

Cheongye Kwan Daehando

Basic Takedowns (Front) number 2



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.

From here, the attacker moves in, and steps forward with a stepping punch to your nose.

As he does, step back with your left leg into sitting stance and perform a double block by using a left reverse outer knife hand block and a right inward inner forearm block.



Once the blocks have connected, grab hold of the attacking arms wrist with your knife hand block (left hand) as you lift your right leg and fire out a side kick to their mid section. Try to catch them with the kick as they are still advancing forward.

As the sidekick bends them put your right foot down in front (protecting the groin) and shoot your right hand underneath their right shoulder keeping your face away from a possible attack.





Try not to break their momentum, keep them advancing forwards as you push your hips to your right side and past the attackers own bodyline.

Continue by pulling on their right arm (which you are holding) around the front of your body and lifting them with your right arm, which is underneath their right shoulder.

As you twist and rotate around to your left, make sure that you have bent your knees to lift and wind them around into the throw.

Bring them across your back and around to the ground directly in front of you.

As they hit the ground, keep hold of the right arm to keep them close

From here, you lift your rear (right) leg and kick forwards towards their back or kidney area, and then continue upwards and then downwards with an axe kick to their mid section.

