

# Cheongye Kwan Daehando

## Escape from a front strangle number 1



Begin by facing your opponent in a short relaxed stance (parallel stance).

Your partner will then commence their attack by grabbing you in a two handed strangle hold around your neck. Make sure that the attacker has their fingers around the back of your neck and their thumbs on the front of your neck to apply hold.

The hold should be firm and secure, but the strangle should not be applied with full realism.

As the attacker begins to strangle, step forward slightly to give yourself some leverage (and protect your groin) as you raise both hands upward between their arms. Make sure your palms are facing inward as you lift your arms.



Once you have made contact and feel the strangle loosen, turn your palms outward and press outwards in a wedging block action to separate their hands from you.

As their hands separate fire your fists forward, open your hands and attack the side of their head or ears as you continue backwards and clasp them behind the attackers head.

From here, pull their head downwards as you raise your rear leg knee upwards to meet it.

This knee strike will facilitate you to sufficiently finish the situation or retreat.

