

# Stockton man uses UFC moves to restrain carjacking suspect

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A colleague of mine, Todd Warner, found this article.

[Stockton man uses UFC moves to restrain carjacking suspect \(video at external link\)](#)

STOCKTON, CA – Abel Simmons has been a huge fan of the Ultimate Fighting Championship (UFC) for years. But never did he imagine that he would be using the moves to defend himself or his family from a carjacking suspect.

Simmons, 29, was able to stop and hold down his attacker until police came.

Simmons says his family was pulling up to their home on E. Jefferson Street Saturday night. They had just returned from watching a UFC fight.

They were in the driveway when a man came up and started pounding on the back window of their SUV. Then, the man tried opening the back door where Simmon's sons – a newborn and a 2 year old – were sleeping. Fortunately, the door was locked.

Simmons, who was sitting in the passenger seat, jumped out out and tried to stop the man. His wife, who was driving, called 911.

The guy punched Simmons in the face. That was when Simmons tried several mixed martial arts moves. He wasn't able to restrain the assailant right away.

"I just snatched his legs and took him down. I had just put him in an arm bar, he slipped right out of it. So then I got him in a rear naked choke and started rolling and squirming around. He got out of that as well," said Simmons.

But the last move he tried worked.

"I had him in a guillotine choke. And he wasn't getting out of that. I had that lock really tight," said Simmons. "I just held him in place and said, 'Well, guess you are going to jail tonight buddy.'"

A neighbor came out to help, but he didn't have to do much because Simmons had the man in a compromising position.

"It's impressive," said the neighbor. "He just had him in like a chokehold, had him really good, really tight."

Simmons held the man until police arrived several minutes later. According to police, the man

fought with officers before being taken into custody.

The suspect, 32-year-old Shron Antoine Jones is now behind bars, booked on attempted carjacking, battery and resisting arrest.