

Zen Do Kai Black belt - BJJ Combatives skills

as of 26 June 2024

Skill	Variations
Tactical Getup	
	No Variations
Rear Naked Choke Defence. Attacker has one arm around your neck.	
	1. Base and push buttocks into attackers' hip - take over shoulder.
	2. Attacker has you pulled backwards - defence step around.
	3. Attacker is dragging you back - defence swing arm and spin into attacker
Side Headlock Defence	
	1. Defence against headlock and punch
	2. locked grip, Defence #1 - Attacker in a shoulder/boxers stance
	3. locked grip, Defence #2 - Attacker in a wide/horse stance
	4. Locked grip, Defence #3 - Drop behind, leg between (not filmed)
Headlock on the ground (bull dogged to the ground)	
	1. Ground Headlock, escape 1 - frame and scissor
	2. Ground Headlock, escape 2 - Head tucked down
	3. Ground Headlock, escape 3 – Head tucked down, legs drawn in
	4. Ground headlock, escape 4 – attacker releases grip to strike

