

Cheongye Kwan Daehando

Defence against a headlock number 1



Begin by standing in a short relaxed stance.

The attacker then comes from behind you (to the left) and grabs you around the neck in a headlock



The first thing to do is move your head to the side so that no strangle can be applied, once this is done, feed your right arm around the attackers back and grab a hold of their right arm to halt any further attacks.



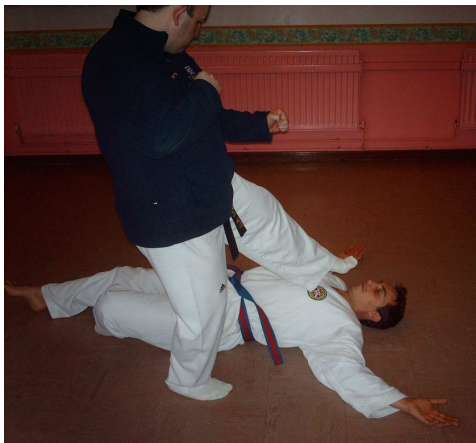
From here, immediately put your left hand behind their left leg just above their knee and with your thumb and first finger, pinch directly in the centre of their leg where the nerve is located.



You will find that their hold on you will be considerably weaker after attacking their nerve.

Quickly release their right arm by lifting your right arm upwards and grabbing a hold of their hair or forehead and pulling it backwards. This will expose their body and throat.

Rotate to your right and fire a left hand hook punch to their chest, throat or head, this will put the attacker on the ground.



Once they are on the floor, kick with your rear (left) leg towards their face to finish off.