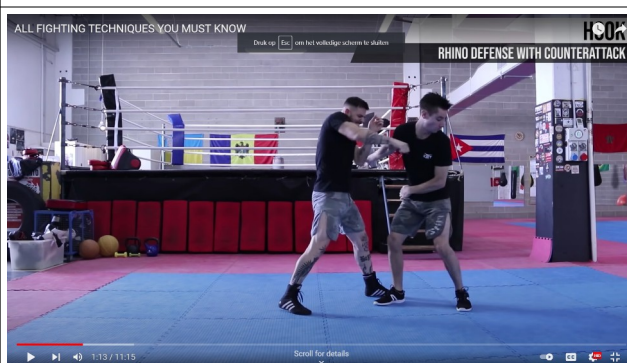
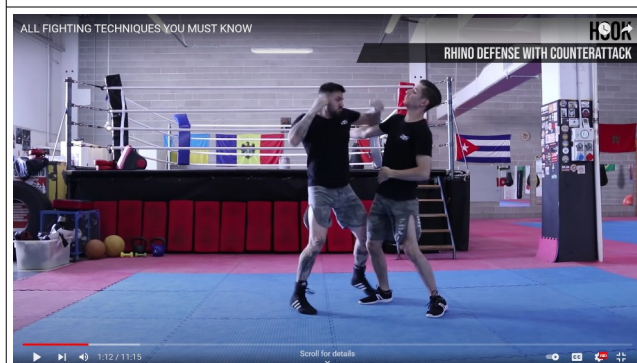
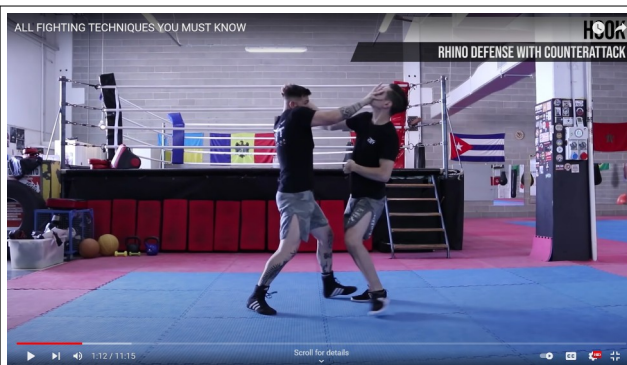
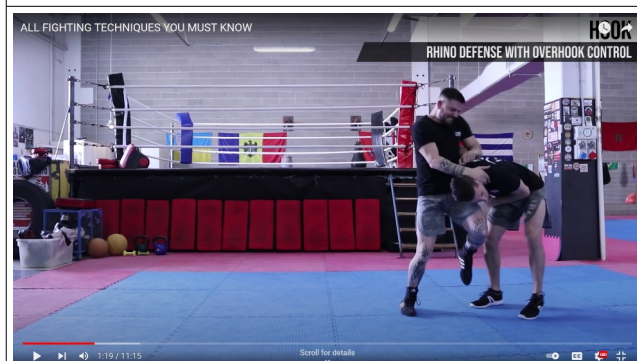


Techniek n°05: HOOK – De neushoorn verdediging



Techniek n°06 HOOK – de neushoorn verdediging met controle

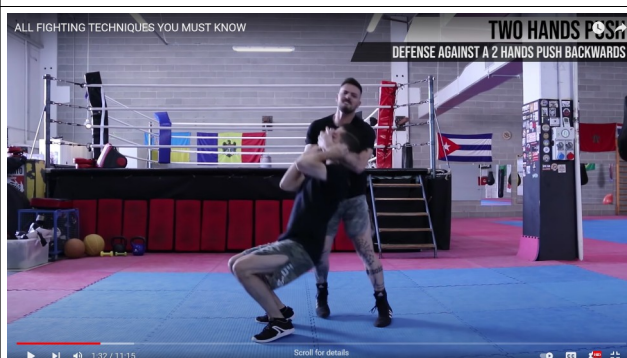
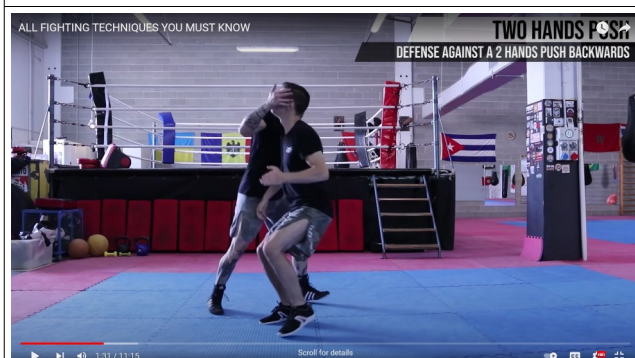
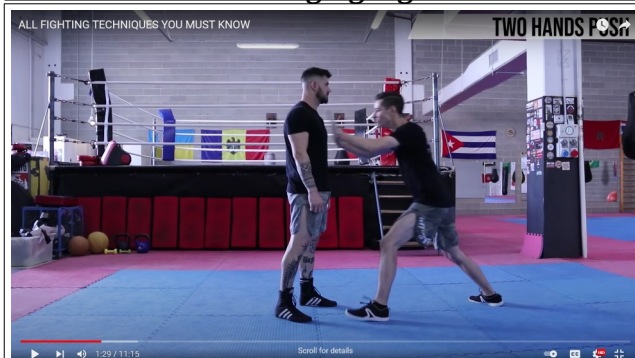


Bron: <https://www.youtube.com/watch?v=WvODgqv-PY0>

Techniek n°07: BODY HOOK – verdediging tegen hoekstoot naar lichaam



Techniek n°08: Verdediging tegen duwen met 2 handen



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