

HANG GUN DISARM AGAINST FRONTAL ATTACK

JEREMY POLLACK SELF DEFENSE

STEP 1

Always try to resolve peacefully.

If unable, get arms length from the gun.

In one swift movement, move your head first and grab a hold of the gun.



STEP 2

Turn the gun away from your body.

Turn his/her wrist in.



Distract with a punch, kick or both.



Then reach underneath the weapon, placing your free hand on the hammer.

Remember barrel awareness at all times.



STEP 3

Now with both hands on the gun, continue to kick, stomp, or knee the assailant.



With both hands firmly on the gun, and his/her wrist twisted, rip the weapon away.



STEP 4

Once you have taken the gun, take several steps back.

Inspect gun with your hands by tapping the bottom of the magazine to be sure it's in.

Rack the gun back to be sure it's ready to fire.

Get on target while trying to flee.

You want to safely get away without shooting.

If he/she continues coming to try to get the weapon from you, blow them the fuck off the earth!

DON'T BE A VICTIM!

