

# HAZUSHI-WAZA #32 - 64

## RELEASES/ESCAPES FROM GRABS & HOLDS INTO STRIKES & LOCKS



Three DVD Disc set; 219-Minutes Total

Instruction by Troy J. Price

(Item Code: DVD-34)

### Disc-One (72-Minutes)

- #32 Release/escape from straight-in both wrist grab (option #1)
- #33 Release/escape from straight-in both wrist grab (option #2)
- #34 Release/escape from straight in both wrist grab (option #3)
- #35 Release/escape from side head lock position
- #36 Release/Escapes from frontal head lock position (option #1)
- #37 Release/escape from frontal head lock position (option #2)
- #38 Release/escape from various holds/embrace's using pinching, horse-bit or rubbing/pressing techniques
- #39 Release/escape from frontal bear hug position over the arms (option #1)
- #40 Release/escape from frontal bear hug position over the arms (option #2)
- #41 Release/escape from frontal bear hug position under the arms
- #42 Release/escape from rear single forearm choke position
- #43 Release/escape from rear double forearm choke position

### Disc-Two (75-Minutes)

- #44 Release/escape from two hand choke, pushed & pinned-up against the wall (option #1)
- #45 Release/escape from two hand choke, pushed & pinned-up against the wall (option #2)
- #46 Release/escape from single hand/arm throat grab/press with punch
- #47 Release/escape from both hands on one wrist/arm grab (option #1)
- #48 Release/escape from both hands on one wrist/arm grab (option #2)
- #49 Release/escape from both hands on one wrist/arm grab (option #3)
- #50 Release/escape from two attackers grabbing the arms
- #51 Release/escape from both straight-in upper-arm/elbow grab (option #1)
- #52 Release/escape from both straight-in upper-arm/elbow grab (option #2)
- #53 Release/escape from behind straight-in arm lock and choke
- #54 Release/escape from behind cross arm lock with shoulder grab

### Disc-Three (72-Minutes)

- #55 Release/escape from behind both upper-arm/elbow lock/grab
  - #56 Release/escape from "Full Nelson" position
  - #57 Release/escape from behind bear hug under the arms
  - #58 Release/escape from rear hair/top of head grab/pull
  - #59 Release/escape from frontal hair/top of head grab/pull & knee strike
  - #60 Release/escape from frontal neck clinch with both hands & knee strike
  - #61 Release/escape from single lapel grab & punch
  - #62 Release/escape from double lapel grab
  - #63 Release/escape from underside grab cross, straight-in, two hands on one or both hands
  - #64 Release/escape from both underside wrists grab
- Coiling movements for releasing and escaping joint locks and arm bars