

# ARM BAR FROM THE GUARD

## Groundfighting

*From the guard, we generally prefer to kick out and get up rather than remain on the ground and attempt grappling techniques. However, some locks, such as this one, are very practical to know. This technique is very effective if the attacker makes the mistake of straightening his arm while fighting or attempting to escape the guard. In sport fighting, this technique can cause the opponent to “tap,” or surrender. When your life is threatened on the street, this technique may be used to damage or break the attacker’s arm.*

**STARTING POSITION:** On your back, holding the attacker in your guard.



**1.** As the attacker straightens his arm in an attempt to escape, grab hold of his straightened arm and pull. The grab should be made with one hand on his elbow and the other hand on his wrist for the most secure hold.



**2–3.** As you pull, bring your near leg up and over his head to wrap around his neck. As you do this, shift your hips so that they are perpendicular to the attacker, if possible. Keep pulling to make sure your hips and groin get close to his shoulder. This ensures that his elbow will be above the line of your groin.



# Krav Maga Self Defense Training Guide

**Rachel Sandford**



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