

Cheongye Kwan Daehando

Basic Takedowns (Front) number 1



Begin by facing your opponent in short fighting stance (closed stance) making sure that your eyes do not leave him until you have completely dealt with the situation.

You should both be just outside of the fighting zone and in a non-tensed guard.

As the attacker moves in, he steps forward with a stepping punch aimed directly to the bridge of your nose.

From your stance, you move your back leg by stepping slightly to your right and execute a right high section outer Knife hand block as you slide your blocking hand up the attacking arm towards their bicep.



Once above the attacking elbow, pull down on their arm to break their concentration and balance.

As you feel them go off balance, step forward with your rear (right) leg and execute a right turning palm heel strike to the left side of their jaw

Continue the peel heel strikes path forward as you pull your rear (left) leg behind you

Your left hand should still be holding the attacking arm. Pull it across your mid section as you lower down onto your right knee.





Guide yourself around to your left side with the palm heel strike arm as the attacker falls across you and to the ground.

Keeping your head and body away from the nearest weapons of the attacker, complete the move with your choice of finish off technique, a direct punch to the face is the simplest.

