

## Body Dropping (*Mom Nachugi*)

Although not widely used, this technique can be quite successful when applied properly. One of the primary purposes of this technique is to evade a flying attack directed toward the high section.

The drop must be performed in one swift motion without any "telegraphing" on the part of the defender. If the assailant is able to anticipate the drop, the defender will, in his prone position, be mainly helpless.

Do not attempt to bob or weave the head before the execution; not only is this a useless maneuver but the defender may also lose sight of even the slightest variation of the opponent's movement.



