



## Under Arm Behind Head Takedown/Throw



As the punch comes in you can choose to do a DTP.

In this series the attacker has thrown a Left. The defender has chosen to use a DTP to the outside of the attacker's Left hand.

As with all techniques shown, do not practice unless you can do so safely. Practice only under the supervision of a qualified instructor.

After your DTP, the “3<sup>rd</sup>” beat will begin to guide the attacker’s arm down and around in a circle.

*Here the defender’s left hand could deliver a distraction technique*



As the momentum brings down the attacker’s head, reach up and behind his head with your free hand.

You will maintain contact/control on the arm as you begin to *guide* it (arm) in an upward path.

Step back in an angle  
as you;

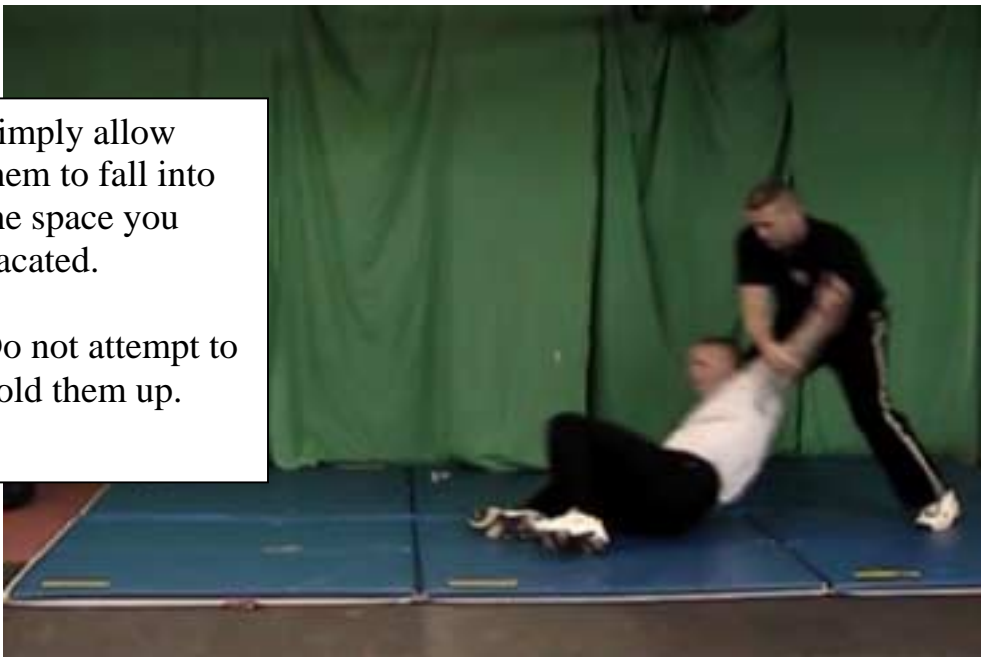
- Push **DOWN**  
on the head and
- Lift **UP** on the  
arm.

Think of a twisting  
motion as you do  
this.



Simply allow  
them to fall into  
the space you  
vacated.

Do not attempt to  
hold them up.



Follow up with whatever you feel was needed at the time.

You are the one that has to be able to articulate “why” you did what you did.

Remember ESCAPE is your primary goal in selfdefense.



This is only one variation of this takedown. I originally learned it for a downward stab while training in Ju-Te-Ryu. It has applications in grappling range as well. For Instance, you delivered a knee strike while an attacker was close and they bent over. You would simply insert you hands as shown in the series above and there you have it.

Find ways to make a single technique work for YOU in many applications.

Stay Safe!