

Self Defense Technique - Two Hand Choke Against Wall

This is one technique that could save your life if someone is choking you and pushes you up against a wall. This is a very serious attack and could lead to unconsciousness in seconds. You must react immediately and explosively. Remember that practice makes permanent so drill your techniques correctly and drill them often. Start off slow to develop good technique, then speed up and use a little more power. Your training partner can help you practise more realistically by pushing you up against a padded wall. Please practice safely to avoid injury to yourself or your training partner.



1. Assailant grabs your throat with both hands and pushes you back against a wall.



2. Grab your assailant's right wrist with your left hand. At the same time reach for the sky with your right arm.



3. Step in with your right foot and drive your right elbow down over both arms. Drop your entire body weight by bending your knees as you drop the elbow.



4. With your right arm elbow the attacker in the head. Target the temple, jaw line or base of skull. A second elbow strike can be delivered if necessary.



5. Step off 45 degrees with your left foot and step back with your right leg to clear the path.



6. Extend your right arm and grasp the back of his head (thumb down).



7. Drive your opponent's face or head into the wall behind you. Escape and contact the police when you are safe.



REALITY BASED SELF DEFENSE

**Watch the FREE video for
this technique at:**

www.cbma.ca

www.bojuka.ca