



DTP into Headlock Hip Throw

The attacker steps up and begins to throw a punch.

Remember that for the DTP it really doesn't matter *HOW* they attack. It could be a push, club strike or grab and you could still use this movement.



You must have control when practicing this technique. You and your partner could be injured easily. Do not practice unless you can do so safely and under the supervision of a qualified instructor.



In this series, the defender has chosen to do the **Inside to Outside DTP**.

It is important to note, you must be on the inside to complete the throw.



The defender's 2nd tap will begin to gain control of the elbow and use BP2PM Principle.

(Notice how the defender stepped off-line of the attack)



After a *distraction*, the defender will pull the arm into his center and wrap the other arm around the neck of the attacker.

The defender will pivot and get his hips lower than the attacker.

The defender using his hip as a fulcrum and taking the attacker to the ground completes the throw.

An experienced grappler may go to the ground here with the attacker.

From a “Scarf-Hold” many submissions can be applied.





If the defender chose to stand, a distraction may be delivered if needed to complete the escape.

This is only one example of how to use the “Headlock Hip Throw” in self-defense. There are always numerous applications to every technique we teach.

Make sure you have a good grasp of the **DTP** and the **Head Lock Hip Throw** **BEFORE** you combine them.

“Listen to all, plucking a feather from every passing goose, but follow no one absolutely.”

-Chinese Proverb

Stay Safe!!

Kip