

GRAPPLING DEFENSES

- 1) Two Hand Wrist Grab**
- 2) Straight Wrist Grab**
- 3) Cross Wrist Grab**
- 4) Hand Shake**
- 5) Hair Grab**
- 6) Chest Grab**
- 7) Straight Front Shoulder Grab**
- 8) Two Hand Front Throat Grab**
- 9) Straight Rear Shoulder Grab**