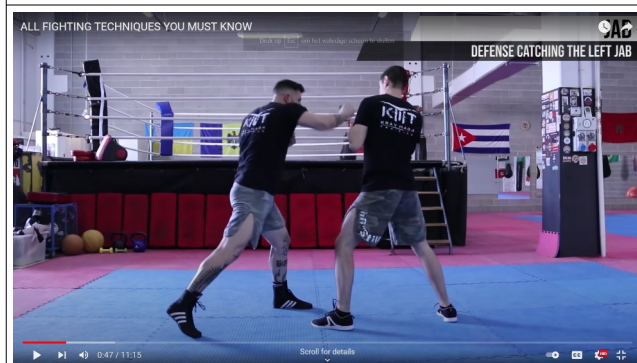
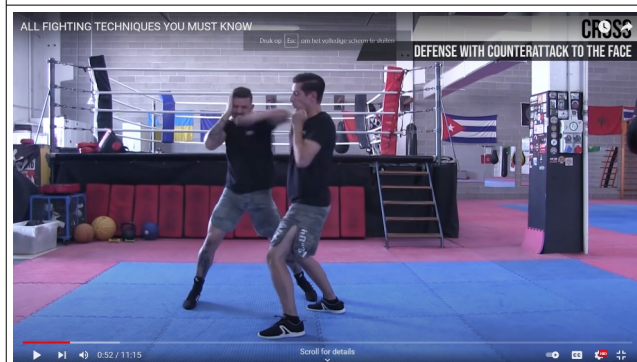
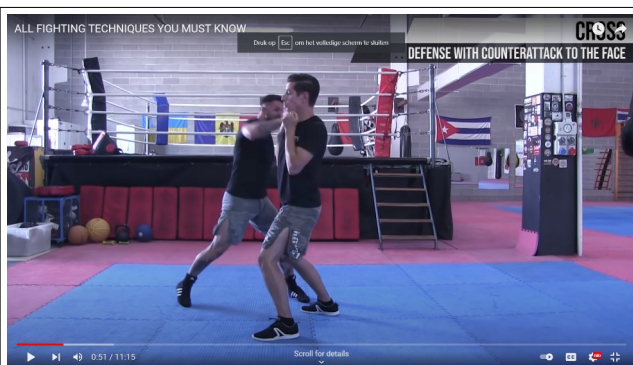
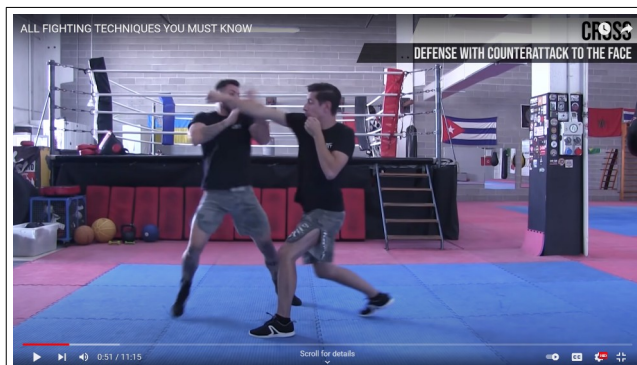


Techniek n°01: JAB – Verdediging tegen een linkse directe stoot



Techniek n°02: CROSS – met tegen verdediging naar het gezicht

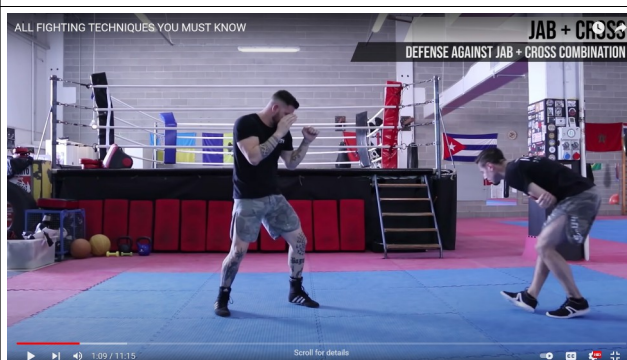
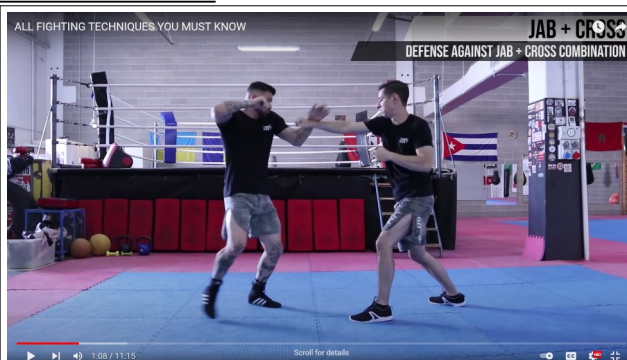


Bron: <https://www.youtube.com/watch?v=WvODgqv-PYo>

Techniek n°03: CROSS – met tegenverdediging naar de ribben



Techniek n°04: Verdediging tegen een JAB-CROSS combinatie



Bron: <https://www.youtube.com/watch?v=WvODgqv-PY0>