

# Cheongye Kwan Daehando

## Escape from a rear strangle number 3



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.

Just as they have tried to secure their hold, step forwards with your left 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, step back half way with your left foot and with slightly bent knees.

The as you get nearer to the attacker, straighten your legs and shoot your head backwards and upwards in the direction of their head.

Once your head has connected, their grip will loosen or be lost.

Spin sharply to your right (into right short stance) and fire out a left reverse punch to their face.



As their head moves backwards pull back your left punching arm and then fire both hands out (together) towards their sternum area and force them backwards and off balance.

From here you retreat away or finish off.