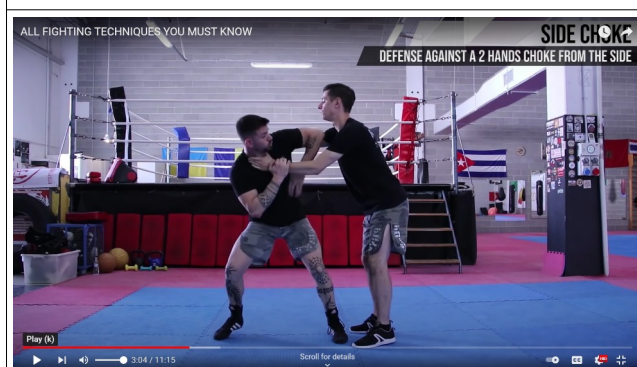
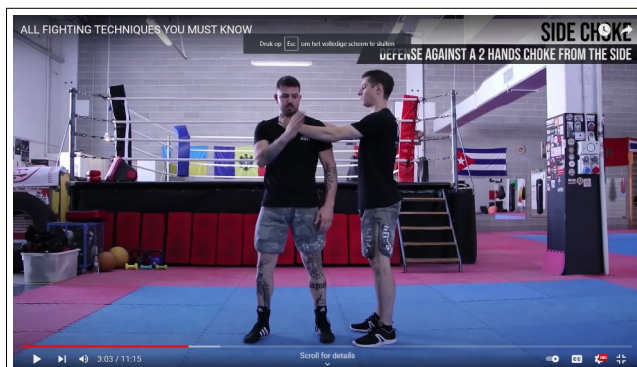
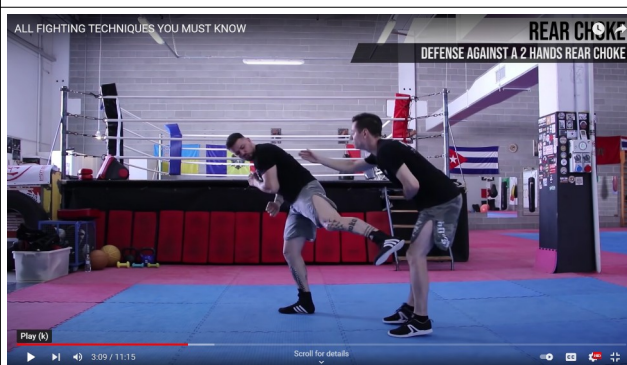
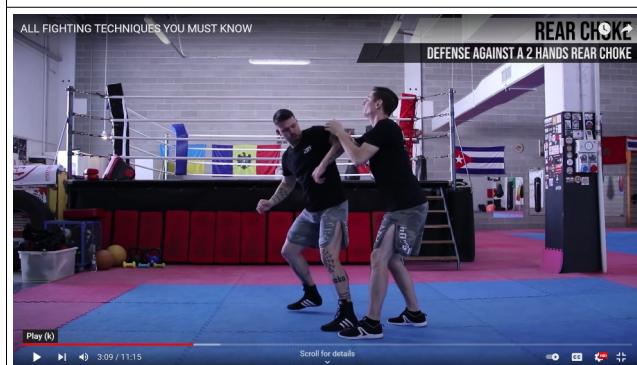


## Techniek n°21: 2 HANDS CHOKE SIDE– Verdeding tegen wurging zijkant



## Techniek n°22: 2 HANDS CHOKE REAR– Verdeding tegen wurging achter



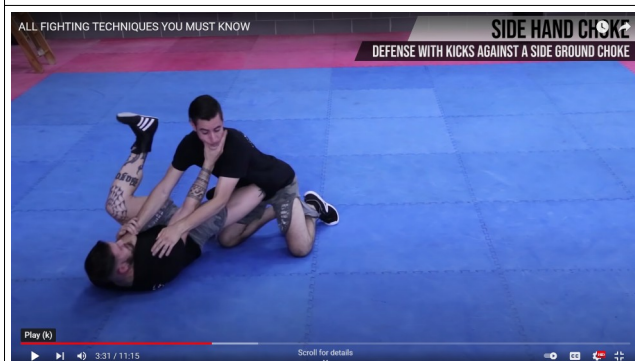
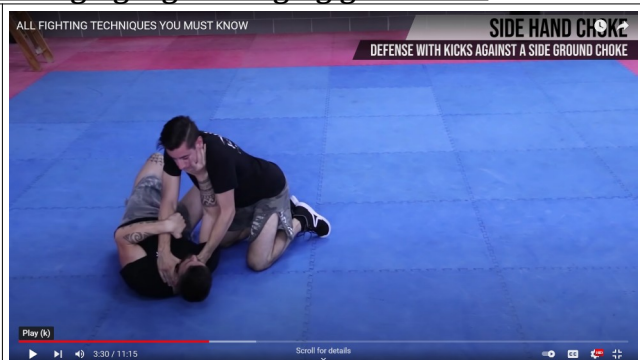
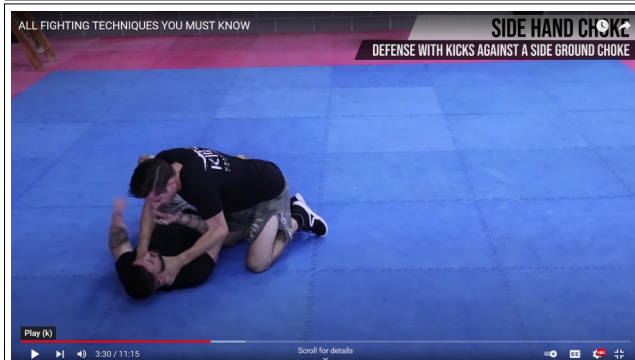
Bron: <https://www.youtube.com/watch?v=WvODgqv-PYo>



## Techniek n°23: REAR CHOKE WITH PUSH – Verdediging tegen wurging achter met duw



## Techniek n°24: CHOKE GROUND SIDE – Verdediging tegen wurging grond Side



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