

ON THE STREETS | by Ralph Allison



9a) Women's Self Defence: Male punches towards a lady who performs a Choi Kwang Do (CKD) dodging technique.



9b) This is followed up with a CKD Heel Kick.



9d) A CKD Back Fist strike is then performed onto stunned attacker.



9e) Victim is now able to run away to safety and alert the authorities.

Credits: Thanks to Stephanie Dale and Derek Evans for their participation in this photo shoot.

WARNING: CKD does not promote the use of violence; techniques above are for demonstration purposes only.