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Escape from a front strangle number 2



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, twist your body slightly to the right as you raise your left arm upward and underneath their arms.

Continue lifting your arm in an anticlockwise circular motion which will expose their mid section.



Keeping your left arm over the attackers arms, execute a right upper cut punch to their floating ribs as you step slightly forwards with your right leg.

Continue stepping with your right leg as you bring across the front of the attackers legs.

From here, also feed the upper cut hand (right) around the back of the attacker and pull them towards you as you push your hips through to your right.

Remember to keep both of the attackers arms trapped tightly against your body with your left arm as you twist to your left by bending your knees and pulling them over your hips towards the ground.



Once they have landed, (keep their arms trapped) keep your knees bent as you finish off with a punch to their sternum.