

Instructor - This maneuver is called Squashing a Bug. This is when an aggressor has come up behind you and has placed you in a choke hold. We usually call it the rear naked choke hold. And this one could be very dangerous really quick. You could be choked out in a matter of seconds. So we want to make sure that we do a couple things right away.

And so one of the first things that we want to make sure we're doing is we are protecting our airway. Right, we don't want to be choked out because then we don't know what's going on and that could be really really dangerous for us.

So an aggressor comes up behind me and places me in a choke hold. The first thing I need to establish is my airway. So what I want to do is I want to place my hand on his forearm and his bicep, okay? And so I and then what I want to do is I want to drive my chin to my chest. And so what that looks like is here. And so I'm actively pulling away his arm and my chin is to my chest, okay? And he's applying some force right now and I'm still able to have a conversation and that's what we want to do. Go ahead and relax.

And so the reason we want to do that is so we don't get choked out in the matter of seconds as I referred to. Go ahead and attach back on. So he has me. You really got me? Go ahead and apply pressure. And you can see right away that it has my airway. And he's gonna be pulling me back. And so what I want to do is I pulled away and I drove my chin to my chest. And this has protected my airway. And so now what I want to do is I want to try to get away, right? I want to get out of here.

And so what I want to do is I want to remember squashing the bug, okay? And as you can see, he's trying to pull me back. So if we're still moving back, I've found his foot with the heel of mine, okay? And so it doesn't matter which foot, right, whatever's there, is I want to come up and I want to squash and then drive my heel down on his foot. And the reason I'm doing that is there's a bunch of little bones in his foot that I want to stomp down on and cause as much pain as I can to hopefully try to get away.

And so the other positions that this puts you in too, right, so he has me. I'm driving my chin down to my chest and actively pulling away. I've found his foot, I stomp on it, and I'm pushing. He's not letting go. So what other options do I have? And so what I want to do is if there's a groin shot, right? So we're here and I could go there and give a groin shot. I can try to give an elbow. I could even bite if I needed to. Whatever I need to do to get away in that position is what I want to do, okay?

This ends Squashing the Bug.