

# REAR CHOKE

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

*If you perform this technique quickly and smoothly, your opponent's arms will fall perfectly into your grasp.*

Start in Neutral Stance. Step toward 10:30 with your right leg and circle your left arm in front then straight up, brushing your ear with your bicep. Turn to face the opponent and continue circling your left arm, now wrapping tightly around both of their arms. Deliver Right Thrust Punch to body. Repeat punches as necessary.

