

# ON THE STREETS | by Ralph Allison



5a) Women's Self Defence: An attacker strangleholds Mrs Freegard from the front.



5b) Mrs. F. performs a Choi Kwang Do (CKD) release technique and returns with an elbow strike.



5c) This is followed by a CKD Front Kick.



5d) The victim is now able to run away and alert the authorities.

Credits: Thanks to our instructors Gordon Watson and Emilia Freegard for their participation in this photo shoot.  
**WARNING:** CKD does not promote the use of violence; techniques above are for demonstration purposes only.