

Cheongye Kwan Daehando

Basic Takedowns (Rear) 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.

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 front leg by stepping forwards slightly towards the attacker and execute a right high section outer Knife hand Block.

Shift your body weight to 70% on your rear leg as you slide your blocking hand up the attacking arm towards their bicep.



Pull the attacking arm towards you, as you step in with your back (right) leg and perform a right turning elbow strike to the side of their jaw thus turning their head away and obscuring their visual of you.

Make sure that your step forwards is sufficient to cover your groin area and that the attacking arm is still held by your left hand.

Now lower your right arm hand down onto their right shoulder thus pressing your forearm against their windpipe, this will further disorientate them as you bring your left foot up to meet the back of your right foot and then immediately fire your right foot between their legs and place it behind their left leg.





Now, simultaneously drop your right foot to the ground and shift 70% of your weight onto it as you push against them with your choking (right) forearm.

As they hit the floor, immediately strike to their groin area with a left leg front kick or axe kick to finish off.