

Cheongye Kwan Daehando

Escape from a rear strangle number 1



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

Your partner will then sneak up behind you and 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 front of your throat and their thumbs on the back of your neck to apply hold

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

In the event that you are caught unaware, and the hold has actually been secured, step forwards with your right leg in a long stance to pull the attacker off balance.

From here, he will want to pull your back towards him to regain his control.



As he tries to pull you back, look over your left shoulder and fire a left leg back kick directly backwards towards him.

The target can be either the groin or the mid section, either of these targets will result in the bending of the attacker and the forced moving backwards of their body away from you.

Immediately continue the left spin rotation by dropping the back kick to the ground and following the attackers body motion with a right reverse punch the bridge of their nose to finish off.

