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7 Crab Claw Techniques of San Jitsu

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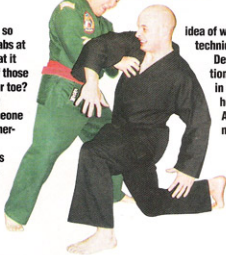
coconut-crab arts (named after a land crab that inhabits the Pacific Islands).

STEEL



TRAPS

You've been to the beach, so you've probably seen the crabs at low tide. Ever wondered what it would be like to have one of those crustaceans clamp onto your toe? Imagine how the crab's prey feels. Now pretend that someone with a vise-like grip has unmercifully clamped onto your chest like a crab crushing its breakfast. If you can visualize this, you have a good



idea of what a *san-jitsu* crab-claw technique is and what it can do.

Despite its devastating application, the claw is relatively unknown in martial arts circles. You will, however, find it in some obscure Asian styles and *san-jitsu*, the martial art system of Guam.

You can inflict major pain on an opponent with *san-jitsu* crab-claw techniques. In this shot, Frank Sanchez (left) demonstrates the armpit claw. After his opponent throws a punch, Sanchez ducks, steps in and applies a claw to his opponent's pectoral muscle.

6 CRAB CLAW TECHNIQUES OF SAN JITSU

by Frank E. Sanchez
Photos by Mae A. Sanchez

STEEL TRAPS: MAKE YOUR FINGERS STRONG

To make the technique effective, you must first strengthen your fingers and forearms. Once this is done, your fingers will become like steel traps that can tear into your opponent's vital points. Regardless of what art you practice, the crab claw techniques can really bolster your arsenal. Following are some methods and devices that you can use to strengthen your fingers and forearms:

- *Spring-loaded finger exercisers.*
- *Barbell plates.*
- *The cheapest way to go is buy a tennis ball and squeeze it.*

To derive the benefits of this training, you should work out three or four times per week. When you're actually training, do sets and reps just like you would do if you

were lifting weights. For example, start with three sets of 10. When that becomes easy, add another set to your routine. For a little variation, shorten the rest time between sets.

After a while, you should be able to penetrate a small cantaloupe with your fingertips. Once you develop this type of strength, you can effectively apply crab-claw techniques to any pressure point on your opponent's body.

HISTORY AND CONCEPT OF THE CRAB

• In the art of *san-jitsu*, Guam's martial art system, the crab claw is categorized under the *Ayuyu* or coconut crab arts (named after a land crab that inhabits the Pacific Islands).

• The claw techniques, which are only for advanced practitioners, correspond to the movements of the *Ayuyu* crab as it clutches onto and

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rips into the husk of a coconut.

- The purpose of the claw technique is to temporarily paralyze an opponent so you can initiate a death blow. For basic self-defense purposes, however, you can use the technique to affect a much milder outcome, such as forcing him to submit.

TRAPS

SEQUENCE 1

WRIST CLAW WITH CLAW TO HEAD

Scenario: Your opponent grabs your collar to shake or punch you.

Application: When he grabs your collar, sink your fingertips into his wrist. As he bends his knees in response to the pain, use your other hand to latch onto his temples. Your thumb should be on one temple and your fingers on the other. While you squeeze inward, push him onto his back. Once he's on the ground, place your knee on his elbow and continue applying the claw to his temple.



In this sequence, Frank Sanchez (left) and a student demonstrate the wrist-claw-with-claw-to-the-head technique. To begin, the opponent grabs Sanchez by the lapel and prepares to strike him (1). Sanchez stops the attack by applying a claw deeply into the pressure points on his opponent's inner wrist (2) and then attacks the temples with a head claw (3). Sanchez drives his opponent to the ground (not shown), places his left leg on his opponent's right arm and continues with the claw to the temple (4).



When his opponent gets him in a side head lock (1), Frank Sanchez (green uniform) applies a claw to his neck (2) and breaks his hold by pulling down on his left arm. While he keeps the claw securely on his opponent's neck, Sanchez reaches up and claws his face (3). When his opponent falls, Sanchez can continue the claw holds (not shown).

SEQUENCE 2

COMBINATION FACE AND NECK CLAW

Scenario: Your adversary gets you in a side head lock.

Application: Place one hand around the back of his neck and squeeze his carotid arteries. Meanwhile, drive your fingers deep beneath the ridges above his eyes and into the pressure points just below his cheekbones. When he falls to the ground, keep applying the hold.

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SEQUENCE 3

TRAPEZIUS AND NECK CLAW

Scenario: Your opponent attempts to tackle you.

Application: First, apply the claw quickly and deeply into his trapezius muscle to stop his forward movement. As he freezes from the pain, change your grip and claw the side of his neck as you drive his head downward. In this case, the claw becomes a "sleeper-hold" technique as you apply pressure against the carotid artery.

In this sequence, Frank Sanchez demonstrates how to use a trapezius and neck claw when an opponent is trying to take you down with a double-leg takedown. To begin, Sanchez plants a reinforced claw hand to his opponent's trapezius (1). Sanchez then switches to a reinforced claw to the side of his opponent's neck (2).

SEQUENCE 4

LEG AND LOWER ABDOMINAL OR GROIN CLAW



When your opponent gets you in a front head lock, apply a claw to the pressure points of his inner thigh and shin (1). Next, slide your left leg behind his right leg and push him to the ground (2). Finish him off with a claw hand to the groin and lower thigh (3).



Scenario: Your adversary has you in a front head lock.

Application: To break his lock, simultaneously apply claw holds to the inside of his thigh and shin. Once the hold is broken, place your left leg behind his right leg and push him to the ground. Next, sink a claw hold into his thigh (just above the knee) and apply a claw hold into his groin or lower abdomen. He will either submit or black out from the pain.

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SEQUENCE 5

KIDNEY CLAW

Scenario: Your opponent shoots on you and you knock him to the ground.

Application: Once he's on the ground, straddle him and dig your thumbs into his kidneys. These "spikes" will cause him to scream in agony.



If your opponent "shoots" on you (1), sidestep him and trip him (2). Once he's on the ground, spin quickly, straddle him and apply two claws to his kidneys (3).



When your opponent rushes you, trip him (1), mount him and apply a stomach claw with both hands (2).

SEQUENCE 6

STOMACH CLAW

Scenario: You've taken your opponent to the ground.

Application: Once you have thrown your opponent onto his back, you can apply a stomach claw to make him submit. To do this, press your thumbs deeply into his stomach on both sides of his navel. If you do this technique correctly, you will create intense pain.

Tip: Your face is exposed when applying this technique. Therefore, it is very important to secure the hold as quickly as possible. The pain should prevent him from throwing any punches. **KI**

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THE COMPONENTS OF AN EFFECTIVE TECHNIQUE

To make your claw hold effective, you have to prevent your opponent from countering. There are two ways to do this:

- First, you could apply a restraining movement on one of his limbs to make sure that he doesn't pry your fingers away.
- Second, you could apply the claw at an angle so it is difficult for him to attack your fingers or move away.

In either case, the opponent should be sufficiently controlled so you can exert pressure without having to worry about a counterattack. If you don't do this, you're vulnerable to being punched or grabbed. Once you secure the hold, all you have to do is inflict pain by squeezing the appropriate body part.