

Warrior Women Self-Defense Course

CHAPTER 3: MOUNT

Session 13: Upa escape

- Solo preparation: bridge fundamentals.
- Punch defense.
- Choke escape.
- Wrist pin escape.
- Getting up after an escape.
- Review.

Session 14: Elbow escape

- Heel drag.
- Unhooking legs.
- Combine elbow and upa escape.
- Combine upa and elbow escape.
- Game: Random indicators from guard and mount.
- Review.

