

# Vladimir Vasiliev Family Class Grab and Escape

Raise the arms softly with no tension, keep them relaxed to use them easily to escape

Escape at the first sign of movement: as soon as the parent creates any movement, the child should move away.

Now try to grab the elbow or neck

**Next exercise:** tell your child to grab an object and move around the object without moving the object. Keep the point of tension stable and escape around it. Don't move the point of contact

**Drill:** keep the arm in place and but move the rest of the body

Now, make a movement towards the body and she has to escape. For instance, an aim to the head and she escapes

The point of contact (the parent holding the hand) stays stationary

**Drill:** grab the child's wrist and they have to move their arm regardless of the grip. Make sure they are moving only their own arm, not yours.

Now grab both wrists  
**Drill:** grab the child's wrist while she walks by and the child continues walking  
The child should not fight and resist

She continues walking and twists her arm as soon as she feels tension  
Find the point of tension, twist the arm, and move away

**Drill:** grab the child's wrist, she moves her arm while still in the grip

**Drill:** grab the child's wrist and the child pushes you away through this grip  
1st movement: the child rotates your arm into an uncomfortable position - LOCK  
2nd movement: then the child pushes you away

How to lock someone: put them out of balance

**Drill:** On the floor, the child grabs their own wrist and pulls it over to turn the body. The pull of the wrist is what rotates your whole body  
**Drill:** escape from holds by pulling your arm out using your other hand

**Drill:** escape by placing your grabbed wrist under your knee and step down

**Drill:** grab your child's leg, have them move it back as far as they can  
Having the child step back forces the grip to open up

**Drill:** put one heel down, while the other leg kicks

The child lifts their leg for a kick and steps back to take me down  
1st exercise: the child pulls their arm out of the grip using her other hand  
2nd: the child pulls their arm out of the grip using her other hand but now continues to walk away

**PRACTICE:** have the child grab a limb and pull herself into rotation

3rd exercise: the child takes her grabbed wrist, puts it in her knee and steps down  
4th exercise: grab the child's hand, she uses her other hand to counter the grab and pull the parent down

Many variations of this are possible

When the leg is grabbed, move away and use it as a lever to put me down

**Drill:** grab the child by their elbow and have them escape by rotating the forearm Use the momentum of the rotation to turn it into a strike

Rotate with no tension so that the arm is ready to continue working, for example, punching

NEXT: Choke from the back

**Drill:** stand behind your child and throw the ball from under her their or leg and have them catch it

When a choke is coming, the child should move in the direction of the attack, do not resist, but go along with that movement and escape

**Drill:** rotate the chin to touch the shoulder

PRACTICE: raise your shoulders, one at a time, then both  
**Drill:** when the choke is coming, have the child raise their shoulder, turn their head away and escape

Get the child to move faster while you are still at the slow speed

Gradually increase your own speed

**Drill:** Apply a light choke, the child raises their shoulder that has the arm on it, turn the chin inward, move the other shoulder down and go under the arm

PRACTICE: put a training knife to the child's face and have them use their chin to move it away

PRACTICE: moving your child's head freely to help gain free escapes

**Drill:** grab the mid body of your child and have them raise their elbows