

Cheongye Kwan Daehando

Basic Takedowns (Front) number 3



Begin by facing your opponent in short fighting stance (open 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 (left) leg by stepping slightly backwards and execute a right high section inward palm heel block.



Once the block has connected, immediately fire it out as an outer back fist strike to the right side of their jaw, as you replace your blocking hand with your left hand to grab their wrist.

As the attackers head moves backwards, slide your left foot backward and around towards the attacker, and then elongate your right foot across the front of both of the attackers legs.

At the same time, slide your right hand underneath the attackers left shoulder and around to there back.

Now place it on the centre of their back and pull them forwards across your extended right leg throwing them to the ground.



As they hit the floor, keep a good hold of the attacking arm as you load and fire a reverse punch to their floating ribs

