

ESCPAING FROM ZIP TIES (FRONT):



1. Place the **locking head** up towards the sky and make sure it is directly between each hand so that the locking head is center of your body. Also make sure the zip ties are as **tight as you can make them** by pulling the tie with your mouth. (For two zip ties, interlock the heads with each other while being center of your hands)



2. Raise your hands as high as you can go and then thrust both hands towards your lower chest (just below your ribs) and **flex your core** with all of your strength. Pretend you are trying to **touch your shoulder blades** together while **sliding your forearms across your core** like you are trying to put your hands behind your back.



3. Now this will beat the locking mechanism for the cuffs and you are now **free**.

ESCAPING FROM ZIP TIES (REAR):



1. By wiggling your wrists move the **locking head** center of your hands facing out from your body.



2. **Raise your arms** as high as you can and stick your butt out as well as bending your knees.



3. With great force strike your wrists against the **circled area** (near the tail bone) and **follow through** with your arms to the sides of your body to apply more force to the zip ties. Now you are free.