

# FRONT CHOKE

*Defense against: **Two-handed choke attack from the front.***

*Remember that it is always best to defend before your opponent gets their hands on you in the first place.*

Start in Neutral Stance. Step back slightly with right foot and deliver Right Palm Heel to opponent's right forearm. Deliver Left Palm Heel to opponent's left forearm. Step-glide forward with left foot and deliver Right Palm Heel to nose.

