

- **Full Nelson defenses**

- Leverage on finger
- Throw/flip forward
- Sweep

- **Throws**

- One arm shoulder throw
- Hip roll
- Sacrifice throw

- **Knife defenses**

- Slashing
- Left on left straight stab
- Hostage from behind, knife to throat
- Hostage, knife against throat, pointed both directions
- Hostage, knife against throat, against wall
- Knife held, static
- Behind, shoulder held (left and right turn)
- Sudden stab from right side, straight, over and underhand

- **Handgun defenses**

- From behind with distance
- Hostage from behind, gun to side of head
- Hostage from behind, gun to back of head
- Hostage from behind, gun to side of body
- Across table
- With shoulder being pushed/held (machine gun takedown against handgun)
- From behind, shoulder being held, walking (machine gun takedown against handgun from behind)

- **Long gun defenses**

- Machine gun takedown
- Machine gun takedown from behind
- Machine gun, close, live side
- Long gun front, dead side
- Long gun front, live side
- Long gun behind
- Bayonet stab

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