

Techniek n°13: ROUNHOUSE KICK – Verdediging tegen roundhouse kick



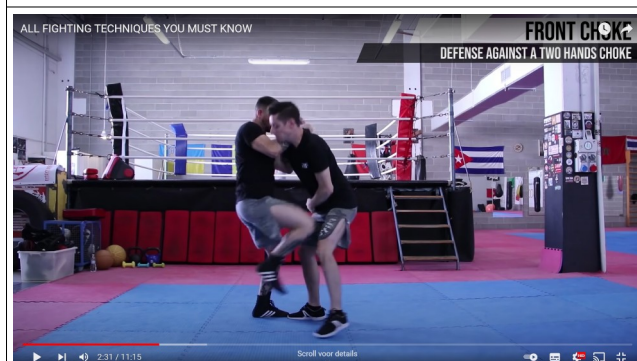
360° Scanning

Techniek n°14 SIDE KICK – Verdediging tegen Side Kick naar het lichaam

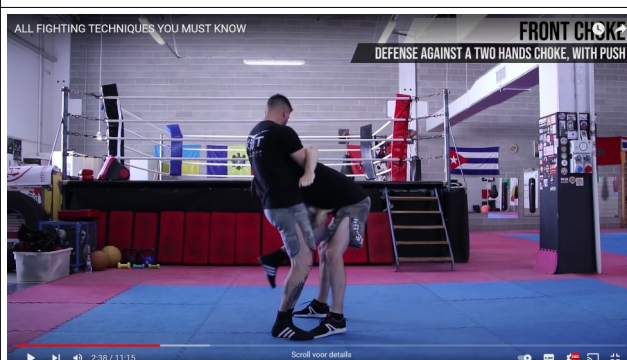


Bron: <https://www.youtube.com/watch?v=WvODgqv-PYo>

Techniek n°15: CHOKE 2 HANDS – Verdediging tegen wurging met 2 handen



Techniek n°16: CHOKE 2 HANDS PUSH – Verdediging tegen wurging met duwen



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