

Cheongye Kwan Daehando

Defence against a headlock number 2



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, step across towards the front of the attacker and fire a left handed ridge hand backwards and upwards into their groin.

This will facilitate a loosening or releasing of the hold.

As the attacker doubles over, raise both your hand up and put them together in an enclosed fist position and strike downwards hard onto them.

