

# Cheongye Kwan Daehando

## Counter to Front Kick



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 front kick aimed directly to your mid section.

From your stance, you move your back leg by stepping forwards towards the attacker and execute a left reverse scooping Block, catching the kick in your elbow joint.



From here fire out a palm heel strike directly to their jaw making sure that their head has moved backwards and that they are unable to have a line of sight towards you.

As they begin to lose balance and lean backwards, bring your rear (left) foot up to the back of your front foot and then scoop your front (right) foot inside and behind the attackers front foot and push with your palm heel strike.

In a class setting, you can hold the front of their Dobok with your right hand, or you can scoop your right hand behind their neck, to ease them to the ground slowly.

But realistically, the palm heel strike and the leg sweep would be done with force.





Once they have hit the ground, raise your scooping (right) leg upwards then downwards to attack their groin area to finish off.

Keep hold of the original kicking leg until you are safe from danger.