

## ON THE STREETS | by Ralph Allison



10a) Mr Nzamba performs a Choi Kwang Do (CKD) Heel Kick to the head which is dodged-under coming back up with a CKD Outward Block.



10b) A CKD Side Kick is now delivered to a sensitive area by Mr Allison.



10c) This is followed up with a CKD Knife Hand strike and a change of hands.



10d) The leg is now lifted further to obtain a take-down.



10e) Take down completed successfully!

Credits: Thanks to CKD Instructor Mr Guy Nzamba for their participation in this photo shoot.

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