

Instructor - This is the Snake and the Vine maneuver. The first thing that an aggressor typically does is they grab you. Right? So, the wrist grab. So in here, what do you think the first thing we tend to do is we pull. Right? And so when we pull, when we pull in, like hey get away from me, it's pulling the aggressor right on top of me. And that really puts me in a really bad spot where I don't want to be. So we have to fight that urge of don't pull, try not to pull away. Because when you do that you're pulling the aggressor on to you. Okay?

So make sure that we're taking that 45 degree stance when we're in this maneuver, okay? So I'm taking my bladed stance. The aggressor grabs me. I'm not going to pull him in. Okay, we're gonna fight that. So what I want to do is I want to remember snake in a vine. Okay? And so his arm is the vine, I am the snake. Okay? And so we need to make sure that we're staying close. Because if we go out wide we're gonna get into a struggling match, okay? And he simply will out power me. Okay? The aggressor will out power me. So I need to make sure that I'm doing the maneuver correctly. And so what that means is a snake stays really close to the vine. The snake isn't out wide flailing, okay? So we don't want to do that here. Right? So we need to make sure that we're staying close. Okay.

And you can see he's trying to push and try to pull me around so that's okay. If he's trying to push and pull me around that's okay I need to stick with the maneuver and I need to make sure that I'm staying close to the vine. His arm and it doesn't matter which way. Okay? Outside, inside, does not matter, okay? And so when we're doing this, I'm staying and I'm gonna fight and I'm gonna wrap around the aggressor's arm. Okay? I'm gonna wrap around the vine. Remember his arm's the vine and you're the snake. Grab me. And it doesn't matter if he grabs my right arm my left arm, that does not matter. Okay? You really got me?

Okay, and so remember, in a real scenario we're not just gonna be standing like this. Okay? There might be some movement. We might be moving around. Okay, none of that matters. None of that matters, I need to stay close. And I need to remember the maneuver. And wrap around his arm and fight for it. Okay? And so what's happening here is you're attacking the weak part of the aggressor's hand. Okay? And so what that means is if you have a backwards L the index and the thumb, right in here, this little nook is the weak spot of the hand. And that's what we're attacking in this wrist grab. So we want to make sure that we're doing that, okay? So you've got me.

All right so I'm gonna go inside, 'cause I've been outside a couple times and I want you to see what it looks like on the inside. So we're gonna be moving a little bit, right? And that's okay. Stick to the maneuver. Okay? So we're gonna wrap around and we're gonna fight for it. Okay? And this ends Snake and the Vine maneuver.