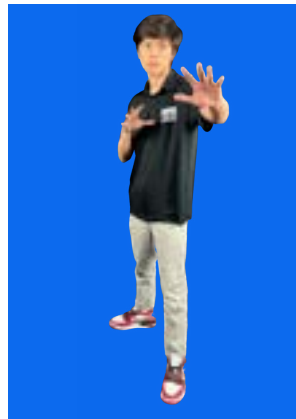


"Raising your hand to you head is like raising a shield in front of you."

STEP THREE

Elbow Pointing to Attacker...

Your Trigger Hand will form the basis of a shield; tuck your head behind the shield and keep your elbow pointed towards the attacker.



"keep your shield pointed towards attacker".

STEP FOUR

Place Other Hand on Bicep...

Lock the now-developed Tri-Angle Block by placing your other support hand firmly on the bicep of the Trigger Hand now secured to the side of your head.

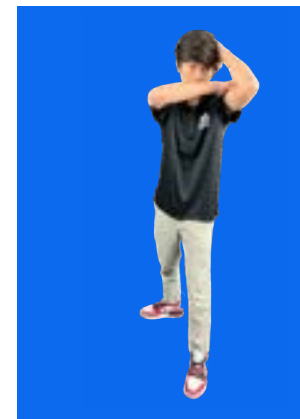


"Shield side strikes with your support hand by tucking behind the space guarded by the elbow."

STEP FIVE

Use Elbow to Block Side Strikes...

Tuck the head behind the space made with the Trigger hand and Support Hand.

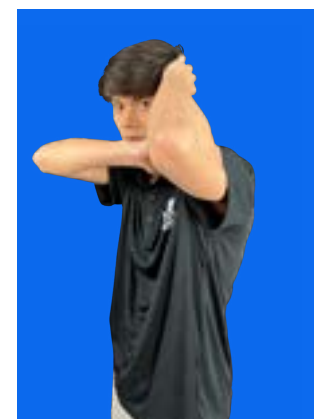


"The tri-angle block can absorb amount of impact via the forearms and the point of the elbows."

STEP SIX

Move Out and Away...

Push off your back leg and move forward and away from the assault motion



"Shield yourself during striking assaults, and be prepared to evade".



Keys to Safety...

- Situational Awareness and Environmental Awareness must be a professional expectations and a constant.
- Move quickly to set the tri-angle block when the trigger hand is activated while trying to simultaneously move out and away from the attack.
- Don't stay frozen in the attack and absorb sure to be repetitive strikes; move out and away!
- When someone is determined to hit you, you will be hit. When someone is determined to kick you, you will be kicked. Dealing with the reality of assault means finding a way to survive what assaultive individuals are determined to do. Protecting yourself means always being honest with reality. This means not developing a false sense of security through complicated and targeted self-defense maneuvers proven unreliable in crisis moments.
- BLOCK and EVADE!





M2 MAB SAFE EVASIONS - UNDERSTANDING STRIKING PROXEMICS...



STEP ONE

Setting the Base...

The first step sets the base and maintains the balance needed to transfer the weight through



"Individual abilities differ, on average the distance between steps can provide an estimate of the striking distance."

STEP TWO

Delivering the Weight...

The second step transfers the weight through the strike and into the victim. Balance is shifted from the rear to the front.



"Try to move at least three times the span of the first step towards the attackers weak side."

The Average Reach



"It can be difficult to track the speed of a strike, but all strikes need larger body movement to deliver full weighted impacts."



Safety Key...

- Keep your distance, read the changes in body positioning of the attacker
- The greatest amount of impact is at the end of the fully extended strike.
- The higher the Acuity, the greater the reactionary distance needed.
- If you can not escape the initial assault, then set your response to deflect and evade.
- Read the situation and start developing evasion pathways.





M2 MAB SAFE EVASIONS - UNDERSTANDING KICKING PROXEMICS...



STEP ONE

Setting the Base...

The first step sets the base and maintains the balance needed to transfer the weight through



"Individual abilities differ; on average, the distance between steps can provide an estimate of the striking distance."

STEP TWO

Delivering the Weight...

The second step transfers the weight through the kick and into the victim. Balance is shifted from the rear to the front.



"Try to move at least three times the span of the first step towards the attacker's weak side."

The Average Reach



"it can be difficult to track the speed of a strike, but all strikes need larger body movement to deliver full weighted impacts."





M2 MAB SAFE EVASIONS - THE RESPONSE POSTURE...



STEP ONE

Always Face Acuity...

Keep your attention purposefully focused in the direction of behavioral events.

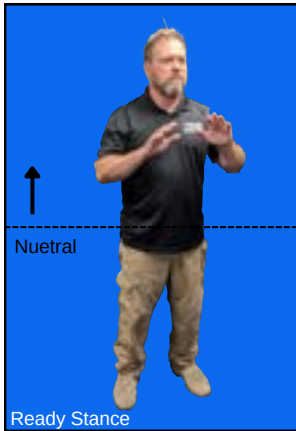


"Acuity should always be in front of you."

STEP TWO

Hands above Neutral...

Raise your hands above your waist line, and keep them ready to Respond.



"Do not place your hands out of sight."

STEP THREE

Give Distance...

Where you can increase the distance between you and the dangerous escalation.



"Do not turn your back as you move away".

STEP FOUR

Set Your Base...

When an assault is imminent, stand bladed and set your base with your body weight resting on your back foot.



"Put a slight bend at the knees and be prepared to move."

STEP FIVE

Set the Tri-Angle Block... Move Out and Away...

Place your forward hand firmly on the side of your head. Place your other hand on the bicep of the forward hand.



"Your forward hand, if struck, is the trigger to set the framing to intercept the strike."

STEP SIX

Move Out and Away...

Push off your back leg and move forward and away from the assault motion



"Shield yourself during striking assaults, and be prepared to evade".



Safety Key...

- Situational Awareness and Environmental Awareness must be a professional expectations and a constant.
- Interacting with escalating situations can be dangerous if the Responder does not maintain his or her skilled ability to redirect and distract away from the potential for harm.
- Remember that it is not about your feelings of being required to respond or compelled to react...it is about creating a safer alternative to escalation for both you and the patient. the objective is to create the mirroring expectation of patience and for the patient the possibilities of coping capability. The objective is to create influence through your own self-control.
- The power of fear can affect both patient and the responder; remember to breathe while thinking through that inward planning towards that outward motion.
- The responder needs a focused mind and a sharp, observant perspective that is always seeking to understand communication methods and behavioral needs.
- Empathy often helps to find common ground for which we can begin the process of negotiation.



THE RESPONSE POSTURE...STEP BY STEP



Step by step...

1. Acuity should never be behind you or beside you. Any escalation or demonstration of negative behavior from patients should ALWAYS be in front of you. Closely monitor the signs of behavior communication for escalation.
2. As soon as you notice the behavior and center your focus on it, bring your hands above neutral.
3. Palms outward and slightly below your shoulder level.
4. Avoid making a fist, do not put your hand in your pockets or cross your arms.
5. Keep your breathing calm and in control; your voice calms and relaxes in support.
6. If the behavior targets you and closes distance towards you, seek Evasion Pathways towards an exit.
7. Continue to EVADE.



THE RESPONSE POSTURE...STEP BY STEP



Step by step...

- Use small circle steps to ensure you do not trip as you fall back to a safer distance.
- If the attacker continues to close distance on you and you cannot get away, verbally redirect if possible and set your base.
 - This is done by stepping into your balance, using a small circular motion to be based - one foot in front of the other – no more than shoulder-width apart.
- Put a slight bend at your knees to lower your center of gravity and increase the stability of your base, you should be facing the attacker's weak side.
- Extend your forward arm outward and lock at the elbow; the height of the extension should be straight out and slightly below your jawline with fingers extended, do not place your hand in front of your view.
- This will help provide a reactionary barrier should the attacker continue to close in and strike towards you. They must strike out at the targeted hand before reaching your body's core.
- If they strike out at your hand, initiate a triangle block and move directly forward into the attacker's weak side at an angle to evade.
- Continue to EVADE.



M2 MAB SAFE EVASIONS - SINGLE GRASP RELEASE - OVER...



STEP ONE

Open your hand, Palm downward...

open your hand, palm downward. Begin to raise your arm towards you in a small circular motion.



STEP TWO

Always Face Acuity...

As you complete the top of the circular motion, roll your hand up over the wrist of the attacker.



STEP THREE

Always Face Acuity...

As your hand crests over the top of the attackers hand, push and sweep away the attackers hand as you begin to move towards the attackers weak side..



STEP FOUR

Always Face Acuity...

Keep your attention purposefully focused in the direction of behavioral events while continuing to evade.



Note Section:





M2 MAB SAFE EVASIONS -

SINGLE GRASP RELEASE OVER...



Step by step...

1. Step into your balance, using a small circle motion to be based - one foot in front of the other – no more than shoulder width apart.
2. Put a slight bend at your knees to lower your center of gravity and to increase the stability of your base.
3. Attempt to talk your attacker into releasing you first. If they continue....
4. Open your hand with the hand that is being grabbed.
5. While taking a forward step at an angle away from your attacker.
6. Use your hand to make a small circle motion outward, roll your hand over the wrist of the attacker.
7. Continue the motion by striking down your body-line and towards the ground, taking care to not strike towards your attacker or outward away from your body-line.
8. Your hand in motion should go close and parallel to your body while in motion towards the ground. This will cause the attacker to release his/her grip.
9. Continue to EVADE.



M2 MAB SAFE EVASIONS - SINGLE GRASP RELEASE - UNDER...



STEP ONE

Always Face Acuity...

Keep your attention purposefully focused in the direction of behavioral events.



"Your forward hand, if struck, is the trigger to set the framing to intercept the strike..".

STEP TWO

Hands above Neutral...

Raise your hands above your waist line, and keep them at the ready to Respond.



"Shield yourself during striking assaults, and be prepared to evade".

STEP THREE

Give Distance...

Where you can increase the distance between you and the dangerous escalation..



"Put a slight bend at the knees and be prepared to move."

STEP THREE

Give Distance...

Where you can increase the distance between you and the dangerous escalation..



STEP THREE

Give Distance...

Where you can increase the distance between you and the dangerous escalation..



Key to Safety...

- Situational Awareness and Environmental Awareness must be a professional expectations and a constant.
- Interacting with escalating situations can be dangerous if the Responder does not maintain his or her skilled ability to redirect and distract away from the potential for harm.

Remember that it is not about your feelings of being required to respond or compelled to react...it is about creating a safer alternative to escalation for both you and the patient. the objective is to create the mirroring expectation of patience, and for the patient the possibilities





M2 MAB SAFE EVASIONS - DOUBLE GRASP RELEASE - OVER...



STEP ONE

Always Face Acuity...

Keep your attention purposefully focused in the direction of behavioral events.



"Your forward hand, if struck, is the trigger to set the framing to intercept the strike..".

STEP TWO

Hands above Neutral...

Raise your hands above your waist line, and keep them at the ready to Respond.



"Shield yourself during striking assaults, and be prepared to evade".

STEP THREE

Give Distance...

Where you can increase the distance between you and the dangerous escalation..



"Put a slight bend at the knees and be prepared to move."



Keys to Safety...

- Situational Awareness and Environmental Awareness must be a professional expectations and a constant.
- Interacting with escalating situations can be dangerous if the Responder does not maintain his or her skilled ability to redirect and distract away from the potential for harm.

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M2 MAB SAFE EVASIONS - DOUBLE GRASP RELEASE - UNDER...



STEP ONE

Make a Stone...

Make a stone with the hand that is being grabbed. Cap that stone with the other hand. Be prepared to draw step backwards.



"Move your stone center high via a small circle motion."

STEP TWO

Bring Stone to Chest...

Tuck your elbow to your side and draw step while bringing your stone hand to the center of your chest.



"Hold stone and elbow tightly to you as you draw step."

STEP THREE

Bring Elbow Up and Through...

As you complete your draw step bring your tucked elbow up and through the attacker's grip. Keep elbow pointed at attacker like a shield.



"Move elbow swiftly up and through attacker's grip."

STEP THREE

Break Grip and EVADE!..

As your elbow comes through you will break the grip, move to the weak side of the attacker as you evade.



"Keep Shield up as you Evade!"



Keys to Safety...

- Step into your balance, using a small circle, to be based - one foot in front of the other – no more than shoulder width apart.
- Put a slight bend at your knees to lower your center of gravity and to increase the stability of your base.
- Using the hand that is being grabbed, make a fist.
- Make a small circle motion towards your core while ensuring your upper arm is at a ninety degree angle in line with your shoulder and with elbows tucked in.
- Rotate your shoulder and upper torso across and away from your attacker while stepping into the same direction.
- Take care to not strike out with your elbow to avoid hitting the patient.
- The leverage this creates will cause the attacker to release his or her grip.
- Continue to EVADE.



M2 MAB SAFE EVASIONS -

TWO HANDED GRASP RELEASE - HIGH...



STEP ONE

Make Two Stones...

With each hand make a tight fist. Be prepared to draw step backwards. Keep the attacker in view at all times.



"Be mindful of possible kick strikes and be prepared to check."

STEP TWO

Bring Elbows In...

Bring your elbows to your side and hold them firmly to you. Begin initiating draw step backward.



"Complete all steps of the maneuver quickly and in sync, do not pause action or movement".

STEP THREE

Draw Step Backwards...

As you draw step bring your stone hands directly down and close to your body line. Do not let your fists pass behind your during this motion.



"The draw step will help you turn your body and you sweep your hands down and back up."

STEP THREE

Bring Fists to Hip Joint...

As you complete the downward motion of your stone hands land them in your hip joint and then quickly return to the bladed stance. Continue to EVADE!



"Bringing your hands back up as you regain the ready position prepares you to respond if you are attacked again...always seek to EVADE!"



Keys to Safety...

- Step into your balance, using a small circle, to be based - one foot in slightly in front of the other – no more than shoulder width apart.
- Put a slight bend at your knees to lower your center of gravity and to increase the stability of your base.
- Make a fist with both hands.
- Place your elbows firmly against your side in a ninety-degree angle under your shoulder.
- Make a small circle step backwards while remaining fully upright, do not lean forward as you do this.
- As you move backwards motion the forearms of both arms downward towards the ground.
- The leverage this creates will cause the attacker to release his or her grip.
- Continue to EVADE.



M2 MAB SAFE EVASIONS -

TWO HANDED GRASP RELEASE - LOW...



STEP ONE

Make Two Stones...

Make a fist with each hand and prepare to Move one hand to the center of your chest.



"Be prepared to check forward kicking assaults."

STEP TWO

Bring One Stone Up...

Quickly bring one stone up to the center of your chest and hold it there. Keep the attacker in view at all times. Do not look at your hands as you move.



"Holding the stone to your chest adds more body mass to the movement."

STEP THREE

Stack Stones...

Stack the other stone on top the stone you are holding to your chest. Make sure your top stone is up against the grip of your attacker. Prepare to draw step backwards.



"Extend your pointer finger of the hand stacked on top, this is pointing in the direction you are to move."

STEP FOUR

Draw Step with a Fast Twist...

Draw step backward and turn your body quickly in the direction of the draw step. While turning, push the top stone through the attacker's grip.



"The fist stacked on top will create a piston like action as you turn your body and push into the grip of the attacker."

STEP THREE

Break Grip and EVADE!...

Once you have broken free from the grip, evade towards the weak side of the attacker..



"Keep an eye on the attacker and be mindful of counter attacks as you EVADE!"





M2 MAB SAFE EVASIONS -

BEAR HUG ESCAPE - OVER THE ARMS...



STEP ONE

Always Face Acuity...

Keep your attention purposefully focused in the direction of behavioral events.



"Acuity should always be in front of you."

STEP TWO

Raise Hand to Side of Head...

When Trigger Hand is activated swiftly move that hand to the side of your head, firmly and securely holding it there.



"Raising your hand to you head is like raising a shield in front of you."

STEP THREE

Elbow Pointing to Attacker...

Your Trigger Hand will form the basis of a shield, tuck your head behind the shield and keep your elbow pointed towards the attacker.



"keep your shield pointed towards attacker".

STEP FOUR

Place Other Hand on Bicep...

Lock the now developed Tri-Angle Block by placing your other support hand firmly on the bicep of the Trigger Hand now secured to the side of your head.



"Shield side strikes with your support hand by tucking behind the space guarded by the elbow."



Keys to Safety...

- Situational Awareness and Environmental Awareness must be a professional expectation and a constant.
- Move quickly to set the tri-angle block when the trigger hand is activated, while trying to simultaneously move out and away from the attack.
- Don't stay frozen in the attack and absorb sure to be repetitive strikes, move out and away!
- When someone is determined to hit you, you will be hit. When someone is determined to kick you, you will be kicked. Dealing with reality of assault means finding away to survive what assaultive individuals are determined to do. Protecting your self means to always be honest with reality, this means not developing a false sense of security through complicated and targeted self defense maneuvers proven unreliable in crisis moments.
- BLOCK and EVADE!



M2 MAB SAFE EVASIONS -

BEAR HUG ESCAPE - UNDER THE ARMS...



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"keep your shield pointed towards attacker".

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"Shield side strikes with your support hand by tucking behind the space guarded by the elbow."



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- BLOCK and EVADE!



M2 MAB SAFE EVASIONS - PINCHING AND SCRATCHING RELEASE...



STEP ONE

Cover With Sensory Hand...

Take unaffected hand and place over the attackers hand that is pinching or scratching you.



"Acuity should always be in front of you."

STEP TWO

Find Any Edge with Thumb...

Using the thumb of the sensory hand, locate any edge that can be pushed on.



STEP THREE

1/4 Turn and Sweep...

Complete 1/4 turn outward and sweep the attackers hand away.



Keys to Safety...

- Step into your balance, using a small circle, to be based - one foot in slightly in front of the other – no more than shoulder width apart.
- Put a slight bend at your knees to lower your center of gravity and to increase the stability of your base.
- With the hand that is not being attacked place your palm over the attacker's hand and push downward, while keeping your hand open.
- Use your thumb to secure an edge surface of the attacker's hand.
- Rotate your palm away from you while staying in contact with the attacker's hand.
- During your rotating motion keep your thumb leveraged against the edge surface of the attacker's hand.
- While making a rotating motion with your free hand, move the hand and arm that is being attacked in a quick motion downward.
- The leverage this creates will cause the attacker to release his or her grip.
- Continue to EVADE.



M2 MAB SAFE EVASIONS - REAR CHOKE RELEASE...



STEP ONE

Stop Backward Motion...

Take one small step backward to stop the motion of the attacker pulling you back.



"Your forward hand, if struck, is the trigger to set the framing to intercept the strike.."

STEP TWO

Step and Lean Forward...

Take a large step forward, lean into that step and apply weight to the step.



"Shield yourself during striking assaults, and be prepared to evade".

STEP THREE

Set Scissor Hands...

Place arms in front of you, one on top of the other, palms open. .



"Put a slight bend at the knees and be prepared to move."

STEP THREE

Pull Hard Backward...

Move the bottom hand downward in line with your forward leg, move top hand upward and toward the back in a pulling motion high above the attackers grip.



STEP THREE

Move Elbow up and Over...

As you pull the and turn, move elbow up and over the attackers grip to release choke...continue to EVADE!



Keys to Safety...

- Step forward into your balance.
- Put a bend at your forward knee and lean into the step. This will lower your center of gravity and to increase the stability of your base.
- Attempt to talk your attacker into releasing you first. If they continue....
- Place one arm over the other in front of you palms facing up.
- In one continuous swift motion spring up and turn your body around towards the attackers.
- One arm should move high and over the attacker's hands, the other should travel down your furthest leg to help stabilize your turn.
- As the attacker's grasp is broken from your neck, push the attacker towards his or her weak side and away from you.
- Continue to Evade.





M2 MAB SAFE EVASIONS - FORWARD CHOKE RELEASE - OVER...



STEP ONE

Always Face Acuity...

Keep your attention purposefully focused in the direction of behavioral events.



"Acuity should always be in front of you."

STEP TWO

Monkey Paw One Wrist...

Using a monkey paw grip, secure one wrist of the attacker. Lock your forearm and bicep while prying downward.



"Create a hook and pry motion."

STEP THREE

Bring Your Other Hand Over...

As you pry with the monkey paw grip, bring your other hand up and over to the side of your head.

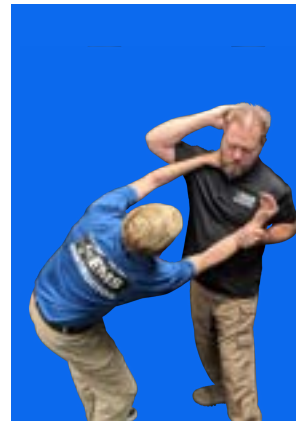


"Pry and move other hand up at the same time."

STEP FOUR

Place Hand on Your Head...

Firmly place your hand on the side of your head and begin to step and cross over the attacker's grip.



"As you pry begin moving elbow over attacker grip."

STEP FIVE

Bring Elbow Over Attacker...

In a quick sweeping motion bring your elbow over and across the attacker's grip. Drop your body weight across the motion and break the choking grip.



"Use the impact of the forearm sweeping over and hard down to break the attacker grip."

STEP SIX

Sweep, Move Out and Away...

Push off your back leg and move forward and away from the assault motion.



"Sweep attackers arms out of the way and EVADE!"



Keys to Safety...

- Step into your balance, using a small circle motion to be based - one foot in front of the other – no more than shoulder width apart.
- Put a slight bend at your knees to lower your center of gravity and to increase the stability of your base.
- Attempt to talk your attacker into releasing you first. If they continue....
- Grab one of the attacker's wrists, tuck your elbow of the same hand securely to your side while wrenching the hand of the attacker forward
- With your other hand make a swift pendulum motion up and over the attacker's arms, while taking a step backward using small circle motion.
- Bring your body weight down by using your armpit across the area of both of the attacker's arm that you cross over.
- As the attacker's grasp is broken from your neck, push the attacker towards his or her weak side and away from you.
- Continue to Evade.





M2 MAB SAFE EVASIONS - FORWARD CHOKE DROPPING STONE RELEASE...



STEP ONE

Always Face Acuity...

Keep your attention purposefully focused in the direction of behavioral events.



"Acuity should always be in front of you."

STEP TWO

Place a Stone Hand Inside...

Place a stone fisted hand inside and across, resting inside the attacker's elbow.



Your wrist should be resting inside the attacker's elbow

STEP THREE

Grab Wrist of the Stone...

using a thumb-full grip grab the wrist of your inside stone fisted hand..



"Make sure to use a thumb-full grip on your wrist."

STEP FOUR

Pull Sharply Down...

While draw stepping back with your outside leg, pull sharply down and in on your stone fisted hand.

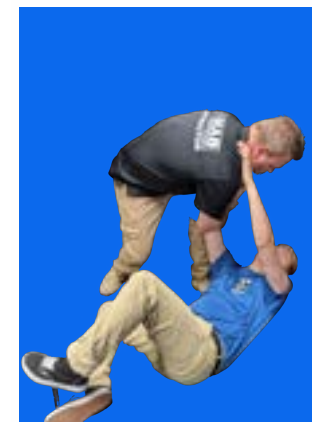


"The sharp movement down will cause your attacker to collapse."

STEP FIVE

Lower Patient and Evade...

While completing the turning motion, lower the patient to the ground and continue to evade.



"Where possible guide and lower attacker to the ground."



Keys to Safety...

- Step into your balance, using a small circle motion to be based - one foot in front of the other – no more than shoulder width apart.
- Put a slight bend at your knees to lower your center of gravity and to increase the stability of your base.
- Attempt to talk your attacker into releasing you first. If they continue....
- Grab one of the attacker's wrists, tuck your elbow of the same hand securely to your side while wrenching the hand of the attacker forward.
- With your other hand reach up and between the attacker's arms while stepping through with same side foot.
- Bring your body weight down by using your armpit onto the elbow area of the attacker's arm that you cross as you reach through.
- As the attacker's one arm is removed from your neck push the attacker towards his or her weak side and away from you.
- Continue to Evade

