

Self Defense Technique

Armed Assailant - Gun Disarm

The potential to be held up or threatened at gun point is increasing significantly each year. In the event that you find yourself in such a high threat level situation it is important to know how to respond. First of all, you need to realize that your life is worth more than any other thing the assailant may want from you. If someone has a gun pointed at you and is asking for your wallet, your best line of defense is likely to comply and give him your wallet. If you are lucky, he will take the wallet and make a run for it. However, you need to be prepared for the fact that the criminal might shoot you even after you have given him what he wants.

If for any reason you believe that you are going to be shot regardless of your cooperation you must ACT! Try to remain calm, and keep the assailant talking. Wait for a distraction, or create one, and then MOVE!

There are many variables that have to be considered in any altercation: threat level, range, environment, intent, posture, balance, etc... The following technique is just one of many techniques that you could use to remove a firearm from an assailant. It is simple and effective. When practising with a partner take turns defending and the attacking. Never practise disarming an opponent and then returning the weapon to him to repeat the drill. Remember that you will fight like you train, so, train like you fight. If you routinely give an assailant his weapon back in the dojo, you just might do the same thing on the street.



1. Criminal threatens you at gun-point. He may tell you to put your hands in the air.



2. As you raise your hands in compliance, step off 45 degrees to the outside, moving off the line of danger.



3. As you are moving offline, your left hand parries the gun across the attacker's body.



4. Your right hand strikes the inside of the attacker's wrist in a counter-clockwise motion. This will cause the wrist to flex and the attacker's grip to loosen.



5. Simultaneous to striking the wrist with your right hand, you left hand directs the barrel of the gun up and back towards the criminal's face. This will release the gun from the assailant's grasp.



6. At this point you will have the gun in your left hand. With your right leg, step back out of your attacker's reach and grip the handle of the gun with your right hand. Aim the gun at the attacker's center of mass (center of chest). If the "safety" is on, turn it to the off position (this is usually indicated by a red marker - DANGER).



REALITY BASED SELF DEFENSE

**Watch the FREE video for
this technique at:**

7. Instruct the attacker to kneel and then lay flat on the ground, chest down with his hands stretched out over his head and his face turned away from you. You can wait for help or run away. Do not leave the weapon anywhere, take it with you and give the weapon to the police as evidence.

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